



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



SOFT SKILLS (2019-20)

SNO	Name of the capability development and skills enhancement program	Number of students enrolled	Name of the experts
1	Online Aptitude	110	Mr. G. Uma Maheswar ,Dept.of Maths,SSDC,Kompally
2	Dream Building and Goal Setting	144	Mr.M.Raju,Dept.of.Com. SSDC,Kompally
3	Stress Management	117	Ms.T.NagaSrivalli,Dept.of.Mgmt,SSDC,Kompally





SIVA SIVANI DEGREE COLLEGE

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

Courses on
Soft Skills
(Online Aptitude)

Conducted on
27-03-2020

Who can participate:
Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

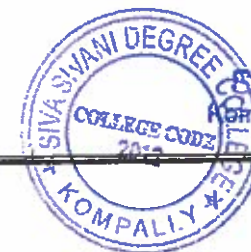
Mr. G. Umamahesh
Dept.of Maths, SSDC,
Kompally

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

- .An online aptitude test is to evaluate individuals' cognitive abilities, problem-solving skills, and suitability for specific roles or academic programs. These tests play a crucial role in making informed decisions in hiring, admissions, and career development processes.



Mamata
PRINCIPAL

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



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

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 26-03-2020

CIRCULAR

The students of our college are here by informed that we are planning to conduct Online aptitude on 27-03-2020 at 10 A.M. at computer Lab by Mr. G.Uma Maheswar, Dept.of CRT, SSDC, Kompally. All the students must attend the program without fail.

Copy to:

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



M. Sampathy
Principal

PRINCIPAL

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



M. Sampathy
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:		Online Aptitude	
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 SEK HAR	Akula
3	201217402004	ANIYALA SUMANJALI TEJA	Aniyala
4	201217402005	ANNAM KARTHIK REDDY	Annam
5	201217402007	ANUSHKA BENERJEE	Anushka
6	201217402008	APOORWA YOGESH KUMAR	Yogesh Kumar
7	201217402009	BADDAM HAMSHA LEKHA	Hamsha Lekha
8	201217402010	BEJUGAM RAM NIVAS GUPTHA	Ram Nivas
9	201217402011	BINGERI SNEHA	Bingeri
10	201217402012	BOLLABOINA MAHENDER YADAV	Mahender
11	201217402013	CHANAGARAPU SOWMYA	Chanagarapu
12	201217402014	CHEGURI AKSHITHA	Cheguri
13	201217402015	CHENNABATNI MANDULA HARINATH	Chennabatni
14	201217402016	CHIKOTI VASAVI	Ch. Vasavi
15	201217402017	DAMMANI TEJASRI	Teja Sori
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
26	201217402030	GONELA PHANI KUMAR	Phani
27	201217402031	GUDIMETLA MURALI MANOHAR REDDY	Manohar
28	201217402032	GUNDU SOWJANYA	Sowjanya
29	201217402033	HANKARE SANTOSH	Santosh
30	201217402034	J TEJASWINI	Teja
31	201217402035	NALIGAMA VENKAT SAI GOUD	Venkat Sai



Manathop
PRINCIPAL.

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
32	201217402036	JAYA	JAYA
33	201217402037	JENDHA NIHARIKA	Niharika
34	201217402038	JORRIGALA SAIKUMAR	Saikumar
35	201217402039	K ROHINI	Rohini
36	201217402040	K. KRISHNA CHAITANYA	Chaitanya
37	201217402042	KASHAPOGU SRAVANI	Sravani
38	201217402043	KATAKAM MADHU	Madhu K
39	201217402044	KAVALI MALLIKARJUN	Mallikarjun K
40	201217402045	KHUSHI SHUKLA	Khushi
41	201217402046	KODURI SRI HARSHINI	Sriharshani
42	201217402047	KOLLATI ROHIT	Rohit
43	201217402048	KOSURU RENUKA	K. Renuka
44	201217402049	KOTHA RAMYA	Ramya K
45	201217402050	KOTHAKAPU AAKANKSHA	Aakanksha K
46	201217402051	KULAKARNI BALAJI	Balaji K
47	201217402052	KUTHADI SRUTHI	Sruthi
48	201217402053	M SAI LAVAN KUMAR	Lavanam
49	201217402054	MAKTHALA SOWMYA SREE	Sowmyasree
50	201217402055	MANDALA LAXMI PRASANNA	Prasanna
51	201217402056	MANDUMULA SAI TEJA	Sai Teja
52	201217402057	MANGA BHANU KUMAR	Bhanu
53	201217402058	MANNE KEERTHANA	Keethana M
54	201217402059	MOHAMMED ZAFAR SHAH	ZAFAR SHAH
55	201217402060	MUDDASANI VENKATESWAR REDDY	Muddasani Reddy
56	603417402008	BATTU PRAVALLIKA	Pravallika
57	604017402012	RAYA RUCHITHA KUMARI	Ruchitha
58	201217402001	A SUNIL KUMAR	Sunil
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	Kiran Rajesh
64	201217402068	PANDIRLA DIVYA SRI	Divya
65	201217402069	PAPPU NARESH	Naresh
66	201217402070	PATHI SHAILAJA	Shaila
67	201217402071	PENDYALA SRINATH	Srinath



