



# **OMEGA P.G. COLLEGE - MBA**

(Approved by A.I.C.T.E. & Affiliated to Osmanla University)

Sy. No.7, Edulabad (V), Ghatkosar (M), Medchal Dist-501 301.

e-mail : omegapg.mba@omegacolleges.com Ph: 9246805933/ 9912988863

**5.1.2: Following capacity development and skills enhancement activities are organised for improving students' capability.**

- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)**
- 4. Awareness of trends in technology**

**ACADEMIC YEAR: 2018-2019**



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## CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT ACTIVITIES

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2018-2019	Expert Session on How to be Self Motivated	04-02-2019	90	Mr. R Srinivasa Rao, Soft Skills Trainer
2018-2019	Seminar on Language and Selling Skills	01-03-2019	94	Dr Ch Srihari, SITS
2018-2019	Expert Session on Self Hygiene	11-05-2019	125	Dr K Shankar Rao, Professor, HITS
2018-2019	Session on Yoga for Mental Clarity	21-06-2018	110	Ms Jyothi Reddy, Yoga Trainer
2018-2019	Webinar on Getting along with MS Office	20-12-2018	126	Mrs. E Anuradha

  
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OPC/T&P/AY2018-19/CIR-1


Date: 02.02.2019

## CIRCULAR

This is to inform all the teaching staff and students that, there will be a "Expert Talk on How to be Self Motivated" on 04.02.2019 at seminar hall. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation.

### Copy to:

- IQAC Coordinator
- All the HODs
- All the Faculties
- Training and Placement office
- Administrative Officer
- Notice Boards

  
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## BROCHURE

### SOFT SKILL DEVELOPMENT PROGRAMME ON HOW TO BE SELF MOTIVATED



Date: 04.02.2019

Organized by

Mr.R Srinivas Rao, Soft Skills Trainer

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*[Handwritten Signature]*  
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## ACTIVITY REPORT

Name of the Activity	Expert Talk on How to be Self Motivated	
Type of Activity	Soft skills	
Date and Time of Activity	04-02-2019	10.30 am to 02.00 pm
Details of Participants	90	
Organizing Dept./Support System	Training & Placement	
Resource Person	Mr. R.Srinivasa Rao, Soft Skills Trainer	
Description	<p>Department of Business Administration organized an Expert Talk on "How to be Self Motivated "in Omega P.G.College on February 4, 2019. The session focused on the importance of being Self Motivated. There was a turnout of 90 students for this session.</p> <p>The main speaker for the session was Mr. R.Srinivasa Rao, Soft Skills Trainer. The session was exceptionally informative as he explained that Self-motivation is the force that keeps pushing us to go on – it's our internal drive to achieve, produce, develop, and keep moving forward. When you think you're ready to quit something, or you just don't know how to start, your self-motivation is what pushes you to go on.</p> <p>Mr. R.Srinivasa Rao interacted with the students and elucidated about the basics. He explained that when we talk about self-motivation, we are going beyond basic motives. What we really mean is the ability to follow through on making a positive change in life without giving up. Self-motivation requires that you believe in yourself, stay inspired and keep going despite setbacks. After this, questions were raised from the participants and their queries were suitably answered. He ended the session by concluding the objective and his views on the topic.</p>	





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	<p>On the behalf of Omega P.G.College, Dr B. Sammaiah expressed gratitude to the speaker for such an informative session. The students were highly motivated after the session.</p>
Photos	

  
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### EXPERT TALK ON HOW TO BE SELF MOTIVATED

