



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

www.aietta.ac.in, [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

## 7.1.9 Details of activities that inculcate values; necessary to render students in to responsible citizens

S.No	Description	Pages
1	Lecture on Human Values	02
2	Conducted “Personality Development” sessions	03-04
3	Celebrated “International Yoga Day”	05-06
4	Celebrated “Youth Fest” in college	07
5	Awareness program on “Fundamental Rights”	08-09
6	Report on “Composite Culture” in college	10-11
7	Awareness program on “Student Psychology”	12-13



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC "B++" Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

## 1.LECTURE ON HUMAN VALUES

Name of the activity	: LECTURE ON HUMAN VALUES
Venue for the activity	: Avanthi Institute of Engineering & Technology (Class Room)
Students presents	: I B.Tech Students
Chief guest/guests present	: Mr.J.R.G PATNAIK,, HOD, Dept. of BS&H

### Report on Lecture on Human Values at Avanthi Institute of Engineering and Technology

On June 10, 2021, Mr. J.R.G Patnaik, HOD, Dept. of BS&H, delivered a lecture on Human Values to the 1st B.Tech CSE students at Avanthi Institute of Engineering and Technology. The lecture aimed to turn the students into responsible citizens by instilling in them a sense of morality and ethics.

The lecture started with an introduction to the concept of human values and its importance in one's life. Mr. Patnaik emphasized that human values are the principles that guide a person's behavior and decision-making process. He went on to explain the significance of values such as honesty, integrity, respect, empathy, and responsibility in shaping a person's character and personality.

During the lecture, Mr. Patnaik shared real-life examples of individuals who had demonstrated exceptional human values and made a positive impact on society. He encouraged the students to follow in the footsteps of these role models and strive to become responsible citizens.

Furthermore, the lecture also touched upon the need to develop a strong moral compass. Mr. Patnaik highlighted the importance of introspection and self-reflection to understand one's values and beliefs. He urged the students to be true to themselves and uphold their values, even in challenging situations.

In addition, the lecture emphasized the need to be respectful towards others, irrespective of their background or beliefs. Mr. Patnaik stressed the importance of empathy and encouraged the students to be kind and compassionate towards others.

Overall, the lecture on Human Values by Mr. J.R.G Patnaik was insightful and thought-provoking. The lecture succeeded in highlighting the importance of human values and their role in shaping responsible citizens. The students left the lecture with a better understanding of the significance of



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

www.aietta.ac.in, [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

values such as honesty, integrity, respect, empathy, and responsibility and were inspired to incorporate these values into their daily lives



WCRF+M35, Gudivada - Annavaram  
- Pedanagamayyapalem Rd, Andhra  
Pradesh 531162, India

**GUEST LECTURE DELIVERED BY Mr.J.R.G PATNAIK, HOD, BS&H ON HUMAN VALUES**



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

## 2.PERSONALITY DEVELOPMENT

Name of the activity	: PERSONALITY DEVELOPMENT
Venue for the activity	: Avanathi Institute of Engineering & Technology (Class Room)
Audience/Group presents	: I B.Tech Students
Chief guest/guests present	: A NARSIMHA RAO (Personality development trainer )
No.of Students present	: 60

### **Introduction**

On 15th July 2021, a seminar on "Personality Development" was conducted by A. Narsimha Rao, a renowned personality development trainer for the 4th-year B.Tech ECE students of Avanathi Institute of Engineering and Technology. The seminar was aimed at helping the students develop their personality, enhance their communication skills, and transform them into responsible citizens. The seminar was well attended, and the students actively participated in the session.

### **Session Highlights**

Mr. Rao started the seminar by introducing the concept of personality development and why it is crucial in today's world. He emphasized the importance of having a positive attitude, developing good communication skills, and building self-confidence. He then went on to explain the various techniques and methods that can be used to develop one's personality.

The session also focused on the importance of body language, and how it plays a significant role in the way we communicate with others. Mr. Rao shared some tips on how to improve body language, such as maintaining eye contact, having a proper posture, and using appropriate gestures.

