



GOVERNMENT DEGREE COLLEGE, CHEBROLE

Guntur District, Andhra Pradesh

(Accredited by NAAC with 'B' Grade)

Affiliated to Acharya Nagarjuna University

AISHE code: C-32624 website www.gdcchebrole.ac.in

Email: jkc.chebrole@gmail.com Pin 522 212 Phone No. 08644-254221

5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following:

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene)
4. ICT/computing skills
- 5.

In today's world of cut throat competition individuals need to be physically fit, mentally strong and emotionally balanced. Students pursuing higher education need to be equipped with the skills that enable them face the challenges of the outside world boldly. Revised CBCS Curriculum (2020-21) prepared by the Andhra Pradesh State Council of Higher Education has made it mandatory for all the students pursuing higher education to undergo training in several Capacity Building and Skill Enhancement programmes since these are integrated with the curriculum with prescribed **CREDITS**

I. Soft Skills:

This institution has organized a Six day Training Programme exclusively on soft skills to 19 final year women students in collaboration with Naandi Foundation and sponsored by Mahindra Pride Classroom.

The curriculum prescribed for Semester-I General English contains a unit on the Soft Skills with the following topics to 74 first Semester Students.

- a. Attitude
- b. Emotional Intelligence
- c. Telephone Etiquette
- d. Netiquette
- e. Time Management

1. A 30 Hr **Life Skill Course** on 'Human Values and Professional Ethics' is mandatory for all the students of Semester-I with **TWO credits**

2. A 30 Hr 'Life Skill Course' on 'Personality Development' is mandatory in semester-III with **TWO credits and is offered to 38 Third Semester students.**

3. A 30 Hr 'Life Skill Course' on 'Environmental Education' is mandatory for all the Semester-III students with **TWO credits**



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Estd:1983

**Six- Day Training Programme on Soft Skills
organized in collaboration with
Naandi Foundation
2021-22**

Title of the Training Programme: Soft Skills Training Programme

Agencies Involved: Nandi Foundation (Mahindra Pride Classroom) &
Jawahar Knowledge Centre, Government Degree College, Chebrole

Duration of the Training Programme: Six days (25-04-2022 to 30-04-2022)

Beneficiaries of the Training Programme: Women Candidates in Final Year

Number of Beneficiaries: 19

Objective of the Training Programme: This six -day training programme exclusively on soft skills has been organized by this institution with the view of endowing final year undergraduates with soft skills required for the job market. (Naandi foundation offers soft skill training only to women candidates). Naandi Foundation in collaboration with Mahindra Pride Classroom deputed trainers to offer training in employability skills. This training programme is well designed, proved to be very effective with the desired outcome. Hence this institution has approached 'Naandi Foundation' to organize the training programme at Government Degree College, Chebrole.

Outcome: Students were very much satisfied with the effectiveness of the training programme and expressed their happiness about the trainer Ms. Abhisha Shirley. Their feedback is a paper proof for the behavioural change this training programme has brought about in them. They have learnt to think positive, learnt the nuances of body language, presentation skills, relocation and aspects of interview skills.



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From

Dr.V.Sridevi, M.A., Ph.D,

Principal,

Government Degree College,
Chebrole, Guntur District.

To

The District Manager,

Andhra Pradesh Information Technology
Association,
Guntur District.

Respected Sir,

Sub: Requisition to conduct a Soft Skill Training Programme at Government Degree
College, Chebrole, Guntur District- Reg.

I am pleased to acknowledge the expertise of APITA in offering training on Soft Skills to under graduate students in various colleges. In this connection I request you to please arrange the same training session at Government Degree College, Chebrole if possible from the 25th of April 2022 for 40 students.

Thanking you Sir,

Place: Chebrole

Date: 16-04-2022.

V.Sridevi
16/4/22
PRINCIPAL
GOVT. DEGREE COLLEGE
yours faithfully,

CHEBROLU.

Date: 30-04-2022

Title : Trainers Report

Trainer Name : Emani Abisha Shirley

Location : Govt. Degree College, Chebrole, Guntur District.

