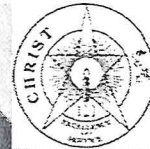


SKILL DEVELOPMENT



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE · INDIA

**DEPARTMENT OF
COMMERCE**

Presents

UPSKILL 2 UPSCALE

A skill-based workshop

Date: 28/02/2020

Venue : Block IV

Netrula Vincent



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M. Thula Vincent

Department of
Commerce
University
Bengaluru-29

UPSKILL TO UPSCALE
DEPARTMENT OF COMMERCE

Upskill to Upscale is a set of skill-based workshops brought back from last year by popular demand. This year's event boasted of 12 extremely diverse skills taught by resource persons identified from their fields for their expertise. The event aims to give students a chance to experience skills, industries and opportunities apart from the fields available to them under the curriculum. The format of the event allows students to pre-register for their interested events. Slots are allotted on a first serve basis. The students then receive instructions from the resource person regarding any preparation that is required for the class. This includes downloading specific software, arranging for yoga mats or bringing along a camera. The workshops were for 3 hours. This allowed the resource person to introduce topics and cover basics extensively and give just enough exposure to pique their interests. The total number of registration received from the final year students is 736 and the total number of students participated in the event is 654 as per the event record.

Patricia Vincent

Budget

S.No.	Topic	No. of Trainers	Honorarium	Total
1	Content Writing	1	3500	
2	First Aid & CPR	1	4500	
3	Photography	1	1500	
4	Podcasting	1	5000	
5	Python	1	4500	
6	Self-defence	1	3000	
7	Stock Market Trading	1	2000	
8	Tableau	1	1000	
9	Video Editing	1	4000	
10	YouTube Freelancing	1	1500	
11	Mindfulness	1	5000	
12	Yoga (Boys)	1	3000	
13	Yoga (Girls)	1	1000	
		13	39500	
	Total			39500
	Refreshments			
	Networking Tea			
	Printing and Stationery	+828		
	Miscellaneous			
	Grand Total			81500

Event Coordinator: HOD

Vincent


STOCK MARKET TRADING

The idea of investment has evolved right from collecting coins in the piggy bank to depositing savings in your bank to investing in shares. Stock trading involves buying and selling stocks frequently in an attempt to time the market. The goal of stock traders is to capitalize on short-term market events to sell stocks for a profit, or buy stocks at a low. To trade with the stock, you really need to be skillful and understand the pulse of the market. This skill development program aims at imbibing such skills in you. It will take you through the techniques and tricks on skilfully trade in the stock market.

Name and Profile of the Resource Person: Saketh R

Saketh R, He is a designated partner of Optionable Fintech LLP. He is a proud Allumni of CHRIST (Deemed to be University) and He is currently pursuing CFA.

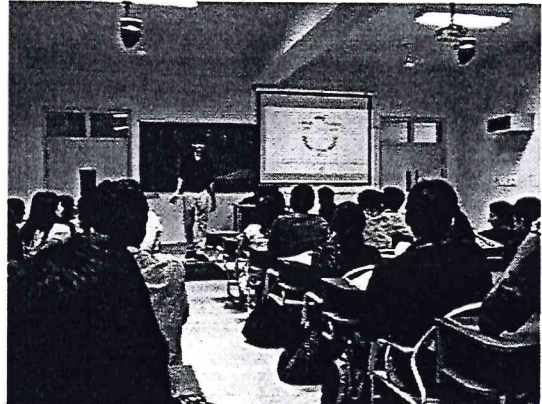
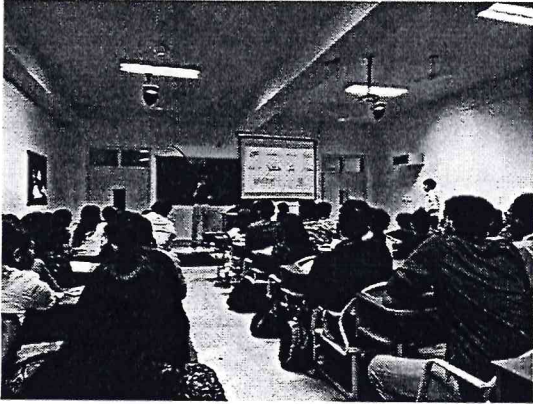
He is been passionate about Finance since his childhood days. He, along with his friends started a venture during his college days and then went on to register as a business. Currently, his Venture Optionable make trading models and execute it in real market conditions to generate wealth.

Event Report

The session on Stock Market Trading was conducted by Mr. Saketh and Mr. Shree Vatsa, Partners, Optionable Fintech Ltd. for the final year students of Department of Commerce on 28th February, 2020. The session started with the formal welcome ad introduction of the speakers given by the Emcee. The speakers then shared with audience their journey of coming up with this venture and the challenges faced by them. Their idea of making people understand stock market from the scratch really helped audience learn about the concept better and be active throughout the session. It was followed by the practical application of choosing the most appropriate stocks and formation of optimum portfolios. For this activity, the class was divided into 8 groups of 9 people each where each group was supposed to discuss within themselves and come up with an optimum portfolio considering all the tips taught by the speakers. After a short break, the second half of the session consisted of learning how to analyse financial statements of various stocks before investing into them. The audience engagement till the end of the session made it really fruitful. The session was concluded by a vote of thanks presented by the emcee and feedbacks given by the audience.



Venue- 4209, III BCom Hons A
Number of students registered: 79
Number of students attended: 79



Arthur Vincent
CHRIST (Deemed to be University)
Department of
Commerce
*Bengaluru-29**

SELF DEFENCE

Self-defence helps to prepare you for unexpected situations and also helps develop increased mental and physical health. When you learn the self-defence techniques, you naturally increase your confidence. This allows you to trust yourself and take appropriate action in potentially dangerous situations. This skill development program will give you an outline about the importance and few important techniques of Self-defence. Whether walking alone at night or traveling in a foreign city, you'll feel ten times safer after having completed this skill development program. The main aim of imbibing this skill is to bring about a stronger sense of safety, stronger instinct & awareness and physical power to you.

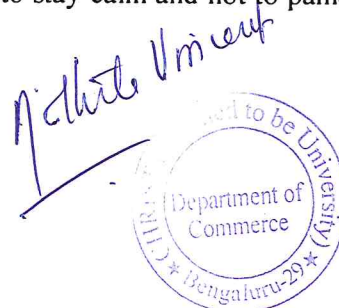
Name and Profile of the Resource Person: Om Shankar M V

Pursued BBA travel and tourism management at Christ University 2016 and also Mcom from Christ deemed to be University 2019. Martial arts expert Who has 12 years' experience and started since 7th grade. He is a State champion, National medallist and all India inter University wushu (Kung-Fu championship) medallist. Also Represented Christ deemed to be University at Haryana 2018. He is a founder of Indian fitness fight club started in the year 2017.