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
68	201217402072	PERUPALLI KATHYAINI	Perupali kathyani
69	201217402073	POREDDY SREENATH REDDY	P. Sreenath Reddy
70	201217402074	POYAM KUMARI	Poyam Kumari
71	201217402075	PRIYANKA	Priyanka
72	201217402076	PUSPHA KUMARI KUNWAR	Kumari Kunwar
73	201217402077	PUTTAPU RAVI VIKAS	Ravi Vikas
74	201217402078	RAJABOINA SHALINI	Shalini
75	201217402079	ROTAM NANDA KISHORE	R Nanda Kishore
76	201217402080	S AMAL NATH	S. Amal Nath
77	201217402081	S DEVI GOUD	Devigoud
78	201217402082	SADDI YOGESHWAR REDDY	S yogeshwar Reddy
79	201217402084	SANGA VISHNU SAI	Vishnu Sai
80	201217402085	SANGATI AKSHITHA	Akshitha
81	201217402087	SARA SWETHA	Sara Swetha
82	201217402088	SHAHZAAN AHMED	Shahzaan ahmed
83	201217402089	SHERKHANE ADITYA	Aditya
84	201217402090	SHIVANI	Shivani
85	201217402091	SHRUTHI YADAV	Shruthi
86	201217402092	SIRAVENI RAMA KRISHNA	Krishna
87	201217402093	SK SADDAM	Sk Saddam
88	201217402094	SNEHA MISHRA	SNEHA
89	201217402095	SRIKAKULAM MONIKA DEVI	Monika Devi
90	201217402096	SUCHITRA BATHULA	S. Bathula
91	201217402097	SUDE KUSHAL REDDY	Sude Kushal Reddy
92	201217402098	SUNKU PRIYANKA	Priyanka
93	201217402100	TEKURU LAKSHMI PRASANNA	T. Prasanna
94	201217402101	THALAM VAMSHI	Thalam Vamshi
95	201217402102	THALLAPALLY MANOJ	Manoj
96	201217402103	THAYANI NIKITA RAFEEQ ALI	Rafeeq Ali
97	201217402105	THIGULLA SRINIDHI	T. Srinidhi
98	201217402107	THODETI VYSHNAVI	Vyshnavi
99	201217402108	THONTOLLA SWETHA	Thantolla Swetha
100	201217402109	TIWARI POOJA	Pooja
101	201217402110	TUMMALA PUNITHA	Punitha
102	201217402111	UDDAMARI PRIYANKA	UDDAMARI Priyanka
103	201217402112	UDEMARRY SHIRISHA	U. SHIRISHA



Manoj
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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
104	201217402113	UPPULA HARSHITHA	
105	201217402115	V S PRAVALIKA	Pravalika
106	201217402116	V. SAI APARNA	V. 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	V. Pavan Kumar

G. Umamaheshwari

Co-Ordinator



Mane LCP
Principal
PRINCIPAL

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



Report of the Program

Online Aptitude

Name of the Resource Person : Mr. G. Uma Maheswar

Date : 27-03-2020

Venue : Seminar Hall

No. of Students Attended : 110

On 27-03-2020, a lecture on "Online Aptitude" was held at computer lab for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Mr. G. Uma Maheswar.

Online aptitude testing has become an integral part of the recruitment and educational assessment processes, providing a convenient and efficient means to evaluate an individual's cognitive abilities, problem-solving skills, and overall aptitude. This report explores the significance of online aptitude testing, its benefits, challenges, and its evolving role in diverse fields.

1. Introduction:

Online aptitude testing has gained popularity as a method for evaluating the cognitive abilities and skills of college students. This report aims to provide an in-depth analysis of the processes, benefits, and challenges associated with conducting online aptitude tests in a college environment.

2. Methodology:

The study involved a comprehensive survey administered to college students who have undergone online aptitude testing. The survey covered aspects such as the frequency of testing, the types of assessments conducted, and the students' perceptions of the testing experience.

