



Sri Sri Mookambika Educational Society's  
**VAAGDEVI INSTITUTE OF TECHNOLOGY & SCIENCE**  
Peddasettipalli (V), Proddatur-516360.

(Approved by A.I.C.T.E., New Delhi, Affiliated to JNTUA, Anantapuramu)



5.1.2. Capacity Building and Skills Enhancement initiatives

**LIFE SKILLS :**

S.NO	Name of The Capacity development and skills enhancement program	Date of Implementation (DD-MM-YYYY)	Number of Students enrolled
1.	Importance of meditation in our day to day activities	21-11-2022	150
2.	Health Awareness program to avoid sessional diseases	15-09-2022	170
3.	Awareness on Physical & Mental Health	30-07-2022	100
4.	Sanitary Pad Vending Machine and Incinerator	20-12-2021	121
5.	Perspective Taking for the Workplace	18-05-2022	114
6.	Yoga & Meditation	20-04-2021	124
7.	Traffic rules, road safety and drug menace	14-10-2020	125
8.	Drug Free India	13-03-2020	117
9.	Physical Literacy and Life skills	13-09-2019	127
10.	Awareness on Health Insurance by Star Health	11-09-2018	130

  
PRINCIPAL  
Vaagdevi Institute of Technology & Science  
PEDDASETTIPALLI.  
PRODDATUR. Kadapa (Dist.)



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## **A Report on**

### **Importance of meditation in our day to day activities**

AICTE has announced AICTE Awareness on “**Importance of meditation in our day to day activities**”. In this regard the management, Teaching & Non Teaching Staff Students of the Institution participated in Category-3 Challenge. The entire programme was captured upto 1 hour 30 mins and uploaded in AICTE challenge portal.

#### **Event Details:**

**Date:** 21-11-2022

**Event Name:** Importance of meditation in our day to day activities

**Venue:** Open auditorium, VITS

**Number of Participants:** 150-IVB.Tech EEE&ECE

**Organized by:** VITS NSS UNIT

#### **Trainer Details:**

Mr.Krishna Murthy, Anjani Systems



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### **Importance of meditation in our day to day activities**

A soft skill training is as important as technical skills training. Soft skills can help Professionals improve their performance in various ways. Learning about the benefits of soft skills training may help students implement such training with their own teams.

Absolutely, here's a speech highlighting the importance of meditation in soft skills development:

Ladies and gentlemen,

In today's fast-paced and demanding world, the cultivation of soft skills has become increasingly essential for personal and professional success. Soft skills encompass a wide range of interpersonal qualities, including communication, empathy, resilience, and emotional intelligence. And while traditional methods of skill-building such as workshops and training programs are valuable, there exists a powerful yet often overlooked tool for enhancing these skills: meditation.

Meditation serves as a cornerstone for the development of soft skills by nurturing a deeper understanding and mastery of the self. Through regular meditation practice, individuals can cultivate self-awareness, which forms the foundation of all other soft skills. By turning inward and observing our thoughts, emotions, and behavioral patterns without judgment, we gain insight into our strengths, weaknesses, and areas for growth.

One of the most significant benefits of meditation in soft skills development is its ability to enhance emotional intelligence. Emotional intelligence encompasses the ability to recognize, understand, and manage our own emotions, as well as the emotions of others. Meditation fosters emotional intelligence by strengthening our capacity for self-regulation, empathy, and compassionate communication. By learning to observe our emotions mindfully and respond thoughtfully rather than reactively, we can cultivate deeper connections with others and navigate interpersonal interactions with grace and authenticity.

Moreover, meditation is a powerful tool for improving communication skills. Effective communication is the cornerstone of success in both personal and professional relationships, yet it often eludes us amidst the noise and distractions of daily life. Through practices such as mindfulness meditation and loving-kindness meditation, individuals can develop greater clarity, presence, and active listening skills, which are essential for fostering meaningful and productive communication with others.

Additionally, meditation enhances resilience and stress management, two crucial soft skills in today's volatile and uncertain world. By cultivating a regular meditation practice, individuals can build resilience in the face of adversity, bounce back from setbacks with greater ease, and maintain a sense of calm and equanimity in challenging situations. This inner strength and resilience not only benefit individuals in their personal lives but also make them valuable assets in the workplace, where the ability to adapt to change and thrive under pressure is highly prized.

In conclusion, the importance of meditation in soft skills development cannot be overstated. By fostering self-awareness, emotional intelligence, communication skills, and resilience, meditation empowers individuals to navigate the complexities of modern life with confidence, clarity, and compassion. So, I encourage each and every one of you to embrace meditation as a powerful tool for personal and professional growth, and witness the transformative impact it can have on your soft skills and overall well-being.

