



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/2021

Date: 06.03.2021

CIRCULAR

All the students are hereby informed that a one-day career guidance program on 'Empathy and Coping with Stress Skills' will be organized on 10.03.2021. Interested students can enroll their names with the Co-Ordinator Mr.Ch.Padmaja, Assistant Professor, Department of ECE.

you can refer to the brochure and program schedule displayed on the notice board.

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

Rijan

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To be read in all class rooms

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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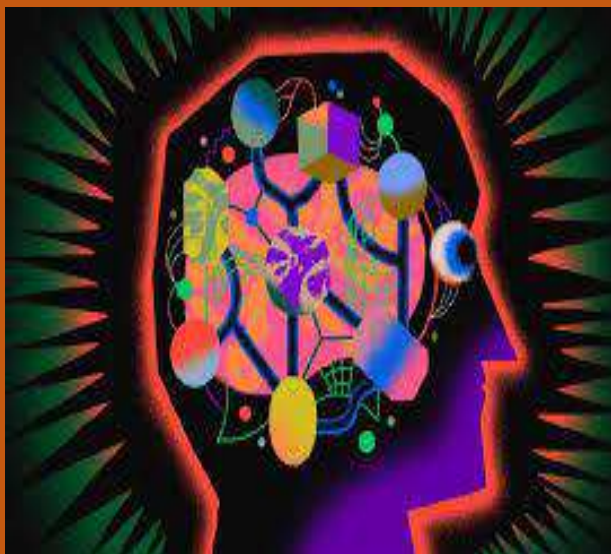
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A One day Career guidance program on **Empathy and Coping with Stress Skills (10.03.2021)**

Materials Needed:

- Flipcharts, markers, and whiteboard for group activities.
- Handouts and worksheets on empathy and stress - management techniques
- Projector or screen for presentations.
- Comfortable seating arrangements for group discussions.
- Mindfulness or relaxation exercises (optional).



Program Highlights:

- Interactive activities and group discussions to reinforce empathy skills.
- Stress management techniques and tools to help participants cope with workplace pressures.
- Real-life case studies and scenarios to apply learned skills in practical situations.
- Action planning to ensure participants leave with actionable steps to improve their career and well-being.

Organized by
Department of Electronics and Communication Engineering



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Program Schedule:

Date/Day	Session Time	Topic for Discussion	Speaker Name
10.03.2021	10:00am - 10:50am	Understanding Empathy. Active Listening and Communication.	Dr.SWAPNA Psychologist
	10:50am – 11:30am	Cultivating Emotional Intelligence.	
	11:30am – 11:40am	Break	
	11:40am – 12:30pm	Empathy Exercises and Role-Playing.	
	12:30pm - 1:30pm	LUNCH	
	1:30pm - 02:20pm	Understanding Stress and Coping Mechanisms. Coping Strategies for Stress.	Dr.SWAPNA Psychologist
	2:20pm – 3:00pm	Combining Empathy and Stress Management.	
	3:00pm – 3:45pm	Problem-Solving and Time Management. Building Resilience.	
	3:45pm – 4:00pm	Closing Remarks	

