



BMS INSTITUTE OF TECHNOLOGY & MANAGEMENT

Yelahanka, Bangalore-64

Department of MCA

A Report on the Life Skills Workshop

Date: 15th November, 2015



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Dept. of MCA conducted a workshop on “Concentration Improvement, Stress & Time Management” addressing I, III, and V semester students on November 15th, 2018 from 9.30A.M. to 1.30P.M. which received a huge response from students. The resource persons are Mr.Satyanarayan and Ms.Asha Satyanarayan, Professional Counsellors, Venus Bizmate, R.T. Nagar, Bengaluru.

The objectives of the workshop are as follows:

- To provide boosting sessions to the students, especially lateral entry to cope with the shorter semester duration.
- To extend a platform for the students to involve in various activities under the workshop that helps in stress and time management.
- To rejuvenate the students before exams and help them to perform well during the exams.

A total of 76 students participated in the workshop. The workshop started with an ice-breaking session that included game activities for the students to make them understand the team work, and importance of concentration and commitment in doing any work. The resource person also highlighted on relationship management, interview etiquette etc.

The moments are captured to cherish the day and practice the inputs given by the resource persons to enhance the academic performance as well as personal well-being by managing time, stress and anger.



Participants of the workshop in field activity



Counsellor Mr.Satya discussing about the game



Counsellor Ms.Asha demonstrating the game to the students



Students ready to begin the game activity



Mr.Satya talking on Concentration Improvement



Ms.Asha delivering session on Stress Management



Counsellors speaking on Time Management



Counsellor answering the queries of the participants

Agriculture is for living; mind culture is for life. Skills are for shaping material things so that they cater more for the comfort of man; studies are for shaping attitudes, feelings, desires, emotions and impulses of man, so that they may confer more peace, more joy and more fortitude on man.

-Sathya Sai Baba