


# LIFE SKILLS

  
Principal  
International Institute of Business Studies  
#75 Mutiara Indah Jln. Mutiara,  
Bangalore North - 562 157



**IIBS** INTERNATIONAL INSTITUTE OF BUSINESS STUDIES  
(Managed by Smt. B. Devi Educational and Charitable Trust)

# 75, Muthugadahalli, Bangalore North Jala Hobali Bangalore -562 157

**One Day Trekking Program for MBA Students organized by Dept. Of MBA incollaboration  
with the Department of Physical Education**

**Dated:** 30<sup>th</sup> of July, 2022 (Saturday)

**Organizers:**

**Dr.M.Kethan**

**Student Coordinators**

**Mr.Sudheer**

**Mr. .Sai Sujith**

**Mr. Amar**

**A Report**

The Dept. of MBA in collaboration with the Department of Physical Education organized a 'One Day Trekking Trip' to Akkayamma Betta for II SEM MBA students on 30<sup>th</sup> of July, 2022.

The trip commenced from the college campus at 9:30 am and a total of 42 students along with 2 Faculty Members and a bus driver participated in it.

The college Trekking group reached Akayamma Betta at 10:00 am and the group leader Mr. Amar & Physical Director Kondapalli Ramudu led them on the first trail of trek. All the students were enthusiastic and they followed their group leader through the meandering trail of steep and winding tracks.

Throughout the day, all the students sauntered through the woods and rejuvenated themselves by rebuilding their relationship with nature. It not only helped them reconnect with their inner selves but also develop endurance and confidence within themselves.

- List Of Students Attended Enclosed with Trekking Pics

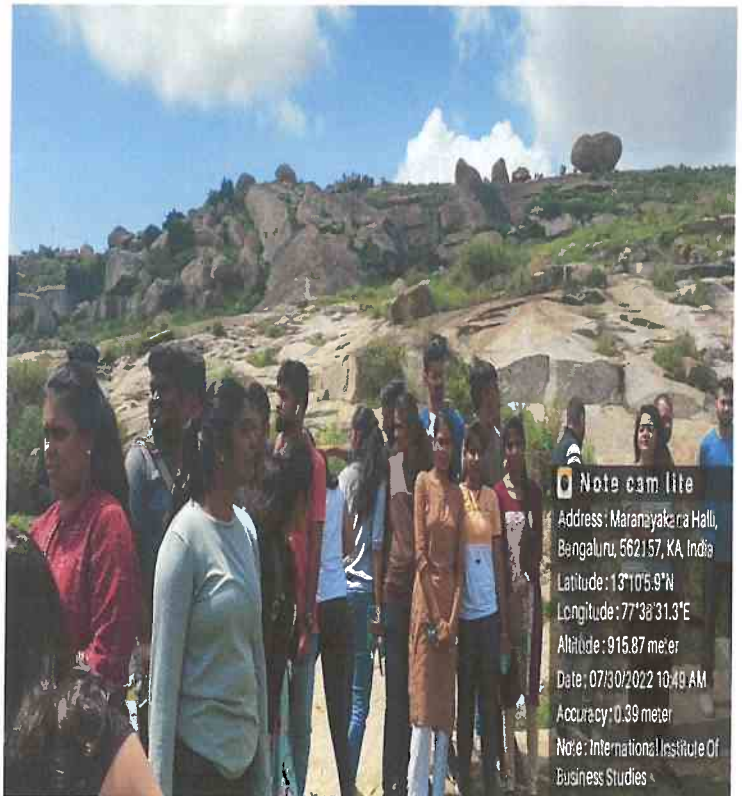
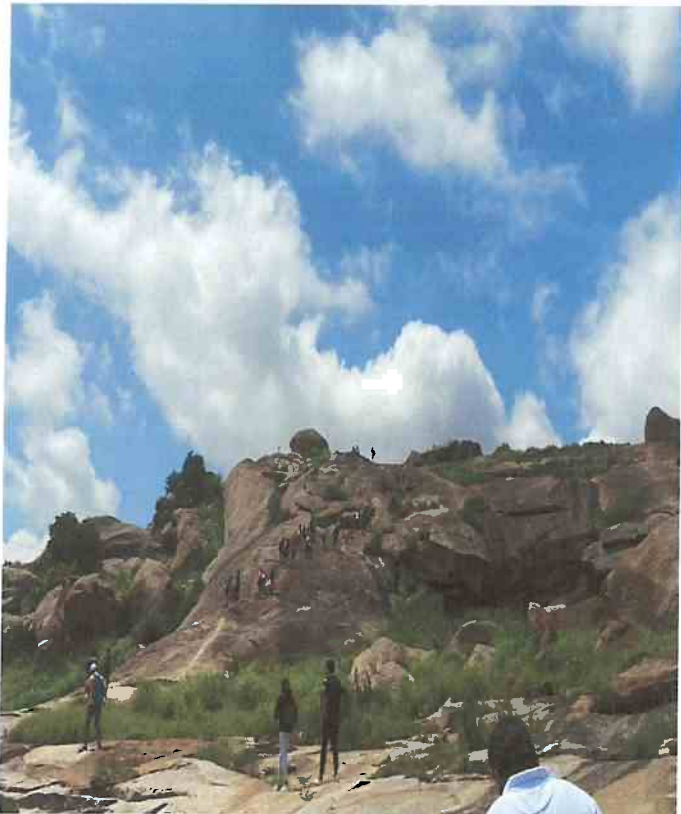
  
