

## Capacity Building Classes for Degree Students

1<sup>st</sup> June to 13<sup>th</sup> June, 2020

K.B.N. College (Autonomous) organized Capacity Building Classes to all the Degree Students from 1<sup>st</sup> June, 2020 to 13<sup>th</sup> June, 2020. The schedule of this programme:

NAME OF THE LECTURER	TOPIC	DATES	TIMINGS
Smt. KALYANI	PSYCHOLOGICAL WELLBEING	01.06.2020 – 03.06.2020	04.00 – 05.00 PM
Dr. H. NARENDRA KUMAR	EXPRESSING OPINIONS	04.06.2020 – 06.06.2020	04.00 – 05.00 PM
Mr. N. SAMBASIVA RAO	HUMAN VALUES FOR SELF EXPLORATION AND PROFESSIONAL DEVELOPMENT	07.06.2020 – 09.06.2020	04.00 – 05.00 PM
Mr. B. SRINIVASA REDDY	PRESENT CAREER OPPURTUNITIES IN ALL MAJOR VERTICALS	10.06.2020 – 11.06.2020	04.00 – 05.00 PM
Mr. D. HEMA CHANDRA RAO	HEALTH EDUCATION - PHYSICAL FITNESS	12.06.2020 – 13.06.2020	04.00 – 05.00 PM

**TOPIC: PSYCHOLOGICAL WELLBEING DATES: 01.06.2020-03.06.2020**



**Online Class by Smt. Kalyani, Psychologist**

With the help of Department of Computer Sciences, a Three-day Capacity building orientation programme was held for the students of UG & PG of KBN College on Psychological wellbeing to enhance mental health of the students from June 1<sup>st</sup> to June 3<sup>rd</sup> of 2020 from 4.00 pm to 5.00 pm.

Sessions were as follows:

**DAY: 1 - (01-06-2020)**

First day class conducted on Psychological wellbeing and explained how to be happy with sound mental health. Students interacted actively and the teacher cleared their queries.

**PSYCHOLOGICAL WELLBEING DEPENDS ON 6 KEY FACTORS**

1. Autonomous
2. Personal growth
3. Healthy relationships
4. Personal growth
5. Purpose of life

## 6. Environmental Mastery

### **DAY: 2 (2-06-2020)**

- Explained about the anxiety and stress related problems about covid19. And suggested how to cope up with the pandemic situation. Explained how to take care of themselves and also elders who are living with them. At the end of the class students were given questions to answer and suggested to submit.

### **TOPIC: PSYCHOLOGICAL WELLBEING**

### **THE QUESTIONS ARE FOLLOWING**

1. What is the environmental mastery?
2. What is the importance of the sleep?
3. What is the daily screen time of you?
4. Describe with one positive word about Covid19.
5. Describe one negative word about the effect of covid19 on you

### **DAY: 3 (3-06-2020)**

- **SESSION ON MENTAL HEALTH:** Explained about mental health related problems which students are facing in adolescent age.
- **PROBLEMS LIKE**
  - Depression
  - Infatuation problems
  - Gaming addiction
  - Alcohol and drug addiction
  - Adjustment problems
  - Aggressiveness
  - Hormonal changes related problems
  - Concentration and Memory related problems
  - Angriness

Group Counseling session was conducted, on the above problems by interacting with the students. Advised to consult for their problems through email and what's app messages.

• **BEST PERFORMERS OUT OF MY SESSION ARE:**

1. Mohammad nafisa  
Roll No.194631  
Class: 1st BCA sec2  
8184878602
  
2. Shaik Mahabub subhani  
Roll no:173735  
Class:3rd BBA  
mobile:9505018087
  
3. Kunda Charishma  
Roll no.184204  
Class:2nd B.com (comp)  
Mobile:8367254188

## **TOPIC: EXPRESSING OPINIONS - DATES: 04.06.2020-06.06.2020**

With the help of Department of Computer Sciences, a Three day Capacity building orientation programme was held for the students of UG & PG of KBN College on Communication and Soft Skills from June 4<sup>th</sup> to June 6<sup>th</sup> of 2020 from 4.00 pm to 5.00 pm. “Expressing Opinions” in English was the Topic of Presentation.

