



AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

(Approved by A.I.C.T.E., New Delhi & Permanently Affiliated to J.N.T.U-GV, Vizianagaram)

NAAC "B++" Accredited Institute

Cherukupally (Village), Near Tagarapuvalasa Bridge, Vizianagaram -531162.

www.aietta.ac.in, principal@aietta.ac.in

Cherukupally (Village)

Date: 16.12.2023

CIRCULAR

The Internal Quality Assurance Cell of Avanathi Institute of Engineering and Technology is conducting "A Personality development program on Stress-Time Management to balance personal and professional life " on 18.12.2023 at 10:00A.M to 12:00P.M in the conference hall of the main block. All the faculty members are requested to be present for the programme without fail.

Date : 18-12-2023

Resource Person : Ms. Madhuri sister from Brahma kumari's organization, Visakhapatnam

Venue : Conference Hall, Main Block

Time : 10:00 A.M to 12:00 Noon

Circulate to:

All the faculty members

(Dr. Gandhi Satyanarayana)

IQAC Coordinator

COORDINATOR, IQAC

AVANTHI INSTITUTE OF ENGG. & TECH.

Cherukupally (V), Near Tagarapuvalasa Bridge
Bhogapuram (M), Vizianagaram (D)-531162

(Dr. B. Murali Krishna)

Principal

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Cherukupally (V), Chittivalasa (SAO)
Bhogapuram (M),
Vizianagaram (Dist.)-531162



A Report on "A Personality development program on Stress-Time Management to balance Personal and Professional life"

Date: 18.12.2023

Topic: **A Personality development program on Stress-Time Management to balance personal and professional life**

Time: 11 a.m. to 12 noon

Venue: Conference hall

No. of participants: 45

Speaker: Ms. Madhuri sister from Brahma kumari's organization, Visakhapatnam

The IQAC organized "A personality development program on Stress-Time management to balance personal and professional life" in the conference hall from 11 a.m. to 12 noon.

Gandi Satyanarayana, the IQAC coordinator started the session by highlighting the importance of stress management for a better and fulfilled personal and professional life.

The principal Dr.B.Murali Krishna introduced the speaker Ms. Madhuri sister, a trainer in personality development and meditation. He also said that balancing stress-time management is very essential for our physical and mental well-being and thereby gives a lot of scope for an enriching and a successful life.

The speaker Ms. Madhuri from Brahma kumari's organization stated that stress is unavoidable and can negatively impact our day-to-day lives and it can hurt our body and mind if we don't inculcate good stress management techniques. She suggested few stress management techniques which include:

- 1. Practicing Deep Breathing**
- 2. Exercise Regularly**
- 3. Set Priorities**
- 4. Get Enough Sleep**
- 5. Try Relaxation Exercises**
- 6. Talk to Someone**
- 7. Avoid Negative Thoughts**
- 8. Take Time for Yourself**
- 9. Practice Self-Care**



10. Seek Professional Help

The speaker advised the audience to incorporate exercise into one's daily routine as this helps release endorphins and other natural stress-relievers which make us feel better mentally and physically.

The speaker emphasized the essential part of self-care as it helps to calm the mind and relax the body to think more clearly in high-pressure situations. The speaker expressed that we can keep ourselves from being overwhelmed or overworked by focusing on our breath. Regular practice of deep breathing will improve one's mental clarity, physical health, and work-life balance overall, she added.

Highlighting the importance of health benefits, the speaker exhorted the importance of Exercise, as it is important for the physical health and mental health of individuals. Regular Exercise also helps to reduce stress levels which helps us stay focused on our goals without getting bogged down by overwhelming thoughts or emotions.

The speaker stated the importance of proper sleep and said that proper amount of sleep each night helps us to stay focused, stay energized, and make better decisions throughout the day. It can also help reduce stress levels and keep our bodies healthy by allowing them to repair themselves from the day's activities.

The speaker expressed that practicing self-care is vital in maintaining a healthy work-life balance. This includes exercising regularly, eating nutritious meals, sleeping well every night, and developing relationships with people who support in one's endeavors. These practices can help one to stay focused throughout the day while boosting their confidence, which will be useful when dealing with difficult situations at home and work.

