



R.V. Educational Institutions
Sivananda Sarma Memorial R.V. College
UG , PG Programmes & Research Centre
Affiliated to Bengaluru Central University
Accredited by NAAC with 'A' Grade
Ranked among top 5 Colleges in India
(India Today - MDRA Survey 2018 & 2019)



Activity Report

Academic year 2022-23	
1. Basic details	
Name of Activity	A talk on Success through Self-transformation and Positivity.
Date	3 rd February, 2023
Faculty	Dr. Shalini N
Organized by: Name of Department	Ethics and Self-Governance Cell in association Brahmakumari Samaja
Coordinator/ In-charge of Activity	Dr. Shalini N Mr. Ramamishra- Department of Sanskrit Dr. Jyothi – Department of Kannada Mr. David – Department of English Office Bearers of Ethics and Self-Governance Cell
Time	11:30 am
Venue	Seminar Hall, SSMRV College
Activity for Class/Group	Group
Nature: Academic /Co- curricular/extracurricular/other	Extra-curricular
2. Brief information about Activity	
Topic /Subject activity	A talk on Success through Self-transformation and Positivity.
Objectives of the activity	The main objectives of this session is to motivate the students and transform themselves through positivity and peace. The objectives also include to practice meditation in their daily life and stress management in personal and professional lives.

Methodology	<p>The event invitation was sent to all students of different streams of the college. The event started with a warm welcoming by D Tejaswini, President of ESG Cell. D. Ushaswini, Vice president of ESG Cell introduced Principal and Director to the gathering and later Principal and Director shared their thoughts on Brahmakumari Samaja. Brahmakumari BK Nagarathnam gave a brief introduction about the Brahmakumari Samaja and how to transform one self by the means of peace. Manosri Sara, Secretary of ESG Cell introduced the speaker, Sri. Pawan Kumar who is a US resident since 1983 and a motivational speaker to the gathering. The speaker motivated students on how to transform themselves through positivity and peace and achieve success. Shashank S, Administrative Lead of ESG Cell proposed Vote of Thanks to the gathering. At the end of the session sweets were distributed to the students by Brahmakumari Samaja team.</p>
Outcome of activity	<p>More than 100 students from Final year BCom attended the session and students found it very informative. Students learnt on how to transform themselves through positivity and achieve success. They learnt how important is to practice meditation and managing stress to achieve success.</p>
<p style="text-align: center;">3.Proofs attached Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.</p>	

