



Anil Neerukonda Institute of Technology & Sciences (Autonomous)

(Affiliated to AU, Approved by AICTE & Accredited by NBA & NAAC with A+ Grade)

Sangivalasa-531 162, Bheemunipatnam Mandal, Visakhapatnam District

Phone: 08933-225083/84/87

Fax: 226395

Website: www.anits.edu.in

email: principal@anits.edu.in

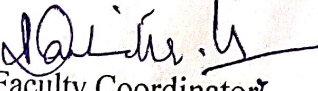
DEPT OF COMPUTER SCIENCE AND ENGINEERING

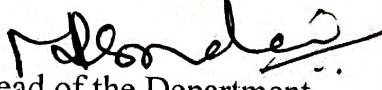
Date: 21-10-2024

CIRCULAR

The Department of Computer Science and Engineering, ANITS is organizing a Life skill Session on "Be the Best Version of Yourself" by Resource person Sister ShivaJyothi from 10:30Am to 12:00 Noon for the benefit of II/IV BTech CSE- A, B & C & D section students. All the students are informed to attend the session at respective venue for acquiring good knowledge without fail.

Venue: ECE Seminar Hall


Faculty Coordinator
Mrs. K.Rachitha


Head of the Department
Computer Science and Engineering
Head of the Department of
Computer Science & Engineering
Anil Neerukonda Institute of
Technology & Sciences
Sangivalasa, Visakhapatnam Dist



ANIL NEERUKONDA INSTITUTE OF TECHNOLOGY AND SCIENCES

Autonomous Status accorded by UGC

Approved by AICTE, Permanently Affiliated to Andhra University

Accredited by NBA(IT,CSE,EEE,ECE,MECH,CHEM & CIVIL)& Accrediated by NAAC

A Life Skill Session On "Be the Best Version of Yourself"

Resource Person:

Sister Shiva Jyothi,
Brahmakumaris



21-10-2024



10:30 AM to 12:00 PM



ECE Seminar Hall

Mrs.K.Rachitha
Faculty Coordinator

Dr.M.Rekha Sundari
Head Of Department ,CSE

Prof.K.Sri Rama Krishna
Principal,ANITS

ANIL NEERUKONDA INSTITUTE OF TECHNOLOGY AND SCIENCES (A)
DEPARTMENT OF CSE

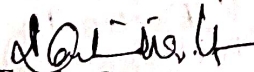
2-4 B. Tech CSE - A SEM - I

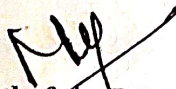
A Life skill Session on "Be the Best Version of Yourself"

by Resource person Sister ShivaJyothi held on 23rd September 2024.