The seminar also included interactive activities and group discussions, which allowed the students to apply the concepts they had learned and share their opinions with their peers. The students were encouraged to ask questions and clarify their doubts, and Mr. Rao patiently addressed all their queries.

Towards the end of the seminar, Mr. Rao emphasized the importance of being a responsible citizen and contributing towards society. He urged the students to use their skills and knowledge to make a positive impact on society and become role models for others.



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

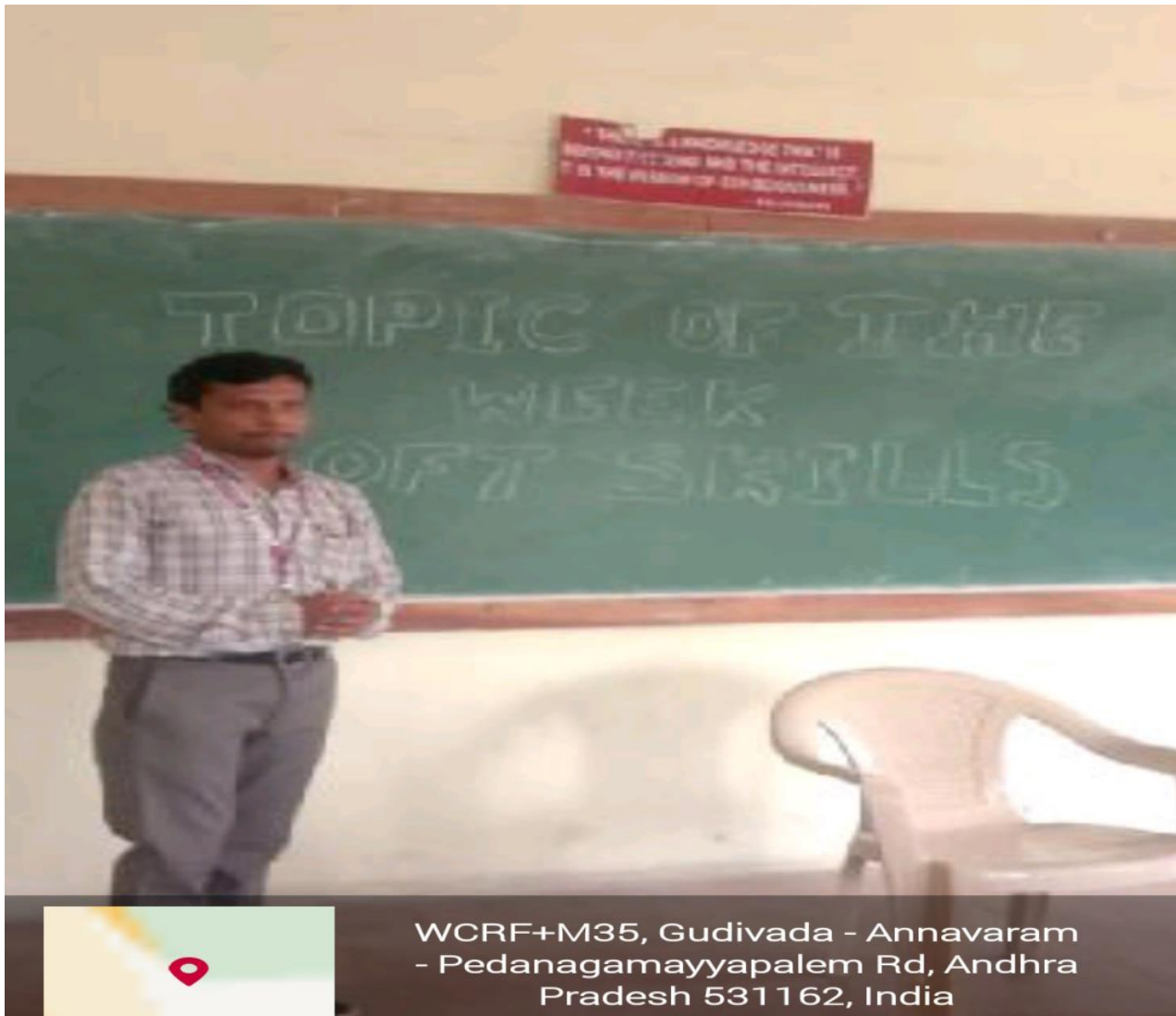
NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

