



## MOTHER THERESA INSTITUTE OF PHARMACEUTICAL EDUCATION & RESEARCH

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46/1-N-3, George Avenue, A-Camp, Joharapuram Road,  
KURNOOL 518002, Andhra Pradesh, India.

Phone : +91-8518-277572 | Helplines : +91-9849 332 122, 7330 666 762

E-mail : miperknlapindia@gmail.com | Website : www.miperknlapindia.ac.in

### 5.1.2(3) Life Skills

S.NO	Name of the capacity development and skills enhancement Program	Date of the Program	Number of Students enrolled	Name of the agencies/consultants involved with contact details
<b>2022-23</b>				
1	Strengthening the core	16-06-2022	50	Mr.Hari Nayak Physical director MIPER,Kurnool 9370935120
<b>2021-22</b>				
2	Understanding physical and mental health	17-08-2021	47	Dr.A Sathish garu M.B.B.S ., M.S (Ophthal) Founder Director, MIPER ☎9849332122 ✉sadimulupu@gmail.com
<b>2020-21</b>				
3	International yoga day	21-06-2020	44	Mr.Sreenivasulu YOGA Trainer MIPER College 8801239545
<b>2019-20</b>				
4	Meditation program	16-11-2019	40	Mrs.Uma YOGA Trainer MIPER College 8801239545
<b>2018-19</b>				
5	Effective Communication	21-10-18	30	Mr.G.ISAIAH Lecturer SRC BED College, Kurnool ☎9866420102 ✉isaiaho2@gmail.com



Principal

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KURNOOL-518 002, India



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Date: 11-06-2022

## CIRCULAR

The college is organizing a program on "Strengthening the core" to develop the strength in them on 16-06-2022 in the college and all the students are informed to attend the program without fail.

Strengthening the core is not only essential for athletic performance but also serves as a foundation for various everyday activities. A strong core contributes to overall stability, balance, and posture

Program Coordinator: Mr.R Raghuvveer  
Associate Professor  
Department of Pharmacology

Program Coordinator  


  
Principal



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KURNOOL-518002, India

Copy to:

1. The Director
2. Academic Director
3. Dean of Academics





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## LIST OF STUDENTS ENROLLED

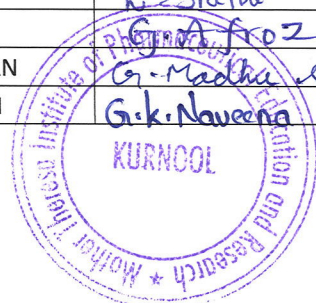
Name of the program: Strengthening the core

Date: 16-06-2022

S.NO	REG.NO	NAME OF THE STUDENT	SIGNATURE
1	21KJ5R0001	SHAIK ARSHIYA	S. Arshiya
2	21KJ1R0001	A PAVAN KUMAR	A. Pavan
3	21KJ1R0002	AFIFA TAYYIBA	Afifa tayyiba
4	21KJ1R0003	AKULA SHAIK SULEMON BASHA	A.S. Sulemon
5	21KJ1R0004	AREKANTI AHALYA	A. Ahalya
6	21KJ1R0005	AREKANTI CHAITANYA RATHNAVALI	A. Chaitanya
7	21KJ1R0006	AVULA PRAVALLIKA	A. Pravalika
8	21KJ1R0007	BANDARU PUSHPA SREE	B. Pushpa Sree
9	21KJ1R0008	BASODI SHRAVANI	B. Shravani
10	21KJ1R0009	BELLAPU KAVITHA	B. Kavitha
11	21KJ1R0010	BESTHA BRUNDAN	B. Brundhan
12	21KJ1R0011	BESTHA YELLA SWAMI	B. Yella Swami
13	21KJ1R0012	BOYA DAMAYANTHI	B. Damayanthi
14	21KJ1R0013	BOYA DHANUNJAYA	B. Dhanunjaya
15	21KJ1R0014	BOYA GEETHA	B. Geetha
16	21KJ1R0015	BOYA SIRISHA	B. Sirisha
17	21KJ1R0016	BOYA SREE RAM NAIDU	B. Sree Ram
18	21KJ1R0018	CHEVULA CHAITHANYA KUMAR	C. Chaitanya Kumar
19	21KJ1R0019	CHINNAVULA VENKATA SHIVA REDDY	C. Venkata Shiva
20	21KJ1R0020	CHINTALA YAKOBU	C. Yakobu
21	21KJ1R0021	CHINTHALAGATTU MOUNIKA	C. Mounika
22	21KJ1R0022	DEVARINTI LOKESH	D. Lokesh
23	21KJ1R0023	DAMAM GAYATHRI	D. Gayathri
24	21KJ1R0024	DUDEKULA KASIMVALI	D. Kasim
25	21KJ1R0025	DUDEKULA MABUJAN	D. Mabusjan
26	21KJ1R0026	DUDEKULA RESHMA	D. Reshma
27	21KJ1R0027	EDIGA LAVANYA	E. Lavanya
28	21KJ1R0028	EDIGA RENU AMRESH GOUD	E. Anesh
29	21KJ1R0029	EDIGA SRAVANI	E. Sravani
30	21KJ1R0030	EERAPOGU SRUTHI	E. Sruthi
31	21KJ1R0031	GADDAM AFROZ BASHA	G. Afroz basha
32	21KJ1R0032	GANGANABONIA MADHU SUDHAN	G. Madha sudhan
33	21KJ1R0033	GHODAKAR KATIKA NAVEENA BAI	G. K. Naveena bai

