



**UNIVERSAL**  
GROUP OF INSTITUTIONS

Gururayanapura, Ramohalli Post, Tavarekere Hobli,  
Bangalore South, Bangalore-560074

**UNIVERSAL SCHOOL OF ADMINISTRATION**

**UNIVERSAL SCHOOL OF LAW**

(Under IQAC Initiative)  
Organizes

# **SAMARPANA 2022**

**INDUCTION & TRAINING PROGRAM**

**12.09.2022 to 19.09.2022**



**Shri. R. Upendra Shetty**

*Founder Chairman*



**Vishwas Puttaswamy**

*Principal (UGI)*



**Keshav Neera**

*Principal (UPSC)*



**Santhosh Shetty J**

*Administrator*

## About us:

Universal Group of Institutions is a brain child of Universal Coaching Centre. Both these ventures are committed to providing quality training and the winning edge to Civil Service aspirants. USA provides an Integrated Course which is a unique blend of graduate courses (BA, B.COM and BALLB 5 Year Course) and Civil services mentorship program. Our vision is to produce a new breed of thought leaders and champions of change, who can contribute to policy, peace and progress of the country.

## Samarpana 2022

SAMARPANA is a yearly 7 days induction and training program conducted for the new batch of students. SAMARPANA aims at inducting students into the integrated concept of the Institution. It aims at creating a positive mindset where the students focus on key skills such as holistic development of oneself, communication skills, ability to handle stress, consistency and perseverance which are required for every individual in general and for every aspirant of competitive exams in particular. Some of the objectives of the program include:

1. Maximizing their potentialities and boosting self confidence
2. To develop a sense of professionalism among students
3. To equip them with skills required as aspirants of competitive exams
4. To inculcate in them an optimistic mindset
5. To motivate the students

**SAMARPANA 2022 will be held from 12.09.2022 to 19.09.2022**

## 7 DAYS TRAINING FRAMEWORK

DAY	6.00 AM 6.45 AM	8.00 AM 9.00 AM	9.00 AM 10.00 AM	Session 1 10:15 AM 1:00 PM	Session 2, 2:00 PM 5:00 PM	5:00 PM 6:00 PM
Day 1 (Mon) 12/09	Yoga & Meditation		Inauguration & Orientation of Samarpana, Newspaper orientation, Article Analysis (Chief Guest - <b>Santhosh Babu, S P</b> )		Brain Fitness Program	Group Activity (Autobiography)
Day 2 (Tue) 13/09	Yoga & Meditation	Newspaper	Reading	Batch 1: Personality Development Batch 2: Team Building and Leadership	Batch 1: Team Building & Leadership Batch 2: Personality Development	Group Activity (Autobiography)
Day 3 (Wed) 14/09	Yoga & Meditation	Newspaper	Reading	Communication skills	Motivation session "Forging the Warrior Spirit" <b>Maj. Satheesha D</b>	Group Activity (YouTube video)

DAY	6.00 AM 6.45 AM	8.00 AM 9.00 AM	9.00 AM 10.00 AM	Session 1 10:15 AM 1:00 PM	Session 2, 2:00 PM 5:00 PM	5:00 PM 6:00 PM
Day 4 (Thu) 15/09	Yoga & Meditation	Newspaper	Reading	Batch 1: Sports Batch 2: NSS	Batch 1: Sports Batch 2: NSS	Group Activity (Autobiography)
Day 5 (Fri) 16/09	Yoga & Meditation	Newspaper	Reading	Batch 1: Time & stress Management Batch 2: Personal Health & Wellness	Batch 1: Personal Health & Wellness Batch 2: Time & stress Management	Group Activity (Autobiography)
Day 6 (Sat) 17/09	Yoga & Meditation	Newspaper	Reading	Batch 1: Thinking skills Batch 2: Life Skills	Batch 1: Life Skills Batch 2: Thinking Skills	
Day 7 (Mon) 19/09	Yoga & Meditation	Current Affairs Test & Article MCQ test	Assessment & Feedback (Interview) Essay writing		Feedback from students, Prize distribution and closing ceremony Chief Guest: Vijay Bhavikatti, IAS	

## DAY 1

12.09.2022 MONDAY



**Inauguration and Orientation:** SAMARPANA 2022 will be inaugurated by **Sri K Santosh Babu, IPS**, Superintendent of Police, Ramnagar District. This will be followed by an Orientation session on Samarpana by **Mr. Vishwas Puttaswamy**, Principal UGI.



**Newspaper Reading:** As Current Affairs is an integral part of UPSC, a newspaper orientation will be conducted by **Mr. Prabhuling B.K, UPSC Faculty** on 'How to Approach newspaper for competitive examinations!'



