

## CAPABILITY ENHANCEMENT PROGRAMME 2022-2023

### 22-06-2022: "STRESS MANAGEMENT"

A few minutes of meditation in a day can be a great way to get rid of stress that accumulates daily, in both, the body and the mind. In view of yoga day celebrations, the IQAC and the department of Microbiology has conducted a three day workshop on "Meditation for Stress Management" having resource person Ms. Sanghamitra Dalal, Trainer, Heartfulness Institute and the target audience M.Sc students. The workshop focussed on training and keeping our body and mind relaxed by doing a few minutes of meditation daily. The workshop provided insights on how meditation can help calming down our mind and to segregate the thoughts that are continuously emerging in our minds. The three day workshop led us to meditation in three successive levels.

The first day of the workshop focussed on the brief introduction about Heartfulness meditation and yoga, elements of Heartfulness meditation - Relaxation, meditation and cleaning, benefits of meditation, followed by first level of 15 minutes of meditation practice. On the 2nd day of the workshop we learnt about the different vibrations of energy or waves we encounter as we go deep into meditation; which included Gamma, Beta, Alpha, Theta and Delta waves respectively followed by 20 minutes of meditation for experiencing different waves our body experiences. The final day of the workshop focussed on the yogic transmission or Pranahuti. We learned that in deep meditation our condition resembles that of a sleeping person, and it is known as a Samadhi-like state, which is associated with Theta and Delta waves. We also learned about anger detoxification and practiced simple breathing exercises and finally practised about 30-40 minutes of meditation.

To conclude, the three day workshop has been very useful and informative for the students. It helped us to learn new things regarding meditation and our body and taught us that meditation can be done at any given time for any amount of time. The workshop highlighted how meditation changes our lives, builds self-confidence, reduces anger, refreshes energy and finally helps us to become a well-organized and successful person. In the end, I thank our principal Sister B.Velangini Kumari, the IQAC team and the department of Microbiology for organizing such a wonderful and informative workshop.



### **28-06-2022: “SESSION ON OUT OF THE BOX THINKING FOR PROBLEM SOLVING”**

The Department of Business Management, St Pious X Degree and PG college for Women and SPIICE (St Pious Institutional Innovation Club for Organized for the session on “Out of the box thinking for Problem Solving “on 28<sup>th</sup> June 2022.

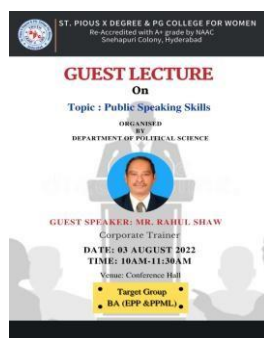
Prof. Kamakoti, Director, IIT Madras was the resource person for this session. MBA I year (2021- 23) Students have participated in it. This session was ministry of Innovation Council driven program that was screamed in conference hall. The resource person had focused on importance on Mathematics, Numerical Ability, in sharpening problem-solving skills. His session was loaded in puzzles, some interesting and quick tips to understand numbers better Totalnumber of participants were 75.



### **03-08-2022: “SESSION ON PUBLIC SPEAKING SKILLS”**

The Department of Political Science Organized an offline Guest lecture on Public Speaking Skills On 03-08-2022. The Guest lecture was mainly targeted on the stream of BA EPP and PPML Students. Mr.Rahul Shaw who is a corporate trainer was the Guest speaker of the session he was given a lecture on Public Speaking Skills, body language, Posture, and social etiquette and he motivated students on how to speak without fear and also gave the tips like maintaining the eye contact while speaking using the hand gestures while speaking, etc. The students are inspired by his talk.

The Guest lecture was held at St.Pious X Degree and PG College in the Conference hall on 03-08-2022 from 10 A.M to 11:30 P.M the session was very appreciative and the students learned a lot from the session. 50 Students from B. A EPP and PPML have attended the session. The hosting was done by J.Bhargavi of 3rd B. A EPP Profile Reading of Guest speaker was Read by Sadhvi of 3rd B.A Epp and the spaling was given by Niharika Of 3rd B.A PPML and the vote of thanks were given by Sindhu Priya .Mof 3rd B.A EPP .

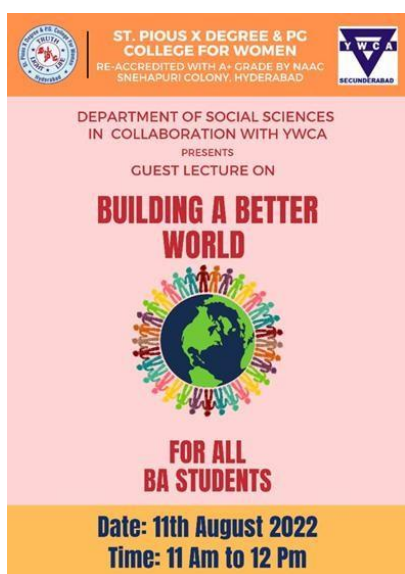


### 11-08-2022: “SESSION ON BUILDING A BETTER WORLD”

The Department of Social Sciences in collaboration with YWCA Organized an offline Guest lecture on Building a better world on 11-08-2022. The Guest lecture was mainly targeted on the stream of B. A Students.

