



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 (2020-21)

SNO	Name of the capability development and skills enhancement program	Number of students enrolled	Name of the experts
1	Yoga for a healthy life	110	Mr. Raju, Dept.of.Sec.Lang.,SSDC,Kompally
2	COVID-19 Awareness	113	Ms. Safina, Dept.of Mgmt, SSDC, Kompally
3	Importance of Sleep	149	Mr.M.Raju, Dept.of.Com. SSDC, Kompally





SIVA SIVANI DEGREE COLLEGE

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

Courses on

Life Skills
(Yoga for a healthy life)

Conducted on

25-01-2021

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

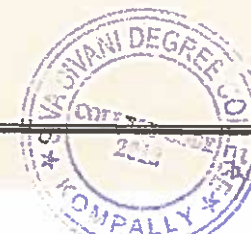
Mr.M.Raju,
Dept.of.Commerce
SSDC, Kompally

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.



Mameta

PRINCIPAL

Siva Sivani Degree College
Kompally, Redchal-Malkajgiri(DO)-500100



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

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 23-01-2021

CIRCULAR

The students of our college are here by informed that we are planning to conduct a program on Yoga for a healthy life on 25-01-2021 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, Medchal-Malkajgiri(Dt)-500100

Mamathap

Principal



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Mobile: - +91-9247048112. Website: ssdc.ac.in

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: Yoga for a healthy life

COURSE BBA-III

No. OF STUDENTS
ATTENDED : 110

S.No	HALLTICKET No.	NAME OF THE STUDENT
1	105118684016	GUNDA RANADHEER
2	201217684105	SINGI REDDY PAVANI
3	201218684001	G HARSHAVARDHAN YADAV
4	201218684002	DAMMALAPATI SAI KRISHNA
5	201218684003	A k VAMSIDHAR REDDY
6	201218684004	D ABHINAV REDDY
7	201218684005	LOKA HARSHA VARDHAN REDDY
8	201218684006	TANNU BABERWAL
9	201218684007	LINGALA AKANKSHA
10	201218684008	CHOLLATI SOUMYA
11	201218684009	M SRUTHI
12	201218684010	BANDA JYOTHIKA
13	201218684011	BELE SAI ADITHYA
14	201218684012	NALLANAGULA VINESH CHARY
15	201218684013	P MANIVARAN
16	201218684014	THUMMANAPALLY SUJITH RAO
17	201218684015	TIRUPATHI HEMANTH REDDY
18	201218684016	KOYYALA ANUSHA
19	201218684017	ANUGU NIVYA REDDY
20	201218684018	KANDULA MAHATHI
21	201218684019	AKULA HARSHINI
22	201218684020	RAYARAO PRABHATH



M. S. S. S.
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-tal. (Dt)-500100

S.No	HALLTICKET No.	NAME OF THE STUDENT
23	201218684021	NERELLA SRINIVAS REDDY
24	201218684022	GUDISA BAVYA BHARGAVI
25	201218684023	T PRANAY REDDY
26	201218684024	PAMPATI SAI AKASH
27	201218684025	POLA SRI CHARAN
28	201218684026	BANDLAKADI CHANDRAKANTH REDDY
29	201218684027	BALIJA KIRAN
30	201218684028	BABLOO CHOUDHARY
31	201218684029	PERUGU BHARGAV REDDY
32	201218684030	CHINTHAKINDI DINESH BABU
33	201218684032	KADAMBI SRINIVASAN HARINI
34	201218684033	PARIGI PRUDHVEER
35	201218684034	YERRA AVINASH
36	201218684035	VELDANDI BHARATH SRINIVAS
37	201218684036	POLAGOUNI PRANAV SAI
38	201218684037	SHIVASANI NITHEESH KUMAR
39	201218684038	MITTAMIDI JEEVAN REDDY
40	201218684039	MEET PATEL
41	201218684040	KASTURI RAJESH
42	201218684041	GARIMIDI MANOJ
43	201218684042	VANJARI SADHAN KUMAR
44	201218684043	UPPALA BINDU SHRI
45	201218684045	DUMBALA KIRANMAYI
46	201218684046	ATHELLI SHIVANI
47	201218684047	MUPPANA DHARANI
48	201218684048	PANDRALA SANDEEP
49	201218684049	HANUMANNAGARI KARTHIK REDDY