Date: 04.02.2019

#### LIST OF PARTICIPANTS

S. NO	ROLL NO	NAME OF THE STUDENT	SIGNATURE
1	214415672065	K.DHARANI	
2	214417672001	B.PAVANI	
3	214417672002	V.LAVANYA	
4	214417672003	M.YAMINI	
5	214417672005	RACHANA	
6	214417672006	M.SWAPNA REDDY	
7	214417672007	P.GOUTHAMI	
8	214417672008	B.SWATHI	
9	214417672010	J.MAMATHA	
10	214417672011	SABIYA	
11	214417672012	T.SOWMIKA	
12	214417672013	R.ANURADHA	
13	214417672015	N.SPANDANA	
14	214417672016	P.SUVARNA	
15	214417672017	V.PRAVALIKA	
16	214417672018	P.PRANAVI	
17	214417672019	B. RAJA PRASANNA	
18	214417672020	P.SHIRISHA REDDY	
19	214417672021	J.YOGITHA	

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20	214417672022	CH.AKHIL KUMAR	Ch. Akhil
21	214417672023	K.SUDHA MADHURI	K. Sudha
22	214417672024	L.AKHIL	L. Akhil
23	214417672025	R.SOMESHWARI	R. Someswari
24	214417672026	V.SRAVANI	V. Sravani
25	214417672027	U.NANDINI	U. Nandini
26	214417672028	T.RANI BAI	T. Rani Bai
27	214417672029	V.PRIYANKA	V. Priyanka
28	214417672030	S.SAI KIRAN	S. Sai Kiran
29	214417672031	M.SRUTHI	M. Sruthi
30	214417672033	M.MOUNIKA	Mounika
31	214418672001	K.BINDU PRIYA	K. Bindu Priya
32	214418672002	R.SANDEEP	R. Sandeep
33	214418672003	K.VINITHA REDDY	K. Vinitha
34	214418672004	P.MAMATHA	P. Mamatha
35	214418672005	P.RAVI KUMAR	P. Ravi Kumar
36	214418672006	R.MANOJ KUMAR	R. Manoj Kumar
37	214418672007	K.UPENDER	K. Upender
38	214418672008	MOUMITA DAS	Moumita Das
39	214418672009	T.PAVANI	T. Pavani
40	214418672010	K.NIHARIKA	K. Niharika
41	214418672011	SAMREEN BEGUM	S. Begum
42	214418672012	P.SANJANA	P. Sanjana

  
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43	214418672013	N.V.SWETHA	N.v. Swetha
44	214418672014	P.SWATHI	P. Swathi
45	214418672015	M. SHIVA KUMAR	M. Shiva Kumar
46	214418672016	MD. SALMAN	Salman
47	214418672017	N.SHRAVYA KUMARY	N. Shraya
48	214418672018	P.SHIVANI	P. Shivani
49	214418672019	B.PRATHYUSHA	B. Prathyusha
50	214418672020	S.LAVANYA	S. Lavanya
51	214418672021	K.HEMALATHA	K. Hemalatha
52	214418672022	R.PRAVALIKA	R. Pravalika
53	214418672023	S.JYOSTNA	S. Jyostna
54	214418672024	RAVI NALAKANTI	Ravi Nalakanti
55	214418672025	T.JYOTHI	T. Jyothi
56	214418672026	K.KEERTHI	K. Keerthi
57	214418672027	K.CHAITHANYA CHARY	K. Chaithanya Chary
58	214418672028	S.YAMUNA	S. Yamuna
59	214418672029	M.SAI KIRAN	M. Sai Kiran
60	214418672030	CH. RAHUL REDDY	Ch. Rahul Reddy
61	214418672031	NAZIA BEGUM	Nazia Begum
62	214418672032	RESHMA BANU	Reshma Banu
63	214418672033	PRATHIKSHA THOLE	Prathiksha Thole
64	214418672034	K.SAHITHI	K. Sahithi
65	214418672035	G.BHARGAVI	G. Bhargavi

