



SUMATHI REDDY

INSTITUTE OF TECHNOLOGY FOR WOMEN

L e a r n i n g a t i t s b e s t

Affiliated to JNTUH - Approved by AICTE

No. SRITW/SKILLS/2020

Date: 24.08.2020

CIRCULAR

All the students hereby informed that one day career guidance program on **Physical Fitness-Positive Mental Health During Covid19 Pandemic(online)** will be organized on 27.08.2020. Interested students can enroll their names with the Co-Ordinator Mrs.S.Swetha, Assistant Professor, Department of CSE.

for detailed information you can refer brochure and program schedule displayed on the notice board.

The session link will be shared by the coordinator before a meeting takes place.

Rijan

Principal

Copy to

1. All HOD's (CSE, ECE, EEE and H&SC)
2. Administrative Officer.
3. Exam Branch
4. All notice boards

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Ananthasagar (V), Hasanparthy (M)
WARANGAL - 506 371 (TS)



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Physical Fitness-Positive Mental Health During Covid19 Pandemic

Resource Person:

Dr.SWAPNA

Date:

27.08.2020

Time:

9:30am-4:00pm

Venue:

Seminar Hall

Note:

No Registration
Fee

If you are at home during
#COVID19 outbreak

30 mins
daily



1 hour
daily



WHO recommends that all healthy adults do
30 minutes/day of physical activity, and children
should be physically active for 1 hour/day

Key Points:

- The importance of physical fitness and positive mental health during the Covid-19 pandemic.
- Physical Fitness and Mental Health Connection.
- Designing Effective Fitness Programs for Mental Health.

Organized by
Department of Computer Science and Engineering



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Program Schedule:

| Date/Day | Session Time | Topic for Discussion | Speaker |
|------------|-------------------|---|---------------------------|
| 27.08.2020 | 10:00am - 10:50am | The importance of physical fitness and positive mental health during the Covid-19 pandemic. | Dr.SWAPNA Psychologist |
| | 10:50am – 11:30am | The Impact of the Pandemic on Mental Health and Well-being. | |
| | 11:30am – 11:40am | Break | |
| | 11:40am – 12:50pm | Physical Fitness and Mental Health Connection. | |
| | 12:50pm - 1:30pm | LUNCH | |
| | 1:30pm - 02:10pm | Building Resilience Through Fitness and Wellness. | Dr.SWAPNA Psychologist |
| | 2:10pm – 3:00pm | Careers in Fitness, Wellness, and Mental Health. | |
| | 3:00pm – 3:45pm | Designing Effective Fitness Programs for Mental Health. | |
| | 3:45pm – 4:00pm | Closing Remarks | |

Resource Person Details: Dr.Swapna, Psychologist, Telangana.

swapna.psych2002@gmail.com



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REPORT OF THE PROGRAM

breathing, meditation
ite stress and pro

Dr Swapna

196Y1A0457

196Y1A0203

196Y1A0214

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DATE:27.08.2020

Physical Fitness-Positive Mental Health During Covid 19 Pandemic

1. Establish a consistent exercise schedule that includes a mix of blood, strength, and flexibility training.
2. Engage in outdoor exercises like walking, jogging, or hiking to benefit from fresh air, sunlight, and nature, which can have a positive impact on mental well-being.
3. Integrate activities like yoga, or mindfulness-based exercises to improve physical strength and flexibility while promoting mental relaxation and stress reduction.
4. Incorporate relaxation techniques like deep breathing, meditation, or progressive muscle relaxation to alleviate stress and promote mental clarity.

A one day career guidance program has been conducted by Dr.Swapna,Psychologist,SRITW on 27.08.2020

SRITW conducted a program on 'Physical Fitness - Positive Mental Health During Covid 19 Pandemic' by Dr.SWAPNA, Psychiatrist at SRITW Seminar Hall.