Feel free to adjust the speech to resonate with your audience and emphasize specific soft skills relevant to their personal or professional endeavours. Good luck!

  
**Training & Placement Officer**  
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## **A Report on**

### **Health Awareness program to avoid sessional diseases**

AICTE has announced AICTE Awareness on “**Health Awareness program to avoid sessional diseases**”. In this regard the management, Teaching & Non Teaching Staff Students of the Institution participated in Category-3 Challenge. The entire programme was captured upto 1 hour 30 mins and uploaded in AICTE challenge portal.

#### **Event Details:**

**Date:** 15-09-2022

**Event Name:** Health Awareness program to avoid sessional diseases

**Venue:** Open auditorium, VITS

**Number of Participants:** 140 II BTech ECE&EEE-A

**Organized by:** VITS NSS UNIT

Creating a health awareness program to prevent seasonal diseases requires a multifaceted approach that educates individuals on various aspects of health, hygiene, and preventive measures specific to seasonal illnesses. Here's a structured plan you can follow:

**1. Identify Target Seasonal Diseases:** Research prevalent seasonal diseases in your region. These might include influenza, common cold, allergies, foodborne illnesses, heat-related illnesses, etc.

#### **2. Educational Materials Development:**

- Create pamphlets, brochures, posters, and digital content (videos, infographics) explaining symptoms, transmission routes, and preventive measures for each identified disease.
- Ensure materials are accessible, culturally appropriate, and available in multiple languages if needed.

#### **3. Hygiene Practices Promotion:**

- Emphasize the importance of regular hand washing with soap and water, especially before eating, after using the restroom, and after coughing or sneezing.
- Encourage proper respiratory etiquette, such as covering the mouth and nose with a tissue or elbow when coughing or sneezing.

- Promote cleanliness of living spaces, including regular disinfection of frequently touched surfaces.

#### **4. Vaccination Awareness:**

- Educate about the availability and importance of vaccines for diseases like influenza and other preventable illnesses.

- Address common misconceptions or concerns regarding vaccinations.

#### **5. Nutrition and Immune System Health:**

- Provide information on the importance of a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.

- Encourage adequate hydration.

- Stress the significance of regular physical activity in maintaining overall health and boosting the immune system.

#### **6. Environmental Safety Tips:**

- Advise on how to stay safe during extreme weather conditions, such as heatwaves or cold spells.

- Educate on precautions to prevent foodborne illnesses, such as proper food handling, storage, and cooking techniques.

#### **7. Medical Consultation and Early Detection:**

- Encourage individuals to seek medical attention if they experience symptoms of seasonal illnesses promptly.

- Promote regular health check-ups, especially for vulnerable populations like children, elderly, and individuals with chronic illnesses.

#### **8. Community Engagement and Outreach:**

- Organize workshops, seminars, and webinars in collaboration with local healthcare providers and community organizations.

- Utilize social media platforms, community bulletin boards, and local newspapers for dissemination of information.

By implementing these strategies, you can create a comprehensive health awareness program aimed at preventing seasonal diseases and promoting overall well-being within the community.



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### **Seminar on**

### **Health Awareness program to avoid sessional diseases at Vaagdevi Institute of Technology and Science**

Vaagdevi Institute of Technology and Science (VITS), situated in Peddasettipalli, Proddatur, organized a seminar focused on " Health Awareness program to avoid sessional diseases" on 15-09-2022. The event aimed to advocate for women's health and hygiene empowerment, aligning with the college's commitment to holistic growth and empowerment.

Under the visionary leadership of Chairman G. Hussain Reddy the seminar featured enlightening sessions led by experienced facilitators. Attendees were immersed in discussions and workshops highlighting the significance of providing accessible and sustainable solutions for menstrual hygiene management.

Esteemed speakers shared their insights, emphasizing the importance of promoting menstrual hygiene and ensuring the availability of sanitary products. Through interactive activities and informative talks, participants gained practical knowledge and strategies for supporting women's health and hygiene empowerment.

The seminar witnessed enthusiastic participation from students and faculty members, underscoring VITS's dedication to fostering a supportive and inclusive environment for all members of the community.



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## **A Report on**

### **Awareness on Physical & Mental Health**

#### **Theme: Empowering Women's Health and Hygiene**

AICTE has announced AICTE Awareness on Perspective Taking for the Workplace. In this regard the management, Teaching & Non Teaching Staff Students of the Institution participated in Category-3 Challenge.