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66	214418672036	D.MUKESH KUMAR	Mullek
67	214418672037	P.SANDEEP	Sandeepi
68	214418672038	M.NAVEEN	Naveen
69	214418672039	V.RAKESH DAS	V. Rakesh Das
70	214418672040	M.SUDHAKAR	M. suchakar
71	214418672041	T.SUPRIYA	Supriya
72	214418672042	N.SAMBARAJU	N. Sambaraju
73	214418672043	B. AJAYKUMAR	B. Ajay
74	214418672044	Y.MAHESH	Y. Mahesh
75	214418672045	V.RANI	Rani
76	214418672046	G.SATYASRI	G. Sathi
77	214418672047	T.LAKSHMI BHAVANI	T. Lakshmi
78	214418672048	T.VAISHNAVI	Vaishnavi T.
79	214418672049	T.VINOD KUMAR	T. Vinod
80	214418672050	M.MANISHA	Manisha
81	214418672051	G.SWAPNA	G. Swapna
82	214418672052	D.VANI	D. Vani
83	214418672053	CH.SRINEETHA	Srineetha
84	214418672054	D.AISHWARYA	D. Aishwarya
85	214418672055	CH.MOUNIKA	chi M
86	214418672056	G.RAMU	Ramu
87	214418672057	K.MOUNIKA	K. Mounika
88	214418672058	R.SUSMITHA	Susmitha

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89	214418672059	T.PRASANNA	T. Prasananna
90	214418672060	B.VINAY KUMAR	B. Vinay Kumar

  
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OPC/T&P/AY2018-19/CIR-2


Date: 08.03.2019

## CIRCULAR

This is to inform all the teaching staff and students that, there will be a Seminar on Language and Selling Skills on 10-03-2019 at seminar hall. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation.

### Copy to:

- IQAC Coordinator
- All the HODs
- All the Faculties
- Training and Placement office
- Administrative Officer
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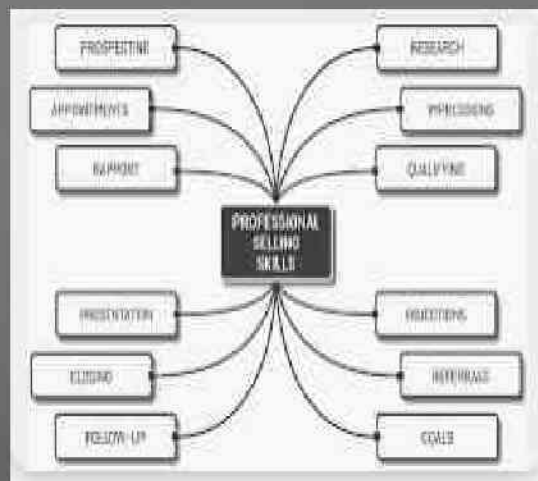
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## BROCHURE

### LANGUAGE AND COMMUNICATION SKILL DEVELOPMENT ON LANGUAGE AND SELLING SKILLS



Date: 10.03.2019

Organized by

Dr Ch Srihari, SITS

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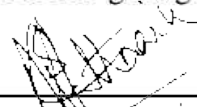
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## ACTIVITY REPORT

Name of the Activity	Seminar on Language and Selling Skills	
Type of Activity	Language and communication skills	
Date and Time of Activity	10-03-2019	11.00 AM to 34.00 PM
Details of Participants	94	
Organizing Dept./Support System	Training & Placement Cell	
Resource Person	Dr Ch Srihari, Professor, SITS	
Description	<p>Department of Business Administration organized a “Session on Language and Selling Skills” in Omega P.G.College on March 10<sup>th</sup> 2019. The webinar focused on the importance of language and selling skills. It was a great learning experience for students. There was a turnout of 94 students for the webinar.</p> <p>Dr Ch Srihari, Professor SITS interacted with the students and elucidated about the basics of language and how it effects in selling skills. He described how your choice of language has a huge impact on your ability to sell. He further explained some skills to keep in mind while selling, like understanding what the buyer wants, use psychology to engage the buyer, establishing trust with the buyer, etc. He then spoke about the core issues that occur while selling like not being able to communicate, not listening to what the buyer wants, etc. After this, questions were raised from the participants and their queries were suitably answered. He ended the session by briefing the participants about how they can speak with clarity, be patient, keep it simple, etc while selling a product or service.</p> <p>It’s a wonderful thing to drink from the minds of those who have labored long, hard and well. On behalf of the institute, Dr G Satyanarayana thanked her for giving us the priceless session.</p>	