Introduction to Opinion, Definition, Quotes on Opinion by Famous persons, Difference between Facts and Opinions, Phrases used to express opinions were taught on the first Day. Students were asked to work upon Tasks given at the end of the session.

On the second day a detailed description of Phrases such as Expressing Personal Point of View, ways to give a personal opinion, Expressing General Point of View and asking for some others opinion and Samples of Writing where opinions are expressed were taught and students were assigned tasks to test their Learning.

Samples of writing where opinions were expressed and Letters to editor carry individual responses to editorials or events or issues were taught on the third day and students were assigned Tasks to work upon. Around 500 hundred students took active participation on these three day programme. There was a healthy response from the students. Three students were selected as First, Second and Third basing on the responses to the Tasks assigned on each day.

Student Winners:

- I Prize - P. Bhavana, I MBA
- II Prize - Rajyalakshmi, I Data Science (195211)
- III Prize - K. Harshini, I M. Sc. Organic chemistry

## Detailed description of the Topic: Expressing Opinions

**Day One (4-06-20):** <https://www.youtube.com/watch?v=1-BN2PYcsAA>



- Opinion
- Definition
- Quotes
- facts/opinion
- phrases— Expressing Opinions

### *Task*



Do you Think Priyanka Reddy's Family received Justice.?

Do you think killing (punishing) criminals would lower the crime rate in the society?

Is killing a criminal, the best solution from a crime?

What is your opinion on Crime and the root cause for Crime?

Who need to chane, Man (individual) or Society?

**Day Two (5-06-20):** <https://www.youtube.com/watch?v=hEGz09zngM>



**Detailed description of phrases cont...**

**Samples of writing where opinions are expressed.**

- Do you think small cars are the best for Indian roads?
- Do you think small cars are a marketing stunt?
- Do you think small cars are really affordable for the segment which they Target?
- Do you think small cars will add to traffic congestion?
- Would you like to go in for a small car?

**Task1**

*Take a few minutes to think about whether the following statements about the editorial are true or not true:*

- a. It seems favourably disposed to the launch of the new car.
- b. It dismisses the doubts expressed about the new car.
- c. It does not present the reasons for apprehension about the car.
- d. It suggests solutions to some of the problems that may be caused by the launch.
- e. It is conclusively definite about the success of the car.

**Task 2**

Take a few minutes to write down the main benefits of the small car according to the editorial:

.....  
.....

### Task 3

List the phrases used in the editorial that voice the writer's disapproval of objections to the TATA NANO.

**Day Three (6-06-20):** <https://www.youtube.com/watch?v=PnLc25ftwTQ>



**Samples of Writing where opinions are Expressed Cont...**

**Letters to Editor carry individual responses to editorials or events or Issues.**

*Give your opinion on this pictures*



### Contents..

1. Underline the words in the following that indicate that an opinion is being stated.
2. Now read these letters to the editor in response to the editorial you read above.

### Task 1

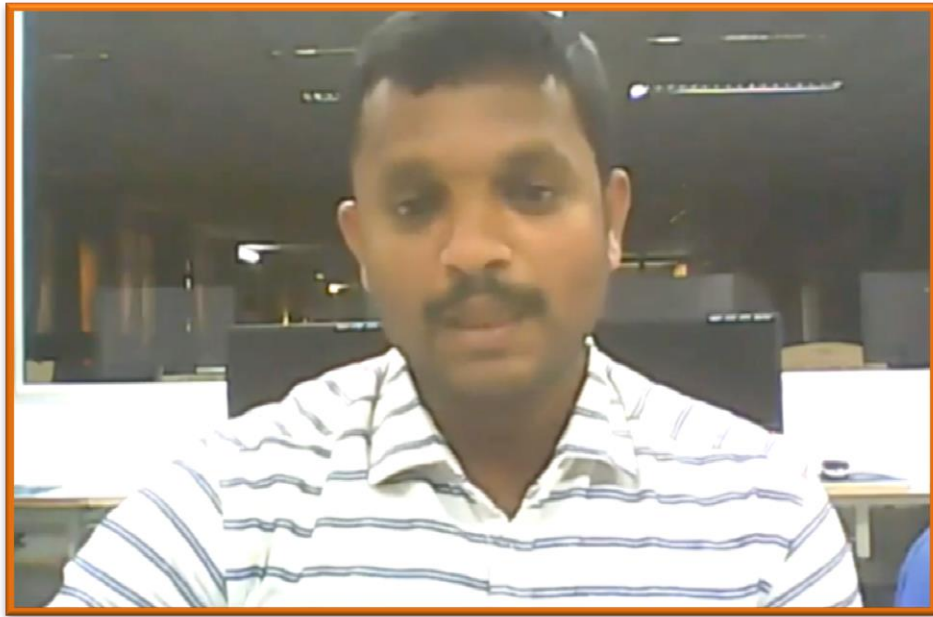
Identify the letters in support of and against the Tata Nano.

