



SAMATA DEGREE COLLEGE

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An ISO 9001 : 2015 Certified Institution
Sector – 10, MVP Colony, Visakhapatnam – 530 017. (A.P.)

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Life Skills				
S.No	Name of the Program	Date of the event	Number of students participated	Name of the Experts involved
1	Goal setting and Critical thinking	23/02/2023	39	Mrs.D.Harika Asst.Professor
2	Leadership and Teamwork	16/02/2022	39	Mr.D.Sandeep Asst.Professor
3	Creative and Critical thinking	22/02/2021	28	Ms.G.Suguna Asst.Professor
4	MyHealth –My Responsibility	17/02/2020	43	Mrs.N.Padmavathi Asst.Professor
5	MentalHealth	11/02/2019	37	Mr.B.Gautham Asst.Professor




Director & I/C Principal
DIRECTOR
SAMATA DEGREE COLLEGE
M.V.P. Colony, VISAKHAPATNAM-17



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Date: 15-02-2023

CIRCULAR

This is to hereby inform all the students that, the College is organising a program on **Goal Setting and Critical Thinking**, dated 23-02-2023. In this regard all the students are informed to enrol themselves and utilize the opportunity by attending the classes.

All HODs are instructed to depute one faculty from their department for smooth running of this program.

Venue: Seminar Hall

Timing: 10:00 AM to 1:30 PM

Program Coordinator: Mrs. U Sri Devi, Asst. Professor,
Dept. of English.



Director & I/c Principal

DIRECTOR

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List of Participants

Program Name: A one day program on Goal Setting and Critical Thinking

S.no	Name of the Student	Program	Year	Signature
1	ALAJANGI LAKSHMI	B.sc MPCs	3 rd Year	Lakshmi
2	APPANA NAGA DEEKSHITH	B.sc MPCs	3 rd Year	A. Deekshith
3	DAKARAPU JHANSI	B.sc MPCs	3 rd Year	D. Jhansi
4	DANGA ARAVIND	B.sc MPCs	3 rd Year	D. Aravind
5	DHARMANA MOHANA RAO	B.sc MPCs	3 rd Year	D. Mohan Rao
6	DUMPA VINAY VISWAS	B.sc MPCs	3 rd Year	Viswas
7	G CHANDINI RAO	B.sc MPCs	3 rd Year	C. Rao
8	GIDIJALA INDU	B.sc MPCs	3 rd Year	Indu
9	GORLE HARIKA	B.sc MPCs	3 rd Year	G. Harika
10	JAMANA KALYANI	B.sc MPCs	3 rd Year	J. Kalyani
11	KAMPA RAMANA	B.sc MPCs	3 rd Year	Ramana
12	KANTUBOTHU SRAVANI	B.sc MPCs	3 rd Year	S. Sravani
13	KURRI HARIPRIYA	B.sc MPCs	3 rd Year	H. Haripriya
14	MADAGALA SANDHYA	B.sc MPCs	3 rd Year	M. Sandhya
15	MAHANTY PAVAN KALYAN	B.sc MPCs	3 rd Year	M. P. Kalyan
16	MUDDADA DEEKSHITHA	B.sc MPCs	3 rd Year	M. Deekshitha
17	MUGADA SAMPATH ABHIMANYU	B.sc MPCs	3 rd Year	S. Sampath
18	NALLI SURAJ	B.sc MPCs	3 rd Year	S. Suraj
19	PALLA RISHI HASINI	B.sc MPCs	3 rd Year	P. Rishi
20	PONDURU BALA GANESH SAI SARMA	B.sc MPCs	3 rd Year	B. Ganesh
21	POTTI PADMA	B.sc MPCs	3 rd Year	P. Padma
22	PRAGADA SUJATHA	B.sc MPCs	3 rd Year	P. Sujatha
23	PURALASETTY SAI KUMAR	B.sc MPCs	3 rd Year	P. Sai Kumar
24	SARIPILLI POOJITHA	B.sc MPCs	3 rd Year	S. Poojitha



