

ST.ANN'S COLLEGE FOR WOMEN

MONTH OF MAY, JUNE & JULY

Edition 5

A MESSAGE FROM E.P.S.BHAGYALAKSHMI MA'AM



- Hello! Best wishes to you all. Everyday in our life, we face many problems. Some times they will be solved slowly even without our knowledge. But, if we want to solve our problems effectively & quickly, certain skills are needed. Those skills are known as LIFE SKILLS. Hence, life skills are the skills which are necessary to solve our daily problems effectively & quickly. According to W.H.O., Life skills are 10. They are:
- 1] Self awareness & self esteem
 - 2] Critical thinking
 - 3] Decision - making
 - 4] Problem solving
 - 5] Communication skill
 - 6] Negotiation skill
 - 7] Interpersonal skill
 - 8] Meeting peer pressure
 - 9] Empathy
 - 10] Coping- up skill / stress management.
- Self-awareness & self - esteem: Knowing about one's own self is self-awareness. Every individual should know about his likes - dislikes, needs- means, strengths - weaknesses, threats - opportunities to be understood clearly to others. Self-esteem means self-respect. The person who has self respect will never depend on others & will never be tempted by bad temptations. He always proud about his birth.
- Critical thinking: The person who has critical thinking will listen to others. But immediately he won't believe things. He will verify the fact & believe the information.
- Decision - making: The person who has life skills will never take decisions in a hasty way. He will take decisions in the following process:
- Identifying the problem
 - Discussing the causes for the problem
 - Identifying different alternative solutions
 - Discussing the merits & Demerits of each alternative solution
 - Selecting a suitable solution which has more merits & less Demerits
 - Implementation of the Decision
 - He never blame others for his own decisions.
- Problem solving skill: POWER is the formula for problem solving. In this word, each letter stands for problem solving process

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SCHOLARSHIPS

- 1 <https://www.studyinindia.gov.in>
2. <https://www.edx.org>
3. <https://www.buddy4study.com/page/santoor-women-scholarship>
4. <https://www.buddy4study.com/article/pragati-scholarship>

- Problem identification
- O - options
- W- weightrage
- R- reject
- E- reflect
- If we apply this POWER formula, the problems will be solved easily.
- Communication skill: Clear communication solves many problems. For effective communication, the following tips to be followed:
 - Give more & expect less
 - Clarity of thought
 - Clarity of expression
 - Using simple language
 - Involvement in the subject
 - Using Teaching aids
 - Feedback
- Negotiation skill: To convince people, Negotiation is very important. Credibility & Rationality are the two pillars of Negotiation skill.
- Interpersonal skill: Maintenance of relations with others is very important in doing team work. For that, the following things should be kept in mind.
 - Give more & expect less
 - Maintain confidentiality & friendly nature
 - Adoption of Forget & forgive nature etc...
 - Meeting peer pressure: Assertive nature is important. We should not hesitate to say "NO" to bad temptations. The person who works for a noble cause, never be tempted or pressurized.
- Empathy: If we add co-operation to Sympathy, that will become empathy. It is not a lip sympathy, but extending our co-operation to the person who is suffering from problems.
- Coping up skill / stress management: Every one has stress. Nobody can avoid it. How to meet stress is an important thing. If we meet stress constructively, miracles will happen. Otherwise, we will tend towards bad habits. Consumption of alcohol & sex are not the only ways to meet the stress. Gardening, cultural activities, reading books, doing social service, meditation & exercises are some of the constructive ways of meeting stress. Great people will relax & changing their work.
- Thus, life skills are powerful weapons to solve our problems effectively & develop our personality greatly. So, friends adopt life skills & win the world. Good luck to every one.

EVENTS

CANCER PREVENTION WEBINAR

Date: 14th June 2021
Lecturer Involved: E.P.S. Bhagyalakshmi
Resource Person: Sunita Arun (Program Intern)
This webinar was conducted by Sanjeevani in order to aware people about cancer and it's prevention. Many students from other colleges too joined. 90 people joined and got participation certificate.

WEBINAR ON "LEARNING ISN'T A SPECTATOR SPORT"

Date: 15th & 16th
Lecturer Involved: A.Roja (Department of English)
Resource Person: (on 15th) K.Mohan Krishna (Assistant Professor, Amyukta College)
(on 16th) Sr.Deepthi (Principal, St.Josheph school, Milkp)
This webinar was conducted by english department of st. Ann's college which was a great success as the people who joined this webinar were greatly benefited with words and wisdom of the resource person on respective dates.
There were approx.100 student who got participation certificate.