The entire programme was captured upto 1hour 30 mins and uploaded in AICTE challenge portal.

#### **Event Details:**

**Date:** 30-07-2022

**Event Name:** Awareness on Physical & Mental Health

**Venue:** Open auditorium, VITS

**Number of Participants:** 100- IVB.Tech CSE&IIIEEE

**Organized by:** VITS NSS UNIT

#### **Major Topics are:**

1. Understanding the Importance of Health Awareness
2. Physical Health Education
3. Mental Health Education
4. Promoting Work-Life Balance
5. Identifying Resources and Support
6. Creating a Supportive Environment
7. Training Delivery Methods
8. Follow-Up and Evaluation

#### **Trainer Details:**

Mr.Sudharshan Reddy, Tech Power Solutions





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### **Awareness on Physical & Mental Health**

Resource person: **Mr.Sudharshan Reddy**, Tech Power Solutions

Training on physical and mental health awareness is essential for promoting overall well-being and fostering a supportive environment. Here's a structured approach to conducting training on physical and mental health awareness:

#### **1. Understanding the Importance of Health Awareness:**

- Start by explaining the significance of maintaining good physical and mental health for overall well-being and productivity.
- Highlight the interconnectedness of physical and mental health and how they impact each other.

#### **2. Physical Health Education:**

- Provide information on key aspects of physical health:
  - Nutrition: Educate participants about the importance of a balanced diet and healthy eating habits.
  - Exercise: Explain the benefits of regular physical activity and different types of exercises suitable for various fitness levels.
  - Sleep: Discuss the importance of quality sleep for physical and mental health, and provide tips for improving sleep hygiene.
  - Hygiene: Address the importance of personal hygiene practices such as regular handwashing and dental care.

### **3. Mental Health Education:**

- Raise awareness about mental health and common mental health conditions:
  - Stress management: Teach stress-reduction techniques such as mindfulness, deep breathing exercises, and time management strategies.
  - Anxiety and depression: Provide information on the signs and symptoms of anxiety and depression, as well as strategies for coping and seeking help.
  - Self-care: Emphasize the importance of self-care activities such as relaxation, hobbies, and social support in maintaining mental well-being.
  - Stigma reduction: Challenge misconceptions and stigma surrounding mental health by fostering open and supportive discussions.

### **4. Promoting Work-Life Balance:**

- Discuss the importance of achieving a healthy balance between work, personal life, and leisure activities.
- Provide tips and strategies for managing workload effectively, setting boundaries, and prioritizing self-care.

### **5. Identifying Resources and Support:**

- Inform participants about available resources and support services for physical and mental health:
  - Employee assistance programs (EAPs): Explain the services offered by EAPs, such as counseling, referrals, and wellness resources.
  - Community resources: Provide information on local healthcare providers, mental health clinics, and support groups.
  - Online resources: Recommend reputable websites and apps for mental health information, self-help tools, and virtual support communities.

### **6. Creating a Supportive Environment:**

- Encourage open communication and destigmatize discussions about health-related issues in the workplace.
- Foster a culture of support and mutual respect where individuals feel comfortable seeking help and offering assistance to others.

### **7. Training Delivery Methods:**

- Use a variety of training delivery methods to engage participants, such as presentations, interactive activities, case studies, and group discussions.
- Incorporate real-life examples and success stories to illustrate key concepts and encourage participation.

### **8. Follow-Up and Evaluation:**

- Provide opportunities for participants to ask questions and seek clarification on health-related topics.
- Conduct post-training evaluations to assess the effectiveness of the training and gather feedback for improvement.

By implementing these steps, organizations can empower their employees with the knowledge and skills to prioritize and maintain their physical and mental health effectively.

  
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## **A Report on**

### **Awareness on Sanitary Pad Vending Machine and Incinerator**

**Theme:** Empowering Women's Health and Hygiene

AICTE has announced Awareness on "Sanitary Pad Vending Machine and Incinerator". In this regard the management, Teaching & Non Teaching Staff Students of the Institution participated in Category-3 Challenge.

The entire programme was captured up to 1 hour 30 mins and uploaded in AICTE challenge portal.

#### **Event Details:**

**Date:** 20-12-2021

**Event Name:** Awareness on Sanitary Pad Vending Machine and Incinerator

**Venue:** Open auditorium, VITS

**Number of Participants:** 121 II B Tech CSE

**Organized by:** VITS NSS UNIT

**Objective:** The primary objective of the event was to raise awareness among students and staff members regarding menstrual hygiene management and the importance of providing accessible and sustainable solutions through the installation of Sanitary Pad Vending Machines and Incinerators.