The Guest lecture was held at St.Pious X Degree and PG College in the Auditorium on 11-08-2022 from 11 A.M to 12:00 P.M the members of YWCA Rani,Bhakita, Francis, Nymphae Sherlyn, Dorothy and our coordinators Mrs Malathi [ HOD OF SOCIAL SCIENCES ], Mrs Aarthi[ DEPT of POLITICAL SCIENCE], Ms Sravanthi [ DEPT of PUBLIC ADMINISTRATION ] initiated this session. The session was very appreciative and the students learned a lot from the session.

The sessions started with an activity named Tabulo, the girls were divided into 10 teams and were given 10 themes respectively to perform and create general awareness. All the students from BA and BCOM collectively took part in that, and in the end of the activity the prizes were distributed to the prize winners. The hosting was done by K Shivani and Pavani 3<sup>rd</sup> year BA PPML and vote of the thanks was given by Sindu Priya 3<sup>rd</sup> EPP.



### 23-08-2022: “WORKSHOP ON THEATRE, ACTING AND PHOTOGRAPHY”

The Department of English in collaboration with Omkar Studios organised a two day Theatre, acting and Photography workshop for the II and III UG students on 23<sup>rd</sup> - 24<sup>th</sup> August 2022. Mr. Atmananda Vasana, cinematographer and actor, was the resource person. 37 students participated in the workshop.



### 01-09-2022: “WORKSHOP ON ROBOTIC PROCESS AUTOMATION”

The Department of Computer Science organized a workshop on 1-6 September 2022 titled Robotic process automation by Mr. Sanjay from Sansah Innovations pvt. ltd. This workshop is conducted in order to bring awareness and exposure on various software automation technologies used in robotic process automation. The speaker enlightened the students on RPA and UPI Path, Notepad and Word automations, Exception handling and running multiple robots etc. Students were very enthusiastic in learning and developing code for automations. The students were highly motivated by the workshop. Nearly 50 students from II MPCS and II MSCS participated in the workshop and the venue was Computer science lab

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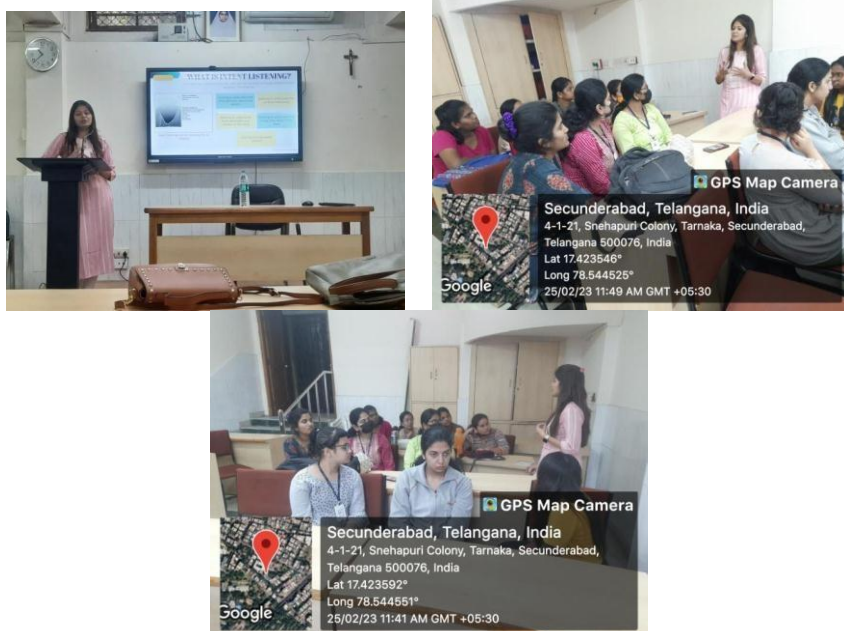




### 10-09-2022: “AWARENESS PROGRAM ON SUICIDE PREVENTION”

The trainers from Brightside Foundation spoke about suicide and the alarming rate of deaths that it is causing. They taught the attendees how to identify early signs of suicide and how to approach the individual. They introduced the participants to Brightside’s very own model to deal with people prone to suicide - **ARISE** (**A**lert, **R**each out, **I**ntent listening, **S**upport, **E**mbolden). They have also provided working helpline numbers for anyone who needs them and contacts for free counseling services. In the last 30 minutes of the session, the participants were divided into 4 groups with one trainer in each group. The trainer provided various case studies to each group and asked for their opinions, their methods of approach and finally discussed the right method of approach.