WEBINAR ON "EXPLORING AND UNDERSTANDING COVID-19"

Date: 12th Of July
Lecturer Involved: A.Roja (English Dept.)
Resource Person: Dr.Sr.Prema Kumari (Principle, St.Ann's College For Women, Malkapuram)
During The Period Of Covid-19 Many People Suffered In Many Ways. It Was A Very Great Thought To Take Up This Topic And Conduct A Webinar On Exploring And Understanding Covid19 Thoroughly. Over 100 People Participated In The Webinar And Got Certificate Along With Knowledge On The Above Topic

PERSONALITY DEVELOPMENT & STRESS MANAGEMENT

Date: 23rd July 2021
Lecturers: P. Lavanya (h.o.d.commerce dept.)
Resource person: Sr.B.K.Mani & Sr. B.K..Madhuri
This webinar was organised by our principle Dr..Sr..Prema in order to make people aware of the topic stress management and inculcate personality development of oneself.
This webinar was successfully done by commerce department and students from other colleges too joined the program. They all were certified with participation certificate.



Malkapuram, Visakhapatnam, Andhrapradesh.
We are glad to inform that the Department of English is organising "Two Days" Webinar on "Learning is not a Spectator Sport"

- 👉 Date - 15 nd 16 July 2021
- 👉 Time - 3.00 pm to 4.30 pm
- 👉 Imp note webinar on zoom

👉 Patron
*Dr.Sr.Premakumari
Principal of ST.ANN'S COLLEGE FOR WOMEN.

Day-1 (15 July 2021)
👉 Resource person
*K.Mohan krishna
Asst.Prof in English
Sarmyuktha Degree College
Anakapalli, Visakhapatnam, Andhrapradesh.

👉 Join through the link
<https://us04web.zoom.us/j/74612796258?pwd=a0RHZjJaS01wVzVOSHV0eNlIQXV0Q09>

WEBINAR ON ANALYTICAL METHODS IN CHEMISTRY

Date: 23rd July 2021
Lecturers: Sr.Janice, V.Anjali, Sk.Valisha, V.Dhanalakshmi (Faculty, Dept. Of Chemistry)
Resource Person: Dr.V.Tejaswara Rao (Asst. Prof. MVR College)
This Webinar Held By Faculty Members Of Chemistry Department Of St. Ann's College Was A Great Platform To Learn The Subject In A Very Effective Way. Many Students Took Participation And Greatly Benefited By The Program. They Are Also Provided A Certificate



NATIONAL WEBINAR ON MULTIPLE INTEGRALS

Date:26th July 2021
 Lecturer Involved:P.Jagannadham(H.O.D.Mathematics)
 Resource Person:Prof.Srinivasa Rao(Msc,Ma Education,M.Phil,Ph.D)
 The Webinar Conducted Online With 150 Students Was A Huge Success . The Resource Person Was Dynamic And This Added Energy To The Webinar. The Topic Was Well Explained . Students Were Inspired And Also Were Provided Certificate Of Participation.



WORKER'S DAY

Workers Are The Strength Of The Institution. To Commemorate International Worker's Day On 01.05.2021 . It Was A Small Gathering For Thanksgiving For Staff Members.. With All The Pandemic Perceptions,Asking Almighty For Their Prosperity And Well Being



International Worker's Day is celebrated on 1st May every year. It is a day to honor the contributions of workers in various industries. The gathering was a small but meaningful event where staff members were thanked for their hard work and dedication during these challenging times.

Dr. Srinivasa Rao
 M.Sc., M.A. Education, M.Phil, Ph.D
 H.O.D. Mathematics, St. Ann's College for Women, Visakhapatnam-11

Dr. Sr. Prema Kumari
 M.Sc., M.A. Education, M.Phil, Ph.D
 H.O.D. Mathematics, St. Ann's College for Women, Visakhapatnam-11

St. Ann's College for Women
 Markapuram, Visakhapatnam-11
 Department of Mathematics
NATIONAL WEBINAR ON MULTIPLE INTEGRALS
 On 26th July -2021, Monday 4.00PM onwards
Resource Person

