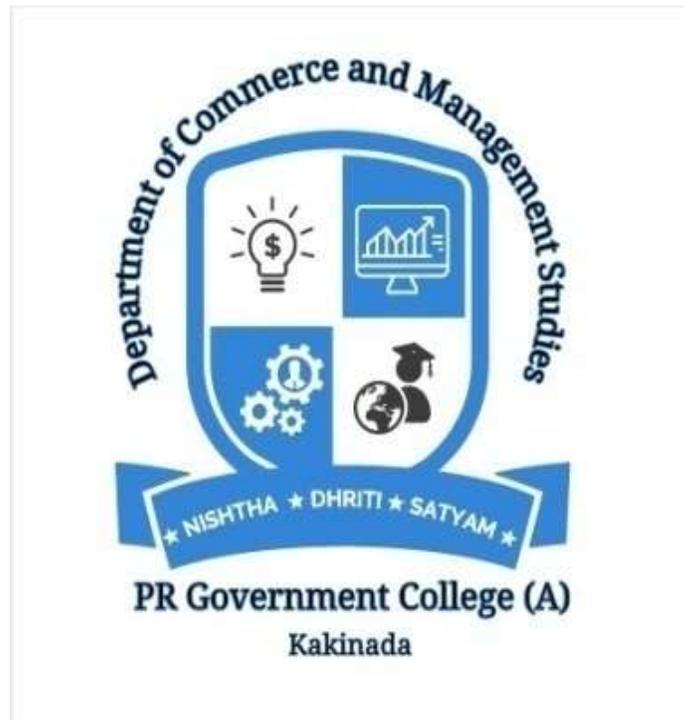


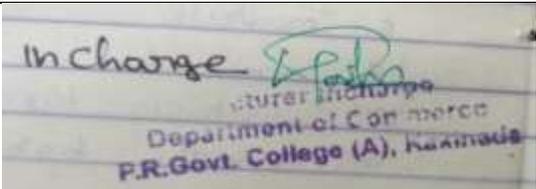
**P.R. GOVERNMENT COLLEGE (A),
DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES**

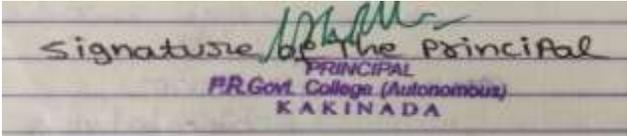


ACTIVITY REPORT REGISTER

P.R. GOVERNMENT COLLEGE (A),

DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES

Date	21-7—2018
Conducted through DRC/JKC/ELF/Dept.etc	DCMS
Nature of the Activity	Guest Lecture
Title of the Activity	Guest Lecture on SELF MANAGEMENT
Name of the Department/Committee	DCMS
Details of Resource person(Name, Designation etc.)	Prof. Y.V.V.V.S.S.S.PRASAD Geetham University, Visakhapatnam.
No of Students Participated	65
Brief report of the activity	<p>Self Management which is also referred to as self control or self regulation, is the ability to regulate one emotions, thoughts, and behaviours effectively in different situations.</p> <ol style="list-style-type: none"> 1. Positivity 2. Self- Awareness 3. Stress Management 4. Responsibility 5. Flexibility.
Name of the lecturers who planned and conducted the activity	DCMS
Signature of the Lecturer in charge/ Convener of the committee	

Signature of the Principal	
Remarks	

20

- 1) CH. Hadassa
- 2) M.D. Jafunnisa
- 3) K. Hema Kranthi
- 4) T. Alekhya
- 5) B. Baby Prasanna
- 6) Ch. T. R. Sandhya ram
- 7) K. Dewi
- 8) G. Laleshmi
- 9) B. Jayalakshmi
- 10) O. Lakshmi Surekha
- 11) md. sandani lchan
- 12) S.V. Venkata Lakshmi
- 13) K. Durga Ambica
- 14) V. Pamyia
- 15) D. Santhoshi
- 16) P. Jasmin
- 17) A. Hima Sri
- 18) Krishna veni
- 19) Ch. Bhavani
- 20) M. Bhanu Sri
- 21) V. Lakshmi Pravallika
- 22) M. Teja Sri Kamala Devi
- 23) L. Sai Sri
- 24) G. Harika
- 25) P. Gayathri
- 26) MD. Chanddunnisa
- 27) P. kalyani
- 28) A.L.V.R. prasanna
- 29) S. Taniya Visalakshi
- 30) K. Lavanya Sri
- 31) A. Sai Taniya Lalitha

- 32) P. Jayathna Balu Parvathi
- 33) K.G. S.D. Bhavani
- 34) G. Sai
- 35) K. Bhargavi
- 36) P.S.L. S. kalyani
- 37) S. Naga Nandini
- 38) S. Anjali
- 39) Sk. Salma Bashari
- 40) T. Jaya Anjan
- 41) P. Kanaka Malakal
- 42) S. Reena
- 43) Ch. Durga Devi
- 44) m. srakshyani
- 45) Sk. Masthan lchan
- 46) A. kamesh
- 47) S. Vinay Prabhas
- 48) CH. Karthik
- 49) C. Param geetha kumar
- 50) J. Bobi Reddy
- 51) P. Nagendra
- 52) P. Ajay
- 53) P. Nilhin
- 54) T. charu tya
- 55) D. sunya
- 56) U. chaoti
- 57) S. vijaya Raja
- 58) Ch. Vinendra
- 59) Sk. Ashrub da
- 60) B. Rajesh
- 61) P. Durga manibanta