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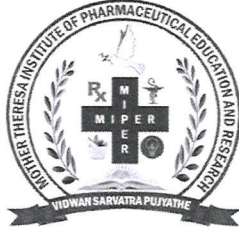
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34	21KJ1R0034	GOLLA ANUSHA	G. Anusha.
35	21KJ1R0035	GUJARATHI GOPI	G. Gopi
36	21KJ1R0036	GURRAM PRAVEEN	G. Praveen
37	21KJ1R0037	GURRAM VIJAYA KUMAR	G. Vijaya Kumar.
38	21KJ1R0038	JANNIBOYANA VANDANA	J. vandana
39	21KJ1R0039	JETTI NARESH CHOWDARY	J. nareesh chowdary
40	21KJ1R0040	K ASHWAQ	K. Ashwaq
41	21KJ1R0041	K GOPI KRISHNA	K. Gopi Krishna
42	21KJ1R0042	K MD NAUHEED HUSSAIN	K. Md. Nauheed
43	21KJ1R0043	K RAGHU	K. Raghu
44	21KJ1R0044	KAMMARI SRIKANTH ACHARI	K. Srikanth Achari.
45	21KJ1R0045	KAMMARI YAMUNA	K. Yamuna
46	21KJ1R0046	KANDULA SRUJANA	K. Srujana
47	21KJ1R0047	KAREGOUDA PAVITHRA	K. pavithra
48	21KJ1R0048	KASAM SWETHA	K. Swetha
49	21KJ1R0049	KASIREDDY JOSHNA	K. Joshna.
50	21KJ1R0050	KASIREDDY MADHU PRIYA	K. madhupriya

Program Coordinator

  
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## PROGRAM REPORT

DATE: 17-06-2022

**Name of the Program:** Strengthening the Core

**Resource person:**

Mr. Hari Nayak

Physical director

MIPER, Kurnool

9370935120

A fitness program was organized in the college on the topic "Strengthening the Core" on. The program was organized by the Department of Humanities under the Physical Director to initiate and bring awareness in strengthening their bodies and maintaining good health.

Exercises are an important part of fitness. They train the muscles in your abdomen, hips, lower back, and neck, to work properly.


This leads to a better stability and balance for doing daily activities. Following are some of the activities conducted related to the program:

- Daily exercises
- Leg raises
- Crunches

The program was conducted smoothly and was a huge success as around 50 students actively participated.

Program Coordinator



  
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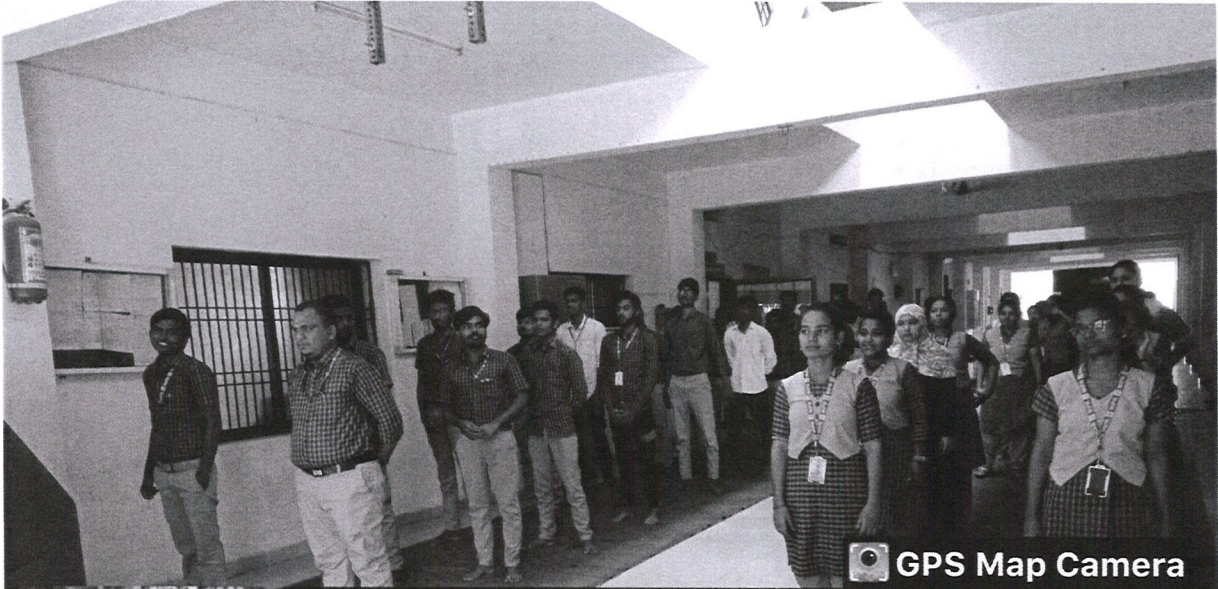
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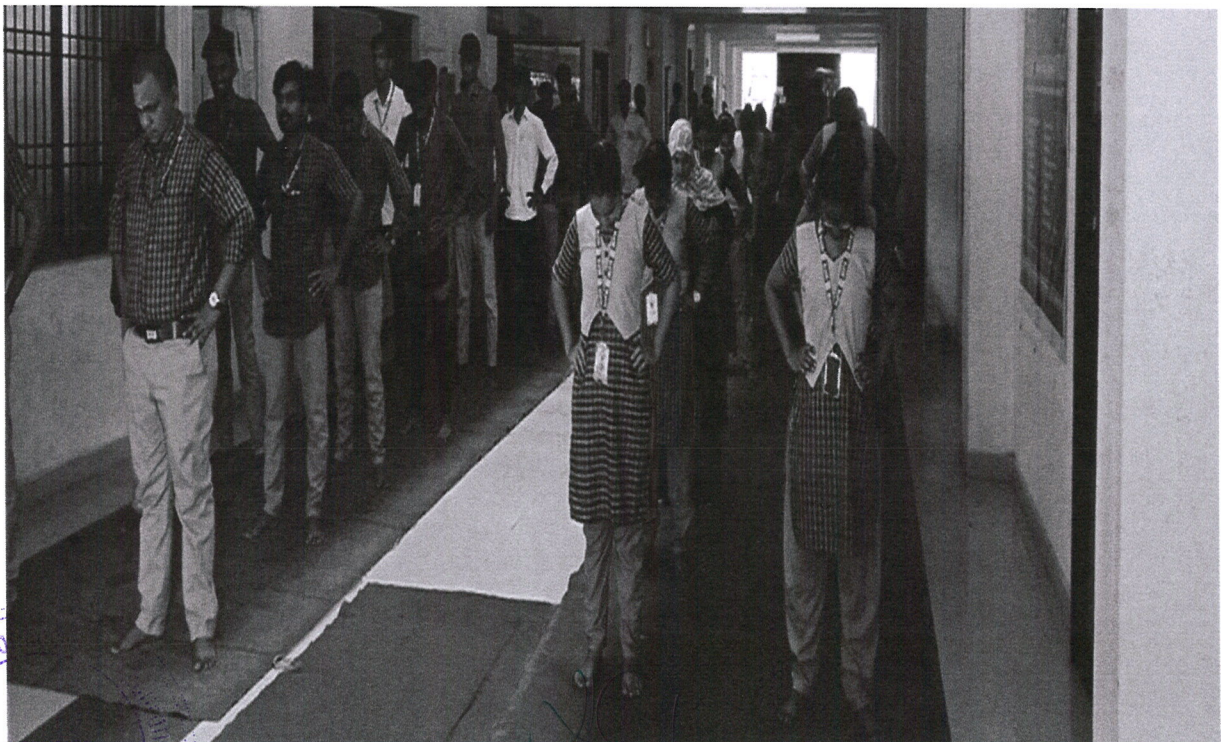