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S.No	HALLTICKET No.	NAME OF THE STUDENT
50	201218684051	RENTLA SOWMYA
51	201218684052	PISSAY VAISHNAVI
52	201218684053	ALIMILLA ASHRITHA
53	201218684054	JONNADA LIKITHA REDDY
54	201218684055	PUTREVVU MANASWI
55	201218684056	PERI DINESHWAR REDDY
56	201218684057	GANTI VENKATA ROHITH
57	201218684058	GIRIRAJ PARIHAR
58	201218684059	KALIDINDI RAMA RISHEENDRA VARMA
59	201218684060	V NIKHIL
60	201218684061	DIKONDA SHRAVANI
61	201218684062	DUBBA VAISHNAVI
62	201218684063	KOLLA SULOCHANAMANI
63	201218684064	KANNA SAI LAXMI
64	201218684065	THOTA MANIGOPAL
65	201218684066	THADAKAMADLA JAYANTH
66	201218684067	VADIYALA NIVAS
67	201218684068	SISIRA AKANKSHA REDDY
68	201218684069	KATAPALLY SETHU REDDY
69	201218684071	ANJU KUMARI
70	201218684072	NAGALA OOHÁ LAKSHMI
71	201218684073	M ROSHITA
72	201218684074	SRIPATHI CHANDRAKANTH
73	201218684078	MUNIGELA NITHISH
74	201218684080	YADAM SIVA SATYA NARAYANA
75	201218684082	KOMMAGALLA SANGEETHA
76	201218684083	J VENKATA SUBBA KOUSALYA




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S.No	HALLTICKET No.	NAME OF THE STUDENT
77	201218684084	NERELLA NIHARIKA
78	201218684086	KODIMYALA MANIKANTA
79	201218684087	POSHETTY VAMSHI
80	201218684088	S SHIVA PRASAD REDDY
81	201218684089	LINGALA SWETHA
82	201218684090	AUSALA SHEETAL
83	201218684091	MUPPALA HEMALATA
84	201218684092	NELANTI SANTHOSHI
85	201218684093	BODDULA VAMSHI KRISHNA
86	201218684094	JILLA SRAVAN
87	201218684096	ARRA SAHANA
88	201218684098	DEEPAK YADAV
89	201218684099	PARUCHURI SRIMANIVALLY
90	201218684100	AVULA MANOGNA
91	201218684101	P AKSHIT KUMAR
92	201218684102	JAVAJI RAVITEJA
93	201218684104	EDULAKANTI NIKHITHA
94	201218684105	ARRA LAXMI PRASANNA
95	201218684106	ALLAM YASHASWINI
96	201218684107	ADIMULAM PRANATHI
97	201218684108	V SHESHU KUMAR GANDHAM
98	201218684109	MACHA KAUSHIK
99	201218684110	CHIGULLAPALLY SWATHI SREE
100	201218684111	GADIPALLI LIKITHA
101	201218684112	DURGAM NIKHITHA
102	201218684113	ADUSUMILLI DURGA PRASAD
103	201218684114	REDDY BHARATH REDDY




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S.No	HALLTICKET No.	NAME OF THE STUDENT
104	201218684115	CHINTHAGUDDI SAIKUMAR
105	201218684116	KISHORE
106	201218684117	THUMMA MARY AKANKSHA
107	201218684118	SANA BEGUM
108	201218684119	MANCHI SRUJANA
109	201218684120	AITHA BHAVANA
110	201218684121	NARSAMPALLY SRIKANTH REDDY

Madhu
CO ORDINATOR



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

SIVA SIVANI DEGREE COLLEGE

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Report of the Program

Yoga for a healthy life

Name of the Resource Person : Mr. Raju
Date : 25-01-2021
Venue : Seminar Hall
No. of Students Attended : 110

On 25-01-2021, Yoga was conducted at seminar hall for students of Siva Sivani Degree College. The program was organised by the Resource person Mr. Raju.

Yoga, an ancient practice originating in India, has gained widespread popularity globally for its holistic approach to physical, mental, and spiritual well-being. This report explores the origins of yoga, its key principles, and the multifaceted benefits it offers to individuals.

Yoga has its roots in ancient Indian philosophy and is mentioned in texts such as the Vedas and Upanishads. Over thousands of years, various forms of yoga have evolved. The core principles of yoga are based on a holistic approach to life, encompassing physical postures (asanas), breath control (pranayama), ethical guidelines (yamas and niyamas), meditation (dhyana), and self-realization. Central to yoga is the belief in the interconnectedness of the mind and body, with practices aimed at fostering harmony and balance between the two.

Yoga, with its ancient roots and modern adaptations, stands as a versatile and comprehensive approach to well-being. The integration of physical postures, breathwork, and mindfulness fosters a harmonious balance between the body, mind, and spirit. As yoga continues to evolve and adapt to contemporary needs, its enduring popularity underscores its effectiveness in promoting holistic health and enriching the lives of individuals around the globe.

Physical Health: Yoga involves a series of postures (asanas) and movements that promote flexibility, strength, balance, and coordination. Regular practice can help improve posture, enhance muscle tone, and increase overall physical fitness.

Mental Health: One of the key components of yoga is mindfulness and meditation. The practice encourages individuals to be present in the moment, focus on their breath, and cultivate a calm and peaceful state of mind. This can contribute to stress reduction, anxiety relief, and improved mental clarity.



