

Declaration

The information furnished in application is true to the best of my knowledge. I agree to abide by the rules and regulations governing the course. If selected, I shall attend the course for the entire duration.

Place :

Date :

Signature of the Applicant

Sponsorship Certificate

Certified that Dr/Mr/Ms. _____

is an employee of our Institute / Organisation and is here by permitted to apply for AICTE -ISTE Sponsored One Week Induction/ Refresher Program -2018 on Leading from Within -Managing Your Ego and Emotions organized at B.V.V.S Polytechnic (Autonomous), Bagalkot from 10th Dec-15th Dec 2018. Our Institution is approved by AICTE. He/She will be deputed to attend the course, if selected.

Place

Date :

Signature of the Sponsoring Authority
(with seal)

ABOUT THE INSTITUTION :

Sri. B.V.V. Sangha's (Estd.1906) B.V.V.S Polytechnic (Estd. 1958) is one of the oldest Government Aided institutions built on an area of 8 acres of land. The polytechnic is an autonomous institute approved by AICTE New Delhi and offers nine diploma courses. Five courses are accredited by NBA New Delhi. Institution has community polytechnic scheme implemented since 1986 and Community college sanctioned from the year 2013-14, under MHRD New Delhi in order to provide vocational skills to youths of community to acquire an employable skill for their livelihood. Polytechnic has a production cum training center to provide hands on training to the students. Institution has an active Placement cell, Curriculum development cell, Staff development cell, Alumni association, ISTE chapter in the campus. Central library (30000 volumes), state-of-art central computer facility, Wi-Fi connectivity, green campus is some of the attractions.

The city of Bagalkot, a district headquarter, is on the bank of river Ghataprabha. It is an important business and educational center in North Karnataka. Bagalkot town is connected by road, from Bangalore (500kms), Hyderabad (450kms), Hubli and Belgaum (130kms), Vijayapur (100kms), and Solapur (200kms). The nearest airports are at Hubli, and Belgaum. It is surrounded by many historical places of interest like reminiscences of Chalukya dynasty at Badami, scintillating stone carvings at Pattadakallu and Aihole, the world renowned pilgrim places of veerashaivas at Kudal Sangam, whispering gallery of Gogumhaz & other Adilshahi monuments at Vijayapur, ruins of Vijayanagar empire at Hampi and an elegant dam site at Alamatti (Upper Krishna Project) are within the distance of 45kms from Bagalkot. Town also has a museum reflecting rural culture of this part. The season is very pleasant and the temperature will be around 28-35^oC.

Address for Correspondence

Coordinator

Smt. L. L. Patil

HOD E&C Department
Department of Electronics and
Communication Engineering
B.V.S Polytechnic (Autonomous),
Bagalkot 587101, Karnataka
Cell : 9480141122 Email : lpatil@yahoo.co.in



**AICTE -ISTE Sponsored One Week
Induction/ Refresher Program -2018**
ON

**Leading from Within -Managing
Your Ego and Emotions**

10th Dec- 15th Dec 2018

Convener

Shri G. B. Danashetti

Principal

Coordinator

Smt. L. L. Patil

HOD E&C Department

Co-Coordinator

Shri Somashekhar S. Pujar

Lecturer, E&C Department

Organized by

Department of Electronics and

Communication Engineering

B.V.V.S. Polytechnic (Autonomous),

Bagalkot 587101, Karnataka

Email : principal.bvssp@gmail.com
Website : www.bvsspolytech.com

Ph : 08354- 220879(O),
220179, 225923 (Fax),

ABOUT THE TRAINING PROGRAMME :

One week Induction/ Refresher Program -2018 on Leading from Within -Managing Your Ego and Emotions is organized for the Polytechnics & Engineering College faculties in order to understand the concept and role of emotions at workplace, understand ego and how to manage it, the influence of social environment on individual and development of positive working environment.

Benefits to faculty

This course will introduce several popular meditation practices, and allow participants to begin or deepen their own practice. In order to gain the greatest benefit, participants should commit to 20 minutes of regular practice each day during the course. Benefits to staff are that when they talk of emotional security it might be wise to first understand what is emotional and what security is. Emotions are feelings how we feel.

Course Contents :

- ▶ Emotional intelligence ▶ Work in teams
- ▶ Anger management ▶ Interpersonal relations
- ▶ Managing ego ▶ Social influence, coping with stress
- ▶ Motivation ▶ Yoga & meditation

Expected outcomes

- Mindfulness and emotional intelligence both emphasize people's abilities to perceive, understand and regulate their thoughts and emotions
- Regularly practicing mindful meditation can significantly enhance the ability of individuals to regulate and control their emotions
- Individuals can develop self-awareness, which is one of the major tenets of emotional intelligence, by practicing mindfulness meditation



Resource persons

Eminent academicians from Engineering College and trained Experts in the field of Managing Ego and Emotions will be invited.

Eligibility :

Faculty from AICTE approved technical Instituted and working engineers from Industry with relevant background of any discipline are eligible to participate. And they must have ISTE Membership number.

Registration Fee :

- ❖ Rs. 500-00 for Faculty from AICTE approved Technical Institution and Rs. 2000-00 for Working Engineers from Industry

Note : The amount will be refundable on successful participation.

- ❖ Through demand draft drawn in favor of The Principal, BVVS Polytechnic payable at Bagalkot.
- ❖ Demand draft of the candidates not selected will be sent back to their correspondence address.

TA and Accommodation :

The participants from the AICTE approved Polytechnics/ Engineering Institutions will be provided with free boarding and Lodging and well get Travelling Allowance (TA) on attending the course in full (III AC Railway/Bus Fare by Shortest Route) on production of tickets. Twin shared bases accommodation will be provided to the participants.

Application and Selection :

Application form duly filled and forwarded by the Head of the Institute along with registration fee should reach the Co-Coordinator on or before 15-11-2018. A copy of the same should be sent to somuspujar@gmail.com (8722038039). You can also down load the application from the Institute website. The applicants will be short listed on first come first serve basis.

Important Dates :

Last Date for Submission of application : 15-11-2018.
Selection intimation : 20-11-2018.
Intimation of selection will be given to the participants through SMS or email.

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ON
Leading from Within - Managing Your Ego and Emotions

10th Dec- 15th Dec 2018

Registration form

Name:

Designation :

Branch/Department.....

Name of Institution.....

ISTE No.:-LM.....

Contact Address.....

.....

Mobile No.

E-mail.....

Whether Institution is

Approved by AICTE? : Yes / No

Accommodation Required : Yes/ No.....

D.D. No..... D.D Date.....

Bank.....

Amount.....

Date :

Place:

Signature of participant