



Koneru Lakshmaiah Education Foundation

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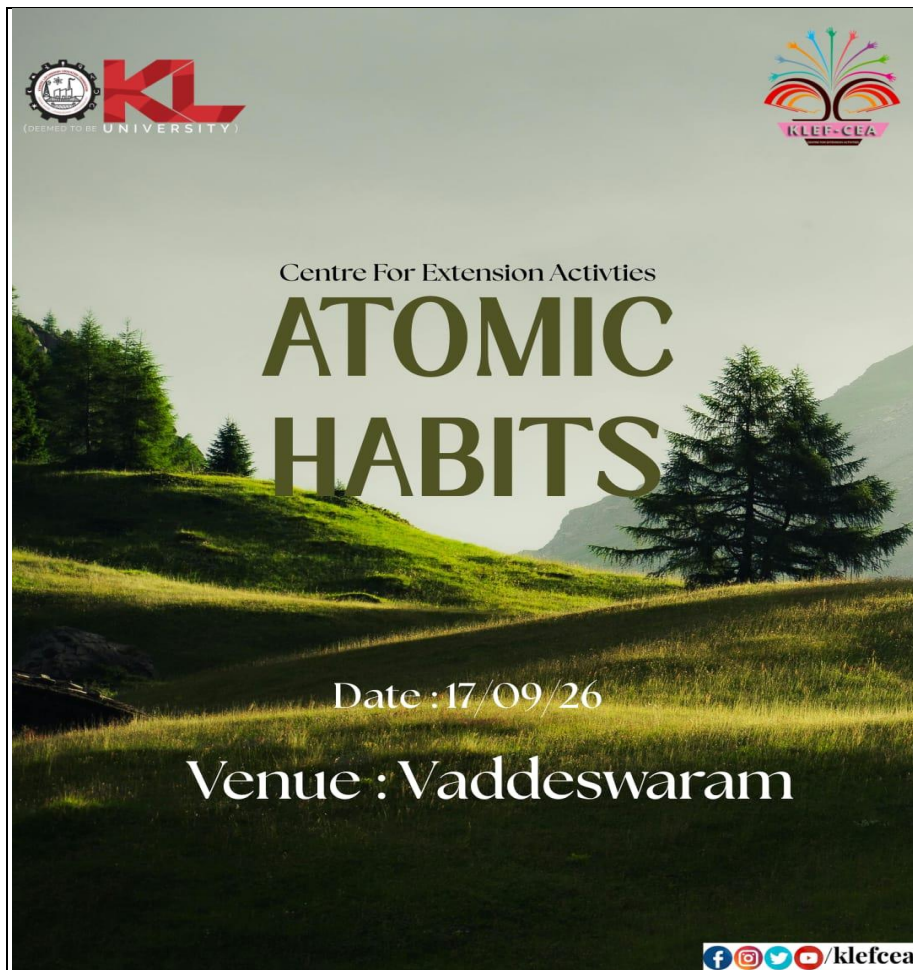
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A report on “ATOMIC HABITS” 17/09/2026 at Z.P. High School, Vaddeswaram Village



Details of the Event:

Date of the Event	: 17-09-2026
Name of the Event	: Atomic Habits
No. of Hours	: 01:30 PM To 04: 30 PM
Venue of the Event	: Vaddeswaram
No. of Participants	: Z.P. High School, Students: 45, Faculty: 02
No. of Beneficiaries	: 287

Description of the Event:

KLEF-Centre for Extension Activities (CEA), in collaboration with the Department of Commerce and Department of CSE-2, jointly organised an awareness programme on “ATOMIC HABITS” on 17/09/2026 at Z.P. High School, Vaddeswaram Village. The programme focused on creating awareness among school students about the importance of developing positive habits and maintaining consistency in their daily activities. The participants were introduced to simple and practical approaches for building good habits, overcoming unproductive routines, setting achievable goals, and improving time management and self-discipline. Through interactive discussions and examples, the programme encouraged students to understand how small, positive changes in their everyday behaviour can contribute to personal growth, academic development, and a more productive lifestyle.

Objectives:

- To create awareness among students about the importance of developing positive habits.
- To explain how small and consistent improvements can lead to meaningful personal growth.
- To encourage students to develop good study habits and regular learning practices.
- To promote self-discipline and consistency in daily activities.
- To help students identify and overcome unproductive habits.
- To encourage effective time management and proper planning.
- To motivate students to set realistic and achievable goals.
- To develop a positive attitude towards learning and personal development.
- To encourage students to build healthy and productive daily routines.
- To empower students to apply positive habit-building practices in their academic and personal lives.

Outcome:

The “ATOMIC HABITS” programme helped students understand the importance of developing positive habits through small, consistent changes in their daily lives. The participants gained awareness about effective time management, self-discipline, goal setting, regular study practices, and overcoming unproductive routines. The interactive session encouraged students to adopt constructive habits and maintain consistency in their academic and personal activities. Overall, the programme motivated students to focus on continuous self-improvement and develop a more positive, disciplined, and productive approach towards their future.

Impact of the Society:

The “ATOMIC HABITS” programme at Z.P. High School, Vaddeswaram Village created a positive social impact by encouraging students to understand the value of good habits, consistency, self-discipline, and responsible behaviour. The programme promoted awareness about how small positive changes in daily routines can contribute to better academic performance, personal development, and overall well-being. By motivating students to adopt constructive habits and share these practices with their families and peers, the initiative contributed to building a more disciplined, responsible, and socially conscious student community.

Event Photos:



