



Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by **NAAC** as 'A' Grade University ♦ Approved by AICTE ♦ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

Phone No. 0863 - 2399999; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 -2577715, Fax: +91-866-2577717.

Academic Staff College

3-day Refresher Course on "Self-management"

27.11.2017 to 29.11.2017

A 3-day refresher course on "Self-Management" for all lab-technicians was Organised from 27.11.2017 to 29.11.2017 by Academic Staff College by Mr. Ramesh Babu, Asst.Professor, Dept.CSS, Ms. Dolly, Asst.Professor, ASC and then by Dr.G.Sumathi, Asst.Professor, Counseling Cell in Sunflower Hall.

The topics that are included in the refresher course program are conflict management, Stress Management, Emotional Intelligence and Human Values. The outcomes of the program was

1. The members will comprehend the importance of conflict resolution and stress management
2. The members will learn to develop emotional intelligence
3. The participants will be able to imbibe the essence of Human Values

On the first day the participants were explained by Mr.Ramesh Babu, Asst.Professor, Dept. CSS explained about the conflicts and how to resolve them for a happy life and work. He also explained how stress is related perception and suggested few tips for managing the stress work life.

On the second day Ms. Dolly, Asst. Professor, ASC highlighted the importance of emotional intelligence beside the logical intelligence to be successful in one's life. She also outlined how one has to manage the emotions to grow as a person and as well take care of the individual relationships.

On the third day the session began with pre-session test to understand the members level of understanding of human values. Depending upon the test the trainer Dr.G.Sumathi, Asst.Professor, Counseling Cell explained the perception of human values and how this perception can make one to be optimistic so that the life work becomes successful.

The three day refresher course came to an end with the oral feedback from the participants where they have expressed that this kind of programs need to be scheduled to all the non-teaching staff members.

1.Dr.G.Sumathi, Asst.Professor of Value Education interact with Participants on 29.11.2017

2.Ms. V.Dolly, Asst.Professor of ASC interact with Participants on 28.11.2017

3. Mr. S.Ramesh Babu, Asst.Professor of CSS interact with Participants on 27.11.2017







Participants Receiving Certificates





Group photo of the Participants