Venue- 522, Block II (1-2pm) and Kiosk are (2-4pm)

Event Report:

The self-defence session organized by the Department of Commerce was truly a fruitful and entertaining skill development program. The program was conducted by Mr. Om Shankar M V, who was a national level martial arts medallist and founder of Indian Fitness Fight Club. The program was scheduled in 2 sessions. The first conducted in room 522 was a 45 min theoretical session, where the trainer aimed to create presence of mind during an attack and imparted light on how to handle such situations mentally, verbally and physically. The second part of the session was more of practical training at the Christ University Hockey ground where students were trained to defend and attack when caught in a situation. Through the session, students were taught to punch, kick, elbow strike and also were given training to defend themselves in a situation. The self-defence training was indeed a productive session. It taught students how to stay calm and not to panic in an unavoidable situation.



The students were able to learn basic techniques to defend themselves in a situation when they were attacked, not only physically but also mentally. This training was indeed necessary to students because of the worldly circumstances in which we are living in today.

Number of students registered: 72

Number of students attended: 67

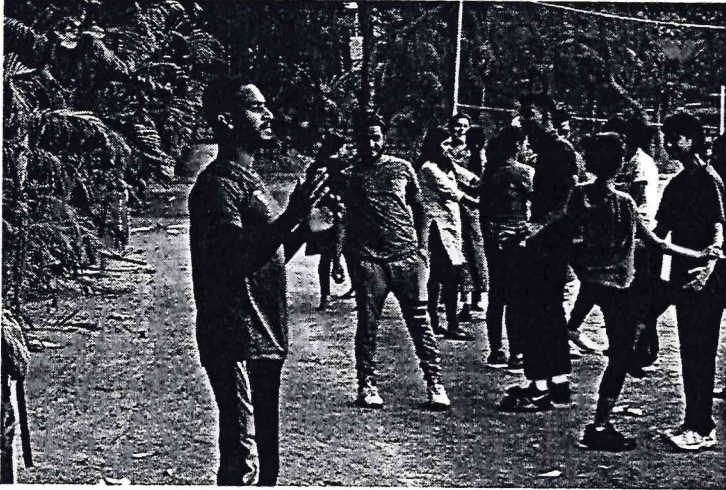


Photo Vincent



SOCIAL MEDIA CONTENT WRITING

Consistent, engaging, and high-quality content impacts the audience more than any other technique. Content writing allows your brand to create cohesive pieces of information. Effectively organizing your content through writing will help you reach your audience effortlessly. Content writing is a complex process that has three stages of planning, creating and editing. The main objective of this skill development program is to bring out the writer in you and help you to convey your thoughts to the world through strong writing proficiency.

Name and Profile of the Resource Person: Ms. Brigit Jose

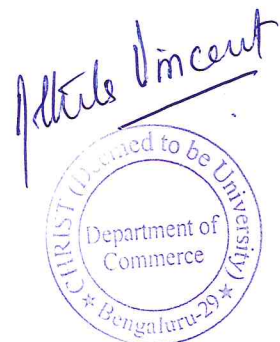
Ms. Brigit Jose is a middle school English teacher with Mallya Aditi International School, Bangalore. She completed her B.Com(Honours) from University of Delhi, B.Ed from Christ Deemed to be University and currently pursuing PG Diploma in Special Education from London College of Teachers. She also served as a senior audit associate for 3 years in KPMG.

She happens to have a very strong inclination towards the written and spoken word (apart from the profession). Her writings are mostly based out of real life situations, human behaviour, emotions, relations and these acting as a vital source to the much needed positivity in life.

She also freelanced with Filtercopy for 3 years and started her own Poetry Page on Instagram called Facade Of Words, two years ago. She has been doing open mics whenever an opportunity has come past her and have done a few with the Under25 Summit, Bangalore, BITS PILANI, Hyderabad, Tales and Tacos, Bangalore and so on. She published her first Open Letter with Bangalore Insider this year. She also did her first spoken word recording with Tales and Tacos, the video will release this weekend on YouTube.

She is also a trained Bharatnatyam dancer for 8 years and a self-trained contemporary dancer. She also takes after school contemporary dance classes at Mallya Aditi for middle school. She recently did my first conceptual Dance shoot with Nitish Ayyod. She was recently invited to give a guest lecture at the School of Education, CHRIST (Deemed to be University) for the 1st years, B.Ed on the topic 'Pre-service teaching internship'.

Venue- 4202, I BCom SFH

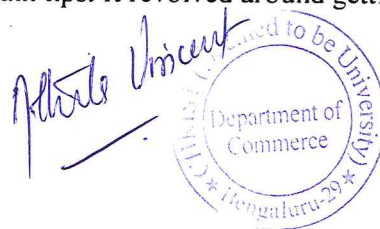


Event Report:

The workshop was taken by Ms Brigit Jose, who is a middle school English teacher with Mallya Aditi International School, Bangalore. She completed her B.Com (Honours) from university of Delhi, B.Ed from Christ deemed to be university and is currently pursuing PG Diploma in Special Education from London College of Teachers. She also served as a senior audit associate for 3 years in KPMG. Ma'am happened to have a very strong inclination towards the written and spoken word (apart from the profession). Her writings are mostly based out of real life situations, human behaviour, emotions, relations and these acting as a vital source to the much needed positivity in life. She also freelanced with Filtercopy for 3 years and started her own Poetry Page on Instagram called Facade Of Words, two years ago. She has been doing open mics whenever an opportunity has come past her and have done a few with the Under25 Summit, Bangalore, BITS PILANI, Hyderabad, Tales and Tacos, Bangalore and so on. She published her first Open Letter with Bangalore Insider this year. She also did her first spoken word recording with Tales and Tacos, the video will release this weekend on YouTube. She is also a trained Bharatnatyam dancer for 8 years and a self-trained contemporary dancer. She also takes after School Contemporary dance classes at Mallya Aditi for middle school. She recently did her first conceptual Dance shoot with Nitish Ayyod and was recently invited to give a guest lecture at the School of Education, CHRIST(Deemed to be university) for the 1st years, B.Ed on the topic 'Pre-service teaching internship'.

The venue of the session was Room 4202 and the session began at 1:15pm after a brief introduction of our resource person. This was followed by taking attendance of the students. She began her session by engaging with the audience and asking general questions to understand if the students indulged in regular reading and writing habits. She then mentioned what content writing means and its types like audio, video, poem, podcasts etc. Various social media platforms like Orkut, Facebook and Instagram along with the transformation in the usage of contents in these platforms were analysed. This included sharing statistics regarding the usage of such sites among millennials.