**Number of participants: 50**



### 20-09-2022: “SESSION ON ESSENTIALS OF ENGLISH”

The Department of English organised a Guest Lecture on 20<sup>th</sup> September 2022 for all 2<sup>nd</sup> year UG students. The Resource Person was Prof. B.Vijaya, Department of English, Osmania University college of Arts and Social Sciences, Osmania University. She dealt elaborately on **Essentials of English** giving examples from day to day Communication.

### 20-09-2022: “SESSION ON PHONETICS”

The Department of Political Science Mrs.Aarthi mam had organised an extension lecture with resource person Mrs.Athaliya.Dept of English.The session started at 1:30 p.m. afternoon offline.The session was hosted by Varsha Reddy 2nd B.A EPP. The orientation started with the green sapling by Mamatha 2nd B.A PPML to the resource person.Later on the resource person **speaker Mrs.Athaliya M.A,B.Ed.**

Had I begun the session with what is phonetics and different types of sounds?

Alphabet divided into two types consonants and vowels.There are 24 consonant and 5 vowels,they are further divided into 3 types of sounds voiced or voiceless,bilabial or alveolar and plosives or nasals.Phonetic sounds are 44 and divided into 3 types according to the production (articulatory), transmission (acoustic) and perception (auditive) of sounds.And also there are short vowels and long vowels in phonetics.The session ended with vote of thanks by Sada kaleem from 2nd B.A PPML.We had 70 Participants in the session and it went very successfully.

### 22-10-2022: “DIWALI FESTIVITY”

The Department of Business Management has organized Diwali festivity on 21st & 22nd October 2022 in the college campus. The event was held with various competitions on 21st October 2022 like Diya making & Decoration, Paper Lantern making, Greeting card making and Home décor crafts for promoting skilling and entrepreneurship to foster entrepreneurial ecosystem amongst the students. The competitions were successful with 11 teams with 4 members in each team.



**25-10-2022: “SESSION ON HOW TO BE SUCCESSFUL IN LIFE”**

HOW TO BE SUCCESSFUL IN LIFE –GOALS “by Rev.Fr.Balraj he explained about various about the importance of goal setting, discipline and implementation to be successful in life. He enlightened the students regarding the obedience towards elders and teachers, emphasized on spirituality for harmony.



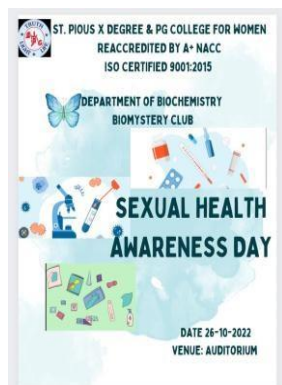
**27-10-2022: “HEALTH TALK ON STROKE”**

A Health Talk on the Topic STROKE was held on the 27<sup>th</sup> October 2022, organised by the Department of Business Management. The guest Speaker was Dr. Niveditha Sai Chandra, Consultant Neuro Physician KIMS, and Sunshine Hospital in the Silver Jubilee Hall from 2:30 – 3:30. The speaker emphasized on the do’s and don’ts during the stroke encounter and the importance of time in treating the patient.

**28-10-2022: “AWARENESS PROGRAM ON SEXUAL HEALTH AND HYGIENE”**

A program to project the attention on Sexual Health and Hygiene was conducted by the Department of Biochemistry; it was to enlighten the non-science students on various aspects of sexual health like menstruation, pregnancy, IVF, Surrogacy, sexually transmitted diseases etc

.Nearly 250 students participated in the event .The PG Second year students displayed Posters on the above topics in an elaborative and informative way. A lecture was delivered by MsC.VaniSree – HOD Department of Biochemistry.



### 29-10-2022: “MUSHROOM DAY”

On the occasion of National Mushroom Day the Department of Botany & Biotechnology organized mushroom cooking competition with an objective to bring awareness about the nutritional value of mushroom and their importance in human diet. 20 students have participated in the competition. To inculcate interest in growing mushrooms at home we demonstrated procedure of mushroom cultivation, development of spawn, maintenance of physical condition to get good yield to I, II & III years Botany students.

