

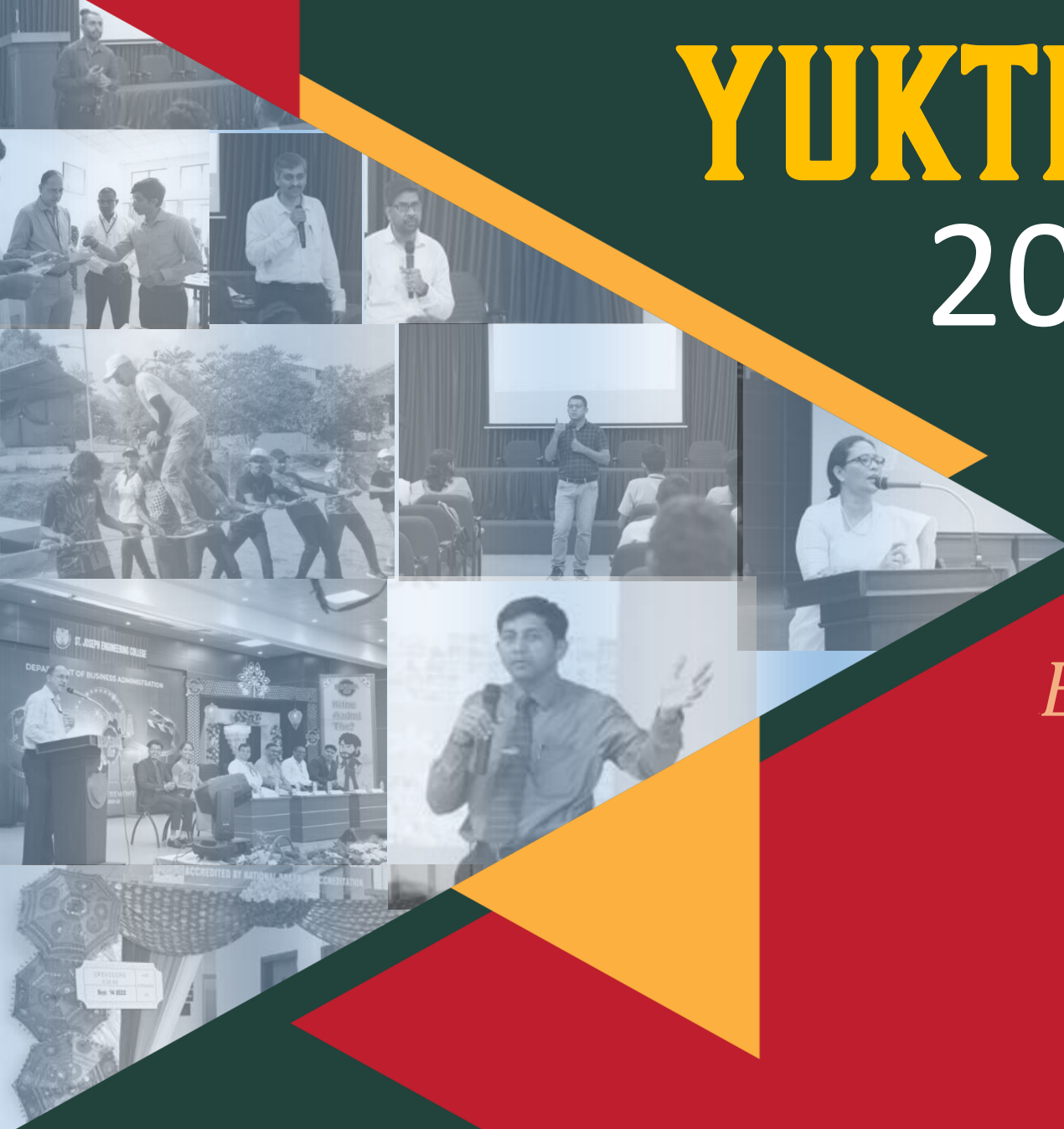


ST JOSEPH ENGINEERING COLLEGE

DEPARTMENT OF BUSINESS ADMINISTRATION

Vamanjoor, Mangaluru – 575028, Karnataka, India

YUKTHA 2023



*ESPIRIT
DE
CORPS*

Orientation Program-MBA 2022-24 Batch



The Department of Business Administration, SJEC had organized Orientation Program for 2022-24 Batch of MBA from 6th February 2023 to 8th February 2022. The main objective of the orientation was to assist the students to develop an understanding of Management Education, its

teaching-learning processes, and to familiarize them with facilities available in the campus, action plans, skill sets expected from them etc. About 200 students attended the program. The orientation program covered varied topics which were taken up by internal faculty members and external experts.