3. Motivations for Online Aptitude Testing: Accessibility: Online testing provides college students with the flexibility to take aptitude tests from any location with internet access, eliminating the need for a specific physical testing site.

Efficiency: The efficiency of online testing, with instant results and automated processes, facilitates a quicker turnaround for feedback and results, benefitting both students and administrators.

Diverse Assessment Methods: Online platforms allow for a variety of assessment methods, including adaptive testing and multimedia integration, providing a more comprehensive evaluation of students' aptitudes.



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

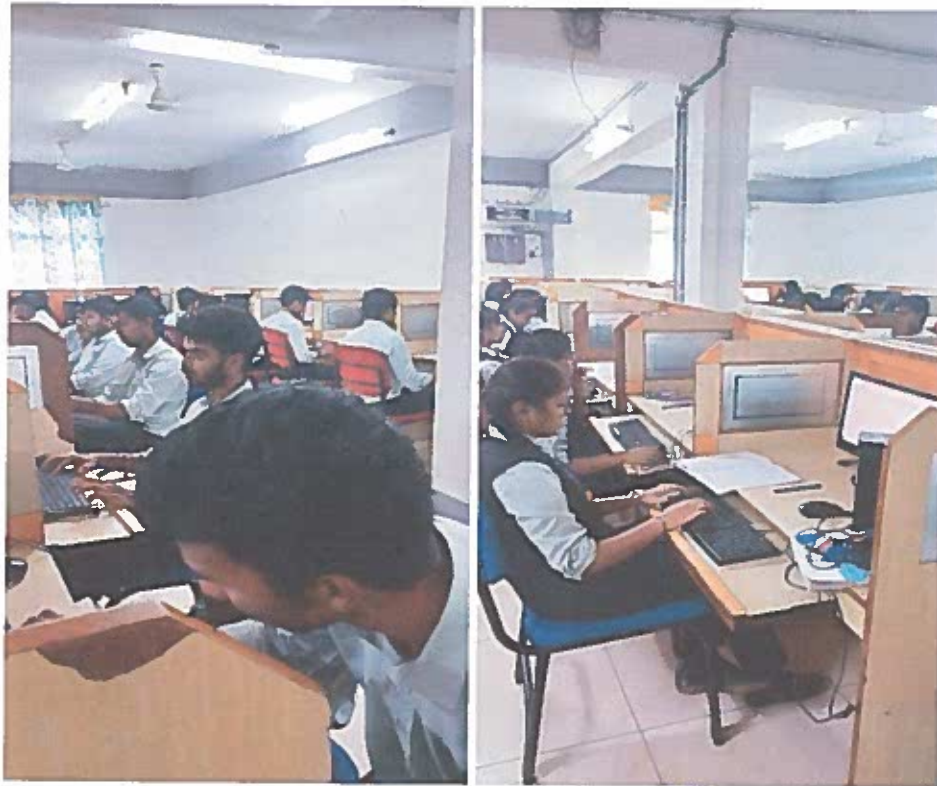
SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Conclusion:

Online aptitude testing for college students presents a range of benefits, from increased accessibility to efficient feedback mechanisms. Despite challenges related to security and technology, the overall effectiveness of these assessments is evident.

The report concludes with considerations for future improvements and the ongoing evolution of online aptitude testing in the college environment.

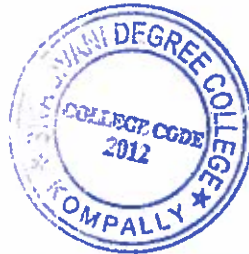


G. Manabheeth
Coordinator



Mamathap

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Kompally, Medchal-Malkajgiri(Dt)-500100

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

FEED BACK FORM

19-20

Date	27-03-20
Student Name	M. Bharukumar
Presenter	G. Umamaheswar (Online Aptitude)

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

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

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

Student Signature



Mamata P
PRINCIPAL

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

FEED BACK FORM

Date	27-03-20.
Student Name	K. Renuka
Presenter	Uma Maheshwar (Orlin Attitude)

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 explanation.

Student Signature



Manalop
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (Dist-500100)

FEED BACK FORM

Date	27-03-2020
Student Name	D. Tejasri
Presenter	G. Umamaheshwar (online Aptitude)

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 Programme

Tejasri
Student Signature



Mamappa
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

Soft Skills
(Dream Building and Goal
Setting)

Conducted on

31-12-2019

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

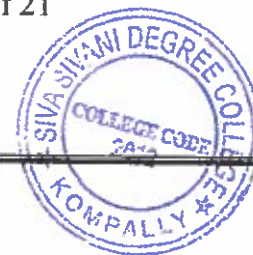
Mr.M.Raju,
Dept.of.Commerce
SSDC, Kompally

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 dream building and goal setting is to empower individuals to turn their dreams into achievable objectives through a systematic and intentional process.



