

	<b>Andhra Christian College, Guntur</b> Affiliated to Acharya Nagarjuna University Sambasivapet main road, Guntur -522001, A. P. E mail: <a href="mailto:accollegeguntur@ymail.com">accollegeguntur@ymail.com</a> website: <a href="http://www.accollegeguntur.com">www.accollegeguntur.com</a>	Criterion: <b>V</b>
		Metric: <b>5.1.2</b>

**2022-23**

**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**

	<b>Andhra Christian College, Guntur</b> Affiliated to Acharya Nagarjuna University Sambasivapet main road, Guntur -522001, A. P. E mail: <a href="mailto:accollegeguntur@ymail.com">accollegeguntur@ymail.com</a> website: <a href="http://www.accollegeguntur.com">www.accollegeguntur.com</a>	<b>Criterion: V</b>
		<b>Metric: 5.1.2</b>

### **The following are some of the examples of Soft Skills**

In the present society soft skills plays an important role in the academic life of the student

Some examples of soft skills are as follows. In our college, we are giving training the students to make them to learn Soft Skills.

- **Communication:** The ability to convey information effectively and clearly, both verbally And in writing.
- **Teamwork:** The capacity to work well with others towards a common goal.
- **Problem-Solving:** The ability to find solutions to challenges and obstacles.
- **Adaptability:** The capacity to adjust to new conditions and environments.
- **Leadership:** The ability to motivate, inspire, and guide others.
- **Time Management:** The ability to manage one's time efficiently and prioritize tasks.
- **Empathy:** The capacity to understand and share the feelings of others.
- **Conflict Resolution:** The ability to handle disagreements and conflicts constructively.
- **Interpersonal Skills:** The ability to build and maintain relationships.
- **Work Ethic:** Demonstrating reliability, responsibility, and dedication to one's job.

ANDHRA CHRISTIAN COLLEGE, GUNTUR  
(Day, Evening, & P.G)

Notice

2022-23

19-8-2022

**Topic: How to find Solutions to Challenges and Obstacles in Daily Life**

There is a orientation class for all the degree students, conducted by the Dept.of English and IQAC on the topic that “**How to encounter challenges and obstacles in our daily lives**”.

Date: 20-8-2022

Time 10 to 11.30 am

Venue: J.D.SEELEM SEMINAR HALL



  
PRINCIPAL  
ANDHRA CHRISTIAN COLLEGE  
(Day, Evening & P.G)  
GUNTUR



## Andhra Christian College, Guntur

Affiliated to Acharya Nagarjuna University  
Sambasivapet main road, Guntur -522001, A. P.

E mail: [accollegeguntur@ymail.com](mailto:accollegeguntur@ymail.com)

website: [www.accollegeguntur.com](http://www.accollegeguntur.com)

Criterion: V

Metric: 5.1.2

### Brief Report

2022-23

The salient points explained to the students are as follows.

#### Summary:

We all encounter challenges and obstacles in our daily lives, whether in academics, personal relationships, or other areas. Learning how to effectively navigate and overcome these hurdles is crucial for personal growth and success. Here are some practical steps and techniques to help you find solutions to everyday problems:

#### Steps to Solve Problems:

- 1. Define the Problem Clearly**
  - Understand the issue by identifying its core elements.
  - Break it down into smaller parts if necessary.
- 2. Gather Information**
  - Collect relevant data and insights about the problem.
  - Understand the causes and effects.
- 3. Brainstorm Solutions**
  - Think of all possible solutions without filtering them initially.
  - Write down every idea, even those that seem impractical.
- 4. Evaluate Options**
  - Assess the pros and cons of each potential solution.
  - Consider feasibility, risks, and benefits.
- 5. Choose the Best Solution**
  - Select the solution that balances practicality and effectiveness.
  - Sometimes a combination of ideas works best.
- 6. Plan and Implement**
  - Develop a step-by-step action plan.
  - Assign resources and set a timeline.
- 7. Monitor and Adjust**
  - Track progress and outcomes.
  - Be flexible and ready to make necessary adjustments.
- 8. Learn and Reflect**
  - Analyze what worked and what didn't.
  - Use this experience to improve future problem-solving skills.

### Additional Tips:

- **Stay Positive:** A positive attitude enhances creativity and resilience.
- **Seek Help:** Don't hesitate to ask for advice or assistance.
- **Practice Mindfulness:** Stay calm and focused, especially under pressure.
- **Develop Resilience:** Build the ability to bounce back from setbacks.



By following these steps and utilizing these techniques, you can effectively tackle and overcome the challenges and obstacles you face in daily life.



  
PRINCIPAL  
ANDHRA CHRISTIAN COLLEGE  
(Day, Evening & P.G.)  
GUNTUR

Students Present

Topic: "How to encounter challenges and obstacles in our daily lives".

S.No	Class No	Name of the student	Signature of the student
1	1	M. Mary Voliva Sujatha	M. Mary Voliva Sujatha
2	2	Sk. Amith	Sk Amith
3	3	K. Ruphas	K. Ruphas
4	4	V. Hephshibah	V. Hephshibah
5	6	A. Lakshmi Ganapathi	A. Lakshmi Ganapathi
6	7	P. Vijay Kumar	P. Vinaya Kumar
7	9	B. Laksjman Naik	B. Lakshman Naik
8	12	John Calvin	John Calvin
9	13	M. Vamsi Pratap Reddy	M. V. Pratap Reddy
10	14	S. Yedukondalu	S. Yedukondalu
11	15	Sk. Nagoor Basha	Sk. Nagoor Basha
12	16	K. Rajesh	RAJESH
13	17	V. Johnson Paul	K. Rajesh
14	18	T. Netaji	T. Netaji
15	19	A. Sunny	A. Sunny
16	20	M. Prem Sandeep	m. Prem Sandeep
17	21	M. Ganga Raju	M. Ganga Raju
18	22	K. Kaveri	K. Kaveri
19	23	Sk. Sanaullah	Sanaullah
20	24	D. Vanitha	D. Vanitha