

INTERNAL QUALITY ASSURANCE CELL

Report on

World Quality Day 2025

Theme: Quality: Think differently

Venue : Peacock Hall, KLEF

Organized By : Internal Quality Assurance Cell (IQAC) & Academic Staff College

Time : 2:30 – 5:30 PM

WQD 2025 Invitation

The Internal Quality Assurance Cell (IQAC) and Academic Staff College (ASC) jointly organized **"World Quality Day 2025"** on 13th November 2025. Hon'ble Pro-Chancellor, KLEF, Dr. K. S. Jagannatha Rao graced the occasion. Dr. Indla Rama Subba Reddy, Renowned Psychiatrist, Indlas VIMHANS, Vijayawada participated in the Celebrations of World Quality Day 2025 as Chief Guest and addressed the faculty. Dr. M. Latha compared the event gracefully.



The poster features logos for KL University, Koneru Lakshmaiah Education Foundation, and IQAC. It includes accreditation logos for various bodies. The text reads: 'Invitation We cordially invite you to join us WORLD QUALITY DAY-2025 on 13th November 2025 | 2.30 pm | Venue : Peacock Hall Organized by IQAC & ASC'. It lists Chief Guest Dr. Indla Rama Subba Reddy (Psychiatrist) with topic 'Stress Management for Academicians', Welcome Address by Dr. G. P. Saradhi Varma, and Keynote Speaker Dr. K. S. Jagannatha Rao. The program includes Jyothi Prajwalana, Address by Chief Guest, Award/Prizes Distribution, Felicitation of the Chief Guest, Vote of Thanks, and High Tea.

Hon'ble Pro-Chancellor, Dr. K. S. Jagannatha Rao, the Chief Guest, Dr. Indla Rama Subba Reddy, the Dean (Quality), Dr. K. Ramakrishna and Principal-Academic Staff College, Dr. Ch. Radhika Rani inaugurated the ceremony at 2:45 pm by lighting the lamp followed by KLEF Students invoking the Lord Ganesha by prayer song.



Dr. K. Ramakrishna, Dean (Quality) delivered Welcome Address. The Dean-Quality informed the audience that IQAC has been celebrating World Quality Day since 2016 and explained the significance of World Quality Day. The main objectives of World Quality Day are:

- To celebrate the success of our organization and people have achieved in the recent past.
- To identify the different quality parameters
- To honor the people who contributed to quality improvement.

He highlighted the theme of WQD-2025 and emphasized the fact that Quality is a culture and should be in the mindset of people. The audits conducted by IQAC periodically help improve quality. Fatigue and stress are part of life in the process of achieving quality. One should overcome all the hurdles and aim at achieving quality. In this connection, it is expected that today's speaker, Dr. I. Rama Suba Raeddy is going to help the KLEF Faculty community.

The Dean (Quality) thanked the fellow Deans, Principals, Directors, and all faculty members and non-teaching staff for their continuous support to IQAC in obtaining such good rankings on a continuous basis and expected the same cooperation to continue in future as well.



Dr. Latha, Associate Professor, Dept of English, who compered the event then invited Dr. K. S. Jagannatha Rao, Hon'ble Pro-Chancellor, KLEF to deliver the keynote address.

Dr. K. S. Jagannatha Rao briefly mentioned the objectives of World Quality Day. He complimented the Dean-Quality and the entire IQAC Team for being the torchbearer of Quality in KLEF. He thanked his former Associate and good friend, Dr. I. Rama Subba Reddy, this year's WQD-Chief Guest and Resource person for accepting to grace the occasion and hoped that the audience will greatly benefit from this talk.

He added that Scientists have understood only 10% of the human brain till date. The human brain is very complicated. With the current trends of society, he expected that more and more people would need counseling for mental health in the coming years.



Dr. K.V. Narasimha Rao, Associate Dean (Quality) introduced the chief guest, Dr. I. Rama Subba Reddy, MBBS, MD, D. Sc. to the audience.

Dr. Indla Rama Subba Reddy is a leading Psychiatrist and a multi-faceted personality. Dr. Rama Subba Reddy was born on 23 October 1953 in a farmer's family at Gudipadu Village in Kadapa District. He did MBBS from Kurnool Medical College, M. D., and D. P. M. from NIMHANS, Bengaluru. He worked at CMC Vellore and the prestigious JIPMER, Puducherry as a Psychiatrist. He has been working as Consultant Psychiatrist for last 43 years. He is the Director of Indlas hospitals and 120 bedded De-addiction and Rehabilitation Centre 'Indlas Shantivan' at Vijayawada and 5 Child guidance clinics at Mumbai (Andheri & Chembur), Hyderabad, Visakhapatnam, and Vijayawada. He served as the National President of Indian Psychiatric Society (2007) and President SAARC Psychiatric Federation (2007-08).

