


Institution/ Department	Activity	Documentts / links
<b>Department of Commerce</b>	<b>Onam Celebration</b>	Onam Celebration - <a href="https://www.linkedin.com/posts/docmahebengaluru_mahe-mahemanipal-maheblr-activity-7102885218776219648-6N7I?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/docmahebengaluru_mahe-mahemanipal-maheblr-activity-7102885218776219648-6N7I?utm_source=share&amp;utm_medium=member_desktop</a>
<b>Srishti Manipal Institute of Art, Design &amp; Technology</b>	<b>Creating a Personal and Professional Life</b>	<p>This course will begin with an understanding of building blocks that constitute our skandas or how we exist. This will help in establishing who we are how we see the special meaning in our lives.</p> <p>Further, this course the students motivations, strengths, habits of their minds (meta programs), beliefs, personal philosophies and values. This will provide frames for change that will help and encourage them to implement the change that they wish to implement.</p> <p>This program also has a wellness, rejuvenation and healing component. This is aligned as an energy balancing capsule. The pedagogies that the students will become acquainted with the following pedagogies:</p> <ul style="list-style-type: none"> <li>• Positive Psychology</li> <li>• Emotional Intelligence</li> <li>• Appreciative Inquiry</li> <li>• Neuro Linguistic Programming,</li> <li>• Ikigai</li> <li>• Project Management</li> <li>• Yoga and Buddhist Psychology.</li> </ul>
	<b>Know Thyself</b>	<p>“Know Thyself” is a transformative General Studies course designed to foster deep personal introspection and self-awareness. Rooted in the ancient Delphic maxim, this course integrates insights from various disciplines, including philosophy, psychology, literature, and the arts. Through lectures, interactive discussions, and experiential activities, students will critically examine their beliefs and behaviors, developing a personal philosophy and a clear articulation of core values. The course emphasizes practical applications such as reflective writing and mindfulness, empowering students to navigate their lives with greater clarity, purpose, and authenticity.</p>

	<p><b>Folklore and merging fantasy and reality in shaping culture</b></p>	<p>Folklore can be defined as accumulated knowledge or beliefs held by a group about a subject, especially when passed from generation to generation by oral tradition. In the modern age, folklore is often reduced to beliefs of a culture that are unreal or old-fashioned. Some even believe that cultures based on deep folklore reflect an underdeveloped education system lacking sophistication. Like most preconceived ideas on any topic, it is inaccurate. While folklore is not always based on truth, it is one of the bedrocks of culture, informing religious beliefs, the arts, and daily life.</p> <p>In India Folklore is part of everyday life and extends into the realm of reality. In all conceivable ways, the inherent nature of exaggerating daily life is an evolutionary trait of the subcontinent. Kantara, a Kannada movie based on the folklore of costal Karnataka was instrumental in popularising the traditions and culture of a place. The aim of the project is to study such folklore that are significant part of daily life and document them through academic writing.</p>
	<p><b>I am the Main Character: Narcissism and the image of self in Gen-Z</b></p>	<p>In all complexities and sensitivity of the current society, the ideals and morals of human civilization are coming under scrutiny. With the emergence of a unified world through technology and social media connectivity, everyone can manifest their own virtual personality. With Gen-Z at forefront of the political correctness, gender identity and self-image, the identity of individual and their personality are redefining humanity. There is so much Humanity and Life that is destroyed when Person becomes equivalent to persona. We are content to be less than fully human. we are compelled to live this way, the way Gen Z does. Why? Because there is no concept of idealizing a heroic value anymore, for everyone is their own hero.</p> <p>The project aims at understanding the logic and morality of individual self among the collective in Gen-Z. It aims to understand the manifestation of one's online personality/image into real world and vis-à-vis and it's the collisions with the real world.</p>
<p><b>Department of Liberal Arts, Humanities &amp; Social Sciences</b></p>	<p><b>BEN2302: Gender, Sexuality, and the Politics of Identity</b></p>	<p>What is gender? What is sex? Sex Role Socialisation; Gender bias conformity; Systems of privilege and oppression; Gender and sexuality identity - Waves of Feminism; Socio-historical context; Constructs of masculinity; types of masculinity; representations in media and other cites of culture - Transsexuality; History of sexuality</p>

	<b>BPY1103: Social Systems</b>	Basic Concepts- society, community, association, institution, culture, Unity in diversity, norms and values - conformity and deviance; Structure and Composition of Society- Tribal Society, Rural Society, Urban Society; Society and Gender-Gender and Biology, Violence and Socialization; Contemporary Social Issues-Structural, social and Political.
	<b>Additional Language Course - German/French /Spanish/Sanskrit</b>	This course is offered to all the BA second semester students. They can choose any one of these languages. This course gives a chance to explore the diversity of the different languages along with an exposure towards the culture and other social aspects associated with that language.
<b>Manipal Institute of Technology</b>	VSO Activities	 <a href="#">MIT Blr_VSO Activities for NAAC 2023 to 2024.pptx</a>