

## Activity Report

<b>Academic year 2023-24 ( July 2023 to June 2024)</b>	
Name of the Activity	Seniors Springs
Date	14/10/2023
Time and Venue	5.30 pm Google Meet session
Mode ( Online/Offline)	Online
Please provide the youtube link (if online)	<a href="https://meet.google.com/fpc-bmaw-apt">https://meet.google.com/fpc-bmaw-apt</a>
Organized by: Name of the Department/Activity Centre	Rotaract Club of SSMRV College
Event Coordinator/ Faculty In-charge	Faculty Incharge : Mr.Getendra kumar M
Nature: Academic /Co-curricular/extracurricular/others	Co- curricular
Topic/Activity	SVASTHYA(A communication and Personality Development session Event)
Resource Person Details (Name, Designation and Organization/Institution)	Mr.Arjun B. Hargan ( Masters in forensic phycology ) CEO Of startup company Cognizavest
No of Participants	19
Objectives of the activity	<ul style="list-style-type: none"> <li>● To improve communication Skills required to attend the interview</li> <li>● Develop personality and confidence to face Interviews</li> <li>● To assess their self emotions in working Place</li> <li>● To Have good relationships with co-employees</li> <li>● To learn how to speak with higher authorities</li> </ul>
Methodology	
Outcome of Activity	<ul style="list-style-type: none"> <li>● Students understood how to communicate in the the interviews</li> <li>● Learnt how to attend interviews</li> <li>● Learnt how to control their self Emotions in the working</li> <li>● place</li> </ul>

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|--|---|
|  | <ul style="list-style-type: none"><li>• understood the hints of personality development</li></ul> |
|  |   |
|  |   |

# Invitation



**Rotaract**  
District 3191



**Rotary**  
District 3191



**ROTARACT CLUB OF SSMRV COLLEGE**  
In Collaboration With ROTARACT CLUB OF BENGALURU HSR

# SVASTHYA

A communication session on account  
for World Mental Health Day

 14

OCTOBER, 2023



5:30 P.M



Google meet

### Project Chairs

**Rtr. Harshal Lash**  
PSD 2023-24

**Rtr. Tejaswini R**  
PSD 2023-24



**Speaker**

**Mr. Arjun B Hargan**

**Cognizavest**



Rtr. Harshal Pandya  
President 2023-24

Rtr. MOHAMMED HAFEEZULLA  
Secretary 2023-24

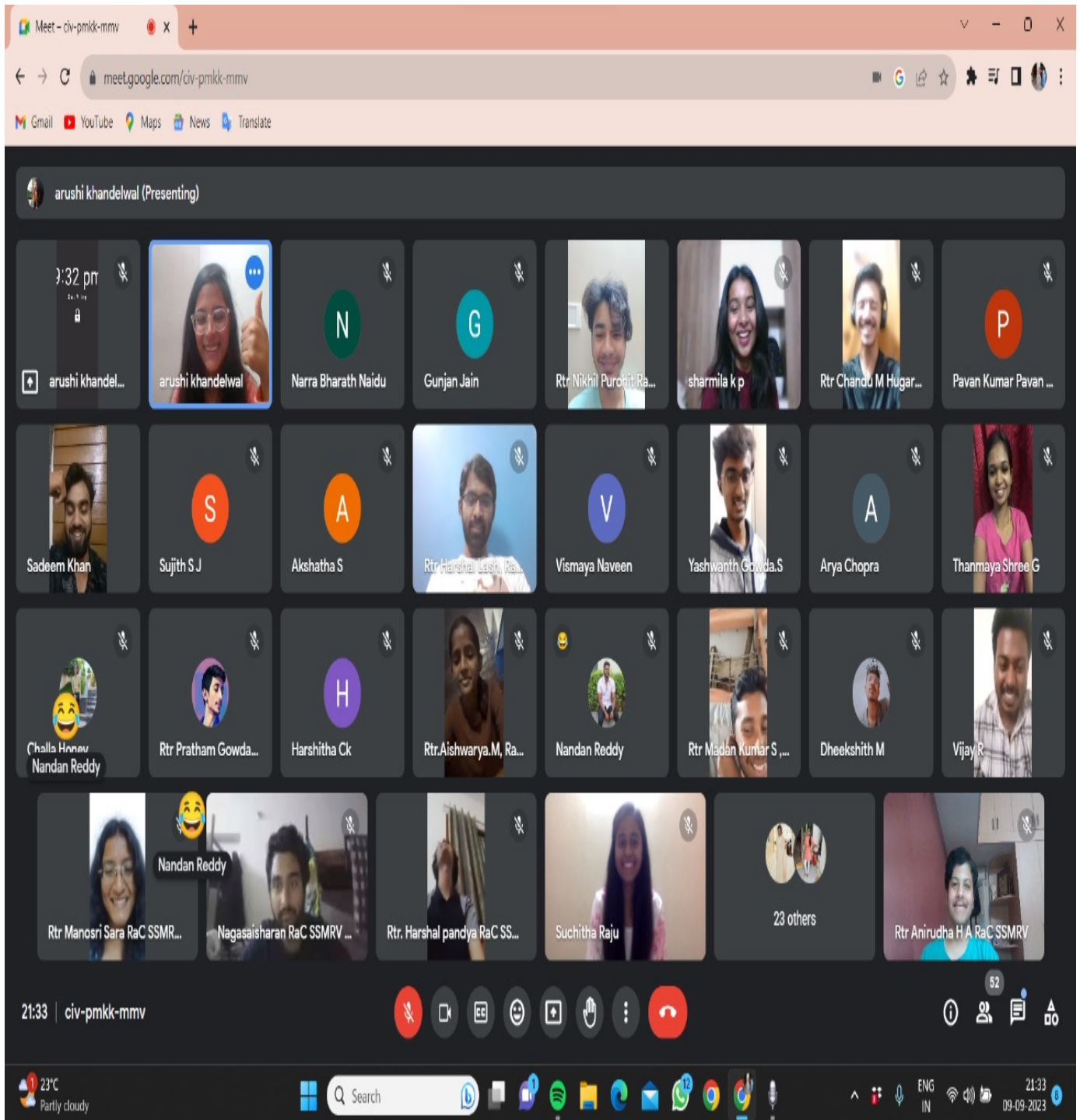
Jitendra Kumar S  
Convenor

Dr. Geetha R  
Principal

## Event Report

- Rotaract club of ssmrv organized a session you one can unlock all their communication skills required for students career .the Speaker of the session was Mr. Arjun B Hargan (Masters in forensic physiology).who gave insights To improve communication Skills required to attend the interview and Develop personality and confidence to face Interviews and also Explained about how to control self Emotions of each. About Around 55 students approximately from the ssmrv college and 10 from other colleges participated in the Event.

## Event Photographs



## Student Participant List

1.	Umme Iman
2.	Rakshita U
3.	Varsha
4.	Archana
5.	Tejaswini
6.	Kavya V
7.	Mahim
8.	Harini
9.	Charita
10.	Nandita
11.	Shreya
12 .	Rashmi
13.	Yashi
14.	C Suman
15.	Nagasaisharan
16.	Akarsh
17.	Fahaan
18.	Jeewan
19.	Sahana S
20	Nagasaisharan
21	Akarsh
22	mahesh
23	sakhhi
24	Sahana M

Mr. Jitendra Kumar M  
Event Coordinator

Mrs. Shanthi Krishna  
HOD

Dr. Geetha R  
Principal