



# ST. FRANCIS DE SALES COLLEGE

A FRANSALIAN INSTITUTE OF HIGHER EDUCATION

NAAC ACCREDITED • PERMANENTLY AFFILIATED TO BANGALORE UNIVERSITY • AICTE APPROVED • 2(F) & 12 (B) OF UGC ACT APPROVED • ISO 9001:2015 CERTIFIED

## Competative Exams for the Competition and Complicated World

Organized by

Dept of Psychology of PG centre and Dept of Economics PG centre

### RESOURCE PERSON :-

- **Mr Ashok Deginal**
- Department of Humanities
- St Jerome First grade college
- 

**Date :- 27th February 2023**  
**Virtual Session**



# ST FRANCIS DE SALES COL

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## REPORT OF "COMPETITIVE EXAMS: FOR THE COMPETITION AND COMPLICATED WORLD"

|  |  |
|--|--|
| <b>TITLE</b>                                       | <b>" COMPETITIVE EXAMS : FOR THE COMPETITION AND COMPLICATED WORLD"</b>        |
| <b>DATE OF EVENT</b>                               | FEB 27 2023  |
| <b>DEPARTMENT/ ASSOCIATION</b>                     | DEPT OF PSYCHOLOGY PG CENTRE & DEPT OF ECONOMICS PG CENTRE                     |
| <b>VENUE</b>                                       | VIRTUAL SESSION  |
| <b>NO OF PARTICIPANTS</b>                          | 21   |
| <b>TARGET AUDIENCE</b>                             | M.SC PSYCHOLOGY AND MA ECONOMICS STUDENTS                                      |
| <b>PLACE OF VISIT/ DETAILS OF INDUSTRIAL VISIT</b> | NA   |
| <b>EVENT COORDINATOR</b>                           | MS PAYEL ROY   |
| <b>RESOURCE PERSON AND DETAILS</b>                 | MR ASHOK DEGINAL<br>DEPARTMENT OF HUMANITIES<br>ST. JEROME FIRST GRADE COLLEGE |

**REPORT:** The virtual session was conducted by the The Dept. of Psychology PG Centre in association with the dept. of Economics. The session was held on Gmeet and the resource person for the same was Mr Ashok Deginal department of humanities ST. Jerome first grade college. The session began at 12:00 PM with a welcome speech by one of the M.Sc. Psychology students.

The resource person began with the explanation of the importance and significance of Civil Services examination. The students were introduced to the prelims and mains categorization and the question paper format for both the General and subject based paper was taught to the students. The students have then introduced to the different subject based papers that are available for the examination. Students the number of questions for each section and what to

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Tel: 080-27836065 / 27834611, Fax: 080-27832299 Email: principal@sfscollge.in  
www.sfscollge.in




expect from each unit. The number of hours required for the preparation of both the papers was conveyed to the students, and at the same time the importance of sleep was also spoken about. Studying for more number of hours is good only unless it is not compromising ones' sleep.

The speaker then emphasized on the importance of updating oneself with current affairs. He suggested that the best way to be up to date with the current affairs is through regularly reading news papers for atleast 45 mins everyday. On asking his preference of newspaper he mentioned that the Hindu or Indian Express can be good for the purpose of education. He explained on how dedication and a never give up attitude are very important to clear any kind of competitive exams.

He also highlights the role of a psychologist in DRDO and how training can help one clear exams and get through DRDO. He spoke about the opportunities there and encouraged people to explore these fields and get into a career that would be respected. There were some questions during the q&a sessions which the speaker answered. It was a fun and learning session which students enjoyed and learned from.

#### **Learning Outcome:**

The session created an awareness on the different competitive exams suitable for the students in psychology and economics. Students were given a broad idea on how to start and dedicatedly prepare for the Civil service examination. They also learnt the benefits of clearing the competitive exams. They also understood how depending on just the media is not enough and multiple books, newspapers must be considered as the study material.

  
**PRINCIPAL**  
St. Francis de Sales College  
Electronics City Post, Bangalore - 560 100.

## Profile of the resource person



### Contact

Mobile: 9535806046  
Mail id: deginal@gmail.com

### Education

Master of Arts

### Specialization

Journalism and Mass  
Communication

### Languages Known

Kannada  
Hindi  
English

### Address

# 25 2<sup>nd</sup> floor 6<sup>th</sup> main 2<sup>nd</sup> cross  
Sri Krishna layout JP Nagar 8th  
phase Anjanapura Road  
Bengaluru - 62

## ASHOK DEGINAL

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### EXPERIENCE

|             |  |
|-------------|--|
| 2008 - 2010 | Copy Editor Kasturi News 24x7                              |
| 2010 - 2013 | Sub Editor Diksoochi monthly for competitive exam          |
| 2016 - 2022 | Teaching Faculty for IAS , KAS and other competitive exams |

### AUTHORED BOOKS

- Geography for General studies
- Social and Political perspective (KPSC GPE( mains) Books.