Mamatha
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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: 30-12-2019

CIRCULAR

The students of our college are hereby informed that we are planning to conduct a program on Dream Building and Goal Setting on 31-12-2019 at 10 AM by Mr.M.Raju, Dept.of.Com. SSDC, Kompally at seminar hall. All the students must 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



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

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:

Dream Building and Goal Setting

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	Teja Goud
2	201217474002	ABBAGOUNI VAMSHI KUMAR	Vamshi Kumar A
3	201217474003	BARU SAI KRISHNA	Baru Sai Krishna
4	201217474004	BATTI SANDHYA RANI	Sandhya Rani
5	201217474005	BOTLA GNANESHWAR	Gnaneshwar B
6	201217474006	CHALLA SANKIRTHANA	Challa Sankirthana
7	201217474007	CHEERLA AKHILA	Akhila
8	201217474008	CHIGULLAPALLY YOGESH	Yogesh
9	201217474009	CH ANIRUDH REDDY	Anirudh Reddy
10	201217474010	DOODALA VARSHINI GOUD	Varshini Goud
11	201217474011	E SHANTHI PRIYA	Shanti Priya
12	201217474012	G. N VENKATA SAI PRAKASH	G N Venkata Sai Prakash
13	201217474013	G. MAHENDER	G Mahender
14	201217474015	GOPIDI ALEKYA	Alekya G
15	201217474016	GOWLIKAR RAKESH	Rakesh
16	201217474017	G RAHUL RAMANJANEYA	Ramanjaneya
17	201217474018	GUTTULA PRAVEEN	Praveen G
18	201217474019	J DHEERAJ KUMAR	Dheeraj Kumar
19	201217474020	JURRU RAJU	Jurru Raju
20	201217474022	KADAPALLA SAI KUMAR	Sai Kumar
21	201217474023	K RAJKUMAR HARISHMA	Rajkumar Harishma
22	201217474024	K AVINASH KUMAR	Avinash
23	201217474025	KAVITHA SINGH PARIHAR	Kavitha Singh Parihar
24	201217474027	L ANUSHA GOUD	L Anusha Goud
25	201217474028	MANHDA SUCHARITHA	Sucharitha M
26	201217474029	MYSIGARI SAI KUMAR	Mysigari Sai Kumar
27	201217474030	NACHARAM JYOTHSNA	Jyothsna
28	201217474031	NADIMPALLI SIRISHA	Sirisha N
29	201217474032	PALIGU DIVYA	Divya
30	201217474033	P. RAM LAKSHMAN CHARY	P. Ram Lakshman Chary



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PRINCIPAL

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



Mamata PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
67	201217467095	RAJANNAGARI SREELEKHA	Sreelekha R
68	201217467096	SANGANI SUMANA	S Sumana
69	201217467097	SARV DEV MISHRA	Sarvdev Mishra
70	201217467098	SRIPERAMBUDURU REVANTH	Ambedkure Revanth
71	201217467099	THAMMAREDDY SANDEEP REDDY	TS Reddy
72	201217467001	AKULA SANDHYA	Akula sandhya
73	201217467002	ANUGULA KEERTHI REDDY	Keerthi Reddy A
74	201217467003	ARCHANA BHATI	Archana bhati
75	201217467004	ARRETI SANTOSH REDDY	Sankosh Reddy A
76	201217467005	BALININGAM PAVANI	B. Pavani
77	201217467006	BANALA BHARGAVI	Bhargavi B
78	201217467007	BATTU VISHWATEJA REDDY	Vishwateja Reddy
79	201217467008	BHARATHI KUMARI	Bhuma
80	201217467009	BOMMANAPALLI GANESH	Ganesh B
81	201217467010	BUDITHI MOUNIKA	B. mounika
82	201217467011	CHEGURE VINAY	Vinay ch
83	201217467012	CHINTALA SRILATHA	Chinthala srilatha
84	201217467013	CHINTHALA RAMYA SREE	Ramya sree ch
85	201217467014	DASARI SHARVANI	Sharvani
86	201217467015	DUDHATE POONAM	Poonam
87	201217467016	G SWETHA	Swetha G
88	201217467018	GADE POOJITHA	G Poojitha
89	201217467019	GANNAMANENI GAYATHRI	Gayathri G
90	201217467020	GOPICHAND KAMINENI	Gopichand kamineni
91	201217467021	G RAJASHEKAR REDDY	AR Reddy
92	201217467022	GUNDABOINA PRAVALIKA	G. Pravalika
93	201217467023	GUNTA NAVEEN KUMAR	Naveen G
94	201217467024	GURAPPAGARI DATTA SAI	G Datta Sai
95	201217467025	GURUSWAMY NETHRA	Nethra G
96	201217467026	GYARALA MANISAI GOUD	manisai Goud
97	201217467027	HAMAD ASHOK SEERVI	Ashok Seervi
98	201217467028	INTURI SATYA NARAYANA	Satya S I
99	201217467029	KAMMELA MADHURI	Madhuri
100	201217467030	KANDADI KEERTHANA	Keerthana K
101	201217467031	KANDUKURI VIRUSHA	K. Virsha
102	201217467032	KASIBOTA NAGABABU	K. Nagababu



