





ACTIVITY REPORT	
Name of the Activity	Seminar on Communication Styles for B.S.C
Type of Activity	Co-Curricular
Date and Time of Activity	6/08/2021,2.30 PM-3.30PM
Details of participants	84
Coordinator	Ms.Y Alekhya
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	<p>The resource person Ms. Naveena P. The various communication styles like aggressive, passive, assertive and passive aggressive were explained. The students were asked to practice assertive as it is the best style of communication and it features open communication. the students were asked to speak out for two minutes on topics of their choice in assertive style.</p>
Photos	



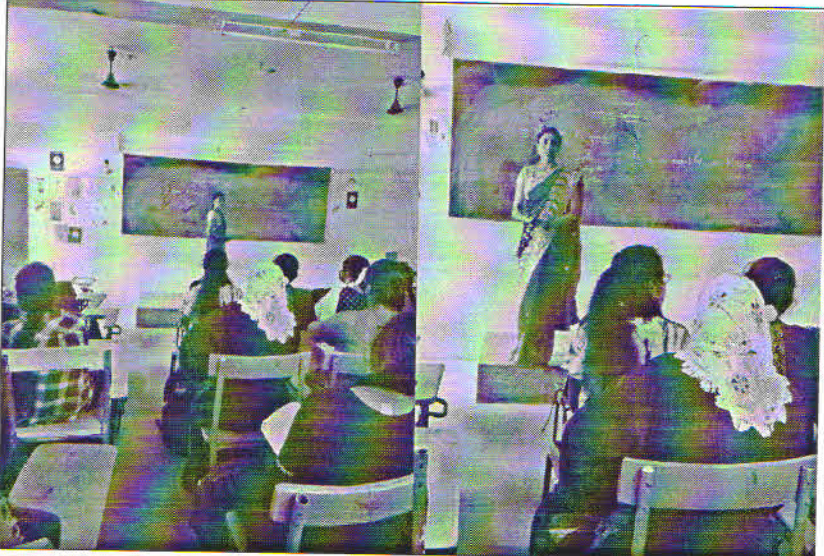


ACTIVITY REPORT

ACTIVITY REPORT	
Name of the Activity	Seminar On Usage of figures of speech for B.Sc
Type of Activity	Co-Curricular
Date and Time of Activity	23/08/2021,2.30 PM-3.30PM
Details of participants	86
Coordinator	Ms. Harini
Organizing department/Support system	Literary club
Collaborating Agency	-
Description	The resource person was Ms Jenny Dai Mari. The importance of communication and the role of figures of speech was discussed. The 5 main figures of speech was explained with examples. The usage was discussed. Examples on the topic were given to the students,
Photos	







ACTIVITY REPORT	
Name of the Activity	Seminar on Communication Styles for B.S.C
Type of Activity	Co-Curricular
Date and Time of Activity	6/08/2021,2.30 PM-3.30PM
Details of participants	84
Coordinator	Ms.Y Alekhya
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	<p>The resource person Ms. Naveena P. The various communication styles like aggressive, passive, assertive and passive aggressive were explained. The students were asked to practice assertive as it is the best style of communication and it features open communication. the students were asked to speak out for two minutes on topics of their choice in assertive style.</p>
Photos	






ACTIVITYREPORT	
Name of the Activity	Seminar On Self Introduction
Type of Activity	Co-Curricular
Date and Time of Activity	22/09/2021,2.30 PM-3.30PM
Details of participants	71
Coordinator	Ms. K Sivakranthi
Organizing department/Support system	Management club
Collaborating Agency	-
Description	The resource person was Ms. Jyostna. The importance of self-introduction was explained. The important points to be there in self-introduction like background, personal details were briefed. The students were advised to start with a present tense. The importance of body language, personality was discussed. The students were asked to introduce themselves and they were suggested.
Photos	 




RISHI UBR DEGREE & PG COLLEGE WOMEN
(Affiliated Osmania University, MBA-Approved by AICTE)

ACTIVITY REPORT	
Name of the Activity	Seminar On Usage of safe internet and awareness on virus threats
Type of Activity	Co-Curricular
Date and Time of Activity	21/09/2017, 2.30 PM-3.30PM
Details of participants	143
Coordinator	Ms. D Shivarajanai
Organizing department/Support system	Training & Placement cell
Collaborating Agency	Industry Institution Interactive Cell & Moksh
Description	<p>The Resouce person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.</p>
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Training on E- Mail Writing (B.Com)
Type of Activity	Co-Curricular
Date and Time of Activity	06/01/2018, 2.30 PM-3.30PM
Details of participants	61
Coordinator	Ms. D Shivaranjani
Organizing department/Support system	Training & Placement cell
Collaborating Agency	Industry Institution Interactive Cell &Moksh
Description	<p>The Resource person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.</p>
Photos	






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ACTIVITY REPORT	
Name of the Activity	Training On Ms Office
Type of Activity	Co-Curricular
Date and Time of Activity	17/07/2017 to 22/07/2017, 2.30 PM-3.30PM
Details of participants	105
Coordinator	M S L Gayatri
Organizing department/Support system	Training & Placement cell
Collaborating Agency	—
Description	<p>The resource person was Mr Sunil from MokshInn. The session focussed on explaining the importance of MS Word as powerful tool for efficient documentation. The session explained that a blank document or a template can be chosen. The basic steps in creation of document and the various options like spell check, find, font styles, types were explained. the session explained about the various tabs like View, design, Insert, references, Mailings, etc. the students were given tasks to practice in labs with various tabs.</p>
Photos	



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ACTIVITY REPORT	
Name of the Activity	Training on E- Mail Writing (B.S.C)
Type of Activity	Co-Curricular
Date and Time of Activity	29/01/2018, 2.30 PM-3.30PM
Details of participants	69
Coordinator	Ms. D Shivarajanai
Organizing department/Support system	Training & Placement cell
Collaborating Agency	Industry Institution Interactive Cell &Moksh
Description	The Resource person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.
Photos	






ACTIVITY REPORT

Name of the Activity		Seminar on Excel an effective Tool	
Type of Activity		Co-Curricular	
Date and Time of Activity		24/08/2018, 2.30 PM-3.30PM	
Details of participants		67	
Coordinator		Ms. E Leela Sowmya	
Organizing department/Support system		Training & Placement cell	
Collaborating Agency		Industry Institution Interactive Cell & Moksh Inn	
Description		<p>The resource person was Mr. Sunil from MokshInn. The power of excel as an analytical tool having various functions and formulae was explained. The various formulae like Sum, average, modulus, Power, Count, etc were demonstrated. The TEXT, VLOOKUP, CONCATENATE were also demonstrated. students were given exercises to practice in the lab. The procedure to type a function in a cell with "=" was explained. The various tutorials available online was given to students for reference.</p>	
Photos			






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Smart art and Review in Ms Word
Type of Activity	Co-Curricular
Date and Time of Activity	12/03/2019, 2.30 PM-3.30PM
Details of participants	68
Coordinator	M S L Gayatri
Organizing department/Support system	Training & Placement cell
Collaborating Agency	Industry Institution Interactive Cell & Moksh Inn
Description	The resource person was Mr Sunil from MokshInn. The session focused on explaining the importance of MS Word as powerful tool for efficient documentation. The session explained hat a blank document or a template can be chosen. The basic steps in creation of document and the various options like spell check, find, font styles, types were explained. the session explained about the various tabs like View, design, Insert, references, Mailings, etc. the students were given tasks to practice in labs with various tabs.
Photos	




RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Role of Technology in Today's Life
Type of Activity	Co-Curricular
Date and Time of Activity	17/9/2019, 2.30 PM-3.30PM
Details of participants	93
Coordinator	Ms. T saritha
Organizing department/Support system	Science Club
Collaborating Agency	Dept of Science
Description	The essentials of Role of Technology in Today's Life were given. The applications of Role of Technology in Today's Life getting data, creating data visualizations, creation of dashboards, etc was explained. The importance of data viusalization and how effectively can Technology be used was explained.
Photos	