I feel the content materials are well suited to learners group and well received by the final year girl students. 19 female students from B.A, B.Com, and B.Sc, attended this training. The learners group is excited to participate in every session actively. The College JKC Coordinator Dr.N.Shanthi Sridevi, Department of English, Vice Principal Sri.A.Ramakrishna Rao and Respected Principal Dr. V. Sri Devi and Sri. S.Lakshmana Rao, JKC Mentor and the entire various department faculties encouraged students and supported well throughout the training program.

Very insightful and interactive. Presentations and videos that kept us all engaged from 25th April 2022 to 30th April 2022 to accomplish 36 hours employability training. This includes life skills, soft skills, communication skills and interview skills.

Day-1: 25-04-2022

I am unique

Body language and Professional Grooming

Importance of English

Day-2: 26-04-2022

Good Health for Good life

Goal Setting and Time

Management Job Opportunity

Day- 3: 27-04-2022

Professional Communication

Digital Identity

Presenting a Project

Day-4: 28-04-2022

Professional Ethics

Critical Thinking

Acing a Group Discussion

Day-5: 29-04-2022

Interview Readiness-1

Group Presentation

Day-6: 30-04-

2022 Problem

Solving

Interview Readiness-2

Recap and Closing

Thank You.

Regards

Abisha Shirley

Adjunct Trainer

Team Naandi Foundation

Day-1 (25-04-2022) ACTIVITIES:-

1. Iamunique
2. BodylanguageandProfessionalGrooming
- 3 ImportanceofEnglish

Day-2 (26-04-2022) ACTIVITIES:-

1. GoodHealthforGoodlife
2. GoalSettingandTime
3. ManagementJobOpportunity

Day- 3 (27-04-2022) ACTIVITIES:-

1. ProfessionalCommunication
2. DigitalIdentity
3. PresentingaProject

Day-4 (28-04-2022

1. ProfessionalEthics
2. CriticalThinking
3. AcingaGroupDiscussion

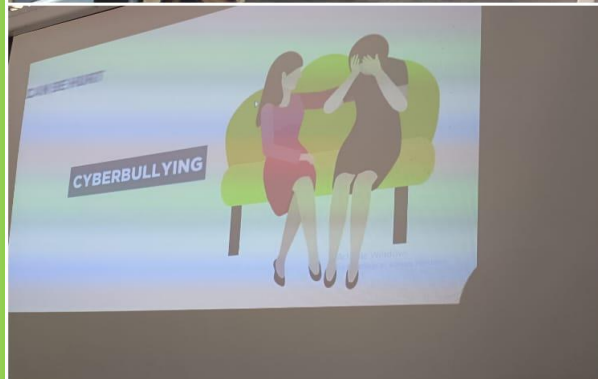
Day-5: 29-04-2022

1. InterviewReadiness-1
2. GroupPresentation

Day-6: 30-04-2022

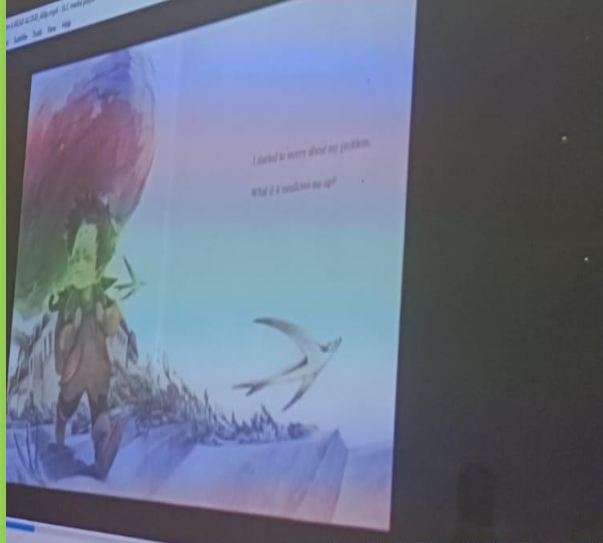
1. ProblemSolving Interview
2. Readiness-2
3. RecapandClosing

