

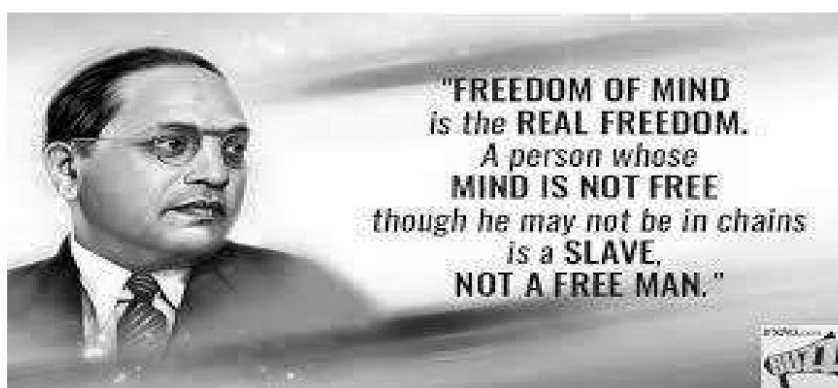


**Summary Report & Outcome of  
Certificate Courses for the Year  
2018-2019**

## Summary Report & Outcome of Certificate course in Ambedkar Studies



VISVODAYA GOVERNMENT DEGREE COLLEGE  
VENKATAGIRI, SPSR NELLORE (Dt.) - 524132



### CERTIFICATE COURSE IN *AMBEDKAR STUDIES*

**2018-2019**

**DEPARTMENT OF ENGLISH**

## DEPARTMENT MEETING & RESOLUTIONS

The two lecturers of the department of English met at English Language Lab on 10-08-2018 at 2 PM and came up with the following resolutions:

- ❖ To conduct a 42-hour certificate course on “*Ambedkar Studies*” for the second year students.
- ❖ To prepare a detailed schedule & syllabus of the course.
- ❖ Classes to be conducted from 18-08-2021 to 04-10-2018.
- ❖ Timings are between 4.00 and 5.00 p.m. daily.
- ❖ To take the attendance in every session.
- ❖ To give ample scope for discussion and debate among the students rather than lecture method of teaching.
- ❖ To conduct a test at the end of the course.
- ❖ To issue certificates to all the regular participants.

The above resolutions are discussed with the principal on 13-08-2018 and his approval is taken to run the course.

  
Lecturer

  
Course Coordinator

  
Principal



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### **About the course**

Title of the Course	Certificate Course in “Ambedkar Studies”
Duration	42 Hours
Conducted by	English department
No. of Students Enrolled	20
Course Coordinator	Dr. Y. Malyadri
Resource Person	Dr. Y. Malyadri

### **Objectives of the course:**

The following are the general and specific objectives of the course

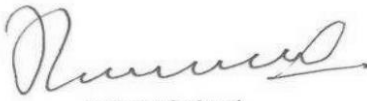
- ❖ To propagate the ideas and ideals of Bharathratna Dr. Babasaheb Ambedkar on society, economy and polity.
- ❖ To focus attention on the contributions of Dr. Ambedkar for the upliftment of the socially and economically deprived sections of the society.
- ❖ To promote studies and research on Dr. Ambedkar.
- ❖ To understand Dr. Babasaheb Ambedkar’s thoughts, philosophy and emancipator movement as well as to study the relevance of them.
- ❖ To understand the Ambedkar’s views on democracy
- ❖ To understand the ideology of Buddisam.
- ❖ To understand Ambekar’s movements as well as their impact on Dalits and Non-Dalits.
- ❖ To inculcate the social responsibility among students

### **Learning Outcomes of the course:**

By the completion of the course the student will be able to

- ❖ Understand the Ambedkar’ contribution for the upliftment of the socially and economically deprived sections of the society.
- ❖ Understand the Ambedkar’s views on democracy.
- ❖ Appreciate Ambedkar’s contributions to the country.
- ❖ Change his attitude towards the society.
- ❖ Strive for the upliftment of deprived communities in the community.



  
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**Assessment:**

At the end of the course, an assessment test was carried out through Multiple Choice Questions. A total of 25 questions were asked and each correct answer carried 01 marks. The minimum mark for awarding a certificate was 15.