Physical fitness plays a crucial role in maintaining positive mental health, especially during challenging times like the Covid-19 pandemic. The pandemic has brought about significant disruptions to daily life, causing increased stress, anxiety, and feelings of isolation. Engaging in regular physical activity can have profound positive effects on mental well-being, helping individuals navigate these difficult circumstances more effectively.

Promoting physical fitness during the COVID-19 pandemic can significantly contribute to positive mental health.

Here are some objectives to consider:

1. Establish a consistent exercise schedule that includes a mix of blood, strength, and flexibility training.
2. Engage in outdoor exercises like walking, jogging, or hiking to benefit from fresh air, sunlight, and nature, which can have a positive impact on mental well-being.
3. Integrate activities like yoga, or mindfulness-based exercises to improve physical strength and flexibility while promoting mental relaxation and stress reduction.
4. Incorporate relaxation techniques like deep breathing, meditation, or progressive muscle relaxation to alleviate stress and promote mental clarity.

Outcomes:

After completion of the program, the student should be able to get

- Improved Physical Health.
- Stress Reduction and Coping Mechanisms
- Increased Resilience
- Boosted Self-Esteem and Confidence
- Improved Immune Function



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**LIST OF STUDENTS ENROLLED FOR POSITIVE MENTAL HEALTH
DURING COVID 19 PANDEMIC DATE:27-08-2020**

| S.NO | ROLL NUMBER | NAME |
|------|-------------|--------------------------|
| 1 | 196Y1A0203 | DUGGISHETTI VARSHITHA |
| 2 | 196Y1A0204 | GADDAM NIKHITHA |
| 3 | 196Y1A0205 | HAUSA ANWAR |
| 4 | 196Y1A0206 | KANDAKATLA LAXMIPRASANNA |
| 5 | 196Y1A0207 | KANDIKONDA ANNAPOORNA |
| 6 | 196Y1A0208 | MOTAPOTHULA NIHARIKA |
| 7 | 196Y1A0209 | NEERATI SHRIYA HASINI |
| 8 | 196Y1A0210 | PAKA CHANDHANA |
| 9 | 196Y1A0211 | PEDDI JHANSI |
| 10 | 196Y1A0212 | POODHARI SAMYUKTHA |
| 11 | 196Y1A0213 | RAVULA SRAVANI |
| 12 | 196Y1A0214 | SATHENAPALLY ANVITHA |
| 13 | 196Y1A0215 | SURAPANENI MANISHA |
| 14 | 196Y1A0216 | THATLA AKHILA |
| 15 | 196Y1A0217 | THELU ANUSHA |
| 16 | 196Y1A0431 | DOMMATI VATHSALYA |
| 17 | 196Y1A0432 | DUMPALA RAMYA |
| 18 | 196Y1A0433 | ELAPANTI SNAHIKA |
| 19 | 196Y1A0402 | ADLURI HARSHITHA |
| 20 | 196Y1A0403 | AKKALLA DIVYASRI |
| 21 | 196Y1A0404 | ALETI AKSHAYA |
| 22 | 196Y1A0405 | ALLA DEEKSHITHA |
| 23 | 196Y1A0406 | ALLADI SAMANVITHA |
| 24 | 196Y1A0408 | ANKATHI SOUMYA |
| 25 | 196Y1A0409 | ARAPALLY SUPRIYA |
| 26 | 196Y1A0410 | BALLE SHIRISHA |
| 27 | 196Y1A0411 | BANDARI BHUVANESHWARI |
| 28 | 196Y1A0412 | BANDARI BRUNDHA |
| 29 | 196Y1A0413 | BANDI HARSHITHA |
| 30 | 196Y1A0415 | BETHI SUPRAJA |
| 31 | 196Y1A0416 | BHAIRI SANDHYA |
| 32 | 196Y1A0452 | KATTA SAHASRA |
| 33 | 196Y1A0453 | KESHI REDDY VASAVI |
| 34 | 196Y1A0454 | KOMATIREDDY SHRAVYA |
| 35 | 196Y1A0455 | KOMMIDI SRESTAREDDY |
| 36 | 196Y1A0457 | KOTHA SADHANA |
| 37 | 196Y1A0474 | PAMMIDI ALEKHYA |
| 38 | 196Y1A0477 | RACHARALA TEJASRI |
| 39 | 196Y1A0478 | SANA TABASSUM |
| 40 | 196Y1A0480 | SANKEESA KRUSHITHA |
| 41 | 196Y1A0481 | SHARMA DURGA |
| 42 | 196Y1A0483 | SINGIREDDY NIHARIKA |