## Conclusion

In conclusion, the seminar on "Personality Development" by A. Narsimha Rao was an informative and interactive session that helped the 4th-year B.Tech ECE students of Avanathi Institute of Engineering and Technology to enhance their communication skills, develop their personality, and become responsible citizens. The students gained valuable insights and practical tips on how to improve their body language, communication skills, and self-confidence. The seminar was a resounding success, and the students left the session with a renewed sense of purpose and enthusiasm.



WCRF+M35, Gudivada - Annavaram  
- Pedanagamayyapalem Rd, Andhra  
Pradesh 531162, India

**PERSONALITY DEVELOPMENT TRAINING SESSIONS BY A NARSIMHA RAO**  
(Personality development trainer )





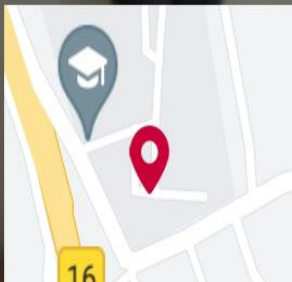
## AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)



WCRF+M35, Gudivada - Annavaram  
- Pedanagamayyapalem Rd, Andhra  
Pradesh 531162, India

**Student interaction during personality development session**



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

### **3.INTERNATIONAL YOGA DAY:**

Name of the activity	: INTERNATIONAL YOGA DAY
Date of the program	: 19-6-2020.
Time	: 01:00 pm
Venue for the activity	: Avanthi Institute of Engineering & Technology (Seminar Hall)
Students present	: B.Tech & MBA Students
Chief Guest	: Mr.A Anand (Yoga trainer )
No. of Students present	: 120

### REPORT: INTERNATIONAL YOGA DAY CELEBRATIONS AT AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

#### **Introduction:**

International Yoga Day is celebrated annually on 21 June to promote the benefits of Yoga for the physical, mental and spiritual well-being of individuals. To mark this occasion, Avanthi Institute of Engineering and Technology organized a Yoga Day celebration for 120 B. Tech students on 21 June 2021. The Yoga session was conducted by Mr. A Anand, a certified Yoga trainer with extensive experience in teaching Yoga to various age groups.

#### **Yoga Session:**

The Yoga session started at 10:00 am in the morning and lasted for 3 hour. Mr. A Anand began the session with a brief introduction about the significance of International Yoga Day and the benefits of practicing Yoga regularly. He emphasized the importance of Yoga in reducing stress and anxiety, improving flexibility and strength, and maintaining overall physical and mental health.

The Yoga session included various asanas, pranayama, and meditation techniques. Some of the asanas practiced during the session were:

1. Tadasana (Mountain pose): This asana helps to improve posture, balance, and focus.



## AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

2. Vrikshasana (Tree pose): This asana helps to improve balance, stability, and concentration.
3. Bhujangasana (Cobra pose): This asana helps to strengthen the spine, shoulders, and arms, and improves digestion.
4. Paschimottanasana (Seated forward bend): This asana helps to stretch the hamstrings, lower back, and spine, and reduces stress and anxiety.
5. Shavasana (Corpse pose): This asana helps to relax the body and mind, reduce stress and anxiety, and improve overall well-being.

Mr. Anand demonstrated each asana and explained its benefits in detail. He also provided tips on how to perform each asana correctly to avoid any injury. The students actively participated in the session and followed the instructions given by the trainer.

### **Impact:**

The Yoga session was highly beneficial for the B. Tech students who lead a busy and stressful life. The session helped them to relax and rejuvenate their body and mind. The students felt more energetic and refreshed after the Yoga session. They also appreciated the efforts of the institute in organizing such a wonderful event on International Yoga Day.