 GPS Map Camera



**Kurnool, Andhra Pradesh, India**

46-1-N-1, Chanikyapuri Colony, A-Camp, Kurnool - 518002, A  
Camp, Kurnool, Andhra Pradesh 518002, India



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Date:13-8-2021

## CIRCULAR

All the students are hereby informed to attend the program on the "Understanding physical and mental health" to promote overall well-being and a high quality of life for individuals. This program is being conducted on 17-08-2021 at the e-classroom in the college. So, all the HOD's are asked to inform and encourage them to attend the session.

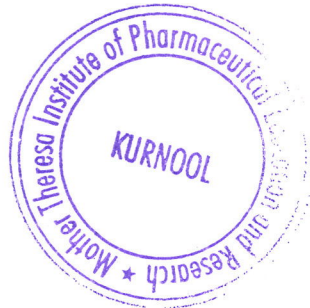
Understanding physical and mental health as life skills involves recognizing their importance in maintaining overall well-being and adopting practices that contribute to a healthy and balanced lifestyle.

Venue: Seminar Hall, MIPER

Time: 10.30 am to 2.00pm

Program Coordinator: Mr.M Rajkumar  
Associate Professor  
Department of Pharmacology

  
Program Coordinator



  
Principal

Copy to:

- 1.The Director
- 2.Academic Director
- 3.Dean of Academics

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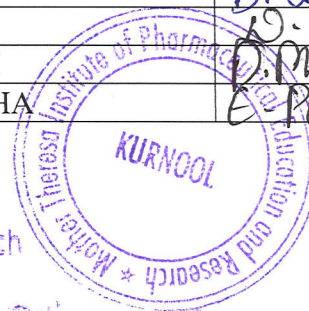
Name of the Program: Understanding physical and mental health

Date: 17-08-2021

S.NO	REG.NO	NAME OF THE STUDENT	SIGNATURE
1	19KJ5R0001	SHAIK SADDAM HUSSAIN	S. Saddam Hussain
2	19KJ5R0002	N.VENKATA SAI DEEKSHITH	N.V. Sai deekshitha
3	19KJ5R0003	SHAIK KOUSAR JAHAN	Shaik kousar Jahan
4	19KJ5R0004	KHAJI ALTAF	K. Altaf
5	19KJ1R0001	A AKSHAYA KEERTHANA	A. Akshaya keertana
6	19KJ1R0002	ATLAREDDY YAMINI	A. Yamini
7	19KJ1R0004	B PRABHALIKA	B. Prabalika
8	19KJ1R0005	B BABY CHAITANYA	B. Baby Chaitanya
9	19KJ1R0006	B LAKSHMI DEVI	B. Lakshmi Devi
10	19KJ1R0007	BEESU SRAVANI	B. Sravani
11	19KJ1R0008	BISATI VIJAYA LAKSHMI	B. Vijaya lakshmi
12	19KJ1R0009	BOYA HYNDAVI	B. hyndavi
13	19KJ1R0011	C SHARMEELA	C. Sharmee La
14	19KJ1R0012	C MANYA KISHOR	C. Manyakishor
15	19KJ1R0013	C LAKSHMI PUJITHA	C. lakshmi pujitha
16	19KJ1R0014	C.NAGA DURGA PRASHANTHI	C. Nagaprasanthi
17	18KJ1R0001	ADIKE KIRAN	A. Kiran
18	18KJ1R0002	ARAVA MAHESH	A. Mahesh
19	18KJ1R0003	B ANITHA	B. Anitha
20	18KJ1R0004	B LAKSHMI KOMALA	B. Lakshmi komala
21	18KJ1R0005	BONALA HARIPRIYA	B. Haripriya
22	18KJ1R0006	BOYA SUMATHI	B. Sumathi
23	18KJ1R0007	C SRAVANI	C. Sravani
24	18KJ1R0008	C BHARGAV	C. Bhargavi
25	18KJ1R0009	CHATRAM CHANDINI	C. chandini
26	18KJ1R0010	C SRINIVAS	C. Srinivas
27	18KJ1R0011	CHUDI VINODA	C. Vinoda
28	18KJ1R0012	D SRAVANI	D. SRAVANI
29	18KJ1R0013	D UPENDRA	D. Upendra
30	18KJ1R0014	D MURTHUJA VALI	D. Murthuja Vali
31	18KJ1R0015	EDLAPALLI POHITHA	E. Pohitha