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25	SEERAM SUMANTH SAI KUMAR	B.sc MPCS	3 rd Year	S. Kumar
26	SHAIK HAMIDH RAZA	B.sc MPCS	3 rd Year	S. Hamidh Raza
27	SIRAPARAPU MADHAVI	B.sc MPCS	3 rd Year	S. Madhavi
28	SOMADULA SAI TEJA	B.sc MPCS	3 rd Year	S. Sai Teja
29	SURUMULLU MADHAN	B.sc MPCS	3 rd Year	S. Madhan
30	TOTTADI RAJESH	B.sc MPCS	3 rd Year	Rajesh
31	UDIGI PUSHPA	B.sc MPCS	3 rd Year	Pushpa
32	VADAMODALA PRADEEP KUMAR	B.sc MPCS	3 rd Year	V. Pradeep
33	VADAMODULA ANIL	B.sc MPCS	3 rd Year	V. Anil
34	YALAMASETTI VINAY	B.sc MPCS	3 rd Year	Y. Vinay
35	YATHAGIRI SAI MADWA PAVAN	B.sc MPCS	3 rd Year	Pavan Y.
36	KANDRAPU SHYAM	B.sc MPCS	3 rd Year	K. Shyam
37	BUDUMURI SAI CHARAN	B.sc MPCS	3 rd Year	B. Saicharan
38	PELAMALA PRAVEEN	B.sc MPCS	3 rd Year	P. Praveen
39	ALAJANGI LAKSHMI	B.sc MPCS	3 rd Year	Lakshmi

U. Sridhar

Prog. coordinator



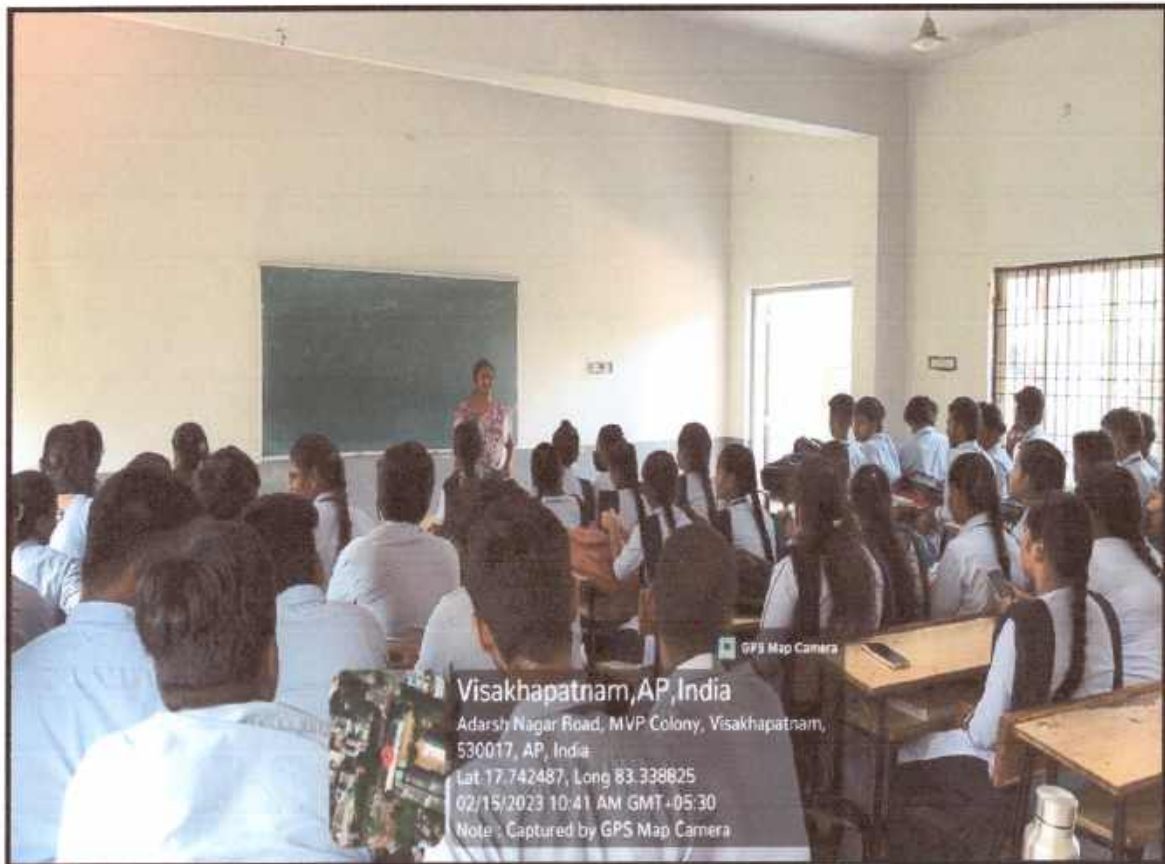
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Date: 25/2/23

