

ONLINE CERTIFICATE COURSE
ON
WELL BEING

ONLINE CERTIFICATE COURSE

ON WELLBEING

Department of Home Science
Government College for Women (A),
Guntur

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

In Association with



Department of Mathematics & Women
Empowerment cell of KRKGovernment
Degree College, Addanki

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

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

Participants

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

Organizing Committee

Government Women College for women (A), Guntur,

GDC, Addanki.

Coordinators:

- Smt. P. Nirmala Kumari, In-charge,
Dept. of Mathematics,

GDC, Addanki

- Dr. G. Padmini Devi, In-charge,
Dept. Homescience, GCW (A),
Guntur

Schedule of the Programme

Day	Topic
1.	Concept of wellbeing
2.	Physical Wellbeing
3.	Psychological wellbeing
4.	Emotional wellbeing
5.	Social wellbeing
6.	Societal wellbeing



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



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



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



Dr. Bilquis, Associate,
Professor, College of
Community science,
ANGRAU



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

Online Certificate Course on Well being

Introduction: 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.

Purpose: 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.

Process: Students (136) from different discipline of Government Women College for women (A), Guntur, and GDC, Addanki have participated. Department of Home Science, Government College for women (A), Guntur, and Dept of Mathematics and Women empowerment Cell, KRK, Government College, Addanki have collaboratively organized this event from 18-5-2020 to 23-5-2020 with the following objectives.

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 nutritional 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

Inaugural Session

Programme Sheet

1.	Invitation	Smt. P.Vijaya Lakshmi, Lec. In Telugu, KRKGDC
2.	Details of the Course	Dr. G. Padmini Devi, Incharge, Dept. of H.Sc, GCW(A)
3.	Presidents opening remarks	Dr.D.Anjaneyulu, Principal, KRKGDC Dr.V.R.JyotsnaKumari, Principal, GCW(A)
4.	Introduction of today's guests	Dr. K. AnithaKumari
5.	Vote of thanks	Dr. P. Indira, Lec. In Physics
6.	Session Continues.....	

Day wise Schedule of Sessions

Day	Topic	Resource Person	Date
1.	Concept of wellbeing	Dr. T.D. Vimala, ANU Student Counselingcenter, ANU	18-5-2020
2.	Physical Wellbeing	Dr.Santhi Sri, K.V Assist. Prof. Dept.of Foods & , ANU	19-5-2020
3.	Psychological wellbeing	Sri, K.Chandra Reddy, Director, Excellence Leadership Academy	20-5-2020
4.	Emotional wellbeing	Dr.Bilquis, Associate, Professor, College of Community science, ANGRAU	21-5-2020
5.	Social wellbeing	Sri, B. Krishna Bharath, Psychologist, President, All India Psychological Association	22-5-2020
6.	Societal wellbeing	Sri, B. Krishna Bharath, Psychologist, President, All India Psychological Association	23-5-2020

