



# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

UG Block Vensai Projects, Kompally, Secunderabad, Telangana - 500100.



## Cycle-1 NAAC Accreditation 2023

### Criteria 5 – Student Support and Progression

#### 5.1 Student Support

*5.1.2: Capacity building and skills enhancement initiatives taken by the institution include the following*

- 1. Soft skills*
- 2. Language and communication skills*
- 3. Life skills (Yoga, physical fitness, health and hygiene)*
- 4. ICT/computing skills*

Submitted to



**National Assessment and Accreditation Council**



**LIFE SKILLS (2018-19)**

SNO	Name of the capability development and skills enhancement program	Number of students enrolled	Name of the experts
1	A balanced diet for healthy life	112	Ms. Madavi Latha, HOD (Dept. of Sec. Lang.), SSDC, Kompally
2	Health and Hygienic	55	Ms. Mary Madhavi, Dept. of Mgmt, SSDC, Kompally
3	Meditation and its benefits	55	Mr. Viswa Dev, SSDC, Kompally
4	Highlight the importance of physical fitness	256	Mr. Viswa Dev, SSDC, Kompally





# SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad  
Kompally, Secunderabad, Telangana 500100

Courses on

**Life Skills**

**(A balanced diet for healthy life)**

Conducted on

**29-09-2018**

Who can participate:

**Registered III Year Students**

Certificate will be provided for all  
active participants.

## RESOURCE PERSON

**Ms.B.Madavi Latha**  
**HOD(Dept.of Sec.Lang.)**  
**SSDC, Kompally**

### About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

### Objectives of the program

- The object of a "Balanced Diet for Healthy Life" program is to empower individuals with the knowledge and skills to make informed and sustainable choices that contribute to their overall health and well-being.



*Manatop*

Siva Sivani Degree College  
Kompally Madchal-Maikalgi(Dt)-500100





Date: 28-09-2018

**CIRCULAR**

The students of our college are hereby informed that we are planning to conduct a program on A balanced diet for healthy life on 29-09-2018 at 10 AM by Ms. Madavi Latha, HOD ( Dept.of Sec.Lang ), SSDC, Kompallyat Seminar Hall. All the students are informed to attend the program without fail.

**Copy to:**

1. All the HODs
2. Notice Board
3. File

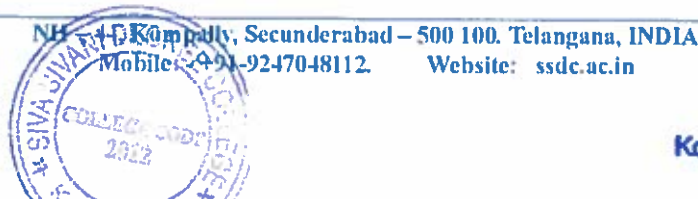


*Manalathap*

**Principal**

**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100

*Manalathap*



**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100

**SIVA SIVANI DEGREE COLLEGE, KOMPALLY**

**STUDENTS ATTENDANCE SHEET**

NAME OF THE ADD-ON/ VALUE ADDED COURSE:			A balanced diet for healthy life
COURSE		BCOM(CA)-III	NUMBER OF STUDENTS ATTENDED :112
S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201216402003	A. Sravani	A. Sravani
2	201216402004	A. Prathyusha	A. Prathyusha
3	201216402005	A. Chandana	A. Chandana
4	201216402007	Antigari Sreedevi	Antigari Sreedevi
5	201216402011	B. Revanth	Revant
6	201216402012	B. Sunitha	Sunitha
7	201216402013	B. Bhavani	B. Bhavani
8	201216402015	B. Sowmya	Sowmya
9	201216402016	B. Anusha	B. Anusha
10	201216402020	B. Divya Sri	Divya Sri
11	201216402021	B. Mahadhev	B. Mahadhev
12	201216402022	B. Mamatha Devi	B. Mamatha Devi
13	201216402029	C. Bharat Kumar	Bharat Kumar
14	201216402034	D. Ravali	D. Ravali
15	201216402035	E.C.N.V.D Sai Pavan	E.C.N.V.D. Sai Pavan
16	201216402037	G. Ruth Sindhura	Sindhura
17	201216402038	G. Nandhini	G. Nandhini
18	201216402039	G. Bhanu Sree	G. Bhanu Sree
19	201216402040	G. Manish Kumar	Manish Kumar
20	201216402041	G. Samyuktha	G. Samyuktha
21	201216402042	G. Durga Tejasvi	G. Durga Tejasvi
22	201216402043	G. Varun Raj	G. Varun Raj
23	201216402044	G. Sankeerthana	Sankeerthana
24	201216402046	G. Bharathi	G. Bharathi
25	201216402050	K. Aravind	Aravind
26	201216402054	K. Deepika	K. Deepika
27	201216402055	K. Shiva Prasad	Shiva Prasad
28	201216402056	Krishna Kanvar	Krishna Kanvar
29	201216402057	K. Bhagya Sree	Bhagya Sree
30	201216402058	L. Prathyusha	L. Prathyusha
31	201216402059	M. Sravanthi	M. Sravanthi



Mamatha

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
32	201216402066	M. Sushmitha	M. Sushmitha
33	201216402067	M. Archana	M. Archana
34	201216402068	M. Sneha Reddy	Sneha Reddy
35	201216402069	Md. Asif	Asif
36	201216402074	N.Ch. Pragyna Bharathi	N.Ch. Pragyna
37	201216402075	N.Sri Laxmi Prasanna	N. Sri Laxmi Prasanna
38	201216402080	P.Dhanyasri	Dhanyasri
39	201216402081	P.Vijayalaxmi	P. Vijayalaxmi
40	201216402082	P. Sujana	Sujana
41	201216402084	P.Pravallika	P. Pravallika
42	201216402087	P.S. Anjana	Anjana
43	201216402089	P.Anjan Kumar	P. Anjan Kumar
44	201216402091	R. Naresh	Naresh
45	201216402093	R. Hari Krishna	R. Hari Krishna
46	201216402096	D. Santhosh	Santhosh
47	201216402101	Sushmitha Singh	Sushmitha Singh
48	201216402104	T.Priyanka Reddy	T. Priyanka Reddy
49	201216402107	T. Sandhya	Sandhya
50	201216402111	U.Sandeep Kumar	U. Sandeep Kumar
51	201216402112	V.Praveena Reddy	V. Praveena Reddy
52	201216402113	V. Durga Bhavani	V. Durga Bhavani
53	201216402114	V. Shirisha	Shirisha
54	201216402116	V.Nagarjuna	V. Nagarjuna
55	201216402117	V. Nagabhavya	V. Nagabhavya
56	201216402120	Y. Prathyusha Reddy	Y. Prathyusha Reddy
57	201216402001	A. Sandeep Reddy	Sandeep Reddy
58	201216402002	A. Deepak	Deepak
59	201216402006	A. Nithan	Nithan
60	201216402008	A. Sai Dinesh	Sai Dinesh
61	201216402009	A. Madhuri	Madhuri
62	201216402010	Asifa Begum	Asifa Begum
63	201216402017	B. Mounika	B. Mounika
64	201216402018	B. Preethi	Preethi
65	201216402019	B. Aparna	B. Aparna
66	201216402023	B. Anil Sai	Anil Sai
67	201216402024	B. Rishikesh	B. Rishikesh
68	201216402025	B. Madhuri	B. Madhuri