PROGRAMME REPORT

Programme Name	A one day program on Goal Setting and Critical Thinking
Resource Person	D Harika Contact No: 7386546960 Mail Id : harikagovind@gmail.com
Duration of Activity	23-02-2023
Organized by	Samata Degree College
Venue	College Premises
No of students attended	39

Report:

The Training and Placement Cell of Samata Degree College conducted a special session on "A One-Day Workshop on Goal Setting & Critical Thinking" in seminar hall on 17-12-2018. This program was initiated by our principal with a motivational speech.

In that session, around 39 students are promoting critical thinking, which aids in information analysis, argument evaluation, and decision-making. It promotes autonomous thought and the ability to solve problems. Students need to learn life skills because it gives them the tools; they need to successfully navigate the different facets of life. It is possible for students to prioritize activities, fulfill deadlines, and maintain a good work-life balance by teaching them how to manage their time efficiently. Both productivity and stress are increased. Involve creating collaboration, understanding other points of view, and working well in teams. Students who work effectively together may complete group tasks successfully, grow as leaders, and acquire solid interpersonal skills.

The session ended with Vote of thanks.

U. Sridhar

Prog. Co-ordinator



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Date: 8-2-2022

CIRCULAR

This is to hereby inform all the students that, the College is organising a program on **Leadership and Team Work**, dated 16-2-2022.. In this regard all the students are informed to enrol themselves and utilize the opportunity by attending the classes.

All HODs are instructed to depute one faculty from their department for smooth running of this program.

Venue: Seminar Hall
Timing: 10:00 AM to 1:30 PM

Program Coordinator: Mrs. U Sri Devi, Asst. Professor,
Dept. of English.



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<i>Rajya Lakshmi Devi</i>	<i>K. Devi</i>	<i>U. Sri Devi</i>	<i>U. Sri Devi</i>	<i>U. Sri Devi</i>	<i>U. Sri Devi</i>			
B. Sc	BCA	BBA	B. Com	MBA	M.Sc. (CS)	<i>[Signature]</i>	<i>P. V. J.</i>	<i>M. L. S. Jayaram</i>