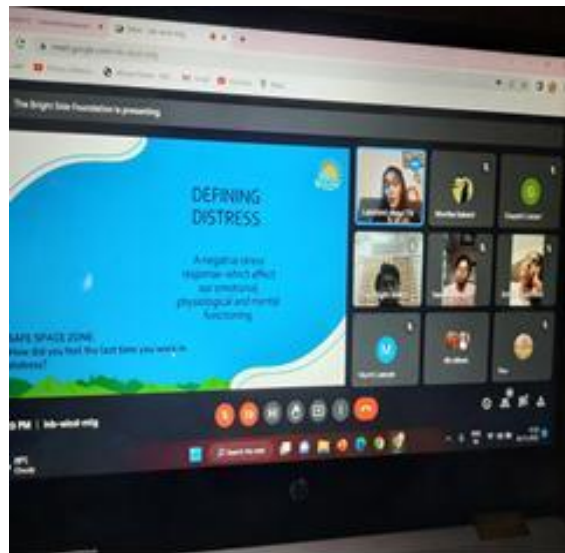
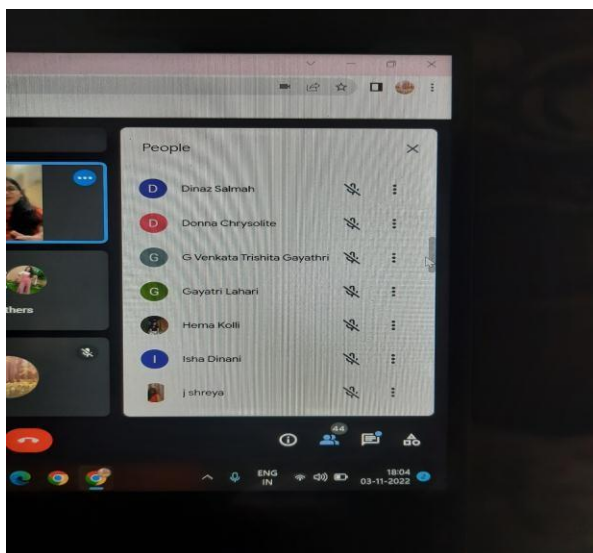


### 01-11-2022: “STRESS AWARENESS DAY”

The department of psychology has organized an event on account of National Stress Awareness from 1st November to 4th November 2022. The 4-days were filled with activities which focused on how to manage stress in everyday life. We had Zumba Dance sessions from 1st to 3rd November for students. Over 3 days, Almost 100 students participated. On 3rd November healthy food stalls were set up by the Psychology department. Consuming healthy food reduces cortisol levels in the body in turn reducing stress. Students put up stalls including sugar-free cupcakes, etc.



In the evening, students had a webinar by The Bright Side Foundation where they learnt simple and easy techniques to manage and reduce stress in day-to-day living. On 4th November, We ended the four day event with Art therapy. Around 40 students and our Faculties got immersed in the colorful way of relieving stress with soothing music in the background. During this four 4 day event more than 200 student and staff members of St. Pious X Degree College had a pleasant time and learnt how to manage their stress.



### 03-11-2022: “SESSION ON NUTRITION AND DIETITICS”

An awareness Program on Nutrition and dietetics was conducted by the Department of Biochemistry, to create awareness on fundamentals of nutritional aspects to non-science students, staff and non-teaching staff. Nearly 200 students visited the posters displayed by the students ,unknown facts about the balanced nutrition was unveiled to non-science visitors .the posters were displayed by PG Second year students, with information on the importance of balanced diet and the diseases associated with malnutrition.



### 07-11-2022: “SESSION ON ATTITUDE CHANGE”

An expert talk was organized by the Department of Commerce to all the B.Com second year students on the topic “Attitude Change”. The resource person was Sir Dr. Sridhar Raj, Asst. Professor at IPE

Sir started his lecture with his life experience on the importance of attitude in life, Sir highlighted various aspects of attitude like good mood, bad mood, likes, dislikes. Sir focused on thoughts control because thoughts change into habit, and habit becomes an attitude. Sir insisted on liking people and avoid dislike people because everybody is different so accept the diversity. Sir insisted on not to judge people and draw conclusion it. Sir also spoke, Understanding people is very essential in life. The easiest thing in life is to change our self. Handle things in a better way. Things may go wrong. Start looking good in other people. Mirror shows the reality of oneself. Clean your lens internally, change your inner attitude, minimize the words like I can't, I won't, will not. Every minute million good things happen to us. So every time use good words. Every word spoke counts a slight adjustment in thinking can change the attitude towards others. Sir insisted on Counting on our blessings each day. Be grateful and thankful for each and everything. Sir concluded saying that Humans can change their habits and attitude but not animals. Hence, keep on changing your attitude for the betterment of our life. So, time for action is now change your attitude for fruitful and betterment of life.

### 12-11-2022: “SESSION ON SUCCESSFUL ENTREPRENEUR”

A session by Successful Entrepreneur Mrs. Chetana Jain, alumni of IIM Bangalore & 10K Women Goldman Sachs program and also Chief Architect & Director of Dhruataru Consultants was organized by the Department of Business Management on November 12th 2022 in Silver Jubilee Hall. 172 students of BBA final year and MBA first year attended her session. Students were amazed and also motivated by her story as an entrepreneur, challenges she faced & overcome.





### 15-11-2022: “SESSION ON REPORTING AND EDITING”

The department of Mass Communication & Journalism, organized an online guest lecture on “Reporting & Editing” on 15th November 2022. The guest speaker is a Media Specialist from IPAC, Mr. Aquib Javed. Mr. Javed shared his experiences in field reporting while working for an organization associated with governance and politics.