Practicing self-care is vital in maintaining a healthy work-life balance. This includes exercising regularly, eating nutritious meals, sleeping well every night, and developing relationships with people who are supportive. These practices can help one to stay focused throughout the day while boosting their confidence, which will be useful when dealing with difficult situations at home and work, the speaker reminded.



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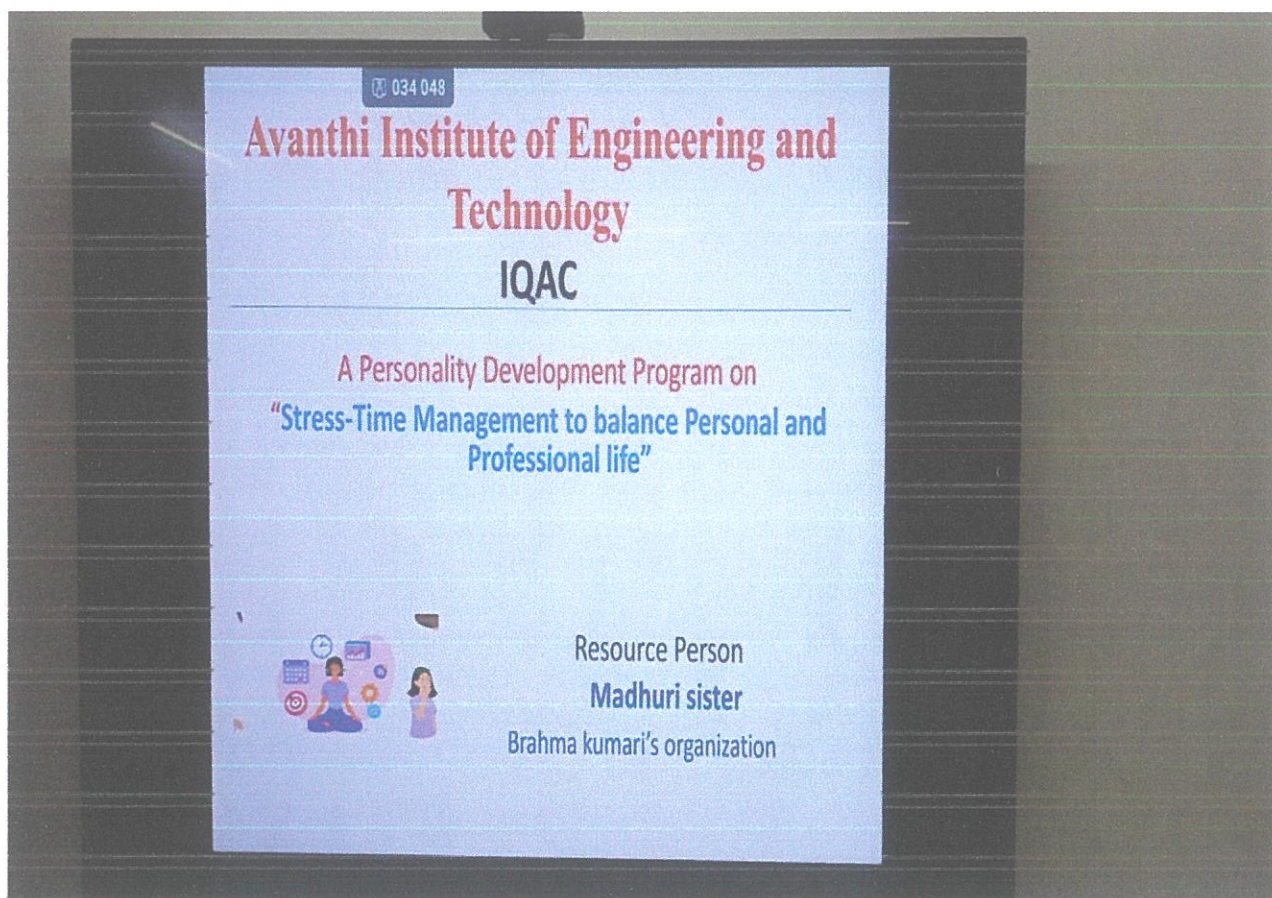
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The program speaker trained the participants with few stress management techniques and revealed that stress management and personal development are critical to a healthy work-life balance and listed few effective techniques for combating stress, to cope with negative feelings, to improve and sustain healthy relationship, to maintain clarity of mind, to increase mental well-being, to enhance physical health, and to control excessive stress.