### **Conclusion:**

The International Yoga Day celebration at Avanthi Institute of Engineering and Technology was a huge success. The Yoga session conducted by Mr. A Anand was highly informative and beneficial for the B. Tech students. It helped them to become more responsible citizens by taking care of their physical and mental health. The institute should continue to organize such events to promote the benefits of Yoga among the students and make them more aware of its importance in leading a healthy and happy life.





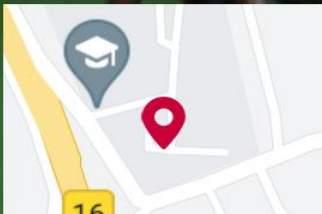
# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

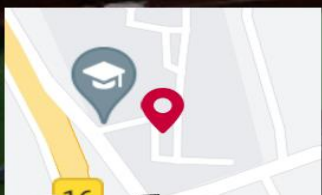
Cherukupally (Village), Near Tagarapavalasa Bridge, Bhogapuram (Mandal), Vizianagaram -531162.

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)



WCRF+M35, Gudivada - Annavaram  
- Pedanagamayyapalem Rd, Andhra  
Pradesh 531162, India

**YOGA ASANAS BY STUDENTS IN ECE SEMINAR HALL**



WCRF+M35, Gudivada - Annavaram  
- Pedanagamayyapalem Rd, Andhra  
Pradesh 531162, India

**STAFF AND STUDENTS LEARNING YOGA ASANAS AND MEDITATION FROM Mr.A  
Anand (Yoga trainer )**



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

## **4. YOUTH FEST:**

Name of the activity	: YOUTH FEST
Date of the program	: 29-3-2021
Time	: 10:30AM
Venue for the activity	: Avanathi Institute of Engineering & Technology (Auditorium)
Students present	: B.Tech & MBA Students

### **Introduction:**

On 21 June 2021, Avanathi Institute of Engineering and Technology organized a Youth fest for B.Tech students. The primary objective of the program was to turn the students into responsible citizens. The event was graced by Prof, Prasad Rao, Vice-Chancellor of JNTUK, as the chief guest. The program was a grand success with the participation of a large number of students and faculty members. This report provides an overview of the celebration of the youth fest.

### **Program Highlights:**

The youth fest started with an inaugural ceremony, where the chief guest, Prasad Rao, Vice-Chancellor, addressed the gathering. In his speech, he emphasized the importance of being responsible citizens and urged the students to take up social responsibilities. He also stressed the need for students to balance their academic and extracurricular activities.

The program included a range of activities such as cultural events, competitions, and games. The cultural events included dance performances, singing competitions, and skits, which were highly appreciated by the audience. The students participated with great enthusiasm and displayed their talent in various fields.

The program also included technical events, such as robotics competitions, coding competitions, and project exhibitions, where students showcased their technical skills. The winners of these events were awarded prizes and certificates.





# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

Cherukupally (Village), Near Tagarapavalasa Bridge, Bhogapuram (Mandal), Vizianagaram -531162.

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

## Conclusion:

Overall, the youth fest at Avanathi Institute of Engineering and Technology was a grand success. The program provided an excellent platform for students to showcase their talents and skills. The participation of the chief guest, Prasad Rao, Vice-Chancellor, added more value to the program. The program achieved its objective of turning the students into responsible citizens. The students left the program with a sense of enthusiasm and inspiration, which will help them achieve success in their academic and professional lives.



**A Student welcoming honorable chief guest Prof, Prasad Rao, Vice-Chancellor of JNTUK**



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

## **5.AWARENESS PROGRAMME ON FUNDAMENTAL RIGHTS:**

Name of the activity	: AWARENESS PROGRAMME ON FUNDAMENTAL RIGHTS
Date of the program	: 4-4-2020
Time	: 10:30AM
Venue for the activity	: Regional ZPH school Gudivada
Students present	: Students& Villagers
No.of Students present	: 20+50 villagers

### **Introduction:**

On 4-4-2020, a group of 20 B.Tech students along with 2 faculty members, Mr Sharief and G.Chinnaya Faculty of BS&H conducted an awareness program on Fundamental Rights at Regional ZPH School in Gudivada. The aim of the program was to educate the students about their fundamental rights and to encourage them to become responsible citizens.