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ACTIVITYREPORT	
Name of the Activity	Training On E - Mail Writing Skills for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	23/12/2019, 2.30 PM-3.30PM
Details of participants	74
Coordinator	Ms. D Shivarajanai
Organizing department/Support system	Training & Placement cell
Collaborating Agency	Industry Institution Interactive Cell & Moksh Inn
Description	<p>The Resource person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.</p>
Photos	




RISHI UBR DEGREE & PG COLLEGE WOMEN
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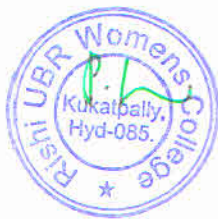
ACTIVITY REPORT	
Name of the Activity	Training On E - Mail Writing Skills for B.SC
Type of Activity	Co-Curricular
Date and Time of Activity	20/12/2019, 2.30 PM-3.30PM
Details of participants	93
Coordinator	Ms. D Shivarajanai
Organizing department/Support system	Training & Placement cell
Collaborating Agency	Industry Institution Interactive Cell & Moksh Inn
Description	<p>The Resouce person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.</p>
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Use of Data Share Applications
Type of Activity	Co-Curricular
Date and Time of Activity	25/04/2019, 2.30 PM-3.30PM
Details of participants	81
Coordinator	Ms. E Leela Sowmya
Organizing department/Support system	Training & Placement cell
Collaborating Agency	Industry Institution Interactive Cell & Moksh Inn
Description	The resource person was Mr. Sunil from MokshInn. The session is about how to use od data share applications in Many ways. Mostly focused on usage and importance of data sharing platforms.
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On skills on Principles of Business Writing
Type of Activity	Co-Curricular
Date and Time of Activity	3/04/2020, 2.30 PM-3.30PM
Details of participants	67
Coordinator	Ms B Shivalakshmi
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	The students were advised on effective usage of time. they were suggested to prepare schedules and break large projects into smaller, actionable tasks. The session advised to set proper goals and measure their progress. The students were also advised to look at their current time spending habit.
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITYREPORT	
Name of the Activity	Seminar On Power Point as Important Computing skill for B.Sc
Type of Activity	Co-Curricular
Date and Time of Activity	28/01/2020, 2.30 PM-3.30PM
Details of participants	-
Coordinator	Ms. T saritha
Organizing department/Support system	Science Club
Collaborating Agency	Dept of Science
Description	The resource person was Mr Sunil from MokshInn. The session focussed on explaining the importance of MS Powerpoint as powerful tool for efficient Creation of Presentation.The session explained.The basic steps in creation of document and the various options like spell check, find, font styles, types were explained. the session explained about the various tabs like View, design,Insert, references, Mailings,etc. the students were given tasks to practice in labs with various tabs.
Photos	





RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar on Power BI Intro
Type of Activity	Co-Curricular
Date and Time of Activity	23/5/2022, 2.30 PM-3.30PM
Details of participants	32
Coordinator	Ms. T saritha
Organizing department/Support system	Science Club
Collaborating Agency	Dept of Science
Description	The resource person was Mr Sunil. The essentials of Power BI was given. The applications of Power BI i.e. getting data, creating data visualizations, creation of dashboards, etc was explained. The importance of data viusalization and how effectively can Power Bi be used was explained. The Power BI application for mobile and desktops was explained. The job roles which can be taken with in depth understanding of Power BI was discussed. Students were shown the dashboards created and visualizations of data using Power BI.
Photos	





CIRCULAR




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ACTIVITY REPORT

Name of the Activity	Training On Effective Mail Writing (B.Com)
Type of Activity	Co-Curricular
Date and Time of Activity	06/10/2021, 2.30 PM-3.30PM
Details of participants	70
Coordinator	Ms. D Shivaranjani
Organizing department/Support system	Training & Placement cell
Collaborating Agency	-
Description	<p>The Resource person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.</p>
Photos	 





ACTIVITY REPORT

ACTIVITY REPORT	
Name of the Activity	Training On Effective Mail Writing (B.Sc)
Type of Activity	Co-Curricular
Date and Time of Activity	05/10/2021, 2.30 PM-3.30PM
Details of participants	83
Coordinator	Ms. D Shivaranjani
Organizing department/Support system	Training & Placement cell
Collaborating Agency	
Description	The Resource person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
(Affiliated to Osmania University, MBA-Approved by AICTE)

ACTIVITY REPORT	
Name of the Activity	Seminar on Ms Excel Formulae and functions
Type of Activity	Co-Curricular
Date and Time of Activity	15/06/2021, 2.30 PM-3.30PM
Details of participants	78
Coordinator	Ms. E Leela Sowmya
Organizing department/Support system	Training & Placement cell
Collaborating Agency	-
Description	<p>The resource person was Mr. Sunil from MokshInn. The power of excel as an analytical tool having various functions and formulae was explained. The various formulae like Sum, average, modulus, Power, Count, etc were demonstrated. The TEXT, VLOOKUP, CONCATENATE were also demonstrated. students were given exercises to practice in the lab. The procedure to type a function in a cell with "=" was explained. The various tutorials available online was given to students for reference.</p>
Photos	 



RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar on MS Word Features
Type of Activity	Co-Curricular
Date and Time of Activity	30/06/2021, 2.30 PM-3.30PM
Details of participants	67
Coordinator	M S L Gayatri
Organizing department/Support system	Training & Placement cell
Collaborating Agency	—
Description	The resource person was Mr Sunil from MokshInn. The session focused on explaining the importance of MS Word as powerful tool for efficient documentation. The session explained that a blank document or a template can be chosen. The basic steps in creation of document and the various options like spell check, find, font styles, types were explained. the session explained about the various tabs like View, design, Insert, references, Mailings, etc. the students were given tasks to practice in labs with various tabs.
Photos	





RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITYREPORT


Name of the Activity	Seminar On MS Word Features
Type of Activity	Co-Curricular
Date and Time of Activity	29/01/2021, 2.30 PM-3.30PM
Details of participants	76
Coordinator	M S L Gayatri
Organizing department/Support system	Training & Placement cell
Collaborating Agency	-
Description	<p>The resource person was Mr Sunil from MokshInn. The session focussed on explaining the importance of MS Word as powerful tool for efficient documentation. The session explained that a blank document or a template can be chosen. The basic steps in creation of document and the various options like spell check, find, font styles, types were explained. The session explained about the various tabs like View, design, Insert, references, Mailings, etc. The students were given tasks to practice in labs with various tabs.</p>
Photos	





RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT

Name of the Activity	Seminar On Excel fundamentals
Type of Activity	Co-Curricular
Date and Time of Activity	25/01/2021, 2.30 PM-3.30PM
Details of participants	52
Coordinator	Ms. E Leela Sowmya
Organizing department/Support system	Training & Placement cell
Collaborating Agency	—
Description	<p>The resource person was Mr. Sunil from MokshInn. The power of excel as an analytical tool having various functions and formulae was explained. The various formulae like Sum, average, modulus, Power, Count, etc were demonstrated. The TEXT, VLOOKUP, CONCATENATE were also demonstrated. students were given exercises to practice in the lab. The procedure to type a function in a cell with "=" was explained. The various tutorials available online was given to students for reference.</p>
Photos	





RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Training On Effective Business Mail Writing for B.S.C
Type of Activity	Co-Curricular
Date and Time of Activity	22/01/2021, 2.30 PM-3.30PM
Details of participants	89
Coordinator	Ms. D Shivarajanai
Organizing department/Support system	Training & Placement cell
Collaborating Agency	-
Description	<p>The Resource person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.</p>
Photos	 



RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT

Name of the Activity	Training on Effective Business Mail Writing for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	19/01/2021, 2.30 PM-3.30PM
Details of participants	48
Coordinator	Ms. D Shivarajanai
Organizing department/Support system	Training & Placement cell
Collaborating Agency	—

Description


The Resouce person was Mr Sunil from MokshInn. The session focussed on importance of mail writing. The usage of correct and apt words in subject line was explained. The salutation and the composition of matter in simple and precise manner was discussed. the various font styles, and other options given with mail was demonstrated. the attachments and their mention was also explained.