S.No	Roll No	Name of the student	Signature
1	A23126510001	ACCHUKOLU MAHIJA SAI	Mahija
2	A23126510002	ADAPUREDDI PUNITH	A.Punith
3	A23126510003	AKULA GOWTHAM	Gowtham
4	A23126510004	ALLA DILEEP RAJESH	A.Dileep Rajesh
5	A23126510005	ALLADA SAI MANOHAR	Manohar
6	A23126510006	ASUBELLI THARUN	A.Tharun
7	A23126510007	BALIVADA SRIVARDHAN	Srivardhan
8	A23126510008	BANDI MANIDEEP	B.Manideep
9	A23126510009	BEHERA SAI SRIYA	B.Saisriya
10	A23126510010	BETANABILLI CHANDRA SEKHARA RAO	Chand
11	A23126510011	BHEEMAVARAPU YUVAN MANIDEEP	ABSENT
12	A23126510012	BONI VARALAKSHMI	Bivaralakshmi
13	A23126510013	CHADALAVADA MANAS SAI KRISHNA	Manasa Krishna
14	A23126510014	CHALLA PRAVEEN KUMAR	Ch.Praveen Kumar
15	A23126510015	CHENDA VINAY	Ch.Vinay
16	A23126510016	CHINTALA PRADEEP KUMAR	Chintala
17	A23126510017	CHUKKALA SAI KARTHIK KUMAR	Karthik
18	A23126510018	DANTHULURI KARTHIKEYA SAI VISHNU VARMA	D.S.Vishnu Varma
19	A23126510019	DASARI MEGHAMALA	D.Meghamala
20	A23126510020	EADALA RAMYA	E.Ramyaa
21	A23126510021	GADHIRAJU JAYENDRA VARMA	Jayendra
22	A23126510022	GAM SWATHI	Swathi
23	A23126510023	GANISETTY SAI NITHIN	Nithin
24	A23126510024	GEDALA SOWJANYA	G.Sowjanya
25	A23126510025	GEDELA UMA MAHESWARA RAO	G.Umaheswara Rao
26	A23126510026	GIDITURI A V S SAI DINESH	Dinesh
27	A23126510027	GRANDHI SUDWIN GUPTA	Sudwin Gupta
28	A23126510028	GUDIVADA HARSHA VARDHAN	Harsha Vardhan
29	A23126510029	JAVVADI GNANESWARA RAO	J.Gnaneswara Rao
30	A23126510030	JOGA DILIP	J.Dilip
31	A23126510031	KANCHUMURTHY DEEKSHITH	K.Deekshith
32	A23126510032	KANCHUMURTHY THARUNI	K.Tharuni
33	A23126510033	KANTAPALLI SOBHANA AISHWARYA	K.Sobhana Aishwarya
34	A23126510034	KINJANGI SHANMUKHA VARDHAN	K.S.Vardhan
35	A23126510035	KITTALI KRISHNA VAMSI	K.Vamsi
36	A23126510036	KONDADADI RAM CHARITHA	Ram Charitha
37	A23126510037	KORADA VARUN	K.Varun
38	A23126510038	KORUPOLU JYOTHI	K.Jyothi
39	A23126510039	KUDIRILLA PRAVALLIKA	K.Pravallika
40	A23126510040	KUPPILI SRIVYSHNAVI	Srivyshnavi
41	A23126510041	LAGUDU ASHOK	L.Ashok
42	A23126510042	MALLA VENU MADHAV	M.Venu Madhav

S.No	Roll No	Name of the student	Signature
43	A23126510043	MOGILIPURI MANJU VISHAL	M. Vishal
44	A23126510044	MOHAMMED SAMEER AHMED	Md Sameer
45	A23126510045	MONDEM PRASANTHI	M.P.
46	A23126510046	NADIPALLI SRAVAN KUMAR	S. Sraavan
47	A23126510047	NAKKA CHARAN	N. Charan
48	A23126510048	NAKKA GEETHIKA	N. Geethika
49	A23126510049	NIMMALA CHIRANJEEVI	N. Chiranjeevi
50	A23126510050	PALINA SIRI	P. D. Vinay
51	A23126510051	PEDADA DEEKSHITH VINAYAK	P. Jashmine
52	A23126510052	POTUPUREDDIY JASHMINE	P. Vamsi
53	A23126510053	PUJARI VAMSHI KRISHNA	Sai mounika
54	A23126510054	SEEMAKURTI SAI MOUNIKA	S. Sai
55	A23126510055	SUNNAPU ESWAR AMIT	S. Eswar
56	A23126510056	TALAM NAVEEN	T. Naveen
57	A23126510057	TUMMAPALA RAM MOHAN RAO	Ramul
58	A23126510058	VAKKALAGADDI KARTHIK KUMAR	V. Kartik Kumar
59	A23126510059	VATHADA SANDEEP	V. Sandeep
60	A23126510060	VELAMALA DURGA	V. Durga
61	A23126510061	VIDYASRI DOLAI	D. Vidya Sri
62	A23126510062	VONALA AVINASH	Avinash
63	A23126510063	VYSYARAJU POORNA CHANDRA RAJU	V. Poorna chandraraju
64	A23126510251	KARAGANI VARSHINI	K. Varshini
65	A23126510252	BALLA DEVAKALYAN	B. Devakalyan
66	A23126510253	KARRI BHARATH KUMAR	→ ABSENTE ←
67	A23126510254	REDDI YASASWINI	R. Yasaswini
68	A23126510255	KANDREGULA POOJITHA	K. Poojitha
69	A23126510256	GUTHI SWARUPA	G. Swarupa
70	A23126510257	MOHAMMAD MOULA ALI	M. Moulali


 Faculty Coordinator
 Mrs. K. Rachitha


 Head of the Department, CSE
 Dr. M. Rekha Sundari

ANIL NEERUKONDA INSTITUTE OF TECHNOLOGY AND SCIENCES (A)
DEPARTMENT OF CSE

2-4 B. Tech CSE - B SEM - I

A Life skill Session on "Be the Best Version of Yourself"

by Resource person Sister ShivaJyothi held on 23rd September 2024.