The Orientation Program began with welcome by Dr Shakila B, Coordinator of MBA Orientation Program. She briefed the participants about the significance of organising the Orientation Program. She took up a session on MBA @SJEC. The Dean MBA, Dr Prakash Pinto in his talk introduced the Department of MBA to the new batch of students. Dr Rio D'Souza, Principal, SJEC delivered a lecture on Professional Approach to Life. Dr Sudheer M,



Professor & Dean-Academics and Dr Babitha Rohit, Associate Professor, MBA provided details about Academic Regulations and MBA & MBA (IEV) Curriculum Structure and Outcome Based Education at SJEC. Dr Anjali Ganesh, Professor, MBA took up a session on Self Confidence as a key to Success. During the orientation program Prof Girish M, Principal, Trisha College of Commerce and Management, Mangaluru briefed the students about corporate career planning, CA Dylan Rebello spoke about the industry expectations from MBA graduates. Ms Leeza Kiran Rodrigues, Alumna-MBA Batch 2010-12 interacted with the new batch of MBA and narrated her entrepreneurial journey. Mr Sathyendra Bhat J, Assistant Professor-MCA & Head-Training & Placement-SJEC spoke on Placement Preparedness at SJEC. Various skill building activities were conducted by Ms Acharya Chitrlekha & Mr Roopesh, Assistant Professors-MBA during the orientation program. The students exhibited active participation and expressed their contentment over the orientation program.

Industry Institute Interface on “Introduction to Customer Experience”

The Department of Business Administration at SJEC organized an Industry Institute Interface program on the topic "Introduction to Customer Experience" on 10th February 2023 at 09.00 am in Spoorthi Hall. Mr. Joannes Rodrigues Senior Customer Success Manager, Informatica, Markham, Ontario, Canada handled the session. Mr. Roopesh Assistant Professor, Department of Business Administration SJEC introduced and welcomed the speaker to the gathering.



Mr. Joannes began the session by explaining the concept of customer experience. He then continued to enlighten the students on various aspects of customer experience in the modern era. He discussed the current B2B sales cycle scenario with the help of live case studies from the corporate field. Continuing he explained the various job opportunities available in the field. He added various job profiles and descriptions to provide an actual picture of the points. He stated that the marketing sector has great potential in the current economic situation and has the maximum potential for growth. Candidates get opportunities for high pay scale, growth, going abroad, and many more avenues. There is the scope of getting early growth in this career. The session witnessed active participation from all corners of the audience. The session concluded with a vote of thanks by Mr. Roopesh.

Outreach Program by II MBA



To build a sense of responsibility and sensitivity towards the society, the II MBA students conducted outreach programme at St Joseph the Worker Higher Primary School Vamanjoor and St Raymonds Higher Primary School, Vamanjoor on 11th February 2023 and 17th February 2023 respectively. The students conducted activities like craft making, leadership games, drawing and action song for children from class I to 4.

Activities like craft making, memory game, team building activities, effective communication activities were conducted for the students of class 5 to 7. The sessions helped to impart confidence in the children to bring them together and the program was well received and appreciated by the school authorities and the children. Also, the program provided opportunities for MBA students to make a difference in someone's life and experience the beauty of selflessness. Finally, the students donated stationeries to the school children. The program was coordinated by Dr Shakila B, Associate Professor, Department of Business Administration, SJEC.



PG Courses Inauguration 2022-23



St Joseph Engineering College (SJEC), Mangaluru inaugurated its PG Courses for the year 2022-23 on 21st February 2023 at Kalam Hall, Vth Floor, Academic Block II of the college. The program began with the prayer song followed by lighting of the lamp. Mr Ryan Lobo, Country

HR Lead, EGDK India Private Limited was the Chief Guest for the program. Dr Hareesh B, HOD, Department of Computer Applications, welcomed the gathering and introduced the Chief Guest.