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

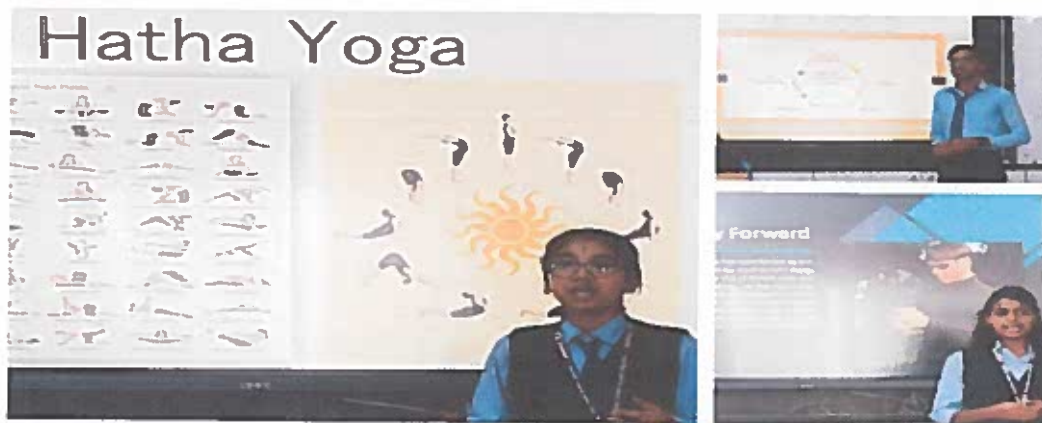
SIVA SIVANI DEGREE COLLEGE

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Stress Reduction: Yoga has been shown to lower cortisol levels, which are associated with stress. The emphasis on deep breathing and relaxation in yoga can trigger the relaxation response, leading to reduced stress levels and a sense of calm.

Improved Flexibility and Range of Motion: The various yoga poses involve stretching and lengthening muscles, which can improve flexibility and increase the range of motion in joints. This is particularly beneficial for individuals with sedentary lifestyles or those suffering from stiffness.

Enhanced Respiratory Function: Yoga incorporates breath control, known as pranayama. Practicing conscious breathing techniques can improve lung capacity, respiratory function, and oxygenate the body, leading to increased energy levels.





Coordinator




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



NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA
Mobile: - +91-9247048112. Website: ssdc.ac.in


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

FEED BACK FORM

Date	25/1/21
Student Name	D. Nikitha
Presenter	M. Raju

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 




PRINCIPAL
Siva Sreeni Degree College
 Kempaly Medchal, Malkajgiri (D-500100)

FEED BACK FORM

Date	25/01/21
Student Name	V. Nikhil
Presenter	M. RAJU

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 




PRINCIPAL
 Siva Sivan Degree College
 Kompally, Medchal-Malkajgiri (Cy-500100)

FEED BACK FORM

Date	25-01-21
Student Name	A. Haashini
Presenter	M. Raju

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 Haashini



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



SIVA SIVANI DEGREE COLLEGE

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Kompally, Secunderabad, Telangana 500100

Courses on

Life Skills
(COVID-19 Awareness)

Conducted on

06-01-2021

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

Ms.Safina Tarunnam
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

- .COVID-19 awareness is to provide information, education, and guidance to individuals and communities about the novel coronavirus (SARS-CoV-2) and the disease it causes (COVID-19). The primary objectives of COVID-19 awareness initiatives are to mitigate the spread of the virus, protect public health, and promote responsible behaviors.



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



Date: 05-01-2021

CIRCULAR

The students of our college are hereby informed that we are planning to conduct a Program on COVID-19 Awareness on 06-01-2021 at 10 AM by Ms. Safina, 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



Mamathap

**Principal
PRINCIPAL**

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



Mamathap

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: COVID-19 Awareness

COURSE B.COM COMP-III

NUMBER OF STUDENT ATTENDED
:113

S.No	HALLTICKET No.	NAME OF THE STUDENT
1	201217402064	NALLA SOWMYA GOUD
2	201218402001	SUNCHU NIROSHA
3	201218402002	VARAGANTI SHIRISHA
4	201218402003	TERALA RAVALI
5	201218402004	TATA VINEELA
6	201218402005	YEMBADI YASHWANTH REDDY
7	201218402008	SHIVAM TIWARI
8	201218402009	TELUKUNTA SAI SHARAN
9	201218402010	POTHARAJU NAGARAJU
10	201218402012	PALLE HARSHAVARDHAN REDDY
11	201218402013	MALLANAGARI SAIKANTH REDDY
12	201218402014	KOKKONDA SUSHMA
13	201218402015	SAMREEN
14	201218402016	GONE NAVANEETHA
15	201218402017	ATMAKURI LAKSHMI AISWARYA
16	201218402018	R MADHAVI
17	201218402019	JANAGAMA SAI ANWESH RAO
18	201218402020	THOTA NITISH
19	201218402021	P DISHANTH KUMAR
20	201218402023	TERALA ABHISHEIK
21	201218402024	KONDAM SANDEEP KUMAR
22	201218402026	SARITHA MAJHI
23	201218402027	RASAKACHULA JHANSI
24	201218402028	PASHAM AKHIL REDDY
25	201218402029	DAMAGATLA AMULYA
26	201218402030	BANDI VIVEK
27	201218402031	KADALI KALYANI
28	201218402032	PALLAPOTHU ANUSHAA
29	201218402033	LINGAIAHGARI DEEXITHA
30	201218402034	KIRAN KUMARI



