GOVERNMENT OF KARNATAKA

MANGALORE UNIVERSITY

UNIVERSITY EMPLOYMENT INFORMATION AND GUIDANCE BUREAU

AND

DEPARTMENT OF GEOGRAPHY

CAREER GUIDANCE CONFERENCE

Inaugurator

SRI. S. J. HEMACHANDRA KES.
District Skill Development Officer, D. K. and
Deputy Chief
University Employment Information and Guidance Bureau
Mangalore University, Mangalagangothri

President

PROF. DASHARATHA P. ANGADI
Coordinator
Department of Geography and
The Chief, UEIGB
Mangalore University, Mangalagangothri

Place: Seminar Hall, Department of Geography
Mangalore University, Mangalagangothri
Date: 13/03/2023
Time: 02: 00 pm to 5:15 pm

SRI. S. J. HEMACHANDRA KES.
Deputy Chief
UEIGB
Mangalore University
Mangalagangothri

PROF. DASHARATHA P. ANGADI
The Chief, UEIGB and
Coordinator, Dept. of Geography
Mangalore University
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Government of Karnataka

MANGALORE UNIVERSITY

University Employment Information and Guidance Bureau

and

Department of Geography

CAREER GUIDANCE CONFERENCE

Place: Seminar Hall, Department of Geography
Mangalore University, Mangalagangothri
Date: 13/03/2023
Time: 02: 00 pm to 5:15 pm

PROGRAM SCHEDULE

02:00 pm TO 02:15 pm	:	INAUGURATION
Inaugural Address	:	SRI. S. J. HEMACHANDRA KES. District skill development officer, D.K. and Deputy Chief, VEIGB Mangalore University, Mangalagangothri
Presided by	:	PROF. DASHARATHA P. ANGADI The Chief, VEIGB and Coordinator Department of Geography Mangalore University, Mangalagangothri
First session 02:15 pm to 03:15 pm Topic	:	MRS. VINUTHA K. Guest Faculty and Research Scholar Department of Social Work Mangalore University, Mangalagangothri "STRESS MANAGEMENT"
Second session Topic1:(3:15 pm to 4:15 pm) Topic:(4:15 pm to 5:15 pm)	:	BY: SRI. S. J. HEMACHANDRA KES. District Skill Development officer, D. K. and Deputy Chief, VEIGB Mangalore University, Mangalagangothri 1. "ALL COMPETITIVE EXAMINATIONS" 2. "SCHOLARSHIP AND FELLOWSHIP SCHEMES AND MOTIVATIONS"

All are cordially invited

Mangalore University

University Employment Information and Guidance Bureau

University Employment Information and Guidance Bureau is organising Career Conferences for the students of First Grade Colleges and PG Centres which comes under the purview of Mangalore University. This program aims at to disseminate information pertaining to various Competitive examinations, (such as UPSC, KPSC, Banking, Railway, Defence, SSC, Insurance and others) Scholarships and Fellowships of National level. In this workshop motivation, guidance, study strategy, time management, behavioural etiquettes, communication skills, life skills, personality development, youth skilling schemes (Central and State) and many other topics are covered.

Since guidance is inherent to placement, in this regard student's community will be sensitized in various aspects of career developmental activities. Especially students who are in threshold of pursuing education must have aimed goal, objectiveness and dream of their choice of career, for such students the Career Guidance will help them to acquire multi skills in the emerging trends of occupational world.

Career Guidance Program Report

Date: 13/03/2023

Place: Seminar Hall, Department of Geography, Mangalore University, Mangalagangothri

Career Guidance Program was organised on 13-03-2023 at 02:00 pm to 05:15 pm by University Employment and Information and Guidance Bureau in association with Department of Geography, Mangalore University, Mangalagangothri. The Guest of Honour for the Program was Prof. Dasharatha P. Angadi, Chief, University Employment Information and Guidance Bureau and Coordinator Department of Geography, Mangalore University, Mangalagangothri, Sri S. J. Hemachandra, Deputy Chief, UEIGB and District Skill Development Officer, D. K and Mrs. Vinutha K., Guest Faculty and Research Scholor, Department of Social Work, Mangalore University, Mangalagangothri

The event commenced with the lighting ceremony by all the guests followed by an Inaugural Speech by Sri. S. J. Hemachandra KES., Deputy Chief, UEIGB and District Skill Development Officer, D.K. in his inaugural speech he explained the student's about various facilities offered by University Employment Information and Guidance Bureau and he also explained the student's about various skill developmental schemes.