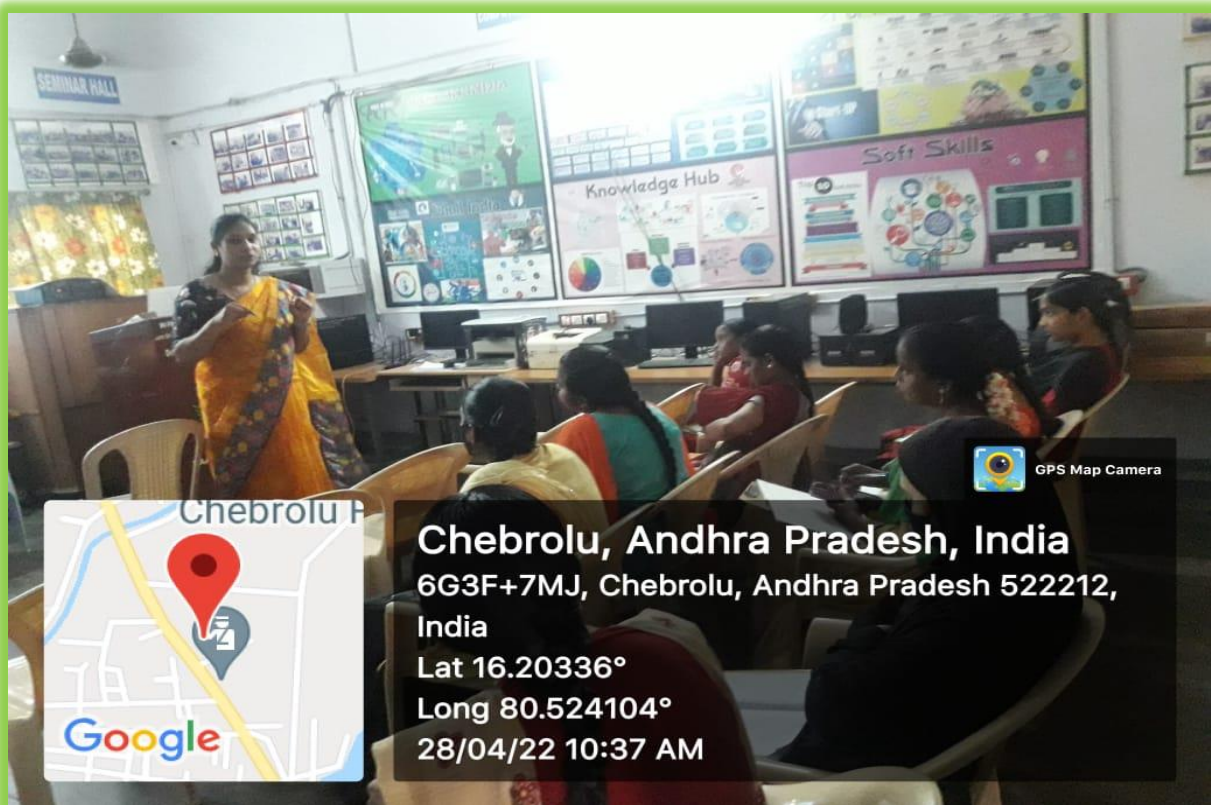
Inaugural Session of the Training Programme on 25-04-2022













Employability Skills – 36Hrs Offline Training Module

Day 1	Arts & Science And Engineering & PG (36 Hrs)
	•Life Skill-I am Unique •Soft Skill - Body Language & Professional Grooming •Communication Skill-Importance of English
Day 2	
	•Life Skill - Good health for good life •Soft Skill - Goal Setting & Time Management •Interview Skill - Job Opportunity
Day 3	
	•Communication Skill- Professional Communication •Life Skill - Digital Identity •Interview Skill -Presenting a Project
Day 4	
	•Soft Skill- Professional Ethics •Life Skill - Critical Thinking •Interview Skill - Acing a Group Discussion
Day 5	
	•Interview Skill - Interview Readiness1 •Presentation Skills - Group Presentation (Output Session) •Presentation Skills - Group Presentation (Output Session)
Day 6	
	•Life Skill- Problem Solving •Interview Skill - Interview Readiness2 •Recap & Closing

