



# 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**



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

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

## LIFE SKILLS (2019-20)

SNO	Name of the capability development and skills enhancement program	Number of students enrolled	Name of the experts
1	Importance of Yoga	110	Mr. M. Raju, Dept.of.Com. SSDC, Kompally
2	An Awareness Program on Health and Hygiene	165	Ms. Madavi Latha, HOD (Dept. of Sec. Lang.), SSDC, Kompally
3	Importance of Physical Fitness	117	Ms. Madavi Latha, HOD(Dept. of Sec. Lang.), SSDC, Kompally
4	Life skills (health and hygiene)	144	Mr. M. Raju, Dept.of.Com. SSDC, Kompally
5	Meditation and its benefits	110	Mr. Vishwa Dev, Dept. of.Sec. Lang., SSDC, Kompally



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

*Mamatha*  
**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 (Importance of Yoga)

Conducted on

04-01-2020

Who can participate:

**Registered III Year Students**

Certificate will be provided for all  
active participants.

## RESOURCE PERSON

**Mr.M.Raju,  
Dept.of.Commerce  
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 yoga is a comprehensive approach to well-being that addresses physical, mental, and spiritual dimensions. Through the integration of postures, breath control, meditation, and ethical principles, yoga offers a holistic path toward a balanced and fulfilling life.



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



Date: 03-01-2020

**CIRCULAR**

The students of our college are hereby informed that we are planning to conduct a program on Importance of Yoga on 04-01-2020 at 10 AM by Mr.M.Raju, Dept.of.Com. 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, Madchal-Malkajgiri(Dt)-500100



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

## SIVA SIVANI DEGREE COLLEGE, KOMPALLY

## STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:

Importance of Yoga

COURSE

BCOM(CA)-III

NUMBER OF STUDENTS ATTENDED  
:110

S.No

HALLTICKET  
No.

NAME OF THE STUDENT

SIGNATURE OF THE STUDENT

1	201217402002	AKASH	Akash
2	201217402003	AKULA GUNA SEK HAR	A. Guna Sekhar
3	201217402004	ANIYALA SUMANJALI TEJA	A. Sumanjali Teja
4	201217402005	ANNAM KARTHIK REDDY	A. Karthik Reddy
5	201217402007	ANUSHKA BENERJEE	Benerjee
6	201217402008	APOORWA YOGESH KUMAR	Yogesh Kumar
7	201217402009	BADDAM HAMSHA LEKHA	B. Hamsha Lekha
8	201217402010	B RAM NIVAS GUPTHA	B. Ram Nivas Gupta
9	201217402011	BINGERI SNEHA	Sneha
10	201217402012	B MAHENDER YADAV	Mahender Yadav
11	201217402013	CHANAGARAPU SOWMYA	Sowmya
12	201217402014	CHEGURI AKSHITHA	Akshitha
13	201217402015	CH MANDULA HARINATH	Harinath
14	201217402016	CHIKOTI VASAVI	Vasavi
15	201217402017	DAMMANI TEJASRI	Tejasri
16	201217402018	DANDU SAI KUMAR	Sai Kumar
17	201217402019	DEEPAK KUMAR BHUYAN	Deepak
18	201217402020	SONIKA BHATI	Sonika
19	201217402021	DODLA MANOJ KUMAR	Manoj
20	201217402024	ERUMALLA SUPRIYA	Supriya
21	201217402025	GADDAM NIHARIKA	Niharika
22	201217402026	GADI RAJU SREELATHA	Sreelatha
23	201217402027	GALI SREEKANTH	Sreekanth
24	201217402028	GANDIKOTA LOKESH RAJ	G. Lokesh Raj
25	201217402029	GANGAYOLLA DEVIKA SREE	Devika Sree
26	201217402030	GONELA PHANI KUMAR	Phani Kumar
27	201217402031	G MURALI MANOHAR REDDY	G. Murali
28	201217402032	GUNDU SOWJANYA	Sowjanya
29	201217402033	HANKARE SANTOSH	Santosh
30	201217402034	J TEJASWINI	J. Tejaswini



Manoj  
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
31	201217402035	JALIGAMA VENKAT SAI GOUD	Venkat
32	201217402036	JAYA	Jaya
33	201217402037	JENDHA NIHARIKA	Niharika
34	201217402038	JORRIGALA SAIKUMAR	Saikumar
35	201217402039	K ROHINI	Rohini
36	201217402040	K. KRISHNA CHAITANYA	K. Krishna Chaitanya
37	201217402042	KASHAPOGU SRAVANI	Sravani
38	201217402043	KATAKAM MADHU	K. Madhu.
39	201217402044	KAVALI MALLIKARJUN	Mallikarjun
40	201217402045	KHUSHI SHUKLA	Shukla
41	201217402046	KODURI SRI HARSHINI	Sri Harshini
42	201217402047	KOLLATI ROHIT	K. Rohit
43	201217402048	KOSURU RENUKA	Renuka
44	201217402049	KOTHA RAMYA	K. Ranya
45	201217402050	KOTHAKAPU AAKANKSHA	Aakanksha
46	201217402051	KULAKARNI BALAJI	Balaji
47	201217402052	KUTHADI SRUTHI	K. Sruithi
48	201217402053	M SAI LAVAN KUMAR	Sai Lavan
49	201217402054	MAKTHALA SOWMYA SREE	Sowmya Sree
50	201217402055	MANDALA LAXMI PRASANNA	Laxmi
51	201217402056	MANDUMULA SAI TEJA	Sai Teja. M.
52	201217402057	MANGA BHANU KUMAR	Bhanu
53	201217402058	MANNE KEERTHANA	Keethana
54	201217402059	MOHAMMED ZAFAR SHAH	Zafar Shah. M.
55	201217402060	M VENKATESWAR REDDY	Venkateswar
56	603417402008	BATTU PRAVALLIKA	B. Pravalika
57	604017402012	RAYA RUCHITHA KUMARI	Ruchitha
58	201217402001	A SUNIL KUMAR	A. Sunil Kumar
59	201217402061	MYDARI SERIESH	Seriesh
60	201217402062	NAGUBANDI RAJESH	Rajesh
61	201217402063	NAGULLA DIVYA	Divya
62	201217402065	NEMURI DIVYA	Divya
63	201217402067	PAKHARE KIRAN RAJESH	Rajesh
64	201217402068	PANDIRLA DIVYA SRI	Divya Sri
65	201217402069	PAPPU NARESH	Naresh
66	201217402070	PATHI SHAILAJA	Shailaja. P.



S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
67	201217402071	PENDYALA SRINATH	P. Srinath
68	201217402072	PERUPALLI KATHYAINI	Kathyaini
69	201217402073	POREDDY SREENATH REDDY	Sreenath Reddy
70	201217402074	POYAM KUMARI	Kumari
71	201217402075	PRIYANKA	Priyanka
72	201217402076	PUSPHA KUMARI KUNWAR	Puspha
73	201217402077	PUTTAPU RAVI VIKAS	Vikas
74	201217402078	RAJABOINA SHALINI	Shalini
75	201217402079	ROTAM NANDA KISHORE	Akanda
76	201217402080	S AMAL NATH	-Amal nath
77	201217402081	S DEVI GOUD	Devi Goud. S
78	201217402082	SADDI YOGESHWAR REDDY	Yogeshwar
79	201217402084	SANGA VISHNU SAI	Vishnu
80	201217402085	SANGATI AKSHITHA	Akshitha
81	201217402087	SARA SWETHA	Swetha
82	201217402088	SHAHZAAN AHMED	Shahzaan
83	201217402089	SHERKHANE ADITYA	Adithya
84	201217402090	SHIVANI	Shivani
85	201217402091	SHRUTHI YADAV	Shruthi
86	201217402092	SIRAVENI RAMA KRISHNA	Krishna
87	201217402093	SK SADDAM	Saddam. Sk.
88	201217402094	SNEHA MISHRA	-Aishwarya
89	201217402095	SRIKAKULAM MONIKA DEVI	S. monika Devi
90	201217402096	SUCHITRA BATHULA	Suchitra
91	201217402097	SUDE KUSHAL REDDY	Kushal
92	201217402098	SUNKU PRIYANKA	Priyanka. S.
93	201217402100	TEKURU LAKSHMI PRASANNA	Lakshmi
94	201217402101	THALAM VAMSHI	Vamshi
95	201217402102	THALLAPALLY MANOJ	T. Manoj
96	201217402103	THAYANI NIKITA RAFEEQ ALI	Rafiq
97	201217402105	THIGULLA SRINIDHI	Srinidhi
98	201217402107	THODETI VYSHNAVI	Vyshnavi. T
99	201217402108	THONTOLLA SWETHA	Swetha
100	201217402109	TIWARI POOJA	Pooja. T
101	201217402110	TUMMALA PUNITHA	Punitha
102	201217402111	UDDAMARI PRIYANKA	U. Priyanka