*Rejai***PRINCIPAL**Sumathi Reddy Institute of Technology for Women
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| S.NO | ROLL NUMBER | NAME |
|------|-------------|-------------------------------|
| 43 | 196Y1A0484 | SOMASHETTI RALVALI |
| 44 | 196Y1A0485 | SUMERA GOUHAR |
| 45 | 196Y1A0486 | SUNKARI NITHIKA |
| 46 | 196Y1A0488 | THAIREDY KEERTHIKA |
| 47 | 196Y1A0489 | THATHA SHIRISHA |
| 48 | 196Y1A0491 | THODUPUNURI AKHILA |
| 49 | 196Y1A0535 | GOLANAKONDA RACHANA |
| 50 | 196Y1A0536 | GOLLA NIKHITHA SREE |
| 51 | 196Y1A0537 | GORRE VAISHNAVI |
| 52 | 196Y1A0539 | GOUROJU VAISHNAVI |
| 53 | 196Y1A0540 | GUDA MEGANA |
| 54 | 196Y1A0542 | GUFFRANA ANJUM |
| 55 | 196Y1A0543 | GUNDA ANUHYA |
| 56 | 196Y1A0544 | GURRAM MEGHANA |
| 57 | 196Y1A0545 | HAUSA KAINATH |
| 58 | 196Y1A0546 | JULURI NIKHITHA SRI |
| 59 | 196Y1A0548 | KAKKERLA NEHA |
| 60 | 196Y1A0549 | KALIMI NIHARIKA |
| 61 | 196Y1A0551 | KANDHAGATLA SRUTHI |
| 62 | 196Y1A0553 | KATLA SHIVANI |
| 63 | 196Y1A0555 | KOPPULA BHANUSRI |
| 64 | 196Y1A0557 | KUNCHALA POOJA |
| 65 | 196Y1A0560 | MERUGU MANOGNA |
| 66 | 196Y1A0561 | METTU JYOTHIKA |
| 67 | 196Y1A0562 | MITTAPALLI SRAVANI |
| 68 | 196Y1A0563 | MOGILI TRIVEDHA |
| 69 | 196Y1A0566 | MUPPIDI SATHWIKHA |
| 70 | 196Y1A0567 | NABEELA SHIFA |
| 71 | 196Y1A0570 | NALIVELA SHANMUKHA PRIYA |
| 72 | 196Y1A0572 | NANDIKONDA NAVYA |
| 73 | 196Y1A0573 | NEKKANTI PAVANI SRI NAGAVALLI |
| 74 | 196Y1A0574 | NERELLA SRINIJA |
| 75 | 196Y1A0578 | PANCHAGIRI MANISHA |
| 76 | 196Y1A0579 | PARAVASTHU SRILAXMIPRASANNA |
| 77 | 196Y1A0580 | PATHIPAKA RAKSHITHA |
| 78 | 186Y1A0215 | KATTA SRUTHI |
| 79 | 186Y1A0216 | LAVUDYA SHIREESHA |
| 80 | 186Y1A0217 | MANCHALA BHARGAVI |
| 81 | 186Y1A0218 | NADUMULA ANUHYA |
| 82 | 186Y1A0222 | QUDSIA RAHMAN |
| 83 | 186Y1A0223 | RAVULA LATHA SREE |
| 84 | 186Y1A0224 | SANAM NAMRATHA |
| 85 | 186Y1A0225 | TEJAVATH CHANDINI NAIK |
| 86 | 186Y1A0227 | VALADASU BHAVANA |
| 87 | 186Y1A0228 | VASAM VENNELA |
| 88 | 196Y5A0215 | KODI SAHITYA |
| 89 | 196Y5A0216 | KURAPATI KEERTHANA |
| 90 | 186Y1A0401 | ABBADY KEERTHANA |
| 91 | 186Y1A0405 | AKINAPELLI NAINIVARL |
| 92 | 186Y1A0406 | AKULA VARALAXMI |
| 93 | 186Y1A0408 | ALUGURI VIDHYA |

