

10 YEARS

**OF UNIVERSITY
RECOGNITION**

20 YEARS OF
ACADEMIC
EXCELLENCE



REVA
UNIVERSITY

Bengaluru, India



PERSONALITY DEVELOPMENT PROGRAMS



Sno	Title	Date	Year
1	Faculty Development Program on Course Planning	28-01-2017	2017
2	Talk on "Life Empowerment	21-03-2017	2017
3	Talk on Developing an Integrated Personal Management System to help get things done	01-03-2017	2017
4	Workshop on Up gradation of Teaching Skills	30-1-2017 to 31-1-2017	2017
5	Workshop on Heartfulness Program	07-02-2018	2018
6	Workshop on Personal Excellence -Stop worrying , start living Swami Sukhabodananda	23-02-2018	2018
7	Workshop on Personal Excellence - Swami Sukhabodananda	08-02-2019 to 9-02-2019	2019
8	Webinar on "Ultimate Truth of Life - Finding Happiness"	26-06-2020	2020
9	Workshop on Personal Excellence -Stop worrying , start living Swami Sukhabodananda	27-02-2020 to 28-02-2020.	2020
10	Workshop on Personal Excellence -Introspect , Retrospect and prospect by Swami Sukhabodananda	12-03-2021 and 13-03-2021	2021
11	Personal Excellence- Role of stakeholders in institution building through Bhagavad Gita by Swami khabodananda	25-03-2022 & 26-03-2022	2022
12	Personal Excellence- Quality Education wellness and Happiness by Swami Sukhabodananda	23-02-2023 to 24-02-2023	2023

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PERSONALITY DEVELOPMENT PROGRAMS 2017

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FACULTY DEVELOPMENT PROGRAM ON COURSE PLANNING

Date: 28th January

Year: 2017

Dr. Venkataramu, Dean, IQAC, REVA University conducted a Faculty Development Program for the faculty members of the School of ECE on course planning on 25th, 27th and 28th January 2017. During the training, faculty members were motivated to enhance their knowledge in implementing the outcome education.

The FDP focused on:

- Making the teaching-learning process regular, organized and more systematic.
- Understanding the processes that lead to the outcomes.
- Improving the quality in teaching.
- Forming the questions for paperless examination.
- Usage of action verbs for various Bloom's level.
- Depth of the course to be covered uniformly in class.
- Learning of standards for laboratory.
- Identifying the needs and resources for the laboratories if needed





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TALK ON “LIFE EMPOWERMENT”

School: School of Management Studies

Date: 21st March

Year: 2017

The School of Management Studies conducted a talk by Mr. Harish R, CEO, KM Global Tech manage Services on “Life Empowerment: How do Management students face the real World?” on 21st March 2017. The focus of the talk was to give a picture of Corporate World, the working of real business and how the Management personality has to be built. The speaker touched upon Self-confidence, Communication, Teamwork, and How being creative will gain good branding. He also spoke on making one’s CV the most preferred pick by the employer.



TECHNICAL TALK DEVELOPING AN INTEGRATED PERSONAL MANAGEMENT SYSTEM TO HELP GET THINGS DONE

School: School of Mechanical Engineering and ASHRAE & ISHRAE Student Chapter

Date: 1st March

Year: 2017

The School of Mechanical Engineering and ASHRAE & ISHRAE Student Chapter REVA had organized Technical talk on “Developing an Integrated Personal Management System to help get things done” by Mr. Dennies Knight, P.E. Founder and Chief Executive Officer, Whole Building Systems, LLC, USA on 1st March 2017 for the students of Mechanical and Civil Engineering schools. The students from Sai Vidya and Nagarjuna Colleges also participated in the event. The programme began with a welcome by Mr. Alen, secretary ASHRAE student chapter REVA. He briefed about the activities conducted under ASHRAE/ISHRAE student chapter. Dr. Ramalinga Reddy, Associate Dean (C&ME) spoke about importance of technical talk and activities conducted under student chapters. Dr. K S Narayana Swamy Director, School of Mechanical Engineering, also presided over the talk.