Mamatha

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
69	201216402026	C.Shilpa	C. Shilpa
70	201216402027	Ch. Nikitha	Ch. Nikitha
71	201216402030	Ch. Purna Chander	Ch. Purna Chander
72	201216402031	Ch. Keerthana	Keerthana
73	201216402032	Dappu Naga Samyuktha	D. Naga Samyuktha
74	201216402033	D. Mahesh	D. Mahesh
75	201216402036	G. Hardeep Kour	Hardeep Kour
76	201216402045	G. Shireesha	G. Shireesha
77	201216402047	G. Sai Ramya	Sai Ramya
78	201216402048	I. Renuka	I. Renuka
79	201216402049	K. Aishwarya	K. Aishwarya
80	201216402051	K. Manisha	Manisha
81	201216402052	K.Koushik	K. Koushik
82	201216402053	K. Kalpana	Kalpana
83	201216402060	M. Navya	M. Navya
84	201216402061	M.Rajini	Rajini
85	201216402062	M. Jyothirmayee	M. Jyothirmayee
86	201216402063	M. Anandh Kumar	Anandh Kumar. M
87	201216402064	M. Shiva Prasad	Shiva Prasad
88	201216402065	M.Sushma Kiran	M. Sushma Kiran
89	201216402070	Mohammad Farhan	M. Farhan
90	201216402071	Monika Kumari	Monika Kumari
91	201216402072	M.Priyanka	M. Priyanka
92	201216402076	N. Lokesh	Lokesh
93	201216402078	P. Nandini	P. Nandini
94	201216402083	P.R.Priyanka	Priyanka
95	201216402085	S. Pradeep Praful	S. Pradeep Praful
96	201216402086	P. Mahanth Reddy	P. Mahanth Reddy
97	201216402088	P. Bharghavi	Bharghavi
98	201216402090	R.Ramya	R. Ramya
99	201216402092	Riya Das	Riya Das
100	201216402094	R. Srinath Goud	R. Srinath Goud
101	201216402095	S.Ganesh Kumar Reddy	S. Ganesh Kumar Reddy
102	201216402097	S. Sonia	Sonia
103	201216402100	S.Sai Jyothi	Jyothi
104	201216402102	S. Nikitha	S. Nikitha
105	201216402103	Sd. Parveen	Parveen.



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
106	201216402105	T. Srilatha	T. Srilatha
107	201216402106	T. Akanksha	Akanksha
108	201216402108	T. Swathi Mudhiraj	T. Swathi mudhiraj
109	201216402109	T. Srilatha	T. Srilatha
110	201216402110	U.Mamatha	Mamatha
111	201216402115	V. P. Prudhvi Raj	Pam
112	201216402118	V. Sai Pujitha	V. Sai Pujitha

  
Co-ordinator



  
Principal

**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100





**Report of the Program**

**A balanced diet for healthy life**

**Name of the Resource Person : Ms. Madavi Latha**

**Date : 29-09-2018**

**Venue : Seminar Hall**

**No. of Students Attended : 112**

On 29-09-2018, a guest lecture on "A balanced diet for healthy life" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Ms. Madavi Latha. A balanced diet is essential for maintaining optimal health and well-being. This report highlights the significance of a well-rounded and nutritious diet in promoting a healthy lifestyle. It provides an overview of the key components of a balanced diet and emphasizes the positive impact on overall health.

**Introduction:**

A balanced diet is one that contains a variety of foods, providing the necessary nutrients, vitamins, and minerals required for the proper functioning of the body. It plays a crucial role in preventing chronic diseases, promoting physical and mental well-being, and supporting overall growth and development.

**Key Components of a Balanced Diet:**

- 1. Fruits and Vegetables:** Rich in vitamins, minerals, and antioxidants, fruits and vegetables contribute to overall health and help reduce the risk of chronic diseases.
- 2. Proteins:** Essential for muscle repair and growth, proteins are found in sources such as lean meats, poultry, fish, eggs, dairy products, legumes, and nuts.
- 3. Whole Grains:** Complex carbohydrates found in whole grains provide a sustained source of energy, along with fiber that supports digestive health. Examples include brown rice, quinoa, and whole wheat.
- 4. Dairy or Dairy Alternatives:** Important for bone health due to their calcium content, dairy products or fortified alternatives contribute to overall nutritional balance.
- 5. Healthy Fats:** Sources of healthy fats, such as avocados, nuts, seeds, and olive oil, are essential for brain function and overall well-being.
- 6. Hydration:** Water is a fundamental component of a balanced diet. It aids digestion, regulates body temperature, and supports various bodily functions.





#### **Benefits of a Balanced Diet:**

1. **Weight Management:** A balanced diet helps in maintaining a healthy weight by providing the body with the right nutrients without excessive calories.
2. **Disease Prevention:** Adequate intake of fruits, vegetables, and whole grains has been linked to a lower risk of chronic diseases, including heart disease, diabetes, and certain cancers.
3. **Improved Energy Levels:** Proper nutrition ensures a steady supply of energy, reducing fatigue and supporting physical and mental performance.
4. **Enhanced Digestive Health:** The fiber from fruits, vegetables, and whole grains promotes digestive health and helps prevent constipation.
5. **Optimal Growth and Development:** A balanced diet is crucial for children and adolescents, supporting proper growth, cognitive development, and overall health.

#### **Recommendations:**

1. **Individualized Nutrition Plans:** Tailor diets to individual needs based on factors such as age, gender, activity level, and health status.
2. **Moderation:** Encourage moderation in food choices, ensuring a variety of nutrients without excessive intake of any particular food group.
3. **Educational Initiatives:** Promote awareness about the importance of a balanced diet through educational programs in schools, workplaces, and communities.
4. **Accessible Nutritional Information:** Ensure that nutritional information is readily available on food labels to help individuals make informed choices.

#### **Conclusion:**

A balanced diet is the cornerstone of a healthy life, providing the body with the essential nutrients required for optimal function. By promoting awareness and encouraging informed food choices, individuals can take proactive steps toward improving their overall health and well-being.