M. Manoj
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
103	201217467033	KATEPALLI KOMALI	Komali K
104	201217467034	KHASEM REDDY MOUNIKA	K. Mounika
105	201217467035	KOMMU GIRIDHAR	Giridhar K
106	201217467036	KULDEEP TANWAR	Kuldeep Tanwar.
107	201217467037	KURAPATI MANISHA	Manisha K
108	201217467038	LINGA DIVYA RANI	Divya rani
109	201217467039	M. NARMADA	Narmada M
110	201217467040	MADDETI MURALI KRISHNA	Murali Krishna
111	201217467041	MANADALA ABHILASH	Abhilash M
112	201217467042	METTU KEERTHANA REDDY	M. Keerthana Reddy.
113	201217467043	MORIYA SANDEEP KUMAR	Sandeep M
114	201217467044	NARSAPURAM SAIKUMAR GOUD	Saikumar goud.
115	201217467045	NAYAN DEY	Nayan
116	201217467046	PANYALA SRIKAR REDDY	Sri Kar Reddy P
117	201217467048	PASULA MAHESWARI	P Maheswari
118	201217467049	ANNAPAREDDY RAVALI	Ravali A
119	201217467050	PRAGADA DURGA SHYAMALA	Durgashymala.
120	201217467051	PULAGAM DINESH REDDY	P. Dinesh Reddy.
121	201217467052	RAJANNAGARI AMULYA	Amulya R
122	201217467053	RAJANNAGARI NIHARIKA	Niharika.
123	201217467054	RAMANAKOL VANI	Vani R
124	201217467055	REETHIKA	Reethika
125	201217467056	REGONDA SOWMYA	Regonda Sowmya
126	201217467057	RIZWAN KHAN	Rizwan Khan
127	201217467058	S SRI DATTA SAI REDDY	Sridatta Sai Reddy.
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 Basha
133	201217467064	SOMAYAJULA SAI SRAVANI	S. Sravani
134	201217467065	V.Funny Sri	V. Funny Sri
135	201217467066	SUTHARI LATHA	S. Latha
136	201217467067	SYED ALEEM	Syed Aleem.
137	201217467068	ABHISHEK BHARADWAZ	Abhishek T
138	201217467069	V VANDHARA SHRIKANT	Vandhara Shrikant



Mamatha
PRINCIPAL

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


Co-Ordinator




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



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

Report of the Program
Dream Building and Goal Setting

Name of the Resource Person : Mr. M. Raju
Date : 31-12-2019
Venue : Seminar Hall
No. of Students Attended : 144

On 31-12-2019, a lecture on "Dream Building and Goal Setting" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Mr. M. Raju.

Dream building and goal setting are powerful tools that individuals can leverage to enhance their personal and professional lives. Whether applied to career aspirations, personal development, or lifestyle improvements, the process of defining dreams and setting actionable goals provides a roadmap for success. This report explores the significance of dream building and goal setting, their impact on motivation and achievement, and practical strategies to implement these concepts effectively.

The "Dream Building and Goal Setting Seminar" is a transformative event designed to inspire individuals to envision their aspirations, set meaningful goals, and take actionable steps toward realizing their dreams. This seminar aims to provide participants with valuable insights, practical strategies, and a motivational boost to embark on a journey of personal and professional growth.

Agenda:

1. Session 1: The Power of Dreams

- Introduction to the importance of dreams in shaping one's life.
- Inspiring stories of individuals who turned their dreams into reality.
- Understanding the connection between dreams, motivation, and fulfillment.

2. Session 2: Vision Board Workshop

- Practical hands-on activity: creating vision boards to visualize and manifest dreams.
- Guidance on selecting and arranging images and words that resonate with personal goals.
- Group discussions on the impact of visualizing dreams.

3. Session 3: Goal Setting Strategies

- The significance of SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals.
- Techniques for breaking down long-term dreams into actionable short-term goals.
- Goal-setting exercises to help participants articulate and refine their objectives.