This included topics such as Instagram stories, pop up quizzes and meme culture. Also, trending content writing platforms like Filter Copy, Buzz Feed, Scoop Whoop and popular content writers like Anto Philip, Lilly Singh and Jordindian was discussed. She then shared a snippet of her articles in her presentation and then explained how content writing is storytelling. She then gave a set of detailed guidelines on how to become a successful content writer. She told than aspiring writers which follow social media trends, industry experts, blog regularly and listen to podcasts. The class was dispersed for a short break and resumed after taking attendance. She explained that a writing will receive a better response from the audience by following certain tips. It revolved around getting



the readers trust by using your first-hand experience. She emphasised on laying out our simple, original idea and formulate it in simple words so it is easily understandable for the reader. Another important point is to write and address to the reader and with a specific purpose. She also mentioned that we have to master our headlines and make grammar a priority. Usage of pictures and videos will enhance words and she warned us to refrain from using text language as it spoils our general vocabulary. Another point was about sensory descriptions and how thorough research forms the foundation of a good write-up. She encouraged the students to take up online courses relating to content writing from Skill Share, Hub Spot, Open 2 Study, Udemy and Quick Sprout University. She suggested certain apps which students can use to improve their written work like Hemmingway, Buzzsumo, Grammarly and Dropbox. She concluded her session by 3:50 pm with her quote “For when I write, I find the world in calm peace.”

Number of students registered: 63

Number of students attended: 54



FIRST AID AND CPR

First aid is the first and immediate assistance given to any person suffering from a sudden injury or illness. By giving a right care and the right time it would help to prevent the condition from worsening. It includes immediate and first intervention such as Performing Cardiopulmonary Resuscitation (CPR) and applying a plaster to a cut to a patient before the professional medical help. The main reason this program will be useful as you could save someone's life in time of criticality.

This skill development program will give an insight on first aid and CPR need to provide to the patients and also helps to be pro-active in emergency situations and save your own or somebody else's life.

Name and Profile of the Resource People: Dr. Anieta Merin Jacob

BDS from S.V. Dental college, Bangalore.

MDS(pursuing , 2nd year) from M.R Ambedkar Dental College, Bangalore

Venue- 4203, II BCom Hons A

Event Report:

The First Aid and CPR class was organised under the flagship event of Upskill to Upscale on 28th February 2020. It was a 3-hour session handled by Dr. Anieta Merin Jacob. She has done her BDS from the S.V. Dental College, Bangalore. She is currently pursuing her MDS from the M.R Ambedkar Dental College, Bangalore. She opened the session by talking about what first aid is and how it is important. She spoke about the 3 principles of first aid- Prevent further injury, Preserve life, and Promote recovery, initial assessment and the Glasgow coma scale.

First Aid protocol for different kinds of injuries was explained including wounds, bleeding, fractures, fainting, burns, bites and stings, etc. Again, special emphasis was given to adult vaccinations and dental hygiene including the right way of brushing. The session was very engaging as she used a lot of videos to make the session more interactive. The second part of the session covered basic life support with special reference to cardiac arrest and the CPR technique. Further she also explained about the Automated External Defibrillator (AED). The session culminated with a role play performed by 2 students on how to do the CPR. The informative workshop culminated with a vote of thanks proposed by one of the students. The session ended on a positive note. There



was an atmosphere of learning and growing together. The students learnt a lot of valuable lessons which would definitely be useful to them. The main reason this program will be useful is because it could save someone's life in time of criticality. First Aid if performed in time can reduce the complications of the situation to a very large extent. Even a bad CPR can be helpful in certain situations. It can reduce the recovery time and encourages healthy and safe living. Having a basic first aid knowledge means that you'll be confident in your skills and abilities in relation to first aid administration. Every individual must possess basic first aid knowledge.

Number of students registered: 64

Number of students attended: 59

John Vincent



YOUTUBE FREELANCING

Communicating your content effectively depends on the medium you choose to convey them. One such medium is YouTube. YouTube is a video sharing service that allows users to watch videos posted by other users and upload videos of their own. This skill development program is designed to make the learners understand and realize the benefits of presenting information in video format. In this program you will also learn how to make your brand grow, get more views, increase your subscriber base, understand how to make high quality videos and do much more.

Seriously consider starting a YouTube channel of your own, remember that it will allow you to grow in ways you never imagined. It will grow your email list, your audience, your influence and could also be one of the sources of your income.

Name and Profile of the Resource Person: Ashim Chandra Mandal

Ashim Chandra Mandal, From working as an Editor at magazines, teaching hip-hop as a dance instructor, and to have become one of the youngest entrepreneurs of Nepal by co-founding a company at 15, Ashim C. Mandal has persuaded a lot of his interests. One thing he has kept constant throughout the past years is his love for photography and cinematography. Apart from being a freelance content creator in his offline life, he is also an enthusiast in the YouTube community. Having worked with numerous personalities in the field, he will talk about how one can increase their outreach and become a content-creator themselves.

Venue-4204, II BCom Hons B

Event Report:

The workshop on YouTube Freelancing was conducted on 28th of February, 2020 from 1pm to 4pm by a freelance content creator Ashim C Mandal. The activities conducted were:

setting up a YouTube account, planning the genre and sub-genre of a channel, planning the production process for a video on the channel.

Learning outcomes:

- Video Editing – he spoke about which software could be used for editing videos and how to edit a video
- Formula – he shared his formula for succeeding as a content creator on YouTube which consisted of being consistent with the type of video being uploaded and also uploading in a consistent manner

Arthur Vincent



- Uploading a video – the entire process of uploading a video, from pre-production, production to post production was explained in detail.
- Earn from YouTube – making a living from YouTube can be quite a difficult task. Mr Mandal spoke about the various avenues in YouTube through which you would be able to earn including sponsorships, adverts on the videos etc.
- Copyrights – copyrights is an important part of creating a video on YouTube. How copyrights may be thrown at creators to how can they find loopholes to avoid it was spoken about.

Number of students registered: 64

Number of students attended: 51

Arthur Vincent



PYTHON

Python is a general purpose and high level programming language. You can use Python for developing desktop GUI applications, websites and web applications. Also, Python, as a high level programming language, allows you to focus on core functionality of the application by taking care of common programming tasks. For aspiring Data Scientists, Python is probably the most important language to learn because of its rich ecosystem. Python's major advantage is its breadth. For example, R can run Machine Learning algorithms on a pre-processed dataset, but Python is much better at processing the data. This skill development training aims to help you understand the basics of Python and fill in the enthusiasm and eagerness to explore the software and let you give greater contributes to the society through research.

Name and Profile of the Resource Person: Rohith K.M.S

Rohith K.M.S is currently in his final year of his undergraduate degree in Materials Science at the Indian Institute of Science (IISc). His research interests lie in the field of Computational modelling and Simulation of materials. He uses Python extensively in his research work and has experience teaching Python to Masters/PhD students as a Teaching Assistant in a graduate-level course on Solidification.