### **Program Details:**

The program began with a brief introduction to fundamental rights and their significance in a democratic country. The students were informed about the importance of knowing their rights and how it can empower them to raise their voice against any violation of their rights.

The students were then presented with real-life scenarios where their fundamental rights were violated, and they were asked to identify the violations. This exercise helped them to understand the practical application of fundamental rights and how it affects their daily lives.

The students were also educated about the role of the government and the judiciary in protecting their fundamental rights. The program emphasized that it is the responsibility of every citizen to be aware of their rights and to hold the government accountable for any violation.

The program concluded with a quiz session, where the students were tested on their understanding of fundamental rights. The winners were awarded prizes, and all the participants were given certificates of participation.



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

www.aietta.ac.in, [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

## Impact of the Program:

The awareness program had a significant impact on the students. They gained a better understanding of their fundamental rights and the importance of being aware of them. The program also encouraged the students to become responsible citizens by holding the government accountable for any violation of their rights.

The program received positive feedback from the school administration and the students. The school administration expressed their gratitude for conducting such a useful program and requested more such programs in the future.

## Conclusion:

The awareness program on Fundamental Rights conducted by the B.Tech students and faculty of our college at Regional ZPH School in Gudivada was a great success. The program helped the students to understand their fundamental rights and the importance of being aware of them. The program also encouraged the students to become responsible citizens by holding the government accountable for any violation of their rights.



**AWARENESS MEET CONDUCTED IN REGIONAL ZPH SCHOOL**





# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

Cherukupally (Village), Near Tagarapuvulasa Bridge, Bhogapuram (Mandal), Vizianagaram -531162.

www.aietta.ac.in, [principal@aietta.ac.in](mailto:principal@aietta.ac.in)



WCRF+M35, Gudivada - Annavaram  
- Pedanagamayyapalem Rd, Andhra  
Pradesh 531162, India

**POSTER INAUGURAL AS A PART OF AWARENESS MEET**



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

## **6.COMPOSITE CULTURE:**

Name of the activity	: Pre Pongal celebrations
Date of the program	: 12-1-2021
Venue for the activity	: Play ground AIET
Students present	: Students& Faculty

### **Introduction:**

Composite culture refers to the coexistence of diverse cultures and traditions within a society, leading to a harmonious and inclusive environment. Such a culture is essential for promoting tolerance, acceptance, and mutual understanding among different communities. One such celebration of composite culture was witnessed at Avanthi Institute of Engineering and Technology on 12th January 2021, during the pre-Pongal (Sankaranthi) celebrations organized by all B.Tech and MBA students and faculty members.

### **Event Details:**

The event was a vibrant and colorful celebration of the South Indian harvest festival, Sankaranthi, which marks the beginning of the harvest season. The event began with a traditional Puja (prayer) to honor the sun god, Surya, who is considered the symbol of life and energy. The students and faculty members dressed up in colorful traditional attire, and the campus was decorated with Rangolis (colorful patterns made with rice flour).

The highlight of the event was the display of various cultural performances by the students and faculty members. The performances included traditional dances such as Kuchipudi, Bharatanatyam, and folk dances such as Dandiya and Garba. The participants also sang songs in different languages, including Telugu, Tamil, and Hindi. The students showcased their talents by performing skits and plays that conveyed the message of unity, diversity, and responsible citizenship.

The event also included various traditional games and competitions, such as kite-flying and rangoli-making competitions, which were enjoyed by all. The winners were awarded prizes, and the event ended with a sumptuous feast, which included traditional South Indian delicacies such as Pongal, Vada, and Payasam.



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

## Impact of the event:

The pre-Pongal celebration at Avanthi Institute of Engineering and Technology was a successful event that brought together students and faculty members from different cultural backgrounds and promoted the spirit of composite culture. The event provided an opportunity for students to learn about and appreciate different cultural traditions, which can help in developing a sense of empathy and understanding towards others.