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| S.NO | ROLL NUMBER | NAME |
|------|-------------|-------------------------|
| 94 | 186Y1A0410 | ANNABOINA HARSHINI |
| 95 | 186Y1A0411 | ANNAMDAS MAYURI |
| 96 | 186Y1A0412 | ARAVIKATLA RINALDI |
| 97 | 186Y1A0417 | BODDU MOUNIKA |
| 98 | 186Y1A0419 | BOLLAM NIHARIKA |
| 99 | 186Y1A0420 | BOMMINENI PRAVALIKA |
| 100 | 186Y1A0424 | CHATLA RAMYA |
| 101 | 186Y1A0429 | ERRABELLI PUJITHA |
| 102 | 186Y1A0432 | GADWALA KOTESHWARI |
| 103 | 186Y1A0433 | GADWALA SHIVANI |
| 104 | 186Y1A0437 | GUDEPU VAISHNAVI |
| 105 | 186Y1A0438 | GUDURU SUNANDA |
| 106 | 186Y1A0439 | GUDURU YASHASWI |
| 107 | 186Y1A0441 | HUMERA AZIZ |
| 108 | 186Y1A0445 | KANKANALA NAVEENA |
| 109 | 176Y1A0411 | ANUM AYESHA |
| 110 | 176Y1A0413 | BILLA MADHUMITHA |
| 111 | 176Y1A0414 | BOBBALA PRAVALIKA |
| 112 | 176Y1A0428 | ESLAVATH MOUNIKA |
| 113 | 176Y1A0429 | GEEKURU HYNDHAVI |
| 114 | 176Y1A0430 | GELLU ANUSHA |
| 115 | 176Y1A0431 | GOLKONDA SHRAVYA |
| 116 | 176Y1A0432 | GOLLA SAI PRASANNA |
| 117 | 176Y1A0434 | GUDI SINDHUJA |
| 118 | 176Y1A0435 | GUNDABOINA GAYATHRI |
| 119 | 176Y1A0436 | ISHRATH MUBEENA |
| 120 | 176Y1A0509 | ARIGOPPULA PREETHI |
| 121 | 176Y1A0510 | ATUFA TAZEEN UL MOQEETH |


COORDINATOR


HOD




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SAMPLE FEEDBACK FORM

* Indicates required question

1. Name of the Program * -----
2. Branch: * -----
3. Date of the event * (Example: January 7, 2019) -----
4. Name of the Student: * -----
5. H.T. No. * -----
6. Is the lecture/hands-on training well organized? *
Mark only one oval.
☐ Excellent
☐ Very good
☐ Good
☐ Poor
7. Whether it is relevant to the curriculum? * (Mark only one oval)
☐ Excellent
☐ Very good
☐ Good
☐ Poor
8. Proficiency of the expert and delivery * (Mark only one oval)
☐ Excellent
☐ Very good
☐ Good
☐ Poor
9. Response to queries by resource person* (Mark only one oval)
☐ Excellent
☐ Very good
☐ Good
☐ Poor
10. Any suggestion/improvement (related to Industry scenario and others if any) * -----