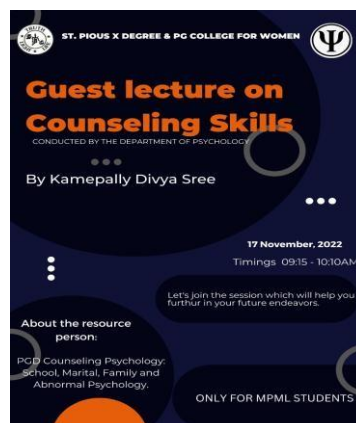
### 15-11-2022: “GOING BEYOND ACADEMICS ENTREPRENEURSHIP AND INNOVATION AS CAREER OPPORTUNITY”

The Department of Business Management has organized a Motivational talk for the BBA final year & MBA first year students and the resource person was Mr. Jubby Jacob, Co-Founder at MYBigbreak.in. Spoke about Going Beyond Academics Entrepreneurship & Innovation as a Career opportunity, on **15<sup>th</sup> Nov 2022**, at Silver Jubilee Hall at 10:30 am



### 17-11-2022: “SESSION ON COUNCELLING SKILLS”

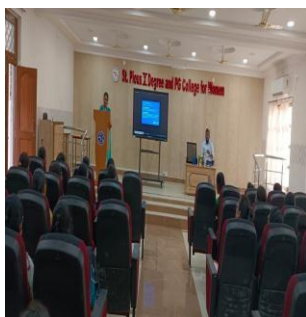
The Department of psychology conducted a guest lecture on 17th November 2022. The resource person was Ms. Divya Sree , a counseling psychologist .She gave a lecture on Counseling Skills, Do’s and Don’ts in counseling, types of therapies , how talking to a friend is different from talking to a therapist etc . I, II and III B.A MPML students from the college attended the lecture .



### 21-11-2022: “SESSION ON CONFIDENCE IS BEAUTY”

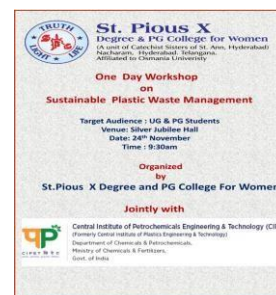
The Department of Mathematics has arranged a Capacity Building Programme on Confidence is Beauty by Speaker SU.Sambamurthy ,M.Sc (psychology), MSC(yoga),PG Diploma on 21-11-2022 for the III BSC all physical Science students . The Speaker explained about confidence, Guidance, Parental Education, Mass Media Writing & Human Resource Management.





## 24-11-2022: “SUSTAINABLE PLASTIC WASTE MANAGEMENT”

The department of Chemistry had organized a workshop on ‘Sustainable Plastic waste management’ in collaboration with Central Institute of Petrochemicals Engineering & Technology (CIPET),Hyderabad on 24th November,2022 for Final year undergraduate and Postgraduate students in the college auditorium at 1:00pm.The main objective of the workshop was to create awareness about Plastics, its Uses and sustainable Waste Management . Exploring the employment opportunities available in the field of Plastic waste management was also one of the objectives of the workshop.The workshop began with the secular prayer followed by the significance of the program given by Dr. Sudha Swaraga ,Head Department of Chemistry.Mr. Anjaneya Sharma,Manager, CIPET had given the overview of CIPET TECHNOLOGIES to make students know about the Institute and also the ongoing research and projects in the institute. Dr. Sreekar, Senior Technical Officer, CIPET gave a detailed and informative talk on Plastics materials, their sources and chemistry involved in plastics in the first session of the workshop.He also talked about the applications of plastics in various fields including day to day life. In the second session Mr. Anjaneya Sharma,Manager, CIPET gave an interactive and thought provoking session on Plastic waste Management . He also discussed the job opportunities and scope of entrepreneurship available for graduates and undergraduates in the field of Plastic Waste management.He encouraged students to take up the projects in CIPET .Altogether 144 students participated in the workshop and gave very positive feedback. The objective of the workshop was achieved .



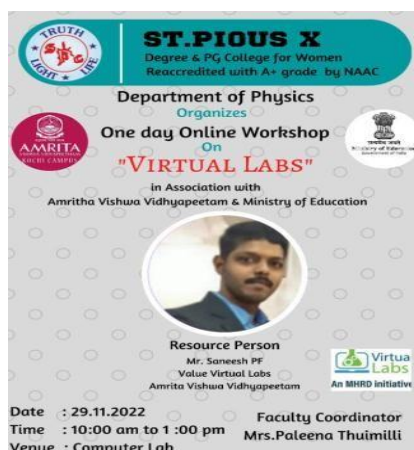
### 25-11-2022: “EXPERT TALK ON HIV-AIDS”

