

Spoorthi and Pragathi-Skill Development Program 2022-23

Spoorthi Aiming at the spiritual growth of every individual, all catholic students were given the chance of preference to opt their choice of language for retreat. It was conducted in three different languages Konkani, English and Malayalam. Different venues were fixed and students were divided based on their year and respective faculty. The major highlight was Spiritual preaching, Confession, Adoration of the Blessed Sacrament and reconciliation through the Eucharistic celebration. The outcome of this programme was the feel of the God's love, many were benefitted as the preachers made them aware of the Catholic Faith. Many students felt a change within them as they made a decision to overcome all barriers for a better living.

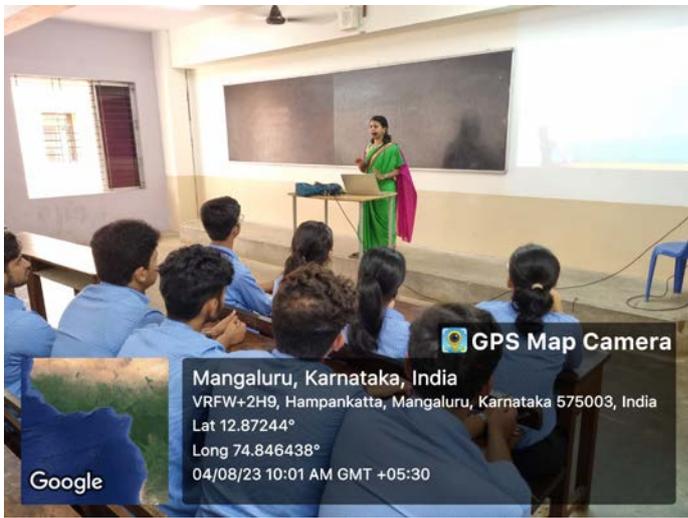
Pragathi This programme was specially conducted for the Non Catholic students. They were divided into batches of forty in each batch. Resource persons were both from within and from outside the College. Students were engrossed through inspirational videos, games, activities, presentations. The main aim of this was to identify the importance of skill development which is one of the major requirements for today's world. Talks were based on themes such as; Self Awareness and Motivation, Leadership and Interpersonal Skills and Social Awareness for first, second and third year batches respectively. Students participated with enthusiasm as they were engaged for an hour and a half by every resource person. Students were divided into batches under diverse subjects and it was seen that all the students got a chance to know more about various topics and prevalent concepts. Students developed a spirit of enthusiasm and were made to think beyond normal realities.

Pragathi- 2022-23

Pragathi the skill development programme for the students of St Aloysius college (Autonomous) was held on 26th and 27th august in college premises. The objective of the programme was to encourage integral development of students which is the essential feature of modern holistic education. 3675 students took part in the interactive session, which were based on various skill-based topics taken up by 113 eminent resource persons from different walks of life. Out of this lot 52 were external resource person and 61 were internal resource persons. On the whole 370 students were held in 74 rooms across 3 different blocks i.e. Arrupe Block, Administrative Block and Xavier Block. They imparted knowledge and inculcated skills among the students, which provide a fruitful experience to participants. Topics like communication and effective learning, interpersonal skills, conflict management, team building, leadership skills, self-motivation, time management, goal setting, social awareness, marriage and responsibility give an enriching experience to the students. Students expressed their opinion through feedback form taken at the end of each session. Their feed back is found to be very encouraging in general and were happy about the topics dealt in terms of the resourcefulness of facilitators. All the sessions were interesting in general and designed so as to particularly improve personality, communication skills, spiritual development and integral growth of individuals. Feed back was also taken from resource persons from both external institutions and internal members. All expressed their appreciation regarding the organization and hospitality

provided. They were particularly happy about the infrastructure and logistics arrangements of the College. Reported by Mr Shakin Raj





Spoorthi 2022-23

Spoorthi Retreat programme was conducted on 26th and 27th of September for Roman catholic students of St Aloysius College Mangalore. Spoorthi was conducted in different locations. Malayalam retreat was conducted in Gelge hall by Fr.Robin and team. English retreat was conducted in Loyola hall and st Aloysius Chapel by Mr.Alex and team,MFC and team. Konkani retreat was conducted in LCRI by Fr.Clifford and in Arruppe block by Fr.Roman Pinto. Students attended retreat with devotion. Holy Eucharist was celebrated and talks were given. The programme ended smoothly. Reported by Dr Anup Denzil Veigas