The celebration also emphasized the importance of responsible citizenship, as students performed skits and plays that conveyed the message of civic responsibility, such as maintaining cleanliness, conserving water, and respecting the environment. Such messages can help in creating a more responsible and aware generation of citizens who are sensitive towards their social and environmental responsibilities.

## Conclusion:

The pre-Pongal celebration at Avanthi Institute of Engineering and Technology was a perfect example of how cultural events can bring people together, promote inclusivity and diversity, and create a sense of belongingness. The event not only showcased the rich cultural heritage of South India but also emphasized the need for responsible citizenship. Such events should be encouraged in educational institutions to promote a composite culture and nurture responsible citizens.



WCRF+M35, Gudivada - Annavaram  
- Pedanagamayyapalem Rd, Andhra  
Pradesh 531162, India

## A GLIMPSE OF PROMOTION OF CULTURAL AND TRADITIONAL VALUES





# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

Cherukupally (Village), Near Tagarapavalasa Bridge, Bhogapuram (Mandal), Vizianagaram -531162.

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)



**STUDENTS ACTIVELY PARTICIPATING IN RANGOLI COMPETITION**



**RANGOLI COMPETITION AS A PART OF PRE PONGAL-CELEBRATIO**



# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

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

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

---

## 7.AWARENESS PROGRAM ON STUDENT PSYCHOLOGY

Name of the activity	: Awareness Program on Student Psychology
Date of the program	: 15-10-2020
Venue for the activity	: Avanthi Institute of Engineering & Technology (Seminar Hall)
Students present	: I B.Tech Students
Chief guest/guests present	: Dr.M.V.R.Raju (PSYCHOLOGIST ANDHRA UNIVERSITY)
No.of Volunteers present	: 52

### **Introduction:**

On 15-10-2020, an awareness program on student psychology was conducted at Avanthi Institute of Engineering and Technology by Dr. M.V.R. Raju, a well-known psychologist from Andhra University. The objective of the program was to provide an insight into the psychological aspects of students, their behavior, and the challenges they face. The program aimed to help students become responsible citizens by understanding the importance of mental health.

### **The program:**

The program was divided into several sessions, each of which focused on a different aspect of student psychology. Dr. Raju began by discussing the impact of stress and anxiety on students and the ways to cope with them. He emphasized the importance of maintaining a positive outlook and developing healthy coping mechanisms to deal with stress.

In the following session, Dr. Raju discussed the impact of peer pressure on students and the ways to resist it. He encouraged students to be confident in their own abilities and to make their own decisions based on their values and beliefs.

Dr. Raju also talked about the importance of maintaining a healthy work-life balance and the dangers of burnout. He provided practical tips on time management and prioritizing tasks to help students achieve their goals without compromising their mental and physical well-being.

In the final session, Dr. Raju discussed the importance of seeking help when needed and the resources available for students who may be struggling with mental health issues. He encouraged students to be open about their feelings and to seek support from friends, family, and mental health professionals.





# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC B++ Accredited Institute

Cherukupally (Village), Near Tagarapuvulasa Bridge, Bhogapuram (Mandal), Vizianagaram -531162.

www.aietta.ac.in, [principal@aietta.ac.in](mailto:principal@aietta.ac.in)

## Impact:

The program had a positive impact on the students who attended it. They gained a better understanding of the psychological challenges that they face and the ways to cope with them. The program also helped them develop a sense of responsibility towards their mental health and the importance of seeking help when needed.

## Conclusion:

The awareness program on student psychology conducted by Dr. M.V.R. Raju was a valuable initiative taken by Avanathi Institute of Engineering and Technology. It provided students with important insights into the psychological challenges they face and the ways to overcome them. The program emphasized the importance of mental health and helped students develop a sense of responsibility towards it. It is hoped that such programs will continue to be conducted in the future to help students become responsible citizens.