**Marks of the end exam**

S.No	Name of the Student	Marks
1.	A.P. Narasimhulu	22
2.	A. Mahesh	20
3.	Ch. Dinesh	23
4.	D. Anil Kumar	19
5.	G. Vasu	18
6.	G. Sai Lalitha	21
7.	G. Niharitha	22
8.	G. Dileep	23
9.	K. Ankaiah	24
10.	K. Manorama	25
11.	A. Balaji	22
12.	K. Suneel Kumar	17
13.	M. Suresh	18
14.	V. Jayalakshmi	21
15.	S. Mahendra	23
16.	K. Madhu	22
17.	G. Anjali	24
18.	Ch. Pavan Kalyan	22
19.	Y. Maheswari	21
20.	P. Nandini	22



  
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## PHOTO GALLERY



**Summary Report & Outcome of Value Added course in Stress  
Management**



**VISVODAYA GOVERNMENT DEGREE COLLEGE  
VENKATAGIRI, SPSR NELLORE DISTRICT.**

**Report on  
VALUE ADDED COURSE  
in  
STRESS MANAGEMENT  
2018-2019**



## DEPARTMENT OF CHEMISTRY

Date: 05-12-2018

From  
M. Padmaja,  
Department of Chemistry,  
Visvodaya Government Degree College,  
Venkatagiri.

To  
The Principal,  
Visvodaya Government Degree College,  
Venkatagiri.

Sir,

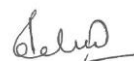
Sub: Request permission for Conducting Value Added Course in "Stress Management" - Reg.

\*\*\*

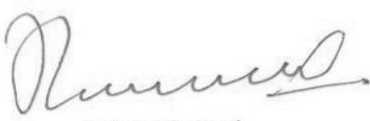
This is to bring to your kind consideration that the Department of Chemistry is planning to offer a 30- hour Value Added Course in "*Stress Management*" during the academic year 2018-2019 from 11-12-2018. Hence, I request you to grant permission to proceed the same.

Thanking you sir.

Yours faithfully



(M. Padmaja)



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Date: 06-12-2018

**Circular**


All the students of our college are informed that the department of Chemistry is going to offer a 30-hour Value added course in "**Stress Management**" from 11-12-2018. Interested students can enroll their names with the course coordinator Smt. M. Padmaja on or before 10-12-2018.



Signature of the course coordinator

Copy to:

1. Notice Board.
2. All the department in charges.



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**Venkatagiri - 524132**

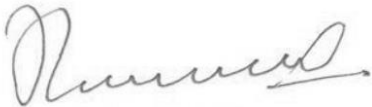
### About the Course

Title of the Course	Value added course in "Stress Management"
Duration of the course	30 days with 30 contacting hours
Course starts from	11/12/2018
Class timings	4 PM to 5 PM (only during workings days)
Course co-coordinator	Smt. M. Padmaja
Resource person	Sri. K. Krishnakumar M.Sc (Yoga), Guest Faculty of Yoga at Kendriya Vidyalata, Venkatagiri.
No. of students enrolled	10

#### **Context and significance of the course:**

Every student experiences stress on a daily basis, and reacts to it differently. There is therefore no "one size fits all" approach to stress management. Techniques for managing stress can help students learn healthy ways to deal with stress, lessen its negative consequences, and stop stress from becoming out of control in the future. Not completely getting rid of stress is the aim of stress management. The goal of this course is to impart knowledge on how to lessen the negative consequences of stress while preserving life's quality and vitality.



  
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**Objectives of the course:**

- ❖ To Identify and discuss the potential negative impacts of chronic stress and poor coping skills.
- ❖ Demonstration of stress management techniques through yoga and meditation.
- ❖ To develop understating about the various aspects of stress management and wellness concepts.
- ❖ To develop stress relieving techniques among the students thorough yoga and meditation.
- ❖ The course would create overall personality development and make you skilled in stress management techniques.

**Learning outcomes:**

**After successful completion of the course student will be able to:**

- ❖ Define understand how it differs from pressure.
- ❖ Understand harmful effects of chronic stress and poor coping skills.
- ❖ Develop a deeper understanding and knowledge of specialized practices of yoga for stress management.
- ❖ Develop the ability to perform the various relaxation and meditative techniques.
- ❖ Use stress management techniques in their life by way of meditation and yoga.
- ❖ Develop better self-perception as effective leader and managerial skills.



  
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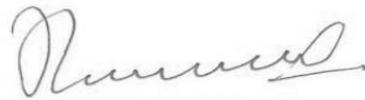
**Assessment:**

An end term exam was conducted through multiple choice questions. A total of 25 questions were asked, each correct answer carries one mark. The minimum score for awarding a certificate was 15.

**Marks Sheet**

S.No	Name of the Student	Marks
1.	B. Thanuja	21
2.	G. Roja Rani	20
3.	K. Jyothi	23
4.	A. Venkatesh	21
5.	D. Muneeswari	24
6.	S. Sai Kumar	20
7.	V. Varalakshmi	20
8.	A. Balaji	21
9.	S. Mahendra	22
10.	V. Jayalakshmi	20



  
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**Photo gallery**

