

A.S.D.GOV'T. DEGREE COLLEGE FOR WOMEN (A)
JAGANNAICKPUR, KAKINADA.

DEPARTMENT OF HOME SCIENCE



స్త్రీవిద్యాప్రసర్థతాం

THREE-DAYS WORKSHOP

ON LIFE SKILLS

16.03.2023-18.03.2023

From

M.Suvarchala

Lecturer In charge

Dept of Home Science

Kakinada

To

The Principal

ASD Govt.Degree College for Women(A)

Kakinada

Respected Madam,

Sub:- Dept. of Home Science-Permission to conduct Three Day Work Shop On
"Life Skills" for final year students from 16-03-23 to 18-03-23

* * *

I request you to give me permission to conduct three Day Work Shop on "Life Skills" for final year students. The work shop will be conducted from 16-03-23 to 18-03-23 in the afternoon session. I request you to give me permission to organise the Workshop.Mrs.Ranga Lakshmi Andal, Provisional Zone Trainer of JCI India

Thanking You,Madam

Yours Sincerely

M. Suvarchala

(M.Suvarchala)

Lect ,in Home Science

A.S.D Govt. Degree College for Women (A)

Date : 10.01.24

Station : Kakinada

ASD Govt. Degree College for Women (A), Kakinada

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

Re-accredited by NAAC with "B" Grade in Cycle III

Department of Home Science

Circular

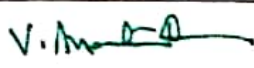
Department of Home Science is conducting **THREE DAY WORKSHOP ON LIFE SKILLS** for final year students from 16-03-23 to 18-03-23 in Seminar hall. Interested students can register their names in Department of Home Science.

Lecture in Charge

Dept.of Home Science

V. Anand Q.
Principal
A.S.D.GOV.T.DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

Department of Home Science
Activity Proforma 2019-20

Date	16-03-2023
Conducted through	Department of Home Science
Nature of the activity	Workshop
Title of the activity	Threeday Workshop on life skills
Name of the Collaborative Agency	J.C.I. Kakinada
Details of Resource Person	R. Kakshmi Ardalu
Brief report of the activity	<p>This three day workshop aimed to equip undergraduate students with practical skills in decisionmaking and goal-setting.</p> <p><u>Workshop objectives</u></p> <ul style="list-style-type: none"> • Enhance students' ability to make informed and confident decisions. • Develop effective goal setting strategies for personal and academic achievement.
Name of the lecturer who planned and organized the activity	H. Suvachala and staff of Dept of Home Science
Signature of the Dept incharge/convener of the committee	H. Suvachala 16/3/23
Signature of the principal	V. 
Remarks	Very useful to the students.

Brief Report of the Workshop:

Dates: 16-03-2023 to 18-03-2023

Location: Seminar Hall, ASD Govt Degree college (A), Kakinada

Participants: 41 Final Year students

Facilitators: MS.RANGA LAKSHMI ANDAL, Certified Trainer from JCI, Kakinada

Workshop Overview:

This three-day workshop aimed to equip undergraduate students with practical skills in decision-making and goal setting. Through interactive sessions, participants explored self-awareness, identified values, and learned frameworks for navigating complex choices and formulating achievable goals.

Workshop Objectives:

- Enhance students' ability to make informed and confident decisions.
- Develop effective goal-setting strategies for personal and academic achievement.
- Foster self-awareness and understanding of personal values and priorities.
- Equip students with practical tools and resources for navigating life transitions.
- Encourage peer-to-peer collaboration and knowledge sharing

Day 1: Effective Decision-Making and Art of Goal Setting:

- **Understanding Yourself:** The workshop began with introspective exercises to cultivate self-awareness. Participants identified their strengths, weaknesses, and personal values, laying the groundwork for informed decision-making.
- **Decision-Making Models:** The session introduced frameworks like the SWOT analysis and the cost-benefit matrix, providing participants with tools to structure their thought processes and make well-reasoned choices.
- **SMART Goal Formulation:** The SMART framework (Specific, Measurable, Achievable, Relevant, and Time-bound) was introduced as a guide for setting tangible and actionable goals. Participants practiced applying this framework to their personal and academic aspirations.
- **Action Planning:** Practical strategies for breaking down ambitious goals into manageable steps were explored. Participants created personal action plans outlining milestones, timelines, and resources needed to achieve their goals.

