



**RBANM'S FIRST GRADE COLLEGE ,
BANGALORE - 42.**

**Cordially invites you to a workshop
conducted on**

UNLOCKING POTENTIAL

Organised by

Student Grievance Cell



Guest Speaker :

Mrs. SHELLWIN LUCAS



Chaired by :

**Dr. PRATHAP
Principal**

Presided by :

**Prof. Ravindra
Vice Principal**

Date : 04.02.2022

Day : FRIDAY

TIMING : 10:30 A.M. - 12:30 P.M.

VENUE : AV ROOM

**CO-ORDINATOR : DR. AVINASH.V
PROGRAM CONVENER : MRS.MEHNAAZ SAFURA**

CONTACT 
0804853372

OUR WEBSITE 
rbanmsfgc.ac.in



Introducing the Guest speaker, Mrs. Shellwin Lucas by Mrs. Mehnaaz. S (Asst. Prof, Economics)



Welcoming of the Guest Speaker by the Principal, Dr. Prathap



Interactive session with the students



Fun activity conducted during the session



Impact of stress in views of Mrs. Lucas



Vote of Thanks pronounced by, Dr. Avinash. V (Coordinator)

FEEDBACK FORM

Sl no.	Name of the student	Feedback
1.	Isha.R	I will follow and enjoy
2.	Savitha Kumari	It was very useful to use that
3.	Musarrath Khanum	It was good Section.
4.	Hanushitha.N	It is useful for me.
5.	Vinodini.S	It was good.
6.	Sindhu.A	How to overcome the stress.
7.	Sherly Smitha.G	Useful session not just for studies but also for the future life
8.	Anupriya.M	It was nice
9.	Saumya.R	It is good to know these things
10.	Po Padmavaram	This session is very useful to control our stress
11.	Poema.P	It is very good
12.	Deviya.R	It is very useful for our life to lead smoothly
13.	L.Vaishali.	It is very good session how to overcome from stress.
14.	Nadiya.J	I learned how to control stress
15.	Renuka.S	I learned to control myself from stress
16.	Sowmya.D	I learned how to overcome and control stress what I have.
17.	Seva Sankari	I learned how to control myself and don't get stress
18.	Pooja.D.	I benefited from this class.
19.	Sadaf Siya	to control our stress.
20.	Shob Sudha	It is very useful.
21.	Malini.S.	It is very good.
22.	Bonita.H	It was very useful for the present generation
23.	Andria.D	It was very useful.
24.	Senthamalai.R	It help in overcome from stress.
25.	LAXMI	It was good.
26.	penifa.S	It was useful. but my stress is on my love
27.	Navya.M.C.	It was very useful.

	Name of the student	Feed Back.
32.	Kaishan Raza	It was a good session about how to handle stress and anxiety..
33.	Selvam. R.	Class is always good for health
34.	DEKSHITH. H.D	having Patience
35.	Aaravindan. S	Enjoying 2 hours class good!
36.	Makala. Saikrishna	Extraordinary class.
37.	Prakash KUMAR. R	How to learn having patience.
38.	ANURAG KUMAR	Good session
39.	EBINEZER. S	It is Awsome program
40.	Radhakrishna. G	Good motivation.
41.	Jagdish	make little fun.
42.	Thirupathi	Wonderful and Peace
43.	Sai Saijith. S	Good and wonderful session.
44.	SHIVA KUMAR. S	I have really enjoy class peace.
45.	Mohammed Bilal. S	Learned something new
46.	BOHARATH. R	The session is helpful in talking our problems.
47.	Lokesh. M	How To Over Come Compromise
48.	Bavenkumar. T	It was wonderful session
49.	DHARAN KUMAR. S	It remember my stress what i had from years..
50.	ISAAC. D.F	It was a good session
51.	Karan. P	Good Motivation and peace.
52.	SANTOSH. S	PEACE MOOD
53.	RAHUL. M	Peace and wonderful session
54.	Shakthivel. P	Very good and fun
55.	SANTHOSH. M	Fun and very good
56.	Vignesh. A	informative and Helpful session
57.	Babu. R	Helpful Session.
58.	Akash Kumar. S	Very Motivational Session.
59.	Alaiven.	Learned very much about stress
60.	Bharath	Learned how to overcome stress
61.	Kishan	Good motivation.
62.	Pradeep. C	It was wonderful.
63.	Mony Kumar. P	Good.