4. Session 4: Overcoming Obstacles

- Identifying common obstacles and challenges on the path to achieving goals.
- Strategies for overcoming setbacks and staying resilient.



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- Personal stories of triumph in the face of adversity.

5. Session 5: Action Planning and Accountability

- Developing personalized action plans based on set goals.
- The importance of accountability partners and support networks.
- Establishing a routine for regular progress assessments.

6. Session 6: Guest Speaker - Success Stories

- A guest speaker who has achieved remarkable success through dream building and goal setting.
- Q&A session for participants to gain insights and advice.

7. Session 7: Mindset Mastery

- Exploring the role of mindset in achieving dreams.
- Techniques for cultivating a positive and growth-oriented mindset.
- Mindfulness exercises to enhance focus and resilience.

8. Session 8: Closing Remarks and Networking

- Recap of key takeaways from the seminar.
- Opportunities for participants to connect with each other for ongoing support.

Conclusion:

The "Dream Building and Goal Setting Seminar" is a dynamic and interactive experience that empowers individuals to transform their aspirations into tangible goals and take decisive steps toward a fulfilling future. Participants will leave inspired, equipped with practical tools, and connected with a community of like-minded individuals ready to support them on their journey to success.



M. S. P.
Coordinator

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FEED BACK FORM

Date	31-12-2019.
Student Name	R. Divya
Presenter	M. Raju (Dream Builders)

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 Program

Student Signature



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Siva Sivani Degree College
Kompally, Modchal-Maakejgiri (Dt-500100)

FEED BACK FORM

Date	31-12-19
Student Name	P. Arthi
Presenter	M. Raju (Dream Builders)

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

Arthi
Student Signature



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

FEED BACK FORM

Date	31-12-2019
Student Name	G. Mahender
Presenter	M. Raju (Dream Building)

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

G. Mahender

Student Signature



Mamata P
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 Kompally, Medchal-Malkajgiri (Dt-500100)



SIVA SIVANI DEGREE COLLEGE

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

Courses on
Soft Skills
(Stress Management)

Conducted on
11-03-2020

Who can participate:
Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

Ms.T. Naga Srivalli
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

- .Stress management is to empower individuals with the tools, skills, and mindset needed to effectively cope with stressors, enhance well-being, and lead a more balanced and fulfilling life.



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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 here by informed that we are planning to conduct a program On Stress Management on 11-03-2020 at 11 AM by Ms.T.Naga Srivalli, Dept.of.Mgmt,SSDC,Kompally at seminar hall. All the students informed to attend the program without fail.

Copy to:

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



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SIVA SIVANI DEGREE COLLEGE, KOMPALLY

STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:

Stress Management

COURSE

BBA-III

NUMBER OF STUDENTS ATTENDED :117

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201217684001	A. RAMYA SAHITHI NAIDU	A. Ramya Sahithi
2	201217684002	ABHAY PRATAP	Pratap A
3	201217684003	AKELLA SURYA	A. Surya
4	201217684004	AMARABOINA KEERTHI	Amaraboina Keerthi
5	201217684005	ANKASHU PRIYANKA	Priyanka A
6	201217684006	ARMILLY RANADEEP	Randeep A
7	201217684008	B. HYGREEVA	B. Hygreeva
8	201217684009	B. KEERTHI REDDY	Keerthi Reddy
9	201217684010	B.V. VARSHINI	B.V. Varshini
10	201217684011	BANDARI HARIKA	Harika B
11	201217684012	BATTULA SIVA SANKAR RAO	B. Siva Sankar Rao
12	201217684013	BEJANKI SUSHEEL KUMAR	Susheel Kumar B
13	201217684014	B SAI MANOJ KUMAR	B Sai Manoj Kumar
14	201217684015	BHUPATHIRAJU AKSHITHA	Akshitha B
15	201217684016	BONAGIRI RUCHITHA	Ruchitha B
16	201217684017	BONAGIRI RUKMAJI RAO	R. Rukmaji Rao
17	201217684018	BOORUGU BHAVANI	Bhavani
18	201217684019	B SHIVA KRISHNA	B. SHIVA KRISHNA
19	201217684020	CHINTAMANI SRIKAR	Ch Srikar
20	201217684021	DAGGULA HARISH	D. Harish
21	201217684022	DAKI MANUJ	Manuj
22	201217684023	DAMMALAPATI BALAJI	Balaji
23	201217684025	EDULAKANTI VINEETH GOUD	Vineeth E
24	201217684026	ELALA NAVYA	E Navya
25	201217684027	ERUKULLA SATYAVARDHAN	Satyavardhan E
26	201217684028	V.MANISH REDDY	V. Manish Reddy
27	201217684029	G.SAMYUKTHA	G. Samyuktha
28	201217684030	GABADIA GURUVINDER SINGH	G. Singh
29	201217684031	GIRISH TORAMBekar	Girish Torambekar
30	201217684032	GUDA SWETHA	Swetha
31	201217684033	GUJJA BHANODAY KUMAR	Gujja Bhanoday