Mamatha
PRINCIPAL

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

S.No	HALLTICKET No.	NAME OF THE STUDENT
31	201218402035	RAMTHIRATHI SHIVA SHANKAR
32	201218402037	MAMILLA NEETESH
33	201218402038	MANDALA SHIVA CHAND GOUD
34	201218402039	MOHAMMAD SHAIBAAZ
35	201218402040	PALUGU SHRAVYA
36	201218402041	ARDA SRUTHI
37	201218402042	GORIJELLI DEEPHI
38	201218402043	PARAMKUSHAM KAVYASREE
39	201218402044	G MADHURI
40	201218402045	CHIVUKULA VENKATA THARUN
41	201218402046	KUMMARI MANOJ KUMAR
42	201218402047	CH LAXMI NARASIMHA REDDY
43	201218402048	POORNIMA PANDEY
44	201218402049	TADURI SHIRISHA
45	201218402050	JAMMULADINNE LAXMI MOUNIKA
46	201218402051	POCHUGARI SAGARIKA
47	201218402052	KUMPATLA MANISHA NAGA TULASI
48	201218402053	RAVI SINGH CHAUHAN
49	201218402054	BONDUGULAPATI SAI RAVI TEJA
50	201218402055	KOMREDDY RAJ KUMAR REDDY
51	201218402056	SINGAMSHETTY VAMSI KRISHNA
52	201218402057	SANDANABOINA GOUTHAMI
53	201218402058	MARRI VANI
54	201218402059	JENJIRALA SHIVANI
55	201218402060	ETOLLU AKSHAYA
56	201218402061	RAMAKANT PALLAVI VAIKHUNTE
57	201218402062	MADDELA SUPRIYA GOUD
58	201218402064	UDUTHALA CHANDU
59	201218402065	CHILIVERI NAVEEN
60	201218402066	VALLAPU CHANDRA SHEKAR
61	201218402067	KARAN SHARMA
62	201218402068	KANIGIRI SAI SIRISHA AKANKSHA
63	201218402069	NETHIKUNTA Sampurna
64	201218402070	ARIGELA SADHANA
65	201218402071	MUKKERA SANGEETHA



Manavalli
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Maikalgiri(Dt)-500100

S.No	HALLTICKET No.	NAME OF THE STUDENT
66	201218402072	MOHAMMAD ATEEQ
67	201218402073	ARE SRINIDHI
68	201218402074	DURGAM MEGHANA
69	201218402075	KONINTY SIRISHA
70	201218402076	GEEDI SRILATHA
71	201218402077	MUDDANGULA SHIVA
72	201218402078	VEMULA SAINATH REDDY
73	201218402079	SUMAN DARGEE
74	201218402080	GADDAM AMAR DATTA REDDY
75	201218402081	KASAM SAIBADRINATH
76	201218402082	VUPPALA MANOHAR
77	201218402083	ANUBHAV SINGH
78	201218402084	GULLAIAHGARI KALYAN GOUD
79	201218402085	CHELMALLA AKSHITHA
80	201218402086	BASHA BOINA BHARGAVI
81	201218402087	SHAIK RESHMA
82	201218402088	JANAGAMA KARTHIK GOUD
83	201218402089	KONTAME VISHNU REDDY
84	201218402090	MOHAMMED GHOUSE PASHA
85	201218402091	S PRAPUL REDDY
86	201218402092	ABBAGOUNI MANASA
87	201218402093	GADAPA SOWMYA
88	201218402094	SINGAM SRIVIDYA
89	201218402095	VUNGUTURI LAKSHMI THANMAI
90	201218402096	RUDRARAJU SRUTHI SAI
91	201218402097	NATHI VAMSHI KRISHNA
92	201218402098	RAMANKOL CHARITHA MANASA
93	201218402099	RUCHI TIWARI
94	201218402100	D SRI VARSHITHA
95	201218402101	THUNKUNTA BHAVANI
96	201218402102	MANJULA J
97	201218402103	ATTEM JAYAPRADHA
98	201218402104	MOVVA DHANA LAKSHMI DEVI
99	201218402105	KAMMARI BHAVANI
100	201218402106	PATHI GOWTHAMI




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

S.No	HALLTICKET No.	NAME OF THE STUDENT
101	201218402107	KOMMU MALATHI
102	201218402108	SARA CHANDANA
103	201218402109	BABY SHALINI YADAV
104	201218402110	L PRATYUSHA GOUD
105	201218402111	S PRIYA
106	201218402112	DAPPU RUCHITHA
107	201218402113	SYED AFREEN
108	201218402114	KAMMARI MEGHANA
109	201218402116	SADHU RAMYA PRIYA
110	201218402117	JAGGA SOWMYA GOUD
111	201218402118	TARDARA NISHA
112	201218402119	BOKKA MANISHA REDDY
113	201218402120	B PRASHANTH KUMAR

S. Srinivas
CO ORDINATOR



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Kompally, Medchal-Malkajgiri(Dt)-500100



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

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Report of the Program

COVID-19 Awareness

Name of the Resource Person : Ms. Safina
Date : 06-01-2021
Venue : ONLINE
No. of Students Attended : 113

On 06-01-2021, a lecture on "COVID-19 Awareness" was held at seminar hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Mr. P. Keshava Giri.