#### **Highlights:**

**Demonstration ,Expert Talks,Awareness Campaigns ,Interactive Sessions**

**Conclusion:** The event proved to be highly informative and impactful, empowering participants with knowledge and resources to promote menstrual hygiene and ensure the availability of sanitary products through the installation of Sanitary Pad Vending Machines. Furthermore, the introduction of Incinerators addressed the crucial aspect of proper disposal contributing to a cleaner and healthier environment. By organizing such initiatives, VITS NSS UNIT reaffirms its commitment to promoting women's health and hygiene and fostering a supportive and inclusive environment for all members of the community



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## Awareness Sanitary Pad Vending Machine and Incinerator



**SANITARY NAPKIN  
VENDING MACHINE**

First of its kind horizontal machine with a capacity of 50 pads.

Get instructed - clean hygienic sanitary napkins on inserting a coin.

*Small step towards ensuring comfort for females*



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## **A Report on**

### **Perspective Taking for the Workplace**

#### **Theme: Empowering Women's Health and Hygiene**

AICTE has announced AICTE Awareness on Perspective Taking for the Workplace. In this regard the management, Teaching & Non Teaching Staff Students of the Institution participated in Category-3 Challenge.

The entire programme was captured upto 1 hour 30 mins and uploaded in AICTE challenge portal.

#### **Event Details:**

**Date:** 18-05-2022

**Event Name:** Perspective Taking for the Workplace

**Venue:** Open auditorium, VITS

**Number of Participants:** 114 IIIB Tech ECE

**Organized by:** VITS NSS UNIT

#### **Objective:**

The primary objective of the event was to raise awareness among students and staff members regarding menstrual hygiene management and the importance of providing accessible and sustainable solutions through the installation of Sanitary Pad Vending Machines and Incinerators.

#### **Highlights:**

**Demonstration ,Expert Talks,Awareness Campaigns ,Interactive Sessions**

**Conclusion:** The event proved to be highly informative and impactful, empowering participants with knowledge and resources to promote menstrual hygiene and ensure the availability of sanitary products through the installation of Sanitary Pad Vending Machines. Furthermore, the introduction of Incinerators addressed the crucial aspect of proper disposal, contributing to a cleaner and healthier environment. By organizing such initiatives, VITS NSS UNIT reaffirms its commitment to promoting women's health and hygiene and fostering a supportive and inclusive environment for all members of the community



## Perspective Taking for the Workplace

# 4 Steps of Perspective Taking

**01**

As soon as two people share a common space, they have a thought about each other. I have a thought about you; you have a thought about me.

**02**

I consider the other person's intentions & motives. If they seem suspicious, I will monitor the person more closely. The other person will also consider my intentions & motives.

**03**

Each person considers what the other may be thinking about them. Is it positive, negative, neutral? Is there history between us upon which we weigh these thoughts?

**04**

I monitor & possibly modify my behavior to keep the other person thinking about me the way I want them to think about me. They are doing the same for me.



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### **Seminar on Perspective Taking for the Workplace at Vaagdevi Institute of Technology and Science**

Vaagdevi Institute of Technology and Science (VITS), situated in Peddasettipalli, Proddatur, organized a seminar focused on "**Perspective Taking for the Workplace**" on 18-05-2022. The event aimed to advocate for women's health and hygiene empowerment, aligning with the college's commitment to holistic growth and empowerment.

Under the visionary leadership of Chairman G. Hussain Reddy the seminar featured enlightening sessions led by experienced facilitators. Attendees were immersed in discussions and workshops highlighting the significance of providing accessible and sustainable solutions for menstrual hygiene management.

Esteemed speakers shared their insights, emphasizing the importance of promoting menstrual hygiene and ensuring the availability of sanitary products. Through interactive activities and informative talks, participants gained practical knowledge and strategies for supporting women's health and hygiene empowerment.

The seminar witnessed enthusiastic participation from students and faculty members, underscoring VITS's dedication to fostering a supportive and inclusive environment for all members of the community.





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**A Report On**  
**A Training Programme on**  
**Yoga & Meditation Training**

A Program on “Yoga & Meditation Training” by Training & Placement cell during 20-04-2021 (FN) the total of 124 students have attended for this program.