II. Language and Communication Skills. Most of the students belong to rural and uneducated background and possess insufficient communication skills. The Course Content of General English offered under Part-I for First, Second and Third Semester students is interactive and is skill oriented. All the English faculty in the state of Andhra Pradesh are **ELF trained (English Language Fellow)** and are specialized in student centred teaching methods. Students are trained in **Listening, Speaking, Reading and Writing Skills with the help of interactive exercises. Pair Work, Group Work, JAM sessions, Student Seminars and Poster Presentations are conducted on a regular basis to enable students shed their inhibitions and become active users of English language. Work sheets are designed and assignments are conducted to promote reading and writing skills.** Classroom teaching is augmented with British Council Videos and movies. The department of English has a collection of 200 story books which are distributed among the students to promote 'Reading for Pleasure'.

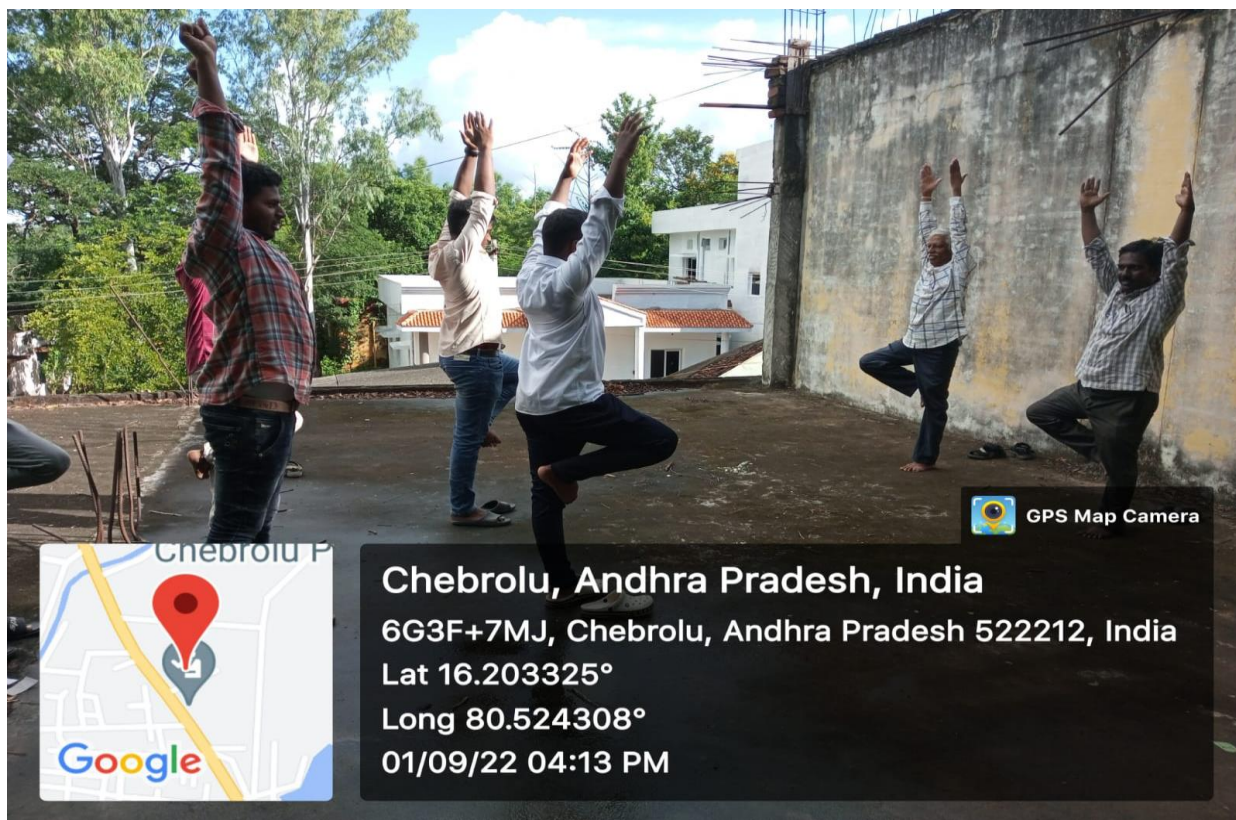
A 100 hr training in Communication skills is offered to all the final year students under JKC which the Training and Placement unit of the college.