### DECLARATION

The information here by declared above is true up to my knowledge

Ashok Deginal



## **Introduction:**

I am Ashok, an Educator/Coach, Counselor, Author-cum-Editor/Journalist and an Administrator. I have a sound academic background with Post-Graduation in Journalism and Mass Communication. I have rich work experience in diverse fields and possess qualities that are essential to make a business/organization successful. I have given below brief descriptions of my roles/capacities in the previous organizations/workplaces and the qualities(strengths) that made me excel in my professional career.

## **Educator:**

- I have subject knowledge which can be useful for conducting classes. I also have the essential Competence to teach the subject effectively. Have great communication skills that can influence others easily.
- I am an enthusiastic teacher/coach who can contribute to a classroom atmosphere of energy
- and enthusiasm which feeds student interest and excitement in learning the subject matter.
- I can design learning programmes and materials as per the need.
- I am a good team worker and can work with others in synergy.
- I am a good researcher, as well as, I am adept in assessing learning.
- I am good at working with technology and information, managing and monitoring students. I
- have conducted classes using Online platforms and applications (apps).
- I am an adaptable and flexible person, who can bond with students who come from different
- Backgrounds and cater to their academic needs.

## **Counselor:**

My passion for helping others has been evident in my involvement in ----- Public Schools and as an Academic Counsellor for -----Years. Through those experiences I have learned to interact with a diverse group of people, which has increased my ability to relate to other. I have also had the opportunity to create lessons for the -----that focused on life skills like teamwork, communication, and time management. Students coming to coaching institutes have unique personalities, come from various/diverse social and economic backgrounds. I have a flair to engage them and relate to them effectively. After all, "A relationship without trust is like a car without fuel, you can stay in it, but it won't go anywhere".



## Administrator

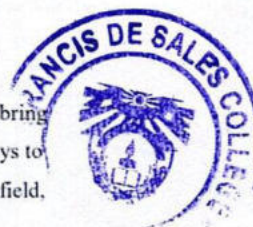
- By Utilizing my administrative skills, I can assure that organization operates smoothly and efficiently.
- I can handle and co-ordinate with different sections/departments proficiently and manage all resources (i.e., Human and Material). I Have built a team of peers /co-workers like Authors, Editors, Proof-Readers, Educators etc. which can be useful for your organization.
- I am a well-Organized person. using my good communication and inter-personal skills, I can engage effectively with staff members as well as with students and others.
- I can devise short and long-term plans and set goals and objectives for the organization (Institute). Being a 'go-getter', I can make sure that all these plans succeed and fructify.

## Author-cum-Editor/Journalist

- I have previously worked in print and electronic media, so, I have a rich work experience which can add value to the organization.
- As a Journalist, I am adept in collecting information from different sources, organization/editing and preparing it for dissemination to public.
- As an Editor I am very well versed with preparing and selecting written, audible and visual content/material. I can utilize this expertise to create quality study material and programme/course content to be taught to students in your organization.
- I have written – Books for competitive exams, which have been received well in the market. I have edited academic magazines such as \_\_. I have written books for renowned publishers like Tata McGraw Hills, which have increased the sales revenue of the publishers. Thus, I am an Author and Editor par excellence with proven record.
- My forte in this domain also includes – correction, condensation, organization etc. to produce a correct, accurate and complete piece of work.
- I have creative skills/ideas which can benefit the Organization.
- I have expertise in compilations, producing definitive editions of a classic author's works (scholarly editor) and organize and manage contribution to a multi-author book (volume editor)

## Conclusion

Armed with all the skills, Qualities and work Experiences mentioned above, I bring a lot to the table. I am sure that I can contribute immensely and in multiple ways to your organization. Together, we can soon establish it as a major player in this field, and take it to the pinnacle of success.



**Email Screenshot of Resource person invitation and acceptance:**

Print this report

2/27/23, 1:22 PM

St Francis de Sales College Mail - Invitation as Resource Person



PSYCHOLOGY MSC <mscpsychology@sfsccollege.in>

**Invitation as Resource Person**

1 message

**PSYCHOLOGY MSC** <mscpsychology@sfsccollege.in>  
To: deginal@gmail.com  
Cc: Academic Coordinator PG <acpg@sfsccollege.in>

Sat, Feb 18, 2023 at 7:04 PM

Dear Sir,

Greetings from Dept. of Psychology, St Francis de Sales College!