Manoj  
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
103	201217402112	UDDMARRY SHIRISHA	<i>U. Shirisha</i>
104	201217402113	UPPULA HARSHITHA	<i>Harshitha</i>
105	201217402115	V S PRAVALIKA	<i>V S Pravalika</i>
106	201217402116	V. SAI APARNA	<i>Sai Aparna</i>
107	201217402117	VALLAPU KIRAN KUMAR	<i>Kiran Kumar</i>
108	201217402118	VALLYOJU SAI NANDHANI	<i>Nandhani</i>
109	201217402119	V RAVI KIRAN REDDY	<i>V. Ravi Kiran Reddy</i>
110	201217402120	VEERAPAGA PAVAN KUMAR	<i>Pavan Kumar V.</i>

*M.S.*  
Co-Ordinator



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



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





**Report of the Program**

**Importance of Yoga**

**Name of the Resource Person : Mr. Raju**  
**Date : 04-01-2020**  
**Venue : Seminar Hall**  
**No. of Students Attended : 110**

On 04-01-2020, a lecture on "Importance of Yoga" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Mr. Raju.

Yoga, an ancient practice that originated in India, has gained widespread popularity globally for its holistic approach to physical, mental, and spiritual well-being. In recent years, yoga has transcended its cultural roots and become a mainstream tool for promoting a healthy lifestyle. This report explores the multifaceted importance of yoga in enhancing various aspects of an individual's life.

**Physical Health Benefits:**

- Flexibility:** Yoga involves a series of poses and stretches that improve flexibility, enhance joint mobility, and promote better posture.
- Strength:** Many yoga poses require the use of one's body weight, contributing to the development of muscle strength and tone.
- Balance:** The practice of balancing poses in yoga helps improve stability and coordination, reducing the risk of falls and injuries.

**Mental Well-being:**

- Stress Reduction:** Yoga incorporates deep breathing and meditation techniques, which have been proven to reduce stress levels and promote relaxation.
- Anxiety and Depression:** Studies have shown that regular yoga practice can alleviate symptoms of anxiety and depression, providing a natural and accessible form of mental health support.
- Mindfulness:** The emphasis on being present in the moment during yoga cultivates mindfulness, leading to improved focus, concentration, and mental clarity.

**Respiratory Health:**

- Pranayama:** The practice of controlled breathing exercises, known as pranayama, enhances lung capacity, improves respiratory function, and increases oxygen intake, benefiting overall respiratory health.
- Stress Reduction:** Deep, rhythmic breathing in yoga helps activate the parasympathetic nervous system, reducing the body's stress response and promoting relaxation.



*Mama*

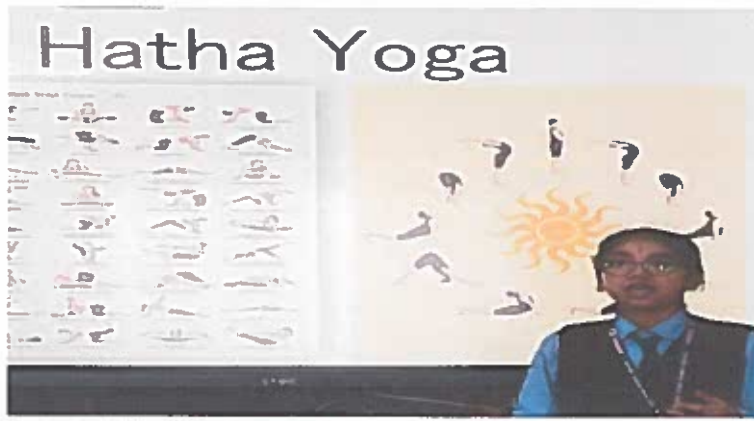
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Siva Sivani Degree College



### Cardiovascular Benefits:

- a. **Improved Circulation:** The various yoga poses and movements stimulate blood flow, contributing to better circulation and cardiovascular health.
- b. **Blood Pressure Management:** Regular yoga practice has been associated with lower blood pressure, reducing the risk of heart-related issues.

The lecture was followed by question and answer session. At the end, the head of the department offered a vote of thanks to all.



*M.S.*  
Coordinator

*Mamathap*  
Principal



*Mamathap*  
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# FEED BACK FORM

Date	04-01-2020
Student Name	Kheshi Shukla
Presenter	Dr. Raju (Importance of Yoga)

**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 execution.

Student Signature



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

## FEED BACK FORM

<b>Date</b>	04-01-20.
<b>Student Name</b>	C. Vasavi
<b>Presenter</b>	M. Raja (Importance of Yoga)

**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

-----  
*Noted*  
 -----

*Vasavi*  
 Student Signature



*Mamatha*  
**PRINCIPAL**  
 Siva Sivani Degree College  
 Kompally, Medchal, Mahabubnagar (E-500100)



# SIVA SIVANI DEGREE COLLEGE

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

Courses on

## Life Skills

(An Awareness Program on  
Health and Hygiene)

Conducted on

13-02-2020

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 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.



*Mamatha*

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: 12-02-2020

## CIRCULAR

The students of our college are hereby informed that we are planning to conduct An Awareness Program on Health and Hygiene on 13-02-2020 at 10 AM by Ms. Madavi Latha, HOD (Dept. of sec. Lang.), 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



*Manalathap*

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)



*Manalathap*

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

## SIVA SIVANI DEGREE COLLEGE, KOMPALLY

## STUDENTS ATTENDANCE SHEET














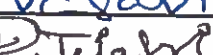
















NAME OF THE ADD-ON/ VALUE ADDED COURSE:

An Awareness Program on Health and Hygiene

COURSE

BCOM(CA) &amp; 406-III

NUMBER OF STUDENTS ATTENDED :165

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201217402002	AKASH	
2	201217402003	AKULA GUNA SEK HAR	
3	201217402004	ANIYALA SUMANJALI TEJA	
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13	201217402015	CH MANDULA HARINATH	
14	201217402016	CHIKOTI VASAVI	
15	201217402017	DAMMANI TEJASRI	
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22	201217402026	GADI RAJU SREELATHA	
23	201217402027	GALI SREEKANTH	
24	201217402028	GANDIKOTA LOKESH RAJ	
25	201217402029	GANGAYOLLA DEVIKA SREE	
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27	201217402031	G MURALI MANOHAR REDDY	
28	201217402032	GUNDU SOWJANYA	
29	201217402033	HANKARE SANTOSH	
30	201217402034	J TEJASWINI	



