

LIFE SKILLS

1. MENTAL HEALTH DAY by Dr. K. Ramareddy



On the occasion of World mental health day, Aditya Degree College, Rajahmundry organized a program for the students of B.sc/BBA/BCA/B.Com to understand the need of mental stability in this present society. Mental health is a crucial aspect of overall well-being, influencing how individuals think, feel, and behave. This program report aims to outline strategies for promoting mental health and addressing mental health challenges within communities. Dr. K. Ramareddy has said that mental health is essential for experiencing a fulfilling life, contributing to happiness, satisfaction, and quality of life and good mental health enhances productivity and performance in various domains, including work, education, and relationships.

2. YOGA & MEDITATION by L. Sonu prasad



On 25th April 2023, Aditya degree college , Rajahmundry organized a training program on Yoga & meditation for the students of B.sc/BBA/BCA/B.Com to build physical &mental strength. Yoga and meditation have gained widespread recognition for their profound benefits on physical, mental, and emotional well-being. This program report aims to highlight the importance of integrating yoga and meditation practices. Mr. Sonuprasad has said that both yoga and meditation are renowned for their ability to alleviate stress, promote relaxation. Meditation cultivates mindfulness and awareness, leading to improved focus, emotional regulation, and mental clarity.

3. PSYCHOLOGICAL EMPOWERMENT OF WOMEN by S. Susmitha

November 15th, 2022 Aditya Degree College, Rajahmundry, conducted a program on Women Health Awareness Program. "Women's health needs to be front and centre - it often isn't, but it needs to be. S. Susmitha, certified Yoga trainer has given a speech that Women's access to healthcare in India is the need of the hour, as it requires some desperate changes to achieve well-being and gender equality. A woman goes through a roller coaster ride in all the phases of her life as she experiences drastic changes in and outside her body while growing. Encouraging women to take ownership of their health and hygiene is paramount in the era of endless diseases preying on them. Because of lifestyle decisions and ignorance, women's health conditions have recently taken a leap. Women deal with more health issues than men. Women have many conditions to watch out for, including osteoporosis, menopause, and everything else. However, one should always know that there are several things women may take to shield themselves from contracting any health condition. Students are able to understand the leading causes of death and disability for women, specifically non-communicable disease and injury.



4. CREATIVE CRITICAL THINKING by D. Niharika



On 22nd September 2022, Aditya degree college , Rajahmundry organized a seminar on a **symposium on creative critical thinking** for the students of B.sc/BBA/BCA/B.Com to build mental strength. The students learnt improving Critical Thinking that is the logical, sequential disciplined process of rationalizing, analysing, evaluating and interpreting information to make informed judgements and/or decisions. Creative thinking involves students learning to generate and apply new ideas in specific contexts, seeing existing situations in a new way, identifying alternative explanations, and seeing or making new links that generate a positive outcome. This includes combining parts to form something original, sifting and refining ideas to discover possibilities, constructing theories and objects, and acting on intuition. The products of creative endeavour can involve complex representations and images, investigations and performances, digital and computer-generated output, or occur as virtual reality

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