Principal

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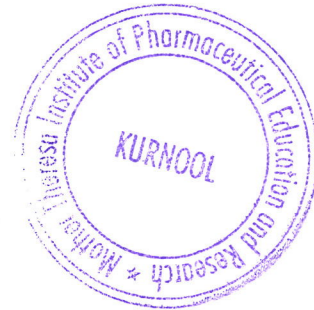
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33	20KJ1R0002	AAVULA SRINIVASULU	A. Srinivasulu
34	20KJ1R0003	ANDE PRAVALLIKA	A. Pravallika
35	20KJ1R0004	B HUMERA	B. Humera
36	20KJ1R0005	B SUMAIYA ROOHI	B. Sumaiya Roohi
37	20KJ1R0006	B.CHANDRASEKHAR KASYAPA	B. Chandrasekhara Kasyapa
38	20KJ1R0007	B BHAVYA SREE	B. Bhavya sree
39	20KJ1R0008	C NIKHIL	C. Nikhil
40	20KJ1R0009	C SURENDRA	C. Surendra
42	20KJ1R0010	D JOSH PRAVEEN	D. Josh Praveen
43	20KJ1R0011	DASARI ROHINI	D. Rohini
44	20KJ1R0012	D LIKITHA REDDY	D. Likitha Reddy
45	20KJ1R0013	G MALLIKARJUNA	G. Mallikarjuna
46	20KJ1R0014	G SUPRIYA	G. Supriya
47	20KJ1R0015	G VENNELA	G. VENNELA

  
Program Coordinator

  
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## PROGRAM REPORT

DATE: 18-08-2021

**Name of the Program:** Understanding physical and mental health

**Resource person:**

Dr.A Sathish garu

M.B.B.S ., M.S (Ophthal)

Founder Director, MIPER

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A Program was conducted by our college chairman sir Dr .A.Sathish garu on the topic of

"Understanding physical and mental health" at the Seminar Hall, 2 Floor from 10.30 am to 2.00pm

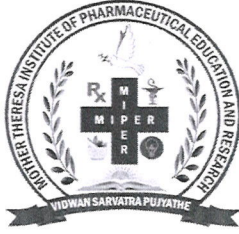
Our chairman was the speaker on this Occasion. He said it is Physical and mental health are integral components of an individual's overall well-being. Physical and mental health are interconnected, and one can influence the other. For example, physical exercise can improve mental health by reducing stress and releasing endorphins. Likewise, good mental health can encourage individuals to make healthier lifestyle choices, such as maintaining a balanced diet and exercising regularly. Understanding this connection emphasizes the importance of addressing both aspects simultaneously. Understanding physical and mental health is fundamental for leading a fulfilling and balanced life. Both aspects are inextricably linked, and promoting overall well-being requires attention to both. By raising awareness, reducing stigma, and providing education on physical and mental health, individuals can take proactive steps to lead healthier, happier lives. Furthermore, fostering an environment that supports these dimensions of health can lead to a more productive and compassionate society.

Around 47 students were present in the session very actively to know how to understand the concept of physical and mental health.



  
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Program Coordinator



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Date: 18-06-2020

## CIRCULAR

In view of the "International Yoga Day" on 21-06-2020, the department of Humanities and Sciences is organizing Asana and meditation in the morning session at 10.30 am on 20-06-2020 in the open air theatre to get consciousness and also benefits in yoga. All the staff are requested to inform the students to participate in the program.

Yoga as a life skill involves the integration of yogic principles and practices into one's daily life to promote physical, mental, and emotional well-being. Yoga is not just a form of exercise; it is a holistic system that encompasses various elements, including physical postures (asanas), breath control (pranayama), meditation, ethical guidelines (yamas and niyamas), and mindful living.