Finally, the speaker concluded by stating that Personal development and meditation offer a wealth of benefits that can transform one's life on multiple levels. She said that by investing in one's personal growth and practicing mindfulness, one can experience increased happiness, improved relationships, enhanced well-being, and a deeper sense of purpose. Hence, she advised the participants to embrace the power of personal development and meditation, and unlock their true potential for a fulfilling and meaningful personal and professional life. The Principal Dr. B. Murali krishna, Director Dr.A Chandra Sekhar, Heads of various departments and 45 faculty members participated in the program.





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"A personality development program on Stress-Time Management to balance personal and professional life"



Personality development trainer Ms. Madhuri addressing the participants about the importance of balanced mind for the physical and mental well-being of individuals



Avanthi Institute of Engineering and Technology



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Audience listening with rapt attention to the session of meditation



A photo frame of the participants with the speaker Ms. Madhuri sister

Attendance sheet of Personality development program on "Stress-Time Management to balance personal and professional life"

S.No	Name of the Faculty	Department	Signature
1	R. Venkatarao	T & P	R. Venkatarao
2	M. Kuppusundaram Reddy	T & P	M. Kuppusundaram Reddy
3	N. Rajani	T & P	N. Rajani
4	Ch. Sridevi	CSE	Ch. Sridevi
5	CH. Venkateswari	ECE	CH. Venkateswari
6	Dr. P. Rajeswari	MBA	Dr. P. Rajeswari
7	P.L. Chandini	EEE	P.L. Chandini
8	J. Keerthi	CSE	J. Keerthi
9	V. Pradeep	Mech	V. Pradeep
10	Z. Reha	Ece	Z. Reha
11	G. Anand Suroop	EEE	G. Anand Suroop



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12	B. Ganesh	CSDM	B. Ganesh
13	Ch. Ramesh Rao	CSDM	Ch. Ramesh Rao
14	K. Kousalya	CSDM	K. Kousalya
15	P. Laxmi Devi	pharmacy	P. Laxmi Devi
16	M. Venkatesh	EEE	M. Venkatesh
17	Y. Hari Krishna	CSE	Y. Hari Krishna
18	K. Pavan Kumar	CSE	K. Pavan Kumar
19	D. Kiran Kumar	CSDM	D. Kiran Kumar
20	A. Swathi	CSE	A. Swathi
21	P. Monika	CSE	P. Monika
22	S. Kesava Rao	CSE	S. Kesava Rao
23	Ch. Ramesh Devi	ESE	Ch. Ramesh Devi
24	N. Sakita Sri	CSE	N. Sakita Sri
25	L. Pratyusha	CSG	L. Pratyusha
26	G. Karaka mata laeshoni	CSE	G. Karaka mata laeshoni
27	D. Padmini priyadarsini	BS&H	D. Padmini priyadarsini
28	G. Laxmi Devi	CSDM	G. Laxmi Devi
29	M. Vinay Kumar	E.C.E	M. Vinay Kumar
30	S. Sathish Reddy	E.C.E	S. Sathish Reddy
31	G. Krishnakumar	ECE	G. Krishnakumar
32	U. Geetalakshmi	ECE	U. Geetalakshmi
33	K. chandra Sekhar	T&P	K. chandra Sekhar
34	A. Hemant Kumar	T&P	A. Hemant Kumar
35	D. R. Shweta	BS&H	D. R. Shweta
36	P. Sridhar	CSE	P. Sridhar
37	A. H. V. PRAVEEN	HECN	A. H. V. PRAVEEN
38	Ch. Sridevi	BS&H	Ch. Sridevi
39	K. Snamala	ECE	K. Snamala
40	S. Soma Sanyal	ECE	S. Soma Sanyal
41	P. Lavanya	CSDM	P. Lavanya



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42	V. S. Dhaskane M	ECE	
43	K.m. Rajkumar	CSD	
44	M. Anurha.	ECE	
45	B. Sudhe	ECE	

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