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List of Participants

Program Name: A one day program on Leadership and Team Work

S.no	Name of the Student	Program	Year	Signature
1	AKKARABOINA KANAKAMAHA LAKSHMI	B.com	3 rd Year	<i>[Signature]</i>
2	AKKARABOINA LALITHA	B.com	3 rd Year	<i>A Lalitha</i>
3	AYNAMPUDI LALITHA KALA POORNIMA	B.com	3 rd Year	<i>A.L.K Poornima</i>
4	BANGARI DINESH	B.com	3 rd Year	<i>Dinesh</i>
5	BANKA HEMALATHA	B.com	3 rd Year	<i>B. Hemalatha</i>
6	CHALLA ESWAR SAI AKHIL	B.com	3 rd Year	<i>Ch. Eswar Sai Akhil</i>
7	CHIMALAPATI SRIVANI	B.com	3 rd Year	<i>Srivani</i>
8	DADI NANDINI	B.com	3 rd Year	<i>D. Nandini</i>
9	DOKKARA BHARATHIPRASANNA	B.com	3 rd Year	<i>D. Saranya</i>
10	JANGALA GEETHA	B.com	3 rd Year	<i>J. Geetha</i>
11	KADAGALA ANU RADHA	B.com	3 rd Year	<i>K. Anu Radha</i>
12	KAMBALA SHIRISHA	B.com	3 rd Year	<i>Shirisha</i>
13	KARRI UDAYASAI DIVYA	B.com	3 rd Year	<i>Divya</i>
14	KINTHADA VINEETHA	B.com	3 rd Year	<i>K. Vineetha</i>
15	KOTA VENKATA LAKSHMI SIVA PRIYANKA	B.com	3 rd Year	<i>Priyanka</i>
16	KOYYA SAI PRIYA	B.com	3 rd Year	<i>K. Sai Priya</i>
17	KUNDRAPU MUTYALAMMA	B.com	3 rd Year	<i>K. Muthyalamma</i>
18	KUNNATHI RUKMINI	B.com	3 rd Year	<i>R. Rukmini</i>
19	MOHAMMAD ASIM	B.com	3 rd Year	<i>Asim</i>
20	MUTHI INDUMATHI	B.com	3 rd Year	<i>M. Indumathi</i>
21	MYLAPALLI DEEPIKA	B.com	3 rd Year	<i>M. Deepika</i>
22	NADIKATLA APPALA NARSI	B.com	3 rd Year	<i>N. Narasi</i>
23	NARASIMHACHARI VASU D SANTHI SWAROOP	B.com	3 rd Year	<i>N.V.D. Santhi Swaroop</i>
24	RAMOLU RAJU	B.com	3 rd Year	<i>Raju</i>
25	RONGALI VENKATALAKSHMI	B.com	3 rd Year	<i>R. Venkata Lakshmi</i>
26	SARIPILLI SIVAKUMAR	B.com	3 rd Year	<i>S. Sivakumar</i>
27	SHYLEE	B.com	3 rd Year	<i>Shylce</i>



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28	SISAY ABERA BEDASSO	B.com	3 rd Year	Sisay Abera Bedasso
29	SREERAM RAJESH SHYAM VARMA	B.com	3 rd Year	Varing
30	TELAGAVALASA RAJU	B.com	3 rd Year	T. Raj
31	TERESA LINNET LAWRENCE	B.com	3 rd Year	Teresa Linnet Lawrence
32	THUTTA RAJA RAJESWARI	B.com	3 rd Year	T.R.R.
33	VARADI RAMANAJI	B.com	3 rd Year	V.B.
34	VYSYARAJU HEMANTHA RAJU	B.com	3 rd Year	V. Hemantha Raju
35	YENNA NANDHU	B.com	3 rd Year	Y. Nandu
36	YOUSUF KHAN	B.com	3 rd Year	Y. Khan
37	VASUPALLI LAVANYA	B.com	3 rd Year	Lavanya
38	BHOGAPURAPU SAISIRISHA	B.com	3 rd Year	B. Sai Sirisha
39	UDUKALA BHASKAR	B.com	3 rd Year	U. Bhaskar

U. Sridhar
Prog. Co-ordinator



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Date: 18/2/2022

PROGRAMME REPORT

Programme Name	A one day program on Leadership and Team Work
Resource Person	D. Sandeep Contact No: 8639604257 Mail ID: Sandeepsam988@gmail.com
Duration of Activity	16-2-2022.
Organized by	Samata Degree College
Venue	Seminar Hall-1
No of students attended	39

Report :

The Training and Placement Cell of Samata Degree College conducted a special session on "A One-Day Workshop on Leadership and Team Work "in seminar hall from 10:00Am. This program was initiated by our principal with a motivational speech.