*Mamatha*



S. P. Sampathy's Siva Sivani Educational Society (2906/97)

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)



  
Coordinator



*Mamathap*

Principal

**PRINCIPAL**

**Siva Sivani Degree College**  
Kompally, Medchal-Malkejgir(Dt)-500100

*Mamathap*

NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA

Mobile: - 91-92470-48112. Website: [ssdc.ac.in](http://ssdc.ac.in)



**PRINCIPAL**  
**Siva Sivani Degree College**  
Kompally, Medchal-Malkejgir(Dt)-500100

## FEED BACK FORM

<b>Date</b>	29/9/18
<b>Student Name</b>	N. Lokesh
<b>Presenter</b>	Madhavi Latha

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.	✓				
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	✓				
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.	✓				
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics		✓			
8	Both the information and activities conducted in the workshop were pertinent and beneficial.	✓				

Please share any additional comments or suggestions you have regarding the works

\_\_\_\_\_

\_\_\_\_\_

Student Signature



Maha  
**PRINCIPAL**  
 Siva Sivani Degree College  
 Kompally, Medchal - Malkajgiri (D) - 500100



## FEED BACK FORM

<b>Date</b>	29/09/18
<b>Student Name</b>	Y. Shreisha
<b>Presenter</b>	Madhavi Latha

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	✓				
4	The presented information and/or skills proved to be relevant and beneficial.	✓				
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.	✓				
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics	✓				
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works

*Nice*

*Shreisha*  
Student Signature



*Manatop*

**PRINCIPAL**  
**Siva Sivani Degree Colleg**  
Kompally, Medchal-Malkajgiri(Dt)-500

## FEED BACK FORM

<b>Date</b>	29-9-18
<b>Student Name</b>	D. Ravali
<b>Presenter</b>	Madhavi Latha

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	/				
2	The workshop is meticulously organized and offers valuable information.	/				
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.		/			
4	The presented information and/or skills proved to be relevant and beneficial.			/		
5	The resource person allocated sufficient time for queries and responded to them effectively.			/		
6	The resource person employed a student-centric approach to learning, proving highly effective.		/			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics	/				
8	Both the information and activities conducted in the workshop were pertinent and beneficial.	/				

Please share any additional comments or suggestions you have regarding the works

*Good*

Student Signature



*Manappa*  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (D)-500100



# SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad  
Kompally, Secunderabad, Telangana 500100

Courses on

**Life Skills**  
(Health and Hygenic)

Conducted on

**20-07-2018**

Who can participate:

**Registered III Year Students**

Certificate will be provided for all  
active participants.

## RESOURCE PERSON

**Ms.Mary Madhavi**  
**Dept. of Mgmt**  
**SSDC, Kompally**

### About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

### Objectives of the program

- The primary object or purpose of health and hygiene practices is to promote overall well-being by preventing the spread of diseases, maintaining physical and mental health, and fostering a clean and safe environment.



*Mameta*

PRINCIPAL,

Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



S. P. Sampathy's Siva Sivani Educational Society (2906/97)

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 19-07-2018

## CIRCULAR

The students of our college are here by informed that we are planning to conduct Health and Hygenic program on 20-07-2018 at 10 AM by Ms. Mary Madhavi Dept. of Mgmt. SSDC, Kompally at Seminar Hall. All the students are informed to attend the program without fail.

**Copy to:**

1. All the HODs
2. Notice Board
3. File



*MamaTrap*  
Principal  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100

---

NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA  
Mobile: +91-9247048112 Website: [ssdc.ac.in](http://ssdc.ac.in)



*MamaTrap*  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



# SIVA SIVANI DEGREE COLLEGE, KOMPALLY

## STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:

Health and Hygenic

COURSE BBA-III

NUMBER OF STUDENTS ATTENDED :55

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201216684001	Ayasha Kaiser Kamal	<i>Ayasha Kaiser</i>
2	201216684002	B.Shiva	<i>B. Shiva</i>
3	201216684003	B.N. Supraja	<i>Supraja</i>
4	201216684004	D.Bheem Raju Das	<i>D. Bheem Raju Das</i>
5	201216684006	Chekuri Vinay Varma	<i>Vinay Varma</i>
6	201216684007	Ch. Sanjay Kumar	<i>Ch. Sanjay Kumar</i>
7	201216684008	D. Santhosh	<i>Santhosh</i>
8	201216684009	D. Nishitha Reddy	<i>D. Nishitha Reddy</i>
9	201216684010	D. Raja kishore	<i>Raja Kishore</i>
10	201216684011	D.Tirumala Rayudu	<i>Tirumala</i>
11	201216684012	Ekta Choudhary	<i>E. Choudhary</i>
12	201216684014	G. Anudeep Reddy	<i>Anudeep</i>
13	201216684015	H. Gouri	<i>Gouri</i>
14	201216684016	J.Ramya	<i>J. Ramya</i>
15	201216684017	K.Vikas Varma	<i>Vikas Varma</i>
16	201216684018	K. Sowmya	<i>K. Sowmya</i>
17	201216684019	K. Prashanth Reddy	<i>K. Prashanth Reddy</i>
18	201216684020	K.Samana	<i>Samana</i>
19	201216684021	K. Srikari	<i>K. Srikari</i>
20	201216684023	K. Pavani	<i>Pavani</i>
21	201216684024	K. Sai Kiran	<i>K. Sai Kiran</i>
22	201216684025	K. Maheshwari	<i>K. Maheshwari</i>
23	201216684026	Krushang patel	<i>Krushang Patel</i>
24	201216684027	M.Hamsa Priya	<i>Hamsa Priya</i>
25	201216684028	M. Akshara	<i>M. Akshara</i>
26	201216684029	Mamidipally Tirumala	<i>M. Tirumala</i>
27	201216684030	Md. Abrar	<i>Md. Abrar</i>
28	201216684031	M. Veena Reddy	<i>Veena Reddy</i>
29	201216684032	N. Sai Kiran	<i>Sai Kiran</i>
30	201216684033	N.Vishnuvardhan Reddy	<i>N. Vishnuvardhan Reddy</i>
31	201216684034	N. Arvind Reddy	<i>Arvind Reddy</i>
32	201216684036	Nisha Joshi	<i>Nisha Joshi</i>
33	201216684037	M.Pandu Ranga	<i>M. Pandu Ranga</i>
34	201216684038	P. Arun Kumar Reddy	<i>Arun Kumar</i>
35	201216684039	P.Alekhy	<i>Alekhy</i>
36	201216684040	P. Pravallika	<i>P. Pravallika</i>
37	201216684041	P. Jawhnavi	<i>P. Jawhnavi</i>
38	201216684042	Prince Kumar	<i>Prince Kumar</i>



*Mamidipally*  
**PRINCIPAL**  
Siva Sivani Degree College

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
39	201216684043	R. Akshitha	R. Akshitha
40	201216684044	R.Niharika	R. Niharika
41	201216684045	D.Rama raju	D.Rama Raju
42	201216684046	R.Shubhankar	R. Shubhankar
43	201216684047	R.Naveen Kumar	Naveen Kumar
44	201216684048	Shanthan Shaw	Shanthan Shaw
45	201216684049	S. Adarsh Reddy	Adarsh Reddy
46	201216684050	Sunil Kumar Bhati	Sunil Kumar
47	201216684051	S.Krishnaveni	Krishnaveni
48	201216684052	T. Sai Teja	Sai Teja
49	201216684053	T.Sindhuja	Sindhuja
50	201216684054	U.Vaishnavi	U. Vaishnavi
51	201216684055	V.Krishna Priya	Krishna Priya
52	201216684056	V.Sandhya	Sandhya
53	201216684057	V.Vamshi Sagar	Vamshi Sagar
54	201216684058	V. Pramod Raja	Pramod Raja
55	201216684059	Yalla Vandana	Yalla Vandana

*Madhavi*  
Co-ordinator

*Manath*  
Principal



**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



**Report of the Program**

**Health and Hygienic**

**Name of the Resource Person : Ms. Mary Madhavi**

**Date : 20-07-2018**

**Venue : Seminar Hall**

**No. of Students Attended : 55**

On 20-07-2018, a guest lecture on "Health and Hygienic" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Ms. Mary Madhavi.