Mamatha  
PRINCIPAL

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31	201217402035	JALIGAMA VENKAT SAI GOUD	J. Venkata Goud.
32	201217402036	JAYA	Jaya
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34	201217402038	JORRIGALA SAIKUMAR	J. Saikumar
35	201217402039	K ROHINI	K. Rohini
36	201217402040	K. KRISHNA CHAITANYA	K. Krishna Chaitanya
37	201217402042	KASHAPOGU SRAVANI	K. Sravani
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47	201217402052	KUTHADI SRUTHI	K. Sruthi
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49	201217402054	MAKTHALA SOWMYA SREE	M. Sowmya Sree
50	201217402055	MANDALA LAXMI PRASANNA	M. Laxmi Prasanna
51	201217402056	MANDUMULA SAI TEJA	Saiteta
52	201217402057	MANGA BHANU KUMAR	M. Bhanu Kumar
53	201217402058	MANNE KEERTHANA	M. Keerthana
54	201217402059	MOHAMMED ZAFAR SHAH	Zafar Shah
55	201217402060	MUDDASANI VENKATESWAR REDDY	M. Venkateswar Reddy
56	603417402008	BATTU PRAVALLIKA	B. Pravallika
57	604017402012	RAYA RUCHITHA KUMARI	R. Ruchitha Kumari
58	201217402001	A SUNIL KUMAR	A. Sunil Kumar
59	201217402061	MYDARI SERIESH	M. Seriesh
60	201217402062	NAGUBANDI RAJESH	N. Rajesh
61	201217402063	NAGULLA DIVYA	N. Divya
62	201217402065	NEMURI DIVYA	N. Divya
63	201217402067	PAKHARE KIRAN RAJESH	P. Kiran Rajesh
64	201217402068	PANDIRLA DIVYA SRI	P. Divya Sri
65	201217402069	PAPPU NARESH	P. Nareesh
66	201217402070	PATHI SHAILAJA	Shailaja



Marek P  
PRINCIPAL



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69	201217402073	POREDDY SREENATH REDDY	P. Sreenath Reddy
70	201217402074	POYAM KUMARI	Poyam
71	201217402075	PRIYANKA	Priyanka
72	201217402076	PUSHPA KUMARI KUNWAR	Pushpa Kumari
73	201217402077	PUTTAPU RAVI VIKAS	Puttapu Ravi Vikas
74	201217402078	RAJABOINA SHALINI	shalini
75	201217402079	ROTAM NANDA KISHORE	Rotam Nanda Kishore
76	201217402080	S AMAL NATH	S. Amal Nath
77	201217402081	S DEVI GOUD	S. Devi Goud
78	201217402082	SADDI YOGESHWAR REDDY	Saddi
79	201217402084	SANGA VISHNU SAI	Sanga Vishnu Sai
80	201217402085	SANGATI AKSHITHA	Sangati Akshitha
81	201217402087	SARA SWETHA	S. Swetha
82	201217402088	SHAHZAAN AHMED	Ahmed
83	201217402089	SHERKHANE ADITYA	Aditya
84	201217402090	SHIVANI	Shivani
85	201217402091	SHRUTHI YADAV	Shruthi Yadav
86	201217402092	SIRAVENI RAMA KRISHNA	Siraveni Rama Krishna
87	201217402093	SK SADDAM	Sk. Saddam
88	201217402094	SNEHA MISHRA	Sneha
89	201217402095	SRIKAKULAM MONIKA DEVI	S. Monika Devi
90	201217402096	SUCHITRA BATHULA	S. Bathula
91	201217402097	SUDE KUSHAL REDDY	Sude Kushal Reddy
92	201217402098	SUNKU PRIYANKA	Sunku
93	201217402100	TEKURU LAKSHMI PRASANNA	Tekuru Lakshmi Prasanna
94	201217402101	THALAM VAMSHI	T. Vamshi
95	201217402102	THALLAPALLY MANOJ	T. Manoj
96	201217402103	THAYANI NIKITA RAFEEQ ALI	N. Nikita
97	201217402105	THIGULLA SRINIDHI	Srinidha
98	201217402107	THODETI VYSHNAVI	V. Vyshnavi
99	201217402108	THONTOLLA SWETHA	T. Swetha
100	201217402109	TIWARI POOJA	T. Pooja
101	201217402110	TUMMALA PUNITHA	T. Punitha
102	201217402111	UDAMARI PRIYANKA	U. Priyanka



Manoj  
PRINCIPAL

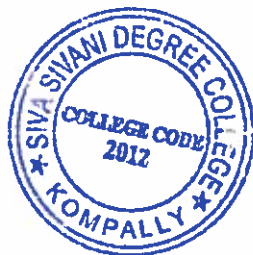
S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
103	201217402112	UDDMARRY SHIRISHA	U. Shirisha
104	201217402113	UPPULA HARSHITHA	U. Harshitha
105	201217402115	V S PRAVALIKA	V.S. Pravalika
106	201217402116	V. SAI APARNA	Sai Aparna
107	201217402117	VALLAPU KIRAN KUMAR	V. Kiran Kumar
108	201217402118	VALLYOJU SAI NANDHANI	Sai Nandhani
109	201217402119	VAMPUGUEM RAVI KIRAN REDDY	V. Ravi Kiran Reddy
110	201217402120	VEERAPAGA PAVAN KUMAR	Pavan Kumar
111	201217406002	AKULA NAVYA	Navya
112	201217406003	ARIGE PREETHI	Preethi
113	201217406004	BALAGAM SAI TEJA	Sai Teja
114	201217406005	BANDA SAI KEERTHI	B. Sai Keerthi
115	201217406006	BINGI DHANALAKSHMI	B. Dhanalakshmi
116	201217406007	BOBBILI SWETHA	B. Swetha
117	201217406008	BOLLABOINA SRIVANI	Srivani
118	201217406009	BURGUBAI KAVYA	B. Kavya
119	201217406010	BURGUBAVI PALLAVI	B. Pallavi
120	201217406011	Md. Aamer Hussain	Md. Aamer Hussain
121	201217406013	CHITTY SHIVA KAMINI	Shiva Kamini
122	201217406014	D NARENDRA VARMA	D. Narendra Varma
123	201217406015	DADI NAVANEETHA	D. Navaneetha
124	201217406016	DATTATREYASAIKISHORE CH	Ch. Dattatreya
125	201217406017	DHANRAJ CHOWDARY	Dhanraj
126	201217406018	ERIKIPALLY RAMYA	Ramyaa
127	201217406019	GATTALA MOUNIKA	G. Mounika
128	201217406020	GOGIKAR RAVITEJA	Raviteja
129	201217406021	GORIGA AKHIL KUMAR	Akhil Kumar
130	201217406023	KAPILAVAI AKANKASHA	Akankasha
131	201217406024	KATTA NIHARIKA	K. Niharika
132	201217406025	KETHA SPANDANA	Spandana
133	201217406026	K LAKSHMI PRASANNA	Lakshmi
134	201217406027	K N S V DURGA DEVI	K. Durgesh
135	201217406028	KUCHARLAPATI RAKESH	K. Rakesh
136	201217406029	MADA ANUSHA	Anusha
137	201217406030	MADHAMSHETTY SOWMYA	Sowmya
138	201217406031	MALLELA DIVYA	M. Divya



Mamatha  
DDINCIDAT.

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
139	201217406032	MALLEPULA KANAKARAJU	M. Kanakaraju
140	201217406033	MATTA DINESH	M. Dinesh
141	201217406034	MYAKALA MOUNIKA	M. Mounika
142	201217406035	NALAGONDA MOUNIKA	Mounika
143	201217406036	NALLA MANISHA	Manisha
144	201217406037	PALAGUMMI BANDHAVI	Bandhavi
145	201217406038	PALLA SWATHI	Swathi
146	201217406039	PUTTA NAVEEN KUMAR	Naveen Kumar
147	201217406040	PUTTA USHASHWINI	Ushashwini
148	201217406041	PUVVULA PRANEETHA	P. Praneetha
149	201217406043	S V K SANKEERTHANA	S.V.K. Sankeethana
150	201217406044	Yadam Sathyanarayana	Y. Sathyanarayana
151	201217406045	SHIVAM JAIN	Shivam Jain
152	201217406046	SREEYAPU REDDY KEERTHI	S. Keerthi
153	201217406047	SUBRATH SAHOO	S. Sahoo
154	201217406048	TADAM ROHIT	T. Rohit
155	201217406049	THAILAM VAISHNAVI	T. Vaishnavi
156	201217406050	THATIPALLY ALEKHYA	T. Alekhya
157	201217406051	T HARITHA AKANSHA	T. Haritha Akansha
158	201217406052	V. MADHAVI	V. Madhavi
159	201217406054	VADDEPALLY SRAVANI	S. Sravani
160	201217406055	VADLA IRFANA	V. Irfana
161	201217406056	VANAM SRIVARSHA	V. Srivarsha
162	201217406057	YARA JHANSI RANI	Jhansi Rani
163	201217406058	YARAMSHETTY DIVYA KUMARI	Y. Divya Kumari
164	201217406059	YAVAGARI YASHWANTH REDDY	Y. Yashwanth Reddy
165	201217406060	YERRA NANDINI	Nandini

  
Co-Ordinator



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



**Report of the Program**

**An Awareness Program on Health and Hygiene**

**Name of the Resource Person** : Ms. Madavi Latha  
**Date** : 13-02-2020  
**Venue** : Seminar Hall  
**No. of Students Attended** : 165

On 13-02-2020, a lecture on “An Awareness Program on Health and Hygiene” was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Ms. Madavi Latha. Health and hygiene play pivotal roles in maintaining overall well-being and preventing diseases. Recognizing the significance of these factors, an awareness program was organized with the aim of educating individuals about the importance of adopting healthy habits and maintaining proper hygiene practices.