EXTERNAL RESOURCE PERSONS

Sl.no.	Name	Topics handled
1	Fr Rahul Dexter D'souza	Self awareness Self motivation
2	Mr Rahul R Suvarna	Communication and effective Learning
3	Ms Disha C Shetty	Goal setting and self motivation
4	Mr SHREEHARI KM	INTERPERSONAL SKILLS & SELF MOTIVATION
5	Ms Arathi K	Family and marriage
6	Mr Suraj M Devadiga	Leadership skills, self-awareness, social awareness
8	Larson Monteiro	Leadership skills, social awareness, social Institutional and media, Team building
9	Ms Soumyashree	Communication and effective Learning
10	Mr Deepak BE	Social Institutions & Media
11	Br Royster Monis SJ	INTERPERSONAL SKILLS & PERSONALITY DEVELOPMENT
12	Sanandana	Neo Spirituality, time mgt, conflict mgt
13	Athena Aranha	Interpersonal skills, self awareness, professional ethics
14	S Nandagopal	Conflict Management

15	ashwith.H.R	GOAL SETTING, PROFESSIONAL ETHICS
16	Dr Savitha Basri	Team Building
17	Mr Rohith Radhakrishnan	Self Motivation
18	Ms Swapna Shetty	Time Management
19	Ms Tantri Keerthi Dinesh	Leadership skill
20	Ms Asha Albuquerque Pai	Goal Setting
21	Ms Melanie Pius Dsouza	Self awareness
22	Ms Pooja	Time Management Goal setting
23	Chengappa AD	Effective Communications & Learning ; Family & Marriage
24	Dr Pradeepa K S	Self awareness team building time management
25	Vikas Kumar	Professional Ethics
28	Rohini K	Social Institutions & Media , communication and effective learning

29	Anuradha Shetty	School of Social Work, Roshni Nilaya, Mangaluru
30	Sarik Ankitha	School of Social Work, Roshni Nilaya, Mangaluru
31	Nishal D'Souza	Professional Ethics, Team Building
32	keerthishree S Nayak	Conflict management, Self awareness
33	Hariprasad	Goal Setting, Leadership Skills
34	Akshatha P	Leadership Skills , Team Building
35	Elson D souza	leadership skills, goal setting, interpersonal skills
36	Dr Mahesh B S	study skills, self awareness, time management
37	Ankith S Kumar	Entrepreneurship
38	Samarth Shenoy	Entrepreneurship
39	Manjunath Kamath	Conflict Management

INTERNAL RESOURCE PERSONS AND TOPICS HANDLED

- 1 Vinutha Shetty - Self Motivation
- 2 Nisha - Conflict Management
- 3 Renita Aranha - Time Management
- 4 Dr. Florin S Soans - Marriage and Family
- 5 Deshel - Communication and Effective Learning
- 6 Carrel Periera - Team Building
- 7 Bhavya Shetty - Goal Setting
- 8 Sandhya U Sirsikar - Self Motivation
- 9 Shimil - Conflict Management
- 10 Aldrina A.M - Goal Setting
- 11 Nandini - Self Motivation
- 12 Joylene Correa - Team Building
- 13 Dr. Ravindra Swamy - Leadership Skills
- 14 Avinash N - Leadership Skills
- 15 Smitha D K - Study Skills
- 16 Sweedel - Conflict Management
- 17 Daya Mary - Conflict Management
- 18 Mariyam Busthara - Interpersonal Skills
- 19 Akhil K - Interpersonal Skills
- 20 Thauseef - Social Institution and Media
- 21 Crystal - Communication and Effective Learning
- 22 Praveen N - Team Building
- 23 Preema Pais - Study Skills
- 24 Jenissa DSouza - Interpersonal Skills
- 25 Vishal Nayak - Social Institution and Media
- 26 Valina - Leadership Skills
- 27 Paul DSouza - Conflict Management
- 28 Zeena DSouza - Professional Ethics
- 29 Ayush - Communication and Effective Learning
- 30 Maina Dsouza - Time Management
- 31 Kavitha B - Team Building
- 32 Akshith Kumar - Study Skills
- 33 Manuel DSouza - Communication and Effective Learning
- 34 Hariprasad Shetty - Marriage and Family
- 35 Joan Rita O'Brien - Social Institution and Media
- 36 Severine - Study Skills
- 37 Glavin - Professional Ethics
- 38 Chethan Shettigar - Conflict Management
- 39 Divya N - Study Skills
- 40 Dr. Suresh Poojary - communication
- 41 Sharoon - Team Building
- 42 Alwyn Misquith -communication
- 43 Saritha Crasta - Communication and Effective Learning
- 44 Bharathi - Team Building
- 45 Helma - Team Building
- 46 Akshitha - Communication and Effective Learning