  
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## SEMINAR ON LANGUAGE AND SELLING SKILLS

Date: 10.03.2019

### LIST OF PARTICIPANTS

S. NO	ROLL NO	NAME OF THE STUDENT	SIGNATURE
1	214417672034	G.KANTHA KUMARI	G. Kanth
2	214417672035	U.MURALIDHAR	U. Muralidhar
3	214417672036	B.ARAVIND BABU	B. Aravind
4	214417672037	K.SRIKANTH	K. Srikanth
5	214417672038	T S AVANTHI	T. S. Avanthi
6	214417672040	A.VIJAY KUMAR	A. Vijay K.
7	214417672041	D.MOUNIKA	D. Mounika
8	214417672042	J.PADMAJA	J. Padmaja
9	214417672043	K.MOUNIKA	K. Mounika
10	214417672044	K.VIJAYA LAXMI	K. Vijaya L.
11	214417672045	CH.SHIRISHA	Ch. Shirisha
12	214417672046	G.VISHWAVANI	G. Vishwani
13	214417672047	N.PARAMESH	N. Paramesh
14	214417672048	MOHAMMED IMTIYAZ	M. Imtiyaz
15	214417672049	G.RAMESH	G. Ramesh
16	214417672050	M.SANDHYA	M. Sandhya
17	214417672053	G.MANOJ KUMAR	G. Manoj
18	214417672054	G.SARALA	G. Sarala
19	214417672056	J.MAHESH	J. Mahesh





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21	214417672058	K.BHASKER	K. Bhasker
22	214417672059	B.PRAVALIKA	B. Pravalika
23	214417672060	P.BHAVANI	P. Bhavani
24	214417672061	M.RAMYA PRIYA	M. P. Priya
25	214417672062	P.YOUSUF	P. Yousof
26	214417672063	A.SWATHI GOUD	A. Swathi Goud
27	214417672064	AMREEN TABASSUM	Amreen Tabassum
28	214417672065	M.SRAVANI	M. Sravani
29	214417672066	B.SANDHYA	B. Sandhya
30	214417672067	K.AKHILA	K. Akhila
31	214417672069	S.PREETI YADAV	S. Preeti Yadav
32	214417672070	CH.UMA RANI	Uma
33	214417672071	M.RAJESHWARI	M. Rajeshwari
34	214417672072	M.SAI KUMAR	M. Sai Kumar
35	214417672073	P. RAJ KUMAR	P. Raj Kumar
36	214417672074	A. SARITHA	A. Saritha
37	214417672075	KHAJA KHAN	Khaja Khan
38	214417672076	K.LAVANYA	Lavanya
39	214417672078	M.VIJAY KUMAR	M. Vijay Kumar
40	214417672079	P.GOUTHAMI PRIYA	P. Gouthami Priya
41	214418672061	E.JYOTHI	E. Jyothi
42	214418672062	MOHD NOORUDDIN	MD. Nooruddin
43	214418672063	G.GOUTHAMREDDY	G. Goutham Reddy

Principal



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44	214418672064	P.SURYA	P. Surya
45	214418672065	G.BHARGAVI	G. Bhargavi
46	214418672066	SHAIK NAGMA SULTANA	St. Nagma
47	214418672067	U.BHAVANI	U. Bhavani
48	214418672068	D.DIVYA	D. Divya
49	214418672069	B.DURGA	B. Durga
50	214418672070	P. SAI RAM GOUD	P. Sai Ram Goud
51	214418672071	U.GNANA BHAVANI PRASANNA	U. Gnana
52	214418672072	D.HASEENA	D. Haseena
53	214418672073	P.SAI KRISHNA	P. Sai Krishna
54	214418672074	V.VEDASREE	V. V. Sree
55	214418672075	S.NANDINI	S. Nandini
56	214418672076	P.SWATHI	P. Swathi
57	214418672077	N.RAMYA	N. Ramya
58	214418672078	P.SUMAN	P. Suman
59	214418672079	P.MANOJ KUMAR	P. M. Manoj
60	214418672080	S.NAVEEN KUMAR	S. Naveen Kumar
61	214418672081	B.SRILAKSHMI	B. Sri Lakshmi
62	214418672082	B.RAJU	B. Raju
63	214418672083	N.KOUSHIK	N. Koushik
64	214418672084	N.NAVEEN KUMAR	N. Naveen
65	214418672085	P.SRAVANI	P. Sravani
66	214418672086	A. SAI BHAVANI	A. Sai Bhavani
67	214418672087	K.SAI RAM	K. Sai Ram