COVID-19, caused by the SARS-CoV-2 virus, has had a profound impact on global health, economies, and daily life. This report examines the importance of COVID-19 awareness, strategies for dissemination, and the broader impact of awareness campaigns on public health.

The Significance of COVID-19 Awareness:

Awareness campaigns play a critical role in informing the public about preventive measures such as vaccination, mask-wearing, hand hygiene, and social distancing, thereby mitigating the spread of the virus.

COVID-19 awareness efforts aim to dispel myths, combat misinformation, and reduce the stigma associated with the virus, promoting a more informed and compassionate community response.

COVID-19 awareness campaigns have played a pivotal role in mitigating the impact of the pandemic. As we navigate the ongoing challenges and uncertainties, the lessons learned from these efforts will be instrumental in shaping future public health communication strategies and fostering global preparedness for emerging health threats.

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



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Website: ssdc.ac.in

Mamata P

PRINCIPAL

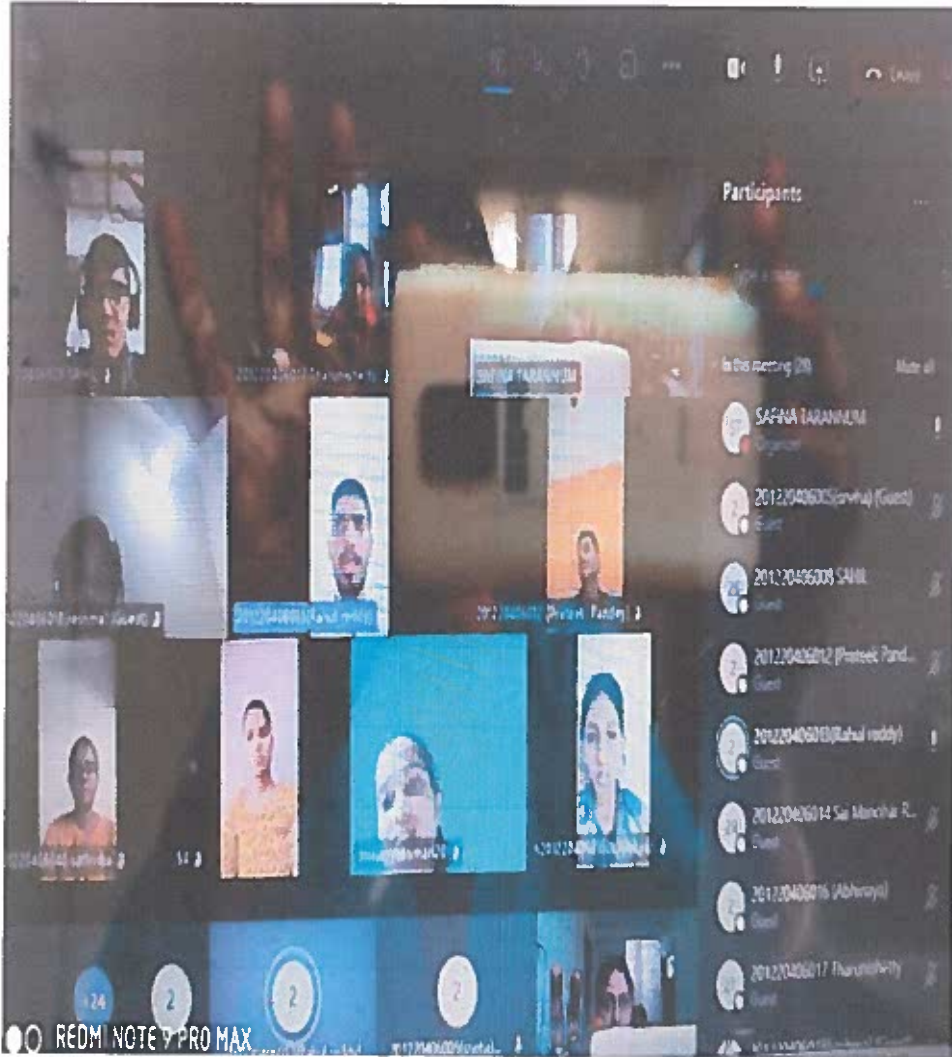
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S. P. Sampathy's Siva Sivani Educational Society (2906/97)