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
32	201217684034	GUNDA MADHURYA	G. MADHURYA
33	201217684035	AMARAGONDA RAKSHITHA	A. Rakshitha
34	201217684036	HEERAMATAM NIHARIKA	Niharika H
35	201217684037	JAMALPUR SHIREESHA	J. shireesha
36	201217684038	JILLA CHINMAYEE	Chinmayee J
37	201217684039	K SUNIL	K Sunil
38	201217684040	KAILASH PATRA	Kailash P
39	201217684041	PULLAGURLA KISHORE REDDY	Kishore Reddy
40	201217684042	KANAKATI SNEHASREE GOUD	Snehasree K
41	201217684043	KARTEYA SANGWAI	Sangwai
42	201217684044	KASULA MANISHA	K. Manisha
43	201217684045	KATOORI PRANAY CHANDH	Pranay K
44	201217684046	MERUGU AKSHAYA	Akshaya
45	201217684047	KOMARAVELLI SHEETAL	Sheetal
46	201217684048	KSHEERA SAGAR SHALINI	Ksheera Sagar Shalini
47	201217684049	KUNA TARUNI	K. Taruni
48	201217684050	KUNTA PRIYANSHA	Priyanka K
49	201217684051	M SRI RAMYA	M. Sri Ramya
50	201217684052	BELIDE VASUDHA	R. Vasudha
51	201217684053	M. JYOTHI SRI SINDHU	M. Jyothi Sri Sindhu
52	201217684054	M. SANJANA	M. Sanjana
53	201217684055	MADDI ANAND REDDY	M. Anand Reddy
54	201217684056	MANKALA VYSHNAVI	Mankala Vyshnavi
55	201217684057	MANDALA PRIYANKA GOUD	Priyanka Reddy
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	MB Reddy
60	201217684062	MOHAMMAD ATHIK AHMED	Athik Ahmed
61	201217684063	MOHAMMED IELIYAZ	MD Iliyaz
62	201217684064	GATTU SOWMYA	G. Sowmya
63	201217684065	MOHIT JANGIR	M. Jangir
64	201217684066	MUDUMALA AKHIL	Akhil
65	201217684067	MUNA KARKI	MUNA KARKI
66	201217684068	MUNAGANTI SUSHMA	M. SUSHMA



Manoj
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
67	201217684069	M SAI SHUBODH GOUD	M. Sai Shuboddy Goud
68	201217684070	MUTYALA BINDU SAHITHI	Bindu sahithi
69	201217684071	N. SAI KUMAR	N. Sai Kumar
70	201217684072	NAGAMALLA LOKESH	Lokesh N
71	201217684073	NAGILLA SAI CHARAN	N. Sai Charan
72	201217684074	NALLA SAKETH REDDY	N'S Reddy
73	201217684075	NARLA GAYATHRI	N. Gayathri
74	201217684076	NARSAPURAM MAHESH GOUD	Mahesh goud
75	201217684077	NATHANI AFSHA FIROZ	N. Afsa
76	201217684078	NEELA DHARANI	N. DHARANI
77	201217684079	NEHA KUMARI	Neha
78	201217684080	P BHARGAVI	P. Bhargavi
79	201217684081	P MITHILA REDDY	P. Mithila Reddy
80	201217684082	PEDDI SREE BHARGAVI	Sree Bhargavi
81	201217684083	PIPRIKAR SUSHRUTA	Sushruta P
82	201217684084	POTHULA RAHUL RAI	P. Rahul Sai
83	201217684085	P SRI HARI SRINIVAS	Srihari P
84	201217684086	PRAVEEN YADAV	Praveen yadav
85	201217684087	PRODDUTURI CHAKRADHAR	P. Chakradhar
86	201217684088	PRODDUTURI CHANDANA	Chandana P
87	201217684089	PUJARI NAGARJUNA	P. Nagarjuna
88	201217684090	R LOHITAKSHA REDDY	Rh Reddy
89	201217684091	RAMAPURAM PAVAN KALYAN	Pavan Kalyan
90	201217684092	REGOTI VISHAL GOUD	RV Goud
91	201217684093	REKHA CHOWDHARY	REKHA CHOWDHARY
92	201217684094	ROKKAM ADITYA RAO	ROKKAM Aditya Rao
93	201217684095	SABBAVARAPU NIHARIKA	S Niharika
94	201217684096	SAMALA SANJANA	Sanjana
95	201217684097	SANA	Sana
96	201217684098	SARATH KUMAR M K	Sarath Kumar MK
97	201217684099	SATTA SUSMITHA	Satta Susmitha
98	201217684101	SHAIK MAHMMAD FAREED	SK Md Fareed
99	201217684102	SHEIK AREEFA	Sheik Areefa
100	201217684103	SHUBHAM AGARWAL	Shubham Agarwal
101	201217684104	SIMRANA BEGUM	Simrana begum