**Objectives:**

- To raise awareness about the correlation between health and hygiene.
- To educate participants on the benefits of maintaining good health and hygiene.
- To instill positive habits and practices for a healthier lifestyle.

**Program Components:**

- Expert speakers were invited to conduct seminars on the importance of health and hygiene.
- Interactive workshops were organized to demonstrate practical hygiene habits and healthy living practices.
- Participants were engaged in discussions, allowing them to share experiences and learn from one another.





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

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)



  
Coordinator



  
Principal  
**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri(Dt)-500109

NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA  
Mobile: +91-9247019112 Website: [ssdc.ac.in](http://ssdc.ac.in)



  
**PRINCIPAL**  
Siva Sivani Degree College

## FEED BACK FORM

<b>Date</b>	13-2-20
<b>Student Name</b>	M. Keerthana
<b>Presenter</b>	Madhavi latha (Health & Hygiene)

**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

*Average Programme*

*M. Keerthana*

Student Signature



*Manatp*  
PRINCIPAL  
Siva Sivan Degree College  
Kompally, Medchal - Adikavi (Dist-500100)

## FEED BACK FORM

<b>Date</b>	13-02-20
<b>Student Name</b>	K. Balaji
<b>Presenter</b>	Madhavi Latha (Awareness Program on Health & Hygiene)

**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

*Normal*

Student Signature

*Balaji*



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

# FEED BACK FORM

Date	13-02-2020
Student Name	A. Gunashekar
Presenter	Madhavi Latha (Awardee of Programme)

**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

-----  
*Average*  
-----

Student Signature *Sekhar*



*Mamatha*  
PRINCIPAL  
Siva Sivani Degree College  
Kaimpally, Medchal-Malkajgiri (TQ-500100)





# SIVA SIVANI DEGREE COLLEGE

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

Courses on  
**Life Skills**  
(Importance of Physical  
Fitness)

Conducted on  
**19-07-2019**

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 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.



*Mamatha*

Siva Sivani Degree College  
Kompally, Secunderabad, Telangana (Dt)-500100



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

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 17-07-2019

## CIRCULAR

The students of our college are hereby informed that we are planning to conduct Importance of Physical Fitness on 19-07-2019 at 10 Am by Ms. Madavi Latha, HOD (Dept. of sec. Lang.),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(DI)-500100

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

Mobile: +91 90247048112. Website: [ssdc.ac.in](http://ssdc.ac.in)



*Mamathap*  
Principal

**PRINCIPAL**

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

## SIVA SIVANI DEGREE COLLEGE, KOMPALLY

## STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:		Importance of Physical Fitness	
COURSE		NUMBER OF STUDENTS ATTENDED :117	
S.No	HALLTICKET No.	BBA-III NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201217684001	A. RAMYA SAHITHI NAIDU	A. Ramya Sahithi Naidu
2	201217684002	ABHAY PRATAP	Pratap
3	201217684003	AKELLA SURYA	A. Surya
4	201217684004	AMARABOINA KEERTHI	A. Keerthi
5	201217684005	ANKASHU PRIYANKA	Priyanka
6	201217684006	ARMILLY RANADEEP	
7	201217684008	B. HYGREEVA	B. Hygreeva
8	201217684009	B. KEERTHI REDDY	B.V. varshini
9	201217684010	B.V. VARSHINI	
10	201217684011	BANDARI HARIKA	R. Sankar Rao
11	201217684012	BATTULA SIVA SANKAR RAO	Siva Sankar
12	201217684013	BEJANKI SUSHEEL KUMAR	B Susheel Kumar
13	201217684014	B SAI MANOJ KUMAR	B. Sai
14	201217684015	BHUPATHIRAJU AKSHITHA	P. AKSHITHA
15	201217684016	BONAGIRI RUCHITHA	Ruchitha
16	201217684017	BONAGIRI RUKMAJI RAO	Rukmaji Rao
17	201217684018	BOORUGU BHAVANI	B. Bhavani
18	201217684019	B SHIVA KRISHNA	B shiva krishna
19	201217684020	CHINTAMANI SRIKAR	D. Harish
20	201217684021	DAGGULA HARISH	Harish
21	201217684022	DAKI MANUJ	Manuj
22	201217684023	DAMMALAPATI BALAJI	Balaji
23	201217684025	EDULAKANTI VINEETH GOUD	R. vineeth Goud
24	201217684026	ELALA NAVYA	E. Navya
25	201217684027	ERUKULLA SATYAVARDHAN	Manish
26	201217684028	V.MANISH REDDY	V. Manish Reddy
27	201217684029	G.SAMYUKTHA	P. Samyuktha
28	201217684030	G GURUVINDER SINGH	G. Guruvinder Singh
29	201217684031	GIRISH TORAMBekar	G. Sweetha
30	201217684032	GUDA SWETHA	Swetha
31	201217684033	GUJJA BHANODAY KUMAR	G. Madhanya
32	201217684034	GUNDA MADHURYA	H. Niharika
33	201217684035	AMARAGONDA RAKSHITHA	Rakshitha
34	201217684036	HEERAMATAM NIHARIKA	H. Niharika
35	201217684037	JAMALPUR SHIREESHA	J. Shireesha
36	201217684038	JILLA CHINMAYEE	J. Chinmayee
37	201217684039	K SUNIL	Sunil
38	201217684040	KAILASH PATRA	K. Patra
39	201217684041	P KISHORE REDDY	P. Kishore Reddy
40	201217684042	KANAKATI SNEHASREE GOUD	K. Sanghavi
41	201217684043	KARTEYA SANGWAI	SANGWAI
42	201217684044	KASULA MANISHA	K. Manisha
43	201217684045	KATOORI PRANAY CHANDH	K. Pranay chandh
44	201217684046	ERUGU AKSHAYA	Akshaya