Day 2: Leadership and Communication Skills:

On Day two, The workshop employed a variety of interactive activities to engage participants and reinforce learning, including:

- Group discussions and brainstorming sessions
- .Public speaking and presentation practice
- Self-reflection activities and peer feedback sessions

With these sessions students tried to identify their drawbacks and by the end of the session came forward actively to share their experiences.

Day 3: Interview Skills :

On Day 3 the workshop emphasised on the following key areas through interactive activities.

- Enhancing verbal and non-verbal communication skills, including effective body language and articulation.
- Strategies for structuring impressive responses to common interview questions.
- Gaining confidence through mock interview sessions and constructive feedback

Overall the session aimed to enhance students' confidence, communication, and presentation skills essential for successful job interviews.

Participants expressed their appreciation for the workshop's practical approach and interactive sessions. this workshop provided undergraduate students with valuable life skills in decision-making and goal setting, empowering them to navigate their academic and personal journeys with greater confidence and clarity.

MS.RANGA LAKSHMI ANDAL

The purpose of human life begins with serving fellow human beings. To serve this purpose you will need likeminded people with you and around you. Today we have one such personality among us, our own Alumni, who has continued to pursue her Masters in Dietetic Administration at University of Kentucky, Louisville, Kentucky, USA. Today she is with us to help us in the direction of helping ourselves and the people around us.

From school days she has started a spiritual journey with the help of Siddha Samadhi yoga and continued her journey under the guidance of her religious teacher.

This person is a successful woman who not only fulfils her responsibilities as a parent of two children, Ruchira and Maharshi, studying 10th and 6th, but also runs a school of 800 children and 100 staff members as an administrative officer along with other like minded people, who also dedicated their lives for the larger common good of the society. She conducts several training sessions for teachers in the school on various topics like Classroom Management techniques, Pedagogy, Digitalization of classrooms, Using Digital resources in today's classrooms, Blended Learning, Activity based Learning and many others. Also guides the faculty in counselling students in various issues.

She is happily married to Dr. Sreeram, who worked as a Pharmacist at Walgreens, a leading Pharmaceutical Company in USA.

She has completed her MS in Dietetics Administration from University of Kentucky, Lexington, USA with 85% merit scholarships. She has worked as a Clinical Dietitian and a Community Dietitian for a few years in Louisville, Kentucky, USA.

She came back to serve her homeland along with her family as a full time service volunteer for SUSA Peetham located in Kakinada.

She joined JCI India, a personality development organization where she escalated to the level of Provisional zone trainer while pursuing her life goal of serving humanity.

“Knowing is not knowing until you start doing”; is the motto of her life.

Today I would like to introduce you a person who knows what she does and does what she knows, MS.RANGA LAKSHMI ANDAL.

Decision Making Skills

Decision-making skills refer to the ability to make sound and effective choices in various situations by considering relevant information, weighing alternatives, and anticipating the potential consequences of different actions. These skills are crucial in both personal and professional settings and can significantly impact the outcomes of individual and organizational endeavors.

Key components of decision-making skills include:

1. **Problem Identification:** The first step in decision-making is recognizing that a decision needs to be made. This involves identifying problems, challenges, or opportunities that require action.
2. **Information Gathering:** Collecting relevant information is essential for making informed decisions. This may involve researching, gathering data, consulting with experts, or seeking input from others.
3. **Analysis of Options:** Once information is gathered, decision-makers evaluate different options or courses of action. They consider the pros and cons, assess potential risks, and weigh the advantages and disadvantages of each alternative.
4. **Critical Thinking:** Decision-making often involves critical thinking, which includes the ability to analyze information objectively, identify patterns, and make logical connections. Critical thinking helps in making well-reasoned and rational decisions.
5. **Problem-solving:** Decision-making is closely tied to problem-solving. Individuals with strong decision-making skills are adept at finding solutions to challenges and making choices that address underlying issues.
6. **Risk Assessment:** Every decision involves an element of risk. Decision-makers must assess and understand the potential risks associated with each option and determine how to manage or mitigate them.
7. **Decision Implementation:** Making a decision is only part of the process; effective implementation is crucial. This involves putting the chosen course of action into practice and monitoring the outcomes.
8. **Adaptability:** Circumstances may change, and unexpected challenges may arise. Decision-makers need to be adaptable and open to adjusting their decisions based on new information or changing conditions.

