



Department of Management Studies

Ref: RRCE/MBA /2025-26 /

Dates: 19/06/2026

CIRCULAR

This is to inform that the Department of Management Studies have planned to conduct Workshop on Psycho Metric Test and Stress Management Session on 22-06-2026 at 10.30 am in Chanakya Seminar Hall..


HOD
HOD
Department of Management Studies
Rajarajeswari College of Engineering
Bangalore - 560 074.


Principal
Principal
RAJARAJESWARI
COLLEGE OF ENGINEERING
Ramohalli Cross, Bengaluru-74



Department of Management Studies

Program Schedule

Date: 22-06-2026

- 1 **Type of Event :** Workshop on Psycho Metric Test and Stress Management Session
- 2 **Chief Guest :** Aastha Shetty, MSC Psychology, Surana College

Program Schedule – 22/06/2026		
Time	Agenda	Role
10.30 am-10.40am	Welcome address	Dr. Lakshmi BL - HOD MBA Dept
10.40am -11.25am	Workshop on Psycho Metric Test and Stress Management Session	Aastha Shetty, MSC Psychology, 1 st year Student Surana College
11.25am-11.30am	Vote of Thanks	Ms. S. Sushma Rawath Asst.Prof ,MBA Dept



MOOGAMBIGAI CHARITABLE AND EDUCATIONAL TRUST
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Department of Management Studies

INVITATION



RAJARAJESWARI COLLEGE OF ENGINEERING

An Autonomous Institution
Under VTU - Belagavi, Approved by AICTE, UGC & GoK
No. 14, Ramohalli Cross, Kumbalagodu, Mysore Road, Bengaluru - 560074



DEPARTMENT OF MANAGEMENT STUDIES Organizing **WORKSHOP** On Psycho Metric Test & Stress Management

Resource Person



Ms. Aastha Shetty
Msc Psychology, 1st Year Student
Surana College



**For 2nd and 4th sem
MBA Students**



22nd June, 2026

11:00 AM - 12:45 PM

Venue : Chanakya Seminar Hall, RRCE

COORDINATORS

Mrs. S Sushma Rawath
Asst. Professor
Dr. Sowmya G
Associate Professor

Dr. Lakshmi B L
HOD - MBA

Dr. Balakrishna R
Principal



Contact Us

9008845678 & 9900058214

Visit our website
www.rrce.org



Campus: #14, Ramohalli Cross, Kumbalagodu, Mysore Road, Bengaluru – 560074

Phone: +91-80-28437124 / 28437375

Email Id: hodra@rrce.org

Website: <https://www.rrce.org>



Department of Management Studies

Report on Workshop on Psycho Metric Test and Stress Management Session

SL. NO	PARTICULARS	DETAILS
1.	Type Event	Workshop
2.	Venue	Chanakaya Seminar Hall
3.	Date of the programme	22 nd June 2026
4.	Time	10.30 AM to 11.30 AM
5.	Chief Guest	\Aastha Shetty, MSC Psychology, 1 st year Student Surana College
6.	Staff Co Coordinator	Ms. S. Sushma Rawath Asst.Prof ,MBA Dept
7.	Staff Attended	All department Staff
8.	Outcome of the Programme	• Gained understanding of psychometric tests and their role in career assessment • Improved self-awareness regarding personality traits, strengths, and weaknesses • Learned techniques to interpret test results for personal and professional growth • Developed effective stress management strategies and coping mechanisms • Enhanced emotional intelligence and self-control in challenging situations • Improved ability to handle pressure and maintain mental well-being • Learned relaxation techniques such as mindfulness and breathing exercises • Increased confidence in facing assessments, interviews, and workplace challenges • Promoted a positive mind-set and work-life balance • Prepared to manage stress effectively in academic and professional environments

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SPEAKER PROFILE

I'm Aastha Shetty, a Msc Psychology student from Surana College, Kengeri. As a part of the 2nd semester curriculum, we have to develop a psychometric tool. We have developed a tool that focuses on 'Empathy Fatigue in Doomscrolling Behaviour' Individuals aged 18 - 25 qualify for the study. The responses will be kept confidential and anonymity will be maintained.

