



Geetha Shishu Shikshana Sangha (R)

GSSS SIMHA SUBBAMAHALAKSHMI FIRST GRADE COLLEGE

(Affiliated to University of Mysore, Mysuru, Recognized by Govt. of Karnataka)
KRS Road, Metagalli, Mysuru – 570016

Personality Development and Orientation Programme



Personality development and orientation programme was held on 10th June 2019 in the seminar Hall between 9.30 am and 4.30 pm.

Registrations were done by Smt. Poornima K and Smt. Savitha at 9.30am.

The programme started at 10.00 am with an invocation of Lord Ganesha by Ms Mamatha, student of II B.Com followed by lighting the lamp by the director, Faculty

members and the students Ms.Chandana and Mr. Mohammed Wasim, who were the first ones to register their names for the programme.

In his Initial Remarks, the Director Dr. Prabhakara K V stressed the need for organizing such a Programme to acquaint the students with the rules and regulations of the college, their duties and responsibilities, Psychological support to address adolescent issues, Legal awareness to make them law abiding citizens, food for thought through “Ethics In Life” and also a workshop on Personality Development and Leadership to create opportunity by making oneself identifiable.



The Principal spoke about the college rules and regulations. Sri Harish Gowda, Physical Education Director spoke about the importance of ‘A Sound mind in a Sound body’, followed by a brief talk on NSS and environment by Ms Priyanka M N, Asst Prof, Dept of Commerce.

In the Psychological Interventions Dr Bharathi spoke about the various psychological, family and emotional issues. She addressed the various problems of depression, anxiety and a state of confusion commonly found in the adolescent state, how to resolve such problems and also offered to counsel if any of the students were facing such bouts of depression and anxiety.

In the Legal Awareness slot Smt. Amulya Dechakka briefed students about the four types of laws i.e Criminal, Civil, Common and Statutory. The various punishable offences like Trolling, Eve teasing,

Defamation, Cyber Crimes, Cyber Bully, Cyber Hijacking, Cyber Hacking, Salaami Accounts, Data Diddling, Stalking, Rights of Women, Phishing and also the types of punishment for various crimes. She concluded her talk after explaining the traffic rules, anti-Ragging Laws and also the need to have 100% attendance.

Rat - Cat Theory or 3 “F”s theory, bless and bliss, glimpses of Gita, a new interpretation of the word LIFE which stands for Loyalty, Integrity, Forgiveness and Empathy were the main contents of “Ethics For Life” segment by Sri Chandrashekar.

The Director gave us an introduction to the Add-On-Courses, To Gather and The Forum followed by Lunch Break.

Dr Indrani M R in her Workshop on Personality Development extolled the importance of having a well groomed personality, factors which enhance the personality, positive attitude, social skills and leadership qualities. She winded up her talks by making a strong statement “When you FOCUS on what you want everything will fall in its place”.

Student Parliament was a witness to the emergence of Prime Monitor and Deputy Prime Monitor –Darshan of III Bcom and Jeevitha of I BCA as students’ leaders.

After tea break interaction programme with management, students, Parents, Alumni, Principal and Staff was held it was followed by feedback from students. Finally the day long programme concluded with the rendering of the National Anthem. The programme was attended by fifty students and was visited by Hon. Secretary and AO of GSSS group of institutions.