9. **Time Management:** Some decisions require timely responses. Effective decision-makers are skilled in managing their time efficiently, balancing the need for thorough analysis with the urgency of the situation.
10. **Communication Skills:** Communicating decisions clearly and effectively is important for gaining support and understanding from others. Decision-makers should be able to articulate the rationale behind their choices and address any concerns.

Developing strong decision-making skills is an ongoing process that involves learning from experience, seeking feedback, and continuously refining one's approach to decision-making. These skills are valuable in various aspects of life, including career, relationships, and personal development.



A. S. D. GOVT. DEGREE COLLEGE

DEPARTMENT OF HOME SCIENCE

S.NO	Name of Student	
1.	B. Naga Priyanka III BSc (HSC)	25. A. Jhansi III BSc (CBHT)
2.	M. Sri pravallika III BSc (HSC)	26. L. Nookarathnam III BSc (CBHT)
3.	D. Lavanya III BSc (HSC)	R. Kavitha Kalyani III BSc (CBHT)
4.	P. Nandini III BSc (HSC)	K. Padmini III BSc (CBHT)
5.	S. Ramya Jyothi III BSc (H.S.C)	
6.	P. Sandhya III BSc (H.S.C)	
7.	D. Bhumika III B.S.C (H.S.C)	
8.	Ch. Sravani III B.S.C (H.S.C)	
9.	A. Neelima III B.Sc (H.S.C)	
10.	M. Krishna Yamini III B.Sc (H.S.C)	
11.	D. Sujitha III B.S.C (HSC)	
12.	K. Lalitha Durga III B.Sc (HSC)	
13.	M. Ramya III BSc (HSC)	
14.	G. Esther Florence III (BSc) (HSC)	
15.	V. Mounji Roy (III BSc, HSC)	
16.	N. Anjali (III BSc, HSC)	
17.	R. Dedeepya (III BSc CBHT)	
18.	M. Ramya Joy (III BSc CBHT)	
19.	Y. Manisha (III BSc CBHT)	
20.	P. Mehar Gayathri (III BSc CBHT)	
21.	P. Akhila (III BSc CBHT)	
22.	B. Dhana Venkata Laxmi (III BSc CBHT)	
23.	M. Indu (III BSc. CBHT)	
24.	M. Sume (III B.Sc (CBHT)	



THREE DAY WORKSHOP
ON
LIFE SKILLS

Leadership Skills

Leadership skills are a set of abilities that enable individuals to guide, inspire, and influence others to achieve common goals. Effective leaders demonstrate a combination of interpersonal, communication, and strategic skills to create a positive and productive environment. Leadership skills are applicable in various contexts, including professional settings, community involvement, and personal development. Here are some key components of leadership skills:

1. **Communication:** Leaders should be adept at conveying their thoughts, ideas, and expectations clearly and effectively. Strong communication skills foster understanding and help build trust among team members.
2. **Vision:** Leaders often have a clear vision of the future and can inspire others by sharing this vision. They articulate goals and objectives, providing a sense of direction that motivates individuals to work towards a common purpose.
3. **Decision-Making:** Leaders are frequently faced with tough decisions. The ability to make sound, timely, and well-informed decisions is crucial. Leaders should consider relevant information, assess risks, and choose courses of action that align with organizational goals.
4. **Problem-Solving:** Leaders should be skilled problem solvers. They need to identify challenges, analyze root causes, and develop effective solutions. Proactive problem-solving contributes to a more resilient and adaptable team or organization.
5. **Empathy:** Effective leaders understand and relate to the emotions and perspectives of others. Empathy helps build strong relationships, fosters collaboration, and promotes a positive work culture.
6. **Motivation:** Leaders inspire and motivate others to achieve their best potential. Whether through recognition, encouragement, or creating a positive work environment, leaders play a key role in keeping the team motivated and engaged.
7. **Delegation:** Delegating tasks appropriately is a vital leadership skill. Leaders recognize the strengths of their team members and allocate responsibilities accordingly. Delegation empowers individuals and contributes to the overall efficiency of the team.
8. **Adaptability:** In a dynamic and ever-changing world, leaders must be adaptable. They need to navigate uncertainty, embrace change, and guide their teams through transitions effectively.
9. **Conflict Resolution:** Conflicts may arise within a team, and leaders need to address them promptly and constructively. The ability to facilitate open communication, find common ground, and resolve conflicts is crucial for maintaining a healthy team dynamic.

10. **Influence:** Leadership involves influencing others to achieve shared objectives. Leaders inspire confidence, build credibility, and gain the trust of their team, enabling them to guide and direct efforts toward common goals.
11. **Strategic Thinking:** Leaders think strategically about the long-term direction of their team or organization. They consider the broader context, anticipate trends, and make decisions that align with overarching goals.
12. **Accountability:** Leaders take responsibility for their decisions and actions. They hold themselves and their team members accountable for meeting expectations and achieving goals.

Leadership skills are not static; they can be developed and refined over time through experience, self-reflection, and continuous learning. Effective leaders often invest in their personal and professional growth to enhance their leadership capabilities.

Communication Skills.

Communication skills are a set of abilities that enable individuals to convey information effectively, clearly, and appropriately in various contexts. Strong communication skills are essential in both personal and professional environments, facilitating the exchange of ideas, information, and emotions. Effective communication involves not only the transmission of messages but also the understanding of the intended meaning. Key components of communication skills include:

1. Verbal Communication:

- **Clarity:** Expressing thoughts and ideas in a clear and understandable manner.
- **Conciseness:** Communicating information in a brief and to-the-point manner.
- **Tone:** Using an appropriate tone of voice that matches the context and audience.
- **Listening:** Actively listening to others, showing interest, and responding appropriately.

2. Non-Verbal Communication:

- **Body Language:** Using gestures, facial expressions, and posture to convey messages.
- **Eye Contact:** Establishing and maintaining eye contact to demonstrate engagement and attentiveness.
- **Facial Expressions:** Expressing emotions through facial cues to complement verbal communication.
- **Hand Movements:** Using appropriate hand gestures to enhance communication.

3. Written Communication:

- **Clarity:** Writing clearly and concisely to convey ideas without ambiguity.
- **Grammar and Spelling:** Using correct grammar and spelling to maintain professionalism.
- **Formatting:** Organizing information in a logical and visually appealing manner.
- **Audience Awareness:** Adapting the writing style to the target audience.

4. Interpersonal Skills:

- **Empathy:** Understanding and considering others' perspectives and feelings.
- **Conflict Resolution:** Effectively managing and resolving conflicts in a constructive manner.
- **Building Rapport:** Establishing positive relationships with others through effective communication.

5. Presentation Skills:

- **Organization:** Structuring presentations in a logical and coherent manner.
- **Engagement:** Captivating the audience through dynamic delivery and interesting content.
- **Visual Aids:** Using visuals such as slides or props to enhance understanding.
- **Adaptability:** Adjusting presentation style based on the audience and context.

6. Negotiation Skills:

- **Persuasion:** Convincing others to accept a particular viewpoint or proposal.
- **Compromise:** Finding mutually beneficial solutions during negotiations.
- **Active Listening:** Understanding the needs and concerns of others during negotiations.

7. Feedback and Receptivity:

- **Providing Constructive Feedback:** Offering feedback that is specific, constructive, and actionable.
- **Receiving Feedback:** Being open to receiving feedback and using it for personal and professional growth.