Program Coordinator: Mr.k Suresh  
Associate Professor  
Department of Pharmacognosy

  
Program Coordinator

  
Principal



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## LIST OF STUDENTS ENROLLED

Name of the program: International Yoga Day

Date: 21-06-2020

S.NO	REG.NO	NAME OF THE STUDENT	SIGNATURE
1	20KJ5R0001	GUJARATHI HEERAMANI SWETHA	Sweetha
2	20KJ1R0002	AAVULA SRINIVASULU	A. Srinivasulu
3	20KJ1R0003	ANDE PRAVALLIKA	Pravalli
4	20KJ1R0004	BANDELACHENU HUMERA	B. Humera
5	20KJ1R0005	BANGLES SUMAIYA ROOHI	B. ROOHI
6	20KJ1R0006	BHATTU CHANDRASEKHARAKASYAPA	B. Chandrasekhara Kasyapa
7	20KJ1R0007	BOGA BHAVYA SREE	B. Bhavya Sree
8	20KJ1R0008	CHAKALI NIKHIL	Nikhil
9	20KJ1R0009	CHAKALI SURENDRA	Chakali Surendra
10	20KJ1R0010	DAMARAKULA JOSH PRAVEEN	Josh Praveen
11	20KJ1R0011	DASARI ROHINI	D. Rohini
12	20KJ1R0012	DUMPALA LIKITHA REDDY	D. Likitha Reddy
13	20KJ1R0013	GADDAM MALLIKARJUNA	G. Mallikarjuna
14	20KJ1R0014	GANAMALA SUPRIYA	G. Supriya
15	20KJ1R0015	GOOLIPAGI VENNELA	G. Vennela
16	20KJ1R0016	GUDEM SARALA	G. Sarala
17	20KJ1R0017	KADDILA SAILAJA	K. Sailaja
18	20KJ1R0018	KARIKALA BHARATH	K. Bharath
19	20KJ1R0019	KASTHURI APARANJITHA	K. Aparanjitha
20	20KJ1R0020	KATEPOGU HARITHA	K. Haritha
21	20KJ1R0021	KONDA SUPRAJA	K. Supraja
22	20KJ1R0022	KURUVA ANAND KUMAR	K. Anand Kumar
23	20KJ1R0023	KURUVA GANESH	K. Ganesh
24	20KJ1R0024	M DIWAKAR	M. Diwakar
25	20KJ1R0025	M SANIA TAHSEEN	M. Tahseen
26	20KJ1R0026	MAHALDHAR RAIYAN MOHSIN	M. Raiyan Mohsin
27	20KJ1R0027	MAHANANDI MANASA	M. Manasa
28	20KJ1R0028	MALI PEDDI NAGA SAI SWETHA	M. Sai Swetha
29	20KJ1R0029	MALLU SAI KALPANA	M. Sai Kalpana
30	20KJ1R0030	MANDLA LOKESWARUDU	M. Lokeshwarudu
31	20KJ1R0031	MARATI DEVI	M. Devi

Principal  
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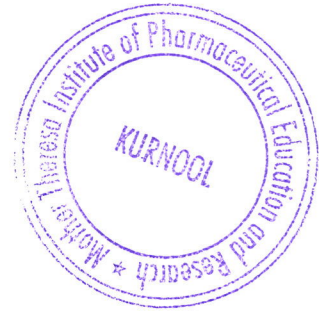
46/1-N-3, George Avenue, A-Camp, Joharapuram Road,  
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E-mail : miperknlapindia@gmail.com | Website : www.miperknlapindia.ac.in

33	20KJ1R0033	MOORABOYINA SUBBARAYUDU	M. Subbarayudu
34	20KJ1R0034	MUDIYAM MADHUSUDHARSHAN	N. Sudha R
35	20KJ1R0034	MUDIYAM MADHUSUDHARSHAN	M. Sudha R
36	20KJ1R0035	PATTAR PADMALATHA	Padmalatha
37	20KJ1R0037	POGULA VENKAT	P. Venkat
38	20KJ1R0038	PUTTA MARTHAMMA	P. Marthamma
39	20KJ1R0039	REDDY LILLY	Reddy Lilly
40	20KJ1R0040	ROLLA SWETHA	R. Swetha
41	20KJ1R0041	RUDRAKSHALA JAYANTHI	R. Jayanthi
42	20KJ1R0042	SAYYAD SAMEER	S. Sameer
43	20KJ1R0043	SHAIK BADUGA AKHEEBUR RAHAMAN	S. Akheebur Rahman
44	20KJ1R0044	SHAIK ZOHA FATIMA	S. Zoha Fatima

*K. Suresh*  
**Program Coordinator**

*dcf*  
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### PROGRAM REPORT

**Date: 22-06-2020**

**Name of the Program:** International yoga day

**Resource Person:**

Mr. Sreenivasulu

YOGA Trainer

MIPER College

8801239545

On the day of "International yoga day", the Department of Humanities and Sciences has organized a yoga session in an open air in the college campus where students have taken active participation in promoting the advantages of practicing yoga.


Activities organized during the yoga session

- Introduction of yoga by the
- Surya Namaskaras
- Breathing Therapy
- Meditation in respective classrooms

Number of Students participated: 50

List of activities organized on the occasion of International Yoga Day in the college campus from 10.00 am to 11.00 am.



  
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Program Coordinator



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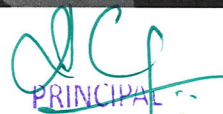
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Date: 14-11-2019

## CIRCULAR

All the students of B. pharm are informed that a fitness program is going to be organized in the college on the topic "Meditation Program" on 16-11-2019 in their respective classrooms. This is the motto to initiate the students and to bring the awareness of fitness in the body.