S.No	Roll No	Name of the student	Signature
1	A23126510064	BANDARU GANGA BHAVANI	B. Ganga Bhavani
2	A23126510065	BANTUPALLI DEEKSHITHA	B. Deekshitha
3	A23126510066	BOMMALI RAJESH	B. Rajesh
4	A23126510067	BOYANA NAVADEEP	B. Navadeep
5	A23126510068	CHERUKURI NARASINGA PRANAV	C. Pranav
6	A23126510069	DANDA MURALIKRISHNA	D. Murali Krishna
7	A23126510070	DESETTI TARUN	→ ABSENTE
8	A23126510071	DURGASI PRIYANKA	D. Priyanka
9	A23126510072	EARLE CHERISHMA	E. Cherishma
10	A23126510073	EMANDI VENUGOPAL NARAYANA	E. Venugopal Narayana
11	A23126510074	GANTYADA ROHITH	G. Rohith
12	A23126510075	GORLE KESAVA SAI	G. Kesava Sai
13	A23126510076	GOTTIPILLI KEERTHI PRIYA	G. Keerthi Priya
14	A23126510077	GUDE BHANU PRASAD	G. Bhanu Prasad
15	A23126510078	GULLAPALLI SAI RAM	→ ABSENTE
16	A23126510079	HARIPRASAD DAKAMARI	H. Dakamari
17	A23126510080	JAGANA RITVIK	J. Ritvik
18	A23126510081	JYOSHNA CHOKKAPU	J. Jyoshna
19	A23126510082	JYOTIRADITYA BONU	→ ABSENTE
20	A23126510083	KAKARLA SATWIKA	K. Satwika
21	A23126510084	KALLA JAHNAVI DEVI	K. Jahnavi
22	A23126510085	KANAKALA DHARMATEJA	K. Dharmateja
23	A23126510086	KANCHIPATI AMANI	K. Amani
24	A23126510087	KARRI JAGANNADH	K. Jagannadh
25	A23126510088	KARRI PRANEETH	K. Praneeth
26	A23126510089	KASI CHANDRA SEKHAR	K. Chandra Sekhar
27	A23126510090	KOMMANAPALLI MANASWINI	Manaswini K.
28	A23126510091	KOMMURU KUSHALI	K. Kushali
29	A23126510092	KOTTAPALLI VAMSI	K. Vamsi
30	A23126510093	KOTYADA GNANESWARA RAO	K. Gnaneshwara Rao
31	A23126510094	KOVIRI KALYAN JAGAN KUMAR	K. Kalyan Jagannath
32	A23126510095	KUKKAMUDI YASVANTH	K. Yasvanth
33	A23126510096	MALLA TARUN	M. Tarun
34	A23126510097	MANOHAR SAI BARLA	Manohar Sai
35	A23126510098	MD SHEIHJADI	Md. Sheihjadi
36	A23126510099	MOGILI SRILATHA	M. Srilatha
37	A23126510100	MOHAMMAD CHANDINI	Md. Chandini
38	A23126510101	MUDDADA VISHNU VARDHAN BABU	M. Vishnu Vardhan Babu
39	A23126510102	MUGADA ASHOK	M. Ashok
40	A23126510103	MUVVALA VISHALAKSHI	Vishalakshi
41	A23126510105	PATURI KIRAN TEJA	P. Kiran Teja
42	A23126510106	PEDDINTI RAKESH	→ ABSENTE
43	A23126510107	PEDDINTI VAMSI KRISHNA	P. Vamsi Krishna