**Article Analysis:** As articles provide in depth insights on current socio-economic and political issues, an article analysis session will be conducted to enhance the comprehension skills of students by **Mr. Divyanshu Gupta, UPSC Faculty**



**Brain fitness Strategy:** Brain fitness is "the ability of the brain to learn in order to survive in a changing environment." This session will be conducted by **Dr. Manjunath M S, Memory and Mind Performance Coach.**

#### Faculty coordinators:



**Ms. Bhavya A G**  
Assistant Professor of History  
Universal Group of institutions



**Ms. Deepika Vettikuntla**  
Assistant Professor of Commerce  
Universal Group of institutions



**Mr. Manoj Kumar**  
Lecturer of Commerce  
Universal Group of institutions

## DAY 2

13.09.2022 TUESDAY



**Personality Development:** Personality development plays an essential role in grooming an individual and making him/her an asset to the society. The session will be conducted by **Dr. G. Robert Clive, Vice Principal and Associate Professor, Department of Social Sciences at Crossland College, Udupi, Karnataka.**



**Team building and leadership:** Working in a team will help an individual take on leadership roles. To perform and achieve goals, a team needs to arrive at consensus for decision making. The session will be conducted by **Dr. Belga Marriya Brek, Assistant Professor of English, Jain University, Bengaluru.**

#### Faculty coordinators:



**Ms. Akshatha P**  
Assistant Professor of Political Science  
Universal Group of institutions



**Mr. Ravi N**  
Assistant Professor of Commerce  
Universal Group of institutions



**Communication skills:** Good communication skills are essential to allow others and yourself to understand information accurately and communicating clearly is one of the most effective skills you can cultivate as a leader. The session will be conducted by **Seetharama Kevala, Principal, Vidyarashmi Vidyalaya, Savanoor, Puttur.**



**Motivational Session:** Serving towards national interest is fundamental for every citizen. A motivational session on **"Forging the Warrior Spirit"** will be delivered by **Major. Satheesha D.**

**Faculty coordinators:**



**Mr. Chidananda Sringeri**  
Assistant Professor of Political Science  
Universal Group of institutions



**Mr. Manoj Kumar**  
Lecturer of Commerce  
Universal Group of institutions



**NSS:** National Service Scheme aims to develop the personality and character of the student youth through voluntary community service. NSS activities would involve numbering of trees, species identification and campus cleanliness drive. This will be conducted by the **NSS Co-ordinators, Mr. Ramakrishnappa H K & Mr. Muniraju K R.**



**Sports:** Physical fitness affects the overall wellbeing of an individual. It is important to have right mind and body for effective functioning. The sports activities will be conducted by **Physical Education Director Mr. Omkarappa G**



**Time and stress management:** The job of a civil aspirant is challenging and demanding. High stress levels would impact the decision making and health of an individual. Therefore, there it is imperative to learn time and stress management. The session will be conducted by **Ms. Harika Velaga, certified ITAC Trainer.**



**Personal Health and Wellness:** Overall physical wellness encourages the balance of physical activity, nutrition and wellbeing to keep your body in top condition. **Dr. Vidya Jeevan, MD, DNB, PGDHHM** from community health department of Rajarajeshwari Medical College, Bengaluru will be conducting the session

#### Faculty coordinators:



**Ms. Kavya Shetty**

Assistant Professor of  
Commerce, Universal Group  
of institutions



**Dr. Kavitha P N**

Assistant Professor of Political  
Science, Universal Group  
of institutions



**Dr. K Abdul Haq**

Assistant Professor of  
English, Universal Group of  
institutions



**Thinking Skills:** Thinking skills are defined as the mental activities of an individual that he uses to process information, make sense of experiences, solve problems, make decisions, ask questions and create ideas or organize information. Thinking skills focused on analytical thinking, divergent thinking and creative thinking will be conducted by **Dr. Rajasekaran, Professor of English and Director of Student Affairs, VIT University, Chennai**



**Life skills:** Social and emotional skills determine how well an individual adapts to their environment. This well being ensures overall progress of the society. Life Skills session will be conducted with special emphasis on social and emotional skills. The session will be conducted by **Dr. Ahmadi Begum, Assistant Professor of Sociology, Jain University, Bengaluru.**

#### Faculty coordinators:



**Mr. Divyanshu Gupta**

UPSC Faculty  
Universal Group of institutions



**Mr. Amol**

Assistant Professor of Commerce  
Universal Group of institutions

**Assessment & Feedback**

Sl. No	Parameters	Marks
1	Current Affairs Test	30
2	Wall Magazine	30
3	Article Analysis Report	25
4	Article MCQ Test	25
5	Sports	20
6	Essay Writing	20
7	Group Activity	20
8	Interview	30
Total Marks		200

**Closing ceremony****Chief Guest:**

**Mr. Vijay Bhavikatti IAS**, Director of Census Operations & Citizen Registration, Karnataka, Ministry of Home Affairs, Government Of India.

**Faculty coordinators:**

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