Dr Rio D'Souza, Principal SJEC, addressed the gathering and welcomed all the first-year students. He spoke about how students need to utilize the time. He explained about the facilities available in the college like the Infrastructure, library facility, Coursera courses, Internet services etc.



The rank holders from MBA and MCA through PGCET who joined SJEC in this academic year were felicitated by the Chief Guest. Mr Ryan Lobo in his inaugural speech inspired the gathering by briefing on his experience. He spoke about relevancy of subject in job, emotional stability, flexibility, fungibility, and how students should reset their mind. He explained that students should learn to bounce back quickly. He added that there is only one religion once you enter the corporate world which is "Corporate Religion" and treating everyone equal as well as respecting others are some of the qualities that should be inculcated in each one of us. Rev Fr. Alwyn Richard D'Souza, Asst. Director SJEC felicitated the Chief Guest and gave Presidential address. He welcomed all the new students to the college and encouraged them to try their level best to excel in their academics. He said that the institute will provide any amount of facility and opportunities but students should utilize it in a proper way. Mr Roopesh, Assistant Professor, MBA, Convener of the program rendered the vote of thanks to the gatherings.

Intrapreneur-2023

On 25th February, 2023 the Department of Business Administration organised Intrapreneur-2023 an Exhibition cum sales of products and services. The objective is to encourage and promote small business/start-ups. This event was open to all students and faculty members of SJEC. In total six participants registered for this event. The products displayed included Dream catchers by Ms. Laveena, Resins art by Ms. Monisha, Tatting art by Dr. Babitha Rohith and the service providers were Mr. Subramanya & Mr. Shreeharsha as Event managers, Mr. Dyan as a trainer & supplier of skilled manpower and Mr. Adesh as a youtuber.



Dr Rio D'Souza, Principal, Dr Purushothama Chippar, Vice Principal and Rev.Fr Alwyn Richard D'Souza, Director In-charge, inaugurated the program and appreciated the students and Faculty for their initiative. Many students and faculty members visited the stalls and encouraged the budding entrepreneurs.

Genesis Inauguration and Euphoria-Freshers Day

The Department of Business Administration, St Joseph Engineering College (SJEC), Mangalore inaugurated Genesis, a forum of MBA students, and celebrated Fresher's day 'Euphoria' on 8th March 2023 at Kalam Hall of the college. The program began with the prayer song lead by the MBA choir. Mr Santhosh D Souza, Student Coordinator-Genesis welcomed the gathering. Genesis, a forum of MBA students, was inaugurated by lighting the lamp by all the dignitaries. Dr Rio D'Souza, Principal, SJEC was the Chief Guest for the program. Dr Rio D'Souza encouraged students to take initiative to be the leaders and emphasized on active participation in Genesis Activities. Rev Fr. Wilfred Prakash D'Souza, the President of the program welcomed all the new students to the college and encouraged them to try their level best to excel in their academics as well as association activities. Mr Himanshu, Student Coordinator-Genesis rendered the vote of thanks. Ms Harshina and Mr Vignesh, Students-II yr MBA compeered the event.



Management Development Programme on Python in Office

The Department of Business Administration of St Joseph Engineering College (SJEC), Mangalore, conducted a Management Development Programme (MDP) on Python in Office on 11th March 2023. Python is a high-level, versatile programming language with an easy-to-learn syntax, making it ideal for various applications, including the automation of day-to-day office tasks. The MDP was intended to provide a platform to



get deeper insights into Python and its utility in the office. The MDP was inaugurated on 11th March 2023 in the presence of Rev. Fr Wilfred Prakash, Director, SJEC who presided over the program, and Mr. Akshay Adyanthaya Founder of Veer Telecom and Capture Technologies was the chief guest for the program. Rev. Fr Alwyn Richard Dsouza, Assistant Director SJEC, and Dr. Rio Dsouza Principal SJEC were guests of honour. Mr. Shashank G K, CDO of EZ Technologies was a