It gives me immense pleasure to invite you as Resource Person for the **Virtual Session on "Competitive Exams: For the Competitive and Complicated World"** organized by Dept. of Psychology & Dept. of Economics, PG Centre on **27th Feb, 2023 from 4.45 pm to 5.45 pm.**

Thank you for accepting our invitation in our telephonic conversation.

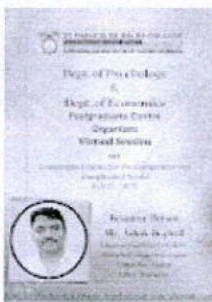
Looking forward to listening to you.

*NOTE: Please find the attached Brochure.*

Thank You

Regards,  
Dr Mamatha K  
Head & Asst. Professor  
Dept. of Psychology  
Postgraduate Centre  
St Francis de Sales College  
Bengaluru

**2 attachments**



**PGPSY\_Brochure\_Virtual Session\_Compertive Exams.png**  
4598K

**PGPSy\_Brochure\_Virtual Session\_Compertive Exams.pdf**  
4666K



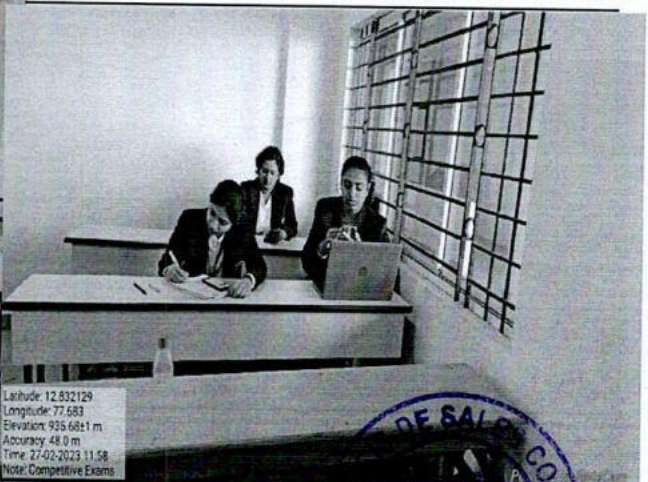
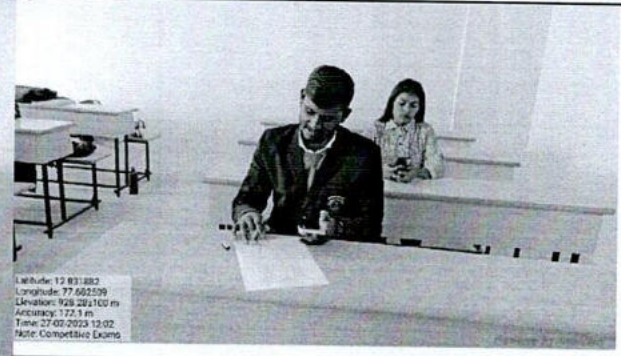
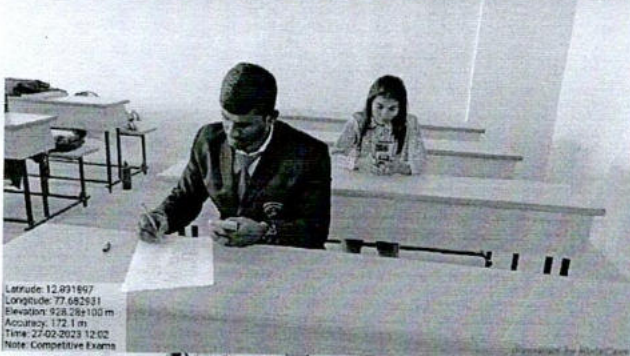
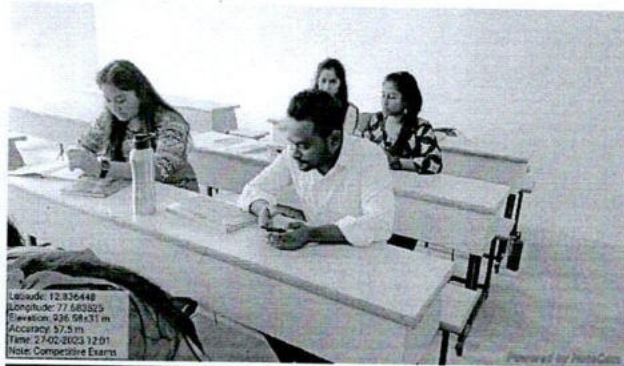
**Enclosure:**