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68	214418672088	D.VIDHYA LAKSHMI	D. Vidhya Lakshmi
69	214418672089	P.SANDEEP	Pandey
70	214418672090	BAL BAHADUR KARISHMA KUMARI	Bal Bahadur
71	214418672091	V.MAHESHWARI	V. Mahesh
72	214418672092	V.SAI CHARAN	V. Saicharan
73	214418672093	B.MONIKA	Monika
74	214418672094	V.SAMPATH KUMAR	V. Sampath
75	214418672095	GOPI PRIYANKA	Gopi priyanka
76	214418672096	K.NAVEEN	K. Naveen
77	214418672097	G.VARALAXMI	G. Varalaxmi
78	214418672098	M.SWATHI	Swathi
79	214418672099	G.PRAVALIKA	G. Pravalika
80	214418672100	T.GANGA BHAVANI	T. Ganga B
81	214418672101	D.SANDHYA	D. Sandhya
82	214418672102	CH.BHARGAVI	Ch. Bhargavi
83	214418672103	P.SRIVIDYA	P. Srividya
84	214418672104	M.NAVEEN	Naveen
85	214418672105	R.JHANSI RANI	R. Jhansi Rani
86	214418672106	K.BHAGYALAXMI	K. Bhargavi
87	214418672107	MD. MASTANBABA	MD. MastanBaba
88	214418672108	YAMIN FATIMA	Yamin
89	214418672109	K.VANDHANA	K. Vandhana
90	214418672110	B.SURESH	B. Suresh
91	214418672111	CH.PAVANI	Ch. Pavani

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92	214418672112	CH.VANISREE	<i>Ch. Vani Sree.</i>
93	214418672113	RUHEENA ALFINA	<i>Ruheena</i>
94	214418672114	ARAVIND	<i>Aravind</i>

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OPC/Y&M/AY2018-19/CIR-3

Date: 09.05.2019

## CIRCULAR

This is to inform all the teaching staff and students that, there will be a “Expert Session on Self Hygiene” on 11.05.2019. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation

  
Principal  
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Edulabad (V), Ghatkesar (M),  
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## BROCHURE

### LIFE SKILLS ON SELF HYGIENE



Date: 11.05.2019

Organized by

Dr K Shankar Rao, Professor, HITS

OMEGA P.G.COLLEGE

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## ACTIVITY REPORT

Name of the Activity	Expert Session on Self Hygiene	
Type of Activity	Life Skills	
Date and Time of Activity	11.05.2019	10.30 am to 1.00 pm
Details of Participants	125	
Organizing Dept./Support System	Yoga & Meditation Cell	
Resource Person	Dr K Shankar Rao, Professor, HITS	
Description	<p>Department of Business Administration, Omega P.G.College organized an “Expert Session on Self Hygiene” on May 11<sup>th</sup>, 2019. The expert session focused on the need to maintain good personal hygiene. It was a great learning experience for students. The session showed a turnout of 125 students. The main speaker invited for this expert session was Dr K Shankar Rao, Professor, HITS.</p> <p>Dr K Shankar Rao interacted with the students and elucidated them about the importance of personal hygiene and how having good hygiene habits contribute to the wellness of society. He then illustrated some good hygiene activities which are necessary to be undertaken by everyone. He then spoke about having good hygiene perpetuates a personable image of an individual in the society. He encouraged the students to take responsibility for their own hygiene and health and further promote good hygiene habits. The expert session was ended by a quick quiz session which saw an enthusiastic response from the students. Dr K Shankar Rao concluded the session by the good old prover: “Health is Wealth”.</p> <p>On behalf of Omega P.G.College, Dr D Harrison Sunil, thanked him for delivering an exceedingly informative expert session and sharing expert guidance with the students.</p>	