S.No	Roll No	Name of the student	Signature
44	A23126510108	POLIPALLI DIVYA	<i>[Signature]</i>
45	A23126510109	PONNADA SIVA LOKESH	<i>[Signature]</i>
46	A23126510110	RAGOLU PALLAVI	<i>[Signature]</i>
47	A23126510111	REDDI RITHWIK	<i>[Signature]</i>
48	A23126510112	RONGALI RUPESH	<i>[Signature]</i>
49	A23126510113	ROUTHU JAHNAVI SANTOSHI	<i>[Signature]</i>
50	A23126510114	SANAPALA LAKSHMI	<i>[Signature]</i>
51	A23126510115	SANAPALA SURYA AVINASH	<i>[Signature]</i>
52	A23126510116	SHAIK ANIF	<i>[Signature]</i>
53	A23126510117	SHAIK MASTAN SHAREEF	<i>[Signature]</i>
54	A23126510118	SHAIK REHMAN	<i>[Signature]</i>
55	A23126510119	SINGUPURAPU SATVIKA	<i>[Signature]</i>
56	A23126510120	TALAGANA SIDDARDHA	<i>[Signature]</i>
57	A23126510121	TEJA BONUMAHANATHI	<i>[Signature]</i>
58	A23126510122	UPPATI DINESHKUMAR	ABSENT
59	A23126510123	VAKADA TANUJ REDDY	ABSENT
60	A23126510124	VAKAMUDILA BHAVANI	<i>[Signature]</i>
61	A23126510125	VANAPALLI SAI	<i>[Signature]</i>
62	A23126510126	VASU KADA	ABSENT
63	A23126510127	VEMPALI SAI LINISHA	<i>[Signature]</i>
64	A23126510258	UNDRALLA JAHNAVI	<i>[Signature]</i>
65	A23126510259	THOTA DEVI	<i>[Signature]</i>
66	A23126510260	APPANA PRIYANKA	<i>[Signature]</i>
67	A23126510261	KORLANA PURNIMA	<i>[Signature]</i>
68	A23126510262	SURADA NAVEEN	<i>[Signature]</i>
69	A23126510263	SURADA SRI ANJANEYA	<i>[Signature]</i>
70	A23126510264	SRIRAM YUVARAJ	<i>[Signature]</i>

[Signature]
Faculty Coordinator
Mrs. K.Rachitha

[Signature]
Head of the Department, CSE
Dr. M. Rekha Sundari

Life skills session on “Be the Best Version of Yourself”

On

23rd October 2024

Objectives:

1. To build good relationships with coworkers and supervisors can boost your confidence.
2. Continuous learning, Certifications are a great way to invest in yourself and to formally recognize your achievements.
3. Surrounding yourself with positivity and Spend more time with people who support and uplift you.
4. To set goals those are ambitious but attainable, and align with your aspirations.
5. Be true to yourself and make sure you're doing what brings you a sense of happiness, purpose, and meaning.

Department of CSE organized a Life Skills session on “Be the Best Version Of Yourself” on 23rd October 2024 for the 2nd year students of Section A and B. Resource person addressed the students about how to be best version of yourself. The session further continued by suggesting that to make yourself best you need to stay true to yourself and your values. You also need to make sure you're doing what brings you a sense of happiness, purpose, and meaning. You will feel happier, more relaxed, and more comfortable with yourself. Not only that, but you will also be-the person who inspires others to live better.

The Key Points discussed in the session are:

1. **Be authentic:** Stay true to yourself and your values, and do what brings you happiness, purpose, and meaning.
2. **Be honest with yourself:** Identify the people, places, and things that don't serve you, and make a change.
3. **Be kind:** Show kindness to others, and you'll enrich yourself with a sense of peace and goodness.
4. **Be willing to change:** Let go of limiting beliefs, and be willing to shed your old identity.
5. **Set goals:** Start with the end in mind, and take concrete steps to get there.
6. **Develop a growth mindset:** Throw out expectations, and amplify your strengths.
7. **Practice introspection:** Better anticipate your emotions and reactions.
8. **Take perspective:** Focus on what you can influence, and limit irrelevant stress.


Conclusion


The session ended up with great information provided by the speaker. Several students and members attending the session expressed their interest and communicated with speakers about their doubts and got them clarified.