Prof. Ch. Srinivasa Rao
 M.Sc., M.A. Education, M.Phil, Ph.D
 H.O.D. Mathematics, St. Ann's College for Women, Visakhapatnam-11
 Chairman Board of Studies (M.C.), Andhra University
 W.V. & S.V. College, Visakhapatnam

Dr. Sr. Prema Kumari
 H.O.D. Degree College

Sr. Janice
 Principal of Intermediate College

P.Jagannadham
 H.O.D. Mathematics

WEBINAR ON TRENDS OF NATIONAL INCOME

Date:20th July 2021
 Lecturers Involved : B.P.Raju&Ch.Salomi(Dept.Of Economics)
 Resource Person: Sri Laxman Babu(Asst. Prof.Of Economics, Dr.Bullayyacollege,Vskp.)
 This Webinar Was Organised By Dr.Sr.Prema In Which Came To The Exposer Of Our National Income And Economy.Over 78 People Attended The Seminar . It Made People Aware Of Our National System Of Handling Funds And Income. It Was Effective And Powerpacked The Program Was Held Without Any Flaw And Students Enjoyed It And Even Got A Participation Certificate

NAAC

Guidance And Preparation Of Session For The Staff In The View Provided By Professor Krishna Murthy From Hyderabad. In The Month Of May



WEBINAR ON "VEMANA SATHAKAM SAMAJIKA AMSALU"

Date: 30th July 2021
 Lecturer Involved:V.Lakshmi Devi
 Resource Person:D.Sunitha Devi(Lecturer In Telugu,Govt.College-Paderu)
 Telugu Department Of St.Ann's Taken Up A Stand For Telugu Literature&Culture And The Above Topic Was So Elaboratively Explained By The Resource Person. Over 198 Students From Various Colleges Participated And Gained Knowledge Along With That They Also Got A Certificate Which Will Be Effective In Near Future

D.SUNITHA DEVI
 Lecturer in Telugu Govt. Degree College - Paderu

Sr. Prema Kumari
 Principal of Degree College

V.Lakshmi Devi
 Dept of Telugu, St. Ann's College for Women

Sr. Janice
 Principal of Intermediate College

St. Ann's College For Women

Month of August

Edition 6



A message by Mrs. K. Swarna Kumari
Department of English

It is said that "Learning is a treasure that will follow its owner everywhere." Learning always has a purpose. It is goal-oriented in the sense that the teacher always has learning objectives in mind while teaching. If we don't have any aim and goal, then the process of learning will not show any effect. Through the process of learning, we can move towards pre-determined learning objectives.

We live in a connected, global world where English is used as the main language for almost every communication. It's no surprise, then, that many more doors will open for those who can speak and understand English than for those who can't.

We at St Ann's value the importance of soft skills and communication skills for the students which helps them to transform themselves by teaching them not only the language but also grooming them to have the necessary skills which nurtures them to streamline with the needs of the global industry.

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Events: NSS Events	
NCC Events	
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Student Resource Department	
<ol style="list-style-type: none"> 1. Tutoring 2. Workshops 3. Health 4. Student Tips 5. Meetups 	<ol style="list-style-type: none"> 1. AZADI KA AMRIT MAHOTSAV CELEBRATION 2. NSS EVENTS 3. TELUGU DAY 4. https://www.studyinindia.gov.in

EVENTS

Eve of National Youth Day
13th of August

Felicitation of Bhagyalakshmi ma'am,
department of Political Science and
Public Relations, for playing active
part in the program.

Competition on eve of AZADI KA AMRIT MAHOTSAV

Fit India Run, Patriotic song ,etc. competitions were conducted on the eve of independence day. 13th of August. This event was a successful one. Many children participated and also got prizes.



ఫ్లాష్ న్యూస్

ప్రతి అక్షరం ప్రజల కోసం తెలుగు వార్తా పత్రిక

Website: www.flashnewsprajalakosam.com

ఈపీఎస్ భాగ్యలక్ష్మికి ప్రశంసల వెల్లువ

Independence Day Celebration

This year we have celebrated 75 years of Independence 'AZADI KA AMRIT MAHOTSAV' on 15th of August. The event was a splendid and full of patriotism.