Rohith is the core developer of aNANT - IISc's functional materials database (<http://anant.mrc.iisc.ac.in>) - which was built using Django, a python-based web framework. He was also a part of the team representing IISc in the international Genetically Engineered Machine (iGEM 2017) competition in Boston, Massachusetts where he helped build a device for automating standard microbiology procedures. The team was nominated for the best Hardware prize.

Rohith is also an avid trekker, and will soon be heading to Boulder, Colorado for his PhD and the glorious Rocky Mountain trails.

Venue- 4208, II BCom Hons D

Activities done –

- Introduction to Python
- Use of variables, functions and loops in python.
- Use of various libraries in Python.
- Using Python for graphical representation of natural phenomenon.



Learning Outcome –

- Basics of programming and coding by using Python.
- Using existing libraries like “numpy” and “matplotlib” to facilitate faster and more advanced coding for back end working of applications and websites.
- Using functions, loops and arguments for analysis of data and making predictions in various fields.
- Understanding differences between variables using Python.

Number of students registered: 60

Number of students attended: 54

Prithvi Vincent



TABLEAU

Tableau is a data visualization software that is used for data science and business intelligence. Tableau can create a wide range of different visualization to interactively present the data and showcase insights. It comes with tools that allow to drill down data and see the impact in a visual format that can be easily understood by any individual. Tableau also comes with real-time data analytics capabilities and cloud support. This program aims to help you understand the basics of Tableau and fill in the enthusiasm and eagerness to explore the software and also enable learners to learn on how to build views and interactive dashboards.

Name and Profile of the Resource People: Mr Anson KJ

Sir has completed her Bcom from Bangalore University in the year 2009. Further he completed his Mcom and MPhil from Christ university in the year 2011 and 2012 respectively. Currently sir is pursuing his PhD from Bharathiar university and is a faculty in Department of Commerce, Christ (deemed to be university). Sir has published multiple papers in reputed journals and has attended national and international conferences.

Venue- 4201, III BCom Hons B

Event Report:

Mr. Anson, a faculty of the Department of Commerce, Christ deemed to be University handled the event 'Tableau for Beginners'. He introduced key concepts such as data visualization and explained the importance and relevance of Tableau. With the data set he mailed us the previous day, he made us prepare several charts, tables and graphs on 'Tableau Desktop', the software we installed.

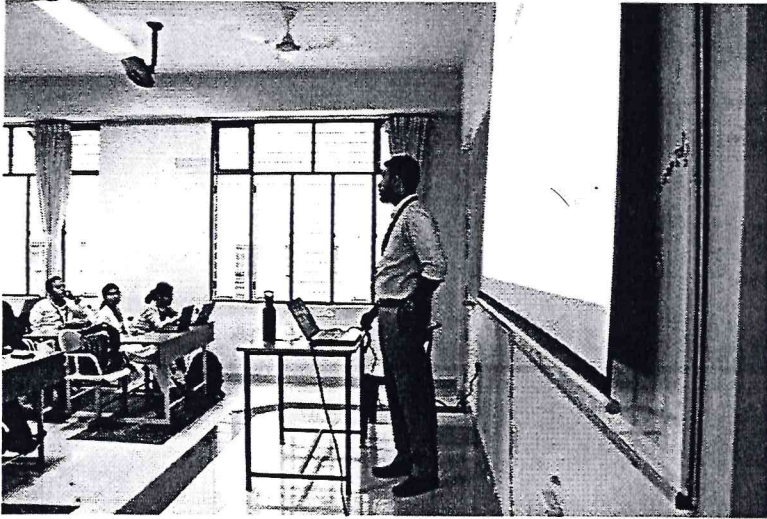
Outcome:

- We got an insight about how Tableau works and how we can utilize it for data analysis.
- We learnt how to prepare and interpret bar graphs, parletto charts, heat maps, tree maps, bubble charts etc. with the said data.
- We were briefed about how companies would analyse and make decisions based on such charts and graphs.
- We are also taught how to enter formulae manually and also use the table calculation feature in Tableau.
- Most importantly, we understood better as Sir taught us Tableau using our knowledge in Excel and Knime to our advantage.



Number of students registered: 60

Number of students attended: 51



John Vincent



PHOTOGRAPHY

Photography is the art of taking and processing photographs. Photography gives opportunity to travel and explore the world around you and it is a lifelong journey. Whether you want to be a photographer or just love taking pictures, learn what you need through this skill development program. This program gives each one of you an opportunity to know your camera intimately and will arm you with the skills to start this journey confidently. The intention behind this skill development program is to help you understand the techniques and tricks of capturing your best moments and relive your life through those beautiful pictures.

Name and Profile of the Resource People: Harshit Sharma

Harshit Sharma is an avid student of photography for two years. He has worked under fashion photographers in the industry and also been shot for campus ambassador of shien. He has also completed a 6 months certified course in street photography.

Venue-4212, III BCom Hons D

Event Report:

Activities Done -

- Modifying camera settings
- Outdoor photography
- Framing
- Tweaking photographs through Lightroom
- Light photography

Topics Covered –

- The Rule of Thirds
- Balancing Elements
- The Golden Ratio
- Framing
- Leading lines
- Symmetry and Patterns
- Viewpoint
- Background
- Depth

Harshit Sharma



- Cropping
- Experimentation

Learning Outcome :

- Know the meaning and use of various camera settings and their functioning
- Understand the different settings combinations and how to use them under various conditions which clicking a photograph
- Learn the various rules and compositions to photography and apply them in real life
- Experiment with various frames and lines
- Learn to use Lightroom settings and effects to edit photos

Number of students registered: 63

Number of students attended: 55

Prithvi Vincent



YOGA

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. This skill development program is conducted by the professionals with the objective to help you explore your body, mind and soul. The program also aims to provide a holistic understanding of the philosophy of yoga along with it giving few tips on how to improve health quotient in all levels- physical, mental, intellectual, emotional and social with few asanas.

Name and Profile of the Resource Person: Mr. Amit Aanand

Mr. Amit Aanand: A yogic science graduate from the Svyasa University (2012-2015 batch), Mr. Amit Aanand started practicing his meditation and yoga from 2007 and continues to spread the magical benefits of yoga till date. He conducts yoga sessions in Infosys regularly, since 2017 and also takes personal yoga sessions. He is also an expert at medical yoga and various other therapies. Currently he is also pursuing his Masters.

Name and Profile of the Resource Person: Ms Yashoda

Ms Yashoda is a certified yoga Instructor and a proud christite. she is also a personal yoga Instructor for both kids and adults. She started her yoga career from 2014 in Acharya yoga youth club under the Coach Mr Rajesh M Achari and she has attended many districts, state and national level competition all over India. Her Specialized in general yoga and power yoga.

