

Mahajana Education Society (R)
SBRR Mahajana First Grade College (Autonomous)
Affiliated to University of Mysore
Re-Accredited by NAAC with 'A' Grade, College with Potential for Excellence
Post Graduate Wing
Pooja Bhagavat Memorial Mahajana Education Centre
K R S Road, Metagalli, Mysuru – 570 016

Date: 05.02.2026

Title of the Event and name of the venue:

Title: Invited Talk on 'Building Self-Aware, Resilient, and Industry-Ready MCA Professionals'.

Venue: I Semester MCA Classroom

Details of the department organizing the event in collaboration with institution:

Department of Studies in Computer Science (MCA).

Purpose and scope of the event:

The objective of the invited talk was to create awareness among MCA students about the importance of social and emotional learning in personal and professional life. The session aimed to help students understand self-awareness, emotional resilience, stress management, and responsible decision-making, which are essential qualities for becoming industry-ready professionals.

The event focused on developing students' emotional intelligence, mental well-being, and interpersonal skills, enabling them to handle academic pressure, workplace challenges, and professional responsibilities effectively.

Details of the event:

The invited talk commenced at 2:30 pm with Ms. Lakshmitha H Y, Assistant Professor, Department of MCA welcoming Dr. Malini Govindan, Psychiatrist at District Hospital, Mysore, Mrs. Rachana C R, Associate Professor and Head, Department of MCA, faculty members and the students of first semester MCA.

Dr. Malini Govindan delivered an insightful and highly interactive session on building self-aware, resilient, and industry-ready MCA professionals. She emphasized the significance of social and emotional learning (SEL) and highlighted its crucial role in shaping a successful and sustainable professional career in today's dynamic work environment. The session covered key aspects such as

managing difficult emotions, handling stress effectively, setting realistic and achievable goals, making responsible decisions, and building healthy interpersonal relationships.

She also shared practical strategies and real-life examples to help students understand how emotional intelligence complements technical expertise in the IT industry.

The resource person elaborated on the core areas of competence including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. She explained how understanding one's thoughts and emotions can positively influence behavior and professional growth. Real-life examples were shared to help students relate theoretical concepts to everyday experiences.

Dr. Govindan also addressed the challenges faced by students in academic and professional environments and provided practical strategies to manage stress, improve emotional balance, and develop resilience. The session encouraged students to adopt a positive mindset, practice empathy, and maintain mental well-being. The session was interactive, with students actively participating and seeking clarification on managing emotional stress and professional expectations. The interactive discussions and reflective activities encouraged students to introspect, improve self-confidence, and develop a growth mindset, making the session both impactful and relevant for their academic and professional journey.

At the end of the session, Ms. Lakshmitha H Y, Assistant Professor thanked the resource person for the highly informative and engaging session.

A brief profile of the resource person:

Dr. Malini Govindan, Psychiatrist at District Hospital, Mysore, with extensive experience in mental health, emotional well-being, and psychological counseling.

No. of Participants: 43 Students of I semester MCA, 6 members of the teaching faculty and 5 non-teaching members.



Dr. B R Jayakumari

Principal

PRINCIPAL

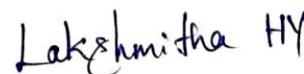
Smt. Bhagyalakshamma Rattahalli Ram
Mahajana First Grade College (Autonomous)
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IQAC Coordinator

**SBRR Mahajana First Grade College
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Ms. Lakshmitha H Y

Event Co-ordinator



Social and Emotional Learning

Dr. Malini Govindan
MBBS MD
Psychiatry

Sem MCA