Mr. Manoj, President ISHRAE Student Chapter REVA University, introduced the speaker. Mr. Dennis Knight spoke about time management and tools required for execution of the work. He highlighted importance of planning, data collection, and communication through mails, work execution and follow up. The program ended with vote of thanks by Mr. Vishwanath, SGCWC member, ISHRAE Student Chapter REVA.

After the talk Mr. Dennis visited various labs of the School of Mechanical and Civil Engineering. He appreciated the developments happening in the University. The whole programme was coordinated by Prof. L R Jagadeesh, coordinator, ASHRAE & ISHARE Student Chapter REVA



TWO DAY WORKSHOP ON UPGRADING TEACHING SKILLS.

School: School of Mechanical Engineering

Date: 30th-31st January

Year: 2017

The School of Mechanical Engineering organized two day workshop on Upgrading Teaching skills on 30th January and 31st January 2017 for the faculty members of the school of Mechanical Engineering and Civil Engineering. The main objective of the workshop was focused on teaching skills, research and innovation, preparation of course plan, subject preparation, class monitoring, question paper preparation, paper evaluation, laboratory evaluation and mentoring. About 100 faculty members attended the workshop.

The first session was conducted by Dr. Divakar B P, Dean R&I, REVA University, on the topic Research & Innovation. Dr. Divakar highlighted the importance of research and innovation for an individual and for the university. He also talked about the step-by-step procedure to do research, literature survey, problem definition and paper publication in journals and conferences. The second session was conducted by Dr.P. S. Venkataramu, Dean, IQAC, REVA University. He focused on outcome based education, course preparation and preparation of course file. He briefed about course outcomes and program outcomes with program educational objectives. He stressed about use of Bloom's Taxonomy for course preparation and course delivery. On the second day, the first session was conducted by Dr. Krishna Rao followed by Dr. L H Manjunath from the School of Mechanical Engineering. They focused on class room management, such as, subject preparation, subject delivery and class controlling. They gave some important tips which are useful for new teachers to handle the problematic subjects and control the classes in effective way. The second session was conducted by Dr. Sharanappa followed by Prof. C D Hampali and Prof. Mahesh from Mechanical Engineering. They explained about qualities of a teacher, basic requirements of a teacher and skills required for effective teaching. They also discussed on conduction of labs, evaluation of lab records and evaluation of the students in the laboratories. The third session was handled by Prof. Naga Suresh Babu, followed by Prof. Anand , Prof. L R Jagadeesh and Prof Raju B S from the School of Mechanical Engineering. Prof. Naga Suresh Babu talked about criteria to be followed for setting of question papers.

Prof. L R Jagadeesh briefed about 21st century skills and importance of these skills for faculty members and also for students. Prof. Anand discussed about Moodle module of our University. He highlighted responsibility of a teacher for updating of student data, personal data and online assignments and online exams. Prof. Raju spoke about paper evaluation. He stressed about transparency, responsibility and morality to be maintained for evaluation. The program was concluded with an interactive session and vote of thanks





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WORKSHOP ON HEARTFULNESS PROGRAM

Date: 7 February 2018

Year : 2018

A workshop on Heartfulness Program by Shri Ramachandra Mission was conducted on 7 February 2018. The workshop was attended by about 650 students and faculty members. The program was inaugurated by Dr. S.Y. Kulkarni, Vice Chancellor, REVA University and the Chief Guest for the occasion, Shri Ravindra B. Kini, Cofounder and Director of Affordable Business Solutions Pvt. Ltd., and Cognitive Skills Pvt. Ltd., Bangalore. He is also a Senior Preceptor in Shri Ramachandra Mission Inc., Bangalore. Dr. Kulkarni spoke about the usefulness of meditation and its impact on the studies of the students. He also mentioned that REVA University is providing such courses which are part of the curriculum which enable them to earn credits. The Chief Guest gave the details of the activities of Shri Ramachandra Mission. He mentioned that Shri Ramachandra Mission has established its centre all over world and is very famous for Sahaj Marg Yoga. The centres are also functioning in various university campuses like New York University, Australia and Sweden Universities with more than million followers in the world. The Sahaj Marg is a very simple meditation technique which can be followed by any person without any kind of pre-requisites. Dr. Rajashekar P. Mandi, Director School of EEE, also emphasized on the usefulness of Heartfulness Program and Sahaj Marg Yoga. A similar program was also organized on 16th March 2018 by the School of Electronics and Communication Engineering in association with Heartfulness Foundation. The session was conducted by the Sahaj Marg Spirituality Foundation, or SMSF supported Heartfulness Institute's specialized trainer Mr. Prabhakar Ravoori and Heartfulness team who trained students, teachers and administrative staff of the school.