Venue- 725 and 726 Block II, III BCom A and III BComB

Event Report:

Yoga where we got the opportunity to theoretically and practically learn and explore the art of yoga. The session started off with a formal class where the respective resource persons explained the origins of the art of Yoga. the components of yoga that consist of 8 elements i.e. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. These all depict and represent different aspects of life such as physical awareness, focus and meditation. Mr. Amit Aanand went on to further explain the Pancha Kosha Theory that describes the layers that make the human body

P. V. Vincent

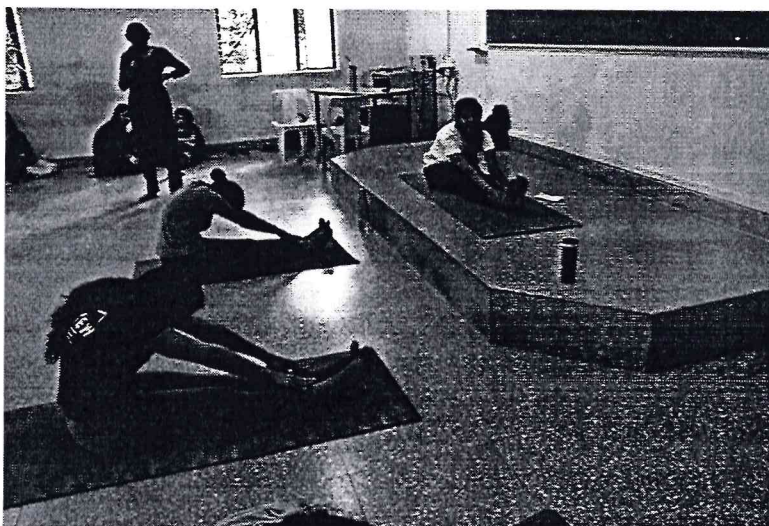


whole. He emphasized the essence of practicing yoga which will help us live a stress free life as it builds the hormones of happiness within our bodies. However, it requires more time to practice and perfect. We were privileged with the opportunity to understand the 2 main types and functions of yoga practiced, these being (1) Patanjali Yoga and (2) Hatha Yoga, which refers to the theoretical yoga focused on the mind and the body oriented practical yoga respectively. Patanjali yoga is essential for building and reinforcing the intellectual awareness of those who practice it whereas Hatha yoga provides the necessary physical techniques to master the body and it is more broadly practiced. Soon after the session in class with the resource persons, we then moved on to the Dhamaram Ground where we engaged in Hatha Yoga being led by both Mr. Amit Aanand and Mr. Amit Singh who coordinated with each other systematically. The practical class started at 2pm and went on up to 3.30pm. The instructors directed the group in practicing a few of the Asanas poses which comprises of 8.4 million poses derived from the number of existing animal species. The session also consisted of Pranaya body positions and Chanti which is translated to focused meditation. It is only after this vigorous and energetic period of body stretches and meditation that the students could actually appreciate how the art of Yoga definitely contributes to managing stress and anxiety whilst keeping one relaxed. The session helped in increasing the body flexibility, muscle strength and body toning even though it was for a short period of time.

The students did manage to get a break in between the practical session as it was seemingly inappropriate to cut the practice then carry forward after a few minutes of time waste. However, this was compensated by the completion of the practice 15 minutes earlier than the scheduled time. We concluded with a few rounds of Chanti, and the vote of thanks was given to end the session at 3.35 pm.

Number of students registered: 50

Number of students attended: 40



M. Vincent



PODCASTING

Communicating your content effectively depends on the medium you choose to convey them. One such medium is Podcast. Podcasting has become an increasingly popular way to tell stories, the number of podcasts grows each year. There are now over half a million podcasts according to Apple. The objective of this skill development program is to learn how effectively to present information in audio format and the benefits associated with it. In this program you will explore exactly what a podcast is and why it's so powerful for storytelling. You'll develop your own plan for a podcast, produce a script, and finally investigate different platforms for publishing your brand-new podcast.

Name and Profile of the Resource Person: Rahul Nair

Rahul Nair is the CEO of Storiyo, an online marketplace for premium content podcasts and a social network platform where you can listen and share podcasts. He is a masters graduate from The London School of Economics and Political Science.

Vishnu Padmanabhan & Shankar Padmanabhan Writer & Geek Show is India's premium pop culture podcast. Hosted by brothers Vishnu and Shankar, they talk about history, science, technology, psychology and everything in-between to empower the listeners by making them knowledgeable about things they would never research on.


Venue- 4207 II BCom Hons C

Mr Rahul, CEO of Storiyo and Mr Shankar, Writer and Geek show founder took up the class for podcast as a skill enhancement for the students of final year belonging to department of commerce. They introduced the skill as a personal experiment of their own when they had no clue as to what to do for next as a career. They also helped understand the scope of podcasting as a career.

Outcome:

- Podcasting as a course of 3 course of 3 hours gave an interesting view about it being a communication medium among all age groups.
- The way a news is conveyed on this medium reaches minds of same level of thinking thereby giving an opportunity to find the like minds.
- It gave an insight as to how to take over an information to the general audience through audio format and it becoming a source of social activity.

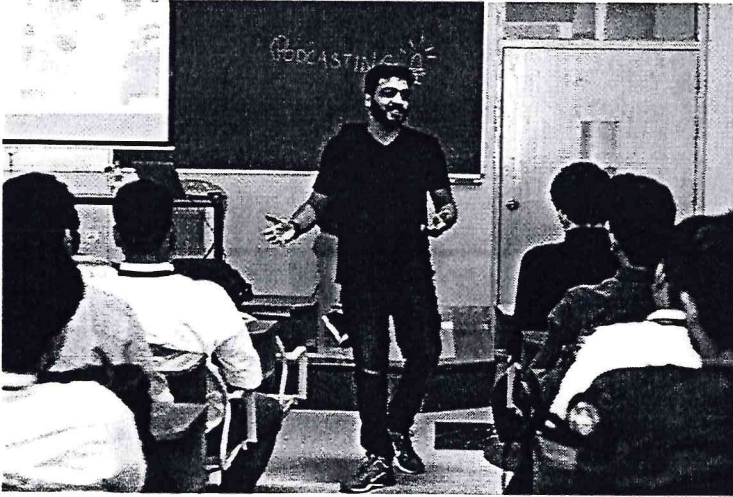
M. Vincent



- The final activity of creating our own podcast on the topic “Mental Health” gave a more practical exposure to understand the fact of using the tool in real life.

Number of students registered: 61

Number of students attended: 49



Malthe Vincent



MINDFULNESS

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also help us to focus our attention, as well as to observe our thoughts and feelings without judgment. The main objective of this skill development training is to bring about a positive change in you. By the end of this training, you can help yourself by learning the techniques to lower your stress levels, get better sleep, banish negative thoughts and become a better person.

