



Shri Hurakadli Ajja Shikshana Samiti's

SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M. SHESHGIRI
COMMERCE COLLEGE FOR WOMEN, DHARWAD

107



STUDENT WELFARE ASSOCIATION

Organizes

A SPECIAL TALK & INTERACTION PROGRAMME ON KNOW YOURSELF

Date : 21-03-2018

Resource Person: Dr. Aditya Pandurangi
Psychiatrist, Dharwad

Dr. Girija M. Yabannavar
Convenor
Student Welfare Association

Dr. Sadhana G. Mathad
Principal



ALL ARE CORDIALLY INVITED


Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Comm.
College for Women, Dharwad

Notice

Date; 19-03-2018

It is hereby informed to all the students that a **Special Talk and Interaction programme on know yourself** is organized by Student Welfare Association on 21-03-2018 at College function Hall.

Hence all the students are requested to attend the program.

Guy

Dr. Girija.M.Yabannavar

Convener

Student Welfare Association

Smathal

Dr.Sadhana G Mathad

Principal

S. H. A. S. Samiti's

Smt. K. S. Jigalur Arts and

Dr. (Smt.) S. M. Sheshgiri Commerce

College for Women, Dharwad



Guy

Principal

S.H.A.S. Samiti's

Smt. K. S. Jigalur Arts and

Dr. (Smt) S. M. Sheshgiri Commerce

College for Women, Dharwad

Shri Hurakadli Ajja Shikshana Samiti's
Smt.Kallawwa Shivappa Jigalur Arts &Dr. (Smt) Sushila Murigeppa
Sheshgiri Commerce College for Women, Dharwad

Student Welfare Association

Special Talk & Interaction Programme

On

KNOW YOURSELF

21-03-2018



Objectives:

- To convince the students about benefits of self knowledge.
- To develop the students to have a meaningful goals

A Special Talk & Interaction programme was organized by Student Welfare Association on the topic "KNOW YOURSELF" on 21st March, 2018 by inviting Dr. Aaditya Pandurangi a famous psychiatrist. He said that knowing yourself is the process of understanding you the human being on deeper levels than the surface. Knowing yourself means respecting your values in life, your beliefs, your personality, your priorities, your moods, your habits, your magnificent body, and



Smt. K. S. Jigalur
Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad

your relationships. When you know yourself you are able to make better choices about everything. You can understand what motivates you for selecting good and bad things in every aspect.. You may discover clues to your hidden identity, to your career and to life satisfaction. Knowing your strengths is one of the foundations of self confidence. Knowing your weaknesses can help you to be honest with yourself and others. Acting on self knowledge will give you energy and save your energy. Believe in your dreams. By quoting some examples he clarified the doubts of the students.

All students and staff participated and interacted with the resource person.



Geet
Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgirl Commerce
College for Women, Dharnad

Shri Hurakadli Ajja Shikshan Samit's

Smt. K.S.Jigalur Arts and Dr(Smt.) S.M.Sheshgiri Commerce College for women, Dharwad

STUDENT WELFARE ASSOCIATION

Organizes

Special Talk and Interaction

On

Know Yourself

ATTENDANCE

Date:21-03-2018

SI NO	Name of the Student	Signature
1	AKKAMMA T GIDDALAKATANNANAVAR	AKKamma
2	RAVERI, Y. PATIL	Y.Patil
3	salita Budakatti	S.M Budakatti
4	-Ashwini, A. Rajapur	A.Rajapur
5	Bibimanyam, m.p	Bim
6	madhuri, P. Kanderan	mpe
7	Shrutika, B. S	Sp
8	ROOPANJALI, B. DYABENNAVAR	R.B. D.
9	ASHA, H. HOOL	AHH
10	Rouka Malligwade	R. B Malligwade.
11	-Ashwini, A. Rajapur	-A.A Rajapur
12	ERAMMA, S. BHAJANTAI	Erma
13	Sangeeta Babraj	SAB
14	Poojashree Gopal Male	P. G. male
15	Sushma, S. A	S.S.A
16	MALUNVA, MBASANAL	Malbura
17	shilpa Jainar	S.S Jainar.
18	Sneha, B. Ashetti	S.B.A
19	Deepa nalkatti	Deepa
20	tanvi, Hiramani	Hiramani
21	Shilpa Shivanand Bodihal	SS Buddh
22	Sangeeta M. Tippannavar	Smt.
23	Anjum Doddmani	Anj
24	Shrutika, S. Jadhav	Shrutika

25	SUNITA . N. KADROLLI	S.N. Hattalli
26	Pooja ashok doli.	Pooja ..
27	SAKIKUBAI . B. GANAHOSUR	S.B.G.
28	Jayalaxmi . M. MEHAYWADI	Jayalaxmi . m
29	V. neegajakshi	M. neegajakshi . w.
30	Pavitra . Gulappa Dandin	P.G. Dandin
31	Basamma Madagi	P.M.
32	Pavitra . G. Dandin	P.G.D
33	Laxmi Poul. Valagalati	Laxmi Py
34	ABHANA Lissyappanavar	Abha
35	Shruti . S. Hongal	Shruti.H
36	Dupa Artikatti	Dupa
37	Sahana . B. Agadi	S. B. Agadi
38	Laxmi B. Bichogatti	Laxmi
39	Deepa Balagali	Deepa
40	Shilpa N Badiger	SNB ..
41	Gayatri Kittur	Gayatri
42	Pooja . B. MADIWALAR	P.G.M
43	sushma Angadi	Sushma
44	Doramma Malligawade	Doramma
45	Meghana . R. nadyal	Megha
46	Deepa . S. Bangali	D.S.B
47	Renuka Gappa ABBAR	(R.B.) malligawade
48	JEJASWINI . M. BIRADAR	J.B.
49	Renuka . B. m	R.B.M
50	Pooja S. Guddalamarathi	Pooja
51	Shweta . Malleshappa Valishet	Shweta m.v.
52	Savita basappa hadap as .	Savitay ..
53	Shilpa . P. Budittal	S.S.B
54	Jayashree Masuti	J.D. Masuti
55	Ashwini IRAYYA ^{ath.} Varajyambli	Ashwini
56	Pogashree . maru	P. maru
57	Sneha Ashuti	Sethi
58	IRAYYA . KUMAR	I.B.
59	Deepa Iyappa Hanchainal	Deepa
60	Poojashree Gopal . Male	P.G. male
61		

62	Aishwarya Saragachari	Aishu m.s.
63	Kaveer Hosamani	K.S. Hosamani
64	Shi Pa Valishakar	S.S. Valishakar
65	Ashwini Shigihalli	AS
66	Shweta Valishakar	Shweta M.V
67	Shruti Jadhav	S.S. Jadhav
68		
69		
70		
71		
72		
73		
74		
75		
76		
77		
78		
79		
80		
81		
82		
83		
84		
85		
86		
87		
88		
89		
90		
91		
92		
93		
94		
95		



Principal
 S. H. A. S. Samiti's
 Govt. H. B. Jighar Arts and
 Sci. (Aut.) H. B. Shreegiri Women's
 College for Women, Tumkur