- 47 Savia Dsouza - Leadership Skills
- 48 Laisha - Leadership Skills
- 49 Vinola Sequeira - Time Management
- 50 Suchithra - Team Building
- 51 Arwin - Team Building
- 52 Dr. Caroleena - Leadership Skills
- 53 Joyce Muriel Mascarenhas - Study Skills
- 54 Ruth Almeida - Team Building
- 55 Premalatha Shetty - Marriage and Family, Conflict Management
- 56 Rishal Dsouza - Interpersonal Skills
- 57 Dr. Priya Shetty - Professional Ethics
- 58 Dr. Shakira Irfana - communication
- 59 Mr. Biddappa - Self Motivation
- 60 Ms. Rouchille Tauro - Professional Ethics, Interpersonal Skills
- 61 Vinita Lobo - Goal Setting

Program schedule

(Name of the resource person, Time, Topic and Venue)

Vinutha Shetty

	9.15am to 10.45am	11.15am to 12.45pm	2.00pm to 3.30pm
26-08-22	Self Motivation	Self Motivation	Self Motivation
	A205	X503	AR613
27-08-22	MARRAIGE AND FAMILY		
	AR 705		

Nisha

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	conflict management	conflict management	conflict management
	AR405	AR504	AR505
27-08-22	Professional ethics	Professional ethics	
	X 604	AR 611	

Renita Aranha

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Time Management	Goal Setting	Time Management
	X601	X602	AR610
27-08-22	communication and effective learning	communication and effective learning	
	A312	AR415	

Dr Florin S Soans

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Marraige and Family	Social Institution and media	Marraige and Family
	A 308	AR 702	X 609

27-08-22	Social Institution	Social Institution	
	X 607	AR 612	

Deshel

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	communication and effective learning	communication and effective learning	Social Awareness
	AR306	AR 301 A	X 606
27-08-22	interpersonal skills	Professional Ethics	
	AR402	X 605	

Carrel Periera

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	team building	SOCIAL AWARENESS	SOCIAL AWARENESS
	A302	AR 611	A 308
27-08-22	SOCIAL AWARENESS	team building	
	AR 701	X 307	

Bhavya Shetty

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Goal Setting	SOCIAL INSTITUTION AND MEDIA	Goal Setting
	X603	AR 701	X601
27-08-22	SOCIAL INSTITUTION AND MEDIA	SOCIAL INSTITUTION AND MEDIA	
	AR 706	X 609	

Sandhya U Sirsikar

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Self Motivation	interpersonal skills	interpersonal skills
	A206	X408	X502
27-08-22	MARRAIGE AND FAMILY	Self Motivation	
	AR 713	A201	

Shimil

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	conflict management	conflict management	SOCIAL AWARENESS
	AR 301 A	AR401	AR 702
27-08-22	interpersonal skills	interpersonal skills	
	AR504	AR302	

Aldrina A.M

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Goal Setting		PROFESSIONAL ETHICS
	AR613		AR 706

		communication and effective learning	
27-08-22		AR 404	

Nandini

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Self motivation
			AR 503
27-08-22		interpersonal skills	
		A312	

Joylene Correa

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	team, building	Goal Setting	Self Awareness
	A312	X505	AR606
27-08-22	Self Awareness	Goal Setting	
	AR503	A315	

Dr. Ravindra Swamy

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	leadership skills		conflict management
	AR302		A 103
27-08-22	Goal Setting	Time management	
	A203	AR 502	

Avinash N

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	leadership skills	leadership skills	Team Building
	AR414	A302	AR405
27-08-22	leadership skills	Team Building	
	A202	AR301	

Smitha D K

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Study Skills	Professional ethics	Study Skills
	AR605	X 607	AR510
27-08-22	Study Skills	Study Skills	
	X602	AR613	

Sweedel

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	conflict management		
	X308		
27-08-22			

Daya Mary

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
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26-08-22	conflict management	conflict management	conflict management
	X408	A303	A302
27-08-22	interpersonal skills		
	AR 712		