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

swapna.psych2002@gmail.com



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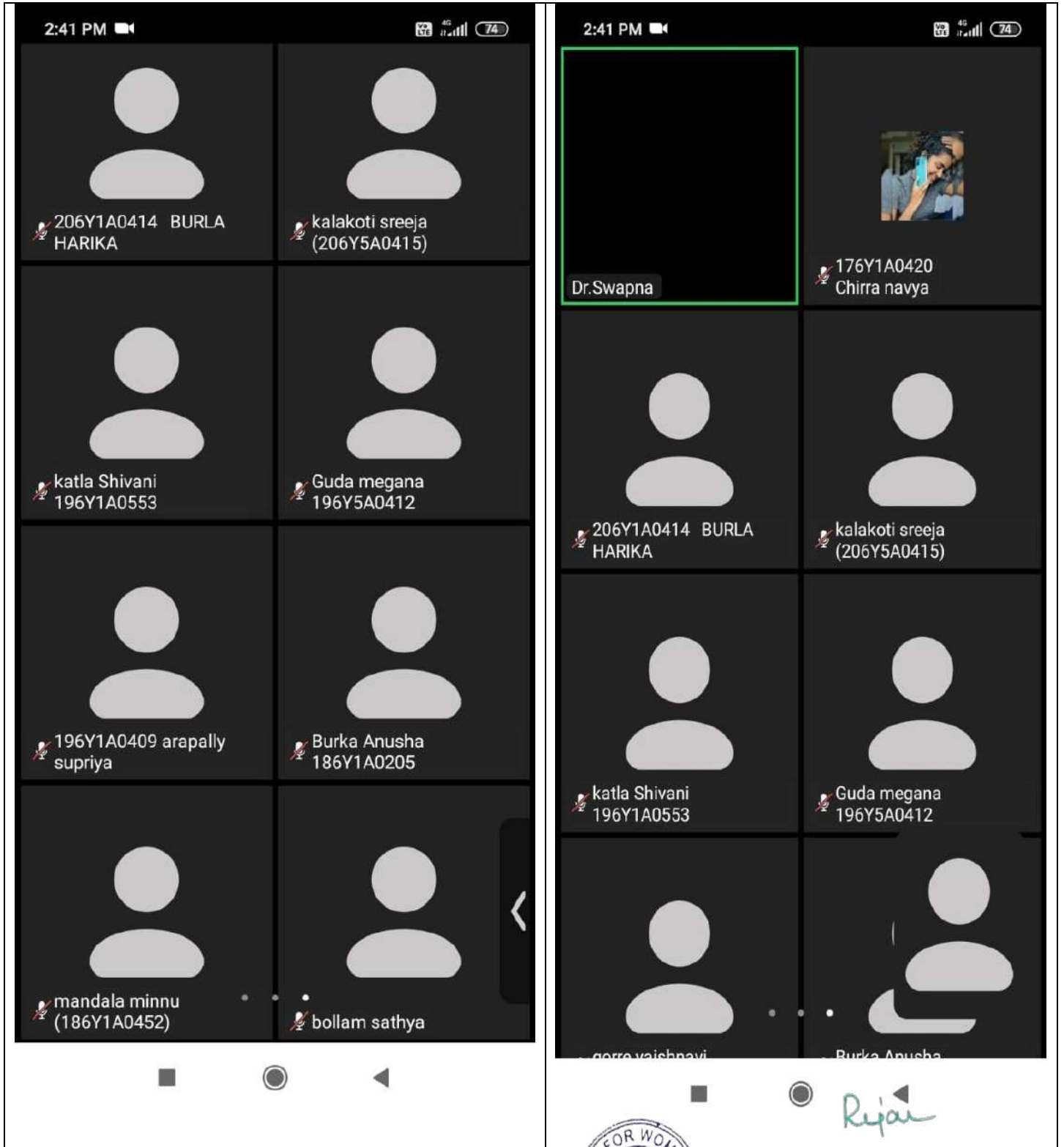
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REPORT OF THE PROGRAM



A one day career guidance program has been taken by Dr. Swapna, Psychologist Warangal on 10.03.2021



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SRITW conducted a program on 'Empathy and Coping with Stress Skills' by Dr.SWAPNA, Psychologist at SRITW Seminar Hall.

Empathy is the ability to understand and share the feelings, thoughts, and perspectives of others. It involves being sensitive to others' emotions, offering support, and showing genuine care. Practicing empathy fosters stronger interpersonal connections and contributes to a more compassionate and understanding society.

Coping with stress involves managing and adapting to challenges, pressures, and changes in a healthy and effective manner. Stress is a natural response to demanding situations, but chronic stress can negatively impact physical and mental well-being. Developing coping skills helps individuals handle stress in constructive ways, enhancing resilience and overall quality of life.

Resilience is the ability to bounce back from adversity and maintain mental well-being during challenging times. Building resilience involves practicing coping strategies, nurturing a support network, and cultivating a positive mindset.

Objectives:

The Workshop focused on empathy and coping with stress skills are designed to promote emotional well-being, interpersonal relationships, and mental resilience.