**Major Topics are:**

- Stress Management
- Emotional Intelligence
- Communication Skills
- Focus and Concentration
- Resilience and Adaptability
- Conflict Resolution and Problem-Solving
- Leadership Skills

**Trainer Details:**

**Mr.Krishna, Kube Corporate Training & Consultancy Services**



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Resource person: **Mr.Krishna**, Kube Corporate Training & Consultancy Services

A soft skill training is as important as technical skills training. Soft skills can help Professional improve their performance in various ways. Learning about the benefits of soft skills training may help students implement such training with their own teams.

**Yoga and meditation** can play significant roles in the development of soft skills. Soft skills encompass various interpersonal, social, and emotional abilities that are invaluable in both personal and professional settings. Here's how yoga and meditation contribute to the enhancement of soft skills:

**1. Stress Management:** Both yoga and meditation are renowned for their stress-reducing benefits. By practicing mindfulness through meditation and incorporating relaxation techniques in yoga, individuals can effectively manage stress levels. Reduced stress enhances one's ability to remain calm and composed in challenging situations, a crucial aspect of soft skills like resilience and emotional intelligence.

**2. Emotional Intelligence:** Yoga and meditation foster self-awareness and introspection, key components of emotional intelligence. Through regular practice, individuals learn to recognize and understand their emotions better. This self-awareness enables them to

empathize with others, navigate social interactions with greater sensitivity, and develop stronger interpersonal relationships.

**3. Communication Skills:** Yoga and meditation promote mindfulness, which involves being fully present in the moment. This heightened awareness can improve communication skills by enhancing active listening and promoting clarity in expression. Moreover, yoga practices such as breathing exercises can help individuals regulate their breath and speech patterns, leading to more effective communication.

**4. Focus and Concentration:** Both yoga and meditation require concentration and focus, which are essential soft skills in today's fast-paced world. By training the mind to focus on the present moment, individuals can improve their concentration levels and productivity. This enhanced focus can translate into better decision-making abilities and improved performance in various tasks.

**5. Resilience and Adaptability:** Yoga teaches individuals to embrace discomfort and challenge through poses that require strength, balance, and flexibility. Similarly, meditation encourages acceptance of thoughts and emotions without judgment. These practices cultivate resilience and adaptability, enabling individuals to bounce back from setbacks and adapt to changes more effectively, crucial soft skills in dynamic environments.

**6. Conflict Resolution and Problem-Solving:** The mindfulness cultivated through yoga and meditation can aid in conflict resolution by promoting non-reactivity and fostering a calm, rational approach to resolving disputes. Additionally, the introspective nature of these practices encourages individuals to approach problems with a clear and open mind, enhancing their problem-solving skills.

**7. Leadership Skills:** Effective leadership often requires empathy, communication, resilience, and the ability to inspire and motivate others. Yoga and meditation help individuals develop these qualities by fostering emotional intelligence, self-awareness, and a sense of inner calm, which are essential for successful leadership roles.

Incorporating yoga and meditation into soft skills training programs can therefore be highly beneficial, as they offer holistic approaches to personal development that encompass both mental and physical well-being.

  
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## **A Report on**

### **Awareness on Traffic Rules, Road Safety, and Drug Menace**

**Theme:** Drive Safe, Stay Alert, Live Healthy

The AICTE has launched an initiative focusing on spreading awareness about Traffic Rules, Road Safety, and combating the menace of drugs. In response, the management, faculty, and students of our institution actively participated in Category-3 Challenge.

#### **Event Details:**

**Date:** 14-10-2020

**Event Name:** Awareness on Traffic Rules, Road Safety, and Drug Menace

**Venue:** Open auditorium, VITS

**Number of Participants:** 125 II B Tech ECE

**Organized by:** VITS NSS UNIT

**Objective:** The objective of the event was to educate and raise awareness among the participants about the importance of adhering to traffic rules, ensuring road safety measures, and understanding the risks associated with drug abuse.

**Conclusion:** The event proved to be highly informative and impactful, equipping the participants with valuable knowledge and insights to promote responsible behavior on the roads and discourage drug abuse. It emphasized the collective responsibility of individuals in ensuring their safety and contributing to a safer and healthier society.

By organizing such initiatives, we aim to foster a culture of compliance with traffic rules, promote road safety awareness, and combat the menace of drug abuse, ultimately contributing to the well-being and prosperity of our community.