resource person for the program. Dr. Prakash Pinto, Dean, Department of Business Administration welcomed the gathering. Mr. Akshay Adyanthaya, Chief Guest in his speech, expressed the need for training and the importance of python and he also expressed his delight about the institution's growth and its readiness to provide a platform for entrepreneurial growth. The Director, Rev. Fr. Wilfred Prakash D'Souza in his presidential remarks stated how nowadays smartness is rewarded and why one should focus on learning such smart programs like python and make it a part of their workspace. Dr. Rio Dsouza Principal SJEC wished the delegates fruitful learning during the MDP. Dr. Anjali Ganesh convenor of the program proposed the vote of thanks. A brainstorming session was conducted by Mr. Shashank GK in the MBA computer lab to explore how Python programming techniques could be utilized in day-to-day office work regardless of verticals. The session aimed to provide insight into the benefits and problems of office automation and how non-programmers could also take advantage of the capacity of Python language. The session highlighted the discussions, hands-on examples, and practical implementation of Python in day-to-day office activities, including the exploration of machine learning and artificial intelligence concepts, and also focused on understanding ChatGPT its tricks and tips. There were around 30 participants in this program from industry and from various academic institutions who expressed in their feedback that the session was productive and they were able to expand their learning horizon.



WORKSHOP ON “INVESTMENT AWARENESS”

The Department of Business Administration of St Joseph Engineering College (SJEC) Mangalore conducted a Workshop On Investment Awareness in Youngsters, on 17th March 2023. The Programme was inaugurated on 17th March 2023. Mr. Manoj Louis was the



chief guest for the program. Rev. Fr Wilfred Prakash - Director, SJEC , Rev. Fr Alwyn Richard Dsouza, Assistant Director SJEC - Dr. Rio Dsouza Principal SJEC and Dr. Prakash Pinto - Dean, Department of Business Administration & The convenor of the programme Dr. Anjali Ganesh were guests of honour. The Programme began with a short prayer, further continued with a welcome note to the chief guest Prof Manoj Louis. Part I of the session was taken over by Naveen Rego - SEBI registered investment advisor & a certified financial planner, Practising financial planning & wealth management for individuals & families for last 20 years. He stated that the most important investment to be made is on ourselves than any stocks, mutual funds, bonds, real estates, or gold etc. One must make a wise purchasing decision now, buying what's not required can lead to selling the Essential products in future.

PART II of the session was taken over by Mr. Leo Amal. - Senior branch manager in Franklin Templeton. He focused on why invest in mutual funds -As Buying shares in mutual fund is an easy way to diversify the investments across many securities and asset categories such as equity, debt and gold, which helps in spreading the risk. The Last Session was taken over by Ms. Sapna Shenoy is an investment services professional. Ms Sapna spoke about - Money Management for youngsters starting work. Emphasizes on Building a general investment fund across different types of asset classes. The session was very informative as students gained knowledge about investment opportunities & about the importance of financial literacy & various financial instruments through which we can invest.



Outbound Training at Nature Bound Sahyadri, Ankola-2023

The Department of Business Administration has organized an Outbound Training for III Sem MBA and MBA-IEV Students at Ankola from 10th April to 13 th April 2023. Faculty coordinator Ms Acharya Chitrlekha J along with three faculty Dr Shakila B, Mr Ananth and Mr Nandan accompanied the students for Outbound Training at Ankola.



The journey began from college on 10-04-2023 at 4.30a.m., we reached Mangalore Central Railway station at 5.15 and the train arrived around 5.30a.m. In total, 84 students and four faculty were present for

Outbound Training. The train reached Ankola station at 12. 30p.m and we got on KSRTC bus to reach Sahyadri outbound camp, the bus journey was around 45 minutes. As soon as we reached there, they divided boys and girls into different lines, and they collected basic details and made us to exchange our luggage. Each person made to carry someone else bag and luggage. The tent was allotted to boys and two rooms were allotted to girls. Immediately after keeping the luggage, we had to deposit the electronic gadgets, medicines and food items with the trainers. After the rope activities everyone were divided into 6 teams consisting of 14 members each. The team members had different roles such as CEO, COO, finance managers, time managers, HR and equipment, food managers, accommodation managers, health and safety managers. The next activity was ball game which focussed on smart work and concentration.

Day 2 begin at 6.15a.m with jogging of nearly 2km and exercise for nearly 45 minutes, next some funny activities were performed to boost the confidence. 10minutes of meditation is also done for health. At around 9'o clock breakfast was provided and at the same time virtual bank also opens. On the second day 6 activities of 30+10 minutes each were conducted. The activities were shuffled differently for each group, activities were Multiline, mind game, whale watch, giant ladder, name shrugs, navigation. Each game had its own outcome and lesson to learn and understand.