**I. Executive Summary:**

This report aims to provide a thorough analysis of the importance of health and hygiene, emphasizing their impact on individuals and communities. By examining key factors, practices, and strategies, this report seeks to underscore the significance of maintaining high standards of health and hygiene for overall well-being.

**II. Introduction:**

Health and hygiene are integral components of a thriving society. Proper health practices and hygiene habits contribute to the prevention of diseases, enhance quality of life, and foster a healthier community. This report explores various dimensions of health and hygiene, encompassing personal, environmental, and community aspects.

**III. Personal Hygiene:**

- a. **Hand Hygiene:** Proper handwashing techniques, using soap and water, significantly reduce the transmission of infections and diseases.
- b. **Oral Hygiene:** Regular brushing, flossing, and dental check-ups contribute to oral health, preventing dental issues and related health problems.
- c. **Body Hygiene:** Bathing, use of deodorants, and clean clothing are essential for personal cleanliness, preventing skin infections and body odors.

**IV. Environmental Hygiene:**

- a. **Clean Water and Sanitation:** Access to clean water and proper sanitation facilities is crucial for preventing waterborne diseases and maintaining public health.
- b. **Waste Management:** Proper disposal of waste, recycling, and waste reduction efforts contribute to environmental cleanliness and disease prevention.





S. P. Sampathy's Siva Sivani Educational Society (2906/97)

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)



*Madhavi*  
Coordinator

*Mamatha*  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100

NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA

Mobile: +91 9247048112 Website: [ssdc.ac.in](http://ssdc.ac.in)



*Mamatha*

*Mamatha*  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



## FEED BACK FORM

<b>Date</b>	20/7/2018
<b>Student Name</b>	Y. Pramod Raja
<b>Presenter</b>	Mary Madhavi

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.	✓				
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.		✓			
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.			✓		
6	The resource person employed a student-centric approach to learning, proving highly effective.			✓		
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics		✓			
8	Both the information and activities conducted in the workshop were pertinent and beneficial.	✓				

Please share any additional comments or suggestions you have regarding the works

*None*

*Pramod*  
Student Signature



*Mameta*  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal Malkajgiri (Dt-500100)

## FEED BACK FORM

<b>Date</b>	20-7-18
<b>Student Name</b>	K. Samana
<b>Presenter</b>	Macy Madhavi

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		/			
2	The workshop is meticulously organized and offers valuable information.		/			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	/				
4	The presented information and/or skills proved to be relevant and beneficial.	/				
5	The resource person allocated sufficient time for queries and responded to them effectively.			/		
6	The resource person employed a student-centric approach to learning, proving highly effective.			/		
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics		/			
8	Both the information and activities conducted in the workshop were pertinent and beneficial.	/				

Please share any additional comments or suggestions you have regarding the works

Creed

Student Signature



Manatop

**PRINCIPAL**

**Siva Sivani Degree College**  
Kompally, Medchal-Malkajgiri (Dt)-500100



# SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad  
Kompally, Secunderabad, Telangana 500100

Courses on

**Life Skills**  
(Meditation and its benefits)

Conducted on

**23-02-2019**

Who can participate:

**Registered III Year Students**

Certificate will be provided for all  
active participants.

## RESOURCE PERSON

**Mr. Viswa Dev**  
**SSDC, Kompally**

### About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

### Objectives of the program

- The object of a meditation program is to provide a structured and intentional framework for individuals to develop and maintain a regular meditation practice.



*Mamata*  
PRINCIPAL

Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



Date: 21-02-2019

**CIRCULAR**

The students of our college are here by informed that we are planning to conduct a Program on Meditation and its benefits Awareness on 23-02-2019 at 10 AM by Mr. Viswa Dev, SSDC, Kompally at Seminar Hall. All the students are informed to attend the program without fail.

**Copy to:**

1. All the HODs
2. Notice Board
3. File



*Mamathap*

**Principal**

**PRINCIPAL**

**Siva Sivani Degree College**  
Kompally, Medchal-Malkajgiri(Dt)-500100

*Mamathap*





# SIVA SIVANI DEGREE COLLEGE, KOMPALLY

## STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:

Meditation and its benefits

COURSE

BBA-III

NUMBER OF STUDENTS ATTENDED :55

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201216684001	Ayasha Kaiser Kamal	Ayasha Kaiser Kamal
2	201216684002	B.Shiva	B. Shiva
3	201216684003	B.N. Supraja	B.N. Supraja
4	201216684004	D.Bheem Raju Das	D. Bheem Raju Das
5	201216684006	Chekuri Vinay Varma	Chekuri Vinay Varma
6	201216684007	Ch. Sanjay Kumar	Ch. Sanjay Kumar
7	201216684008	D. Santhosh	D. Santhosh
8	201216684009	D. Nishitha Reddy	D. Nishitha Reddy
9	201216684010	D. Raja kishore	D. Raja kishore
10	201216684011	D.Tirumala Rayudu	D. Tirumala Rayudu
11	201216684012	Ekta Choudhary	E. Choudhary
12	201216684014	G. Anudeep Reddy	G. Anudeep Reddy
13	201216684015	H. Gouri	H. Gouri
14	201216684016	J.Ramya	J. Ramya
15	201216684017	K.Vikas Varma	K. Vikas Varma
16	201216684018	K. Sowmya	K. Sowmya
17	201216684019	K. Prashanth Reddy	K. Prashanth Reddy
18	201216684020	K.Samana	K. Samana
19	201216684021	K. Srikari	K. Srikari
20	201216684023	K. Pavani	K. Pavani
21	201216684024	K. Sai Kiran	K. Sai Kiran
22	201216684025	K. Maheshwari	K. Maheshwari
23	201216684026	Krushang patel	Krushang patel
24	201216684027	M.Hamsa Priya	M. Hamsa Priya
25	201216684028	M. Akshara	M. Akshara
26	201216684029	Mamidipally Tirumala	Mamidipally Tirumala
27	201216684030	Md. Abrar	Md. Abrar
28	201216684031	M. Veena Reddy	M. Veena Reddy
29	201216684032	N. Sai Kiran	N. Sai Kiran
30	201216684033	N. Vishnuvardhan Reddy	N. Vishnuvardhan Reddy
31	201216684034	N. Arvind Reddy	N. Arvind Reddy