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Note cam lite  
Address: Maranayakana Halli,  
Bengaluru, 562157, KA, India  
Latitude: 13°10'57"N  
Longitude: 77°38'31"E  
Altitude: 917.4 meter  
Date: 07/30/2022 10:48 AM  
Accuracy: 0.43 meter  
Note: International Institute Of  
Business Studies



Note cam lite  
Address: Maranayakana Halli,  
Bengaluru, 562157, KA, India  
Latitude: 13°10'59"N  
Longitude: 77°38'31"E  
Altitude: 916.2 meter  
Date: 07/30/2022 10:49 AM  
Accuracy: 1.24 meter  
Note: International Institute Of  
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Note cam lite  
Address: Maranayakana Halli,  
Bengaluru, 562157, KA, India  
Latitude: 13°10'59"N  
Longitude: 77°38'31"E  
Altitude: 915.87 meter  
Date: 07/30/2022 10:49 AM  
Accuracy: 0.39 meter  
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Prepared by

*T. J. Praveen*  
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- |                           |                        |
|---------------------------|------------------------|
| (1) T. Sai Sujith Reddy   | (29) Khasim            |
| (2) G. Sudheer Kumar Raja | (30) Deepanshu         |
| (3) Anjali R              | (31) Mohit             |
| (4) B. Tejaswini          | (32) Vikram            |
| (5) Anusha B S            | (33) Srijit            |
| (6) M. Manohar            | (34) Pawan ATP         |
| (7) Pooja                 | (35) Pawan Kumar Naidu |
| (8) Sufyan                | (36) Pavithra.         |
| (9) J. Manikanta          | (37) Vethavalli        |
| (10) B. Gowthami          | (38) Naveen. M         |
| (11) P. Harichandana      | (39) Natraj            |
| (12) Sundari              | (40) Gopal Krishnan    |
| (13) Hema N               | (41) Huzairfa          |
| (14) Fysal                | (42) Selvanaj.         |
| (15) Steyasnee            |                        |
| (16) Haritha. V           |                        |
| (17) Harish.              |                        |
| (18) Zainul               |                        |
| (19) Amar                 |                        |
| (20) Mahendar             |                        |
| (21) Akhil. M             |                        |
| (22) Punith               |                        |
| (23) Mansi                |                        |
| (24) Leela                |                        |
| (25) Rutuja               |                        |
| (26) Shruti               |                        |
| (27) Shaurya              |                        |
| (28) Samit                |                        |

  
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## FUN & FROLICS SESSION



This session was handled by Ms. Rubina Shaikh, Founder – Fitness phobia. Ms. Rubina trained our students on personality development, Time management and gaining self confidence. Students were asked to introduce themselves in a minute and they were taught how to answer the question “Why hire you?”, also they had a fun filled Q&A session.

Later, they had a wellness session on how to take their hobby to the next level by becoming an entrepreneur. Then had fun activities like singing and dancing. They later had personality development training and also Ms Rubina shared some tips on having a healthy lifestyle, time management and how to reduce stress. Overall it was a very enthusiastic session.



  
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ZUMBA



*T. James*

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## Online Celebration of International Yoga Day at IIBS Bangalore



IIBS Bangalore celebrating the 7th "International Day of Yoga" from 19th to 21st June 2021 online Supervision of Prof. Kuldeep Sharma (Academic Director).

What IIBS MBA students will learn during this session?

- Meditation
- Pranayama:
- Deep Relaxation Technique
- Standing Postures
- Sitting Postures
- Prone Postures
- Supine Postures

**Date:** 19th June to 21st June 2021 (Sat to Mon)

**Timing:** 12 noon to 1pm

**Instructions:** Have early breakfast to enable do yoga at 12noon. Wear comfortable clothes. Log in at least 5 minutes before the session to sort out technical glitches.

**Facilitator:**

Prof.NarappaReddy

M.Sc (Yoga), Associate Professor, IIBS

*Yoga teaches you how to listen to your body.*



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## ALP Adventure Learning Program



Adventure Learning Program (ALP) conducted by IIBS Bangalore. The program was conducted by professionals and the experience was amazing. It made students fearless and taught them meaningful lessons for life. IIBS encourages MBA students to broaden their knowledge base by partaking in different forms of experience-based learning.

ALP is the most interesting outdoor learning program. It helps students to learn corporate culture through the adventure program organized by IQuest. ALP is conducted before the commencement of the academic session as it helps students in the following areas i.e., Planning, Leadership, Communication, Listening Skills, Problem Solving, Time Management, Relationship Building, Creativity and Delegation.

The students were taken from Bangalore to Ramnagar in the morning. After reaching the venue breakfast were provided and after that everyone were asked to assemble for introduction and warm-up session. Students were divided into two groups for the activities. The very first activity was Rippling, followed by Zipline, Commander Line and other learning activities.

The entire day program ended with dinner followed by bonfire with musical event. The very next morning students were taken for morning trekking. The entire program really worked as energy booster for to start the academic session.

*The biggest adventure you can ever take is to live the life of your dreams.*

  
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