



ದೂರವಾಣಿ- 0836-2445433

ಕರ್ನಾಟಕ ವ್ಯಾಪಕ ಶಿಕ್ಷಣ ಬೋರ್ಡ್
ಸ್ಟೇಶನ್ ರಸ್ತೆ, ಮಾಲಮದ್ದಿ, ಧಾರವಾಡ. 580 007
Karnataka Education Board
Station Road, Malamaddi, Dharwad – 580 007

Date: 13- 02-2020

Notice

Subject: Workshop on personality Development and Self Management

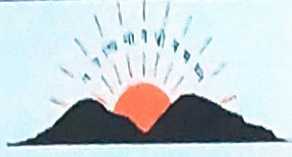
A workshop is organized at 8.00 am on 18-02-2020 on the above said subject. Dr. Anupamma.K.M. PhD. Professor (Human Resources Development) R.V.Institute of management and Research. will be the Resource Person. All teachers are requested to attend the workshop.

Place: K.E.Board's First Grade Arts and Commerce College Savadatti Road Dharwad.

Chairman

Karnataka Education Board

in Dharwad
Karnatak Education Board
DHARWAD



Karnatak Education Board,
Karnatak High School Dharwad (1919-2019)
&

K.E. Board's First Grade Arts and Commerce
College, Dharwad
Jointly Organised

Centenary Celebration
WORKSHOP FOR TEACHERS

DATE 18-02-2020


Morning: 9 am

Place: K E Board's First Grade Arts and Commerce College
Savadatti Road, Dharwad,

Resource Person

Dr. Anupama K.M,

B.Sc, MA in Economics, M.Phil in Economics,
MBA HR, B.Eed, PGD in TRG and Deve (ISTD),
UGC Net & Phd


PRINCIPAL
K. E. Board's

First Grade Arts & Commerce College
Shivaji Circle, Savadatti Road, Dharwad

Welcome to all Teachers of K E Board
Programme,

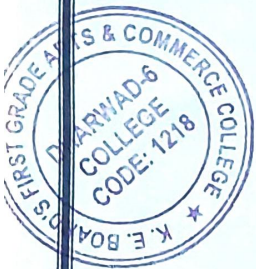
Registration and Breakfast: 8am to 8.45 am

Inauguration : 9 am to 12.30 pm

Lunch Break : 12.30 pm to 1.30 pm

Open Session : 1.30 pm to 3.30 pm

"All are requested to follow the time schedule"



Time Table of Workshop on Professional Development & Self Management

Date: 18-02-2020

Day: Tuesday

Timing Of Workshop	Events/ Programme
8.00 To 8.45	Tiffin
9.00 To 9.25	Inauguration
9.30 To 12.30	Workshop
12.30 To 1.30	Lunch
1.30 To 3.30	Open Discussion and Question Answers



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**First Grade Arts & Commerce College,
Shivaji Circle, Savadatti Road, Dharwad-6**

Introduction of Resources Person:

Dr. Anupama.K.M a well known management speaker known for her captivating talks as a resource person and a motivated academician as well. She completed her Masters in Management securing 1st Rank, Gold medal from Karnataka University Dharwad and also awarded Doctorate from the same University. Other qualifications of Dr. Anupama.K.M are M.A (Eco), M.phil (Eco) from Bangalore University, PGD in Trg & Dev (ISTD). She has been in the field of Teaching and administration for more than 20 Years and conferred with a lot of recognitions and awards. She's currently working with R.V.Institute of Management, Bangalore. It is great to hear from such an eminent personality.




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Shivaji Circle, Savadatti Road, Dharwad-6



ಕೆ. ಇ. ಬೋರ್ಡ್‌ನ ಪ್ರಥಮ ದರ್ಜೆ ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ
ಶಿವಾಜಿ ಸರ್ಕಲ್, ಸವದತ್ತಿ ರಸ್ತೆ, ಧಾರವಾಡ-6

K. E. Board's First Grade Arts and Commerce College

Shivaji Circle, Savadatti Road, Dharwad-6
(College Code No-1218)

Report:

Self-management is our ability to manage our behaviors, thoughts and emotions in conscious and productive way. Someone with strong self-management skills knows what to do and how to act in different situation .for instances, they know how to control their anger when the umpire unfair calls child out at a little league game. They know how to avoid distractions while working at home, so they can maintain focus and stay productive. They know what they need to do to achieve their fitness goals and they follow through. Women's are manage job and self together maintain together and self control in both the places.

As a resources person Dr. Anupama.K.M professor in management studies of R.V. Institute of Management and Research Bangalore. Gave a special lecture organized by K.E.Board's First Grade Arts and Commerce College on in association with K.E.Board's Dharwad "Professional Development an Self Management" in association with K.E.Board's management on February 18,2020.

Shri. Arun Nadagir, Chairman K.E.Board's management presided over the function. Dr.Ashok Chachadi was the Co-ordinanator of this function Prof. M.A.Siddhanti, principal of K.E.Board's First Grade Arts and Commerce College, Were present in the function many invitees were attended and graced the function.




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Shivaji Circle, Savadatti Road, Dharwad-6

K. E. Board's First Grade Arts and Commerce College

Glimpse of Workshop on Professional Development and Self-Management
Conducted on 18-02-2020.



Dignitaries on the Dias and the participants of 'one day workshop'
conducted at our Institution.



[Signature]
Principal
K. E. Board's

First Grade Arts & Commerce College,
Shivaji Circle, Savadatti Road, Dharwad-6



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