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
45	201217684047	KOMARAVELLI SHEETAL	K. Sheetal
46	201217684048	KSHEERA SAGAR SHALINI	KSHEERA
47	201217684049	KUNA TARUNI	Kuna Taruni
48	201217684050	KUNTA PRIYANSHA	K. Priyansha
49	201217684051	M SRI RAMYA	Ramy
50	201217684052	BELIDE VASUDHA	B. Vasudha
51	201217684053	M. JYOTHI SRI SINDHU	Jyothi Sri Sindhu
52	201217684054	M. SANJANA	M. Sanjana
53	201217684055	MADDI ANAND REDDY	M. Anand
54	201217684056	MANKALA VYSHNAVI	M. Vyshnavi
55	201217684057	MANDALA PRIYANKA GOUD	M. Priyanka Goud
56	201217684058	M RAJASHEKAR REDDY	M. Rajashekar Reddy
57	201217684059	MATHIVANI. P	Mathivani P
58	201217684060	MD MAQSOOD	MD. Maqsood
59	201217684061	METKADI BHARGAV REDDY	M. Bhargav Reddy
60	201217684062	MOHAMMAD ATHIK AHMED	
61	201217684063	MOHAMMED IELIYAZ	M. Iliyaz
62	201217684064	GATTU SOWMYA	G. Sowmya
63	201217684065	MOHIT JANGIR	
64	201217684066	MUDUMALA AKHIL	Akhil
65	201217684067	MUNA KARKI	M. Karki
66	201217684068	MUNAGANTI SUSHMA	Sushma
67	201217684069	M SAI SHUBODH GOUD	M. Shubodh Goud
68	201217684070	MUTYALA BINDU SAHITHI	
69	201217684071	N. SAI KUMAR	N. Sai Kumar
70	201217684072	NAGAMALLA LOKESH	
71	201217684073	NAGILLA SAI CHARAN	Sai Charan
72	201217684074	NALLA SAKETH REDDY	Saketh Reddy
73	201217684075	NARLA GAYATHRI	
74	201217684076	NARSAPURAM MAHESH GOUD	Mahesh Goud
75	201217684077	NATHANI AFSHA FIROZ	N. Afsha Firoz
76	201217684078	NEELA DHARANI	N. Dharami
77	201217684079	NEHA KUMARI	NEHA
78	201217684080	P BHARGAVI	
79	201217684081	P MITHILA REDDY	P. Mithila Reddy
80	201217684082	PEDDI SREE BHARGAVI	Peddi Sree Bhargavi
81	201217684083	PIPIKAR SUSHRUTA	P. Sushruta
82	201217684084	POTHULA RAHUL RAI	P. Rahul Rai
83	201217684085	P SRI HARI SRINIVAS	
84	201217684086	PRAVEEN YADAV	Praveen Yadav
85	201217684087	PRODDUTURI CHAKRADHAR	
86	201217684088	PRODDUTURI CHANDANA	P. Chandana
87	201217684089	PUJARI NAGARJUNA	P. Nagarjuna
88	201217684090	R LOHITAKSHA REDDY	R. Lohitaksha Reddy
89	201217684091	RAMAPURAM PAVAN KALYAN	Pavan
90	201217684092	REGOTI VISHAL GOUD	R. Vishal Goud
91	201217684093	REKHA CHOWDHARY	R. Chowdhary
92	201217684094	ROKKAM ADITYA RAO	R. Aditya Rao
93	201217684095	SABBAVARAPU NIHARIKA	S. Niharika
94	201217684096	SAMALA SANJANA	S. Sanjana



Mamathap  
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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
95	201217684097	SANA	Sana
96	201217684098	SARATH KUMAR M K	Sarathy Kumar
97	201217684099	SATTA SUSMITHA	Satta
98	201217684101	SHAIK MAHMMAD FAREED	S. mahmmad Fareed
99	201217684102	SHEIK AREEFA	Farceef
100	201217684103	SHUBHAM AGARWAL	Shubham
101	201217684104	SIMRANA BEGUM	Regny
102	201217684106	SV NAGA SAI MANI SHANKER	Mani Shanker
103	201217684107	TANKARI JOSEPH KEVIN PAUL	
104	201217684108	T SATYANARAYANA	T. Satyanarayana
105	201217684109	T RAGHAVENDRA	M. Raghavendra
106	201217684110	THATI MANISH	Manish
107	201217684111	THATIPALLY ABIJITH	T. Abijith
108	201217684112	T VENKATA MADHUSUDHAN	T. Venkoda
109	201217684113	TOTAKURA NAVYA	Navya
110	201217684114	V V GUNA SATHVIK	V V Guna Sathvik
111	201217684115	VALAPUSHETTY HARIKA	V. Harika
112	201217684116	V RAM NITISH YADAV	V. Ram Nitish Yadav
113	201217684117	VANGA MANIKANTH REDDY	Vanga Manikanth Reddy
114	201217684118	DEMULA PRAVEEN REDDY	V. Praveen Reddy
115	201217684119	YASHWANT SATISH KALE	Y. Satish Kale
116	201217684120	YERRAPATHRUNI SOWMYA	Y. Sowmya
117	201217684121	PADALA VITTALA SRUTHI	P. Vittala Sruthi

  
Co-Ordinator



  
Principal

**PRINCIPAL**  
Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-503100



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



**Report of the Program**

**Importance of Physical Fitness**

**Name of the Resource Person** : Ms. Madavi Latha  
**Date** : 19-07--2019  
**Venue** : Seminar Hall  
**No. of Students Attended** : 117

**Introduction:**

Physical fitness is a cornerstone of holistic well-being, encompassing not only the physical health of an individual but also mental and emotional vitality. This report delves into the multifaceted importance of physical fitness, exploring its impact on individual health, cognitive function, emotional resilience, and overall quality of life.

**1. Physical Health:**

**Cardiovascular Health:** Regular physical activity strengthens the heart, improves circulation, and reduces the risk of cardiovascular diseases.

**Muscular Strength and Endurance :**Engaging in strength training exercises enhances muscle tone, flexibility, and overall physical resilience.

**Weight Management:** Physical fitness contributes to maintaining a healthy weight, reducing the risk of obesity-related conditions.

**2. Mental and Cognitive Benefits:**

**Cognitive Function:** Exercise has been linked to improved cognitive function, including better memory, attention, and problem-solving skills.

**Stress Reduction:** Physical activity promotes the release of endorphins, reducing stress levels and fostering a positive mental state.

**3. Emotional Resilience:**

**Mood Regulation:** Physical fitness plays a crucial role in regulating mood and mitigating symptoms of anxiety and depression.

**Stress Coping Mechanism:** Individuals who engage in regular physical activity often develop healthier coping mechanisms for stress and life challenges.

**Increased Energy Levels:**Regular exercise boosts energy levels, reducing feelings of fatigue and lethargy.





**4. Chronic Disease Prevention:**

-Diabetes Management: Physical activity helps regulate blood sugar levels, contributing to the prevention and management of diabetes.

Osteoporosis Prevention: Weight-bearing exercises promote bone health, reducing the risk of osteoporosis.

Cancer Risk Reduction: Regular physical activity is associated with a lower risk of certain types of cancer.

Quality of Life: Physical fitness contributes to an improved overall quality of life by enhancing mobility, independence, and the ability to engage in daily activities.

**5. Educational and Workplace Benefits:**

-Academic Performance: Regular physical activity has been linked to improved academic performance in students.

Workplace Productivity: Employees who prioritize physical fitness often demonstrate increased productivity, creativity, and job satisfaction.

**Conclusion:**

Physical fitness is not merely a pursuit for athletes; it is a fundamental aspect of a healthy and fulfilling life. By recognizing and prioritizing the importance of physical fitness, individuals can unlock a multitude of benefits that extend far beyond the gym, contributing to a resilient, balanced, and flourishing existence.



  
Coordinator

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



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

# FEED BACK FORM

Date	19-7-19
Student Name	G. Samyuktha
Presenter	Madhavi fatha

**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 Programme*

*Samyuktha*  
Student Signature



*Mamatha*  
PRINCIPAL  
Siva Sivan Degree College  
Kempally, Medchal-Malkajgiri (01-600100)



# FEED BACK FORM

Date	19-7-19.
Student Name	B Sai Manoj Kumar
Presenter	Madhavi Latha. (Physical fitness)

**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 program

Student Signature



**Mamatha**  
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**  
(Life skills (health and  
hygiene))

Conducted on  
**11-03-2020**

Who can participate:  
**Registered III Year Students**

Certificate will be provided for all  
active participants.

