

Life skills

Guest lecture on Importance of Mental Health by Dr.K.Ramireddy



Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

On the occasion of World mental health day, Aditya Degree College for Women, 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.

Program on Yoga& Meditation by Mr.L.Sonuprasad



Yoga and meditation are two forms of physical and mental exercises which have stood the test of time. Dating back thousands of years, these practises remain popular today and are, in many ways, more relevant in modern times. The ability to switch off and clear your mind is invaluable, and this can be achieved in both practises.

On 25th April 2023, Aditya Degree College for Women, Rajahmundry organized a program on Yoga& Meditation for the students of B.sc/BBA/BCA/B.Com to introduce participants to the principles and practices of yoga and meditation, with the aim of promoting physical health, mental well-being, and inner peace. This Program is focused on teaching participants various yoga asanas (poses), breathing techniques, and meditation practices to cultivate a sense of balance, relaxation, and mindfulness in their daily lives. The resource person has taught participants a variety of yoga asanas to improve flexibility, strength, and posture, guided participants in practicing breathing techniques (pranayama) to enhance relaxation and energy flow. He has introduced participants to different meditation practices for stress reduction, focus, and inner awareness and empowered participants to incorporate yoga and meditation into their daily routines for holistic well-being. Program proved to be highly beneficial in promoting holistic well-being and self-awareness among participants.

Psychological Empowerment of Women by Mrs.S.Sushmitha



Women empowerment provides a path to women equity. Psychological empowerment is required for the self-accreditation of a woman. Until and unless women will not be mentally and emotionally strong, they will surely not be able to overthrow the barriers in the pathway of their empowerment.

On 15th November, 2022 Aditya Degree College for Women, Rajahmundry organized a seminar on psychological empowerment of women for the students of B.sc/BBA/BCA/B.Com to address the unique psychological challenges faced by women and empower them to overcome barriers. The program focused on providing participants with tools, resources, and support systems to develop self-confidence, assertiveness, and a positive self-image, ultimately fostering greater personal and professional empowerment. The resource person has addressed common psychological challenges faced by women, such as imposter syndrome, perfectionism, and self-doubt. This program is focused to foster a supportive environment for sharing experiences, challenges, and successes, to empower women to take control of their lives, pursue their goals, and advocate for themselves Program proved to be highly impactful in empowering participants to overcome psychological barriers, build resilience, and advocate for themselves effectively. She has succeeded for drawing attention by providing a supportive and empowering environment, the program facilitated personal growth, self-discovery, and a sense of community among participants.

Guest Lecture on Creative & Critical Thinking by Mr.P.Ravikanth



Critical thinking is at the core of most intellectual activity that involves students learning to recognise or develop an argument, use evidence in support of that argument, draw reasoned conclusions, and use information to solve problems. Examples of critical thinking skills are interpreting, analysing, evaluating, explaining, sequencing, reasoning, comparing, questioning, inferring, hypothesising, appraising, testing and generalising. 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.

On 22nd September, 2022 Aditya Degree College for Women, Rajahmundry organized a guest lecture on Creative & Critical Thinking for the students of B.sc/BBA/BCA/B.Com. This program has been conducted in the campus to empower the students to have planned career. The Career Building Program was conducted to empower individuals with the necessary tools, knowledge, and resources to navigate their career paths successfully. In the Program, Resource person assisted students in identifying their career goals and aspirations, and guided on career exploration and decision-making processes and equipped students with essential skills for career advancement and success and said practical strategies for job search, networking, and professional development.