8. Cultural Sensitivity:

- **Awareness:** Recognizing and respecting cultural differences in communication styles.
- **Adaptability:** Adjusting communication approaches to be inclusive and culturally sensitive.

9. Confidence:

- **Expressiveness:** Conveying ideas with confidence and assurance.
- **Public Speaking:** Speaking confidently in front of groups or audiences.

10. Digital Communication Skills:

- **Email Etiquette:** Writing professional and effective emails.
- **Virtual Communication:** Effectively communicating in online meetings, video conferences, and other digital platforms.

Developing effective communication skills is an ongoing process that involves self-awareness, practice, and a willingness to adapt to different situations and audiences. Strong communicators are better equipped to build relationships, resolve conflicts, and contribute positively to both personal and professional environments.

Interview Skills.

Interview skills refer to the set of abilities and techniques individuals use to effectively communicate their qualifications, experiences, and suitability for a particular job during an interview. The interview process is a critical component of job seeking, and having strong interview skills is essential for making a positive impression on potential employers. Here are key aspects of interview skills:

1. Preparation:

- **Research:** Thoroughly research the company, its culture, and the position you are applying for. Understand the industry and the organization's values.
- **Know Your Resume:** Be familiar with your resume and be ready to discuss your education, work experience, and skills in detail.
- **Understand the Job Description:** Identify the key responsibilities and requirements of the position and be prepared to demonstrate how your background aligns with them.

2. Effective Communication:

- **Clarity:** Communicate your thoughts and experiences clearly. Avoid jargon and ensure your responses are easy to understand.
- **Conciseness:** Be concise in your answers, providing enough information to answer the question without being overly verbose.
- **Active Listening:** Pay attention to the interviewer's questions and respond thoughtfully. Listening attentively demonstrates engagement and understanding.

3. Body Language:

- **Eye Contact:** Maintain good eye contact to convey confidence and attentiveness.
- **Posture:** Sit up straight and project a professional and positive image.
- **Handshake:** Offer a firm and confident handshake when greeting the interviewer.

4. Positive Attitude:

- **Enthusiasm:** Demonstrate genuine enthusiasm for the job and the company. Show eagerness to contribute and be a positive team member.
- **Optimism:** Approach questions and situations with a positive mindset, even when discussing challenges.

5. Adaptability:

- **Flexibility:** Be prepared to adapt to unexpected questions or changes in the interview format.
- **Handling Pressure:** Stay calm under pressure and approach challenging questions with composure.

6. Answering Questions:

- **STAR Technique:** Structure your answers using the Situation, Task, Action, and Result framework when discussing your experiences.
- **Relevance:** Tailor your responses to highlight skills and experiences that align with the specific requirements of the job.

7. Asking Questions:

- **Prepare Questions:** Have thoughtful questions ready to ask the interviewer about the company, team, or role.
- **Demonstrate Interest:** Asking questions shows your interest in the position and the company.

8. Professionalism:

- **Attire:** Dress appropriately for the interview, reflecting the company's dress code and industry standards.
- **Punctuality:** Arrive on time for the interview, showing respect for the interviewer's time.

9. Follow-Up:

- **Thank You Email:** Send a thank-you email within 24 hours of the interview, expressing gratitude and reiterating your interest in the position.

10. Self-Confidence:

- **Believe in Yourself:** Project confidence in your abilities and qualifications without appearing arrogant.