A meditation program can be a valuable component of life skill development, contributing to mental well-being, stress management, and overall mindfulness

Venue: MIPER College

Time: 10.00 to 1.00 pm

Program Coordinator: Mr.R Raghuvveer  
Associate Professor  
Department of Pharmacology

  
Program Coordinator

  
Principal

- Copy to:
1. The Director
  2. Academic Director
  3. Dean of Academics



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## LIST OF STUDENTS ENROLLED

Name of the program: Meditation Program

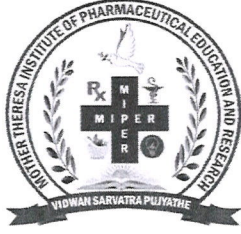
Date: 16-11-2019

S.NO	REG.NO	NAME OF THE STUDENT	SIGNATURE
1	19KJ1R0001	ANNEPOGU AKSHAYA KEERTHANA	A. Akshaya Keerthana
2	19KJ1R0002	ATLAREDDY YAMINI	A. Yamini
3	19KJ1R0004	BANAMOLLA PRABHALIKA	B. PRABHALIKA
4	19KJ1R0005	BANDAMEEDA BABY CHAITANYA	B. Baby Chaitanya
5	19KJ1R0006	BANGARAM LAKSHMI DEVI	B. Lakshmi Devi
6	19KJ1R0007	BESU SRAVANI	B. SRAVANI
7	19KJ1R0008	BISATI VIJAYA LAKSHMI	B. Vijayalakshmi
8	19KJ1R0009	BOYA HYNDAVI	B. hynnavi
9	19KJ1R0011	CHAKALI SHARMEELA	C. Sharmeela
10	19KJ1R0012	CHATLA MANYA KISHOR	C. Manyakishor
11	19KJ1R0013	CHINTA LAKSHMI PUJITHA	C. Chintapujitha
12	19KJ1R0014	CHUNDRU NAGA DURGA PRASHANTI	C. Nagadurgaprasanthi
13	19KJ1R0015	D LAVANYA	D. Lavanya
14	19KJ1R0016	DUDEKULA ASMATUNNISA	D. Asmatunnisa
15	19KJ1R0017	EDUMUKKALA CHANDRAKALA	E. Chandrakala
16	19KJ1R0018	GONTUMUKKALA KANCHANA	G. Kanchana
17	19KJ1R0019	JAGGULA ANITHA	J. Anitha
18	19KJ1R0020	KADIYALA RAMA ANITHA	K.P. Anitha
19	19KJ1R0021	KOMMU SWETHA	K. Swetha
20	19KJ1R0022	KUMMARI LAVANYA	K. Lavanya
21	19KJ1R0023	MADDRI BHAVANI	M. Bhavani
22	19KJ1R0024	MANGALA NAGALAKSHMI	M. Nagalakshmi
23	19KJ1R0025	MIDDE SWAPNA	M. Swapna
24	19KJ1R0026	MIDDEPOGU CHANDRAKALA	M. Chandrakala
25	19KJ1R0027	MOTATI UHANJALI	M. Uhanjali
26	19KJ1R0028	MUSANI NITYASREE	M. Nityasree
27	19KJ1R0029	N MOUNIKA	N. Mounika
28	19KJ1R0030	NAYAKANTI PRAGATHI	N. Pragathi
29	19KJ1R0031	NAYAKANTI SHIRISHA	N. Shirisha
30	19KJ1R0032	ORVAKANTI SANDHYA RANI	O. Sandhya Rani
31	19KJ1R0033	PATHAN AYESHA	P. Ayesha
32	19KJ1R0034	PERAPOGU SAILAJA	P. Sailaja

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33	19KJ1R0035	PERAPOGU SUVARNA	Perapogu Suvarna
34	19KJ1R0036	PERUMALLA SREE VIDYA	P. Sreevidhya
35	19KJ1R0037	POLIDASU ANUSHA	P. Anusha
36	19KJ1R0038	PULIPATI SUSMITHA	P. Susmitha
37	19KJ1R0039	SANDEPOGU RANI	Sandepogu Rani
38	19KJ1R0040	SARLA DEEPIKA	Sarla deepika
39	19KJ1R0041	SHOWRRY CHANDANA PRIYA	W. Chandanapriya
40	19KJ1R0042	SINGAMSETTY GEETHANJALI	S. geethanjali

Program Coordinator

  
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## PROGRAM REPORT

**Date:** 17-11-2019

**Name of the Program:** Meditation Program

**Resource Person:**

Mrs. Uma

YOGA Trainer

MIPER College

8801239545

A free fitness program was organized in the college on the topic "Meditation". The program was organized under the motto "Fitness for All" initiative in order to bring awareness about the importance of a healthy lifestyle among the students.

Meditation can make it easier to carry out daily tasks:

- Meditation

The program was conducted successfully and around 50 students actively participated enthusiastically to free themselves from their stress.