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)




Coordinator



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



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Mobile: - +91-9247048112. Website: ssdc.ac.in

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

FEED BACK FORM

Date	6/1/2021
Student Name	T. Nisha
Presenter	SAFINA

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
Nisha



Mama Top
Siva Sivan Degree College
Koppally, Medchal - Malkajgiri (D)-600100

FEED BACK FORM

Date	6/1/21
Student Name	U. Chandu
Presenter	sabina

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

Chandu

Student Signature



Mamali

PRINCIPAL

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

FEED BACK FORM

Date	06/01/21
Student Name	T. Nitish
Presenter	Sathya

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)
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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




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

FEED BACK FORM

Date	06/01/2021
Student Name	V. Manohar
Presenter	Safina

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)
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6	The resource person employed a student-centric approach to learning, proving highly effective.	/				
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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

V. Manohar
Student Signature



Manohar
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 Sleep)

Conducted on

08-01-2021

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

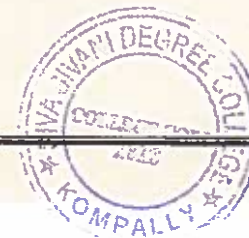
**Mr.M.Raju,
Dept.of.Commerce
SSDC, Kompally**

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 sleep is multifaceted, encompassing physical restoration, cognitive function, emotional well-being, and overall health. Prioritizing sufficient and quality sleep is a fundamental aspect of a healthy lifestyle



Mamata

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Kompally
sdchal-Malkajgiri(Dt)-500100



Date: 23-10-2020

CIRCULAR

The students of our college are here by informed that we are planning to conduct a Program on Importance of Sleep on 24-10-2020 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, Medchal-Malkajgiri (Dt)-500100



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

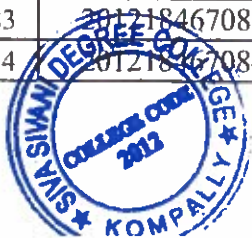
SIVA SIVANI DEGREE COLLEGE, KOMPALLY**STUDENTS ATTENDANCE SHEET****NAME OF THE ADD-ON/ VALUE ADDED COURSE Importance of Sleep****COURSE : BSC-III****No. OF STUDENTS ATTENDED : 149**

S.No	HALLTICKET No.	NAME OF THE STUDENT
1	109618467060	RESHMA PANDAY
2	125218467045	VARALA MANISHA
3	201218467001	RAVULA JANARDHAN
4	201218467002	PATNAM SRINIVAS
5	201218467003	SANDA PRAVEEN KUMAR
6	201218467004	VUPPUGANDLA SRIJA
7	201218467005	MITTAPALLI DIVYA
8	201218467007	M TEJASREE
9	201218467008	ANUGU KAVYA SRI
10	201218467009	BATCHU SANJANA
11	201218467010	INDUKURI LAXMI MOUNIKA
12	201218467011	NETHI PRANATHI
13	201218467012	KUNCHARAPU SUSHMA
14	201218467013	KATTA DIVYA JYOTHI
15	201218467014	NAREDDY SRI LAXMI
16	201218467015	BONALA UMAKRISHNA SRI
17	201218467016	BOBBILI BINDU
18	201218467017	MANDALA ASHRITHA
19	201218467018	B RAMYA
20	201218467019	J SUSMITHA
21	201218467020	NARLA SHIVANI
22	201218467021	YARRAGUNTLA SHIVA PRASAD
23	201218467022	RAVINDRANATH SINGH
24	201218467023	SAGI RAVI TEJA VARMA
25	201218467024	KONINTI RAJU
26	201218467025	KIMIDI SURESH BABU
27	201218467026	GARAPATI GIRIDHAR CHOWDARY
28	201218467027	TAMARAPALLY PAVAN KALYAN
29	201218467028	MANGLAVARAPU BHARGAVI
30	201218467029	MENDE SUPRIYA
31	201218467030	UPPALA SOWMYA
32	201218467031	KATTA PADMASRI
33	201218467032	MADDETI SOWMYA
34	201218467033	CHINNAPATLA RISHIKA REDDY
35	201218467034	SAVARAPU VENIEKA
36	201218467035	EMMADI SREEDEVI
37	201218467036	KAIROZ SOWMYA
38	201218467037	YEDUGANI SAINI
39	201218467038	BANDARI ANIL KUMAR



Nawalla
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Kompally, Medchal-Malkajgiri(Dt)-500120