DEPARTMENT OF HOME SCIENCE

S.NO	NAME OF THE STUDENT	CLASS /GROUP	SIGNATURE
1	G. Satyavani	III BSC (CZAG)	G. Satyavani
2	K. Lakshmi Kumari	III BSC (CZAG)	K. Lakshmi Kumari
3	S. Pavani	III BSC (CZAG)	S. Pavani
4	D. Bhumika	III BSC (HSC)	D. Bhumika
5	M. Sri Pravalika	III BSC (HSC)	M. Pravalika
6	K. Lalitha Swaga	III B.S.C (HSC)	K. Lalitha Swaga
7	D. Sujatha	III B.S.C (HSC)	D. Sujatha
8	S. Nooka Ratnam	III B.S.C (CBHT)	S. N. Ratnam
9	P. Akhila	III B.S.C (CBHT)	P. Akhila
10	P. Mehar Gayathri	III B.S.C (CBHT)	P. Mehar Gayathri
11	L. Raveena	III B.S.C (CBHT)	L. Raveena
12	B. Dhana Venkata laxmi	III B.S.C (CBHT)	B. Dhana
13	M. Ranjya Jay	III B.S.C (CBHT)	M. Ranjya Jay
14	Y. Manisha	III B.S.C (CBHT)	Y. Manisha
15	R. Deedeeeya	III B.S.C (CBHT)	R. Deedeeeya
16	A. Jhansi	III B.S.C (CBHT)	A. Jhansi
17	M. Suma	III B.S.C (CBHT)	M. Suma
18	M. Krishna Yamini	III B.S.C (H.S.C)	M. Krishna Yamini
19	M. Ranjya	III B.S.C (H.S.C)	M. Ranjya
20	A. Neelima	III B.S.C (H.S.C)	A. Neelima
21	P. Sandhya	III B.S.C (H.S.C)	P. Sandhya
22	K. Padmini	III B.S.C (CBHT)	K. Padmini
23	K. Kavitha Kalyani	III B.S.C (CBHT)	K. Kavitha Kalyani
24	D. Neelima	III B.S.C (CZAG)	D. Neelima
25	Ch. Sravani	III B.S.C (H.S.C)	Ch. Sravani

DEPARTMENT OF HOME SCIENCE

S.NO	NAME OF THE STUDENT	CLASS /GROUP	SIGNATURE
1	B. Naga Priyanka	III BSc (Hsc)	B. Naga Priyanka
2	P. Nandini	III BSc (Hsc)	P. Nandini
3	S. Ramya Jyothi	IV BSc (Hsc)	S. Ramya Jyothi
4	P. Chumalika	III BSc (C7A1)	P. Chumalika
5	D. Lavanya	III BSc (Hsc)	D. Lavanya
6	G. Esther Fiance	III BSc (Hsc)	G. Esther Fiance
7	M. Indu	III B.Sc (CBHC)	M. Indu
8	P. Sai lakshmi	III B.Sc (C7A1)	P. Sai lakshmi
9	G. Swathi	VI B.Sc (C9A1)	G. Swathi
10	G. Krishnaveni	III BSc (C2A1)	G. Krishnaveni
11	M. Sume	III BSc (CBHC)	M. Sume
12	P. sandhya xani	III BSc (C7A1)	P. sandhya xani
13	V. Moujij Roy.	III BSc (HSC)	V. Moujij Roy.
14	N. Anjali	III BSc (HSC)	N. Anjali
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

DEPARTMENT OF HOME SCIENCE

S.NO	NAME OF THE STUDENT	CLASS / GROUP	SIGNATURE
1	B. Naga Priyanka	III Bsc (Hsc)	B.N.P.
2	D. Sujitha	III Bsc (Hsc)	D. Sujitha
3	D. Lavanya	III Bsc (Hsc)	D. Lavanya
4	M. Sri praveellika	III Bsc (Hsc)	M. Sri Praveellika
5	P. Nandhini	III Bsc (Hsc)	Nandhini
6	K. Lalitha Durga	III Bsc (Hsc)	KL.D.
7	Ch. Sravani	III Bsc (Hsc)	ch. Sravani
8	A. Neelima	III Bsc (Hsc)	A. Neelima
9	M. Kishna Yamini	III Bsc (Hsc)	M. Kishna Yamini
10	D. Bhumika	III Bsc (Hsc)	Bhumi
11	N. Anjali	III Bsc (Hsc)	Anjali
12	B. Dhana Venkata laxmi	III Bsc (CBHT)	B. Dhana
13	L. Nooka Ratnam	III Bsc (CBHT)	L. N. Ratnam
14	M. Indu	III Bsc (CBHT)	M. Indu
15	K. Kavitha Kalyani	III Bsc (CBHT)	K. Kavitha Kalyani
16	K. Padmini	III Bsc (CBHT)	K. Padmini
17	A. Jhansi	III Bsc (CBHT)	A. Jhansi
18	M. Lamyatey	III Bsc (CBHT)	M. Lamyatey
19	M. Ramya	III Bsc (Hsc)	M. Ramya
20	R. Deedeeppa	III Bsc (CBHT)	R. Deedeeppa
21	S. Pavani	III Bsc (CBHT)	S. Pavani
22	S. Hemadurga devi	III Bsc (CBHT)	S. Hemadurga Devi
23	K. Lakshmi Kumari	III Bsc (CBHT)	K. Lakshmi Kumari
24	K. Ginana nageswari	III Bsc (CBHT)	K. Ginana nageswari
25	M. Priya	III Bsc (CBHT)	M. Priya