On Day 3 total of 10 tasks had to be performed, though it was not mandatory to attempt the entire task as each of them had certain points. Each team was given 10 minutes to complete the task. As the teams could not successfully complete the task a learning session was conducted, later on all the teams had to redo the task with a time limit of 3 minutes. After a long lunch break, another activity was conducted in the evening. We were given a ring and a log, which we had to balance in our index finger. All the teams were given time to adopt strategy to perform the activity. Due to the failure of all the teams, there was a session where the trainer taught us important values that helped us to complete the activity. This outbound training gave an opportunity to the students to work with the peers in the form of training activities, analytically solving problems, leadership and team building activities. Overall it was a very enriching experience for all the students.



Business Plan Workshop-2023



The Department of Business Administration conducted a workshop on business plan on 11th of July, 2023 in Spoorthi Hall. The workshop began at 2.30pm with the brief introduction of the resource person Dr. Madhukar S M and the welcome speech by Ashel D'souza. Dr. Madhukar started his presentation with

brief explanation about entrepreneur. He further spoke about business canvas model which helped the audience to understand the 9 major aspects of the model which is, value proposition, key resources, key partners, key activity, customer segment, customer relationship, cost structure, revenue streams.

He explained about the business plan which was the main agenda of the workshop. He highlighted on the elements that a business plan which should include Executive summary, financial highlights, financial requirement, company background, market analysis, execution, financial



plan, human resource plan and at last appendix. As an example, he presented a business plan of his own company "OAUM ". He wined up the presentation with a Q&A session. The workshop ended with a vote of thanks by Divya M Hiremath, Student, I MBA. The master of ceremony for the event was Adesh Amin, Student, I MBA and Ms Acharya Chitralekha was the faculty coordinator for the workshop.

Tionfo-2023: A Success Junction



Department of Business Administration, St Joseph Engineering College hosted a momentous Placement Success Event, Trionfo- 2023: A Success Junction on 14th July 2023 to commemorate the outstanding achievements of its recent batch and celebrate their successful transition into the professional world. The event showcased the institution's commitment to providing quality education, nurturing talent, and ensuring students' employability in a highly competitive job market. This occasion served as a platform to acknowledge the collective efforts of students, faculty, and the college administration in equipping graduates with the skills and knowledge necessary for their future careers.



The chief guest of the function, the Principal of St Joseph Engineering College Dr Rio D'Souza, delivered an inspiring speech, emphasizing the importance of perseverance, dedication, and continuous learning in the pursuit of professional excellence.

A highlight of the Trionfo-2023 was the recognition of top-performing students who secured placements in renowned national and international companies. They shared their experience about the process of the interviews and the competitive environment of the current corporate world. The institution's placement cell worked diligently to ensure that students were well-prepared for interviews and provided extensive support throughout the placement process. The outstanding efforts of both students and faculty were lauded during the ceremony, underscoring their commitment to academic and professional excellence.

Commenting on the success of the event, Mr. Sathyendra Bhat, the head of the Training and Placement Cell, expressed utmost pride in the graduating class and their outstanding achievements, emphasizing that the Placement Success Event served as a powerful testament to the relentless dedication and perseverance of the students, as well as the unwavering support extended by the faculty and staff.



Fr, Wilfred Prakash D'Souza Director - SJEC, in his presidential remarks, observed that "We are confident that our graduates will make significant contributions to their respective industries and succeed in their professional endeavours." He stated that he firmly believes that the graduates' exceptional accomplishments will undoubtedly leave a lasting impact on their respective industries, ensuring their success in their future professional endeavours.

Dr Prakash Pinto, Professor and Dean of the Department of Business Administration welcomed the gathering. Mr. Roopesh faculty convener Trionfo-2023 proposed the vote of thanks. Assistant Director Rev Fr Kenneth Crasta, was present on the occasion Ms. Komal V from I year MBA compered the session.

Workshop on Investor Awareness



The Department of Business Administration and Student Welfare Group of St Joseph Engineering College (SJEC), Mangaluru in association with MUCTA (Mangalore University Commerce Teachers Association) conducted a Workshop on Investor Awareness at SJEC on 18th July, 2023. Dr. Anjali Ganesh, Professor, Dept. of MBA, SJEC was the Convenor of the Workshop.