## RESOURCE PERSON

**Mr.M.Raju,**  
**Dept.of.Commerce**  
**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.



*Mamatha*

Siva Sivani Degree College  
Kompally, Medchal Malkajgiri (D)-50010



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

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 10-03-2020

## CIRCULAR

The students of our college are hereby informed that we are planning to conduct a Program on Life skills (health and hygiene) Awareness on 11-03-2020 at 10 AM by Mr.M.Raju, Dept. of. Com. SSDC, Kompally, 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



*Mamatha*

Principal

**PRINCIPAL**

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

NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA  
Mobile: - +91-9747848112. Website: [ssdc.ac.in](http://ssdc.ac.in)



*Mamatha*

**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:

Life skills (health and hygiene)

COURSE

BSC-III

NUMBER OF STUDENTS ATTENDED :144

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201217474001	A BHARATH TEJA GOUD	Bharath
2	201217474002	ABBAGOUNI VAMSHI KUMAR	A. Vamshi Kumar
3	201217474003	BARU SAI KRISHNA	Sai Krishna
4	201217474004	BATTI SANDHYA RANI	B. Sandhya Rani
5	201217474005	BOTLA GNANESHWAR	B. Gnaneshwar
6	201217474006	CHALLA SANKIRTHANA	S. Sankirthana
7	201217474007	CHEERLA AKHILA	C. Akhila
8	201217474008	CHIGULLAPALLY YOGESH	Yogesh
9	201217474009	CHOWDARIGARI ANIRUDH REDDY	C. Anirudh Reddy
10	201217474010	DOODALA VARSHINI GOUD	Varshini Goud
11	201217474011	E SHANTHI PRIYA	E. Shanthi Priya
12	201217474012	G. VENKATA SAI PRAKASH	Sai Prakash
13	201217474013	G. MAHENDER	G. Mahender
14	201217474015	GOPIDI ALEKYA	G. Alekya
15	201217474016	GOWLIKAR RAKESH	Rakesh
16	201217474017	GURRAM RAHUL RAMANJANEYA	G. Rahul Ramanjaneya
17	201217474018	GUTTULA PRAVEEN	G. Praveen
18	201217474019	JAITHUWALA DHEERAJ KUMAR	J. Dheeraj Kumar
19	201217474020	JURRU RAJU	Raju
20	201217474022	KADAPALLA SAI KUMAR	Sai Kumar
21	201217474023	KALPATHI RAJKUMAR HARISHMA	Harishma
22	201217474024	KARENGALA AVINASH KUMAR	Avinash
23	201217474025	KAVITHA SINGH PARIHAR	Kavitha Singh Parihar
24	201217474027	L ANUSHA GOUD	Anusha
25	201217474028	MANHDA SUCHARITHA	Sucharitha
26	201217474029	MYSIGARI SAI KUMAR	Sai Kumar
27	201217474030	NACHARAM JYOTHSNA	JYOTHSNA
28	201217474031	NADIMPALLI SIRISHA	Sirisha
29	201217474032	PALUGU DIVYA	Divya
30	201217474033	P. RAM LAXMAN CHARY	Chary



Mamatha  
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
31	201217474034	PAYARALA ARTHI	Arthi
32	201217474035	RACHAKONDA PRIYANKA	R. Priyanka
33	201217474036	RAJAPET SAITEJA GOUD	Saiteja Goud
34	201217474037	RAVADA TEJASWINI	R. Tejaswini
35	201217474038	RUBY TIWARI	Ruby Tiwari
36	201217474039	S GOUTHAM	Goutham
37	201217474040	SANDEEP KUMAR CHOWHAN	Sandeep Chowhan
38	201217474041	SANNA PRASANA BHARGAVI	Sanna Prasad
39	201217474042	SNEHA KACHAWA	Sneha
40	201217474043	SYED MUZAMMIL	Syed Muzammil
41	201217474044	TALAGAPU HARI SHANKAR	T. Hari Shankar
42	201217474045	TANNIRU GOPI	T. Gopi
43	201217474046	THUMULA CHARAN REDDY	Charan
44	201217474047	VARSHA KUSHWAHA	V. Kushwaha
45	201217474048	VELMA MEGHANA	V. Meghana
46	201217474049	VIJAYAMARRI LAHARI	Lahari
47	201217474050	Y BHANU CHANDAR	Y. Bhanu Chandar
48	201217467076	BASUDE MAHESHWARI	B. Maheshwari
49	201217467077	B SIVA SAI VARALAKSHMI	B. Siva Sai Varalakshmi
50	201217467078	BONALA MANISHA	Manisha
51	201217467079	CH PRIYANKA	Ch. Priyanka
52	201217467080	CHILAKALAMARRI VIJAYA LAXMI	C. Vijaya Laxmi
53	201217467081	CHINRANJI PRIYA MADHURI	Priya Madhuri
54	201217467082	DAMMALAPATI JYOTSNA	D. Jyotsna
55	201217467083	DAVULURI RESHMA SRI	D. Rhesbma Sri
56	201217467084	EDULAKANTI PRAVALLIKA REDDY	Pravallika Reddy
57	201217467085	KARISHMA PANDAY	K. Panday
58	201217467086	KUNAPARAJU SHIVA VARMA	K. Shiva Varma
59	201217467087	MANTHENA SAI KUMARI	Sai Kumar
60	201217467088	MASKURI MANASA	M. Manasa
61	201217467089	MORIYA DEEPAK KUMAR	M. Deepak Kumar
62	201217467090	MUDINDI SANDHYARANI	Sandhyarani
63	201217467091	N. ADRIJA	N. Adrija
64	201217467092	RODDA DIVYA	R. Divya
65	201217467093	NALLANAGULA KEERTHI	Keerthi
66	201217467094	PRIYANKA KUMARI	Priyanka Kumari



Principal

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
67	201217467095	RAJANNAGARI SREELEKHA	R. Sreelekha
68	201217467096	SANGANI SUMANA	S. Suman
69	201217467097	SARV DEV MISHRA	Mishra
70	201217467098	SRIPERAMBUDURU REVANTH	S. Revanth
71	201217467099	THAMMAREDDY SANDEEP REDDY	T. Sandeep Reddy
72	201217467001	AKULA SANDHYA	A. Sandhya
73	201217467002	ANUGULA KEERTHI REDDY	A. Keerthi Reddy
74	201217467003	ARCHANA BHATI	Ar
75	201217467004	ARRETI SANTOSH REDDY	Santosh
76	201217467005	BALININGAM PAVANI	B. Pavani
77	201217467006	BANALA BHARGAVI	B. Bhargavi
78	201217467007	BATTU VISHWATEJA REDDY	B. Vishwateja Reddy
79	201217467008	BHARATHI KUMARI	B. Kumari
80	201217467009	BOMMANAPALLI GANESH	Ganesh
81	201217467010	BUDITHI MOUNIKA	B. Mounika
82	201217467011	CHEGURE VINAY	C. Vinay
83	201217467012	CHINTALA SRILATHA	C. Srilatha
84	201217467013	CHINTHALA RAMYA SREE	C. Ramya Sree
85	201217467014	DASARI SHARVANI	D. Sharvani
86	201217467015	DUDHATE POONAM	Poonam
87	201217467016	G SWETHA	G. SWETHA
88	201217467018	GADE POOJITHA	Gade
89	201217467019	GANNAMANENI GAYATHRI	Gayathri
90	201217467020	GOPICHAND KAMINENI	K. Gopichand
91	201217467021	GOURARAM RAJASHEKAR REDDY	Reddy
92	201217467022	GUNDABOINA PRAVALIKA	Pravalika
93	201217467023	GUNTA NAVEEN KUMAR	Naveen
94	201217467024	GURAPPAGARI DATTA SAI	Dattasai
95	201217467025	GURUSWAMY NETHRA	Nethra
96	201217467026	GYARALA MANISAI GOUD	Ms
97	201217467027	HAMAD ASHOK SEERVI	Seervi
98	201217467028	INTURI SATYA NARAYANA	Satya
99	201217467029	KAMMELA MADHURI	K. M
100	201217467030	KANDADI KEERTHANA	K. Keethana
101	201217467031	KANDUKURI VIRUSHA	K. Virusha
102	201217467032	KANIKOTA NAGABABU	Nagababu