An objective to learn and create awareness on HIV an Expert talk was organized by NSS Committee in collaboration with Department of Microbiology, St. Pious X Degree & PG College for Women, on an account of WORLD AIDS DAY on 25<sup>th</sup> November 2022. The speaker for the day was Dr.K Nagamani ma’am, Professor and Head, Gandhi Medical College, Secunderabad, Telangana, Nodal Officer, Multidisciplinary Research Unit (MDRU), Principal Investigator, State Level Viral Research and Diagnostic Laboratory (VRDL), Principal Investigator, National wise VRDL network of laboratories, Project Coordinator, HRD, ICMR,. NSS volunteers and I&II MSc Microbiology (77) students and the faculty including Dr.S.Sreedevi, HoD, Mrs. Preethi, Mrs. Aarthi, NSS coordinators, Dr.G.Sai Prashanthi assembled at the Silver Jubilee Hall at 1:30PM and the programme hosted by Mrs. Swarnalatha, Member, NSS committee. The programme started by knowing about the significance of the day delivered by Shreya, IIMSc Microbiology student. Dr.K Nagamani ma’am has more than 25 years of teaching and research experience & trained many Medical students. The talk was given on the topic HIV – ‘Epidemiology, Current testing and Management guidelines of HIV’. Ma’am discussed about it in detail from morphology of HIV, its types, epidemiology, transmission and prophylaxis. Ma’am also created an awareness to control and prevention of the disease After the talk, in Q&A session ma’am interacted and answered the questions raised by the students. Overall, it was an inspiring, interactive and informative session for the young girls especially. The vote of thanks was given by Dr.B.Susmitha.



### 29-11-2022: “WORKSHOP ON VIRTUAL LABS”

The department of Physics in order to create a virtual learning space that enables students to conduct experiments individually or in groups interactively via the internet has organized workshop on virtual labs, the resource person was **Mr.Saneesh P.F, Project Leader, Amrita Viswavidyapeetham** & 40 students of I year UG and II M.Sc Physics students have participated and explored various experiments related to Physics and Electronics on virtual platform.



### 08-12-2022: “WORKSHOP ON ASSEMBLING OF PC”

The Department of Computer Science organised a workshop for I B.Sc(MSDS)- 20 students on 08-December-2022. “Assembling of PC” and the resource person was Mrs.N.Rajsree in the computer lab. The workshop is organised to make the students understand the design / construction of a computer based on the raw computer hardware component equipment. The workshop also highlighted on installing all the computer required components at the proper location in the computer cabinet. In this workshop, students had an exposure to each of the components that are needed to build a PC from scratch, including its function.

This workshop enabled students to setup and upgrade personal computer systems; diagnose and isolate faulty components; optimize system performance and connect peripherals.





#### 04-01-2023: "DRUG ABUSE PREVENTION"

The Department of Commerce organized an awareness program on 04th January 2023. Students from B.Com I year participated in the awareness programme. Senior Prof. Dr. Manohar , Retd Manager of SBI and Visiting faculty member for JNTU, Osmania University and NSIC explained about the ill effects of drugs.



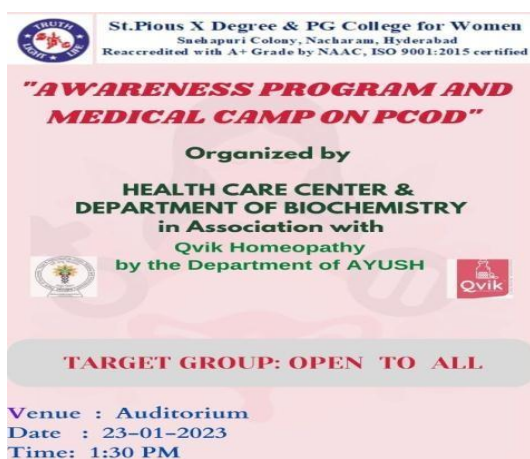
#### 23-01-2023: "AWARENESS PROGRAM AND MEDICAL CAMP ON PCOD"

An "Awareness Program and Medical camp on PCOD" is Organized by **Healthcare center and Department of Biochemistry** in association with Qvik Homeopathy by the Department of AYUSH on 23<sup>rd</sup> Jan 2023.

Dr.Sarala-Senior Homeopath , Consulted students with the issue of PCOD and Provided with Medication

KVN Bhanu-Founder of Red Express- Promoted Resuable Sustainable and alternative period products .

Dr.Simha Raju- Seniour Ayurvedic Doctor- addressed the students with general awareness on Menstrual Hygeine through Ayurvedic Medication .





### 25-01-2023: “MICROSOFT 365 TRAINING PROGRAMME”

The Department of Business Management in collaboration with Magic Bus has organized a “Microsoft 365 Training Programme” from 25th to 29th January 2022 for II MBA students and the resource person was Mr.Rakesh, Trainer, Magic Bus in the Conference Hall & Room no 29. 92 students participated.

### 01-02-2023: “CAMPUS TO CORPORATE CONNECT”

The Department of Business Management in collaboration with TASK has organized a Two-day Training Programme “Campus to Corporate Connect on 1st & 2nd February 2023 for I MBA year students and the resource person was Mrs.Hima Bindu, PoP,TASK in the Conference Hall from 9.30 am to 4 pm. 92 students have participated.