Name and Profile of the Resource Person: Dr Vinod Kumar

Dr Vinod Kumar, BDS, DDM, PGDM; Email id : aolvinod@gmail.com; Contact no: + 91 8123979426

A doctor turned meditation teacher, Dr Vinod Kumar is a follower of Gurudev Sri Sri Ravi Shankar, a Global Humanitarian, Spiritual Leader and Founder of The Art of Living, a non-profit organisation committed to bringing holistic all round development in individuals and building a stress free and violence free world. As a passionate trainer, he conducts various stress management, self-development and Leadership programs of The Art of Living to people from all walks of life. His participants include Doctors & Patients, Scientists & Artists, CEOs & Managers, Directors, Principals, Faculty and Students of all age groups. He has recently conducted a leadership program for the staff of National Assessment and Accreditation Council (NAAC), an organisation that assesses and accredits higher education Institutions (HEIs) in India. As an ace speaker, he educates young and old about the benefits of yoga and meditation, his recent presentation on the science benefits of Sudarshan Kriya at the 107th Indian Science Congress held in January 2020 received appreciation from one and all. Earlier, he has been part of several national campaigns such as Yogathon, Meditate India, Drug free India and Volunteer for a better India. He is recognised as versatile leader with an exceptional ability to inspire individuals to take social responsibility. He first rose to fame when The Hindu Newspaper interviewed him and published a full length article about him with the title “ Patriot games” and Train Educate & Empower” for his exemplary work in training thousands of youth to fight against corruption and contribute for the nation, since then he has become a sought after resource person to facilitate skill development and capacity building programs for faculty and students in colleges and universities.

Vinod Kumar
CLAUSTRAL (Deemed to be University)
Department of
Commerce
Bengaluru

Venue- 4105, I BCom Hons A

Event Report:

A session on Mindfulness was conducted on 28th February in the Christ University Main Campus from 1-4pm.

Conducted by Dr. Vinod Kumar, a follower of Gurudev Sri Sri Ravi Shankar, the session took place in room no. 4105 in Block 4.

The session started with Dr. Vinod Kumar asking everyone how they were and his partner made everyone shake a leg and dance to fun beats to make them comfortable. The session was conducted to make Christites aware of themselves, their strengths, weaknesses, fears and aspects of themselves that they should be proud of. Dr. Vinod also asked all the participants to form a huge circle and interact with the people on their right and talk to strangers to come out of their comfort zone.

The participants also were made to meditate and visualise where they would be in the next 5, 10, 15 and 25 years and ask themselves if they'd be happy there. They were also made to draw how the participants wanted to see their life to unfurl. The session ended with students giving their inputs about how they felt about the session and their takeaway from it.

Learning Outcomes:

1. Take life, one step at a time.
2. Be contented with what you have, but don't let it stop you from making your goals a reality.
3. Feel, think, emote, express and be open minded to new things.
4. Know what you want from life, and work towards it.
5. No use in denying what you feel, it's better to work on what it is.

Number of students registered: 100

Number of students attended: 95



VIDEO EDITING

Video editing is the process of modifying and rearranging video shots to create a new work. Video editing is important because it is the key to blending images and sounds to make us feel emotionally connected and sometimes truly there in the film we're watching. Any video to gain popularity and fame, it has to be edited perfectly to reach out to the intended audience. This skill development training will give you an outline on the different avenues available to make your video the best. It also gives an overview on the techniques and tools used to make it the most viewed and liked by the audience.

Name and Profile of the Resource Person:

Shreyas Mahadev, a mechanical engineer by qualification, Shreyas Mahadev did not stick to his field from the get-go. He utilised his creative side by venturing into film making from the start of his career to master the art of end to end film production. Over the course of his career, he has worked with various film production companies and clients as cinematographer and creative editor to create aesthetic films marketing their expertise.

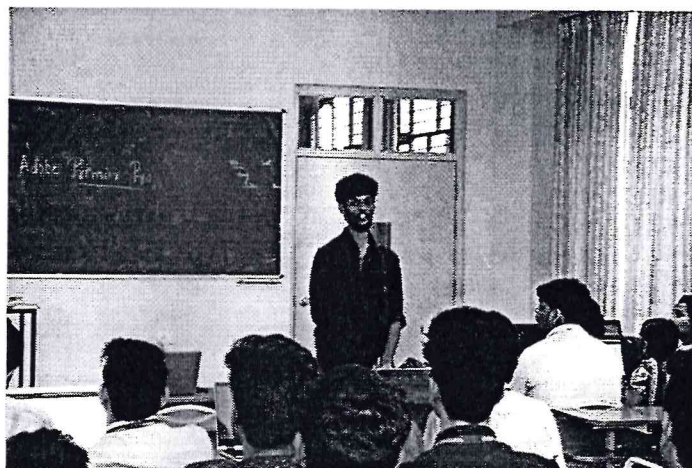
Venue: Room No 4211

The faculty arrived at the venue at 1:20 PM and started the session at 1:30 PM. The session was initially focused on the art of film making and the people involved in the same. Then he moved on to the software he was going to introduce us to in video editing, an adobe video editing software. He told us about the free trial and asked us to download it. Then he gave a very brief overview about the working of the software and the very basics of it. After the same, he gave us time to start working on the software and was open to questions and doubts.

The session was dismissed at 3:40 PM.

Number of students registered:

Number of students attended:



Arthur Vmant

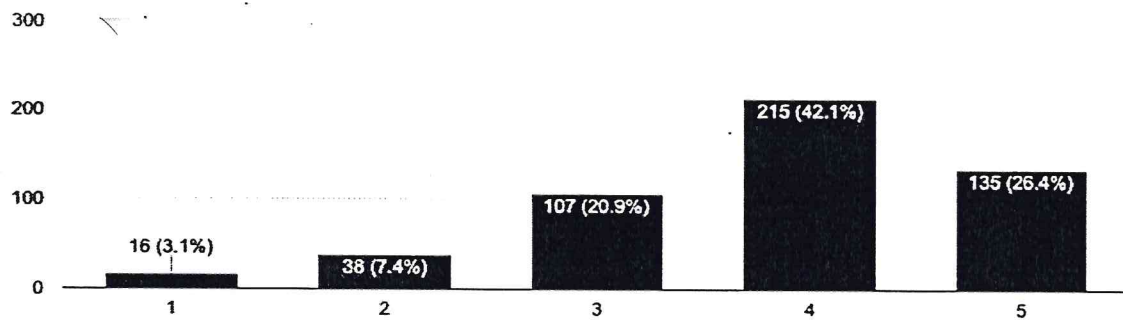


General Feedback

Post the event, a feedback form was circulated via Google Forms to assess the success of the event. The aim of the form was to understand whether the event was truly beneficial to the students or not. Following are the results of 511 replies:

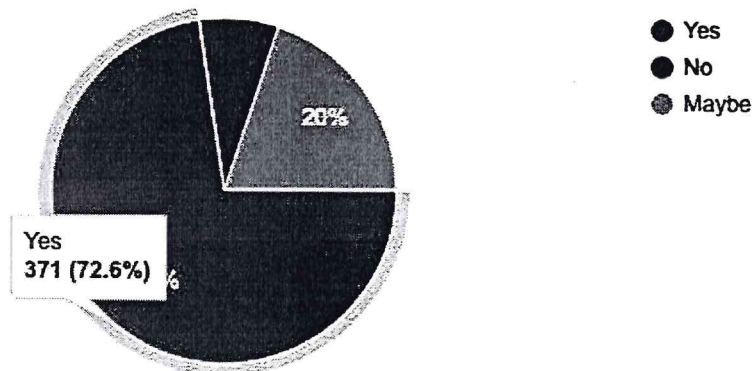
How do you rate the overall event? (1 being minimum and 5 maximum)

511 responses



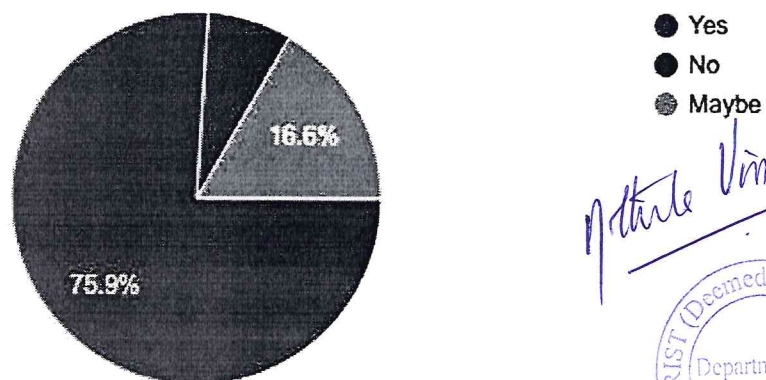
Do you like the concept of learning skills through small workshops?

511 responses



Do you think such a skill fest should be organised in the future?

511 responses

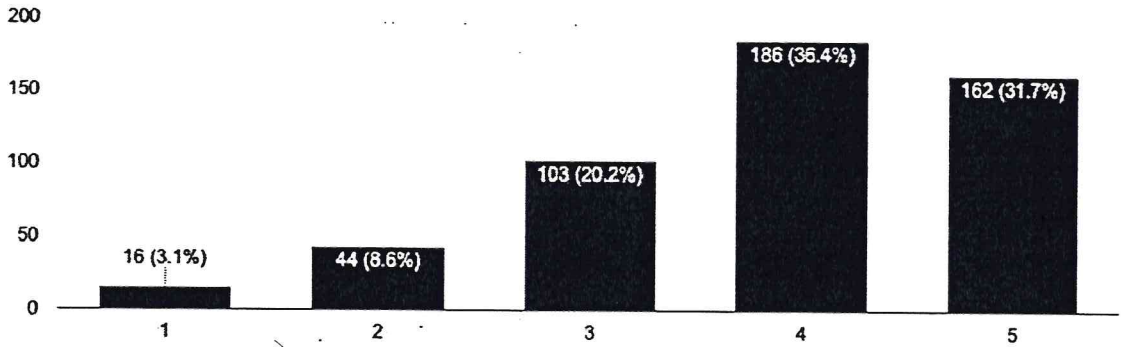


Arthur Vincent



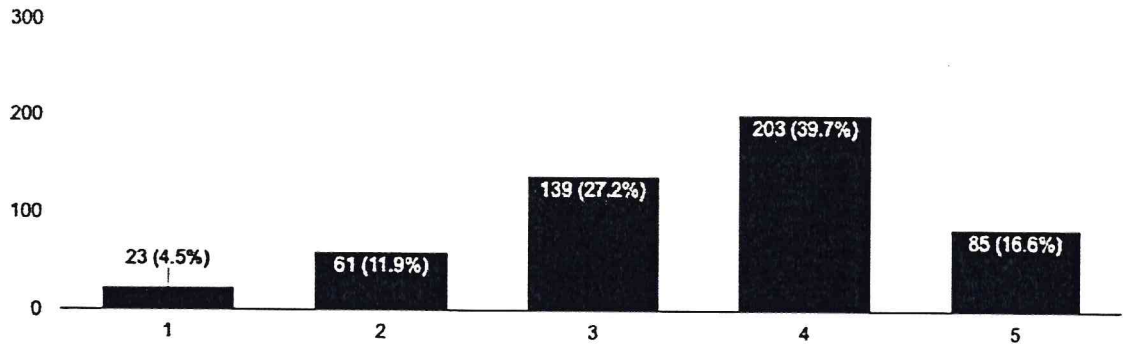
How do you rate the resource person (1 being least effective 5 being very effective)

511 responses



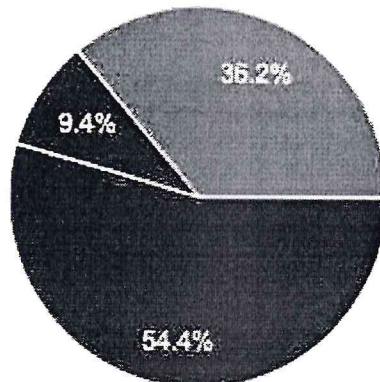
How do you rate your own learning?

511 responses



Will your learned skill help you in the future?

511 responses



- Yes
- No
- Maybe

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Department of
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DEPARTMENT OF COMMERCE
 UPSKILL TO UPSCALE
 2019-2020
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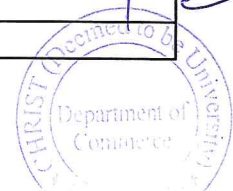
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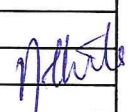
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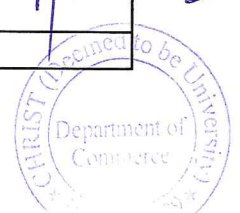
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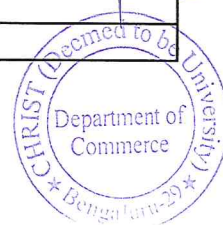


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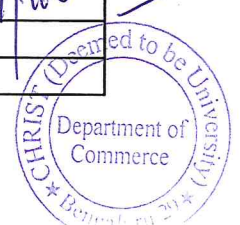
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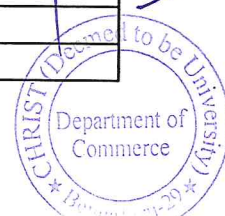
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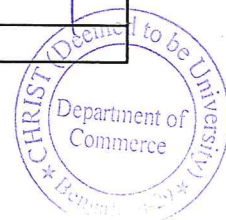
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PROFILE OF THE RESOURCE PERSONS

STOCK MARKET TRADING

Saketh R, He is a designated partner of Optionable Fintech LLP. He is a proud Alumni of CHRIST (Deemed to be University) and He is currently pursuing CFA. He is been passionate about Finance since his childhood days. He, along with his friends started a venture during his college days and then went on to register as a business. Currently, his Venture Optionable make trading models and execute it in real market conditions to generate wealth.