Photos






RISHI UBR DEGREE & PG COLLEGE WOMEN
(Affiliated Osmania University, MBA-Approved by AICTE)

ACTIVITY REPORT	
Name of the Activity	Seminar On Leadership and Inter personal Communication for B.Sc
Type of Activity	Co-Curricular
Date and Time of Activity	24/02/2018, 2.30 PM-3.30PM
Details of participants	89
Coordinator	D. Sivaranjani
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on Leadership skills of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	





RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Leadership and Inter personal Communication for B.com
Type of Activity	Co-Curricular
Date and Time of Activity	31/01/2018, 2.30 PM-3.30PM
Details of participants	68
Coordinator	D. Sivaranjani
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on Leadership skills of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	




RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Personality Development-Inner Engineering for MBA
Type of Activity	Co-Curricular
Date and Time of Activity	19/08/2017, 2.30 PM-3.30PM
Details of participants	74
Coordinator	D. Sivaranjani
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on Personality development of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	 




RISHI UBR DEGREE & PG COLLEGE WOMEN
(Affiliated Osmani a University, MBA-Approved by AICTE)

ACTIVITYREPORT	
Name of the Activity	Seminar On Teamwork & Leadership
Type of Activity	Co-Curricular
Date and Time of Activity	19/09/2018, 2.30 PM-3.30PM
Details of participants	83
Coordinator	Ms. B. Siva Lakshmi
Organizing department/Support system	Management Club
Collaborating Agency	Dept of Business Management
Description	The resource person was Ms B shivalakshmi. The session Focused on Team Work and preparation for Team Building. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc.
Photos	







RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Activity On Self Introduction-3 Minutes Pitch for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	17/07/2018, 2.30 PM-3.30PM
Details of participants	78
Coordinator	Ms. Meghna Bandi
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Activity On Self-Introduction-3 Minutes Pitch for B.S.C
Type of Activity	Co-Curricular
Date and Time of Activity	12/07/2018, 2.30 PM-3.30PM
Details of participants	97
Coordinator	Dr. K. Suguna
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	 




RISHI UBR DEGREE & PG COLLEGE WOMEN
(Affiliated Osmani a University, MBA-Approved by AICTE)

ACTIVITY REPORT	
Name of the Activity	Seminar On Body Language and Right posture
Type of Activity	Co-Curricular
Date and Time of Activity	19/06/2018, 2.30 PM-3.30PM
Details of participants	94
Coordinator	Ms. NSL Praveena
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving Body Language of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	



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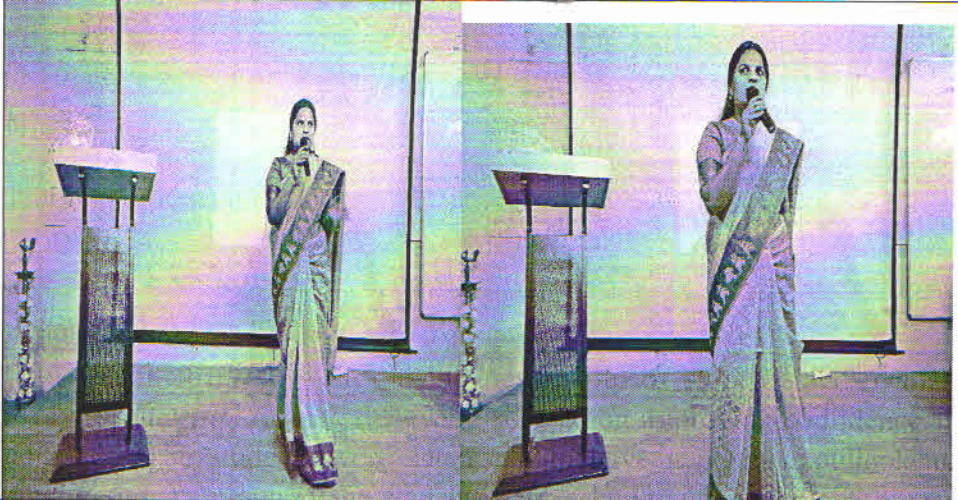
ACTIVITY REPORT

Name of the Activity	Activity on -My Identity and SWOC
Type of Activity	Co-Curricular
Date and Time of Activity	20/12/2019, 11.00 AM-12.30PM
Details of participants	86
Coordinator	Dr K Suguna
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	The session Focused on types of presentation and preparation for presentation. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc. The structure of presentation was discussed. Lastly, the session hinted the students to concentrate of pace of presentation.
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Resume Building and Virtual Interview skills
Type of Activity	Co-Curricular
Date and Time of Activity	27/08/2019, 2.30 PM-3.30PM
Details of participants	136
Coordinator	D. Sivaranjani
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	




RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Session on Leadership and teamwork for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	16/08/2019, 2.30 PM-3.30PM
Details of participants	73
Coordinator	Ms. Jenny Dai Mari
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	The resource person was Ms B shivalakshmi. The session Focused on Team Work and preparation for Team Building. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Activity On Personality Development
Type of Activity	Co-Curricular
Date and Time of Activity	9/4/2021, 2.30 PM-3.30PM
Details of participants	57
Coordinator	Ms. E Leela Sowmya
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	



RISHI UBR DEGREE & PG COLLEGE WOMEN
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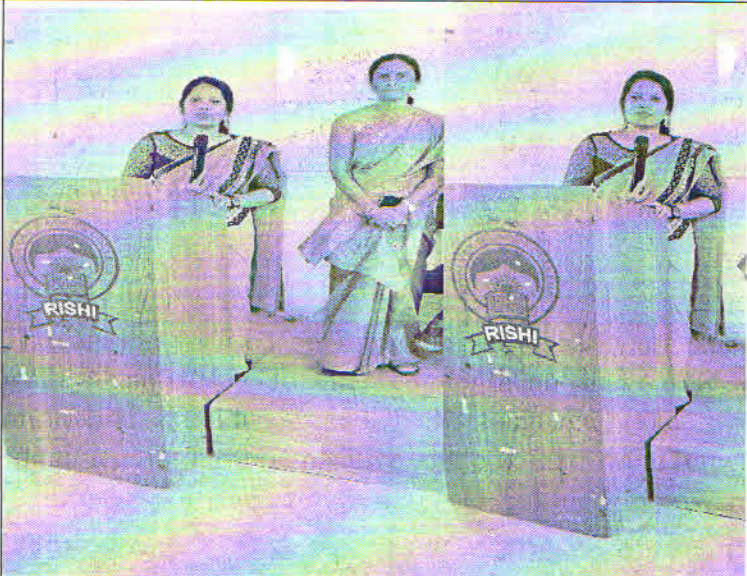

ACTIVITY REPORT

Name of the Activity	Session On Inter personal Communication
Type of Activity	Co-Curricular
Date and Time of Activity	17/03/2021, 2.30 PM-3.30PM
Details of participants	94
Coordinator	Ms. Jenny Dai Mari
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	<p>The resource person was Ms B shivalakshmi. The session Focused on types of presentation and preparation for presentation. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc. The structure of presentation was discussed. Lastly, the session hinted the students to concentrate of pace of presentation.</p>
Photos	






RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Online seminar On Resume Building and Virtual Interview skills
Type of Activity	Co-Curricular
Date and Time of Activity	27/08/2020, 2.30 PM-3.30PM
Details of participants	85
Coordinator	Ms. E Leela Sowmya
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	 




RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Training on Presentation Skills for MBA
Type of Activity	Co-Curricular
Date and Time of Activity	20/4/2022, 2.30 PM-3.30PM
Details of participants	MBA 1 st years, 78
Coordinator	Ms. Jenny Dai Mari
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	The resource person was Ms B shivalakshmi. The session Focused on types of presentation and preparation for presentation. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc. The structure of presentation was discussed. Lastly, the session hinted the students to concentrate of pace of presentation.
Photos	







RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Presentation Skills Training for B.COM
Type of Activity	Co-Curricular
Date and Time of Activity	18/4/2022, 2.30 PM-3.30PM
Details of participants	72
Coordinator	Ms. Jenny Dai Mari
Organizing department/Support system	Literary Club
Collaborating Agency	
Description	The resource person was Ms. B Shivalakshmi. The session Focused on types of presentation and preparation for presentation. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc. The structure of presentation was discussed. Lastly, the session hinted the students to concentrate of pace of presentation.
Photos	





RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Group Discussion
Type of Activity	Co-Curricular
Date and Time of Activity	1/4/2022, 2.30 PM-3.30PM
Details of participants	62
Coordinator	Ms. D Shivaranjani
Organizing department/Support system	Literary Club
Collaborating Agency	
Description	The resource person was Ms NSL Praveena The session focused on tips for effective participation in Group Discussion. The students were advised to always take lead if they have knowledge on topic. The students were advised to communicate effectively, listen carefully and not to deviate from topic. If the student couldn't take lead, then she was advised to be the first to summarize. The Group discussion was conducted for the students and they were suggested improvements
Photos	 




RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Time Management for B.Sc
Type of Activity	Co-Curricular
Date and Time of Activity	10/3/2022, 2.30 PM-3.30PM
Details of participants	81
Coordinator	Ms. D Shivaranjani
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	The students were advised on effective usage of time. they were suggested to prepare schedules and break large projects into smaller, actionable tasks. The session advised to set proper goals and measure their progress. The students were also advised to look at their current time spending habit.
Photos	 





RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar On Time Management for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	3/9/2022, 2.30 PM-3.30PM
Details of participants	64
Coordinator	Ms B Shivalakshmi
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	The students were advised on effective usage of time. they were suggested to prepare schedules and break large projects into smaller, actionable tasks. The session advised to set proper goals and measure their progress. The students were also advised to look at their current time spending habit.
Photos	




RISHI UBR DEGREE & PG COLLEGE WOMEN
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ACTIVITY REPORT	
Name of the Activity	Activity on Personality Development
Type of Activity	Co-Curricular
Date and Time of Activity	11/02/2022, 2.30 PM-3.30PM
Details of participants	94
Coordinator	Ms. E Leela Sowmya
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	 




ACTIVITY REPORT	
Name of the Activity	Seminar On Communication Styles for MBA
Type of Activity	Co-Curricular
Date and Time of Activity	15/03/2018, 2.30 PM-3.30PM
Details of participants	73
Coordinator	Ms. B. siva Lakshmi
Organizing department/Support system	Management Club
Collaborating Agency	Dept of Business Management and Training & Placement cell
Description	The resource person was Ms. Rama. The session Focused on Team Work and preparation for Team Building. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc.
Photos	



ACTIVITY REPORT	
Name of the Activity	Seminar On Language Usage for effective Communication
Type of Activity	Co-Curricular
Date and Time of Activity	21/07/2018, 2.30 PM-3.30PM
Details of participants	81
Coordinator	Ms Harini
Organizing department/Support system	Department of Science
Collaborating Agency	Jyotsna Academy of Language and Wellness;
Description	Resource Person was Ms. Jyostna. The suggestions on usage of language, clarity of thought and flow; eye contact, proper usage of examples was discussed. The students were also told about an effective introduction which can be done with a fact, slogan or an example. The management of time and finishing within time was also stressed on.
Photos	




ACTIVITY REPORT


ACTIVITY REPORT	
Name of the Activity	Training On Communication skills for interviews for B.SC
Type of Activity	Co-Curricular
Date and Time of Activity	15/02/2019,2.30 PM-3.30PM
Details of participants	91
Coordinator	Ms.Sivalakshmi
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	



ACTIVITY REPORT

ACTIVITY REPORT	
Name of the Activity	Training On Communication skills for interviews for B. Com
Type of Activity	Co-Curricular
Date and Time of Activity	21/02/2019, 2.30 PM-3.30PM
Details of participants	68
Coordinator	Ms.Rama
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	<p>The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.</p>
Photos	



ACTIVITY REPORT	
Name of the Activity	Seminar On Effective communication
Type of Activity	Co-Curricular
Date and Time of Activity	11/04/2018, 2.30 PM-3.30PM
Details of participants	98
Coordinator	Ms. Meghna Bandi
Organizing department/Support system	Training & Placement Cell
Collaborating Agency	-
Description	The session focused on improving personality of students and to make them ready for the employment. they were advised on improving confidence and body language. The students were suggested to have a positive outlook and were taught etiquette required. the students were asked to talk and they were suggested improvements.
Photos	



Rishi UBR Degree & PG College for Women

ACTIVITY REPORT	
Name of the Activity	Progressive Yoga Activity-Naturopathy camp on lifestyle guidelines for promoting immunity during COVID 19
Type of Activity	Extra curricular Activity
Date and Time of Activity	20-05-2022 ; 11 am to 12: 30 pm
Details of participants	12 Faculty members, 201 students
Coordinator	Ms M Rama
Organizing department/Support system	Primary Health Center
Collaborating Agency	Institute of Naturopathy, Ministry of AYUSH; Progressive Yoga, Hyderabad
Description	The Program started with welcome address and Introduction of the resource persons on behalf On Progressive Yoga , Hyderabad. The Rog Mukth abhiyaan, government's initiative was explained. The building of immunity in natural way had become the order of the day post COVID. The session mainly focused on building immunity with simple yogasanas which can help fight against COVID. The changes in lifestyle had been suggested. There was question & Answer session to facilitate students to get their simple doubts clarified. The resource persons were felicitated and vote of thanks was delivered.
Photo	





Rishi UBR Degree & PG College for Women


ACTIVITY REPORT

Name of the Activity	Yoga Activity as a life skill for physical and mental well being
Type of Activity	Extra Curricular
Date and Time of Activity	21-06-2019; 9 to 10 am
Details of participants	126 students , 12 Faculty Members
Coordinator	Ms A N L Sudha
Organizing department/Support system	Sports Club
Collaborating Agency	Joy of Yoga
Description	<p>On the occasion of International Yoga day, sports club in association with Joy of Yoga conducted a session on Yoga and Meditation for our well being in the college campus from 9 am to 10 am. The resource persons were Ms Ch Jyothi, Physical Education Director, Rishi M S Institute of Engineering and Technology and Smt U Nagalakshmi, Director, Joy of Yoga. The students were explained the benefits of yoga and were taught simple yogasanas. The students were also explained about the benefits of meditation and were suggested to meditate daily in the morning for at least 10 minutes. Some students have performed very nice yogasanas</p>
Photo	






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ACTIVITY REPORT	
Name of the Activity	Seminar on Stress Management
Type of Activity	Extra-curricular
Date and Time of Activity	09-02-2018; 2 pm to 3.30 pm
Details of participants	86
Coordinator	Ms M Rama
Organizing Department /Support system	Primary Health Center
Collaborating Agency	-
Description	<p>The ill effects of stress through vital statistics had been given in introduction. The students were explained how stress can be managed and how advantageous and important it is. The techniques of stress management were explained and students were recommended to put them in practice. The other reasons and how change in personality can help reduce stress was discussed.</p>
Photos	





Rishi UBR Degree & PG College for Women

ACTIVITY REPORT	
Name of the Activity	Training on self-defense
Type of Activity	Extra-curricular
Date and Time of Activity	26-10-2018 from 2.00 to 3.30 pm.
Details of participants	75
Coordinator	B. Shivalakshmi
Organizing Department /Support system	Women Empowerment Cell
Collaborating Agency	-
Description	<p>The importance of Self Defense was explained very briefly. The students were warmed up with light exercises. The students were trained on self Defense mechanisms. The trainer had made learn students few techniques of Self-Defense like</p> <ol style="list-style-type: none">1.Block2.How to protect while a person holds your collar.3.Back attack protection. <p>Students participated enthusiastically and vote of thanks was delivered.</p>
Photos	