He received Honorary Doctorate, Doctor of Science D. Sc, a rare honor for a medical doctor from the prestigious Sri Venkateswara University, Tirupathi in 2022. Along with his son Dr. Vishal Indla, who is also a psychiatrist, he has been conducting P.G. DNB in Psychiatry for the past 18 years besides Post Doctoral Fellowship (PDF) in Child and Adolescent Psychiatry and M. Phil. Clinical Psychology. All these Programs are recognized by Dr. NTR University of Health Sciences. Thus, his Medical Institute is offering three Programs. In addition to his medical practice, Dr. IRS is also a prolific writer and published many articles, short stories etc., in many Telugu magazines and wrote 8 Books on Psychological problems out of which his book 'Emotional Intelligence' is the most sought after book. Dr. IRS started "Mano Bandhu," an NGO for wandering, homeless, mentally ill people and trying to reunite them with their families.



Dr. I. Rama Subba Reddy thanked IQAC-KLEF for inviting him to this Function as Chief Guest. He briefly talked about his career graph and started his address with a small A-V showing some important photos/videos. His address was filled with some nice Anecdotes, funny videos, old classic songs and in between some useful information and true stories. The following points were touched upon:

- i. Doing research in Psychiatry is a challenge. Usage of medicines is very crucial, and the Doctor should be very careful in prescribing both medicines as well as dosage. Excess dosage may lead to catastrophe.
- ii. Every individual is keen to avoid emotional disturbance.
- iii. How to balance life?
- iv. Wherever there is passion, there is 'no stress.
- v. Follow the following three principles for simple and happy life:
 - a. Keep smiling.
 - b. Enjoy (Be Passionate)
 - c. Balance activities.
- vi. Brain weighs around 1.5 kg. There is a need for a greater number of Institutions of Excellence for brain. NIMHANS, Bengaluru is a great Institution, where the Speaker was trained.
- vi. Manage stress; Boss is always demanding,
- vii. Leaders are hardworking; some of them work for 18 hours/day.
- viii. Mental health is one of the most neglected, yet important aspects of human life and wellbeing.
- ix. No one can truly claim to be free from stress. Since stress is an unavoidable part of life, one must learn effective ways to cope with it.
- x. What is stress? Stress is a state of mind.
- xi. Some common issues being faced by modern teaching community are:
 - a. High workload
 - b. Stress / burnout
 - c. Administrative tasks
 - d. Anxiety/depression
 - e. Expectation of Quick (almost instantaneous) results
- xii. Stress management gives happiness.

Social readjustment Rating scale:

The Social Readjustment Rating Scale (SRRS), developed by Thomas Holmes and Richard Rahe in 1967, measures stress levels based on significant life events and predicts potential health risks associated with stress. The SRRS is a scale that measures the stressfulness of 43 life events based on their Life Change Units. Some of them are listed below:

Event	Impact
Death of spouse	100
Divorce	83
Jail Term	73
Loss of Job	65
Sale of inherited property	63
Sexual problem	50
Marriage	39
Promotion	35
Daughter's marriage	20
Love failure	15
No children/Death of pet	27

As could be seen, "Death of spouse" is the most stressful event in one's life!

Types of stress:

- Pressure
- Frustration
- Conflicts

'Positive' stress is beneficial – For instance, positive stress results in optimal performance in Exams!

Signs of stress – Health impairment due to stress.

Recommendation: Accept stress; try to live with stress.

The Speaker narrated couple of stories to break the monotony and rekindle interest in the audience.

Time Management:

- Urgent Important
- Not Urgent Important
- Urgent Not Important
- Not Urgent Not Important

Three important timewasters are: cell phone, chit-chat and TV.

Please note that all rich people in th world are not happy. At this juncture, he explained a story regarding greediness, which in turn causes stress.

Happiness Index: India is ranked 118th out of 147 countries in the World Happiness Report 2025. The World Happiness Report 2025 has ranked Finland as the happiest country in the world for the eighth consecutive year. Denmark and Iceland are ranked second and third. Happiness is 50% genetic and depends up to 10% on outside activities. Institutional activity contributes to 40%.

Married people are happier; of course, it depends on the quality of married life. Connecting with others generally brings happiness. Happiness increases activity.

Emotional Quotient (E. Q.) is a measure of success in life.

Human brain has a negative bias!

The following three things are very important in life:

- } Work
- } Family
- } Personal Life

Balancing all three and handling them together is an art. Then the Speaker narrated about the Butterfly effect.

He recalled an old Telugu novel, "House Surgeon" written by Dr. Kommuri Venugopala Rao in the Early 1970s, which describes the life of a Medical Intern.

He also described how he had chosen the specialization of mental health at NIMHANS, several decades ago. After this, he played an old Telugu song from the film, Doctor Chakravarthy, which tells about the importance of having a supportive and understanding wife.

He narrated the story of Narendra Luther (23 March 1932 – 19 January 2021) was a poet, writer, historian, civil servant, and columnist, who served as Chief Secretary of the erstwhile combined state of Andhra Pradesh in the early 80s. The moral of the story is one should be a good parent too.

He posed a question: Can prayers change our life? Prayers do not solve our problems in life; However, prayers give the capacity to bear the troubles. After all, the bad days are temporary. Life is anything but adjustment.