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
102	201217684106	S V NAGA SAI MANI SHANKER	S. Sai Mani Shanker
103	201217684107	TANKARI JOSEPH KEVIN PAUL	T. Kevin Paul
104	201217684108	TATTEPALLI SATYANARAYANA	Satyanarayana T
105	201217684109	T RAGHAVENDRA	T. RAGHAVENDRA
106	201217684110	THATI MANISH	T. Manish
107	201217684111	THATIPALLY ABIJITH	P. Abijith
108	201217684112	T VENKATA MADHUSUDHAN Y	Madhusudhan Y
109	201217684113	TOTAKURA NAVYA	T. Navya
110	201217684114	V V GUNA SATHVIK	Sathvik
111	201217684115	VALAPUSHETTY HARIKA	Harika, V
112	201217684116	VANAMULA RAM NITISH YADAV	V. Ram Nitish Yadav
113	201217684117	VANGA MANIKANTH REDDY	VM Reddy
114	201217684118	VEMULA 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

Sai vare
Co-Ordinator



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



Report of the Program

Stress Management

Name of the Resource Person : Ms. T. Naga Srivalli

Date : 11-03-2020

Venue : Seminar Hall

No. of Students Attended : 117

On 11-03-2020, a lecture on "Stress Management" was held at Seminar Hall for students of Siva Sivani Degree College. The lecture was delivered by the Resource person Ms.T. Naga Srivalli.

Certainly! Here's a sample report on a Stress Management Workshop:

Introduction:

The Stress Management Workshop conducted on [Date] was designed as an immersive experience to equip participants with practical strategies for coping with stress in their personal and professional lives. The workshop aimed to raise awareness about stress triggers, explore effective coping mechanisms, and foster a supportive community dedicated to well-being.

Workshop Components:

1. Understanding Stress:

The workshop commenced with an insightful session on the definition and types of stress. Participants delved into recognizing the physiological and psychological effects of stress, laying the foundation for the subsequent discussions.

2. Identifying Stress Triggers:

An interactive activity allowed participants to reflect on and identify their unique stressors. This session emphasized the importance of self-awareness in managing stress effectively.

3. Coping Strategies:

Practical coping strategies were explored, including mindfulness techniques, relaxation exercises, and time-management practices. Participants engaged in hands-on activities to incorporate these strategies into their daily routines.

4. Communication and Social Support:

The workshop highlighted the role of effective communication in managing stress and encouraged participants to build a strong support network. Discussions on seeking help and fostering open communication contributed to a sense of community.





5. Work-Life Balance:

A dedicated session addressed the challenges of maintaining a healthy work-life balance. Strategies for setting boundaries, prioritizing tasks, and incorporating self-care routines were discussed.

6. Guest Speaker - Stress Resilience Success Story:

A guest speaker shared a personal journey of overcoming stress challenges, providing inspiration and practical insights into building stress resilience.

Interactive Format:

The workshop employed an interactive format, combining presentations, group discussions, and experiential activities. Participants were actively engaged in sharing their experiences, contributing to a dynamic and collaborative learning environment.

Outcome:

Participants left the workshop with a heightened awareness of stress triggers and a toolkit of practical strategies to manage stress. The interactive nature of the workshop facilitated a sense of community and support, encouraging ongoing dialogue about stress management.

Conclusion:

The Stress Management Workshop proved to be a valuable resource for participants seeking to navigate the challenges of stress. By fostering a comprehensive understanding of stress and providing practical coping mechanisms, the workshop contributed to the overall well-being of individuals within the community. Continued initiatives in stress management are crucial for promoting a healthy and resilient community.



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FEED BACK FORM

Date	11-03-20
Student Name	D. Manju
Presenter	Nagasrivalli (Stress mgmt)

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

Very good

Manju D
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FEED BACK FORM

Date	11-03-2020
Student Name	A. Prataf
Presenter	Naga Srivalli (Stress management)

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.	✓				
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4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.	✓				

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

Student Signature *Prataf. A*



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