  
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Program Coordinator



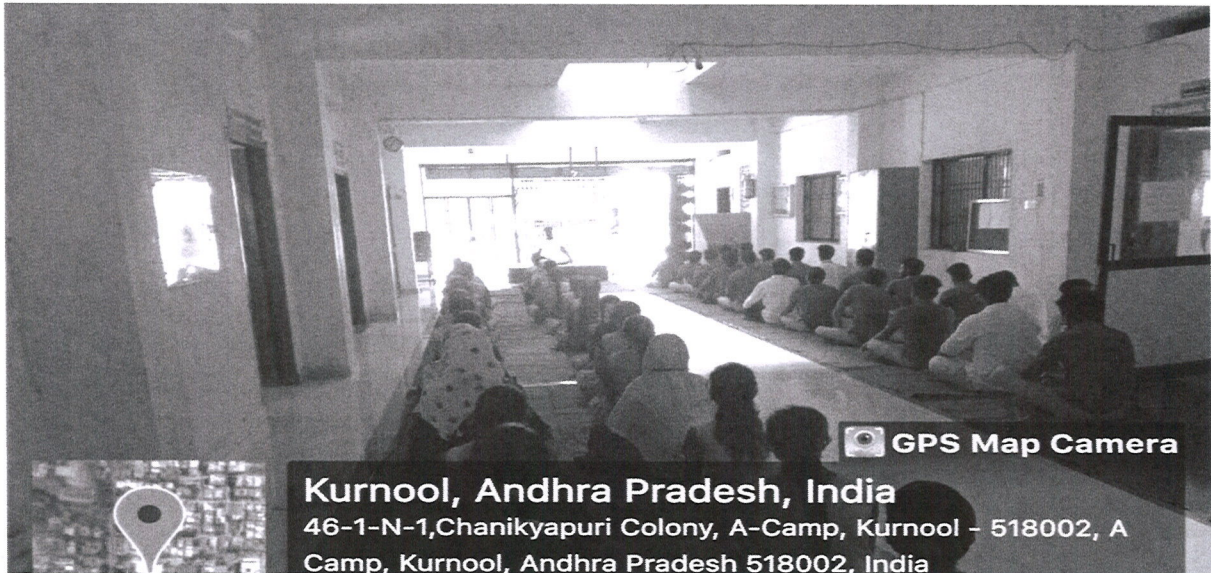
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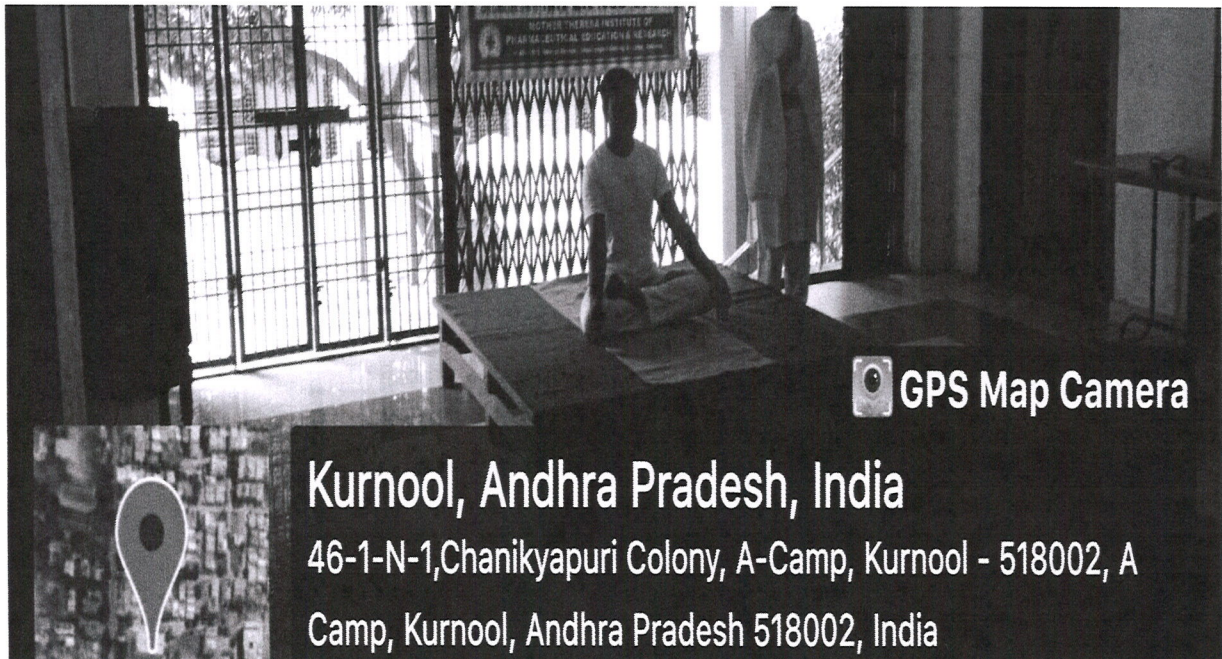
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Camp, Kurnool, Andhra Pradesh 518002, India



**Kurnool, Andhra Pradesh, India**

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Camp, Kurnool, Andhra Pradesh 518002, India



*[Handwritten Signature]*  
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Date: 18-10-2018

## CIRCULAR

All the students and staff here are delighted to announce a 1-day Life Skills Program focusing on "Effective Communication." This program aims to equip you with essential communication skills that will serve you well in both your personal and professional life. The program will be held on 21-10-18

Participation in this program will undoubtedly help you become a more confident and articulate communicator. We encourage all students to take advantage of this valuable opportunity.

Program Coordinator: Mr.M Rajkumar  
Associate Professor  
Department of Pharmaceutics

  
Program Coordinator

  
Principal



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## LIST OF STUDENTS ENROLLED

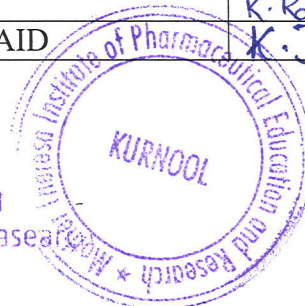
Name of the program: Effective Communication