S.No	HALLTICKET No.	NAME OF THE STUDENT
40	201218467039	RYAVA KEERTHI REDDY
41	201218467040	SAMALA SHIRISHA
42	201218467041	GULIVINDALA RAJESH
43	201218467042	DUDALA SAI TEJA
44	201218467043	NAYINI GOUTHAM GOUD
45	201218467044	DHANARAKALA BALA SWAMY
46	201218467045	BODHURI ASHA JYOTHI
47	201218467046	NALLAGATLA HARSHITH SRIVATSANK
48	201218467047	JALIGAMA VENKATA CHALAPATHI
49	201218467048	RAGULA SUVARCHALARADHA
50	201218467049	SAKILAM SRUJANA
51	201218467050	BURGULA MALLESHWARI
52	201218467051	GUDDETI TARUNA
53	201218467052	MASKURI MOUNIKA
54	201218467053	NAYIKAVADI NIKHITHA
55	201218467054	BOORGUBAVI BALU
56	201218467055	BHARADI MANIVARDHAN REDDY
57	201218467056	MADDALA SANTHOSH DIGVIJAY
58	201218467057	RALLABANDLA DIVYA
59	201218467058	KANCHARLAPALLI GAYATHRI
60	201218467059	EMANI LAXMI MADHURI
61	201218467060	KOKKALLA PRATHYUSHA
62	201218467061	BAKKA VINESHA REDDY
63	201218467062	SHAIK REHANA
64	201218467063	NARSAPURAM HARI PRIYA
65	201218467064	KENGUVA YAMUNA
66	201218467065	CHILAKALAMARRI ANUSHA
67	201218467066	SARJANA PRASANNA
68	201218467067	APPAMMAGARI MOUNIKA
69	201218467068	BHIMUDI THARUN
70	201218467069	SHEELA YADAV
71	201218467070	ANTHATI RESHMIKA
72	201218467071	PODILI LEELAVATHI
73	201218467072	KADABOINA SNEHA LATHA
74	201218467073	KONERI RENUKA
75	201218467074	G NEHA REDDY
76	201218467075	VAIDYA RAMYA DEEPTHI
77	201218467076	DURGA CHANDRIKA
78	201218467077	MASKURI VAISHNAVI
79	201218467078	MALICHETLA RAMYA
80	201218467079	SURAKANTI DEEKSHITHA
81	201218467080	PRASHANTHI ERROLLA
82	201218467081	BODHIMISSETTY TONY KUMAR
83	201218467082	CHUL SWAGATH KUMAR
84	201218467084	SAIREDDYGARI YESHWANTH REDDY



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S.No	HALLTICKET No.	NAME OF THE STUDENT
85	201218467085	SARMISTRA NAYAK
86	201218467086	MADHURI LAXMI
87	201218467087	PENUMACHA NAVYA
88	201218467088	VURUMA BHAVYA SRI
89	201218467089	SHILPA KAMBLE
90	201218467090	DEENA KUMAWAT
91	201218467091	SOLANKI VISHAL KUMAR
92	201218467092	KARAJULA SANJAYKIRAN REDDY
93	201218467093	DONGALA JAGADISHWAR REDDY
94	201218467094	LAJINENI TEJASWINI
95	201218467095	BANDARI UDAYA SHREE
96	201218467096	DENDUKURI PRAVALIKA
97	201218467097	NUNE BABITHA
98	201218467098	SAI REDDY KEERTHANA
99	201218467099	MYAKALA SRILAXMI
100	201218467100	K SHIRISHA
101	201217474014	GANABOINA DHARMA TEJA
102	201218474001	PULLA HARISH
103	201218474002	SYED SIRAJ
104	201218474003	SINGIREDDY HARSHAVARDHAN REDDY
105	201218474004	MADURI AKHIL
106	201218474005	GOTTIMUKKALA SRUTHI
107	201218474006	GURUJA RUCHITHA
108	201218474008	KOKKONDA ANUSHA REDDY
109	201218474009	CHENIGARI SRAVANI
110	201218474010	CHITUKULA MANJULA
111	201218474011	MUKKAMALLA ABHIGNA
112	201218474012	ALLAPURAM PRADEEP
113	201218474013	SIDDAM SETTY MAHESH
114	201218474014	VADLA SHALIN
115	201218474015	AYESHA
116	201218474016	CHERUVUKOMMU ANUSHA
117	201218474018	CHANDA ROHITH
118	201218474019	K MANOJ KUMAR SHARMA
119	201218474020	NAKKA VAMSHI VARDHAN
120	201218474021	TATIKONDA SAI KIRAN
121	201218474022	DAMMAGARI NIKHITHA REDDY
122	201218474023	PEETHANI SATYA SREE
123	201218474024	SHAIK NASEEMA
124	201218474025	TANGUDU SAI DEEPTHI
125	201218474026	RENUVA POOJA
126	201218474027	CHINNI VAISHNAVI
127	201218474028	KOWDA PURNA SAI
128	201218474029	AARIKITHOTA GOWTHAMI
129	201218474030	SHANKAR PREETHI