III. Life Skills (Yoga, Physical Fitness, Health and Hygiene)

Yoga is an every- day programme in this institution. Physical fitness is given utmost importance with three hours in a week being allotted to sports.

YOGA CLASSES





GOVERNMENT DEGREE COLLEGE, CHEBROLE DEPARTMENT OF PHYSICAL EDUCATION

GYM PARTICULARS

College students who visit our college campus gym are more likely to succeed in the classrooms according to data from Government Degree College, Chebrole. “Students who worked out at college gym at least once a week were more likely to earn a higher grade point average than students who visited less or not at all. For students’ development and assessment at our G. D. C. GYM Division of Recreational Sports. Students who are motivated by fitness and wellness tend to have better time management skills and being fit is good for the mind. It all ties together. College is the absolute best time for students to learn the importance of making time and dedicating energy to a health and fitness programme. It’s invaluable it’s a lifelong and it’s life-changing the many benefits to prove that the act of fitness is more than just losing weight or looking good. Exercise can build confidence, reduce and relieve stress, improve learning and mental health and can build healthy relationships.

The Importance of Exercise for College Students:

By K. SRUJINI-II B.SC (B.Z.C)

This year has represented a complete revolution for me in terms of fitness“ helps me to select NSS National Special Camp at KULUMANALIK. Srujini immediately got involved in the inter-university Special Camp at

Kulumanali is registered for group fitness certification training, and has even started a High Intensity Interval Training to get more of her peers involved in fitness.

Physical Directors supported me along the way to bettering myself. Somewhere between the joy of fitness brings her and the mental and physical strength she gained lies an overall feeling of self-assurance that K. Srujan said he did not have before college. When fitness is no longer viewed as a chore, you know you are onto something. Getting started during college only makes it easier.

Developing Good Habits Lead to Lifelong Benefits **by: P. Ganesh II B.Com (CA)**

Top players report that establishing healthy habits into their daily and weekly routine is important for maintaining positive professional vitality, determination, and drive. Developing a healthy set of habits now will put you on a path towards an overall routine, time management, and healthy lifestyle choices that can be a foundation for success much like the working world. College life can be stressful; exercise is a great way to mitigate that stress.

GYM IMPORTANT IN COLLEGE:



PHYSICAL EXERCISE GYM CLASSES PROVIDE STUDENTS WITH PHYSICAL EXERCISE ON A CONSISTANT BASIS.

According to the physical activity guideline, students should do 60 minutes or more of physical activity each day. College offering the perk of having a free gym on campus, regular exercise can boost one's mood and relieve stress, in addition to all the physical health benefits of exercise. Physical

education department add to an education on a variety of levels. Students have access to more diverse opportunities for physical fitness and recreation; these facilities enhance the appearance and appeal of college campus. A few 30 minute sessions a week can bring positive results, both physical and mental. Lightweight training can be a ward off the possibility of osteoporosis later in life.

GYM ARTICLES

Length of gym - 20 feet, Width of the gym - 10 feet 8 inches

1. **ORBITRAK:** Fitness gym workout four in one orbitrak with seat and pulse handle



The health benefits of regular cycling

- a. Increased cardiovascular fitness.
- b. Increased muscle strength and flexibility
- c. Improved joint mobility
- d. Decreased stress levels
- e. Improved posture and coordination
- f. Strengthen bones
- g. Decreased body fat levels
- h. Prevention or management of disease.

2. **Orbital Cycling Exercise**

Organized activity is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting

3. **Vibrator:**

Here are some of the benefits of using a whole-body vibration machine:

- a. Stronger and Toned Muscles. Any vibration machine will have a platform that
- b. vibrates at a certain frequency.
- c. Tougher Bones.
- d. Increased Balance, Flexibility, and Coordination.
- e. Enhanced Immunity and Blood Flow.
- f. Increased Weight Loss.

4. **TwistcumStepper:**



StepperCumTwister. We are dedicatedly engaged in manufacturing, importing and exporting a matchless range of SteppercumTwister to our clients. Our ranges of machines are widely used for fitness equipment which is used with the whole body vibration (WBV) equipment.