DEPARTMENT OF HOME SCIENCE

S.NO	NAME OF THE STUDENT	CLASS /GROUP	SIGNATURE
1	G. Swathi	III B.S.C (CPAQT)	G. Swathi
2	P. Chahalika	III B.S.C (CPAQT)	P. Chahalika
3	D. Neelima	III B.S.C (CPAQT)	D. Neelima
4	D. Sony	III B.S.C (CPAQT)	D. Sony
5	P. Sai lakshmi	III B.S.C (CPAQT)	P. Sai lakshmi
6	G. Krishnaveni	III B.S.C (CPAQT)	G. Krishnaveni
7	M. Suvarna Latha	III B.S.C (CPAQT)	M. Suvarna Latha
8	K. Lakshmi Kumari	III B.S.C (CPAQT)	K. Lakshmi Kumari
9	V. Mounjiroy	III B.S.C (HSC)	V. Mounjiroy
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			



Annavamam Satyavathi Devi
GOVERNMENT DEGREE COLLEGE FOR WOMEN (AUTONOMOUS)
KAKINADA

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

Re-accredited by NAAC with "B" Grade in Cycle III

Dr.V.Anantha Lakshmi, M.Sc. M.Phil. Ph.D.
Principal

Mobile : 9963786386
email : jkcrjyec.asdkkd@gmail.com

To Whomsoever It May Concern

This is to certify that Mrs. Ranga Lakshmi Andallu has conducted a training program, a workshop on "Life Skills" for three days in our college for Final Year degree students on March 16th, 17th and 18th.

The topics were:

1. Decision Making
2. Leadership and Communication Skills
3. Interview Skills

The students were highly motivated by the session and participated with enthusiasm. The session was very useful to the students as they are getting ready to graduate and are preparing for job interviews. They have gained insight into many do's and don'ts in their real life and truly gained "Life Skills" for their future.

We hope to invite Mrs. Andal, Provisional Zone Trainer of JCI India for many programs in the future to empower our students and thank her for her time and efforts.

Dr. V. Anantha Lakshmi
25.4.2013
PRINCIPAL
A.S.D.GOV.T.DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

A.S.D.GOV.T.DEGREE COLLEGE WOMEN(A) KAKINADA

DEPARTMENT OF HOME SCIENCE

Three- Days Workshop on Life Skills

Feed back

1. Is the Goal settings session useful to you Yes/No
2. Is the Leadership Skills session useful to you Yes/No
3. Is the Communication Skills session useful to you Yes/No
4. Is the Interview Skills session useful to you Yes/No
5. Are you willing to set your goals after the Training Program Yes/No
6. Did the session meet its aims/objectives? Yes/No
7. Is the Workshop well organized overall? Yes/No
8. Would you recommended to conduct workshop to other students Yes/No
9. Resource person was interactive and approachable Yes/No
10. As the workshop increased your decision making skills Yes/No
11. Is the workshop content relevant to your needs? Yes/No
12. Are the Activities and exercises useful in enhancing your skills and abilities? Yes/No
13. Did resource person demonstrate sufficient knowledge and expertise? Yes/No

A. Neelima
Signature of the Student