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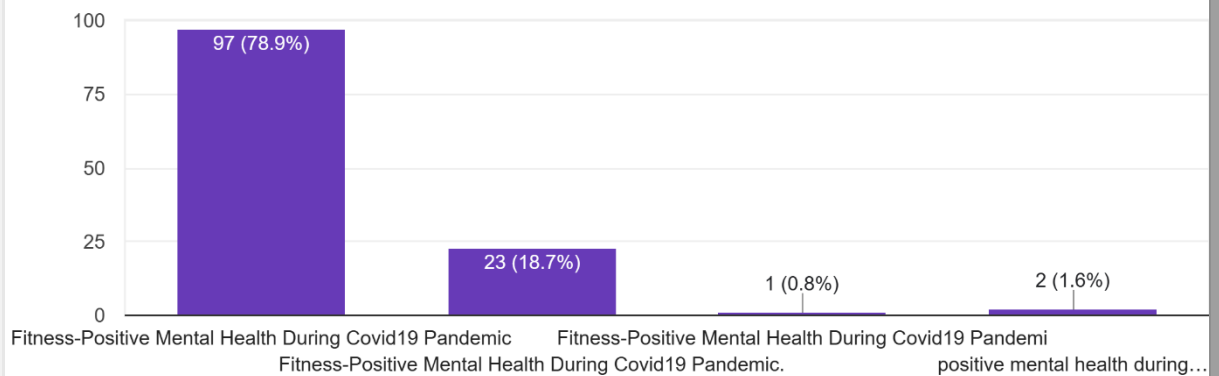
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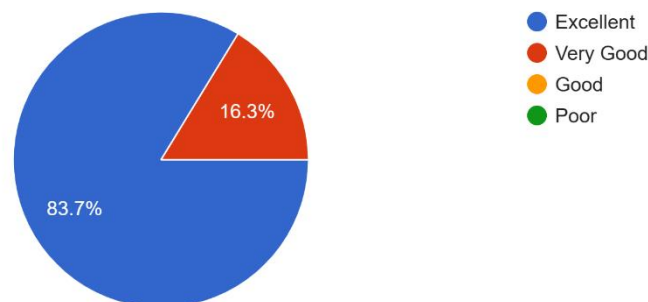
Name of the Program

123 responses



Is the lecture/hands-on training well organized?

123 responses



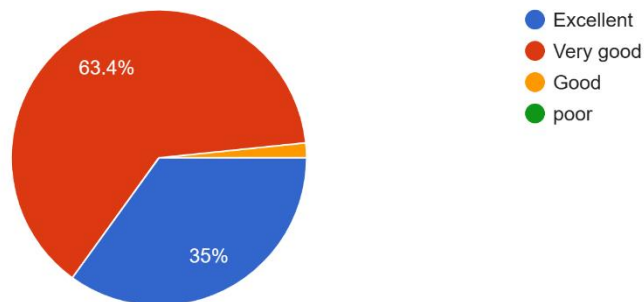
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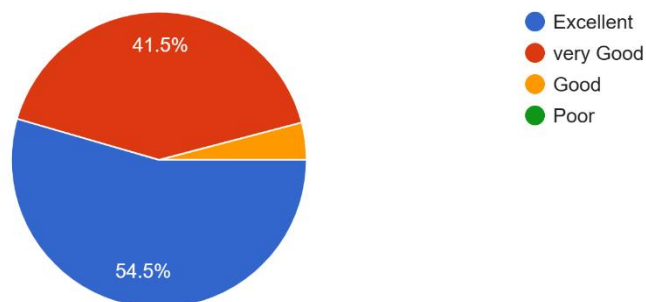
Whether it is relevant to the curriculum?

123 responses



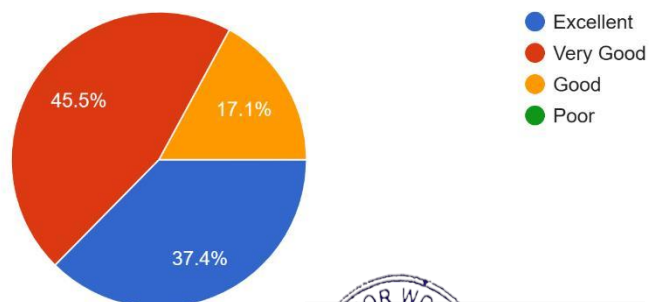
Proficiency of the expert and delivery

123 responses



Response to queries by resource person

123 responses



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