

## **KKR&KSR Institute of Technology and Sciences (Autonomous)**

**Vinjanampadu, Guntur, Andhra Pradesh-522017**

Approved by AICTE, New Delhi and Permanent Affiliation from JNTUK, Kakinada  
Accredited with "A" Grade by NAAC & NBA Accreditation Status for 4 UG (CSE, ECE, EEE, ME) Programs

### **One Day workshop organized on Life Skills on 21<sup>st</sup> November 2022**

#### **1. Objective of the Event:**

The objective of life skills for motivation is to help students to develop the necessary skills and mindset to stay motivated in pursuing their goals and aspirations. Motivation is essential for achieving success and satisfaction in various aspects of life, including personal, academic, and professional pursuits. Life skills can play a crucial role in developing and maintaining motivation by providing students with strategies to overcome obstacles, build resilience, and stay focused on their goals. Some important life skills that can enhance motivation include, Goal setting, Time management, Positive thinking, Problem-solving etc.

Goal setting: Setting clear and achievable goals can provide students with a sense of purpose and direction, which can motivate them to take action towards their goals. Time management: Managing time effectively can help students prioritize their tasks and make the most of their available time, which can increase their productivity and motivation. Positive thinking: Cultivating a positive mindset can help students focus on their strengths and accomplishments, which can boost their self-confidence and motivation. Problem-solving: Developing problem-solving skills can help students to overcome obstacles and challenges, which can enhance their motivation to pursue their goals.

#### **2. About the Resource Person :**

Dr. Venugopal Tiriveedhi is a Psychologist, Motivator and Trainer from Navajagruti. It is a non-profitable service oriented organization and they will conduct various programs like life skills, personality development sessions etc for youth. Their aim to promote Indian youth at higher levels.

#### **3. Date & Venue of the Event:**

The event is organized by the Department of Information Technology of KKR & KSR

Institute of Technology and Sciences, Vinjanampadu, Guntur, Andhra Pradesh from 8.00 AM to 5:00 PM. on 21<sup>th</sup> November 2022.

**6. No. of Participants: 214**

**6. Social Media Link:**

**7. Event Photographs:**



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Vinjanampadu, Vatticherukuru Mandal, Guntur - 522 017, A.P.

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TECHNOLOGY & SCIENCES  
AUTONOMOUS

**SRI BHRAMARA**  
TOWNSHIPS PVT. LTD.  
[WWW.SRIBHRAMARA.COM](http://WWW.SRIBHRAMARA.COM)

**INSTITUTION'S  
INNOVATION  
COUNCIL**  
(Ministry of HRD Initiative)

**Department of Information Technology  
student association - RISE**

**Organizing A Life skills workshop**  
on  
**Date : 21-11-2022**

**NAVJAGRUTI SOLUTIONS**

**Dr. Venugopal Tiriveedhi**  
Psychologist, Trainer & Motivator



**KITS**  
[Autonomous]

**Department of Information Technology  
Student Association - RISE**  
In association with SRI BHRAMARA TOWNSHIPS Pvt.Ltd.

**Organizing A Life skills workshop**  
on  
**21-11-2022**  
*Hearty Welcome to*

**Dr. Venugopal Tiriveedhi**  
Psychologist, Trainer & Motivator

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## **8. Benefits in terms of learning/Skill/Knowledge obtained.**

There are many benefits to obtaining life skills and knowledge, including, Improved problem-solving abilities, Increased Confidence, Better Communication Skills, Improved decision making etc. It helps us to learn new skills and acquire knowledge so that we become better equipped to solve problems and make decisions. It helps to increase our confidence levels, i.e learning new things can boost our self-esteem and confidence, which can help us tackle challenges and take on

new opportunities. It also provides better communication skills, by learning new languages, improving our writing or speaking abilities, or developing other communication skills, students can better express themselves and connect with others. It Improves decision-making of the students by learning new information that can help them make better decisions.

Overall, acquiring new life skills and knowledge can bring a wide range of benefits to the students in their personal and professional life, and can help them to become a more well-rounded and fulfilled individual.

**9. Expenditure Amount ( if any): Nil**



**HEAD**  
**Dept. of Information Technology**  
**KKR & KSR Institute of Technology & Sciences**  
**Vinjanampadu, GUNTUR-17.**