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**Resource person: D.Naveen Kumar Raju Awareness on Traffic Rules, Road Safety, and Drug Menace**



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## **Awareness on Traffic Rules, Road Safety, and Drug Menace**

### **Promoting Road Safety, Traffic Awareness, and Drug Menace Awareness:**

In light of the escalating concerns surrounding road safety, traffic regulations, and the pervasive issue of drug abuse, Vaagdevi Engineering College in Proddatur, under the esteemed leadership of Chairman G. Hussain Reddy and Principal G. Jagadeeshwar Reddy, is spearheading an initiative aimed at fostering awareness and education in these critical areas.

With healthcare costs on the rise, individuals and families are increasingly recognizing the importance of health insurance. Star Health, a prominent Indian health insurance provider, offers a range of comprehensive plans tailored to various needs, including coverage for critical illnesses and senior citizens.

To facilitate informed decision-making and promote understanding of key insurance concepts such as premiums, deductibles, and the claims process, the college is hosting an event featuring experts from Star Health. This initiative underscores the significance of safeguarding one's financial well-being through prudent insurance choices.

However, the college's commitment to community welfare extends beyond healthcare to encompass road safety and drug menace awareness. Recognizing the pressing need for education in these domains, the event will also address the importance of adhering to traffic rules, ensuring road safety, and combatting the scourge of drug abuse.

Through interactive sessions, expert talks, and practical demonstrations, students and members of the community will be empowered with knowledge and strategies to navigate roads safely and make informed decisions regarding their health and safety.

This collaborative effort between Vaagdevi Engineering College, Star Health, and esteemed leaders like Chairman G. Hussain Reddy and Principal G. Jagadeeshwar Reddy reflects a shared commitment to fostering a healthier, safer, and more resilient community.

Investing in health insurance and prioritizing road safety and drug menace awareness are pivotal steps towards securing long-term financial security and promoting the well-being of individuals and society as a whole.



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## **A Report On**

### **Theme: Yoga & Meditation**

The event was attended by teachers, students, and management staff. AICTE has announced AICTE FIT. Teachers provided guidance and expertise on both **Yoga & Meditation**. Students actively participated in discussions, activities, and workshops aimed at enhancing their understanding and application of these concepts. Management staff supported the event's organization and ensured its smooth execution.

This entire event was captured in 1 hour and uploaded for further viewing

**Date of Event:** 20-04-2021

**No. of students:** 124 IB.Tech CSE&ECE

**Name of the event:** Yoga & Meditation

**Venue :** open auditorium;

**Organized By:** VITS NSS UNITs



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## **A Report on**

### **Drug Free India**

**Theme: Empowering Lives, Building a Drug-Free Nation.**

To foster and inculcate the habit of well-being, a Drug-Free India initiative has been launched. In this regard, leaders, educators, and communities across the nation are encouraged to participate in raising awareness about the dangers of substance abuse and championing a healthier future..

The entire programme was captured up to 1 hour 20 minutes and uploaded in AICTE challenge portal.

**Date of event: 13-03-2020.**

**Name of the event: Drug Free India**

**Venue: Open auditorium, VITS**

**Number Participants: 117 II B.Tech CSE**

**Organized by: VITS NSS UNIT**





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Peddasettipalli (V), Proddatur-516360.

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### **News on Drug Free India**

India faces a crucial battle against drug abuse, and the "Drug-Free India" initiative stands as a beacon of hope in this fight. This nation-wide movement, spearheaded by the "Nasha Mukta Bharat Abhiyaan" (Clean India, Free from Drugs Campaign), aims to create a future free from the clutches of addiction. Through a multi-pronged approach, the campaign focuses on raising public awareness about the devastating effects of drug use. This includes educating individuals, especially youth, about the dangers of substance abuse and promoting healthy lifestyle choices. Additionally, the initiative prioritizes the identification and eradication of illegal drug cultivation and distribution networks.

Rehabilitation programs are also crucial components, offering support and treatment to those struggling with addiction. By fostering collaboration between the government, NGOs, educators, and communities, Drug-Free India strives to build a healthier and safer nation.

