

Milagres College Kallianpur Udupi

Orientation Programme

Program Name: Orientation Programme

Organizers: IQAC

Date: 15-09-2023, Friday

Chief Guest: Mrs Manjula

Venue: AV Hall

Participants: 2023-24 Batch Students

Mrs Manjula G Thekatte, a former faculty of Milagres College Kallianpur, enlightened our students on the concept of Understanding Yoga as a tool for positive concentration. She was addressing a bunch of students from all disciplines belonging to the first semester. She brought out various concepts related to our day to day life situations. The ability in controlling the self would produce a lot of concentration she said. Speaking to the students in his opening remarks Dr Vincent Alva, the Principal of the college urged students to develop a thirst for knowledge that's available outside the classroom too. The college gives anormos opportunities to students to grow in the qualities of mind he said. This session by Mrs Manjula G Thekatte is one such value addition to the students he added. Mrs Shalet Mathias,Dean,Commerce Department, Mrs Clara Menezes, Ms Yashaswini Anchan from BCA, Dr Nithyanand from the department of Kannada Mr Ravinandan Bhat, Ms Kavya Pai from the department of Science were present. This is an initiative of the college to add value to the learning process of the students under IQAC.