



Date: 29.09.2020

Venue: KLEF (Online)

## **BUILD YOURSELF**

### **Description of the Event:**

We team CEA, planned to conduct an event named BUILD YOURSELF. In the current situations, mainly youth is undertaking lot of stress & depression. To overcome these situations, this event is being conducted. Many of the students had participated from various colleges. We have successfully conducted the webinar through ZOOM meetings.

### **Benefits:**

Our main motto is to make people stress free.

- ❖ By conducting Interactive session with experts, participants can solve their problems.
- ❖ The participants were aided awareness through the event on how to lead their life in this pandemic situation.
- ❖ The participants have learnt how to overcome their depression.

No. of students participated: 85

No. of Faculty participated: 02

## Event Photos:

**KL**  
UNIVERSITY  
CENTRE FOR EXTENSION ACTIVITIES

29<sup>th</sup> Sept 2020 **WEBINAR**

**BUILD YOURSELF**

**Dr.G.Sumati**  
Assistant Professor/Psychologist  
Value Education Cell KLEF

**ZOOM MEETING**  
**Register here**  
[bit.ly/BUILDYOURSELF](https://bit.ly/BUILDYOURSELF)

Contact:  
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Chandra Lekha:6281681155

**YES, I DID IT!**  
**I WILL DO IT**  
**I CAN DO IT**  
**I'LL TRY TO DO IT**  
**HOW DO I DO IT?**  
**I WANT TO DO IT**  
**I CAN'T DO IT**  
**I WON'T DO IT**

\* certificate will be awarded to participants \*

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Zoom Meeting

V.Sahithi Sai Shaik Hafeez Pedipudi Lavanya

Participants (29)

- KLEF CEA (Host, me)
- Sumati Gurbala (Co-host)
- Narun CEA (Co-host)
- V.Sahithi Sai (Co-host)
- 190330274 PAWAN KALYAN RED...
- Chandra Lekha Gumpuram
- Chandrasekhar Gopalam
- D Bala Animesh
- Dagnew Yigzaw
- Doddapaneni Geethanjali Chow...
- Edara Venkata chankya
- Elu Reddy
- Kannan Sravani
- Katuri Gayatri Naga Prabhajjali
- MAHAMMAT SAMI ADIM MAHA...