| Sl.NO | Document  | Format            | Print/Drive                                  |
|-------|---|-------------------|--|
| 1     | Brochure of the event   | PDF               | Print  |
| 2     | Circular of the event (Notifications)   | PDF               | NA   |
| 3     | Geo-tagged photos/Screen Shots  | Jpeg/Jpg          | Geo-tagged                                   |
| 4     | Attendance sheet with signature of the attendees (offline)/Consolidated Excel sheet of the registration and feedback forms (Online) | PDF / Excel Sheet | Attendance sheets with signatures            |
| 5     | Copy of the Certificate issued  | PDF               | Appreciation Certificate for resource person |
| 6     | Invitation and acceptance letter (or mail) of the Chief guest   | PDF               | Email Screenshots attached                   |
| 7     | Proof for honorarium given to the guest (Cheque or online payment details)  | PDF               | NA   |
| 8     | Registration details  | PDF               | NA   |
| 9     | Profile of the Resource Person  | PDF               | Added in the supported document section      |



*Md*  
**HEAD**  
Department of Psychology  
PG Centre  
St. Francis de Sales College  
Bengaluru - 560100

# Geo-tagged photos



Latitude: 12.832153  
Longitude: 77.653061  
Altitude: 148.802 m  
Accuracy: 18.8 m  
Time: 27-02-2023 11:57  
Name: Competitive Exams

SRINIVASA DEVI PILLAI COLLEGE  
A Postgraduate Centre of SRINIVASA DEVI PILLAI COLLEGE  
Dept. of Psychology  
&  
Dept. of Economics  
Postgraduate Centre  
Organizes  
Virtual Session  
on  
Competitive Exams For B.A. Competitive and  
Competitive Exam  
From 27-02-2023  
Resource Person  
Mr. Ashok Beginal  
The above link for the PGC is  
https://www.google.com/join/xxxxxx

11:54 AM | Virtual Session on Competitive Exams

11:59 AM | Virtual Session on Competitive Exams

12:13 PM | Virtual Session on Competitive Exams

Print this report





**Report Prepared by:**

*Payel Roy*  
**Payel Roy**  
 Coordinator & Asst. Professor  
 Dept. of Psychology  
 Postgraduate Centre

**Report Verified by:**

*[Signature]*  
**HEAD**  
 Head, Dept. of Psychology  
 Department of Psychology  
 PG Centre  
 St. Francis de Sales College  
 Bengaluru - 560100



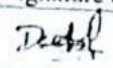
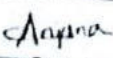
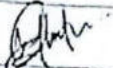
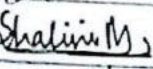
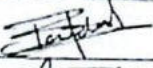
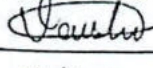
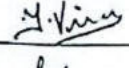
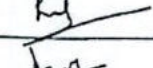
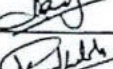
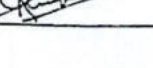
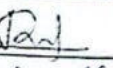
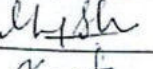

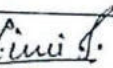
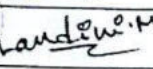
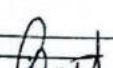
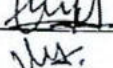
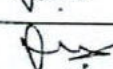
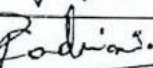
**Report Approved by:**

**Principal**

Attendance Sheet:

ATTENDANCE SHEET

COMPETITIVE EXAM: FOR THE COMPETITIVE AND COMPLICATED WORLD  
Date: 27/02/2023


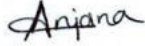
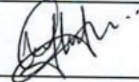


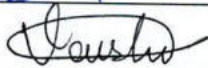





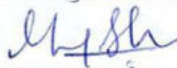

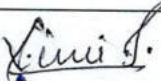
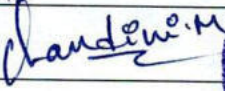
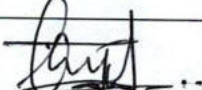

