

	Andhra Christian College, Guntur Affiliated to Acharya Nagarjuna University Sambasivapet main road, Guntur -522001, A. P. E mail: accollegeguntur@ymail.com website: www.accollegeguntur.com	Criterion: V
		Metric: 5.1.2

2019-2020

5.1.2 Capacity development and skills enhancement activities organized for improving student's capability.

Report on Programmes / activities conducted to enhance soft skills, Language and communication skills, and Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

Soft Skills

	Andhra Christian College, Guntur Affiliated to Acharya Nagarjuna University Sambasivapet main road, Guntur -522001, A. P. E mail: accollegguntur@ymail.com website: www.accollegguntur.com	Criterion: V
		Metric:5.1.2

Brief Report

2019-20

The following salient points have been explained to the students by our senior faculty.

In our ever-changing world, adaptability has become a vital skill for both personal and professional success. Being adaptable means being open to new experiences, flexible in your thinking, and resilient in the face of challenges. Here are some insights and tips to help you develop adaptability.

Why Adaptability Matters:

1. **Enhanced Problem-Solving Skills**
 - Adaptable individuals can think creatively and find solutions in changing situations.
 - Flexibility allows you to approach problems from different angles.
2. **Increased Resilience**
 - Adaptability helps you bounce back from setbacks and challenges.
 - It fosters a positive mindset and the ability to cope with stress.
3. **Better Opportunities**
 - Being open to change can lead to new and unexpected opportunities.
 - Adaptable people are more likely to seize opportunities that come their way.
4. **Improved Relationships**
 - Flexibility and openness enhance your ability to work with others.
 - Adaptability helps you understand and appreciate diverse perspectives.

Tips for Developing Adaptability:

1. **Embrace Change**
 - Accept that change is a natural part of life and can lead to growth.
 - View challenges as opportunities to learn and improve.
2. **Stay Positive**
 - Maintain a positive attitude, even in the face of uncertainty.
 - Focus on what you can control and let go of what you cannot.
3. **Be Open-Minded**
 - Keep an open mind to new ideas, experiences, and ways of doing things.

- Be willing to step out of your comfort zone.
- 4. **Develop Problem-Solving Skills**
 - Enhance your ability to think critically and creatively.
 - Practice finding multiple solutions to a single problem.
- 5. **Learn Continuously**
 - Keep learning and updating your skills and knowledge.
 - Take advantage of workshops, courses, and other learning opportunities.
- 6. **Stay Flexible**
 - Be willing to adjust your plans and strategies as needed.
 - Cultivate the ability to switch gears and adapt to new circumstances.
- 7. **Build Resilience**
 - Develop coping strategies to manage stress and setbacks.
 - Practice mindfulness and self-care to maintain emotional well-being.
- 8. **Seek Feedback**
 - Ask for feedback from peers, mentors, and instructors to improve.
 - Use constructive criticism to adapt and grow.

Opportunities to Practice Adaptability:

- Participate in group projects and collaborative activities.
- Engage in extracurricular activities and explore new interests.
- Volunteer for roles and responsibilities that challenge your current skills.
- Attend workshops and seminars on adaptability and related skills.

By embracing adaptability, you will be better equipped to navigate the complexities of academic life and beyond. Let's work together to build a community that values and practices adaptability in all aspects of life. 55 students have attended the programme.



Topic: A talk on Importance of Adaptability

Students attended

Date: 30-10-2019

S.NO	Class No	Name of the student	Signature of the Student
1	401	A. Vennela	A. Vennela
2	402	D. Indu	D. Indu
3	403	G. Hepsi Byula	G. Hepsi
4	406	P. Sudha Mary	P. Sudha Mary
5	408	A. Sitaravamma	A. Sitaravamma
6	410	D. Dinesh	D. Dinesh
7	412	P. Venkatesh	P. Venkatesh
8	413	Y. Durga Prasad	Y. Durga Prasad
9	414	T. Venkata Narayana	T. Venkata Narayana
10	416	Y. Sai Ram	Y. Sai Ram
11	417	K. Dora Swamy Raju	K. Dora Swamy Raju
12	418	M. Venkatesh	M. Venkatesh
13	419	Ch. Lakshmi Narayana	E. Chundru
14	420	S. Kalyana Babu	Kalyana Babu
15	421	E. Chundru	E. Chundru
16	422	M. Ashok	M. Ashok
17	423	B. Lakshmi Narayana	B. Lakshmi Narayana
18	424	D. Ajay	D. Ajay
19	425	M. Gopi Krishna	M. Gopi Krishna
20	426	M. Kishore	M. Kishore
21	427	T. Jeevan Raj	T. Jeevan Raj
22	428	T. Raja	T. Raja
23	429	M. Karthik	M. Karthik