On that session 39 students learn developing leadership skills, it is essential for students as it equips them with the necessary tools to navigate various aspects of life successfully. Teaching students how to manage their time effectively enables them to prioritize tasks, meet deadlines, and maintain a healthy work-life balance. It enhances productivity and reduces stress. Involve working effectively in teams, respecting diverse perspectives, and fostering cooperation. Students who can collaborate well can succeed in group projects, develop leadership abilities, and build strong interpersonal skills.

The session ended with Vote of thanks

U. Sridhar
Prog. Coordinator



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15-02-2021

CIRCULAR

This is to hereby inform all the students that, the College is organising a program on **Creative and Critical Thinking**, dated 22-2-2021. In this regard all the students are informed to enrol themselves and utilize the opportunity by attending the classes.

All HODs are instructed to depute one faculty from their department for smooth running of this program.

Venue: Seminar Hall

Timing: 10:00 AM to 1:30 PM


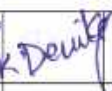
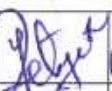





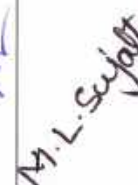
Program Coordinator: Mrs. U Sri Devi, Asst. Professor,
Dept. of English.



Director & I/c Principal

DIRECTOR
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List of Participants

Program Name: Creative and critical Thinking.

Duration: 22-02-2021.

SNO	NAME OF THE STUDENT	PROGRAM NAME	YEAR	SIGNATURE
1	A . BHARAT	BCA	1st Year	A. Bharat
2	B . NARENDRA REDDY	BCA	1st Year	Narendra
3	CH JANAVI	BCA	1st Year	Ch. Janavi
4	CH DILIP RAJU	BCA	1st Year	Ch. Dilip Raju
5	DVDSN VARMA	BCA	1st Year	D. Vamsi
6	DSP NAVEEN	BCA	1st Year	D. Naveen
7	E RAMANI BHAVANI	BCA	1st Year	E. Ramani Bhavani
8	G UMA MAHESH	BCA	1st Year	G. Uma Mahesh
9	G SNEHA	BCA	1st Year	G. Sneha
10	G AJAY	BCA	1st Year	G. Ajay
11	G YESWANTH SAI	BCA	1st Year	G. Yeswanth Sai
12	K SUKANYA	BCA	1st Year	K. Sukanya
13	I YUVRAJ	BCA	1st Year	I. Yuvraj
14	M SIVA SAI KUMAR	BCA	1st Year	M. Siva Sai Kumar
15	M NITESH KUMAR	BCA	1st Year	M. Nitesh Kumar
16	M NAGA DEEPIKA	BCA	1st Year	M. Naga Deepika
17	N TEJA SAI	BCA	1st Year	N. Teja Sai
18	P CHAMUNDESWARI	BCA	1st Year	P. Chamundeswari
19	P ALEKHYA	BCA	1st Year	P. Alekhya
20	P PHANINDRA KUMAR	BCA	1st Year	P. Phanindra Kumar
21	P SAI LOKESH	BCA	1st Year	P. Sai Lokesh
22	S PARVAS	BCA	1st Year	S. Parvas
23	S HEMANTH	BCA	1st Year	S. Hemanth
24	S YERRAYYA REDDY	BCA	1st Year	S. Yerrayya Reddy
25	P SHIVANI	BCA	1st Year	P. Shivani
26	S JAGADEESH	BCA	1st Year	S. Jagadeesh
27	S ADITYA	BCA	1st Year	S. Aditya
28	T THARUN	BCA	1st Year	T. Tharun


Program Coordinator



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Date: 25/2/2021

PROGRAMME REPORT

Programme Name	A one day program on Creative and Critical Thinking
Resource Person	Miss. G Suguna Contact No: 7974813351 Mail Id:gallavillasuguna@gmail.com
Duration of Activity	22-2-2021
Organized by	Samata Degree College
Venue	College premises
No of students attended	48

Report:

The Training and Placement Cell of Samata Degree College conducted a special session on " Creative and Critical Thinking "in seminar hall on 11-2-2019. This program was initiated by our principal with a motivational speech.