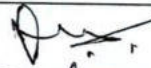
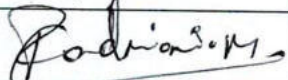
| Class                           | Name                  | Signature of Student   |
|---------------------------------|-----------------------|--|
| 2 <sup>nd</sup> M.Sc Psychology | Deeksha K N           |    |
| 2 <sup>nd</sup> M.Sc Psychology | Anjana Shaji          |    |
| 2 <sup>nd</sup> M.Sc Psychology | Nafiya Fathima M      |    |
| 2 <sup>nd</sup> M.Sc Psychology | Shalini M             |    |
| 2 <sup>nd</sup> M.Sc Psychology | Baptist Milton        |    |
| 2 <sup>nd</sup> M.Sc Psychology | Vaishnavi A           |    |
| 2 <sup>nd</sup> M.Sc Psychology | Vincy Veronica T      |   |
| 2 <sup>nd</sup> M.Sc Psychology | Sowjanya Adiga        |  |
| 2 <sup>nd</sup> M.Sc Psychology | Ancy Alexander E      |  |
| 2 <sup>nd</sup> M.Sc Psychology | Aashin Shajeev Keloth |  |
| 1 <sup>st</sup> M.Sc Psychology | Lekshmi Rajesh Nair   |  |
| 1 <sup>st</sup> M.Sc Psychology | Bachan Bagsingh       |  |
| 1 <sup>st</sup> M.Sc Psychology | Mercy SM              |  |
| 1 <sup>st</sup> M.Sc Psychology | Shalini .Y            |  |
| 1 <sup>st</sup> M.Sc Psychology | Alwin Raj             |  |
| 1 <sup>st</sup> M.Sc Psychology | Vimi J Nershni        |  |
| 1 <sup>st</sup> M.Sc Psychology | Chandini M            |  |
| 1 <sup>st</sup> M.Sc Psychology | Sahil George Kujur    |  |
| 1 <sup>st</sup> M.Sc Psychology | Jayashree R           |  |
| 2 <sup>nd</sup> M.A Economics   | Vinay                 |  |
| 2 <sup>nd</sup> M.A Economics   | Vidya                 |  |
| 1 <sup>st</sup> M A Economics   | Padmini               |  |



## ATTENDANCE SHEET

**COMPETITIVE EXAM: FOR THE COMPETITIVE AND COMPLICATED WORLD**

**Date: 27/02/2023**

| Class                           | Name                  | Signature of Student   |
|---------------------------------|-----------------------|--|
| 2 <sup>nd</sup> M.Sc Psychology | Deeksha K N           |    |
| 2 <sup>nd</sup> M.Sc Psychology | Anjana Shaji          |    |
| 2 <sup>nd</sup> M.Sc Psychology | Nafiya Fathima M      |    |
| 2 <sup>nd</sup> M.Sc Psychology | Shalini M             |    |
| 2 <sup>nd</sup> M.Sc Psychology | Baptist Milton        |    |
| 2 <sup>nd</sup> M.Sc Psychology | Vaishnavi A           |    |
| 2 <sup>nd</sup> M.Sc Psychology | Vincy Veronica T      |    |
| 2 <sup>nd</sup> M.Sc Psychology | Sowjanya Adiga        |   |
| 2 <sup>nd</sup> M.Sc Psychology | Ancy Alexander E      |   |
| 2 <sup>nd</sup> M.Sc Psychology | Aashin Shajeev Keloth |  |
| 1 <sup>st</sup> M.Sc Psychology | Lekshmi Rajesh Nair   |  |
| 1 <sup>st</sup> M.Sc Psychology | Bachan Bagsingh       |  |
| 1 <sup>st</sup> M.Sc Psychology | Mercy SM              |  |
| 1 <sup>st</sup> M.Sc Psychology | Shalini . Y           |  |
| 1 <sup>st</sup> M.Sc Psychology | Alwin Raj             |  |
| 1 <sup>st</sup> M.Sc Psychology | Vimi J Nershmi        |  |
| 1 <sup>st</sup> M.Sc Psychology | Chandini M            |  |
| 1 <sup>st</sup> M.Sc Psychology | Sahil George Kujur    |  |
| 1 <sup>st</sup> M.Sc Psychology | Jayashree R           |  |
| 2 <sup>nd</sup> M.A Economics   | Vinay                 |  |
| 2 <sup>nd</sup> M.A Economics   | Vidya                 |  |
| 1 <sup>st</sup> M A Economics   | Padmini               |  |



Appreciation Letter to Resource Person:



**ST. FRANCIS DE SALES COLLEGE**

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**CERTIFICATE OF APPRECIATION**

This is certify that Mr. Ashok Deginal of \_\_\_\_\_

has been the Resource person for a session on "Competitive Exams:

For a competitive and complicated world" organized by Dept of

Psychology: PG Centre on 27.02.2023

  
COORDINATOR



  
PRINCIPAL



[www.sfscollege.in](http://www.sfscollege.in)