GEO TAG PHOTOS WHILE WORKSHOP IN PROGRESS



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Attendance - 2nd Sem MBA Students (2025-27)
 Psycho Metric test and Stress Management Session on 22/06/2026

Sl No	USN	Student Name	Signature
1	1RR25BA001	Ananya A	Ananya A
2	1RR25BA002	Ashwini B S	Ashwini B S
3	1RR25BA003	S Bhumika	Bhumika S
4	1RR25BA004	Chandana M M	Chandana M.M
5	1RR25BA005	Chandana R	Chandana R
6	1RR25BA006	Chandrashekar	Chandrashekar
7	1RR25BA007	Deeksha S	Deeksha S
8	1RR25BA008	Gayithri S	Gayithri S
9	1RR25BA009	Karthika E S	Karthika E S
10	1RR25BA010	Kasuhik R	Kasuhik R
11	1RR25BA011	Kiran R	Kiran R
12	1RR25BA012	Lakshmisha A S	Lakshmisha A S
13	1RR25BA013	Leelarani N	
14	1RR25BA014	Moulya A S	
15	1RR25BA015	Nayanashree Y M	Nayanashree Y.M
16	1RR25BA016	Prajwal M Naika	Prajwal M Naika
17	1RR25BA017	Pramodini V	Pramodini V
18	1RR25BA018	Praveen K S	Praveen K S
19	1RR25BA019	Renuka B S	Renuka B S
20	1RR25BA020	Sanjana V	
21	1RR25BA021	Sanjushree S	Sanjushree S
22	1RR25BA022	Shashikanth V N	
23	1RR25BA023	Sinchana K S	Sinchana K S
24	1RR25BA024	Sindhu K S	Sindhu K S
25	1RR25BA025	Soujanya Bhargav	Soujanya
26	1RR25BA026	Srushti C S	Srushti C S
27	1RR25BA027	Sujana T M	Sujana T.M
28	1RR25BA028	Swathi S	Swathi S
29	1RR25BA029	Vandana V S	
30	1RR25BA030	Veerabhadra K	Veerabhadra K
31	1RR25BA031	Vijayambika D P	Vijayambika D.P
32	1RR25BA032	Vinutha H R	Vinutha H.R
33	1RR25BA033	Yamuna M	Yamuna M

Phone: +91-80-28437124 / 28437375 Extn:205 / 228
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Attendance - 4th Sem MBA Students (2024-26)
 Psycho Metric test and Stress Management Session on 22/06/2026

SI No	USN	Students Name	Signature
1	1RR23BA062	Preethi R	
2	1RR24BA001	Abhishek N	
3	1RR24BA002	Aishwarya G	
4	1RR24BA003	Aishwarya M	
5	1RR24BA004	Amulya B	
6	1RR24BA005	Anith Kumar N	
7	1RR24BA006	Arpitha M K	
8	1RR24BA007	Arpitha M R	
9	1RR24BA008	Ashok T R	
10	1RR24BA009	Ashwini As	
11	1RR24BA010	Bharath Chandra C S	
12	1RR24BA011	Bhoomika	
13	1RR24BA012	Bindushree M G	
14	1RR24BA014	Chiranth M P	
15	1RR24BA015	Chitrashree J S	
16	1RR24BA016	Darshan K	
17	1RR24BA017	Deepak R	
18	1RR24BA018	Devika K	
19	1RR24BA019	Dhanish Jadhav S	
20	1RR24BA020	Dilip Kumar K N	
21	1RR24BA021	Divya Vs	
22	1RR24BA022	G N Balaji	
23	1RR24BA023	Gagana R	
24	1RR24BA024	Gayathri P	
25	1RR24BA025	Geervani S	
26	1RR24BA026	Harsha A	
27	1RR24BA027	Harshitha S	
28	1RR24BA028	Jamuna B L	
29	1RR24BA029	Jeevitha Shree S	
30	1RR24BA030	K Swetha	
31	1RR24BA031	Kusuma M	
32	1RR24BA032	Likitha G K	
33	1RR24BA033	Manasa R	
34	1RR24BA034	Manohara B M	
35	1RR24BA035	Manukumar N	
36	1RR24BA036	Meghana B	



