



A.S.D. Government Degree College for Women

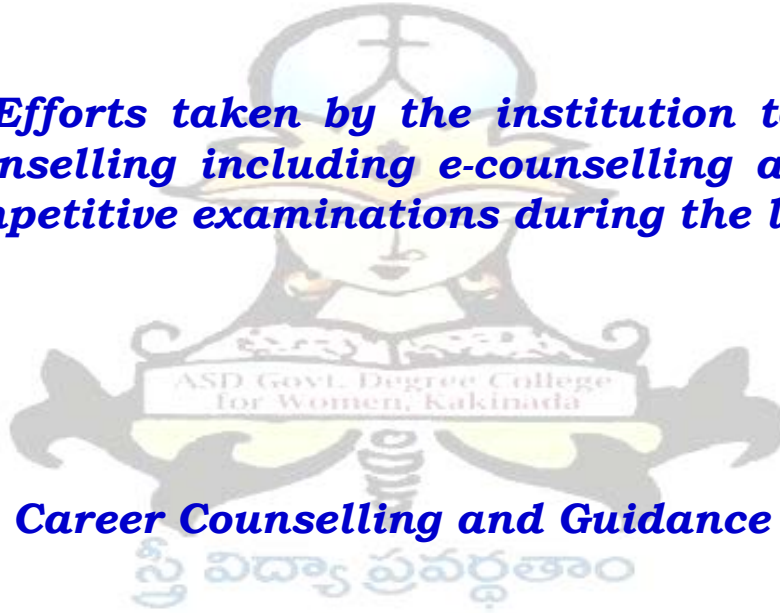
An Autonomous Institution

Jagannaickpur, Kakinada, Andhra Pradesh-533002
Affiliated to Adikavi Nannaya University, Rajamahendravaram



INTERNAL QUALITY ASSURANCE CELL

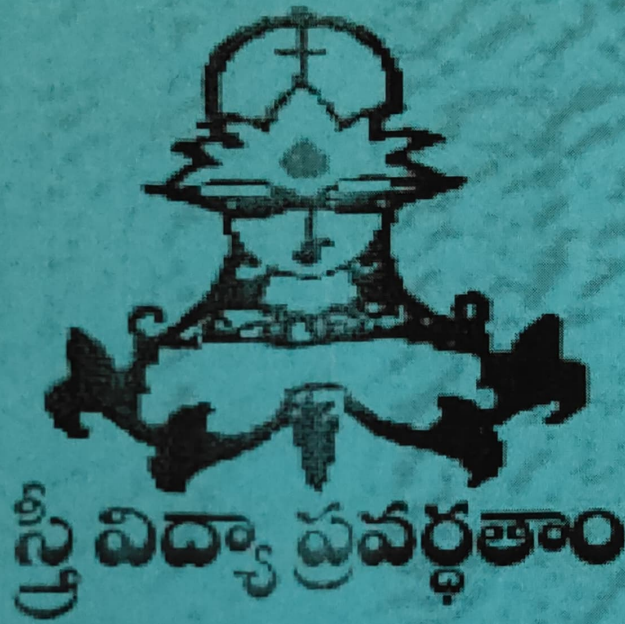
5.1.2. The Efforts taken by the institution to provide career counselling including e-counselling and guidance for competitive examinations during the last five years



(2019-20)

**A.S.D.GOVERNMENT DEGREE COLLEGE FOR WOMEN
AUTONOMOUS, KAKINADA**

CAREER GUIDANCE CELL



**ONE DAY WORKSHOP ON
'UNLOCK YOUR POTENTIAL'**

2019-2020

DT. 22.08.2019

A.S.D GOVT. DEGREE COLLEGE (W),(AUTONOMOUS)