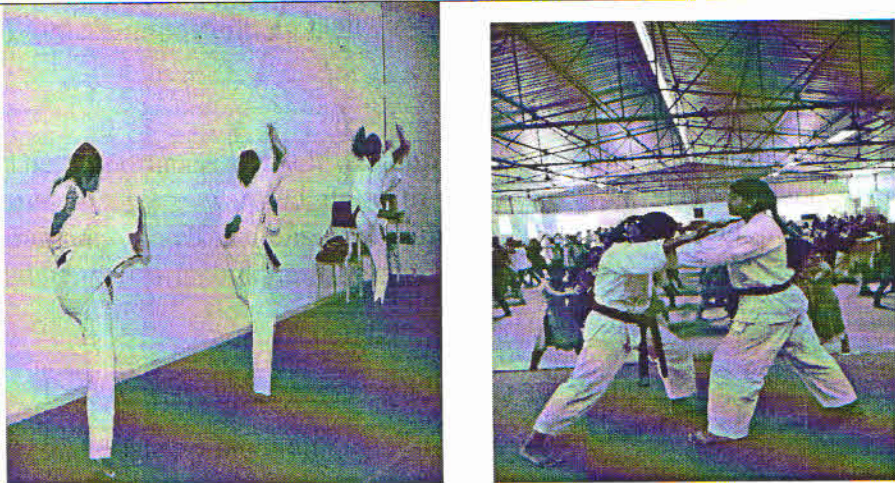
Rishi UBR Degree & PG College for Women

RISHI UBR DEGREE AND PG COLLEGE ACTIVITY REPORT	
Name of the Activity	International Yoga Day
Type of Activity	Extra-curricular
Date and Time of Activity	21-06-2021
Details of participants	59 Students from Degree ,MBA and Faculty members
Coordinator	A.N.Lakshmi Sudha
Organizing department/Support system	Sports Club
Collaborating Agency	Primary Health Centre Rishi College
Description	<p>. On the account of INTERNATIONAL YOGA DAY, RISHI UBR DEGREE AND PG COLLEGE FOR WOMEN SPORTS CLUB conducted VIRTUAL YOGA DAY celebration . Students and faculty of RISHI UBR college actively participated and made this event a grand success.</p>
Photo	





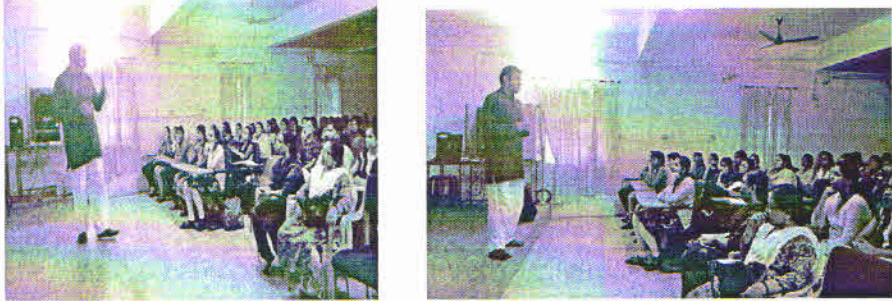
Rishi UBR Degree & PG College for Women

ACTIVITY REPORT	
Name of the Activity	Training on self-defense
Type of Activity	Extra-curricular
Date and Time of Activity	21-10-2017; 2 pm to 3.30 pm
Details of participants	93
Coordinator	B. Shivalakshmi
Organizing Department /Support system	Women Empowerment Cell
Collaborating Agency	-
Description	<p>The importance of Self Defense was explained very briefly. The students were warmed up with light exercises. The students were trained on self Defense mechanisms. The trainer had made learn students few techniques of Self-Defense like</p> <ol style="list-style-type: none">1.Block2.How to protect while a person holds your collar.3.Back attack protection. <p>Students participated enthusiastically and vote of thanks was delivered.</p>
Photos	






Rishi UBR Degree & PG College for Women

ACTIVITY REPORT	
Name of the Activity	Training On Heartfulness meditation
Type of Activity	Extra-curricular
Date and Time of Activity	21-06-2017; 2 pm to 3.30 pm
Details of participants	53
Coordinator	Ms M Rama
Organizing Department /Support system	Primary Health Center
Collaborating Agency	-
Description	<p>The resource person was Dr Ved Prakash. He explained the importance of meditation and how it can relax body and mind. The students were told that meditation increases logical thinking and sharpens brain. A Calm mind can become hub of creativity and students can achieve more. All the students were taught simple steps to practice daily. The students got benefitted with the session. The students shared their experiences on learnings from the session.</p>
Photos	





Rishi UBR Degree & PG College for Women

ACTIVITY REPORT	
Name of the Activity	Session on "lets commit to healthy Living "-World Health Day
Type of Activity	Extra Curricular
Date and Time Activity	April 10 th ,2021
Details Of Participants	388 students and 15 faculty members
Coordinator	Ms A N Lakshmi Sudha
Organizing department/Support System	Department of Science
Collaborating Agency	Primary Health centre
Description	The World Health Day was celebrated at Rishi UBR Degree and PG college for women, the Department of Science in association with the Primary Health Centre organized a webinar titled "Let's commit to healthy living".Dr Ranjitha a Physician and Diabetologist was the guest speaker for the webinar. Dr Ranjitha discussed about menstrual hygiene and stress management during covid times.The students had a very benefiting question answer session with Dr Ranjitha of the Health First and Diabetic Centre.
Photo	





Rishi UBR Degree & PG College for Women

RISHI UBR DEGREE AND PG COLLEGE ACTIVITY REPORT	
Name of the Activity	Session on Awareness of cancer in pregnancy-World Cancer Day
Type of Activity	Co Curricular
Date and Time Activity	Feb 4 th ,2021
Details Of Participants	220 participants
Coordinator	Ms B Shivalakshmi
Organizing department/Support System	Department of Business Management
Collaborating Agency	Primary Health Centre
Description	<p>The program titled "Awareness on Cancer in Pregnancy" started at 2pm .Ms B.Sivalakshmi from the department of management gave the introduction about college and also introduced the guest Dr C Divya Yadav.Sunitha from MBA 2nd year gave a brief about cancer and the guest gave a awareness of cancer in pregnancy and precautions to be taken and the food to be maintained and how to identify cancer like the breast and cervical cancer.Dr Divya gave a complete awareness about cancer to all the girls present in the zoom meeting. Students had a question answer session with Dr Divya.The vote of thanks was proposed by Deena from MBA 2year</p>
Photo	



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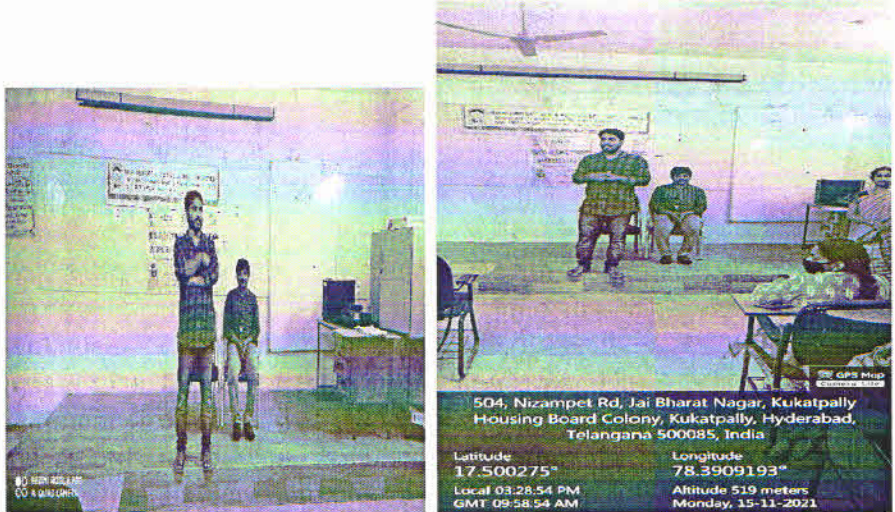
ACTIVITY REPORT