### Task 2

Write a letter to the editor (The Hindu) expressing your opinion. Think of points not raised in the letters above.



## Online Pictures of the Class



Online Class by Dr. H. Narendra Kumar, Head, Dept. of English

*Now read these letters to the editor in response to the editorial you read above.*

1) This refers to the editorial "Ratan Tata's ace" (Jan 11). The unveiling of Tata Nano marks a milestone in the history of Indian technology. It has put even global automobile giants on the back foot. What is most fascinating about the Rs 1-lakh car is that it instills in us a sense of identification and pride, while making business sense in every aspect. All talk of traffic congestion, pollution, etc., is meaningless. Such criticism can be made to stall any industrial development. It will be interesting to see how the price war will be fought on Indian roads as a result of Tata Nano's launch. *(N.K. Sinha, Chennai)*

**TOPIC: HUMAN VALUES FOR SELF EXPLORATION AND PROFESSIONAL DEVELOPMENT - DATES: 07.06.2020-09.06.2020**

With the help of Department of Computer Sciences, Three day Capacity building orientation programme for the students of UG and PG of KBN college on Human Values for Self- Exploration and Professional Development were conducted from June 7<sup>th</sup> to June 9<sup>th</sup> of 2020 from 4.00 PM TO 5.00 PM.

Importance of Human values now a days was briefed on the first day.

On the second Day, what is the process and importance of Self-Exploration were explained.

On the Third Day, what are the qualities we have to develop for good performance in various professionalities. Hundreds of students participated and positively responded. On the third day a questionnaire was sent asking them to answer the correct options for the multiple choice.

Students were selected as First, Second and Third basing on the responses given.

1. First Prize: Sri P. Satya Pavan, Roll No.7767, [pavanpopuri487@gmail.com](mailto:pavanpopuri487@gmail.com)
- 2.Second Prize: N. Navomi, Roll No.7574, [nandurinavomi96@gmail.com](mailto:nandurinavomi96@gmail.com)
- 3.Third Prize: Yoga Sri Rajyalakshmi Chakka, Roll No.195211, [ysrlakshmi19@gmail.com](mailto:ysrlakshmi19@gmail.com)

DAY:1 (7-6-2020. ) - <https://www.youtube.com/watch?v=vMqK0vF3VWM>

Meaning of Values

- PRINCIPLES OF HOLISTIC HUMAN NATURE
- ANIMAL CONSCIOUSNESS TO HUMAN CONSCIOUSNESS

Examples of Values

- ∞ TRUTHFULNESS
- ∞ NON-VIOLENCE
- ∞ RESPECT
- ∞ GRATITUDE
- ∞ CO-OPERATION

❧ SACRIFICE

❧ TOLERANCE

❧ LOVE

#### Need of Value Education

- ❧ Understanding Values
- ❧ Correct Identification Of Goals
- ❧ Development Of Skills
- ❧ Happiness
- ❧ Prosperity
- ❧ Harmonious Relationships

#### Guidelines for Value Education

- ❧ UNIVERSAL
- ❧ RATIONAL
- ❧ NATURAL
- ❧ LEADING TO HARMONY
- ❧ ALL DIMENSIONS OF HUMAN LIFE

Individual, Family, Society and Nature

DAY-2: (8-6-2020) <https://www.youtube.com/watch?v=tU2HG1ftzso>

#### Self-Exploration

- ❧ What you are?
- ❧ What you really want to be?
- ❧ Happiness not in outside, it is within.
- ❧ Preconditioning-blind following of others
- ❧ Sensation-following the temperaments of senses
- ❧ Natural acceptance- following the views of innateness