WORKSHOP ON HEARTFULNESS PROGRAM

Date: 23-02-2018 & 24-02-2018

Year: 2018

REVA University organized a mega workshop on “Personal Excellence - Stop Worrying, Start Living” by Swami Sukhabodananda on 23rd and 24th February. The workshop aimed to provide students, faculty members, administrative staff, parents, and visitors with various insights and techniques to achieve personal excellence by drawing upon the wisdom of the Bhagavat Gita.

The workshop began with a keynote address by Swami Sukhabodananda, who emphasized the importance of achieving personal excellence for leading a successful and fulfilling life. He highlighted the relevance of the Bhagavat Gita’s teachings in achieving this goal.

The first session focused on identifying the causes of worry and stress in our lives and how to overcome them. Swami Sukhabodananda provided practical tips on how to manage stress and improve mental health.

The second session focused on developing a positive attitude towards life. Swami Sukhabodananda stressed the importance of having a positive outlook on life and how it can help us achieve personal excellence.


The second day began with a session on developing leadership skills. Swami Sukhabodananda discussed the essential qualities of a good leader and how to develop them. He also emphasized the importance of teamwork and effective communication in leadership.

The next session focused on developing emotional intelligence. Swami Sukhabodananda discussed the importance of understanding and managing our emotions to achieve personal and professional success.


The final session focused on the power of meditation and mindfulness in achieving personal excellence. Swami Sukhabodananda guided the participants through a meditation session and provided tips on how to incorporate mindfulness into our daily lives.

Conclusion:

The “Personal Excellence - Stop Worrying, Start Living” workshop by Swami Sukhabodananda was a great success. The participants gained valuable insights and techniques for achieving personal excellence by drawing upon the teachings of the Bhagavat Gita. The workshop helped the participants develop a positive attitude towards life, manage stress, develop leadership skills, and cultivate emotional intelligence. The meditation and mindfulness session provided the participants with practical tools to incorporate into their daily lives. The workshop was a valuable learning experience for all the participants.

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Swami Sukhabodhananda
International Management, Spiritual & Corporate Guru
talks on
Personal Excellence
Stop Worrying, Start Living
for students, teachers & parents

**ENTRY FREE
ALL ARE WELCOME**

DATE: 23rd & 24th Feb' 2018 **TIME:** 5:00 P.M

VENUE: REVA University Campus
Rajanna Knowledge Park, Kallagerehalli, Yeshwanthpur, Bengaluru - 560042

+91-80-6622 6622 +91-980-2052600 / 01 / 02 / 99017 77000 www.reva.edu.in





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WORKSHOP ON PERSONAL EXCELLENCE- BY SWAMI SUKHABODANANDA

Venue: REVA University, Bangalore

Date: 08-02-2019 & 09-02-2019

Year: 2019

The workshop on “Personal Excellence” was conducted by Swami Sukhabodananda, an International Management and Spiritual Guru, at REVA University in Bangalore. The workshop was organized to help participants achieve personal and professional success through self-evaluation and team building.

The workshop began with an introduction by Swami Sukhabodananda, who explained the importance of self-realization and wisdom in achieving personal excellence. He cited examples from the Bhagavad Gita to illustrate the key principles of self-evaluation and team building.

The participants were then divided into groups, and each group was given a task to complete. The task required participants to work together, communicate effectively, and use their problem-solving skills. Through this exercise, participants were able to experience the importance of teamwork and learn the benefits of working collaboratively.

