

ONLINE CERTIFICATE COURSE

ON

WELLBEING

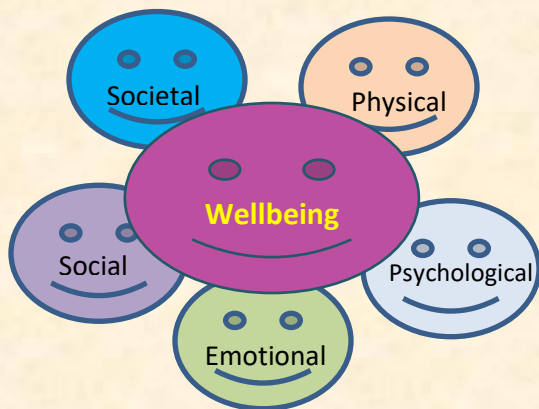
From 18-5-2020 to 23-5-2020

Department of Mathematics & Women
Empowerment cell of KRK Government
Degree College, Addanki

In Collaboration with

Government College for Women (A)

Guntur



Sudden onset of a pandemic like Novel corona virus disease created a lot of confusion and uncertainty about the future of the students. Because the examinations were postponed due to the lockdown effect and the actual date of the exam is awaited as all the educational institutes were locked down all of sudden. In this context, many students were undergoing various kinds of stress and there is a strong need to consider their wellbeing as today's student is the future of the country contributing to its development by serving various roles. With this backdrop a

certificate course on student wellbeing is organizing.

About the course: This course consists of a series of talks on student wellbeing and these talks are designed for students to enhance the overall wellbeing of the students by providing various physical, emotional, psychological, social and societal skills so that they can manage their lives. All the resource persons are experienced faculty and they can guide students to manage stress and become confident to take on new challenges.

Objectives

1. To inculcate positive personal values among students
2. To improve the ability to deal with pressure and stress effectively
3. To explore inner potentials of the students
4. To enhance mental and physical health, strength, resilience and fitness to function well at college and personally
5. To build healthy relationship with peers, family and teachers

Outcomes

Skills student will gain after completion of this course

1. Enable to correct nutritious deficiencies
2. Develop resilient skills for achievement of happiness

3. Expand in building meaningful social connections
4. Imbibe values like Kindness and gratitude
5. Induce Positive thinking for unforeseen situations in life

5.	Social wellbeing
6.	Societal wellbeing

Participants

Students from different discipline of Government Women College for women (A), Guntur, and KRKGDC, Addanki.

Advisors

1. Dr. D. Anjaneyulu,
Principal, KRKGDC
2. Dr. V.R.Jyotsna Kumari
Principal, GCW(A)

Organizing Committee

- Smt. P. Nirmala Kumari, In-charge,
Dept.of Mathematics, KRKGDC,
Addanki
- Dr. G. Padmini Devi, In-charge,
Dept. Homescience, GCW (A),
Guntur
- Dr. Indira,
Lecturer in Physics, KRKGDC
- Smt. P. Vijaya Lakshmi,
Lecturer in Telugu, KRKGDC
- Dr.Anitha Kumari,
Lecturer in Home science, GCW(A)

Schedule of the Programme

Day	Topic
1.	Concept of wellbeing
2.	Physical Wellbeing
3.	Psychological wellbeing
4.	Emotional wellbeing

Resource Persons



Dr. Bilquis,
Associate Prof. College
of Community Science,
ANGRAU



Dr. Santhi Sri, K.V
Assist. Prof. Dept. of
Foods & ANU



Dr. T.D. Vimala, ANU Student
Counseling center, ANU



Sri, K.Chandra Reddy,
Director, Excellence
Leadership Academy



Sri, B. Krishna Bharath,
Psychologist, President,
All India Psychological
Association