**Mariyam
Busthara**

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	interpersonal skills	interpersonal skills	conflict management
	A103	X308	X 307
27-08-22	conflict management		
	AR302		

Akhil K

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	interpersonal skills	conflict management	conflict management
	X404	AR404	A 102
27-08-22	interpersonal skills		
	AR506		

Thauseef

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	SOCIAL INSTITUTION AND MEDIA	SOCIAL INSTITUTION AND MEDIA	SOCIAL INSTITUTION AND MEDIA
	AR 704	AR 705	AR 601
27-08-22	PROFESSIONAL ETHICS	PROFESSIONAL ETHICS	
	AR 612	A 308	

Crystal

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Communication and Effective learning	Communication and Effective learning	
	X402	X404	
27-08-22	Communication and Effective learning	Communication and Effective learning	
	AR403	AR 414	

Praveen N

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	team building	SOCIAL AWARENESS	team building
	AR506	AR 612	A303
27-08-22	Goal Setting	Goal Setting	
	AR 511	AR 503	

Preema Pais

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22		Study Skills	Study Skills
		AR503	AR511
27-08-22	interpersonal skills	interpersonal skills	
	A302	AR403	

Jenissa DSouza

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22		interpersonal skills	interpersonal skills
		X 307	AR 301 A
27-08-22	Self Awareness	Self Awareness	
	AR613	AR501	

Vishal Nayak

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	SOCIAL INSTITUTION AND MEDIA	sOCIAL INSTITUTION AND MEDIA	
	X 605	X 606	
27-08-22			

Valina

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			leadership skills
			AR 415
27-08-22			

Paul DSouza

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Conflict management	Conflict management	Marriage and family
	A202	X401	A 306
27-08-22	Conflict management	Conflict management	
	AR414	AR712	

Zeena DSouza

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			
27-08-22		Professional Ethics	
		AR 601	

Ayush

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	communication and effective learning	communication and effective learning	
	X307	AR 302	

27-08-22	interpersonal skills	interpersonal skills	
	A303	AR406	

Maina Dsouza

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Time Management
			AR501
27-08-22			

Kavitha B

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	team building	Self Motivation	
	A301	A203	
27-08-22	Self Motivation	SOCIAL AWARENESS	
	X505	AR 704	

Akshith Kumar

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Study Skills	Study Skills	Study Skills
	A315	X603	AR714
27-08-22	Interpersonal Skills		
	AR415		

Manuel DSouza

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22		communication and effective learning	
		X502	
27-08-22	Time Management	communication and effective learning	
	X603	AR506	

hariprasad shetty

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Marriage and family
			X 607
27-08-22	study skills	Communication and effective learning	
	A205	A 301	

Joan Rita O'Brien

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22		SOCIAL INSTITUTION AND MEDIA	
		A 308	

27-08-22	MARRAIGE AND FAMILY	SOCIAL AWARENESS	
	AR 702	AR 705	

Severine

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Study Skills		leadership skills
	AR606		AR506
27-08-22	Time Management		
	A201		

Glavin

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	PROFESSIONAL ETHICS	Self Awareness	leadership skills
	AR 705	AR512	AR504
27-08-22		Self Motivation	
		X603	

Chethan Shettigar

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	conflict management	conflict management	conflict management
	AR402	A301	AR306
27-08-22		communication and effective learning	
		AR 504	

Divya N

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			
27-08-22	Study Skills	Study Skills	
	AR512	AR610	

Dr. Suresh Poojary

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			
27-08-22	Social Awareness		
	AR 703		

Sharoon

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22		team building	
		AR415	
27-08-22	team building		

	AR505		
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Alwyn Misquith

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			
27-08-22	Time Management	leadership Skills	
	AR603	X404	

Saritha Crasta

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			
27-08-22	Communication and Effective learning	Communication and Effective learning	
	AR405	A 302	

Bharathi

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Team building
			AR 401
27-08-22		Team building	
		A 202	

Helma

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22		Team building	
		AR 406	
27-08-22		Team building	
		AR306	

Akshitha

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Communication and Effective learning
			X308
27-08-22		Communication and Effective learning	
		A303	

Savia Dsouza

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			
27-08-22	leadership skills	leadership skills	
	AR306	X401	

Laisha

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
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26-08-22		leadership skills A312	leadership skills AR406
27-08-22	leadership skills AR 301 A	Team building X408	