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S.No	HALLTICKET No.	NAME OF THE STUDENT
130	201218474031	SOMESHETTY NAGAJYOTHI
131	201218474032	GUJJARI SAI SANTHOSH
132	201218474033	MAKKENA YASHWANTH
133	201218474034	PENTAPATI DHARMIKABHAVANI
134	201218474035	EREDDY RAMYASRI
135	201218474036	GUMMADI PRANAVI
136	201218474037	SAMPATIRAO ARUNA
137	201218474038	BADDAM SAMAYA
138	201218474039	PARAPATI MEGHAMALA
139	201218474040	NANDALA BHARGAVI
140	201218474041	KOTHA AISHWARYA
141	201218474042	MUTHANNAGARI VINAY KUMAR REDDY
142	201218474043	CHILUKURI HEMANTH KUMAR
143	201218474044	BOGA MIDHILESH
144	201218474045	BONGUNOORI DEEPAK REDDY
145	201218474046	VEERMALLA VARSHA GOUD
146	201218474047	NALLA DEEPTHI
147	201218474048	NALLAMANDHU MANISHA
148	201218474049	RIZWANA
149	201218474050	NACHARAM SUPRATHIKA

M. S. Jy
CO ORDINATOR



M. S. Jy
PRINCIPAL
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100



M. S. Jy
PRINCIPAL
PRINCIPAL
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Kompally, Medchal-Malkajgiri(Dt)-500100



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

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Report of the Program

Importance of Sleep

Name of the Resource Person : Mr. Raju
Date : 08-01-2021
Venue : ONLINE
No. of Students Attended : 107

Description:

Highlighted the relevance of the importance of sleep to overall well-being and success. Provided a brief overview of the sleep cycle and its stages & explained the role of sleep in physical and mental health. Clearly discussed the connection between sleep and academic/professional success & the impact of sleep on cognitive function, memory, and learning. Provided examples of how well-rested individuals perform better and are more productive.

Students were encouraged to share their own experiences with sleep and its impact on their lives.

Offered practical tips for establishing good sleep habits, including:

- o Creating a consistent sleep schedule.
- o Developing a relaxing bedtime routine.
- o Creating a comfortable sleep environment.
- o Limiting screen time before bedtime.

Physical Health:

Restoration and Healing: During sleep, the body undergoes various processes that repair tissues, boost muscle mass, and release growth hormones. This helps in recovery from daily wear and tear.

Immune System Support: A well-rested body is better equipped to fight off infections and illnesses. Lack of sleep can weaken the immune system, making individuals more susceptible to diseases.

Mental Health:

Cognitive Function: Sleep is crucial for cognitive processes such as memory consolidation, problem-solving, and learning. Adequate sleep enhances attention, decision-making, and creativity.

Emotional Well-Being: Insufficient sleep is linked to mood swings, irritability, and an increased risk of mental health issues such as depression and anxiety. Quality sleep contributes to emotional resilience and stability.



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Kompally, Medchal-Malkajgiri (Dt)-500100



Energy and Performance:

Physical Performance: Athletes, in particular, benefit from sufficient sleep as it enhances endurance, strength, and overall athletic performance.

Daytime Alertness: Adequate sleep is essential for maintaining alertness, focus, and reaction time during waking hours. It improves productivity and reduces the risk of accidents and errors.

Metabolic Health:

Weight Management: Lack of sleep has been associated with weight gain and obesity. It can affect hormones that regulate appetite, leading to increased cravings for unhealthy foods.

Blood Sugar Regulation: Quality sleep is important for maintaining proper insulin sensitivity and glucose metabolism. Poor sleep is linked to an increased risk of type 2 diabetes.

Cardiovascular Health:

Blood Pressure Regulation: Chronic sleep deprivation is associated with an increased risk of high blood pressure and cardiovascular diseases.

Heart Health: Adequate sleep supports heart health by reducing stress on the cardiovascular system and promoting overall well-being.

Hormonal Balance:

Hormone Regulation: Sleep plays a role in regulating hormones such as cortisol, which is associated with stress, and ghrelin and leptin, which control hunger and satiety.

Reproductive Health: For reproductive hormones, including those that regulate fertility and libido, a proper sleep cycle is important.





S. P. Sampathy's Siva Sivani Educational Society (2906/97)
SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)



M. Jay
Coordinator



Mamathap
Principal
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Mamathap
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Kompally, Medchal-Malkajgiri (Dt)-500100

FEED BACK FORM

Date	08/01/2021
Student Name	G. Pranavi
Presenter	M. Raju

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)
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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



Mamaltep
PRINCIPAL
Siva Sivani Degree College
Kompally, Madhurai - Madhurai (Dt)-600100

FEED BACK FORM

Date	8/1/21
Student Name	M. LAXMI
Presenter	M. RAJA

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)
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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

Laxmi
 Student Signature



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

FEED BACK FORM

Date	08/01/21
Student Name	G. Taruna
Presenter	M. Raju

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)
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4	The presented information and/or skills proved to be relevant and beneficial.			—		
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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



Mamatha
PRINCIPAL
 Siva Sivan Degree College
 Kempally, Medchal-Malkajgiri (DR) - 500100

FEED BACK FORM

Date	8/1/21
Student Name	B. Ramya
Presenter	M. Raju

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
Ramya



Mamatha
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal - Merikajuri (Dist-500100)