

BMS COLLEGE OF ENGINEERING, BENGALURU-19

REPORT OF STAFF DEVELOPMENT PROGRAMME ON PROFESSIONALISM AND SKILL DEVELOPMENT

02.07.18 TO 07.07.18

The SDP started with inauguration by Chief guest Dr.Arathi V B, soft skill trainer and counsellor Vibhu Academy and Dr. B.V.Ravishankar, Vice principal, BMSCE, who also addressed the gathering benefits of skill development and their impact on day to day work life.

Day 1 commenced with address by Dr.Arathi about self-motivation. About accepting challenges without getting emotional, as this would lead to wrong and immature decision taken by the individual. For success in life person should have good IQ (Intelligence Quotient), EQ (Emotional Quotient) and SQ (Spirituality Quotient). If we practice all the three quotient in a good manner in our life we become success in our life. Our EQ decides quality of inner and outer life. The participants were then split into groups and assigned case study for analysis. The groups then had case study presentations, where in the participants also expressed their opinion.

Next session was on leadership, the four stages of leadership building like forming, storming, and norming and performing were discussed. From the leadership to team building, the essential qualities of team like good communication, co-operation and good leadership were highlighted with example of Iron and Magnet for Group and Team building.

Next day Dr.Arathi V B talked about stress Management, the common symptoms of stress like high BP, Fatigue, Headache, Excess sleep, Frustration, Depression, Disinterest, emotional, crying and Abnormal signs. She explained the different types of stress i.e. EU stress and DI stress. The external stress depends on our life style, work style, failures, humiliation, competitions, causalities, diseases and loneliness. The internal stress are Ego, Greediness, Comparison, expectations etc and the session concluded with meditation.

Day three Mrs sucheta, Director, ASPIREZ Training and counselling firm started the session with highlights of leadership with discussion about different types of leadership like democratic, diplomatic, delegate etc, inculcate leadership skills in an ordinary person. This was followed by an activity based on leadership skills.

The lunch the session started with self-motivation. The participant wrote one page description about themselves. They were given tips for self-motivation like identifying ourselves, questioning, implementing, identifying role model, comparing ourselves with role model and taking some personality test. The session concluded with group activity to identify personal traits and enhance effective verbal communication.

Day four session was handled by Vice Principal Dr.B.V.Ravishankar with the topic Road to Success. He explained about A=attitude, B=Believe, C=confidence and D=discipline and to be focussed on the goals of life. He also explained about 8 crucial personality traits i.e.

optimistic, passionate, focussed, persistent, flexibility, educated, altnetic and self discipline to create our own road for our success.

The afternoon session , Mr.Bhaktavatsala and Mr.Shnmukhananda provided hands on training on MS Excel and MS word.

On Day five, Mrs.Sucheta started the session with spoken English and body language. the participants were made to present a topic in English and their mistakes were corrected , making it an interactive one. Time management and prioritizing work was also discussed. In the afternoon session exercise , meditation and their benefits for stress relief were highlighted . A talk on stress management brought the day to an ending.

On Day six, Dr.D.N.Sujatha introduced the concepts of making effective power point presentation , wherein each participant had hands on this , with regards to their bio data presentation.

In the next session Dr.G.Poornima and Dr.Mamatha M N held a group activity. Where in the 8 groups and their members had to write their good and bad things about other group members and make a presentation. The last day concluded with valedictory session, where in Principal, Dr.K.Mallikarjuna Babu was the chief guest. The participants gave feedback on the Sessions and the certificates were issued to participants , for a successful completion of one week staff development programme.