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
32	201216684036	Nisha Joshi	Nisha Joshi
33	201216684037	M.Pandu Ranga	Pandu Ranga
34	201216684038	P. Arun Kumar Reddy	Arun Kumar Reddy
35	201216684039	P.Alekhya	P. Alekhyaa
36	201216684040	P. Pravallika	P. Pravalika
37	201216684041	P. Jawhnavi	P. Jawhnavi
38	201216684042	Prince Kumar	Prince Kumar
39	201216684043	R. Akshitha	R. Akshitha
40	201216684044	R.Niharika	R. Niharika
41	201216684045	D.Rama raju	D. Rama raju
42	201216684046	R.Shubhankar	R. Shubhankar
43	201216684047	R.Naveen Kumar	Naveen Kumar
44	201216684048	Shanthan Shaw	Shanthan Shaw
45	201216684049	S. Adarsh Reddy	S. Adarsh Reddy
46	201216684050	Sunil Kumar Bhati	Sunil Kumar Bhati
47	201216684051	S.Krishnaveni	S. Krishnaveni
48	201216684052	T. Sai Teja	Sai Teja
49	201216684053	T.Sindhuja	Sindhuja
50	201216684054	U.Vaishnavi	U. Vaishnavi
51	201216684055	V.Krishna Priya	V. Krishna Priya
52	201216684056	V.Sandhya	V. Sandhya
53	201216684057	V.Vamshi Sagar	V. Vamshi Sagar
54	201216684058	V. Pramod Raja	Pramod Raja
55	201216684059	Yalla Vandana	Yalla Vandana

*[Signature]*

Co-ordinator

*[Signature]*  
Principal



**PRINCIPAL**

**Siva Sivani Degree College**  
Kompally, Madchal-Malkajgiri(DI)-503100



**Report of the Program**

**Meditation and its benefits**

<b>Name of the Resource Person</b>	<b>: Mr. Viswa Dev</b>
<b>Date</b>	<b>: 23-02-2019</b>
<b>Venue</b>	<b>: Seminar Hall</b>
<b>No. of Students Attended</b>	<b>: 55</b>

On 18-10-2018, a guest lecture on "Meditation and its benefits" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Mr. Viswa Dev.

Meditation is a practice that has gained widespread popularity due to its numerous physical, mental, and emotional benefits. This report explores the concept of meditation and provides insights into the positive impact it has on overall well-being and health.

**Introduction:**

Meditation is an ancient practice that involves training the mind to achieve a state of focused attention, relaxation, and heightened awareness. It encompasses various techniques, including mindfulness meditation, transcendental meditation, and loving-kindness meditation.

**Key Components of Meditation:**

- 1. Mindfulness Meditation:** Involves paying attention to the present moment without judgment. Practitioners focus on their breath, bodily sensations, or a specific object, cultivating awareness and clarity of thought.
- 2. Transcendental Meditation:** A technique that involves silently repeating a mantra to achieve a state of relaxed awareness and transcendence.
- 3. Loving-Kindness Meditation:** Focuses on cultivating feelings of love and compassion toward oneself and others.

**Benefits of Meditation:**

- 1. Stress Reduction:** Meditation has been shown to reduce stress by promoting relaxation and decreasing the production of stress hormones.
- 2. Improved Focus and Concentration:** Regular meditation enhances cognitive functions, including attention, memory, and the ability to concentrate.

*Mamatha*



3. **Emotional Well-Being:** Meditation promotes emotional resilience, reducing symptoms of anxiety and depression and fostering a positive outlook on life.
4. **Enhanced Self-Awareness:** Through mindfulness practices, individuals gain a deeper understanding of their thoughts and emotions, leading to increased self-awareness.
5. **Better Sleep:** Meditation has been linked to improved sleep quality and reduced insomnia, helping individuals achieve restorative rest.

**Implementation Strategies:**

1. **Education and Awareness:** Promote awareness about the benefits of meditation through educational programs in schools, workplaces, and healthcare settings.
2. **Incorporate Meditation into Daily Routine:** Encourage individuals to incorporate short meditation sessions into their daily routine to experience cumulative benefits over time.
3. **Accessibility:** Ensure that meditation resources, including guided meditations and apps, are readily available to individuals seeking to start or maintain a meditation practice.
4. **Workplace Wellness Programs:** Integrate meditation into workplace wellness initiatives to improve employee well-being and productivity.

**Conclusion:**

Meditation is a powerful tool for enhancing overall well-being, offering a range of physical, mental, and emotional benefits. By promoting awareness, education, and accessibility, individuals can integrate meditation into their daily lives to experience improved health and a heightened sense of inner peace.



*[Signature]*  
Coordinator

*[Signature]*  
Principal

*[Signature]*





## FEED BACK FORM

<b>Date</b>	23-2-19
<b>Student Name</b>	H. Gowri
<b>Presenter</b>	Viswa Dhan

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		/			
2	The workshop is meticulously organized and offers valuable information.	/				
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	/				
4	The presented information and/or skills proved to be relevant and beneficial.		/			
5	The resource person allocated sufficient time for queries and responded to them effectively.	/				
6	The resource person employed a student-centric approach to learning, proving highly effective.	/				
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			/		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			/		

Please share any additional comments or suggestions you have regarding the works

Nice

Student Signature



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**PRINCIPAL**

Siva Sivani Degree College  
 Kompally, Medchal-Malkajgiri (DP-500100)

## FEED BACK FORM

<b>Date</b>	23-2-19
<b>Student Name</b>	T. Sai Teja
<b>Presenter</b>	Viswa Dev

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	/				
2	The workshop is meticulously organized and offers valuable information.	/				
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4	The presented information and/or skills proved to be relevant and beneficial.		/			
5	The resource person allocated sufficient time for queries and responded to them effectively.			/		
6	The resource person employed a student-centric approach to learning, proving highly effective.		/			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics	/				
8	Both the information and activities conducted in the workshop were pertinent and beneficial.	/				

Please share any additional comments or suggestions you have regarding the works

Good

Student Signature



Manatop  
PRINCIPAL  
Siva Sivani Degree College  
Kompally, Medchal Malkajgiri (DQ-600100)



# SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad  
Kompally, Secunderabad, Telangana 500100

Courses on

**Life Skills**  
(Highlight the importance of  
physical fitness)

Conducted on

**25-10-2018**

Who can participate:

**Registered III Year Students**

Certificate will be provided for all  
active participants.

## RESOURCE PERSON

**Mr. Viswa Dev**  
**SSDC, Kompally**

### About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

### Objectives of the program

- The importance of physical fitness is to promote holistic well-being, prevent health issues, and enhance the overall quality of life. Regular physical activity is a cornerstone of a healthy lifestyle, contributing to physical, mental, and emotional well-being across the lifespan.



**Mamata**  
PRINCIPAL

Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



S. P. Sampathy's Siva Sivani Educational Society (2906/97)

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 24-10-2018

## CIRCULAR

The students of our college are here by informed that we are planning to conduct a Program on Highlight the importance of physical fitness on 25-10-18 at 11 AM by Mr. Vishwa Dev, Dept. of Sec. Lang, Kompally at Seminar Hall. All the students are informed to attend the program without fail.