**Date of event:** 13-03-2020.

**Name of the event:** Drug Free India

**Venue:** Open auditorium, VITS

**Number Participants:** Students & Staff

**Organized by:** VITS NSS UNIT



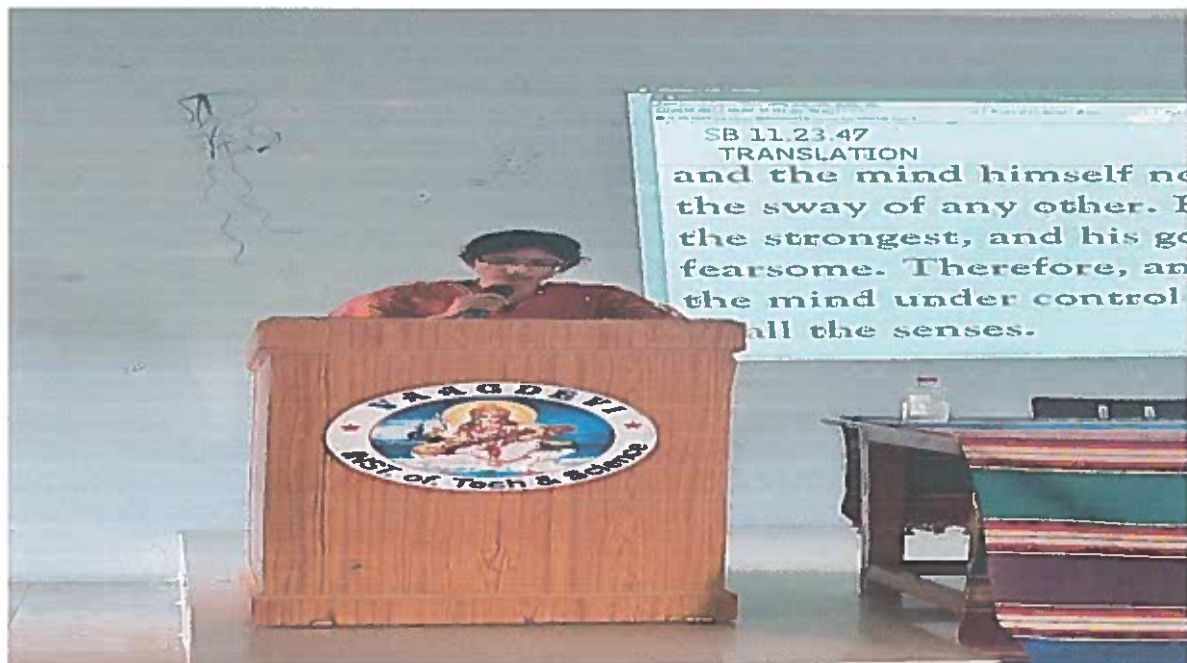
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**Awareness Program on Drug Free India**



**Seminar by R.Surekha on Drug Free India**



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Vaagdevi Institute of Technology and Science, under the leadership of Chairman G. Hussain Reddy and Principal G. Jagadeshwar Reddy, proudly joins the "Drug-Free India" initiative. This nationwide movement tackles the serious issue of drug abuse, aiming to create a future free from addiction. By educating students about the dangers of substance use and promoting healthy life choices, Vaagdevi plays a crucial role in empowering young minds to make positive decisions. Their commitment to fostering a drug-free environment goes hand-in-hand with the national mission, paving the way for a brighter future for students and the community.



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## **A Report On**

**Theme: Physical Literacy and Life skills**

The event was attended by teachers, students, and management staff. AICTE has announced AICTE FIT. Teachers provided guidance and expertise on both physical literacy and life skills development. Students actively participated in discussions, activities, and workshops aimed at enhancing their understanding and application of these concepts. Management staff supported the event's organization and ensured its smooth execution.

This entire event was captured in 1 hour and uploaded for further viewing

**Date of Event:** 13/09/2019;

**No. of students:** 127 III-B.Tech EEE

**Name of the event:** Understanding Physical Literacy and Life skills.

**Venue :** open auditorium;

**Organized By:** VITS NSS UNITS



## **Understanding Physical Literacy and Life Skills**

**Physical Literacy:** Physical literacy can be defined as the ability, confidence, and competence to move effectively and with purpose across a wide range of physical activities. It involves developing fundamental movement skills (such as running, jumping, throwing, and catching) and understanding how to apply them in various contexts. Physical literacy goes beyond simply knowing how to perform physical activities;

**Life Skills:** Life skills are the abilities and competencies that individuals need to navigate the challenges and responsibilities of everyday life effectively.

**Personal skills:** These include self-awareness, self-management, resilience, and goal setting.  
**Interpersonal skills:** These involve communication, empathy, teamwork, and conflict resolution.

**Cognitive skills:** This includes critical thinking, problem-solving, decision-making, and creativity.

**Practical skills:** These encompass financial literacy, time management, organization, and technology proficiency.

Developing life skills equips individuals with the tools they need to make informed decisions, manage their emotions and relationships effectively, solve problems, and adapt to new situations. Life skills education is often integrated into school curricula, but they can also be learned through real-life experiences, mentorship, and self-directed learning.