Swami Sukhabodananda then delivered a talk on self-realization, emphasizing the importance of understanding oneself and one’s place in the world. He encouraged participants to reflect on their values and beliefs, and to develop a clear sense of purpose and direction in life.

The second day of the workshop focused on practical strategies for achieving personal excellence. Swami Sukhabodananda discussed the importance of setting goals and developing a plan for achieving them. He emphasized the need to be persistent and to stay focused on one’s goals, even in the face of obstacles and setbacks.

Participants were then given time to work individually on setting their own personal and professional goals, with guidance from Swami Sukhabodananda. They were encouraged to be specific and realistic in their goal setting, and to develop a clear plan for achieving their objectives.

The workshop concluded with a final discussion on the importance of self-care and maintaining a healthy work-life balance. Swami Sukhabodananda encouraged participants to prioritize their physical, emotional, and spiritual well-being, and to take time for themselves on a regular basis.

The workshop on “Personal Excellence” by Swami Sukhabodananda was a valuable opportunity for participants to learn from a respected spiritual and management guru, and to gain new insights and perspectives on achieving personal excellence. Through a combination of lectures, group exercises, and individual goal-setting, participants were able to develop practical tools and strategies for achieving their personal and professional goals. The workshop was well-organized and engaging and received positive feedback from participants





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PERSONALITY DEVELOPMENT PROGRAMS 2020

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WEBINAR ON “ULTIMATE TRUTH OF LIFE - FINDING HAPPINESS”

School: School Electronics and Communication Engineering

Date: 26-06-2020

Year: 2020

The School of Electronics and Communication Engineering organized a webinar on “Ultimate Truth of Life - Finding Happiness” on 26th June 2020. The aim of the webinar was to provide insights into the importance of happiness in our lives and how to achieve it. The resource person for the webinar was Ms. Devi D., an alumnus of the School of ECE.

Ms. Devi D. is a talented professional with technical skills, creative writing abilities, and experience as a public speaker at Toastmasters International. She shared her personal experiences and the lessons she learned along the way in her journey towards finding happiness. She also discussed the scientific and philosophical aspects of happiness.

The webinar started with Ms. Devi D. explaining the concept of happiness and its significance in our lives. She emphasized the fact that happiness is not just a feeling, but a state of mind that is achievable with the right mindset and practices. Ms. Devi also talked about the benefits of being happy, such as better physical and mental health, increased productivity, and improved relationships.

Ms. Devi then went on to discuss the different approaches to happiness, such as the hedonic approach, which is focused on immediate pleasure and the eudaimonic approach, which is focused on a sense of purpose and meaning in life. She also talked about the role of positive psychology in understanding happiness.

Ms. Devi shared some practical tips on how to cultivate happiness in our lives, such as practicing gratitude, engaging in activities that bring us joy, maintaining a positive mindset, and developing meaningful relationships. She also highlighted the importance of self-care and the need to prioritize our mental and emotional well-being.

The webinar was well-received by the participants, who actively engaged in the discussion and asked questions. The participants appreciated the insights and practical tips shared by Ms. Devi, and found the webinar to be informative and engaging.

In conclusion, the webinar on “Ultimate Truth of Life - Finding Happiness” was a great success, thanks to the efforts of Ms. Devi D. and the School of Electronics and Communication Engineering. The webinar provided valuable insights into the importance of happiness and how to achieve it, and served as a reminder of the need to prioritize our mental and emotional well-being.