The Fire Safety Precautions Life Skills Program was designed to educate individuals of all ages on critical thinking the ability to clearly and logically consider information that is presented to us. Creative thinking is about generating new, novel, or useful ideas. The great innovators combine critical thinking and creative thinking. The Student have enlighten with the new method of thinking abilities, and to be creative in the latest generations. The program benefited 48 Students

The session ended with Vote of thanks.

U. Sridhar
Prog. Co-ordinator



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Date: 11-2-2020

CIRCULAR

This is to hereby inform all the students that, the College is organising a program on **My Heath My Responsibility**, dated 17-2-2020. In this regard all the students are informed to enrol themselves and utilize the opportunity by attending the classes.

All HODs are instructed to depute one faculty from their department for smooth running of this program.

Venue: Seminar Hall

Timing: 10:00 AM to 1:30 PM

Program Coordinator: Mrs. G Sowjanya. Asst Professor,
Dept. of English.



Director & I/c Principal

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List of Participants

Program Name: A one day program on My Health My Responsibility

S.no	Name of the student	Program	Year	Signature
1	HARATHI	B.sc MSCS	3 rd Year	[Signature]
2	SURADA LAVANYA	B.sc MSCS	3 rd Year	S. Lavanya
3	YERRA UMAVENKATA KRISHNAVENI PADMINI	B.sc MSCS	3 rd Year	Y.U.R Padmini
4	TIRUMALASETTY SRIVALLI MOULIKA	B.sc MSCS	3 rd Year	Srivalli
5	TIRUMALASETTY VALLI MOUNIKA	B.sc MSCS	3 rd Year	T. Valli Mounika
6	YERIPILLI SRI LAKSHMI	B.sc MSCS	3 rd Year	Lakshmi
7	UMMIDI ASWINI	B.sc MSCS	3 rd Year	Aswini
8	KALLA SRINU	B.sc MSCS	3 rd Year	Srinu
9	MANIKYAM SAI MEGHANA	B.sc MSCS	3 rd Year	M.S. Meghana
10	BONDADA AMMAJI	B.sc MSCS	3 rd Year	S. Ammaji
11	MAHANTHI KOMALI	B.sc MSCS	3 rd Year	Komali
12	SINGAMPALLI CHANDRA SEKHAR	B.sc MSCS	3 rd Year	S. Chandras Sekhar
13	AVVA KALYANI	B.sc MSCS	3 rd Year	A. Kalyani
14	KANDIPALLI DURGA PRASAD	B.sc MSCS	3 rd Year	Durga Prasad
15	BALAGA SANKAR	B.sc MSCS	3 rd Year	B. Sankar
16	KELLA KAMALA	B.sc MSCS	3 rd Year	Kamala.K
17	MADHUPADA HARIKA DHANALAKSHMI	B.sc MSCS	3 rd Year	M. Harika
18	AKULA HINDU	B.sc MSCS	3 rd Year	A. Hindu
19	KOTYADA SAI KUMAR	B.sc MSCS	3 rd Year	S. Kumar
20	VANAPALLI KALPANA	B.sc MSCS	3 rd Year	V. Kalpana
21	DASARI APARNA	B.sc MSCS	3 rd Year	D. Aparna
22	KALA ROHIT VENKAT RAGHAVENDRA	B.sc MSCS	3 rd Year	K. Rohit
23	DALIBOYINA SAI CHAKRI	B.sc MSCS	3 rd Year	D. Sai Chakra
24	POTNURU MANIKANTA	B.sc MSCS	3 rd Year	P. Manikanta
25	UDDANDAM PAVANI	B.sc MSCS	3 rd Year	Pavani
26	REGANI SIVAPAVANKUMAR	B.sc MSCS	3 rd Year	R. Siva
27	KAKARA SURESH	B.sc MSCS	3 rd Year	Suresh