Name of the Activity		Three Day Yoga Workshop On Woman's Wellness	
Type of Activity		Extra curricular	
Date and Time of Activity		Nov 5 to Nov 7, 2021, 11 am to 12.30 pm	
Details of participants		10 Faculty members, 157 students	
Coordinator		Ms M Rama	
Organizing department/Support system		Student Activity Committee	
Collaborating Agency		Primary Health Center	
Description		<p>The program was organized with the motive of reducing the problems associated with PCOD, thyroid and other menstrual problems. The Normal yoga exercises were practiced by students as advised by the internal director. On November 7, 2021, representatives from andariki aarogyam and their Guru and come to the campus. The introduction and welcome was given by Ms B shivalakshmi, Coordinator, SAC. The guru explained various simple yogasanas for the problems and their students demonstrated. The participating students and faculty of of rishi did the yogasanas by seeing the expert students performance. The students were advised to follow the yogasanas regularly. The guruji was felicitated by management and Vote of thanks was delivered by Ms M Rama, coordinator, PHC.</p>	
Photo			



RISHI UBR DEGREE & PG COLLEGE FOR WOMEN

ACTIVITY REPORT


Name of the Activity	Seminar On Awareness program on AIDS
Type of Activity	Extra-Curricular
Date and Time of Activity	November 5, 2021; 2 pm to 3.30 pm
Details of participants	75 from B.Com and B.Sc
Coordinator	Ms M Rama
Organizing department/Support system	Primary Health Center
Collaborating Agency	Nehru Yuva Kendra
Description	<p>Ms M Rama, Coordinator Primary Health Center had introduced the resource person ,Mr Isaiah to the students. The resource person explained the causes of AIDS and also the ill effects. The resource person also discussed the various concerns. The medication and the treatment if effected was also explained. The precautions to be taken and practices had been explained. yogaStudents doubts were clarified. Vote of thanks was delivered by Ms M Rama, Coordinator, Primary Health Center and the guests were felicitated.</p>
Photo	 <p>504, Nizampet Rd, Jai Bharat Nagar, Kukatpally Housing Board Colony, Kukatpally, Hyderabad, Telangana 500085, India</p> <p>Latitude: 17.500275° Longitude: 78.3909193° Local: 03:28:54 PM Altitude: 519 meters GMT: 09:58:54 AM Monday, 15-11-2021</p>





RISHI UBR DEGREE & PG COLLEGE FOR WOMEN





ACTIVITY REPORT

Name of the Activity	Awareness on Diabetes and Preventive Measures
Type of Activity	Extra-Curricular
Date and Time of Activity	13-11-2021; 1 pm to 2:30 pm
Details of participants	72 Students from MBA
Coordinator	Ms Pranavi Babu
Organizing department/Support system	Primary Health Center
Collaborating Agency	Miryaala Homeo Clininc
Description	<p>Ms M Rama, Coordinator Primary Health Center had introduced the resource person, Dr Hitaishi to the students. Ms Pranavi, Member ,Primary Health center coordinated for the event. The resource person explained the reasons of Diabetes and also the ill effects. The resource person also discussed the remedies if effected. The Doctor had also discussed some good habits to be developed to prevent diabetes and discussed simple practices which can help. Students doubts were clarified. Vote of thanks was delivered by Ms Pranavi and the guest felicitated.</p>
Photo	





Rishi UBR Degree & PG College for Women

ACTIVITY REPORT	
Name of the Activity	Activity On Rishi Yoga Champ (click a pic)
Type of Activity	Extra-curricular
Date and Time of Activity	19-06-2021
Details of participants	33 Students from Degree and PG
Coordinator	A.N.Lakshmi Sudha
Organizing department/Support system	Sports Club
Collaborating Agency	Primary Health Centre
Description	On the account of International Yoga Day, Rishi UBR Degree and PG college for women sports club conducted "Click a picture in Yoga Asana" competition. Students of RISHI UBR college actively participated in the competition and made this event a grand success. Students with best asanas awarded e-Certificates.
Photo	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="width: 30%; text-align: center;">  <p>G. Jayasree- MBA 1st year Sarvangasana It's useful to calm your mind and relieve stress, and it also control the thyroid glands.</p> </div> <div style="width: 30%; text-align: center;">  <p>N. Devi sri 1st Bsc (stats) Gomukhasana This asana will strengthens the shoulders, triceps, hips and thigh. It's also very useful in curing sciatica, helps in high blood pressure and reduces stress and anxiety...</p> </div> </div> <div style="text-align: center; margin-top: 10px;">  <p>Durga Chandana Tupakula MBA 1st year</p> </div> <div style="text-align: center; margin-top: 10px;">  <p>Aradhya Dharmarajamma Pinnabene Narasaraolu Akkanna, Jyoti Venkata Dharmarajamma, Pinnabene, Narasaraolu Akkanna, Jyoti Venkata Pinnabene, Narasaraolu Akkanna, Jyoti Venkata, Dharmarajamma, Pinnabene</p> </div>





Rishi UBR Degree & PG College for Women

ACTIVITY REPORT	
Name of the Activity	Seminar On Hygiene -Green periods and clean periods
Type of Activity	Extra Curricular
Date and Time of Activity	06-01-2020, 11 am to 12.30 pm
Details of participants	133 Students from MBA, B.Com and B.sc; 12- Faculty members
Coordinator	Ms Shivaranjani
Organizing department/Support system	ECO Club
Collaborating Agency	Primary Health Centre
Description	<p>The session was conducted by ECO club in association with primary Health Center for the benefit of imparting basic health and hygiene knowledge among the students. The resource person was Ms G S Priyanka. There was welcome address and introduction of the speaker. The session discussed on periods, use of sanitary napkins. The students were explained that the most of the current sanitary pads cannot be reused and recycled. The session focused on ecological hazard in view of sanitary pads waste being generated by women. The speaker suggested that there is high need to switch to menstrual cups or cotton pads to save our environment, maintain our health and hygiene also. Few questions of students were answered and vote of thanks was delivered.</p>
Photo	



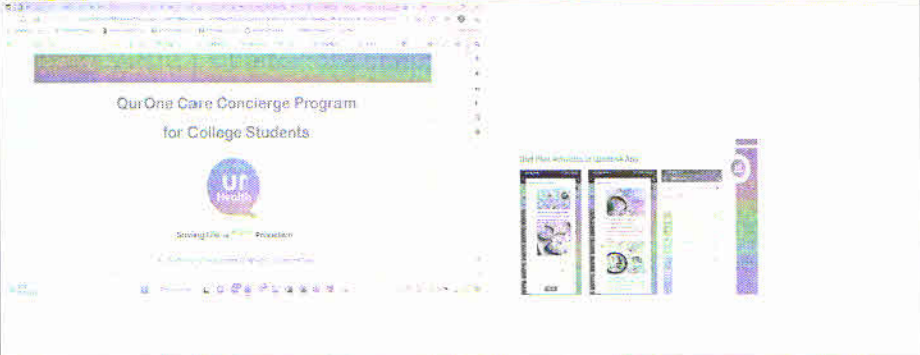
Rishi UBR Degree & PG College for Women



RISHI UBR DEGREE AND PG COLLEGE ACTIVITY REPORT	
Name of the Activity	Health Concierge Awareness webinar
Type of Activity	Extra Curricular
Date and Time	Jan 5, 2022 & 5:00 pm to 6 :15pm
Details Of Participants	162 students; faculty 7
Coordinator	Ms M Rama
Organizing department/Support System	Primary Health Centre
Collaborating Agency	QurOne
Description	<p>Rishi's Primary Health Center in association with QurOne health care programs had organized a session which focused on special program for college students including diet plans, exercises to keep themselves fit. Post pandemic, the necessity for the young girls was to keep themselves fit both physically and mentally. The program focused on basic necessities for good health and simple habits that can avoid the common problems of thyroid and PCOD. Dr Jamuna Bhaskar explained the package for students to which they can enroll and get benefitted. The session ended with question and answer session and vote of Thanks</p>
Photo	