- Enhancing Communication
- Promoting Emotional Intelligence
- Stress Awareness and Identification

Outcomes:

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

- Can improve their emotional intelligence,
- enhance relationships,
- manage stress effectively,
- navigate life's ups and downs with greater resilience and understanding.



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LIST OF THE STUDENTS ENROLLED FOR EMPATHY AND COPING WITH STRESS

SKILLS

DATE: 10-03-2021

S.NO	ROLL NUMBER	NAME
1	186Y1A0203	BIKKINENI SHIVANI
2	186Y1A0204	BOLLAM SATHYA
3	186Y1A0205	BURKA ANUSHA
4	186Y1A0206	CHILUVERU DEEPTHI
5	186Y1A0207	CHUNCHU SRAVANI
6	186Y1A0208	DESHAVATH NIHARIKA
7	186Y1A0209	EKKATI NAVYA REDDY
8	186Y1A0210	ELLABOINA KEERTHANA
9	186Y1A0213	KANIGANTI SRIHARSHITHA
10	186Y1A0214	KANTHULA PRAVALIKA
11	186Y1A0215	KATTA SRUTHI
12	186Y1A0216	LAVUDYA SHIREESHA
13	186Y1A0217	MANCHALA BHARGAVI
14	186Y1A0219	NAFEESA SHIREEN
15	186Y1A0220	PAIDIPALA PRATHYUSHA
16	186Y1A0221	PUJARI LIKITHA
17	186Y1A0222	QUDSIA RAHMAN
18	186Y1A0410	ANNABOINA HARSHINI
19	186Y1A0411	ANNAMDAS MAYURI
20	186Y1A0412	ARAVIKATLA RINALDI
21	186Y1A0414	BHEEMANAPALLI LIKHITHA
22	186Y1A0415	BIKKINENI SOUMYA
23	186Y1A0416	BIKKINENI SRIHARSHA
24	186Y1A0417	BODDU MOUNIKA
25	186Y1A0418	BOJJAM RUCHITHA
26	186Y1A0419	BOLLAM NIHARIKA
27	186Y1A0420	BOMMINENI PRAVALIKA
28	186Y1A0421	BURRI SAI PRASANNA
29	186Y1A0422	BYREDDY SUBHASHINI
30	186Y1A0423	CHARISHMA
31	186Y1A0424	CHATLA RAMYA
32	196Y1A0207	KANDIKONDA ANNAPOORNA
33	196Y1A0209	NEERATI SHRIYA HASINI
34	196Y1A0212	POODHARI SAMYUKTHA
35	196Y1A0214	SATENAPALLY ANVITHA
36	196Y1A0215	SURAPANENI MANISHA
37	196Y1A0217	THELU ANUSHA
38	196Y1A0401	ADEPU CHANDANA
39	196Y1A0402	ADLURI HARSHITHA
40	196Y1A0403	AKKALLA DIVYASRI
41	196Y1A0404	ALETI AKSHAYA
42	196Y1A0405	ALLA DEEKSHITHA
43	196Y1A0406	ALLADI SAMANVITHA
44	196Y1A0407	AMANCHA SONIKA



(Signature)