### 02-02-2023: “WORKSHOP ON ENTREPRENEURSHIP SKILLS, ATTITUDE AND BEHAVIOUR CHANGE”

The Department of Business Management in collaboration with IIC organized a workshop on Entrepreneurship Skills, Attitude and Behavior Development by Dr. Lakshmi Rawat, Director, Admission, SOIM, 2<sup>nd</sup> Feb, 2023 10am- 12pm. Target audience BBA II & III year. Venue – Silver jubilee Hall. 96 students attended the session with enthusiasm.

#### WORKSHOP ON ENTREPRENEURSHIP SKILLS, ATTITUDE AND BEHAVIOUR DEVELOPMENT



### 06-02-2023: “EMPLOYABILITY SKILLS MAHINDRA PRIDE CLASSROOM TRAINING”

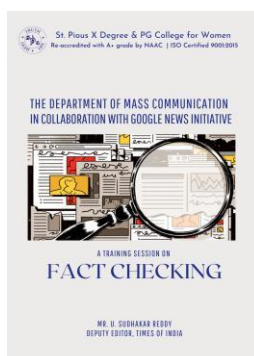
The Department of Business Management in Collaboration with Task Mahindra Pride Employability Skills Class Room Training Target Group- II MBA (2021-2023 Batch) in the Conference Hall & Room no 29 from 6<sup>th</sup> Feb 2023 to 11<sup>th</sup> Feb 2023 from 10 am – 4pm and the Resource persons were Mr. Dasaradh & Mr. Omaji, Trainers from Mahindra Pride. 96 students have been actively involved.

The session thoroughly emphasized on the Soft skills and Life skills like values and behaviours, kindness, time management, money management, presentation skills and interview skills etc. The 7 days program was completed successfully and turned to be very profitable one to the students. Our students felt very happy with this program. They built up self-confidence, improved communication skills. They learnt about grooming and realized their potential. They are also motivated and gained confidence to face the challenges in the future the training sessions covered various aspects like prerequisites to prepare for an interview, time management, and skill enhancement, resume writing, mock interviews thus connecting the various employability skills that need to be imparted in a student for being competently hired by the employees.



### 10-02-2023: “SESSION ON GOOGLE FACT CHECKING”

On 10th February 2023, the department of Mass Communication and Journalism organized a three hour training program on Fact checking. The session was handled by Mr. U. Sudhakar, Deputy Editor, Times of India. 80 students from III BA MPML & II BA MPML. This is in collaboration with Google News Initiative on Fake News and Fact checking.



### 10-02-2023: “WORLD PULSES DAY”

The Dept. of Botany & Biotechnology celebrated **World Pulses day** on 10<sup>th</sup> Feb 2023. On this occasion students kept stalls in S- MART. They prepared food items made by pulses full of proteins, Vitamins and minerals. Seven stalls were kept by 18 students. Enthusiastically students participated in putting up stalls.



### 13-02-2023: “WORKSHOP ON CHALLENGES IN DIGITAL WORLD”

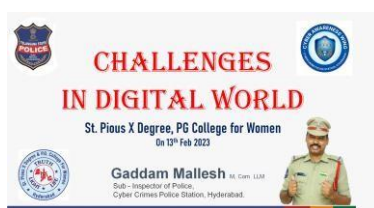
The Department of Computer Science has organized a session on Challenges in Digital World in order to create awareness on Cyber security and measure to be taken in Digital world and the Resource person was G. Mallesh, M.Com, LLM, Sub Inspector of Police, Cyber Crimes, Hyderabad.

The session aimed to exchange experiences and expertise on cyber security awareness by showcasing and demonstrating on different situations which women face challenges in digital world and the immediate action to be taken when in need. The speaker Gaddam Mallesh, sub inspector of police , cyber cell, has categorised various global threats and needs regarding cybersecurity awareness, and discussed on services available facilities to promote online safety. He also elucidated students about Dail 100, Cyber Crime 1930, how do they respond through practical demo.

He also depicted the various Cyber Awareness wings available for the safety of women and how to report when a cyber related crime takes place. Few wings like [www.cybercrime.gov.in](http://www.cybercrime.gov.in), Install Hawkeye App, Facebook@cybercrimelaplice.gov.in, Instagram@cybercrimelapshyd, Twitter@cybercrimelapshyd

His team made the students subscribe to crimefree India YouTube channel to get updated about crimes and measures to be practiced, they also demonstrated few tips to be followed by women for safety. The speaker instructed students to be vigilant in Digital world and to always remember these 3 things before acting Don't believe blindly (Pause, Think & Act)