Jagannaickpur, Kakinada Activity Register 2019-2020

Date	22.08.2019
Conducted through (DRC\JKC\ELF\NCC\NSS\Department etc..)	Career Guidance and Counseling Cell
Nature of Activity (seminar\workshop\Extn. Lecture etc..)	One Day Workshop
Title of the Activity	One day Workshop on 'Unlock Your Potential'
Name of the Department\committee	CAREER GUIDANCE CELL
Details of Resource Persons (Name ,Designation etc..)	Dr.V. Sathish, Psychologist CEO,Advanced Minds Visakhapatnam
No. of students participated	107
Brief Report on the Activity	Enclosed
Name of the Lecturer who Planned & Conducted the Activity	Dr. K.Yamuna, lecturer in Economics Under Career Guidance Cell.
Signature of the Dept. in charge\convener of the committee	K. Yamun
Signature of the Principal	H. Sivarubale.
Remarks	Very good Activity. Plan for more students.



H Sivarubale
PR NC PAL
A S D GOVT DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

BRIEF REPORT

The Career Guidance and Counseling Cell organized one day Workshop on 'Unlock Your Potential'. Mr V.Sathish, CEO, Advanced Minds, Visakhapatnam who is one of the leading professional Speakers in the state acted as resource person. He is professional mind trainer and Child Counselor.

He explained that the Burning Desire, Continuous Effort and Systematic Hard work are the three qualities necessary to get succeed in life. As our right brain is more powerful than our left brain, the eight keys which can be easily get feed into right brain. The said 8 keys are

'ROUTEMAP' in which

R stands for Rhythm

O-Out of Proportion

U-Unusual

T-Transformation

E-Emotion which in negative in nature

M-movement

A-Attractive Colours

P-Pictures

Education which includes any four of the above will be directed to the right brain which is more powerful.

He trained the students in brain sharpening exercises like SPM (Super power Memory) games. All the students participated. He explained the participants about the seven basic problems of a learner i.e Forgetting, lack of concentration, lack of interest, lack of confidence, anger, attraction to distraction, exam fever etc. To overcome the above problems the students should be trained in a scientific way.

He trained all the participants in Mind Mapping, which facilitates the learning in memorizing the subjects by reducing over stress on our brain. At the same time it makes the learning more effective by using the "ROUTE MAP" technique. JOURNEY formula for learning long answer type questions. He made the students to meditate which may give fruitful results for more concentration. He made the students to learn the Success Meditation to follow as daily routine.

He explained the four Golden Rules for Success. They are

1. To Play SPM Game every day
2. To Create creative Mind Maps
3. To make Wonderful JOURNEY s
4. To follow Success Meditation (which includes Target, Energy and Success)

All the students participated very actively and learn the ROUTE MAP, JOURNEY, APM Game and Mind Mapping which brings out their innate abilities.

The Work shop was a grand success by the active participation of 107 students from different streams of the College.

CAREER GUIDANCE CELL

PARTICIPANTS LIST

Dt.22.08.2019

B.A

S.No	Name of the Student	Class/Group	Feedback (Very Good/Good/Average)	Signature
1	Y. Vijaya Santhi	II BA T.H.P		Y. Vijaya Santhi
2	M. Mathruka	II BA T.H.P		M. Mathruka
3	M. Ramya Brundhavani	II BA T.H.P		M. Ramya Brundhavani
4	K. Divya	II BA HEP		K. Divya
5	T. Satyawani	II BA T.H.P		T. Satyawani
6	P. Kameswari	II BA T.H.P		P. Kameswari
7	Y.K			
8	B. Nagalakshmi	II BA T.H.P		B. Nagalakshmi
9	D. Lavanya	II BA T.H.P		D. Lavanya
10	G. Inga Lakshmi	II BA H.E.P		G. Inga Lakshmi
11	B. Smitha	II BA H.E.P		B. Smitha
12	T. Devi Priyanka	II B.A H.E.P		T. Devi Priyanka
13	S. Bhanu Sri	II B.A H.E.P		S. Bhanu Sri
14	K. Satya Sambhavi	II B.A (H.E.P)		K. Satya Sambhavi
15	CH. Sandhya	II B.A H.E.P		CH. Sandhya
16	CH. Hima Bindhu	II BA (H.E.P)		CH. Hima Bindhu
17	B. Siva Parvathi	II BA (H.E.P)		B. Siva Parvathi
18	D. Swarnoparani	II BA (H.E.P)		D. Swarnoparani
19	S. Sairavalli	II B.A (H.E.P)		S. Sairavalli
20	V. Sudha	II B.A (H.E.P)		V. Sudha
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CAREER GUIDANCE CELL