happy being

	Name of the student	Feed Back.
64.	Indian	Enjoyable
65.	Pavansan	Enjoyable
66.	Mohsin Ahmed	Amazing session
67.	Shubham Kumar	wonderfull session
68.	Nagarajuna	Awesome
69.	AAKASH	Good session
70.	NITHIN K	Five suston
71.	John Peter K	Good Session.
72.	Anandhan M	Enjoy.
73.	Aaravindan R	good session.
74.	Gurion	Enjoy
75.	Mano Rohit.	Usefull to present life situation.
76.	Narare P	Good session
77.	Deepak S	Amazing session.
78.	Jyoti K	way of communicating is good +
79.	K.S. Navreen Kumar	useful for students.
80.	Balaguru A	useful for students.
81.	Santhosh P	useful
82.	Pooja Shendhi K	OKay
83.	Andrew R	Amazing goal session enjoy
84.	R. Iqbal Ahmed	Intrigued by this session
85.	Mohammed Azeem	Excellent
86.	F. Syed Khalid	Happy to session.
87.	Mohd Toqir HASAN	WORST
88.	Kaushal D	Good
89.	Deepak V. L	great motivated me.. though the old day in me
90.	Priyanka	Good. enjoyable moral..
91.	Ramesh S.	Good for studies.
92.	Mohammed Tariq Hasan	It motivated us. Thank you.
93.	Narain Karthik	Good Session
94.	Silver Rock	Good Session
95.	Saniay	good
96.	Divya Kar	Excellent
97.	matthew	Happy
98.	Kushal	good

00 Kamal R.

Good, Not satisfied

100 Samir

Nice session

101. Kannan

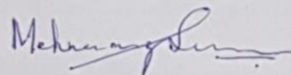
good.

103. KUMAR. M

Really satisfied with their teaching..

104. Daniel. S

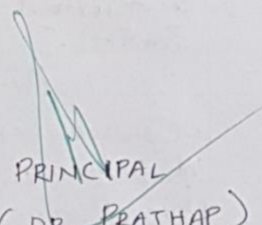
had a great full speech about the
Life and Stories



PROGRAM CONVENER
(MEHNAAZ SAFURA)

COORDINATOR,

(DR. AVINASH. Y)


PRINCIPAL

(DR. PRATHAP)

RBANM's FIRST GRADE COLLEGE, BANGALORE.

Report on workshop

Date: 4th March 2022

Topic: Unlocking Potential

Resource person: Mrs. Shellwin Lucas

A student grievance cell is not just a committee but an eminent tool that desires to promote and maintain a conducive and unprejudiced educational environment. Abiding by the UGC norms the students grievance cell was established by RBANMS first grade College in the year 2012. The major objective of it is to provide the students access to immediate, hassle free recourse to have their grievances redressed and to enlighten students on their duties and responsibilities thereby empowering them. The committee is presided by our honourable Principal, Dr. Prathap.

As the exams approach closer the students deal with ample amounts of emotional gamble within themselves right from anxiety, lack of appetite, extreme stress levels etc., which negatively impacts their performance in the examination. Hence a workshop had been conducted dedicated to our students in order to Unlock their potential through numerous ideologies through Mrs. Shellwin Lucas's view.

Mrs. Lucas did her Masters in Psychology and is presently working as a communication trainer in a private organisation. She is a proficient writer and has published multiple articles in a prominent magazine like Women's Era and her fondness for poetry writing has got her poems published by international poets association. She has about seven years experience in her field of expertise.

The session went on for about two hours with constant interaction with students. Mrs. Lucas also held a query session for any specific grievance from students. The platform was open for faculty members of all streams and students. About 104 students were present in the workshop.

Mrs. Mehnaaz Safura, faculty of Economics started the session by addressing the gathering by stating the importance of students grievance cell and gave a briefing on the topic. Honourable Principal, Dr. Prathap introduced the resource person thereby welcoming her and addressing the gathering.

Speaker spoke on:

1. Meaning of stress
2. Various sources of stress
3. Types of stress
4. Impact of stress
5. Measures to overcome stress
6. Tips on stress management and anxiety
7. Implementation of social values
8. Necessity of social ethics
9. Adoption of disciplinary plan
10. Importance of time structuring

The seminar concluded with a vote of thanks pronounced by HOD and Coordinator, Dr. Avinash. V.



PRINCIPAL