#### Self-exploration through right understanding

- ❧ Right Understanding on Physical Facilities- Prosperity
- ❧ Right Understanding on Relationships- Harmony leads to continuous happiness
- ❧ Harmony At Four Levels

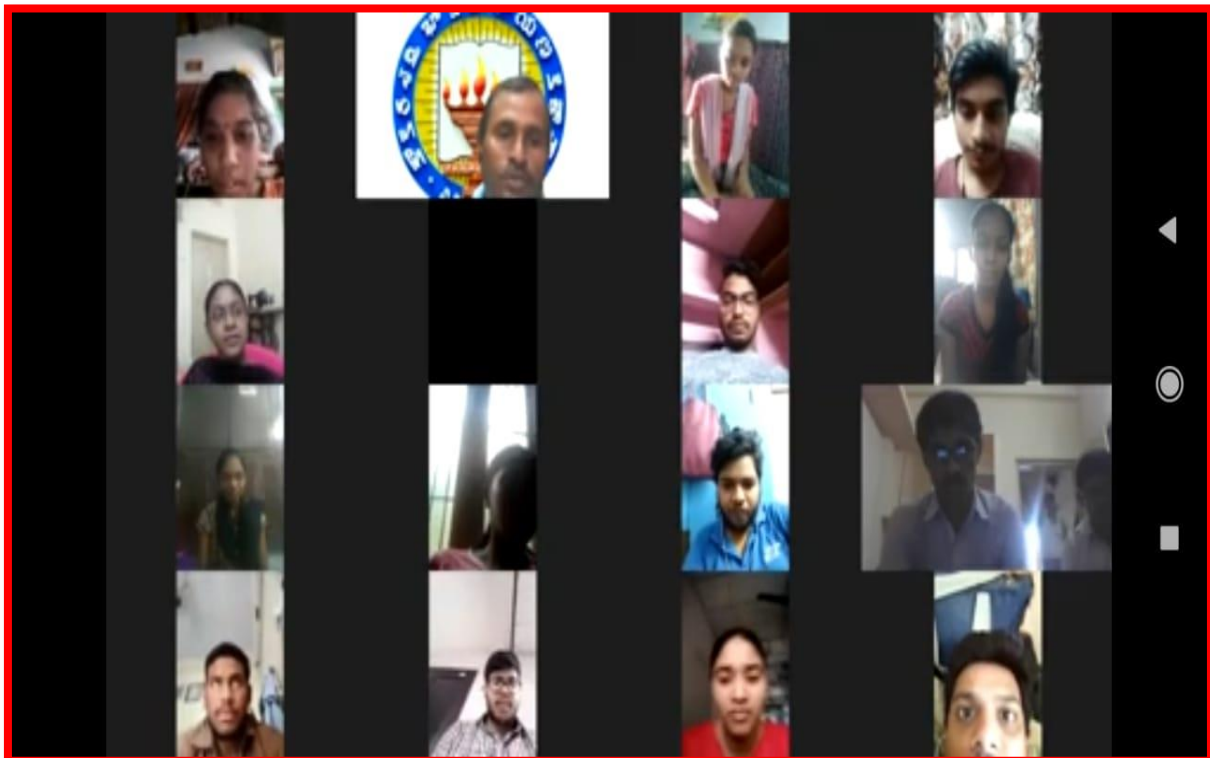
DAY-3: (9-6-2020) <https://www.youtube.com/watch?v=zsrj-5mJbc>