Rishi UBR Degree & PG College for Women

RISHI UBR DEGREE AND PG COLLEGE ACTIVITY REPORT	
Name of the Activity	Health Concierge Awareness webinar
Type of Activity	Extra Curricular
Date and Time Activity	Jan 5, 2022 & 5:00 pm to 6 :15pm
Details Of Participants	162 students; faculty 7
Coordinator	Ms M Rama
Organizing department/Support System	Primary Health Centre
Collaborating Agency	QurOne
Description	<p>Rishi's Primary Health Center in association with QurOne health care programs had organized a session which focused on special program for college students including diet plans, exercises to keep themselves fit. Post pandemic, the necessity for the young girls was to keep themselves fit both physically and mentally. The program focused on basic necessities for good health and simple habits that can avoid the common problems of thyroid and PCOD. Dr Jamuna Bhaskar explained the package for students to which they can enroll and get benefitted. The session ended with question and answer session and vote of Thanks</p>
Photo	





Rishi UBR Degree & PG College for Women

RISHI UBR DEGREE AND PG COLLEGE ACTIVITY REPORT

RISHI UBR DEGREE AND PG COLLEGE ACTIVITY REPORT	
Name of the Activity	Activity-weight Loss Yoga
Type of Activity	Extra Curricular
Date and Time Activity	20-06-2021; 7.30 am to 8 .30am
Details Of Participants	85 students; faculty 7
Coordinator	Ms N S L Praveena
Organizing department/Support System	NSS Cell
Collaborating Agency	Primary Health Centre; Student Activity Committee
Description	<p>Rishi's NSS Cell has conducted a Virtual Session on the occasion of International Yoga Day under the instructions from JNTUH NSS cell, on June 20th, 2021 from 7.30 am to 8.30 am. "WEIGHT LOSS YOGA" was the theme presented by Yoga Guru, Smt. U. V. Nagalakshmi garu from Joy of Yoga Institute, Malkajgiri. 85 participants including NSS Volunteers, Secretary Madam, Principal Sir, PO, Physical director, and other faculty attended online in zoom meeting ID at 7.30 am. Ms. Vaishali gave a welcome address and highlighted the importance of celebrating International Yoga Day, Ms. Nikhitha introduced the guest to the gathering and at 7.45 am the session was handed over to Yoga Guru. Yoga guru made entire audience to perform various aasana highlighting the importance them. Later few tips on acupressure points in palm for good digestion, kidney and liver functioning and etc., Tips on weight loss through mudras were also presented. At 8.30 am audience questions were addressed by the guru and at 8.45 am Ms. Keerthana proposed Vote of Thanks.</p>
Photo	





Rishi UBR Degree & PG College for Women

ACTIVITY REPORT

Name of the Activity	Workshop on Acupressure
Type of Activity	Co Curricular Activity
Date and Time of Activity	03-07-2021 ; 1 pm to 2.30 pm
Details of participants	3 Faculty members, 79 MBA II Sem students
Coordinator	Ms M Rama
Organizing department/Support system	Primary Health Center
Collaborating Agency	-
Description	<p>The resource person was Ms. Pranavi babu, asst. Prof., Dept. Of Business management, a trained practitioner of Accupressure. The workshop started with introduction to essence of healthy life and importance of suryanamaskars. The main focus of the workshop was to highlight how good health can be maintained without exercise. There are many people who cannot exercise due to various ailments. Elders also fall into the category who cannot exercise. The session introduced acupressure power points on fingers, palm and toes where slight pressure can be applied for simple ailments. The resource person showed some simple pressure points for general ailments. The resource person demonstrated the pressure points application and tips as to how simple ailments can be cured. The questions of the participants were answered. Feedback for the session was collected.</p>
Photo	





Rishi UBR Degree & PG College for Women


ACTIVITY REPORT	
Name of the Activity	Webinar On Health & Nutrition
Type of Activity	Extra curricular
Date and Time of Activity	22-01-2022 ; 5 pm to 6: 30 pm
Details of participants	5 Faculty members, 90 students
Coordinator	Ms M Rama
Organizing department/Support system	Primary Health Center
Collaborating Agency	Nestle
Description	<p>The resource person was Ms Deepa. The session started with introduction . The session focused on vital nutrients required for healthy functioning of the body. The session showed the importance of nutrients for healthy living. The various vegetables, pulses, and other ingredients which can supply these essential nutrients was explained. The timing and composition of breakfast, lunch and dinner was discussed . The doubts were clarified and the session ended with vote of thanks.</p>
Photo	






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ACTIVITY REPORT

Name of the Activity	Activity on Teamwork
Type of Activity	Co-Curricular
Date and Time of Activity	23/12/2020, 2.30 PM-3.30PM
Details of participants	106
Coordinator	Ms. E. Leela Sowmya
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	The resource person was Ms. NSL Praveena. The session Focused on Team Work and preparation for Team Building. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc.
Photos	




RISHI UBR DEGREE & PG COLLEGE FOR WOMEN
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ACTIVITY REPORT	
Name of the Activity	Seminar on Interpersonal Skills
Type of Activity	Co-Curricular
Date and Time of Activity	12/7/2019, 2.30 PM-3.30PM
Details of participants	80
Coordinator	Ms. Mounika Simhasi
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	The resource person was Ms B shivalakshmi. The session Focused on Team Work and preparation for Team Building. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc.
Photos	




RISHI UBR DEGREE & PG COLLEGE FOR WOMEN
(Affiliated Osmania University, MBA-Approved by AICTE)

ACTIVITY REPORT

Name of the Activity	Session on Leadership and teamwork for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	16/08/2019,2.30 PM-3.30PM
Details of participants	73
Coordinator	Ms. K. Sowjanya
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	The resource person was Ms B shivalakshmi. The session Focused on Team Work and preparation for Team Building. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc
Photos	




RISHI UBR DEGREE & PG COLLEGE FOR WOMEN
(Affiliated to Osmania University, MBA-Approved by AICTE)

ACTIVITY REPORT	
Name of the Activity	Training on Presentation Skills for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	23/12/2020, 2.30 PM-3.30PM
Details of participants	30
Coordinator	Ms. Meghna Bandi
Organizing department/Support system	Literary Club
Collaborating Agency	Dept of Business Management
Description	The session Focused on types of presentation and preparation for presentation. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc. The structure of presentation was discussed. Lastly, the session hinted the students to concentrate of pace of presentation.
Photos	




RISHI UBR DEGREE & PG COLLEGE FOR WOMEN
(Affiliated Osmania University, MBA-Approved by AICTE)

ACTIVITY REPORT	
Name of the Activity	Seminar On Leadership and teamwork for B.SC
Type of Activity	Co-Curricular
Date and Time of Activity	10/08/2019,2.30 PM-3.30PM
Details of participants	89
Coordinator	Ms. <i>Shantha Latha</i>
Organizing department/Support system	Literary Club
Collaborating Agency	
Description	The resource person was Ms B shivalakshmi.The session Focused on Team Work and preparation for Team Building. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc.
Photos	




RISHI UBR DEGREE & PG COLLEGE FOR WOMEN
(Affiliated to Osmania University, MBA-Approved by AICTE)