PARTICIPANTS LIST

22.08.2019

B.Com

No	Name of the Student	Class/Group	Feedback (Very Good/Good/Average)	Signature
1	O. Devi priyamka	II nd B.com / CA		O. Devi priyamka
2	ch. Sivamandini	"		ch. Sivamandini
3	P. Madhuri	"		P. Madhuri
4	B. Navadurga	"		B. Navadurga
5	J. Sulochana	"		J. Sulochana
6	M.D. Nasreen	III rd B.Sc HSC.		M.D. Nasreen.
7	G. Vanitha Devi	"		G. Vanitha Devi
8	P. Rajeswari	"		P. Rajeswari
9	ch. Sravani	"		ch. Sravani
10	B. meghana	"		B. meghana
11	P. Saudhya Dani	"		P. Saudhya Dani
12	M. Saudhya Dani	"		M. Saudhya Dani
13	P. Geethika Sai	"		P. Geethika Sai
14	D. vinodini	II nd B.com/CA		D. vinodini
15	D. Sowjanya	II nd B.com/CA		D. Sowjanya
16	T. Asha gyathi	I st BSc (MPC)		T. Asha gyathi
17	P. vijaya durga	2 nd B.Sc (MPC)		P. vijaya durga
18	K. Teja sri	1 st B.Sc (MPC)		K. Teja sri
19	M. Ramya	II nd B.com (CA)		M. Ramya
20	T. varaa lakshmi	II BSc (CBZ)		T. varaa lakshmi
21	Y. Rama durga	II B.com (CA)		Y. Rama durga
22	K. veeeralathaveni	II B.com (CA)		K. V.L. veni
23	M. Ramya Sai	III B.Sc (MPC)		M. Ramya Sai
24	K. Kumari	III BSc (MPC)		K. Kumari
25	M. J. S. Sudha Sai	I BSc (CBZ)		M. J. S. Sudha Sai
26	SK. sharmila	II B.com (CA)		SK. sharmila
27	V. Prema kumari	II B.com (CA)		V. Prema kumari
28	P. Devi mahalakshmi	II B.com (CA)		P. Devi mahalakshmi
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B.Sc