ST.ANN'S COLLEGE FOR WOMEN

MONTH OF SEPTEMBER

Edition 7



Message by Mrs. R. Lavanya IQAC Co-ordinator

ST Ann's college for Women has established the internal Quality Assurance Cell (IQAC) on 2nd June 2018. IQAC in ST ANDs college. isso significant administrative body responsible for all qualities of planning Supervision and initiativy various activities which are necessary to increase the quality of education and holistic academic excellence

The IQAC Assures the stake holders 1: students, Parents, teachers, statt, management, funding Аделия and sovetу in general. and of the accoud and transpa- rency in the quality Мanagement. system of the institution IQAC facilitate

orientation program for students Organize parent. Teacher meetings. offer Add-on and certificate Courses for Students

Preparing the Academic Calender as per the university organise Workshops /guest lectures / Conferences / FDP/ Webinars /E quizzes etc to the

Inside the Issue
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Department seminars etc.

Student Resource Department	1. Teacher's Day
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3. Health	4. http://www.edx.org
4. Student Tips	
5. Meet-ups	

Conduct activities in there with Government initiatives Like Swatch Bharat, Haritha Haram and Village Adoptis program under Unnat Bharat Abhigan.

- National Festivale celebrated aloy with important days likeenvisionment day, Telugu dinostavam, Hindi devas, Mathematics day, Statises day, Libmany week etc. 0 Community connected

Activities are taken up through NSS, Neo and Various clubs formed by each department of the collage

Arrangement for "feed back response from students, parents and other stake holders on quality related institutional processes.

EVENTS

Felicitation by local leaders on eve of teacher's day.

On 4th of September our Bhagyalakshmi ma'am was honoured by local leaders on the eve of Teacher's day . It was nicely done .

బాల కార్మిక వ్యవస్థ అభివృద్ధికి అడ్డంకి

జాతీయ సీమా పరిధి కం బిల్లు ప్రోగ్రాం అధికారి డా.పి.ఎస్. భాగ్యలక్ష్మి



Seminar on Child Labour by NSS

4th of September 2021 NSS unit of St. Ann's college conducted seminar and competition on the topic "CHILD LABOUR". It was a very effective interaction between students and the teachers. Winners got Prize too.

ఫ్లాష్ న్యూస్

Website: www.flashnewsprajalagosam.com

ఆంధ్రప్రదేశ్ ఎవరు? ఆయన ఏది చేశారు? పుస్తకం పంపిణీ



International Literacy Day Celebration

International literacy day was celebrated on 8th of September 2021 by Andhra University Registrar . It was a very effective program for youth . It helped them for developing their personality.



కార్యక్రమంలో మాట్లాడుతున్న భాగ్యలక్ష్మి

NSS Day Celebrations

NSS Day was celebrated on 23rd of September 2021. Sr. Gisella (SAL) was the guest of honour. The program was a great success and students also participated actively.



Pre-R.D. Camp Selections A.U.

On 15th of September. Bhagyalakshmi E.P.S. ma'am from our college participated as one of the member of selection committee.

Teacher's Day Celebration

On 5th September 2021, Students celebrated Teacher's day and paid gratitude to the faculty. Various programs like dance, skit, song etc. were done by the students.



Hindi Divas

Hindi Divas was celebrated on 14th of September 2021.

Various programs like Dance, Singing, Essay writing, Poem writing, Drawing were conducted. Student actively took part in it and got Prizes. It was looked on by Sr. Gisella and Adilakshmi ma'am(Hindi Department).

Seminar on "Career Guidance"



A seminar was conducted by ANUDIP FOUNDATION'S CHAIRMAN on 25th of September 2021. Final Year Degree for career guidance.



IQAC Meeting

On 15th of September 2021, IQAC meeting was conducted with chairperson Dr. Sr. Prema kumari and other IQAC members.



NSS Day at A.U.

On 23rd of September 2021, Bhagyalakshmi ma'am was felicitated at Andhra University.

FLASH NEWS RNI No. APT/EL/2015/66277

ఫ్లాష్ న్యూస్
తెలుగు వార్తలు పత్రిక

Website: www.flashnewsprajalokosam.com

మొలకలపల్లి ప్రకాష్ ఛానల్స్ లో గుర్తింపు పొందిన ప్రముఖ టీవీ ఛానల్



మొలకలపల్లి ప్రకాష్ ఛానల్స్ లో గుర్తింపు పొందిన ప్రముఖ టీవీ ఛానల్

Gurram Jashuva and Bhagat Singh Jayanthi

Gurram Jashuva and Bhagat Singh Jayanthi was celebrated at Ambedkar colony on 27th of September 2021 in the Presence of Bhagyalakshmi ma'am(NSS Co-ordinator) of St. Ann's.