Copy to:

1. All the HODs
2. Notice Board
3. File



*Mamathap*  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA

Mobile: - +91-9247048112

Website: [ssdc.ac.in](http://ssdc.ac.in)

*Mamathap*  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



**SIVA SIVANI DEGREE COLLEGE, KOMPALLY**

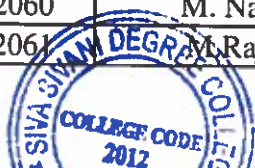
**STUDENTS ATTENDANCE SHEET**

NAME OF THE ADD-ON/ VALUE ADDED COURSE:			Highlight the importance of physical fitness
COURSE			NUMBER OF STUDENTS ATTENDED :256
S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201216402003	A. Sravani	A. Sravani
2	201216402004	A. Prathyusha	A. Prathyusha
3	201216402005	A. Chandana	A. Chandana
4	201216402007	Antigari Sreedevi	A. Sreedevi
5	201216402011	B. Revanth	Revanth
6	201216402012	B. Sunitha	Sunitha
7	201216402013	B. Bhavani	B. Bhavani
8	201216402015	B. Sowmya	B. Sowmya
9	201216402016	B. Anusha	Anusha
10	201216402020	B. Divya Sri	B. Divya Sri
11	201216402021	B. Mahadhev	B. Mahadhar
12	201216402022	B. Mamatha Devi	B. Mamatha Devi
13	201216402029	C. Bharat Kumar	C. Bharat Kumar
14	201216402034	D. Ravali	D. Ravali
15	201216402035	E.C.N.V.D Sai Pavan	E.C.N.V.D Sai Pavan
16	201216402037	G. Ruth Sindhura	Ruth Sindhura
17	201216402038	G. Nandhini	G. Nandhini
18	201216402039	G. Bhanu Sree	G. Bhanu Sree
19	201216402040	G. Manish Kumar	G. Manish Kumar
20	201216402041	G. Samyuktha	G. Samyuktha
21	201216402042	G. Durga Tejasvi	G. Durga Tejasvi
22	201216402043	G. Varun Raj	Varun Raj
23	201216402044	G. Sankeerthana	G. Sankeerthana
24	201216402046	G. Bharathi	G. Bharathi
25	201216402050	K. Aravind	K. Aravind
26	201216402054	K. Deepika	K. Deepika
27	201216402055	K. Shiva Prasad	K. Shiva Prasad
28	201216402056	Krishna Kanvar	Krishna Kanvar
29	201216402057	K. Bhagya Sree	K. Bhagya Sree
30	201216402058	L. Prathyusha	L. Prathyusha
31	201216402059	M. Sravanthi	M. Sravanthi
32	201216402066	M. Sushmitha	M. Sushmitha
33	201216402067	M. Archana	M. Archana
34	201216402068	M. Sneha Reddy	M. Sneha Reddy
35	201216402069	Md. Asif	Md. Asif
36	201216402074	N.Ch. Bharathi	Bharathi
37	201216402075	N. Sri Laxmi Prasanna	N. Sri Laxmi Prasanna
38	201216402076	P. Dhanyasri	P. Dhanyasri



*Mamatha*

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
39	201216402081	P.Vijayalaxmi	P. Vijayalaxmi
40	201216402082	P. Sujana	P. Sujana
41	201216402084	P.Pravallika	P. Pravallika
42	201216402087	P.S. Anjana	P. S. Anjana
43	201216402089	P.Anjan Kumar	P. Anjan Kumar
44	201216402091	R. Naresh	R. Naresh
45	201216402093	R. Hari Krishna	R. Hari Krishna
46	201216402096	D. Santhosh	D. Santhosh
47	201216402101	Sushmitha Singh	Sushmitha Singh
48	201216402104	T.Priyanka Reddy	T. Priyanka Reddy
49	201216402107	T. Sandhya	T. Sandhya
50	201216402111	U.Sandeep Kumar	U. Sandeep Kumar
51	201216402112	V.Praveena Reddy	V. Praveena Reddy
52	201216402113	V. Durga Bhavani	V. Durga Bhavani
53	201216402114	V. Shirisha	V. Shirisha
54	201216402116	V.Nagarjuna	V. Nagarjuna
55	201216402117	V. Nagabhavya	V. Nagabhavya
56	201216402120	Y. Prathyusha Reddy	Y. Prathyusha Reddy
57	201216402001	A. Sandeep Reddy	A. Sandeep Reddy
58	201216402002	A.Deepak	A. Deepak
59	201216402006	A. Nithan	A. Nithan
60	201216402008	A. Sai Dinesh	A. Sai Dinesh
61	201216402009	A.Madhuri	A. Madhuri
62	201216402010	Asifa Begum	Asifa Begum
63	201216402017	B. Mounika	B. Mounika
64	201216402018	B.Preethi	B. Preethi
65	201216402019	B. Aparna	B. Aparna
66	201216402023	B.Anil Sai	B. Anil Sai
67	201216402024	B. Rishikesh	B. Rishikesh
68	201216402025	B. Madhuri	B. Madhuri
69	201216402026	C.Shilpa	C. Shilpa
70	201216402027	Ch. Nikitha	Ch. Nikitha
71	201216402030	Ch. Purna Chander	Ch. Purna Chander
72	201216402031	Ch. Keerthana	Ch. Keerthana
73	201216402032	D Naga Samyuktha	D Naga Samyuktha
74	201216402033	D. Mahesh	D. Mahesh
75	201216402036	G. Hardeep Kour	G. Hardeep Kour
76	201216402045	G. Shireesha	G. Shireesha
77	201216402047	G. Sai Ramya	G. Sai Ramya
78	201216402048	I. Renuka	I. Renuka
79	201216402049	K. Aishwarya	K. Aishwarya
80	201216402051	K. Manisha	K. Manisha
81	201216402052	K.Koushik	K. Koushik
82	201216402053	K. Kalpana	K. Kalpana
83	201216402060	M. Navya	M. Navya
84	201216402061	M.Rajini	M. Rajini