5. **ExerciseCycleDoubleShockandSingleshock:**



Does the Stationary Bike help lose Belly Fat? Exercise and sports are absolutely essential to burn calories and fat as well as to build muscles.

..... Cycling on a stationary bike

is a very effective way to reduce belly fat. You should however exercise regularly to get these benefits. Therefore, to lose body fat, you want to burn as many calories as possible during your stationary bike workouts. Increasing your workouts from 30 to 60 minutes is ideal. According to Harvard Health, a 155-pound person will burn about 520

calories per hour of bicycling at a moderate pace.

6. Orbitrak Multi Function:

This multifunctional equipment is more than just an exercise bike. It is also an elliptical trainer that offers a full-body and core workout, all at the same time. This compact training station is an ideal choice to bring home. Investing in this machine will not only reward you with a durable piece of equipment, but you will also have the pleasure of working out without having to venture out to the gym.

HEALTH AND HYGIENE PROGRAMMES

2021-22

1. VACCINATION PROGRAMME:

Name of the department: Women Empowerment Cell

Activity: Vaccination

Date: 04-01-22

Resource Person: Asha Workers and GGH Staff

Students Involved: All Students

Aims: Immunization Coverage

Objectives: To Prevent the disease and to Improve Immunity of Individual



Report: Women Empowerment Cell took a step in getting vaccination for the Covid-19 to all the girl students of our college. Asha Workers & Volunteers of our Village have made this possible by all their efforts in conducting vaccination drive at our college.

2. MASKS DISTRIBUTION:

Name of the department: Women Empowerment Cell

Activity: Masks Distribution

Date: 18-01-22

Resource Person: Principal and Staff

Students Involved: All Girl Students of the College

Aims: To Implement the wearing of masks in order to prevent the spread of the disease

Objectives: To Prevent the spread of the pandemic



Report:

Women Empowerment Cell have conducted an awareness programme about wearing of masks regularly and also distributed masks for the college students.

3. EYE CAMPPROGRAMME

Name of the department: NSS

Activity: Eye CampProgramme.

Date: 08/03/2022

Name of the resource person: Dr.B.Sudhakara Reddy, NSS Programme Officer, GDC, Chebrole

Topic: Eye CampProgramme at GDC Chebrole

Place to which visited: Chebrole

No.of Students involved: 50

Class/Year: All Students

Conducted in collaboration with: LVPEI.Hospital, Goodavalli



Aim:Eye CampProgramme for Staff and Students .

Objective: The students and Staff forEye CampProgramme at Chebrole

Report: The Staff and students of College including with other students are participating Eye Camp Programme for Students on 08-03-2022 at Government Degree College, Chebrole, Guntur District.

4. WOMEN EQUALITY DAY

Name of the department: Women Empowerment Cell

Activity: Women Equality Day Programme

Date: 06/08/2022

Name of the resource person: Sri.G.Sattaiah, Advocate, Chebrole

Topic: Women Equality Day

Place to which visited: GDC, Chebrole

No. of Students involved: 50 Students

Class/Year: All

Conducted in collaboration with: Departments of Political Science



Aim: This day marks a turning point in the history of the study for equal treatment of Women and Women Rights.

Objective: Students also learn everything you need to know about how to vote.

Report: The Women Empowerment Cell Celebrates on 26-08-2022 as Women Equality Day. On this Day we acknowledge and celebrate the importance of the Women's Suffrage movement and the resulting ratification of the 19th amendment enshrined in our constitution women's right to vote.

Our college Women Empowerment Cell organized this programme and college principal Dr.V.Sridevi preceded over this programme. Our college ladies staff members and students took part in this meeting.

5. ALBENDAZOLE TABLETS DISTRIBUTE PROGRAMME

Name of the department: Women Empowerment Cell

Date: 21/09/2022

Activity: Albendazole Tablets

Name of the resource person: Asha workers, Govt.General Hospital, Chebrole

Topic: Albendazole Tablets

Place to which visited: GDC, Chebrole

No.of Students involved: 30

Class/Year: All Students

Conducted in collaboration with: Students





Aim: Albendazole is used to treat neurocysticercosis, an infection of the nervous system caused by pork tapeworms.