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MHRD'S
INNOVATION CELL
GOVERNMENT OF INDIA



School of Electronics and Communication Engineering

Organises

Webinar on Ultimate truth of life - Finding happiness



Ms. Devi D

Alumni of REVA
Creative Writer & Marketer
Author, Speaker @ Toastmasters International
New Delhi, INDIA

Date : 26th June, 2020

Time : 2:00 P.M.

www.reva.edu.in

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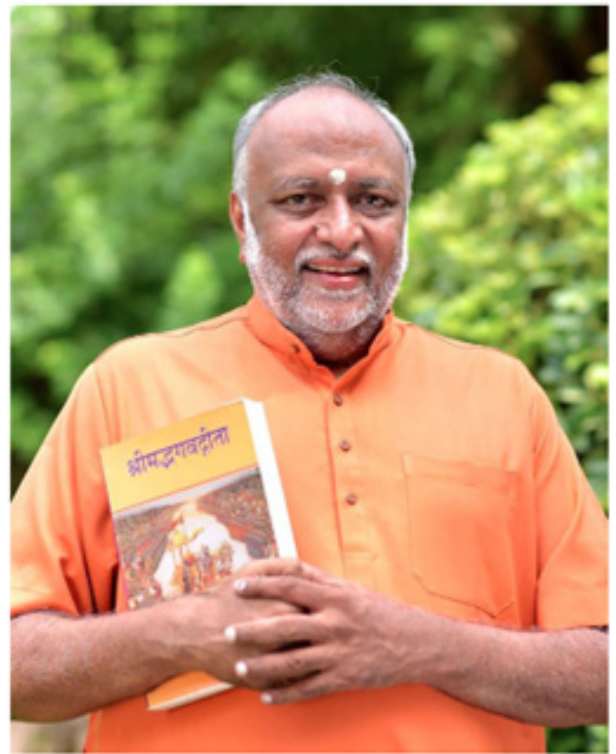
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WORKSHOP ON PERSONAL EXCELLENCE

Date: 27-02-2020 & 09-02-2020

Year: 2020

A workshop on “Personal Excellence” for students, teachers, staff members and parents by Swami Sukhabodananda, International Management and Spiritual Guru was conducted on 27th and 28th of February 2020. The workshop was titled “Transforming Frustration to Fulfillment through Bhagavad Gita” focused on emotional management by adopting the strategies discussed in Bhagavad Gita. Swami Sukhabodananda ji emphasized on the significance of maintaining cerebral hygiene amidst any kind of stress and learning the method of balancing the professional and personal life by adopting the values addressed in Bhagavad Gita





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PERSONALITY DEVELOPMENT PROGRAMS 2021

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WORKSHOP ON PERSONAL EXCELLENCE BY SWAMI SUKHABODANANDA

Date: 12-03-2021

Year: 2021

The workshop was conducted on the 12th and 13th of March for the benefit of the staff and students at REVA University. The topic of the workshop was “introspect, retrospect, and prospect,” which is highly relevant, especially during the pandemic times when individuals have had to adapt to new ways of living and working.

The objective of the workshop was to help the participants gain insights and tools to enhance their personal and professional growth. It provided a space for the participants to reflect on their past experiences, examine their current situations, and plan for their future goals.

The workshop was conducted by Swami Sukhabodananda, who is a renowned speaker and author on personal excellence. He shared his knowledge and expertise on the topic through various interactive sessions and activities.

The workshop was organized by REVA University, which has been conducting such workshops every year for the benefit of its staff and students. By organizing such workshops, the university aims to promote personal growth and development, foster a culture of continuous learning and improvement, and enhance the well-being of its staff and students.

In conclusion, the workshop on Personal Excellence conducted by Swami Sukhabodananda for the staff and students at REVA University was highly informative and beneficial. It provided the participants with insights and tools to enhance their personal and professional growth and foster a culture of continuous learning and improvement.





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PERSONALITY DEVELOPMENT PROGRAMS 2022

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WORKSHOP ON “PERSONAL EXCELLENCE” BY SWAMI SUKHABODHANANDA 2022

Date: 25-03-2022 to 26-03-2022

Year: 2022

On 25th and 26th March 2022, a workshop titled “Personal Excellence” was conducted by Swami Sukhabodhananda, an International Management and Spiritual Guru. The workshop aimed to address “the role of stakeholders in institution building through Bhagavad Gita.” It was attended by students, teachers, staff members, and parents.

The main objective of the workshop was to emphasize the importance of educational institutions in shaping the course of a student’s life and address the need for social participation of students. The insights from Bhagavad Gita were used to highlight the role of students and faculty members in building a better society.