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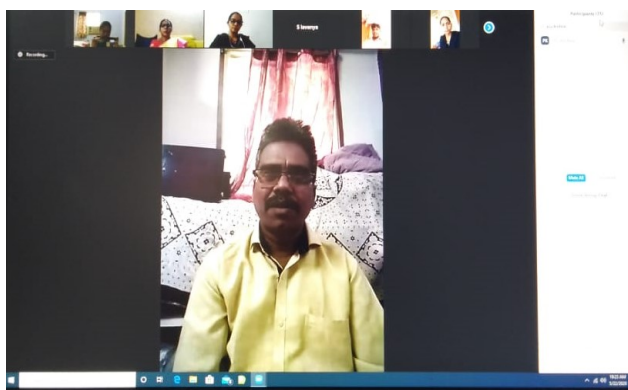
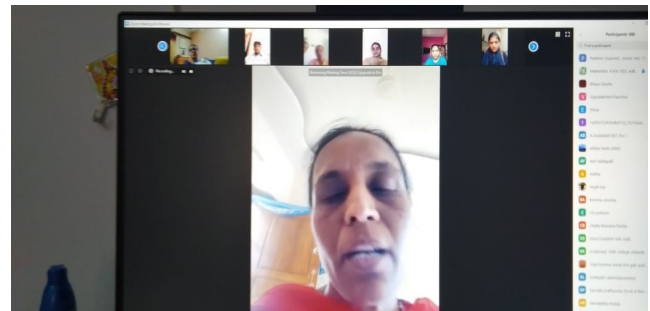
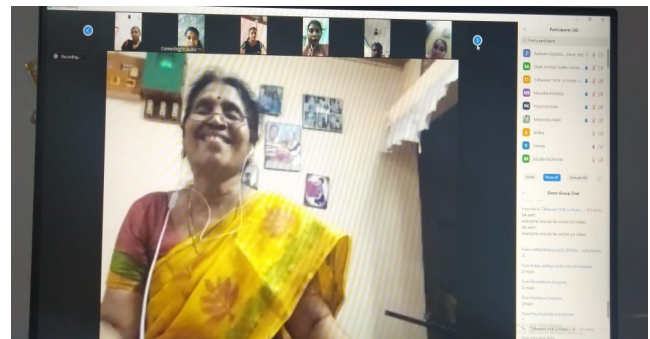
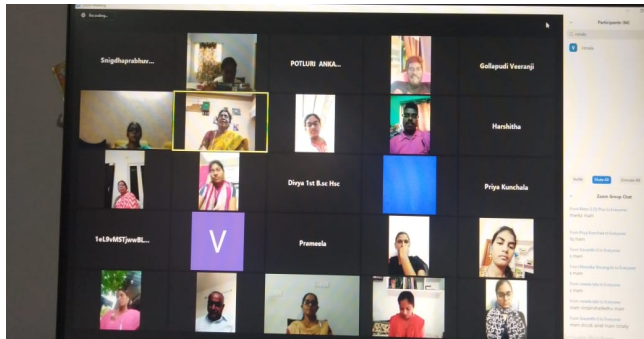
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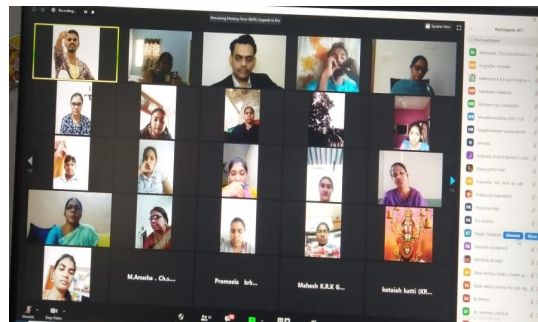
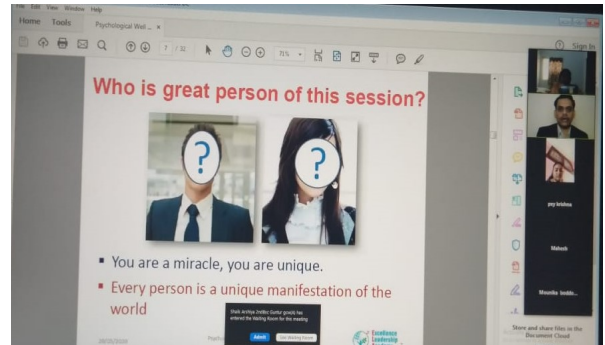
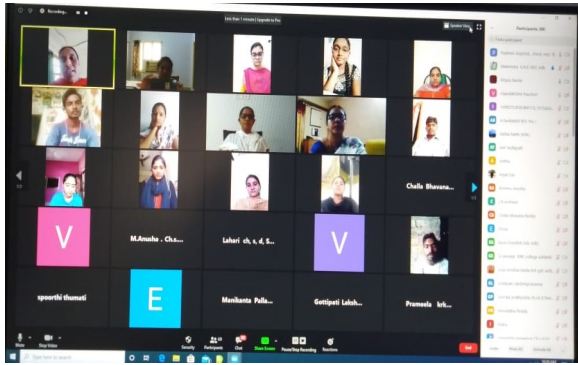
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Photos





Certificate of completion



Certificate of Course Completion



This is to certify that Mr./Ms. **Kali.Prabhu.Vara. Snigdha**, 2nd BSc Home Science of Govt.College for womens(A), Guntur has successfully completed Online Certificate course on "**WELLBEING**" Conducted from 18-05-2020 to 23-05-2020 by the Department of Mathematics & Women Empowerment cell of **K.R.K Govt. Degree College, Addanki** in collaboration with the Department of Home Science, **Governemnt college for women(A), Guntur**.

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Govt. College for Women (A)
Guntur

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KRK Govt. Degree College
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Thank you