SELF DEFENCE

Om Shankar M V pursued BBA travel and tourism management at Christ University 2016 and also Mcom from Christ deemed to be University 2019. Martial arts expert Who has 12 and started since 7th grade. He is a State champion, National medallist and all India inter University wushu (Kung-Fu championship) medallist. Also Represented Christ deemed to be University at Haryana 2018. He is a founder of Indian fitness fight club started in the year 2017.

SOCIAL MEDIA CONTENT WRITING

Ms.Brigit Jose is a middle school English teacher with Mallya Aditi International School, Bangalore. She completed her B.Com(Honours) from university of Delhi,B.Ed from Christ deemed to be university and currently pursuing PG Diploma in Special Education from London college of Teachers. She also served as a senior audit associate for 3 years in KPMG. She happens to have a very strong inclination towards the written and spoken word (apart from the profession). Her writings are mostly based out of real life situations, human behaviour, emotions, relations and these acting as a vital source to the much needed positivity in life. She also freelanced with Filtercopy for 3 years and started her own Poetry Page on Instagram called Facade of Words, two years ago. She has been doing open mics whenever an opportunity has come past her and have done a few with the Under25 Summit, Bangalore, BITS PILANI, Hyderabad, Tales and Tacos, Bangalore and so on. She published her first Open Letter with Bangalore Insider this year. She also did her first spoken word recording with Tales and Tacos, the video will release this weekend on YouTube.

YOUTUBE FREELANCING

Ashim Chandra Mandal, From working as an Editor at magazines, teaching hip-hop as a dance instructor, and to have become one of the youngest entrepreneurs of Nepal by co-founding a company at 15, Ashim C. Mandal has persuaded a lot of his interests. One thing he has kept constant throughout the past years is his love for photography and cinematography. Apart from being a freelance content creator in his offline life, he is also an enthusiast in the YouTube community. Having worked with numerous personalities in the field, he will talk about how one can increase their outreach and become a content-creator themselves.

PYTHON



Rohith K.M.S is currently in his final year of his undergraduate degree in Materials Science at the Indian Institute of Science (IISc). His research interests lie in the field of Computational modelling and Simulation of materials. He uses Python extensively in his research work and has experience teaching Python to Masters/PhD students as a Teaching Assistant in a graduate-level course on Solidification.

Rohith is the core developer of aNANT - (<http://anant.mrc.iisc.ac.in>) - which was built using Django, a python-based web framework. He was also a part of the team representing IISc in the international Genetically Engineered Machine (iGEM 2017) competition in Boston, Massachusetts where he helped build a device for automating standard microbiology procedures. The team was nominated for the best Hardware prize. Rohith is also an avid trekker, and will soon be heading to Boulder, Colorado for his PhD and the glorious Rocky Mountain trails.

TABLEAU

Sir has completed her Bcom from Bangalore University in the year 2009. Further he completed his Mcom and MPhil from Christ university in the year 2011 and 2012 respectively. Currently sir is pursuing his PhD from Bharathiar university and is a faculty in Department of Commerce, Christ (deemed to be university). Sir has published multiple papers in reputed journals and has attended national and international conferences.

PHOTOGRAPHY

Harshit Sharma is an avid student of photography for two years. He has worked under fashion photographers in the industry and also been shot for campus ambassador of shien. He has also completed a 6 months certified course in street photography.

YOGA

Mr. Amit Aanand: A yogic science graduate from the Svyasa University (2012-2015 batch), Mr. Amit Aanand started practicing his meditation and yoga from 2007 and continues to spread the magical benefits of yoga till date. He conducts yoga sessions in Infosys regularly, since 2017 and also takes personal yoga sessions. He is also an expert at medical yoga and various other therapies. Currently he is also pursuing his Masters.

Name and Profile of the Resource Person: Ms Yashoda is a certified yoga Instructor and a proud christite. she is also a personal yoga Instructor for both kids and adults. She started her yoga career from 2014 in Acharya yoga youth club under the Coach Mr Rajesh M Achari and she has attended many districts, state and national level competition all over India. She is specialized in general yoga and power yoga.

PODCASTING

Rahul Nair is the CEO of Storiyo, an online marketplace for premium content podcasts and a social network platform where you can listen and share podcasts. He is a masters graduate from The London School of Economics and Political Science. Vishnu Padmanabhan & Shankar Padmanabhan Writer & Geek Show is India's premium pop culture podcast. Hosted by brothers Vishnu and Shankar, they talk about history, science, technology, psychology and everything in-between to



empower the listeners by making them knowledgeable about things they would never research on.

MINDFULNESS

Dr Vinod Kumar, BDS, DDM, PGDM: A doctor turned meditation teacher, Dr Vinod Kumar is a follower of Gurudev Sri Sri Ravi Shankar, a Global Humanitarian, Spiritual Leader and Founder of The Art of Living, a non-profit organisation committed to bringing holistic all round development in individuals and building a stress free and violence free world. As a passionate trainer, he conducts various stress management, self-development and Leadership programs of The Art of Living to people from all walks of life. His participants include Doctors & Patients, Scientists & Artists, CEOs & Managers, Directors, Principals, Faculty and Students of all age groups. He has recently conducted a leadership program for the staff of National Assessment and Accreditation Council (NAAC), an organisation that assesses and accredits higher education Institutions (HEIs) in India. As an ace speaker, he educates young and old about the benefits of yoga and meditation, his recent presentation on the science benefits of Sudarshan Kriya at the 107th Indian Science Congress held in January 2020 received appreciation from one and all. Earlier, he has been part of several national campaigns such as Yogathon, Meditate India, Drug free India and Volunteer for a better India. He is recognised as versatile leader with an exceptional ability to inspire individuals to take social responsibility. He first rose to fame when The Hindu Newspaper interviewed him and published a full length article in training thousands of youth to fight against corruption and contribute for the nation, since then he has become a sought after resource person to facilitate skill development and capacity building programs for faculty and students in colleges and universities.

VIDEO EDITING

Shreyas Mahadev, a mechanical engineer by qualification, Shreyas Mahadev did not stick to his field from the get-go. He utilised his creative side by venturing into film making from the start of his career to master the art of end to end film production. Over the course of his career, he has worked with various film production companies and clients as cinematographer and creative editor to create aesthetic films marketing their expertise.

Shreyas Mahadev