Vinola Sequeira

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Time Management A205
27-08-22			

Suchithra

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			team building AR 414
27-08-22			

Arwin

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	team building AR 504	leadership skills AR505	team building AR712
27-08-22	leadership skills X408	professional ethics A 307	

Dr Caroleena

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Leadership skills A303		Leadership skills A301
27-08-22			

Joyce Muriel Mascarenhas

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Study Skills A203
27-08-22	Study Skills X601	Study Skills AR603	

Ruth Almeida

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			team building AR402
27-08-22			

Premalatha Shetty

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
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		Marriage and family	conflict management
26-08-22		X 404	AR 403
27-08-22			

Rishal Dsouza

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			interpersonal skill
			X 402
27-08-22			

Dr Priya shetty

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Professional Ethics		
	AR 702		
27-08-22			

Dr Shakira Irfana

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			
27-08-22	Goal Setting	Team building	
	AR 606	AR 301 A	

Mr Biddappa

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	Self motivation		
	AR 511		
27-08-22			

Ms Rouchille

Tauro

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22	PROFESSIONAL ETHICS		

	AR 703		
27-08-22	Interpersonal Skills		
	A301		

Vinita Lobo

	9.15 to 10.45	11.15 to 12.45	2.00 to 3.30
26-08-22			Goal Setting
			A206
27-08-22			

Details of session handled by external resource persons

Sl.no.	Name	Topics handled	Mobile no	No of sessions
1	Fr Rahul Dexter D'souza	Self awareness Self motivation	9632915108	2
2	Mr Rahul R Suvarna	Communication and effective Learning	8904671454	5
3	Ms Disha C Shetty	Goal setting and self motivation	8310533690	3
4	Mr SHREEHARI KM	INTERPERSONAL SKILLS & SELF MOTIVATION	9074536471	2
5	Ms Arathi K	Family and marriage	9686929229	2
6	Mr Suraj M Devadiga	Leadership skills, self awareness, social awareness	9964184740	3
8	Larson Monteiro	Leadership skills, social awareness, social Institutional and media, Team building	9035924529	5

9	Ms Soumyashree	Communication and effective Learning	9108878976	3
10	Mr Deepak BE	Social Institutions & Media	9845815980	5
11	Br Royster Monis SJ	INTERPERSONAL SKILLS & PERSONALITY DEVELOPMENT	9886885627	3
12	Sanandana dasa	Neo Spirituality,time mgt,connflict mgt	9980830108	20
13	Athena Aranha	Interpersonal skills, self awareness, professional ethics	9164630991	3
14	S Nandagopal	Conflict Management	9886347946	3
15	ashwith.H.R	GOAL SETTING, PROFESSIONAL ETHICS	9483159001	3
16	Dr Savitha Basri	Team Building	9448103447	4
17	Mr Rohith Radhakrishnan	Self Motivation	7715952959	2
18	Ms Swapna Shetty	Time Management	8904000809	4

19	Ms Tantri Keerthi Dinesh	Leadership skill	9353415718	4
20	Ms Asha Albuquerque Pai	Goal Setting	9448152284	3
21	Ms Melanie Pius Dsouza	Self awarness	9870183149	3
22	Ms Pooja	Time Management Goal setting	8904519229	5
23	Chengappa AD	Effective Communications & Learning ; Family & Marriage	7760119030	5
24	Dr Pradeepa K S	Self awareness team building time management	9901445096	4
25	Vikas Kumar	Professional Ethics	7259499153	1
28	Rohini K	Social Institutions & Media , communication and effective learning	9961451962	2
29	Anuradha Shetty	School of Social Work, Roshni Nilaya, Mangaluru	7259871665	5
30	Sarik Ankitha	School of Social Work, Roshni Nilaya, Mangaluru	8660516809	5
31	Nishal D'Souza	Professional Ethics, Team Building	9740180006	2

32	keerthishree S Nayak	Conflict management, Self awareness	8921497596	2
33	Hariprasad	Goal Setting, Leadership Skills	9035956319	2
34	Akshatha P	Leadership Skills , Team Building	701238905	2
35	Elson D souza	leadership skills, goal setting, interpersonal skills	8861084271	3
36	Dr Mahesh B S	study skills, self awareness, time management	8660922867	4
37	Ankith S Kumar		9632848204	2
38	Samarth Shenoy	Entrepreneurship	7204128432	3
39	Manjunath Kamath	Conflict Management	7760240401	4