Advice for happiness and stress-free life:

- } Speak kindly
- } Care deeply and
- } Love generously.



Valedictory Function:

Dr. P. Lakshmi Prasanna, who compered this part of the event, announced the prize winners of Essay writing, Elocution and Poster competitions, which were conducted earlier this month as part of the WDQ 2023 Celebrations. Hon'ble Dignitaries on the dais distributed prizes to the winners.



World Quality Day Prize winners :

Essay Writing:

1. Lakshmi Jasthi (BA-IAS) - 2300590015 - 3rd Year
2. K. Uma Ramya Devi (BA-IAS) – 2300590012 - 3rd Year
3. T. Chinmayi (MBA) – 2401510211 – 2nd Year

Poster presentation:

1. P. Shreeja–(B.COM) - 2500550005 & Nandani Gupta - 2500550011 - 1st Year
2. Yasvee Ashwin Kansagra-(B. Com) – 2400680002 - 2nd Year Ch. Liptha – 2400680011 - 2nd Year
3. K. Navya Sri –(BBA) – 2400680005 - 2nd Year M. Veneela - 2400680015 - 2nd Year

Quiz: All winners are B. Com. students:

1. K. Uday kumar - 2400680007 - 2nd Year
2. Janak Datta - 2500550002 – 1st Year
3. M. Kavya Sri - 2500550007 - 1st Year.



The Hon'ble Pro-Chancellor, Professor K. S. Jagannatha Rao, Dr. K. Ramakrishna and Dr. K. V. Narasimha Rao felicitated the Chief Guest, Dr. I. Rama Subba Reddy.



The Chief Guest and the Hon'ble Pro-Chancellor gave away mementos to the Department IQAC In-charges (DIIs).







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Essay Writing:

1st Prize: Saumya Sakshi MBA 1st Year, ID No. 2301510115, KLV, Mob. No 8651923605

2nd Prize: Rajanala tanmai, MBA 1st Year, ID No. 2301510342, KLV, Mob. 9848116155

Elocution:

1st Prize: Sayeda Maher Jabeen, BBA 1st Year, ID No. 2310560148, Mob. No. 8639256356

2nd Prize: Mridul Sharma, B. Tech. (CSE) 1st Year, ID No. 2300032422, Mob. No. 9057286832

2nd Prize: K. Varun Chowdary, B.Tech. (CSE-H) 2nd Year, ID No. 2200031905, Mob. No. 8019413693

Poster Preparation:

1st Prize: K. Angelgrace, MBA 1st Year, ID No. 2301510248, Mab. No. 6303165546

2nd Prize: Pammi Manju sree, MBA 1st Year, ID No. 2301510126, Mab. No. 7658993433

The Hon'ble Pro-Chancellor, Professor K. S. Jagannatha Rao, the Dean (Quality), Dr. K. Ramakrishna and Dr. K. V. Narasimha Rao felicitated the Chief Guest, Dr. Dr. I. Rama Subba Reddy.



Then the dignitaries Distributed mementoes to the DIIs, selected QC Students in recognition of their sincere service and rendered to Quality in the university this year. Finally, the "Vote of Thanks" was proposed by Dr. P. Lakshmi Prasanna, and the ceremony was ended with a group photo and high tea.

Dr. K. Ramakrishna
Dean (Quality)



Annexure

World Quality Day 2025
Theme: Quality: think differently
Provisional Program Schedule

Date: 13/11/2025

Time: 3:00 PM Onwards

Venue: Peacock Hall

Time	Event	Person Responsible	
	Preparations/Dais Coordination	IQAC Office Staff	
2.30-2:35 pm	Jyoti Prajwalana	Dignitaries	
	Invocation	Girl Students	
2:35-2:40 pm	Welcome Address	Dr. K. Ramakrishna, Dean-Quality	
2:40-2:55 pm	Keynote Address	Hon'ble Prof. K. S. Jagannatha Rao, Pro-Chancellor	
2:55-3:00 pm	Introduction of the Chief Guest	Dr. K. V. Narasimha Rao	
3.00-4:00 pm	Address by Chief Guest	Dr. Indla Rama Subba Reddy, MBBS, MD, DPM (Psychiatry), DSc Dr. Indlas VIMHANS Hospital	
4:00-4:15 pm	Award Distribution - Announcement	Dr. P. Lakshmi Prasanna	
	Award Supply Management	Mr. M. Lakshman Kumar Mr. K. Anil Kumar - Manager IQAC	
	Award Distribution - Sequence	Winners of Essay Writing Competition	
		Winners of Poster Presentation	
		Winners of e-quiz	
	Department IQAC In-charges (DIIS) for continuous support to IQAC		
4:15 pm	Felicitation to the Chief Guest	Hon'ble Pro-Chancellor/Dean-Quality	
4:20 pm	Vote of Thanks	Dr. P. Lakshmi Prasanna	
	National Anthem	Digital – Mr. M. Lakshman Kumar	
High Tea			

Dr. K. Ramakrishna
Dean (Quality)