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37	IRR24BA037	Meghana P	Meghana
38	IRR24BA038	Meghana V P	Meghana
39	IRR24BA039	Namitha P	Namitha
40	IRR24BA040	Nikhil Narayan Naik	Nikhil
41	IRR24BA041	Nithin Kumar C	Nithin
42	IRR24BA042	Pavan T M	Pavan
43	IRR24BA043	Pooja G	Pooja
44	IRR24BA044	Prajwal H N	Prajwal
45	IRR24BA045	Prakasha	Prakasha
15	IRR24BA046	Rahul M	Rahul M
47	IRR24BA047	Sahana C S	Sahana
48	IRR24BA048	Sandesh	Sandesh
49	IRR24BA049	Santhosh Kumar Dhayapulle	Santhosh
50	IRR24BA050	Shahiran Khan	Shahiran
51	IRR24BA051	Spoorthy N	Spoorthy
52	IRR24BA052	Srikanth S	Srikanth
53	IRR24BA053	Suraj M	Suraj
54	IRR24BA054	Suraksha B R	Suraksha
55	IRR24BA055	Swathi B	Swathi
56	IRR24BA056	Varun	Varun
57	IRR24BA057	Vasanth Bai L	Vasanth
58	IRR24BA058	Venkatesh B R	Venkatesh B.R
59	IRR24BA059	Venkatesh Murali	Venkatesh
60	IRR24BA060	Vishwas N	Vishwas
61	IRR24BA061	Yadukumar K M	Yadukumar
62	IRR24BA062	Yashashwini H K	Yashashwini H.K.
63	IRR24BA063	Yashaswini K G	Yashaswini
64	IRR24BA064	Yashwanth J	Yashwanth



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Students Feed back

Students name	Please rate the following parameters: [Experience]	Please rate the following parameters: [Facilitator]	Please rate the following parameters: [can u able to Relate your classroom concepts]	Please rate the following parameters: [Content]	Please rate the following parameters: [Presentations]
Chiranth M P	Good	Very Good	Good	Good	Very Good
Chitrashree J S	Excellent	Very Good	Very Good	Very Good	Excellent
Darshan K	Good	Good	Good	Good	Good
Deepak R	Good	Good	Very Good	Very Good	Good
Devika K	Very Good	Good	Good	Very Good	Good
Dhanish Jadhav S	Very Good	Good	Good	Good	Good
Dilip Kumar K N	Very Good	Very Good	Very Good	Very Good	Excellent
Divya Vs	Excellent	Very Good	Very Good	Very Good	Excellent
G N Balaji	Good	Good	Good	Good	Good
Gagana R	Good	Good	Very Good	Very Good	Good
Gayathri P	Very Good	Good	Good	Very Good	Good
Spoorthy N	Very Good	Good	Good	Good	Good
Srikanth S	Very Good	Very Good	Very Good	Very Good	Excellent
Suraj M	Excellent	Very Good	Very Good	Very Good	Excellent
Suraksha B R	Good	Good	Good	Good	Good
Swathi B	Good	Good	Very Good	Very Good	Good
Varun	Very Good	Good	Good	Very Good	Good
Vasantha Bai L	Very Good	Good	Good	Good	Good
Venkatesh B R	Very Good	Very Good	Very Good	Very Good	Excellent
Venkatesh Muranal	Excellent	Very Good	Very Good	Very Good	Excellent
Vishwas N	Good	Good	Good	Good	Good
Yadukumar K M	Good	Good	Very Good	Very Good	Good