Rajam

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45	196Y1A0409	ARAPALLY SUPRIYA
46	196Y1A0410	BALLE SHIRISHA
47	196Y1A0412	BANDARI BRUNDHA
48	196Y1A0413	BANDI HARSHITHA
49	196Y1A0414	BASANI SANJANA
50	196Y1A0415	BETHI SUPRAJA
51	196Y1A0418	BHUPATHI HARIKA
52	196Y1A0419	BIRABOINA AKANKSHA
53	196Y1A0421	BOLLA RAVALI
54	196Y1A0422	BOLLEDLA SHALINI
55	196Y1A0423	BOMMINENI MANASA REDDY
56	196Y1A0539	GOUROJU VAISHNAVI
57	196Y1A0540	GUDA MEGANA
58	196Y1A0543	GUNDA ANUHYA
59	196Y1A0544	GURRAM MEGHANA
60	196Y1A0545	HAUSA KAINATH
61	196Y1A0546	JULURI NIKHITHA SRI
62	196Y1A0547	KADARI KRUTHI
63	196Y1A0548	KAKKERLA NEHA
64	196Y1A0549	KALIMI NIHARIKA
65	196Y1A0550	KANDARAPU SWATHI
66	196Y1A0551	KANDHAGATLA SRUTHI
67	196Y1A0552	KARRA MALATHI
68	196Y1A0553	KATLA SHIVANI
69	196Y1A0554	KOMURAVELLI ARISHMA
70	196Y1A0556	KUKAL SANJANA
71	196Y1A0557	KUNCHALA POOJA
72	196Y1A0559	MALLADI PRASANNA
73	196Y1A0561	METTU JYOTHIKA
74	196Y1A0562	MITTAPALLI SRAVANI
75	196Y1A0565	MUMMIDI SATHWIKA
76	196Y1A05A4	THIRUNAGIRI RITHIKA
77	196Y1A05A5	UCHCHATHI SHIRISHA
78	196Y1A05A6	UGGE PALLAVI
79	196Y1A05A7	UNDRATHI NAVYASREE
80	196Y1A05A8	VALLALA SAMATHA
81	196Y1A05A9	VANAMALA CHANDRA LEKIHA
82	196Y1A05B0	VANAPARTHI SINDHU
83	196Y1A05B1	VANAPARTHI USHASRI
84	196Y1A05B2	VANCHA NANDINI
85	196Y1A05B3	VANGALA JAHNAVI
86	196Y1A05B5	VELISHOJU SUSHMITHA
87	196Y1A05B6	VENNAMANENI DEEPIKA
88	196Y1A05B7	YADA SRIVALLI
89	196Y1A05B8	YERRABELLI SRINITHYA



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90	196Y1A05B9	POGULA INDU
91	196Y5A0202	BASHIKA ASHWINI
92	196Y5A0203	BATHINI SHANTHIPRIYA
93	196Y5A0204	BOLLAM VIPLAVIKA
94	196Y5A0205	CHANAGONI TEJASWINI
95	196Y5A0206	CHILUPURI SOUMYA
96	196Y5A0211	GOLUSULA POOJITHA
97	196Y5A0213	JUKANTI GEERVANI
98	196Y5A0217	LIKKI TEJASWI
99	196Y5A0220	NUNAVATH LAVANYA
100	196Y5A0222	PENDEM SADWIKI
101	196Y5A0223	SIRISILLA SHRAVANI
102	196Y5A0402	CHILUVERU SHIRISHA
103	196Y5A0403	DEVULLAPALLY NIKHITHA
104	196Y5A0405	GOURU MANISHA
105	196Y5A0407	JETTY RAMYA
106	196Y5A0408	KANDAGATLA NEETHA
107	196Y5A0411	KONGARI KEERTHANA
108	196Y5A0414	MITTAPALLI MADHUMITHA
109	196Y5A0415	RANIYA ZAINAB
110	196Y5A0416	RAVULA NIHARIKA
111	196Y5A0502	AYESHA SULTHANA
112	196Y5A0503	BALASANI VENNELA
113	196Y5A0504	BODDUNA CHANDANA
114	196Y5A0505	CHINDAM AKANKSHA
115	196Y5A0506	MUSUKU PRAVALIKA
116	206Y1A0401	ABHINAYA LINGAMPELLI
117	206Y1A0402	ANKALA LAHARI
118	206Y1A0403	APURI PRAVALIKA
119	206Y1A0404	AVERINENI VASAVI
120	206Y1A0405	BAINA LAKSHMIE PRASANNA
121	206Y1A0406	BALA RAJALAXMI
122	206Y1A0409	BHUKYA BHOO MIKA
123	206Y1A0410	BITLA ROJA
124	206Y1A0411	BOMMERA SUSHMA
125	206Y1A0412	BOPPA AKHILA
126	206Y1A0413	BUDDHE SANGEETHA
127	206Y1A0414	BURLA HARIKA
128	206Y1A0419	ENUGALA SOUJANYA
129	206Y1A0420	GORANTALA HARSHITHA
130	206Y1A0421	GOURI PRIYA YAMSANI
131	206Y1A0422	GUMMADAVELLI DEEKSHITHA
132	206Y1A0424	HUZAIFA GAZNAM
133	206Y1A0426	JANAGANI BHAVANA
134	206Y1A0427	JANGALA LAXMI PAVANI