Mamathy  
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
103	201217467033	KATEPALLI KOMALI	K. Komali
104	201217467034	KHASEM REDDY MOUNIKA	K. Mounika
105	201217467035	KOMMU GIRIDHAR	Giri
106	201217467036	KULDEEP TANWAR	K. Tanwar
107	201217467037	KURAPATI MANISHA	Manisha
108	201217467038	LINGA DIVYA RANI	L. Divya Rani
109	201217467039	M. NARMADA	M. Narmada
110	201217467040	MADDETI MURALI KRISHNA	M. Murali Krishna
111	201217467041	MANADALA ABHILASH	M. Abhilash
112	201217467042	METTU KEERTHANA REDDY	Keethan
113	201217467043	MORIYA SANDEEP KUMAR	Moriya Sandeep Kumar
114	201217467044	NARSAPURAM SAIKUMAR GOUD	N. Saikumar Goud
115	201217467045	NAYAN DEY	Nayan Dey
116	201217467046	PANYALA SRIKAR REDDY	P. Srikar Reddy
117	201217467048	PASULA MAHESWARI	P. Maheshwari
118	201217467049	ANNAPAREDDY RAVALI	Ravali
119	201217467050	PRAGADA DURGA SHYAMALA	P. Durga Shyamala
120	201217467051	PULAGAM DINESH REDDY	Dinsh
121	201217467052	RAJANNAGARI AMULYA	Amulya
122	201217467053	RAJANNAGARI NIHARIKA	R. Niharika
123	201217467054	RAMANAKOL VANI	Vani
124	201217467055	REETHIKA	Reethika
125	201217467056	REGONDA SOWYMA	R. Sowmya
126	201217467057	RIZWAN KHAN	Rizwan Khan
127	201217467058	S SRI DATTA SAI REDDY	Datta Sai
128	201217467059	SHAMARTHI DEBORA	Shamathi Debora
129	201217467060	SHAMSHEEN KHAN	Shamsheen Khan
130	201217467061	SHAREEN KHAN	Shareen Khan
131	201217467062	SINGIREDDY HARINI REDDY	Harini Reddy
132	201217467063	SK FAIYAZ BASHA	Sk. Faiyaz Basha
133	201217467064	SOMAYAJULA SAI SRAVANI	S. Sai Sravani
134	201217467065	V.Funny Sri	V. Funny Sri
135	201217467066	SUTHARI LATHA	Latha
136	201217467067	SYED ALEEM	Syed Aleem
137	201217467068	T ABHISHEK BHARADWAZ	T. Abhishek
138	201217467069	VASUNDHARA SHRIKANT	Va



Mamatha  
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
139	201217467071	VEGESANA DURGA BHAVANI	Bhavani
140	201217467072	VETCHA VIJAYA DURGA	Durga
141	201217467073	VINOD CHOUDHARY	Choudhary
142	201217467074	VIPUNUTHALA NIKIL GOUD	Nikil
143	201217467075	VULLIGADDALA SATHISH BABU	Sathish
144	105317467144	TINGIRIKAR ARAVIND KUMAR	Aravind

*M/S*  
Co-Ordinator



*Mamathap*  
Principal

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



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





**Report of the Program**

**Life skills (health and hygiene)**

**Name of the Resource Person** : Mr. M. Raju  
**Date** : 11-03-2020  
**Venue** : Seminar Hall  
**No. of Students Attended** : 144

On 11-03-2020, a lecture on "Life skills (health and hygiene)" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Ms swpana

**Introduction:**

Life skills encompass a broad range of abilities that enable individuals to navigate the challenges of everyday life successfully. Among these, health and hygiene skills play a crucial role in fostering overall well-being. This report explores the significance of life skills education, with a specific focus on health and hygiene.

**Importance of Life Skills Education:**

Life skills are essential for personal development, social integration, and professional success. Health and hygiene are fundamental components of life skills, contributing to physical, mental, and social well-being. By incorporating life skills education into formal and informal learning environments, individuals can acquire the knowledge and competencies necessary to make informed decisions about their health.

**Health Education:**

Health education within the framework of life skills covers a range of topics, including nutrition, physical activity, mental health, and preventive measures. The goal is to empower individuals to adopt healthy lifestyles, make informed choices, and manage stress effectively. Health education also addresses issues such as substance abuse, sexual health, and disease prevention.

**Hygiene Practices:**

Hygiene is a critical aspect of life skills that directly impacts an individual's health. Proper hygiene practices, including handwashing, dental care, and personal grooming, contribute to the prevention of illnesses and the maintenance of overall well-being. Life skills education promotes habits that reduce the risk of infectious diseases and promote a clean and safe environment.



Mama Top

PRINCIPAL

Siva Sivani Degree College



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

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)



*M. S. A.*  
Coordinator



*Mamathap*  
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)



*Mamathap*  
**PRINCIPAL**  
Siva Sivani Degree College

**FEED BACK FORM**

Date	11-3-2020.
Student Name	B. Sai Krishna.
Presenter	M. Raju (Life Skills Health)

**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

*eyond Program*

Student Signature *Sai Krishna*



*Mamatha*  
PRINCIPAL  
Sri Sri Degree College  
Karnataka, Mysuru (D-500100)

## FEED BACK FORM

<b>Date</b>	11-3-20.
<b>Student Name</b>	Dr. Alexya.
<b>Presenter</b>	M. Raju (Health & Hygiene)

**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 event*  
 -----

Student Signature



*Mamatha*  
 PRINCIPAL  
 Siva Sivani Degree College  
 Kompally, Madchal-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

**06-01-2020**

Who can participate:

**Registered III Year Students**

Certificate will be provided for all  
active participants.

## RESOURCE PERSON

**Mr. Vishwa Dev,**  
**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 meditation program is to provide a structured and intentional framework for individuals to develop and maintain a regular meditation practice.



*Mawaltop*  
DEPARTMENTAL

Siva Sivani Degree College  
Kompally, Medchal-Malkajgiri (Dt)-50



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

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 04-01-2020

## CIRCULAR

The students of our college are hereby informed that we are planning to conduct a Program on Meditation and its benefits on 06-01-2020 at 11 AM by Mr. Vishwa Dev, Dept. of Sec. Lang 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



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



*Mamatha*  
Principal  
**PRINCIPAL**  
Siva Sivani Degree College

## SIVA SIVANI DEGREE COLLEGE, KOMPALLY

## STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:		Meditation and its benefits	
COURSE		NUMBER OF STUDENTS ATTENDED :110	
S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201217402002	AKASH	Akash
2	201217402003	AKULA GUNA SEKHA	Akula Gunasekhar
3	201217402004	ANIYALA SUMANJALI TEJA	Sumanjali Teja
4	201217402005	ANNAM KARTHIK REDDY	A. Karthik Reddy
5	201217402007	ANUSHKA BENERJEE	Anushka Benerjee
6	201217402008	APOORWA YOGESH KUMAR	A. Yogesh Kumar
7	201217402009	BADDAM HAMSHA LEKHA	Bekha
8	201217402010	B RAM NIVAS GUPTHA	Ram Nivas Gupta
9	201217402011	BINGERI SNEHA	Bingeri Sneha
10	201217402012	B MAHENDER YADAV	Mahender Yadav
11	201217402013	CHANAGARAPU SOWMYA	C. Sowmya
12	201217402014	CHEGURI AKSHITHA	C. Akshitha
13	201217402015	CH MANDULA HARINATH	Ch. Harinath
14	201217402016	CHIKOTI VASAVI	C. Vasavi
15	201217402017	DAMMANI TEJASRI	Tejasri
16	201217402018	DANDU SAI KUMAR	Saikumar
17	201217402019	DEEPAK KUMAR BHUYAN	Deepak Kumar Bhuyan
18	201217402020	SONIKA BHATI	Sonika Bhati
19	201217402021	DODLA MANOJ KUMAR	Manoj Kumar
20	201217402024	ERUMALLA SUPRIYA	E. Supriya
21	201217402025	GADDAM NIHARIKA	Niharika
22	201217402026	GADI RAJU SREELATHA	G. Sreelatha
23	201217402027	GALI SREEKANTH	Sreekanth
24	201217402028	GANDIKOTA LOKESH RAJ	G. Lokesh Raj
25	201217402029	GANGAYOLLA DEVIKA SREE	Devika Sree
26	201217402030	GONELA PHANI KUMAR	G. Phani Kumar
27	201217402031	G MURALI MANOHAR REDDY	Manohar Reddy
28	201217402032	GUNDU SOWJANYA	G. Sowjanya
29	201217402033	HANKARE SANTOSH	H. Santosh
30	201217402034	J TEJASWINI	J. Tejaswini
31	201217402035	JALIGAMA VENKAT SAI GOUD	Venkat Sai Goud