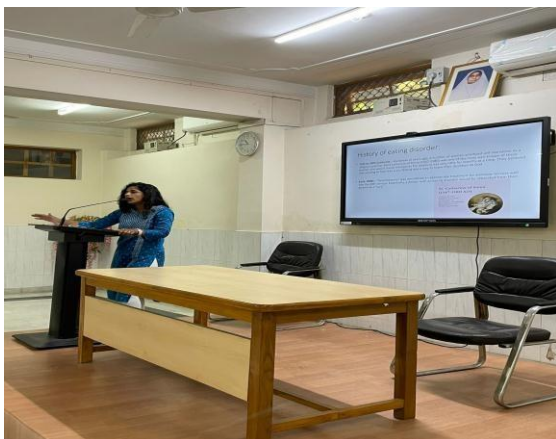
No of participants: A) Students along with list with below format-346 (google drive link)



### 22-02-2023: “AWARENESS PROGRAM ON EATING DISORDERS”

On the occasion of *Eating Disorders Awareness Day*, the Department of Psychology hosted a seminar on the topic "*Eating Disorders*" on February 22nd, 2023. Ms Shivani, a child psychologist, was the day's resource person. She provided a detailed definition of the various types of eating disorders, as well as myths and facts. She also discussed the importance of addressing eating disorders and how individuals can overcome them. The session, which was for one and a half hours, was attended by 50 students from BA MPML. The session was very interactive because the students could relate it to their lives while also learning about the disorders in detail.





### 28-02-2023: “WORKSHOP ON DESIGN THINKING, CRITICAL THINKING & INNOVATION DESIGN”

The Institution Innovation Cell (IIC) in collaboration with the Department of Business Management has organized a workshop on “Design Thinking, Critical Thinking and Innovation Design” and the guest speaker was Mrs. Bandi Tharaka, Vice President J.P.Morgan & Chase on 28 February 2023 in Silver Jubilee Hall for BBA II & III year students.



### 01-03-2023: “SESSION ON ROAD SAFETY AWARENESS”

On 1st March 2023 The NSS community and department of Political Science in collaboration with the traffic deputy transport department organized an awareness talk on the Road Safety Awareness. As Part of National Road Safety Month with the intention to create awareness among the young students regarding the safety on the roads while driving and while being on the roads. more then 150 student’s actively participated in the offline mood have attended this session.

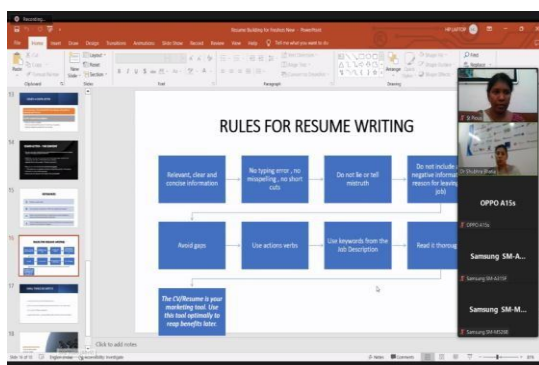
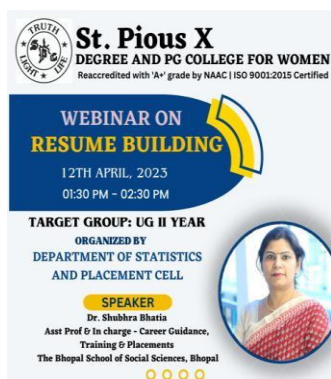


For the session the resources person was Dr. Srinivas Puppala, Deputy Transport, Commissioner, Adilabad. And team. The session started by hosting by Khushi Kumari 3rd BA epp then proceeded with prayer session by prayer team. Then Rukmini from 2nd ba pplml gave the significance for the day and then varsha reddy from 2nd ba epp gave the brief profile about the speaker of the day. Then the speaker Dr. Srinivas Puppala took over the session the sir gave brief things that happened on roads such as 2 wheeler accidents 3 wheeler accidents and 4 wheeler accidents ect what could be the reasons and how could we stop this and many more. The Main agenda for this session was to bring the awareness among the youngsters regarding the road safety. Then the session ended with vote of thanks given by Rachel Das from 2nd ba Ppml. The session was somuch informative to the youngsters.

#### 12-04-2023: "SESSION ON RESUME BUILDING"

The Department of Statistics and Placement Committee organized **Webinar on Resume Building** for UG II year students in online mode on 12<sup>th</sup> April, 2023. The resource person interacted with the students and explained about the rules for resume writing, do's and don'ts of preparing a resume. She has shown few sample resumes and given inputs on how to highlight the skills in resume while applying for different jobs.

The Resource Person was Dr. Shubhra Bhatia, Assistant Professor, In-charge of career guidance, training and placement cell, the Bhopal school of Social Sciences, Bhopal, Madhya Pradesh.



#### 24-04-2023: “WORKSHOP ON PERSONAL FINANCE WELLNESS”

On 24th April, 2023 A Personal Financial Wellness Workshop was organized by the Department in collaboration with the GROWW academy for Financial Services, The resource person was Mr. Rishab, Lunia, A financial educator. The target group of students were B. Com I & II Year. Sir , briefed the students about Financial literacy. He also explained about various financial skills, including personal financial management, budgeting, and investing. Students were also advised about various career options in financial sectors.