ACTIVITY REPORT

Name of the Activity	Training on Presentation Skills for B.Sc
Type of Activity	Co-Curricular
Date and Time of Activity	15/9/2020, 2.30 PM-3.30PM
Details of participants	57
Coordinator	Ms. P. Anil Kumar
Organizing department/Support system	Literary Club
Collaborating Agency	
Description	The resource person was Ms.M.Rama. The session Focused on types of presentation and preparation for presentation. The preparation would focus on parameters like time limit, target audience, current knowledge levels, etc. The structure of presentation was discussed. Lastly, the session hinted the students to concentrate of pace of presentation.
Photos	





ACTIVITY REPORT	
Name of the Activity	Seminar On Effective Communication-introduction
Type of Activity	Co-Curricular
Date and Time of Activity	18/2/2021,2.30 PM-3.30PM
Details of participants	58
Coordinator	Ms. Rama
Organizing department/Support system	-Literary club
Collaborating Agency	-
Description	Resource Person was Ms. NSL Praveena. The suggestions on usage of language, clarity of thought and flow; eye contact, proper usage of examples was discussed. The students were also told about an effective introduction which can be done with a fact, slogan or an example. The management of time and finishing within time was also stressed on.
Photos	






ACTIVITY REPORT

Name of the Activity	Training on Communication Skills
Type of Activity	Co-Curricular
Date and Time of Activity	23/12/2020, 2.30 PM-3.30PM
Details of participants	44
Coordinator	Ms. Praveena
Organizing department/Support system	Literary Club
Collaborating Agency	-
Description	Resource person was Ms. Rama. The suggestions on usage of language, clarity of thought and flow; eye contact, proper usage of examples was discussed. The students were also told about an effective introduction which can be done with a fact, slogan or an example. The management of time and finishing within time was also stressed on.
Photos	 




ACTIVITY REPORT	
Name of the Activity	Seminar On Effective Business Communication
Type of Activity	Co-Curricular
Date and Time of Activity	22/01/2021,2.30 PM-3.30PM
Details of participants	86
Coordinator	Ms P Naveena
Organizing department/Support system	-Literary Club
Collaborating Agency	Jyotsna Academy of Language and Wellness;
Description	The suggestions on usage of language, clarity of thought and flow; eye contact, proper usage of examples was discussed. The students were also told about an effective introduction which can be done with a fact, slogan or an example. The management of time and finishing within time was also stressed on.
Photos	







ACTIVITY REPORT

ACTIVITY REPORT	
Name of the Activity	Group Discussion (B. Com)
Type of Activity	Co-Curricular
Date and Time of Activity	14/10/2020,2.30 PM-3.30PM
Details of participants	71
Coordinator	Ms. B Shivalakshmi
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	Resource Person was Ms. Rama, The students were Invited for Group Discussion. they were suggested to prepare topics and make tasks. The session advised to set proper goals and measure their progress. The students were also advised to look at their current discussing skill and make habit.
Photos	






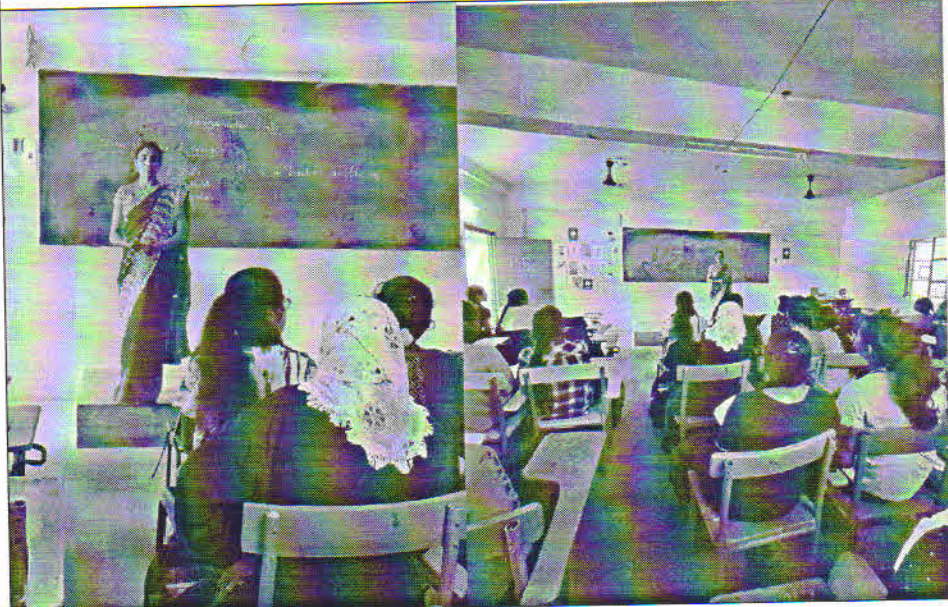

ACTIVITY REPORT	
Name of the Activity	Group Discussion (B. Sc)
Type of Activity	Co-Curricular
Date and Time of Activity	30/10/2020,2.30 PM-3.30PM
Details of participants	89
Coordinator	Ms. B Shivalakshmi
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	Resource Person was Ms. Praveena. The students were Invited for Group Discussion. they were suggested to prepare topics and make tasks. The session advised to set proper goals and measure their progress. The students were also advised to look at their current discussing skill and make habit.
Photos	 



ACTIVITY REPORT


ACTIVITY REPORT	
Name of the Activity	Group Discussion (MBA)
Type of Activity	Co-Curricular
Date and Time of Activity	9/10/2020,2.30 PM-3.30PM
Details of participants	75
Coordinator	Ms. B Shivalakshmi
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	The students were Invited for Group Discussion. they were suggested to prepare topics and make tasks. The session advised to set proper goals and measure their progress. The students were also advised to look at their current discussing skill and make habit.
Photos	



ACTIVITY REPORT	
Name of the Activity	Seminar on Communication Styles for B.com
Type of Activity	Co-Curricular
Date and Time of Activity	5/08/2021,2.30 PM-3.30PM
Details of participants	69
Coordinator	Ms. Siva Lakshmi
Organizing department/Support system	Management Club
Collaborating Agency	-
Description	The resource person Ms P. Naveena. The various communication styles like aggressive, passive, assertive and passive aggressive were explained. The students were asked to practice assertive as it is the best style of communication and it features open communication. the students were asked to speak out for two minutes on topics of their choice in assertive style.
Photos	 




ACTIVITY REPORT

ACTIVITY REPORT	
Name of the Activity	Seminar On Usage of figures of speech for B.Com
Type of Activity	Co-Curricular
Date and Time of Activity	21/08/2021,2.30 PM-3.30PM
Details of participants	68
Coordinator	Ms. Rama
Organizing department/Support system	Literary club
Collaborating Agency	-
Description	The resource person was Ms Jenny Daimari. The importance of communication and the role of figures of speech was discussed. The 5 main figures of speech was explained with examples. The usage was discussed. Examples on the topic were given to the students,
Photos	





ACTIVITYREPORT	
Name of the Activity	Seminar on Communication skills for Elocution
Type of Activity	Co-Curricular
Date and Time of Activity	14/07/2021,2.30 PM-3.30PM
Details of participants	66
Coordinator	Ms P Naveena
Organizing department/Support system	- <i>Literary club</i>
Collaborating Agency	Nehru YuvaKendra; +919490202270
Description	The session focused on important advises for elocution competition. The suggestions on usage of language, clarity of thought and flow; eye contact, proper usage of examples was discussed. The students were also told about an effective introduction which can be done with a fact, slogan or an example. The management of time and finishing within time was also stressed on.
Photos	





ACTIVITY REPORT

Name of the Activity	Activity On Resume Building & Writing and interview skills for B.Sc
Type of Activity	Co-Curricular
Date and Time of Activity	28/01/2020,2.30 PM-3.30PM
Details of participants	88
Coordinator	Ms. Rama
Organizing department/Support system	-Literary club
Collaborating Agency	
Description	Resource Person was Ms. Meghna Bandi. The suggestions on usage of Resume, clarity of thought and flow; eye contact, proper usage of Resumes was discussed. The students were also told about an effective introduction which can be done with a fact, slogan or an example. The management of Writing and Interview skills
Photos	