Objective: This medicine is also used to treat cystic hydatid disease of the liver, lung and peritoneum, an infection caused by dog tapeworms.

Report:

The Women Empowerment Cell Faculty, Principal, Dr.V.Sridevi and all Students are participated in this Programme for all the Students on 21-09-2022 at Government Degree College, Chebrole, Guntur District.

6. HEALTH AWARENESS PROGRAMME

Name of the department: Women Empowerment Cell

Date: 24/11/2022

Activity: Health Awareness Programme

Name of the resource person: Dr.K.Linkon, Govt.General Hospital, Chebrole

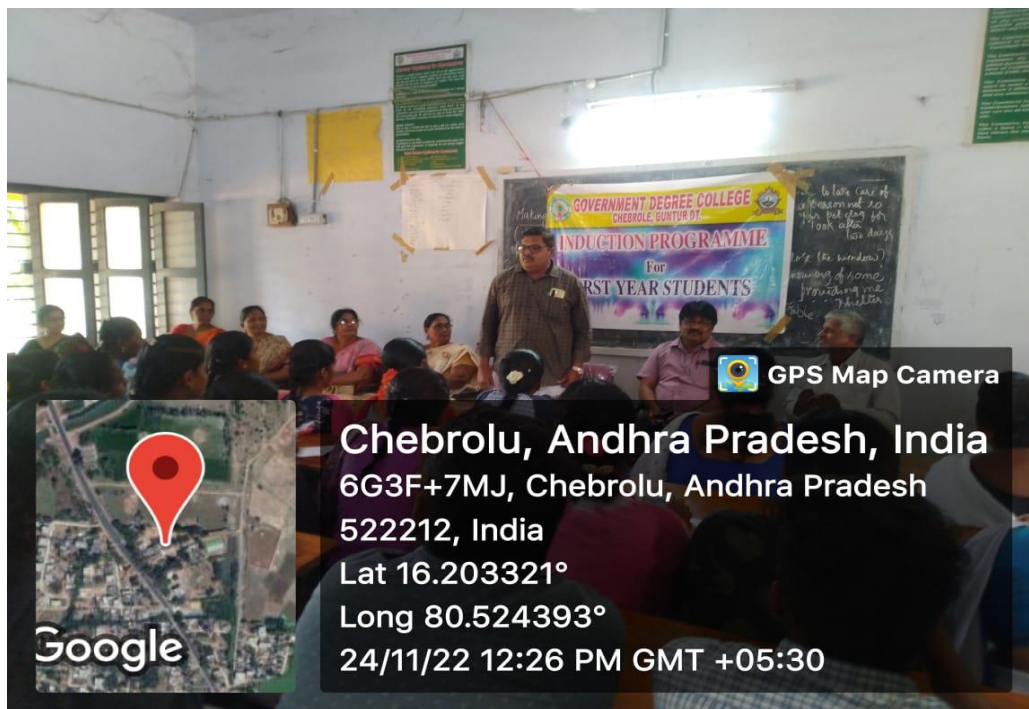
Topic: Health Awareness Programme

Place to which visited: GDC, Chebrole

No.of Students involved: 60

Class/Year: All Students

Conducted in collaboration with: Students



Aim: Educate the girls students about the hygienic health and deficiency of iron and vitamins.

Objective: Educated above all student's measures to avoid in the risk of HIV Virus.

Report:

The Women Empowerment Cell of Government Degree College, Chebrolu has taken as initiative to conduct health awareness programme in association with Government General Hospital, Chebrolu on 24-11-2022. Initially, Smt.V.Nagamani, CHO has educated the girls students about the hygienic health and the needs of care to be taken during menstruation.

Importance of Iron supplements and problems faced due to deficiency of iron and vitamins as been discussed with the students.

And then Dr.K.Linkan has discussed the important preventive measures to avoid the risk in spread of HIV Virus and Hepatitis-B. College Vice Principal, Sri.A.Ramakrishna Rao and other staff members with all the students involved have made this programme successful.

IV. ICT /Computing Skills

It is mandatory for all the students of Semester-II to complete a 30 Hr 'Life Skill Course' on ICT with **TWO credits**