Mamathap  
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
85	201216402062	M. Jyothirmayee	M. Jyothirmayee
86	201216402063	M. Anandh Kumar	M. Anandh Kumar
87	201216402064	M. Shiva Prasad	M. Shiva Prasad
88	201216402065	M.Sushma Kiran	M. Sushma Kiran
89	201216402070	Mohammad Farhan	M. Farhan
90	201216402071	Monika Kumari	Monika Kumari
91	201216402072	M.Priyanka	M. Priyanka
92	201216402076	N. Lokesh	N. Lokesh
93	201216402078	P. Nandini	P. Nandini
94	201216402083	P.R.Priyanka	P. R. Priyanka
95	201216402085	S. Pradeep Praful	Pradeep Praful
96	201216402086	P. Mahanth Reddy	P. Mahanth Reddy
97	201216402088	P. Bharghavi	P. Bharghavi
98	201216402090	R.Ramya	R. Ramya
99	201216402092	Riya Das	Riya Das
100	201216402094	R. Srinath Goud	R. Srinath Goud
101	201216402095	S.Ganesh Kumar	Ganesh Kumar
102	201216402097	S. Sonia	S. Sonia
103	201216402100	S.Sai Jyothi	S. Sai Jyothi
104	201216402102	S. Nikitha	S. Nikitha
105	201216402103	Sd. Parveen	Sd. Parveen
106	201216402105	T. Srilatha	T. Srilatha
107	201216402106	T. Akanksha	T. Akanksha
108	201216402108	TSwathi Mudhiraj	TSwathi Mudhiraj
109	201216402109	T. Srilatha	T. Srilatha
110	201216402110	U.Mamatha	U. Mamatha
111	201216402115	V. P. Prudhvi Raj	V. P. Prudhvi Raj
112	201216402118	V. Sai Pujitha	V. Sai Pujitha
113	201216474001	B. Nikhila	Nikhila
114	201216474002	B.Vijay Yadav	Vijay Yadav
115	201216474003	B. Sneha	B. Sneha
116	201216474004	D.Akshay Kumar	D. Akshay Kumar
117	201216474005	D.Priyanka	D. Priyanka
118	201216474006	G. Bal Reddy	Bal Reddy
119	201216474007	G. Lavanya	G. Lavanya
120	201216474008	G. Madhu	Madhu
121	201216474009	J.Sampath Goud	J. Sampath Goud
122	201216474010	K. Vikram Reddy	K. Vikram Reddy
123	201216474011	K.Archana	K. Archana
124	201216474012	K.S.Ajith Kumar	K. S. Ajith Kumar
125	201216474013	K. Anvitha	K. Anvitha
126	201216474014	K. Abhishek Reddy	Abhishek Reddy
127	201216474015	K. Prabhu Kishore	Prabhu Kishore
128	201216474016	K.Shiva Tejashwini	K. Shiva Tejashwini
129	201216474017	K.Bhavani	K. Bhavani
130	201216474018	K.Sravani	K. Sravani



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
131	201216474019	M Akhil Sai	M. Akhil Sai
132	201216474020	M. Satyam Yadav	M. Satyam Yadav
133	201216474021	M.Sai charan raju	Sai Charan Raju
134	201216474022	Manorama Rout	Manorama Rout
135	201216474023	M.Sivani	M. Sivani
136	201216474024	Md. Shoyab Khan	Md. Shoyab Khan
137	201216474025	M.Ramya Sri	Ramya Sri
138	201216474026	Nacharam Bhavya	Nacharam Bhavya
139	201216474027	S.Pallavi	S. Pallavi
140	201216474028	P. V. Shiva Krishna	P. V. Shiva Krishna
141	201216474029	P. Vijayalaxmi	P. Vijayalaxmi
142	201216474030	P.Rajini	P. Rajini
143	201216474031	R. Bhargavi	R. Bhargavi
144	201216474032	Rajbhar Raj Kumar	Rajbhar Raj Kumar
145	201216474033	R.Krishna	Krishna
146	201216474034	A.Sai Vijaya Durga	A. Sai Vijaya Durga
147	201216474035	S.Pavan Kumar	S. Pavan Kumar
148	201216474036	S. Sowmith	S. Sowmith
149	201216474037	Sapa Anil Kumar	Sapa Anil Kumar
150	201216474038	S.A. Santhosh	S.A. Santhosh
151	201216474039	Suraj Kumar Yadav	Suraj Kumar Yadav
152	201216474041	T.Sai Kiran	T. Sai Kiran
153	201216474042	T Naveen Kumar	T. Naveen Kumar
154	201216474043	U Kumar Pal	U. Kumar Pal
155	201216474044	U.Rajini	U. Rajini
156	201216474045	V. Navya	V. Navya
157	201216474046	Vanam Kumari	Vanam Kumari
158	201216474047	V.Navya	V. Navya
159	201216474048	V.Prasanna Laxmi	V. Prasanna
160	201216474049	V.Rajashekar	V. Rajashekar
161	201216474050	V.Mohana	Mohana
162	201216467007	B.Mallesham	B. Mallesham
163	201216467008	B.Rahul	B. Rahul
164	201216467009	Ch.Chandra	Ch. Chandra
165	201216467018	D.Nandlala	D. Nandlala
166	201216467020	G.Varshini Yadav	G. varshini. Yadav
167	201216467023	G. Tejaswini	G. Tejaswini
168	201216467030	G.Arun Kumar	G. Arun Kumar
169	201216467042	K.Sandeep	Sandeep
170	201216467046	K. Rakesh Kumar	K. Rakesh Kumar
171	201216467049	M. Pavan Kumar	M. Pavan Kumar
172	201216467055	M.Prathibha	M. Prathibha
173	201216467059	N. Kishore Yadav	N. Kishore Yadav
174	201216467061	P.Aravind	P. Aravind
175	201216467067	P.Nikitha	P. Nikitha
176	201216467068	P.Manila Reddy	P. Manila Reddy

Mamatha  
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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
177	201216467070	P. Sunitha Reddy	P. sunitha Reddy
178	201216467073	Priyanka Chanda	Priyanka Chanda
179	201216467074	P.Naresh	P. Naresh
180	201216467076	R.Bharath	R. Bharath
181	201216467082	R. Jyothi	R. Jyothi
182	201216467083	S.Surekha	S. Surekha
183	201216467085	Skaik Mehenaz	Skaik Mehenaz
184	201216467087	Sirikonda Sumanjali	Sirikonda Sumanjali
185	201216467088	S. Vani	Vani
186	201216467089	Soumya A. M.	Soumya A. M.
187	201216467095	U.Saiteja	U. Saiteja
188	201216467001	A. Sowmya	A. Sowmya
189	201216467002	A. Shanmukh Sanjay	A. Shanmukh Sanjay
190	201216467003	A.Shiva Kumar Goud	A. Shiva Kumar Goud
191	201216467004	A.Anjani	A. Anjani
192	201216467005	A. Manisha	Manisha
193	201216467006	Borra Lavanya	Lavanya
194	201216467010	Ch.Navya	Ch. Navya
195	201216467011	Ch. Shivani	Ch. Shivani
196	201216467012	Chintala Srilatha	C. Srilatha
197	201216467013	Ch. Naresh Yadav	Ch. Naresh Yadav
198	201216467014	C. Pooja	Pooja
199	201216467015	D. Anusha	D. Anusha
200	201216467016	D. Mounika	D. Mounika
201	201216467017	D. Girma Reddy	D. Girma Reddy
202	201216467019	D.Poojitha	D. Poojitha
203	201216467021	Gajbhinkar	Gajbhinkar
204	201216467022	G.Anand varma	G. Anand varma
205	201216467024	G.R.S.L. Bhavani	G. R. S. L. Bhavani
206	201216467025	G. Shirisha	G. Shirisha
207	201216467026	G. Deepika	Deepika
208	201216467027	G. Vaishnavi	G. Vaishnavi
209	201216467028	G.Sandhya Rani	G. sandhya Rani
210	201216467029	G.Divya	G. Divya
211	201216467031	G.Vamshi	G. vamshi
212	201216467033	K.Shirisha	K. Shirisha
213	201216467034	K. Mamatha	Mamatha
214	201216467035	K. Divya	K. Divya
215	201216467036	K.Prathyusha	K. Prathyusha
216	201216467037	K. Sahiti	Sahiti
217	201216467038	K.Keerthana	Keerthana
218	201216467039	K.Vigneshwari	K. Vigneshwari
219	201216467040	Kolli Chandini	Kolli Chandini
220	201216467043	K. Srikanth	K. Srikanth
221	201216467044	K.Ashish	K. Ashish
222	201216467045	K.S. Srilaksmi	K. S. Srilaksmi