Awareness Program on Student Psychology Dr. M.V.R Raju-Chief Guest's address in the college





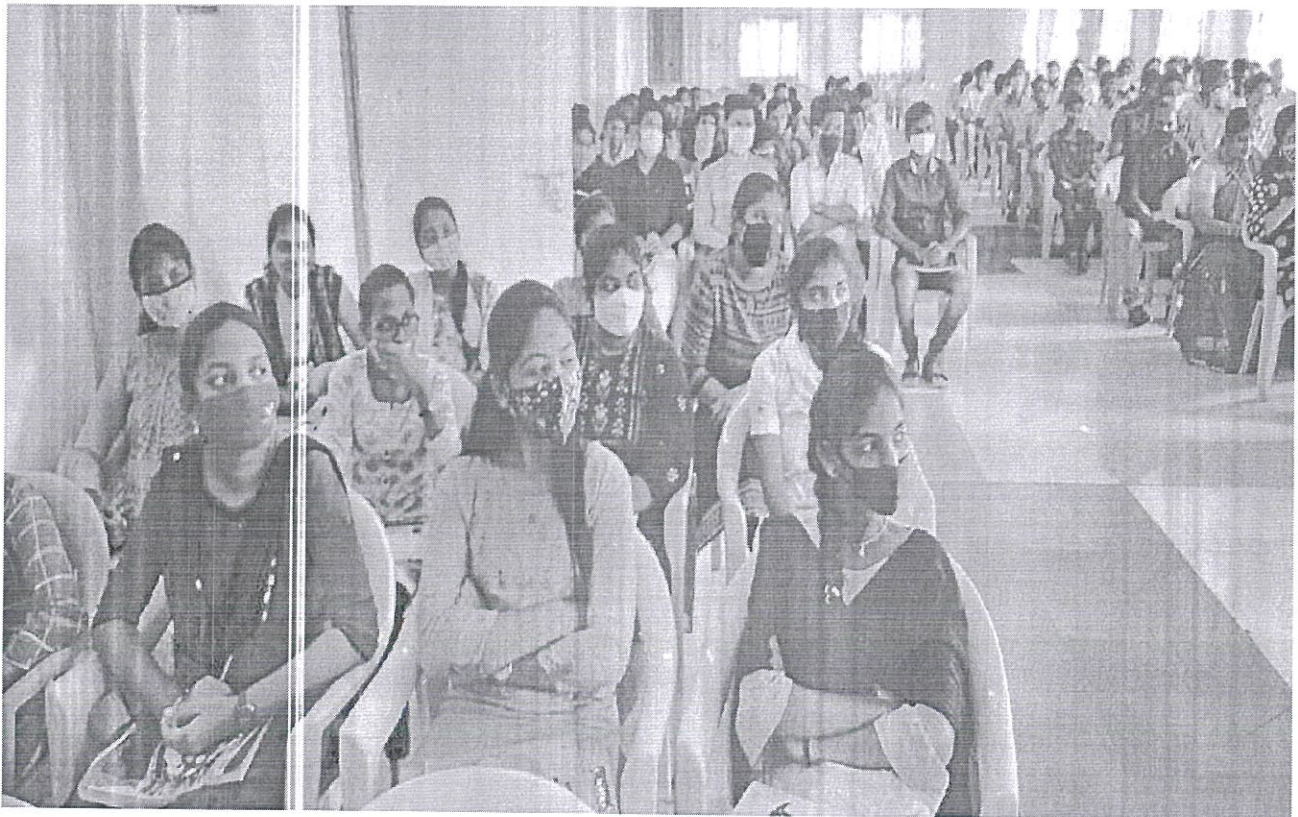
# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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

NAAC "B++" Accredited Institute


Cherukupally (Village), Near Tagarapavalasa Bridge, Bhogapuram (Mandal), Vizianagaram -531162.

[www.aietta.ac.in](http://www.aietta.ac.in), [principal@aietta.ac.in](mailto:principal@aietta.ac.in)



Awareness Program on Student Psychology Dr. M.V.R Raju- Chief Guest's Address in the college Seminar Hall on 15-10-2020 at 10:30 AM



  
PRINCIPAL  
AVANTHI INSTITUTE OF ENGG. & TECH  
Cherukupally (V), Chittivalasa (SAO)  
Bhogapuram (M),