Dr. P. Reddy
co-ordinator

HOD



Rajini

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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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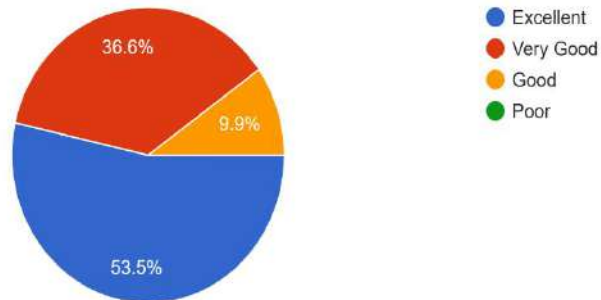
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ONLINE FEEDBACK

Date: 10.03.2021

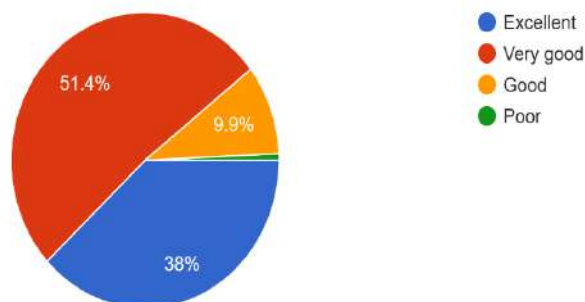
1. Is the lecture/hands-on training well organized?

142 responses



2. Whether it is relevant to the curriculum?

142 responses



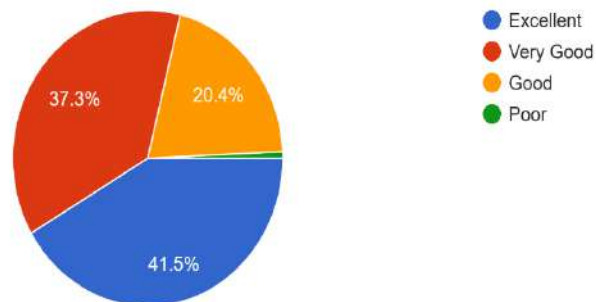
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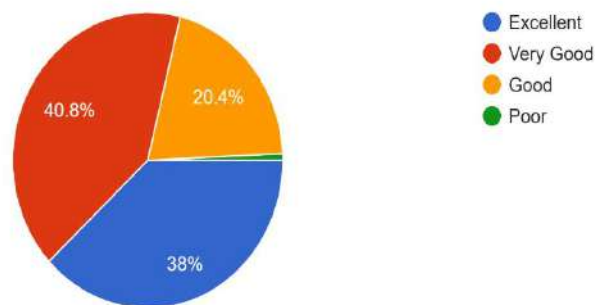
3. Proficiency of the expert and delivery

142 responses



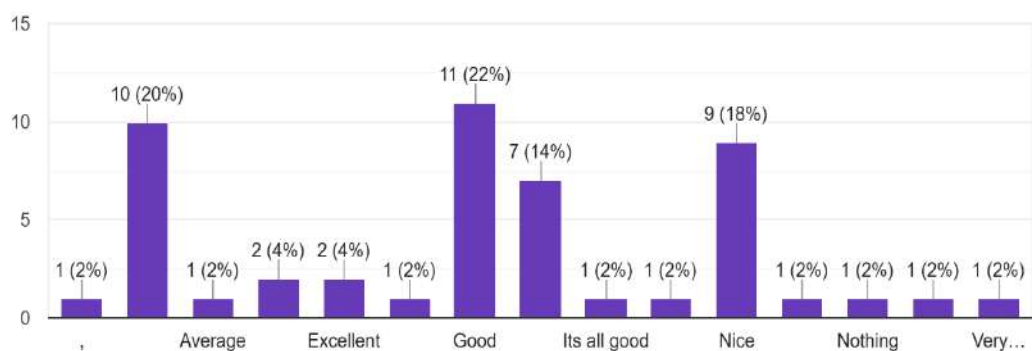
4. Response to queries by resource person

142 responses



5. Any suggestion/improvement (related to Industry scenario and others if any)

50 responses



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