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28	KONDA DURGA PRASAD	B.sc MSCS	3 rd Year	K. Prasad
29	KOLLI PHANINDRA YADAV	B.sc MSCS	3 rd Year	K. Phanindra Yadav
30	SALAPU SAIRAM	B.sc MSCS	3 rd Year	S. Sairam
31	MOLLI LIKITH	B.sc MSCS	3 rd Year	M. Likith
32	LAMBA PAVAN KUMAR	B.sc MSCS	3 rd Year	Pavan
33	DALLI JAGADISH	B.sc MSCS	3 rd Year	D. Jagade
34	PIRADI SATISH	B.sc MSCS	3 rd Year	P. Satish
35	MOHAMMED MUSHYID	B.sc MSCS	3 rd Year	Mushyid
36	MOHAMMED MUSKHAH	B.sc MSCS	3 rd Year	Muskah
37	PALISSETTI MANIDEEP SIVANARAYANA	B.sc MSCS	3 rd Year	PMS
38	BOORA YASHODA	B.sc MSCS	3 rd Year	Yashoda
39	LEELAVATHI GUMMALA	B.sc MSCS	3 rd Year	leelavathi
40	BAVIRISETTY PRIYANKA	B.sc MSCS	3 rd Year	priyanka
41	KOTTA VISHNU VAMSI	B.sc MSCS	3 rd Year	K.V. Vamsi
42	SOPETI CHANDRA SEKHAR	B.sc MSCS	3 rd Year	S. Sekhar
43	DUVVI RAJESH	B.sc MSCS	3 rd Year	Rajesh

G. Sowjanya

Prog. Co-ordinator



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Date: 4-02-2019

CIRCULAR

This is to hereby inform all the students that, the College is organising a program on **Mental Health** dated 11-2-2019. In this regard all the students are informed to enrol themselves and utilize the opportunity by attending the classes.

All HODs are instructed to depute one faculty from their department for smooth running of this program.

Venue: Seminar Hall

Timing: 10:00 AM to 1:30 PM

Program Coordinator: Mrs. G Sowjanya. Asst Professor,
Dept. of English.



B.M.L.
Director & I/c Principal
DIRECTOR

SAMATA DEGREE COLLEGE
M.V.P. Colony, VISAKHA, ATNAM-17

Copy to:

Signature of All HOD'S						TPO	Office	Library
<i>Kiranmai</i>	<i>K. Devika</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>K. Devika</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>M. L. Sujatha</i>
B. Sc	BCA	BBA	B. Com	MBA	M.Sc. (CS)			

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List of Participants

Program Name: A one day program on Mental Health.