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
32	201217402036	JAYA	Jaya
33	201217402037	JENDHA NIHARIKA	J. Nandhaseena
34	201217402038	JORRIGALA SAIKUMAR	J. Saikumar
35	201217402039	K ROHINI	K. Rohini
36	201217402040	K. KRISHNA CHAITANYA	K. Krishna Chaitanya
37	201217402042	KASHAPOGU SRAVANI	K. Sravani
38	201217402043	KATAKAM MADHU	K. Madhu
39	201217402044	KAVALI MALLIKARJUN	K. Mallikarjun
40	201217402045	KHUSHI SHUKLA	K. Shukla
41	201217402046	KODURI SRI HARSHINI	Sri Harshini
42	201217402047	KOLLATI ROHIT	K. Rohit
43	201217402048	KOSURU RENUKA	K. Renuka
44	201217402049	KOTHA RAMYA	K. Ramya
45	201217402050	KOTHAKAPU AAKANKSHA	K. Aakanksha
46	201217402051	KULAKARNI BALAJI	K. Balaji
47	201217402052	KUTHADI SRUTHI	K. Sruthi
48	201217402053	M SAI LAVAN KUMAR	M. Saivaran Kumar
49	201217402054	MAKTHALA SOWMYA SREE	Sowmya Sree
50	201217402055	MANDALA LAXMI PRASANNA	M. Laxmi Prasanna
51	201217402056	MANDUMULA SAI TEJA	M. Saiteja
52	201217402057	MANGA BHANU KUMAR	M. Bhanu Kumar
53	201217402058	MANNE KEERTHANA	M. Keerthana
54	201217402059	MOHAMMED ZAFAR SHAH	M. Zafar Shah
55	201217402060	M VENKATESWAR REDDY	M. Venkateswar Reddy
56	603417402008	BATTU PRAVALLIKA	B. Pravalika
57	604017402012	RAYA RUCHITHA KUMARI	Ruchitha Kumari
58	201217402001	A SUNIL KUMAR	A. Sunil Kumar
59	201217402061	MYDARI SERIESH	Mydani Seriesh
60	201217402062	NAGUBANDI RAJESH	N. Rajesh
61	201217402063	NAGULLA DIVYA	Nagulla Divya
62	201217402065	NEMURI DIVYA	Nemuri Divya
63	201217402067	PAKHARE KIRAN RAJESH	Kiran Rajesh
64	201217402068	PANDIRLA DIVYA SRI	Divya Sri
65	201217402069	PAPPU NARESH	P. Narash
66	201217402070	PATHI SHAILAJA	P. Shailaja
67	201217402071	PENDYALA SRINATH	P. Srinath
68	201217402072	PERERALLI KATHYAINI	P. Kathyaini



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
69	201217402073	POREDDY SREENATH REDDY	Sreenath Reddy
70	201217402074	POYAM KUMARI	P. Kumari
71	201217402075	PRIYANKA	Priyanka
72	201217402076	PUSPHA KUMARI KUNWAR	Kumar Keenadar
73	201217402077	PUTTAPU RAVI VIKAS	Ravi Vikash
74	201217402078	RAJABOINA SHALINI	R. Shalini
75	201217402079	ROTAM NANDA KISHORE	Nanda Kishore
76	201217402080	S AMAL NATH	S. AMALNATH
77	201217402081	S DEVI GOUD	S. Devigoud
78	201217402082	SADDI YOGESHWAR REDDY	S. Yogeshwar Reddy
79	201217402084	SANGA VISHNU SAI	Vishnu Sai
80	201217402085	SANGATI AKSHITHA	S. Akshitha
81	201217402087	SARA SWETHA	Sara Swetha
82	201217402088	SHAHZAAN AHMED	Shahzaan Ahmed
83	201217402089	SHERKHANE ADITYA	S. Aditya
84	201217402090	SHIVANI	Shivani
85	201217402091	SHRUTHI YADAV	S. Yadav
86	201217402092	SIRAVENI RAMA KRISHNA	Rama Krishna
87	201217402093	SK SADDAM	SK Saddam
88	201217402094	SNEHA MISHRA	Sneha Mishra
89	201217402095	SRIKAKULAM MONIKA DEVI	Sri monika devi
90	201217402096	SUCHITRA BATHULA	Suchitra Bathula
91	201217402097	SUDE KUSHAL REDDY	Kushal Reddy
92	201217402098	SUNKU PRIYANKA	S. Priyanka
93	201217402100	TEKURU LAKSHMI PRASANNA	Lakshmi prasanna
94	201217402101	THALAM VAMSHI	T. Vamsi
95	201217402102	THALLAPALLY MANOJ	T. manoj
96	201217402103	THAYANI NIKITA RAFEEQ ALI	T. Raheel Ali
97	201217402105	THIGULLA SRINIDHI	T. Srinidhi
98	201217402107	THODETI VYSHNAVI	T. vyshnavi
99	201217402108	THONTOLLA SWETHA	T Swetha
100	201217402109	TIWARI POOJA	T. pooja
101	201217402110	TUMMALA PUNITHA	T. Punitha
102	201217402111	UDDAMARI PRIYANKA	U. Priyanka
103	201217402112	UDDEMARRY SHIRISHA	U. Shirisha
104	201217402113	UPPULA HARSHITHA	U. Harshitha
105	201217402114	V S PRAVALIKA	Vs pravalika



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
106	201217402116	V. SAI APARNA	<i>V. Sai Aparna</i>
107	201217402117	VALLAPU KIRAN KUMAR	<i>V. Kiran Kumar</i>
108	201217402118	VALLYOJU SAI NANDHANI	<i>Sai Nandhani</i>
109	201217402119	V RAVI KIRAN REDDY	<i>Ravi Kiran Reddy</i>
110	201217402120	VEERAPAGA PAVAN KUMAR	<i>V. Pavan Kumar</i>

*P. T. Dh*  
Co-Ordinator



Principal *Mamathap*  
**PRINCIPAL**  
Siva Sivani Degree College  
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**Report of the Program**

**Meditation and its benefits**

**Name of the Resource Person : Mr. Vishwa Dev**

**Date : 06-01-2020**

**Venue : Seminar Hall**

**No. of Students Attended : 110**

On 06-01-2020, a 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.

Meditation, an ancient practice with roots in various spiritual and cultural traditions, has gained widespread popularity in contemporary society for its numerous physical, mental, and emotional benefits. This report explores the various facets of meditation and highlights its positive impact on well-being, stress reduction, cognitive function, and overall quality of life.

**I. Introduction:**

**A. Definition and Origins:**

Meditation is a contemplative practice aimed at achieving a state of heightened awareness, mindfulness, and inner tranquility.

Origins trace back to ancient Eastern philosophies, including Hinduism, Buddhism, and Taoism, as well as contemplative practices in other cultures.

**II. Types of Meditation:**

**A. Mindfulness Meditation:**

Focuses on present-moment awareness, often involving attention to breath, bodily sensations, or external stimuli. Associated with reduced stress, anxiety, and improved attention.

**B. Loving-Kindness Meditation (Metta):**

Cultivates feelings of love and compassion towards oneself and others. Shown to enhance positive emotions and social connections. The lecture was followed by question and answer session. At the end, the head of the department offered a vote of thanks to all.



Mameta



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

# SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)



*[Signature]*  
Coordinator



*Mamathap*  
Principal

**PRINCIPAL**

**Siva Sivani Degree College**  
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*Mamathap*  
Principal

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

# FEED BACK FORM

Date	6-1-2020.
Student Name	C. Akshitha.
Presenter	Subha Dev. (Meditation)

**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 Programme*

*C. Akshitha*  
Student Signature



*Momath*  
**PRINCIPAL**  
Siva Sivan Degree College  
Kompally, Medchal-Malkajgiri (D)-500100

# FEED BACK FORM

Date	G-1-20
Student Name	A. Karthik Reddy
Presenter	Vishwa Day (Meditation)

**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

*excellent trainer*

*A. Karthik Reddy*  
Student Signature



*Mamatha*  
PRINCIPAL  
Siva Sivani Degree College  
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