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CAREER GUIDANCE CELL

PARTICIPANTS LIST

Dt.22.08.2019

B.Sc

S.No	Name of the Student	Class/Group	Feedback (Very Good/Good/Average)	Signature
1	M. Padma Sri	I B.Sc / MPC		M. Padma Sri
2	K. Tulasi Devi	II BSC / MPC		K. Tulasi Devi
3	D. Vijayadhanalakshmi	II BSC / MPC		D. Vijayadhanalakshmi
4	R. Pushpalatha	I BSC / MPC		R. Pushpalatha
5	P. Tejaswini	I BSC / MPC		P. Tejaswini
6	Y. Kusuma	I BSC / MPC		Y. Kusuma
7	B. Komali mani kanta	I BSC / MPC		B. K. mani kanta
8	J. Pavani Mahalakshmi	I BSC / MPC		J. Pavani Mahalakshmi
9	M. Vana Lakshmi	I BSC / MPC		M. Vana Lakshmi
10	M. Pavani	I BSC / MPC		M. Pavani
11	B. Bhargavi	I BSC / MPC		B. Bhargavi
12	SK. Saajida	I BSC / MPC		SK. Saajida
13	MD. Reshma Begum	I BSC / MPC		MD. Reshma Begum
14	K. Vimala Devi.	I BSC / MPC		K. Vimala Devi
15	K. Ramya	I BSC / MPC		K. Ramya
16	K. Naga Prathana	I BSC / MPC		K. Naga Prathana
17	Y. Anusha	I BSC (MPC)		Y. Anusha
18	V. Jagadeeswari	I BSC (MPC)		V. Jagadeeswari
19	V. Symba	I BSC (MPC)		V. Symba
20	S. Manjula Lakshmi	II. B.com (CA)		S. Manjula Lakshmi
21	K. Devi	B. B. com (CA)		K. Devi
22	S. Manjuli	II. B.com (CA)		S. Manjuli
23	P. Sharon Raja	III B.A TNP		P. Sharon Raja
24	Y. Akhila	I BSC (MPC)		Y. Akhila
25	A. Nayana Lakshmi	III B.sc (H.Sc)		A. Nayana Lakshmi
26	A. Indhira	III B.sc (H.Sc)		A. Indhira
27	G. Jhansi Rani	III BSC (HSC)		G. Jhansi Rani
28	S. Devi Sri	III BSC (HSC)		S. Devi Sri
29	S. Lalitha	III BSC (HSC)		S. Lalitha
30	K. Sweetha	II BSC CBMB		K. Sweetha

CAREER GUIDANCE CELL

PARTICIPANTS LIST

Dt.22.08.2019

B.Sc

S.No	Name of the Student	Class/Group	Feedback (Very Good/Good/Average)	Signature
1	S. Divya M	I Bsc CBZ		S. Divya
2	P. Esuvarani Anjili	II BSC CBZ		P. Esuvarani Anjili
3	U. Poojitha	I BSC CBZ		U. Poojitha
4	P. Purgadevi	II BSC-CBZ		P. Purgadevi
5	S. Niharika	I BSC - MPC		S. Niharika
6	O. Lavanya	I BSC - MPC		O. Lavanya
7	R. Suguna	I BSC - MPC		R. Suguna
8	M. Mani Ratha male	I BSC - MPC		M. Mani Ratha male
9	M. Suguna	I BSC - MPC		M. Suguna
10	S. Sidisha	I BSC - C.BZ		S. Sidisha
11	P. Suneetha	I BSC - C.BZ		P. Suneetha
12	K. Sivarami	I BSC - MPC		K. Sivarami
13	P. Jayashila	II BSC - C.BZ		P. Jayashila
14	J. Nandlal	II. B.Com		J. Nandlal
15	V. Durga Bhavani	II. B.COM FM		V. D. Bhavani
16	K. Selvi	II nd BSC (CBZ)		K. Selvi
17	G. Ankitha	I st BSC (CBZ)		G. Ankitha
18	L. Priyanka	I st BSC (CBZ)		L. Priyanka
19	G. Anjali Devi	I st BSC [CBZ]		G. Anjali Devi
20	M. Bharani Rekha	I st BSC (CBZ)		M. Bharani Rekha
21	K. Rajaswari	I st BSC (CBZ)		K. Rajaswari
22	M. Vijaya Lakshmi	I st BSC (CBZ)		M. Vijaya Lakshmi
23	S. Khadarunnisa	I st BSC (CBMA)		S. Khadarunnisa
24	V. Komali	I st B.Sc (CBMB)		V. Komali
25	P. Hema Kumari	I st B.Sc (CBMA)		P. Hema Kumari
26	M. Soujanya	I st B.Sc (CBMA)		M. Soujanya
27	P. Selsli	I st B.Sc (CBMB)		P. Selsli
28	K. Chandana Himabindu	I st B.Sc (CBMB)		K. Chandana Himabindu
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H. Sivarudra

PR. NC. PAL

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