Mrs. Vinutha K. took the first session on "Stress Management". She spoke about Stress Management and explained various strategies to cope with stress. She also conducted various stress reducing activities. Finally she concluded the session by saying that "The greatest weapon against stress is our ability to choose one thought over another".

In the second session Sri S. J Hemachandra spoke about "All Competitive Examinations, Scholarship Schemes and Fellowships Schemes". In his session he explained about various Competitive examinations such as KPSC, UPSC, Banking, Defence, Insurance, Railways, NET, and much other Government related Examinations. He also explained various scholarship schemes, fellowship schemes and motivated students to write various competitive examinations.

Overall the program benefited 16 Geography students to have better understanding about various competitive examinations, Scholarship schemes, Fellowships Schemes, Soft skills and about Personality Development and stress management techniques.

THE CHIEF
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MANGALORE UNIVERSITY
Mangalagangothri - 574 199

GPS Map Camera
Pajeeru Guttu, Karnataka, India
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Mangalore University

University Employment Information and Guidance Bureau
and
Department of Geography

Career Guidance Conference

Date: 13.03.2023
Place: Seminar Hall, Department of Geography
Mangalore University, Mangalagangothri

Sl. No	Name of the Candidate	Course	Email ID/ Phone Number	Signature
1.	Lakshmipriya V	Msc Geography	lakshmipriyavvool@gmail.com	
2.	Navitha V	MSc Geography	navithavijayan380@gmail.com	
3.	Sainu N.S	Msc Geography	Sainuns2001@gmail.com	
4.	Anjitha.C.M	M.Sc Geography	Anjithamanikandan2002@gmail.com	
5.	Rani J.M	Msc Geography	Sahavarani23@gmail.com	
6	Anagha Shammi	MSc. Geography	anaghashammi@gmail.com	
7	Nithin C.H.	MSC Geography	mithinchilkana66@gmail.com	
8	Punith. P	MSC Geography	Punivanjyan@gmail.com	
9	Sreedarsh.T.M	M.Sc Geography	tmsreedarsh@gmail.com	
10	Kishor. C	Msc Geography	Kishor C1947@gmail.com	
11	Arya K.R	Msc Geography	Aryakr360@gmail.com	
12	sanskruti Halagali	msc geography	Sanskruti245@gmal.com	
13	Sujithra Raj P.R	M.Sc Geography	Sujithraraj474@gmail.com	
14	Ibbani.H.R	M.Sc geography	Ibbanihr999@gmail.com	
15	VignaBalakrishnan.m	M.Sc Geography	vignapmnu26@gmail.com	
16	Bhuvana B.	M.Sc Geography	Bhuvanaobhuva@gmail.com	

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CAREER GUIDANCE CONFERENCE

Place: Seminar Hall, Department of Geography, Mangalore University, Mangalagangothri

Date: 13/03/2023

Resource person 1: Mrs. Vinutha K., Guest Faculty and Research Scholar, Department of Social Work, Mangalore University, Mangalagangothri

Resource person 2: Sri S. J. Hemachandra KES, District Skill Development officer, D. K. & Deputy Chief, UEIGB, Mangalore University, Mangalagangothri

Sl. No	Name of the student	Department and Class	Phone number and Email ID	Opinion about the program
1.	Bhuvana. B	Msc Geography II year	7594918990 bhuvanaraobhuva@gmail.com	Good programme. understood the knowledge about competative Exam
2.	VignaBalakrishnan. M	Msc Geography II year	9526804426 VignaPonnu26@gmail.com	Good programe
3.	Kishor. C	IInd year. MSc Geography.	9645910363 kishorc1947@gmail.com	Good & informative programme.
4.	Sreedarsh. T. M	IInd year M.Sc Geography	9400668905 tmsreedarsh@gmail.com	Motivated ([illegible])
5.	Arya. K. R	1st year Msc Geography	9446665011 aryakr360@gmail.com	Good programme

	Name of the student	Department and Class	Phone number and Email ID	Opinion about the program
	Sanskruti H	Geography 1st	9481652049 sanskruti245@gmail.com	Informative
	Sainu N.S	Geography 1st	9074726491 sainuns2001@gmail.com	good
8.	Anjitha.c.m	Geography 1st	anjithamanikomdom2002@gmail.com	good.
9.	Sujithra raj P.R	Geography 1st	Sujithraraj474@gmail.com	good.
10.	Ibbani .H.R	Geography 1st	Ibbanihrg99@gmail.com	Informative.
11.	Punith . P	Geography 1st	6282180199 Puniuaniyan@gmail.com	Informative
12.	Nithin C.H	Geography 1st	nithinchillama66@gmail.com	Good.
13.				
14.				
15.				

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