In summary, physical literacy focuses on movement skills and knowledge related to physical activity, while life skills encompass a broader range of competencies essential for personal and professional success. Both are vital for holistic development and well-being.

**Date of Event:** 13/09/2019.

**no. of students:** 127

**Name of the event:** Understanding Physical Literacy and Life skills.

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**Resource person: P.Rama Krishna Understanding Physical Literacy and Life Skills**



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## **Physical Literacy and Life skills**

In a recent virtual conference organized by Vaagdevi Institute of Technology and Sciences (VITS), educators, students, and management staff converged to explore the pivotal roles of physical literacy and life skills in shaping individuals' journeys towards fulfillment. The event, spearheaded by Principal G. Jagadesh Reddy, aimed to equip attendees with essential knowledge and competencies necessary for holistic personal development. Physical literacy emerged as a central theme, emphasizing the importance of mastering fundamental movement skills and fostering confidence and competence in various physical activities.

Experts underscored the significance of physical activity not only for physical health but also for mental well-being and self-expression. Attendees, including students from various disciplines, were encouraged to embrace physical literacy as a cornerstone of a healthy and active lifestyle, promoting lifelong engagement in physical activities for joy and vitality.

Complementing the discussion on physical literacy was an exploration of life skills education, which plays a critical role in navigating the complexities of contemporary life. Through interactive workshops and discussions, participants delved into essential life skills domains, including personal, interpersonal, cognitive, and practical skills.

They learned strategies for enhancing self-awareness, resilience, communication, decision-making, and other crucial competencies vital for success in various aspects of life. Under the guidance of Principal G. Jagadesh Reddy, the conference emphasized the importance of holistic development and empowerment. His vision for fostering a supportive and collaborative environment resonated throughout the event, inspiring attendees to take an active role in their own growth and development.

Captured within a concise hour-long session, the conference encapsulated a wealth of insights and actionable strategies, which were subsequently made available for further reflection and implementation. As students integrate these learning's into their academic pursuits and personal lives, the ripple effects of this empowering event are expected to extend beyond individual transformation, contributing to positive change within the VITS community and beyond. In conclusion, the virtual conference served as a catalyst for empowering individuals to lead fulfilling lives through physical literacy and life skills development.

By fostering a deeper understanding of these concepts and providing practical tools for application, the event laid the groundwork for students to thrive personally, professionally, and socially.



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## **A Report on**

### **Awareness on Health Insurance by Star Health**

**Theme: Fitter, Healthier, Happier-Together**

AICTE has announced AICTE Awareness on Health Insurance by Star Health. In this regard the management, Teaching & Non Teaching Staff Students of the Institution participated in Category-3 Challenge.

The entire programme was captured up to 1hour 30 minutes and uploaded in AICTE challenge portal.

Date of event: 11-09-2018.

Name of the event: **Awareness on Health Insurance by Star Health**

Venue: Open auditorium, VITS

Number Participants: 130 (III-B.Tech EEE)

Organised by: VITS NSS UNIT





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## **Awareness on Health Insurance by Star Health**

Health insurance is essential due to rising medical costs and protects you from unexpected financial burdens. Star Health, a major Indian health insurer, offers individual, family, critical illness, and senior citizen plans. Understanding terms like premiums, sum insured, deductibles, and claims processes is crucial for choosing the right plan. Star Health actively promotes health insurance awareness through advertising, their website, and customer support. It's important to carefully research plans, compare providers, and consider your needs before making a decision. Remember, health insurance is a smart investment in your long-term financial well-being.

Date of event: 11-09-2018.

Name of the event: **Awareness on Health Insurance by Star Health**

Venue: Open auditorium, VITS

Number Participants: 130(III-B.Tech EEE)

Organised by: VITS NSS UNIT



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**Resource person :N .Ramesh s Speech on Awareness on Health Insurance by Star Health**



**Speech on Awareness on Health Insurance by Star Health**



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With rising healthcare costs, health insurance is more important than ever. Star Health, a leading Indian health insurance company, understands this and offers a variety of plans suitable for individuals, families, critical illnesses, and senior citizens. To make informed decisions, grasp key insurance concepts like premiums, deductibles, network hospitals, and the claims process. Recognizing the need for awareness, Vaagdevi Engineering College in Proddatur, Chairman G.Hussain reddy and Principal G.Jagadeeshwar Reddy is hosting an event to highlight the importance of health insurance, featuring experts from Star Health. This event empowers students and the community to take charge of their financial well-being. Remember, investing in health insurance is a wise decision, offering long-term financial security and peace of mind.