Date:21-10-18

S.NO	REG.NO	NAME OF THE STUDENT	SIGNATURE
1	18KJ1R0001	ADIKE KIRAN	Adike Kiran
2	18KJ1R0002	ARAVA MAHESH	Mahesh
3	18KJ1R0003	BATTU ANITHA	Anitha B
4	18KJ1R0004	B LAKSHMI KOMALA	Komalam
5	18KJ1R0005	BONALA HARIPRIYA	Haripriya
6	18KJ1R0006	BOYA SUMATHI	B. Sumathi
7	18KJ1R0007	C SRAVANI	C. Sravani
8	18KJ1R0008	C BHARGAV	C. Bhargav
9	18KJ1R0009	C CHANDINI	C. Chandini
10	18KJ1R0010	C SRINIVAS	C. Srinivas
11	18KJ1R0011	CHUDI VINODA	C. Vinoda
12	18KJ1R0012	D SRAVANI	D. Upendra
13	18KJ1R0013	D UPENDRA	D. Upendra
14	18KJ1R0014	D MURTHUJAVALI	D. Murthujavali
15	18KJ1R0015	E POHITHA	E. Pohitha
16	18KJ1R0016	E PRASANNA	E. Prasanna
17	18KJ1R0017	G SAI CHARAN	G. Saicharan
18	18KJ1R0018	G DHARANI	G. Dhanani
19	18KJ1R0019	G NAVITHA	G. Navitha
20	18KJ1R0020	G ANITHA	Anitha
21	18KJ1R0021	G SWATHI	G. Swathi
22	18KJ1R0022	G GARI CHIDANANDA	G. Chidananda
23	18KJ1R0023	GUTTI BALU	G. Balu
24	18KJ1R0024	JETTI AMRUTHA	J. Amrutha
25	18KJ1R0025	K SAI PRIYA	K. Sai Priya
26	18KJ1R0026	K THIPPAMMA	K. Thippamma
27	18KJ1R0027	K KAVYA	K. Kavya
28	18KJ1R0028	K SUNITHA	K. Sunitha
29	18KJ1R0029	K RAKESH	K. Rakesh
30	18KJ1R0030	KATIKE JUNAID	K. Junaid

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Program Coordinator



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## PROGRAM REPORT

**Date:** 22-10-2018

**Name of the Program :** Effective Communication

**Resource Person :**

Mr.G.ISAIAH

Lecturer

SRC BED College, Kurnool

©9866420102

✉ [isaiaho2@gmail.com](mailto:isaiaho2@gmail.com)

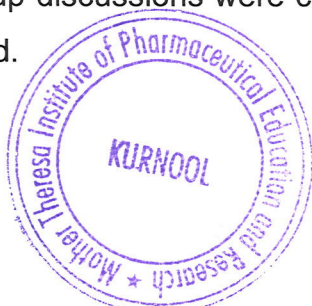
A one-day program on Life Skills: Effective Communication was successfully conducted at our college to equip students with crucial communication skills for personal and professional development

- The program commenced with interactive sessions on the art of effective verbal communication, focusing on clarity, tone, and choice of words.
- A workshop highlighted the significance of non-verbal cues, such as body language and gestures, in conveying messages and building rapport
- Students participated in activities emphasizing the importance of attentive listening and its impact on understanding others' perspectives.

A session on assertiveness equipped participants with strategies to express their thoughts confidently and respectfully.

The program delved into the essentials of communication in the workplace, emphasizing the role of effective communication in career success.

- group discussions were conducted to practice and reinforce communication skills learned.



  
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We extend our gratitude to all the speakers, organizers, and participants for their active involvement in making this program a resounding success.

  
Program Coordinator



  
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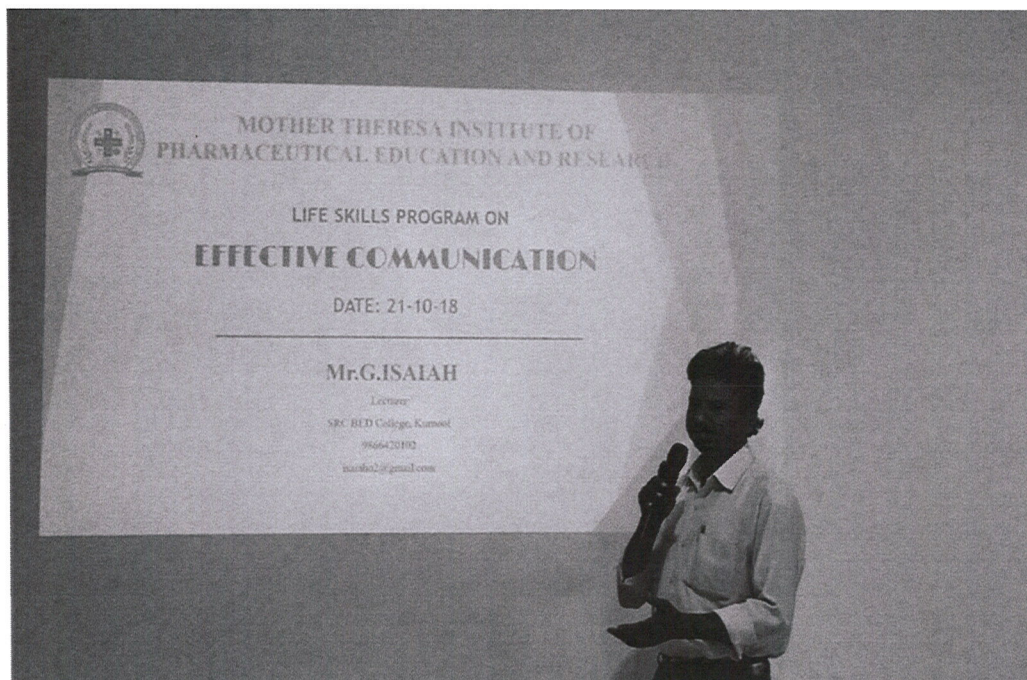
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