న్యూస్ 99
తెలుగు దినపత్రిక

సామాజిక సేవకు వేదిక "జాతీయ సేవా పథకం" జిల్లా ప్రధాన అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్, సహకార అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్, సహకారి అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్...



సామాజిక సేవకు వేదిక "జాతీయ సేవా పథకం" జిల్లా ప్రధాన అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్, సహకార అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్, సహకారి అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్...



యువత సమాజ సేవకు అంకితమవ్వాలి
జిల్లా ప్రధాన అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్, సహకార అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్, సహకారి అధికారి డి.ఎస్.ఆర్. ప్రకాశ్ కుమార్...



St. Ann's College for Women

Month of December

v

Edition 10



"ENVIRONMENT PROTECTION IS THE DESTINATION OF EVERY NATION"
Y. ANASUYA DEVI,
 Lecturer in PUBLIC ADMINISTRATION & NSS
 PO, UNIT-III
 All the physical surroundings on Earth are called The Environment.
 It includes living & non-living things. People, Animals, Plants, Air, Water & Sunlight etc. will come under Environment. This is necessary for cleanliness, Beauty, Health, Balance in the climate & Human existence. But unfortunately, the environment is polluted today due to the following reasons:

- ☐ Defective Environment policies
- ☐ Chemicals due to industrialisation
- ☐ Green house gases
- ☐ Global warming
- ☐ Ozone Depletion
- ☐ Exploitation of Natural Resources
- ☐ Deforestation
- ☐ Heavy traffic on roads & increase of using vehicles
- ☐ Use of pesticides in Agriculture
- ☐ Use of plastic in daily life.

To avoid this issues, the following steps should be taken by the people & Governments:

- ☐ People should be educated correctly on Environment. They have to adopt 5-Rs Formula with reference to the use of plastic in their daily life. The 5-Rs are:
- 1) REFUSE
- 2) REDUCE
- 3) RE-USE
- 4) RE-CYCLE
- 5) RE-THINK
- ☐ Public transport should be encouraged
- ☐ Plantation programme should be taken up in a massive way. "Each one plant one" should be the spirit
- ☐ In the place of Pesticides, Organic farming should be adopted
- ☐ There should not be any corruption in Administration to prevent wrong policies & poor implementation of Environmental laws.
- ☐ Industries which are polluting the nature should be closed immediately. Judiciary should take initiative in this direction.
- ☐ The Government should give top priority to SWACHH RIVER MISSION.
- ☐ Environment should made compulsory subject in schools & colleges.
- ☐ There must be restrictions on Public Address system to reduce sound pollution.
- ☐ The Rewards & punishment system should be implemented at all levels with reference to environment.
- ☐ People should come together & organise agitations against poor implementation of Environment policies & Laws. Mass movements should be strengthened in this particular aspect.

Here, we have to remember the words of MAHATMA GANDHIJI
"MAN IS A GUEST TO THE EARTH.
A GUEST HAS NO RIGHT TO SPOIL ANY THING"
 Let us take these words seriously & join hands to prevent pollution and protect our Environment.

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EVENTS

AIDS DAY

World AIDS Day was celebrated on 1/12/2021. Sr. Janice (Principal of Junior College) acted as the chief Guest. Miss Y. Anasuya (Lecturer in Public Administration) delivered a message. Science student enacted a skit on the eve of the occasion.



ENGLISH WORKSHOP

Department of English conducted 2 days Workshop from 10/12/2021-11/12/2021 on "Enhancing Skills for Content Writing". Mr. V.V Gurucharan (Asst. Professor in English, BITS-Visakhapatnam) was the guest and chief speaker.



NATIONAL POLLUTION CONTROL DAY

On 12/12/2021 National Pollution Control Day was observed. Campus cleaning and planting was done. Students took an active participation.



AWARENESS OF INDIAN CONSTITUTION

Some Resource Persons visited and said some Information about Indian Constitution.

INTER COLLEGIATE LEVEL GAMES

Students of St. Ann's College participated in the Inter Collegiate Level Games held in Andhra University from 03/12/2021. Among the games held students participated and won prizes in Volley Ball, Kabbadi, Kho-Kho, Chess and Athletics.



EDUCATIONAL VISIT

Industrial Visit cum Learning Excursion conducted from different departments from 14/12/2021-17/12/2021. Students got the opportunity to visit Bharat Dynamics Limited.