Investor Awareness is a term used in investor relations, by public companies and similar bodies, to describe how well their investors, and the investment market in general, know their business. The Workshop was intended to provide a platform to focus on issues

relevant to the education and information needs of individuals who participate, or are considering participating, in the financial markets.

The First Session was conducted by Mr. Naveen Julian Rego, SEBI Registered Investment Advisor. The topic of the session was Financial literacy. He began the session by telling that to be the best in the field is to invest in self and the way to do it is by learning, unlearning and relearning. Taking advice from certified advisors and investing a well diversified portfolio is the best way of building wealth.



Mr Leo Amal, Sr. Branch Manager of Franklin Templeton Asset Management (India) Pvt. Ltd., Mangaluru began the session on Back to Basics by briefing about Mutual funds. He stressed that an individual needs to first decide on the objective of his/her investing. He spoke about debt and equity and when an individual could go for them. He presented various reasons for why people should invest in Mutual Funds. He later briefed the participants about Inflation and stressed upon the importance of why one needs to manage the asset allocation.



The speaker of the third session was Mr. Yvonil D'souza , an Investment Services Professional. His topic of interest was Personal Investment Planning, and it was a Hands on Session. He gave tips on how to control our income, expenses and investments such that we can manage our money and achieve our goals. He provided all the participants with a Personal Finance basics Workbook that contained a Case Study to test their understanding of Finance. He stressed on the need for every individual to have an emergency fund and Retirement fund.

Ingenious-2023



On 21st of July 2023, Department of Business Administration conducted a business plan contest called Ingenious-2023, where the participants would pitch their ideas and business plan to the judges. The contest was held in Spoorthi Hall 7th floor of AB 3 at St. Joseph Engineering College Vamanjoor. The

judges of the competition were Mr. Aman Magwin, CEO of "Izumi & co" as well as the co-founder of "Earthblocks India Mangalore" and Dr. Anjali Ganesh, who is a Professor at SJEC, vamanjoor. The event began at 9AM with a welcome speech given by Mr. Adesh Amin and then the Emcee Ms. Mehak Muneera Khader called out the participants to pick the lots and there were 10 teams who participated and presented the business plan to the judges. According to the lot numbers the participants presented their business plan. After all the presentations, vote of thanks was given by Ms. Ashel Dsouza. Ms Acharya Chitralekha, the faculty co-ordinator handed over a token of gratitude to the judges.



Further, decisions regarding the winners were made. The hall was open for the participants to share their experience with regarding to the contest. The name of the winners was announced by Ms. Divya M Hiremath. Sinchana B R and Prerana P from Electronics and communication department won the first place and Mr. Aman Magwin handed over the certificates to them. Karthik Kadekar and M K Swathi from MBA were the runner ups of the contest and Dr. Anjali Ganesh handed over the certificates. The event ended at 1PM. The Faculty co-ordinator of the event Ms. Acharya Chitralekha and Student co-ordinators Mehak Muneera Khader, Ashel D'souza, Divya M Hiremath, Disha, Shraddha S Rao, Glen Fernandes, Adesh Amin, Dhyan Salian have coordinated the event.

Talk on 'Prevention of Sexual Harassment (PoSH) at Work Place for PG Students

To create awareness among aspiring youngsters about sexual harassment, the College Internal Complaint Committee (CICC) in association with the Department of Business Administration SJEC organized a talk on the topic 'Prevention of Sexual Harassment (PoSH) at Work Place for PG Students on 6 September 2023 in the Kalam Auditorium, SJEC between 10 a.m. and 11.30 am. for MBA and MCA students.



The Resource Person for the talk was Ms. Elizabeth Neeliyara, practicing lawyer, Mangaluru, who enlightened the students on the Prevention of Sexual Harassment Act.

Advocate Elizabeth Neeliyara spoke on the origin of the PoSH Act, she highlighted on "Vishaka Guidelines" that were stipulated by the Supreme Court of India, in Vishaka and others v State of Rajasthan case in 1997, regarding sexual harassment at workplace, a landmark case which helped with giving rise to the PoSH Act, 2013. She also threw insights on types of sexual harassment as cited in the Act. she detailed the complaint mechanism, enquiry process, timelines, and highlighted the functions of the College Internal Complaints Committee (CICC). The students found the session to be quite engaging and that it would help them in their everyday life. The event successfully created awareness on young minds on PoSH ACT its relevance in the workplace.