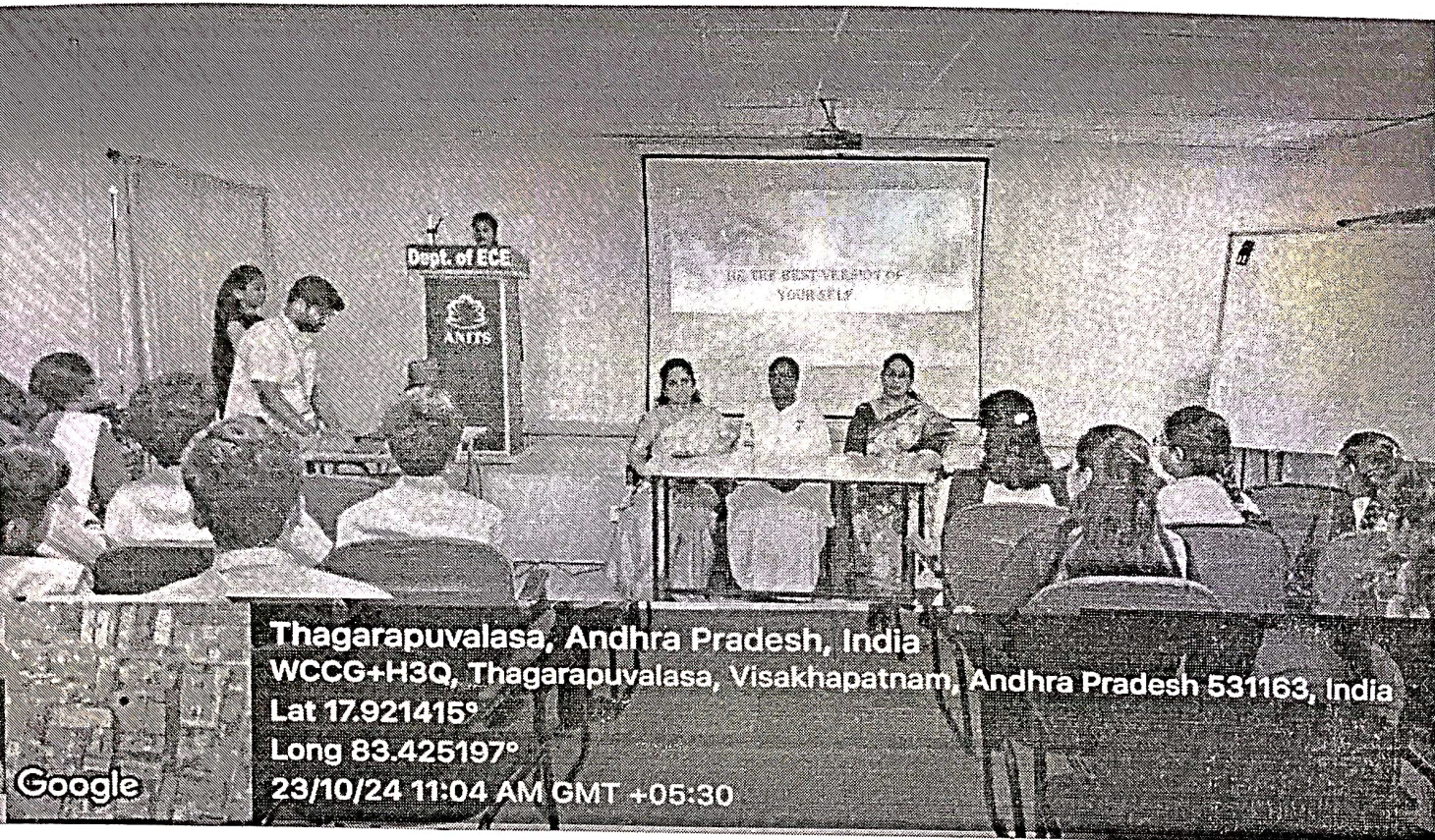
Outcomes of the Session:

1. **Living authentically:** You can stay true to your values and standards, and do what brings you a sense of purpose, happiness, and meaning.
2. **Unlocking your potential:** You can understand and realize your potential, and make progress towards becoming the person you want to be.

3. **Developing a growth mindset:** You can embrace failure, let go of limiting beliefs, and develop a growth mindset.
4. **Surrounding yourself with positivity:** You can surround yourself with the right people and stay positive.
5. **Practicing self-compassion:** You can have compassion for yourself, and replace negative self-talk with empowering words.
6. **Prioritizing what matters to you:** You can focus on your needs and set goals, and not sweat the small stuff.