The two-day workshop was divided into several sessions, with Swami Sukhabodhananda leading each one. The sessions included lectures, discussions, and interactive activities.

The first session focused on the importance of personal excellence and the role of education in achieving it. Swami Sukhabodhananda cited examples from Bhagavad Gita to emphasize the need for self-awareness and self-improvement.

The second session focused on the role of stakeholders in institution building, with a particular focus on students and faculty members. The Swami highlighted the importance of their social participation in building a better society.

The third session included group discussions and interactive activities, where participants shared their experiences and opinions on the topics discussed in the previous sessions.

The final session concluded with a Q&A session, where participants had the opportunity to ask questions and clarify their doubts.

The workshop provided a valuable platform for participants to learn about personal excellence and the role of educational institutions in shaping the lives of students. The insights from Bhagavad Gita offered a new perspective on the importance of self-awareness and self-improvement.

The workshop also emphasized the need for social participation of students and faculty members in building a better society. It provided a platform for participants to share their experiences and opinions on the topics discussed.

Overall, the workshop on “Personal Excellence” by Swami Sukhabodhananda was a valuable and insightful event. It provided a platform for participants to learn about personal excellence and the role of educational institutions in shaping the lives of students. The insights from Bhagavad Gita offered a new perspective on self-awareness and self-improvement. The workshop emphasized the importance of social participation of students and faculty members in building a better society.



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WORKSHOP ON “PERSONAL EXCELLENCE” BY SWAMI SUKHABODHANANDA 2023

Venue: Kuvempu Auditorium, REVA University, Bangalore

Date: 23-03-2023 to 24-03-2023

Year: 2023

The Personal Excellence workshop was conducted by Swami Sukhabodhananda, an international management and spiritual guru, at REVA University on February 23-24, 2023. The workshop was aimed at providing insights and perspectives on how to achieve personal excellence, wellness, and happiness by using examples from the Bhagavad Gita.

The first day of the workshop began with an introduction to personal excellence, followed by a discussion on the importance of quality education, wellness, and happiness. Swami Sukhabodhananda used examples from the Bhagavad Gita to illustrate how personal excellence can be achieved through self-awareness, self-regulation, motivation, empathy, and social skills.

Participants were encouraged to engage in self-reflection exercises and group discussions to gain insights into their personal strengths and weaknesses. Swami Sukhabodhananda emphasized the importance of identifying and cultivating one's strengths while working on areas of improvement.

On the second day of the workshop, Swami Sukhabodhananda discussed the importance of mindfulness and meditation in achieving personal excellence and wellness. Participants were introduced to various meditation techniques and mindfulness practices that could help them reduce stress and anxiety, increase focus and concentration, and improve overall well-being. The workshop concluded with a Q&A session, where participants had the opportunity to ask questions and clarify their doubts on the topics covered during the two days.

The Personal Excellence workshop with Swami Sukhabodhananda was a great success. Participants gained insights and perspectives on how to achieve personal excellence, wellness, and happiness using examples from the Bhagavad Gita. The workshop helped participants identify their personal strengths and weaknesses and provided them with practical tools and techniques to improve their overall well-being. Participants gave positive feedback on the workshop, stating that it was insightful, thought-provoking, and valuable. They appreciated Swami Sukhabodhananda's approach to using examples from the Bhagavad Gita to illustrate the concepts of personal excellence, wellness, and happiness. The Personal Excellence workshop with Swami Sukhabodhananda was a great initiative by REVA University, providing students, faculty members, administrative staff, and parents with practical tools and techniques to achieve personal excellence, wellness, and happiness. The use of examples from the Bhagavad Gita added a spiritual dimension to the workshop, making it a unique and valuable experience for all who attended



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**QUALITY EDUCATION
WELLNESS & HAPPINESS**

BY
Swami Sukhabodhananda
International Management, Spiritual & Corporate Guru

 23rd to 24th February, 2023  4:00 PM to 5:30 PM

Venue
REVA UNIVERSITY
Rukmini Knowledge Park, Kattigenahalli,
Yelahanka, Bengaluru

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