Ms Mehak Khader I MBA compered the program and Ms Yashika S Amin I MBA proposed vote of thanks. Dr Prakash Pinto-Dean MBA and the faculty members were present on the occasion. Dr Shakila B Chairperson-CICC coordinated the program



DESPEDIDA 2023 (Farewell Ceremony)



The Department of Business Administration at St. Joseph Engineering College, Vamanjoor, Mangalore, organized the farewell ceremony, DESPEDIDA-2K23, on Thursday, 14th September 2023 at 9.30am. The event was held in the Kalam Auditorium, Academic Block II, and was dedicated to bidding a fond farewell to the outgoing students of the MBA batch 2021-23. The function was graced by

Rev. Fr. Wilfred Prakash Dsouza- Director, Rev. Fr. Kenneth Rayner Crasta-Assistant Director, Dr Rio D'Souza-Principal, Dr Prakash Pinto-Professor & Dean of MBA, Ms Acharya Chित्रalekha J, faculty Coordinator were present for the occasion. The master of the ceremony were Mehak and Yashika. The ceremony proceeded with precision and heartwarming moments, following a well-structured agenda. The program opened with a soulful invocation, offering a moment of reflection and spiritual connection for all attendees. Mr Hrishik Chand, Genesis coordinator, delivered a warm and heartfelt welcome address.

Dr. Rio D'Souza, the Chief Guest, delivered an enlightening address. His words were filled with wisdom and motivation, inspiring the outgoing students to reach for greatness in their future endeavors. Rev. Fr. Wilfred Prakash Dsouza, the President, offered his heartfelt remarks, celebrating the achievements of the departing students and imparting valuable life lessons. Mr Prajwal S K, Genesis Coordinator, extended gratitude to all contributors, including faculty, staff, and fellow students, in his vote of thanks.

The informal part of the ceremony was marked by emotional expressions of appreciation, providing a warm farewell to the outgoing students. Dance performances and games added an element of celebration, allowing everyone to relax and savor the festivities. The informal function ended at 1.30pm.



Facility Visit to Yenepoya Medical College

The Department of Business Administration at St. Joseph Engineering College organized a field visit on September 20, 2023, to gain practical insights and learn more about the activities of a medical college, particularly their



measures related to sustainable environmental practices. During the visit, we were taken to their simulation center, sewage plant, kitchen, laundry, and vermiculture facility. The coordinators for the field visit were Dr. Anjali Ganesh, Ms. Acharya Chitralkha, and Ms. Savitha. The field visit was truly informative for the students, and we extend our gratitude to the entire department for taking the initiative to conduct such a wonderful event. It provided us with valuable insights into how a medical college operates, what happens behind the scenes in the process of curing and treating patients, and the various workers who support the frontline staff, serving as the backbone of such a remarkable institution. We would like to express our appreciation to the Master of Business Administration Department for facilitating this exceptional experience.

Session on "Mind Matters"

The Department of Business Administration in association with Department of Psychiatry, Yenepoya Medical College, Mangaluru organizes the session "Mind Matters" by Dr. Anil Kakunje, Professor and Head of the Department of Psychiatry at Yenepoya Medical College, was held on 22-09-2023 at 3:00pm to 4:00pm on Bishop Aloysius Paul Hall, AB 2, St Joseph Engineering College, was a thought-provoking and enlightening event. The session was introduced by Akanksha Priya Dsouza, a 1st-year MBA student, who welcomed Dr. Kakunje and set the stage for an insightful discussion on mental health. Dr. Kakunje highlighted the significance of mental health and its impact on an individual's life. He shared a recent example of a bride who took an exam on her wedding day, illustrating the stress and determination associated with such situations. He emphasized that one's attitude and determination play a pivotal role in achieving



success and maintaining mental well-being. The session concluded with a vote of thanks delivered by Glen Fernandes, acknowledging the organizers and St. Joseph Engineering College for providing the opportunity to address this critical topic. In conclusion, Dr. Anil Kakunje's session "Mind Matters" shed light on the importance of mental health, destigmatizing it, and seeking help when needed. It provided valuable insights and practical advice for maintaining a healthy mind, making it a memorable and enlightening event for all attendees.