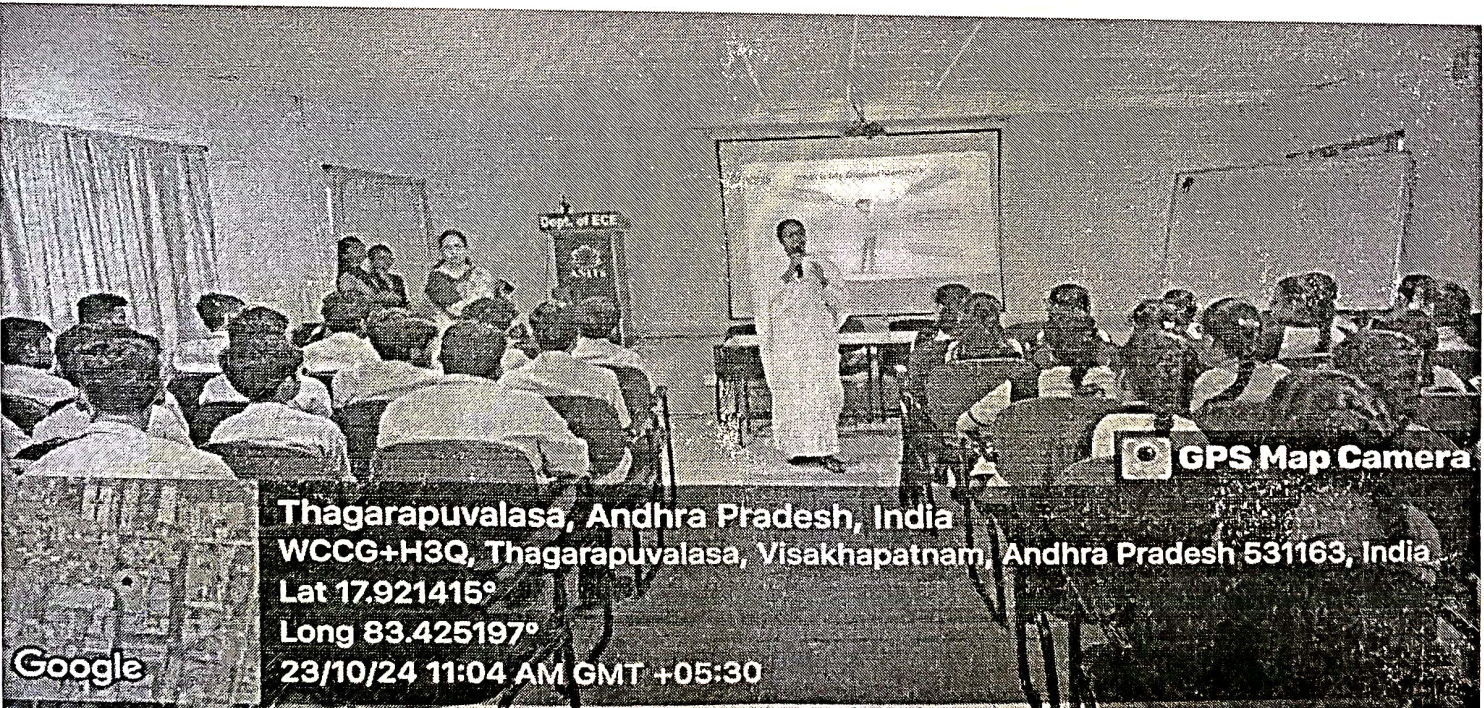

Faculty Coordinator
K.Rachitha ,
Asst.Professor,


Dr.M.Rekha Sundari,
Head Of The Department,
CSE



Thagarapuvalasa, Andhra Pradesh, India
WCCG+H3Q, Thagarapuvalasa, Visakhapatnam, Andhra Pradesh 531163, India
Lat 17.921415°
Long 83.425197°
23/10/24 11:04 AM GMT +05:30

Google



Thagarapuvalasa, Andhra Pradesh, India
WCCG+H3Q, Thagarapuvalasa, Visakhapatnam, Andhra Pradesh 531163, India
Lat 17.921415°
Long 83.425197°
23/10/24 11:04 AM GMT +05:30

GPS Map Camera

Google