S.no	Name of the Student	Program	Year	Signature
1	AKKARABOINA KANAKAMAHA LAKSHMI	B.com	3 rd Year	[Signature]
2	AKKARABOINA LALITHA	B.com	3 rd Year	A. Lalitha
3	AYNAMPUDI LALITHA KALA POORNIMA	B.com	3 rd Year	A.L.K. poornima
4	BANGARI DINESH	B.com	3 rd Year	B. Dinesh
5	BANKA HEMALATHA	B.com	3 rd Year	B. Hemalatha
6	CHALLA ESWAR SAI AKHIL	B.com	3 rd Year	C. Eswar Sai
7	CHIMALAPATI SRIVANI	B.com	3 rd Year	Ch. Sri vani
8	DADI NANDINI	B.com	3 rd Year	D. Nandi
9	DOKKARA BHARATHIPRASANNA	B.com	3 rd Year	D. Prasanna
10	JANGALA GEETHA	B.com	3 rd Year	J. Geetha
11	KADAGALA ANU RADHA	B.com	3 rd Year	Anuradha.K.
12	KAMBALA SHIRISHA	B.com	3 rd Year	K. Shirisha
13	KARRI UDAYASAI DIVYA	B.com	3 rd Year	K. Uday Sai Divya
14	KINTHADA VINEETHA	B.com	3 rd Year	K. Vineetha
15	KOTA VENKATA LAKSHMI SIVA PRIYANKA	B.com	3 rd Year	P. Priyanka
16	KOYYA SAI PRIYA	B.com	3 rd Year	K. Sai Priya
17	KUNDRAPU MUTYALAMMA	B.com	3 rd Year	Mutyalamma
18	KUNNATHI RUKMINI	B.com	3 rd Year	K. Rukmini
19	MOHAMMAD ASIM	B.com	3 rd Year	M. Asim
20	MUTHI INDUMATHI	B.com	3 rd Year	M. Indumathi
21	MYLAPALLI DEEPIKA	B.com	3 rd Year	M. Deepika
22	NADIKATLA APPALA NARSI	B.com	3 rd Year	N. Appala Narsi
23	NARASIMHACHARI VASU D SANTHI SWAROOP	B.com	3 rd Year	N. Santhi Swaroop
24	RAMOLU RAJU	B.com	3 rd Year	R. Raju
25	RONGALI VENKATALAKSHMI	B.com	3 rd Year	R. Venkata Lakshmi
26	SARIPILLI SIVAKUMAR	B.com	3 rd Year	Siva Kumar
27	SHYLEE	B.com	3 rd Year	Shylee
28	SISAY ABERA BEDASSO	B.com	3 rd Year	S. Bedasso



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29	SREERAM RAJESH SHYAM VARMA	B.com	3 rd Year	S. Varma
30	TELAGAVALASA RAJU	B.com	3 rd Year	Raju
31	TERESA LINNET LAWRENCE	B.com	3 rd Year	T. Lawrence
32	THUTTA RAJA RAJESWARI	B.com	3 rd Year	T. Rajeswari
33	VARADI RAMANAJI	B.com	3 rd Year	V. Ramanaji
34	VYSYARAJU HEMANTHA RAJU	B.com	3 rd Year	Hemanta Raju
35	YENNA NANDHU	B.com	3 rd Year	Y. Nandhu
36	YOUSUF KHAN	B.com	3 rd Year	Y. Khan
37	VASUPALLI LAVANYA	B.com	3 rd Year	V. Lavanya

Co. Sowjanya

Prog. Coordinator



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Date: 13/2/2019

PROGRAMME REPORT

Programme Name	Mental Health
Resource Person	Mr. Goutham B (CS Executive) Contact No: 9493790282 Mail Id: gowthamvvskm@gmail.com
Duration of Activity	11-2-2019
Organized by	Samata Degree College
Venue	College Ground
No of students attended	37

Report:

The Training and Placement Cell of Samata Degree College conducted a special session on "Mental Health" in seminar hall on 17-2-2020. This program was initiated by our principal with a motivational speech

The Mental Health "Life Skills Program is a comprehensive initiative implemented by our college to promote and instill essential life skills related to Mental health and hygiene among its students. This program is designed to foster holistic development, equipping students with the knowledge and skills necessary for maintaining a Mental healthy lifestyle. On that session 37 students participated to educate students about the importance of Mental health and impart practical skills related to personal hygiene, nutrition, and mental well-being and to create awareness about preventable diseases and the importance of vaccinations.

Sustaining the "M Life Skills Program is crucial to maintaining the positive impact and fostering a culture of health and hygiene on campus.

The session ended with Vote of thanks.

G. Sowjanya

Prog. Co-ordinator