## **HUMAN VALUES AND PROFESSIONAL PERFORMANCE**

- ☞ The following are some of the values which develop good professional skills and service nature.
- ☞ **Honesty:** We commit for the higher standards of accuracy and truth and honesty in approaching with the public and colleagues. So Good relations can develop and also inspiring attitude takes place.
- ☞ **Expertise:** Because of commitment and dedication towards our profession there is a possibility of development of skills. We acquire and responsibly use specialized knowledge and experience when we have values in our nature.
- ☞ **Loyalty:** We are faithful towards our superiors and maintain harmonious relations with them. This leads to cooperation in the work not only from the superior authority but also from the Management of the institution.
- ☞ **Fairness:** We deal fairly with clients, employees, competitors, the media and the general public. We respect all opinions and support the right of free expression.
- ☞ **Competence:** Performing professional service only in the areas of competence. No place of trying for opportunity that have no particular skills.
- ☞ **Impartiality:** Performing impartiality in performing his duties. No place of pride and prejudice in the work or towards his colleagues or inferiors.
- ☞ **Good communication:** Good communication increases relationships and increase expertise in the inferiors. Good communication develops goodwill for the company.
- ☞ **Accountability:** The people who possess values are always accountable for his deeds to the respected management and public. He is not skip from his responsibility. He surrenders his mistakes.
- ☞ **Compassion:** Without violating the rules, the person who follows values will show compassion towards the poor, disabled and the weak while using his power in making decisions.



Online Class by Mr. N. Sambasiva Rao, In-Charge, HVPE



## **TOPIC: PRESENT CAREER OPPURTUNITIES IN ALL MAJOR VERTICALS -**

**DATES: 10.06.2020-11.06.2020**

### **DAY 1:**

- Introduction about Placement Cell
- What is JOB?
- Introduction about All Major Verticals and Job Opportunities
- Telecom & Communications
- Banking, Financial Services, Insurance (BFSI)
- Information Technology (IT)
- FMCG & Consumer Durable

### **DAY 2:**

- Clarified the queries asked by the students on Types of jobs for the commerce & Science Groups
- Clarified the queries regarding the IT Jobs and also on the accounting Jobs
- Clarified Queries on BPO jobs
- Explained About the other Verticals and the job opportunities
- Life Science /Health Care
- Industrial & Manufacturing
- Automobiles
- Oil & Gas
- Explained how college will facilitate and provide the required trainings for the students

## WELCOME TO CAPACITY BUILDING WEBINAR



### **KAKRAPARTI BHAVANARAYANA COLLEGE**

Topic :- **PRESENT CAREER OPPURTUNITIES IN ALL VERTICALS**

Presenter :- **B. Srinivasa Reddy**  
Training & Placemnt officer

#### MAJOR VERTICALS

**(BFSI)** Banking, Financial Services, Insurance



The Banking, Financial services, and Insurance (BFSI) sector is an industry term used to define companies that provide a range of such financial products /services. ... **Core banking, retail, private, corporate, investment, etc are various kinds of banking services available under this space.**

#### JOB TYPES

##### Information Technology (IT) Sector

Computer Scientist  
IT Professional  
UX Designer & UI Developer  
SQL Developer  
Web Designer  
Web Developer  
Help Desk Worker/Desktop Support  
Software Engineer  
Data Entry  
DevOps Engineer  
Computer Programmer  
Network Administrator  
Information Security Analyst  
Artificial Intelligence Engineer  
Cloud Architect  
IT Manager  
Technical Specialist  
Application Developer

**Screenshots of the Online Class by Mr. B. Srinivasa Reddy, Placement Officer**

## **TOPIC: HEALTH EDUCATION - PHYSICAL FITNESS –**

**DATES: 12.06.2020-13.06.2020**

The Department of Physical Education conducted two day capacity building orientation program for the students of UG & PG of our college on “Health Education & Physical Fitness” with the help of computer science department from June 12<sup>th</sup> to 13<sup>th</sup> 2020 at 4pm to 5pm regarding the program 1<sup>st</sup> day topic is “Health Education” in this topic: tips to improve immunity and health is explained.

Health education is important in every aspect of life say whether any emergency situation are about our day to day life, people were unable to understand the seriousness of this pandemic COVID – 19.

Health Education is also important because it teaches to stay calm and to stay in sound mental condition during this kind of situation.

2<sup>nd</sup> day topic is “Physical Fitness”. It refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness. Physical Fitness has become the well - built foundation of a structure. All the activities that makes life worth living whether intellectual life, spiritual life, love life and social life. In this program hundreds of students participated and responded actively.

2<sup>nd</sup> day we sent a questionnaire with multiple choice. We selected 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> basis on their responses. Instructor of these sessions is Sri D. Hema Chandra Rao, H.O.D Department of Physical Education.