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
223	201216467048	K.Sathish	K. Sathish
224	201216467050	M.Deepika	M. Deepika
225	201216467052	M.Sai Santhoshi	M. Sai Santhoshi
226	201216467053	M.Kavya	M. Kavya
227	201216467054	M. Venkat Reddy	Venkat Reddy
228	201216467056	M.Srija	M. Srija
229	201216467057	N.Nandini	Nandini
230	201216467058	N. Sneha Reddy	Sneha Reddy
231	201216467060	N.Prasuna	N. Prasuna
232	201216467062	Pakala Richita	P. Richita
233	201216467063	P. Sai Nath Reddy	Sai Nath Reddy
234	201216467064	P.Shailaja	P. Shailaja
235	201216467065	P. Bala Pranadeep	P. Bala Pranadeep
236	201216467066	P.Trinath Kumar	Trinath Kumar
237	201216467071	P.Prathyusha	P. Prathyusha
238	201216467072	Prasanth Kumar	Prasanth Kumar
239	201216467075	R.Giri Vamshi	R. Giri Vamshi
240	201216467077	R. Ganesh Kumar	Ganesh Kumar
241	201216467078	Ravish Khatkad	Ravish Khatkad
242	201216467079	R.Thanmai	Thanmai
243	201216467080	R.Anusha	R. Anusha
244	201216467081	R.Durga Prasad	R. Durga Prasad
245	201216467084	S.Roja	S. Roja
246	201216467086	Shaik Shakeera	Shaik Shakeera
247	201216467090	S.Vivek Kumar	S. Vivek Kumar
248	201216467091	T. Mounika	Mounika
249	201216467092	T. Hemalatha	T. Hemalatha
250	201216467093	U. Swathi	U. Swathi
251	201216467094	U.Arun Reddy	U. Arun Reddy
252	201216467096	U.Vinod	U. Vinod
253	201216467097	V.Sandeep Reddy	V. Sandeep Reddy
254	201216467098	V.Sai Jeevan	Sai Jeevan
255	201216467099	Y.Prabhu Sujith	Y. Prabhu Sujith
256	201216467100	G.Ashok	Ashok

  
Co-ordinator



  
Principal  
PRINCIPAL

Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100



**Report of the Program**

**Highlight the importance of physical fitness**

**Name of the Resource Person : Mr. Viswa Dev**  
**Date : 25-10-2018**  
**Venue : Seminar Hall**  
**No. of Students Attended : 256**

On 12-10-2018, a guest lecture on "Highlight the importance of physical fitness" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Mr. Viswa Dev

**Introduction:**

Physical fitness is a state of well-being that encompasses the ability to perform daily activities with vigor, participate in recreational and sports activities, and maintain overall health. It involves a combination of cardiovascular endurance, muscular strength, flexibility, and body composition.

**Key Components of Physical Fitness:**

- 1. Cardiovascular Endurance:** The ability of the heart, lungs, and circulatory system to efficiently deliver oxygen and nutrients to working muscles during sustained physical activity.
- 2. Muscular Strength and Endurance:** The capacity of muscles to generate force and endure repeated contractions, contributing to overall functional strength.
- 3. Flexibility:** The range of motion around joints, which is crucial for preventing injuries, maintaining posture, and ensuring ease of movement.
- 4. Body Composition:** The proportion of body fat to lean mass, influencing overall health and physical appearance.

**Benefits of Physical Fitness:**

- 1. Improved Cardiovascular Health:** Regular exercise strengthens the heart and improves circulation, reducing the risk of cardiovascular diseases.
- 2. Weight Management:** Physical activity helps maintain a healthy weight by burning calories and promoting the development of lean muscle mass.
- 3. Enhanced Mental Health:** Exercise releases endorphins, reducing stress, anxiety, and symptoms of depression, while improving cognitive function and mood.

*Mametta*







4. **Increased Energy Levels:** Regular physical activity improves overall stamina and energy levels, enhancing productivity and daily functioning.

5. **Bone Health:** Weight-bearing exercises contribute to bone density, reducing the risk of osteoporosis and fractures.

### Implementation Strategies:

1. **Physical Education Programs:** Emphasize the importance of physical fitness in school curriculums to instill healthy habits from an early age.

2. **Workplace Wellness Initiatives:** Encourage employers to implement fitness programs and provide facilities to promote physical activity among employees.

3. **Community Engagement:** Organize community events and programs that encourage physical activity, fostering a culture of fitness within neighborhoods.

4. **Access to Recreational Spaces:** Ensure that communities have accessible parks, trails, and recreational areas to facilitate physical activity.

### Conclusion:

The importance of physical fitness cannot be overstated, as it plays a pivotal role in promoting overall health and well-being. By understanding the key components and benefits of physical fitness and implementing strategies to encourage regular exercise, individuals can enjoy a higher quality of life and reduce the risk of numerous health issues. Embracing a physically active lifestyle is an investment in long-term health and vitality.



  
Coordinator

  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-500100







## FEED BACK FORM

<b>Date</b>	25/10/2018
<b>Student Name</b>	B. Sneha
<b>Presenter</b>	VISWA Dev

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	/				
2	The workshop is meticulously organized and offers valuable information.	/				
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.		/			
4	The presented information and/or skills proved to be relevant and beneficial.		/			
5	The resource person allocated sufficient time for queries and responded to them effectively.			/		
6	The resource person employed a student-centric approach to learning, proving highly effective.			/		
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics	/				
8	Both the information and activities conducted in the workshop were pertinent and beneficial.	/				

Please share any additional comments or suggestions you have regarding the works

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Student Signature



Name:                     

**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medical - Malkajgiri (Dt) - 500100

## FEED BACK FORM

<b>Date</b>	25/10/18
<b>Student Name</b>	B. Pradeep
<b>Presenter</b>	Vijaya Devi

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	✓				
4	The presented information and/or skills proved to be relevant and beneficial.	✓				
5	The resource person allocated sufficient time for queries and responded to them effectively.			✓		
6	The resource person employed a student-centric approach to learning, proving highly effective.	✓				
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics	✓				
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works

*None*

Student Signature

*Pradeep*



*Mametha*

**PRINCIPAL**

**Siva Sivani Degree College**  
Kompally, Medchal-Nalgonda (Dt)-500100

## FEED BACK FORM

<b>Date</b>	25/10/18
<b>Student Name</b>	K. Arvind
<b>Presenter</b>	VISWA DEV

**Instruction :** Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.	✓				
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	✓				
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.	✓				
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics	✓				
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works

*Good*

*Arvind*  
Student Signature



*Manohar*  
**PRINCIPAL**  
**Siva Sivani Degree College**  
Kompally, Medchal-Malkajgiri(DT)-500100