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## EXPERT SESSION ON SELF HYGIENE

Date: 11.05.2019

### LIST OF PARTICIPANTS

S. NO	ROLL NO	NAME OF THE STUDENT	SIGNATURE
1	214418672125	P.RAMYA	<i>Ramyra</i>
2	214418672126	G. SRAVANI	<i>G. Sravan</i>
3	214418672127	P.PRANEETHA	<i>P. Praneetha</i>
4	214418672128	A.SIRISHA	<i>A. Sirisha</i>
5	214418672129	P.SAI NIKHILA	<i>P. Sai Nikhila</i>
6	214418672130	N.PRIYANKA	<i>N. Priyanka</i>
7	214418672131	N.HARI JYOTHI	<i>N. Hari Jyothi</i>
8	214418672132	G.STEPHEN JOHN	<i>G. Stephen John</i>
9	214418672133	M. MADHURI	<i>M. Madhuri</i>
10	214418672134	DEEPAK RAI	<i>Deepak Rai</i>
11	214418672135	T.NAVEEN KUMAR	<i>T. Naveen Kumar</i>
12	214418672136	B.BHAVANI	<i>B. Bhavani</i>
13	214418672137	M.SRAVANI	<i>M. Sravan</i>
14	214418672138	D.SAISRAVAN REDDY	<i>D. Saikiran Reddy</i>
15	214418672139	K.PAVANI	<i>K. Pavani</i>
16	214418672140	T.SHIRISHA DEVI	<i>T. Shirisha Devi</i>
17	214418672141	RUBEENA	<i>Rubeena</i>
18	214418672142	J.ROJA	<i>J. Roja</i>

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20	214418672144	K.SANDHYA RANI	Rani
21	214418672145	T.SRAVALI	Sravali
22	214418672146	SHIVANI SUKHDEV	Sukhdev
23	214418672147	G.SRIVANI	Srivani
24	214418672148	D.MANISHA	Manisha
25	214418672149	MD.KHAYYUM	MD Khayyum
26	214418672150	RANI KUMARI JAIN	Jain
27	214418672151	T.SWATHI	T.Swathi
28	214418672152	N.KAVYASRI	Kavyasri
29	214418672153	D.PADMA PRIYA	Priya
30	214418672154	ASIFA BEGUM	Asifa
31	214418672155	CH.SRI RAMULU	Sri Ramulu
32	214418672156	N.SOUJANYA	Soujanya
33	214418672157	V. JAYA SRI	V. Jayasri
34	214418672158	A.SATHAIAH MOUNIKA	Sathia
35	214418672159	CH.PRASHANTH	Prashanthi
36	214418672160	M.PRIYANKA	Priyanka
37	214418672161	B.MAHESHWARI	Maheshwari
38	214418672162	V.MANJULA	Manjula
39	214418672163	A.ASHOK	Ashok
40	214418672164	S. RAVI KIRAN	Kiran
41	214418672165	C.DEEPA	Deepa
42	214418672166	T.POOJA SINGH	Pooja Singh

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44	214418672168	R. SAI BABU	Sai
45	214418672169	G. GANGA BHAVANI	Ganga
46	214418672170	S.MEENA	Meena.
47	214418672171	K.JAI	Jai
48	214418672172	H.VISHAL	Vishal
49	214418672173	B.BHANUCHANDER	Bhanu
50	214418672174	T.NAVEEN	Naveen.
51	214418672175	D.VISHNUVARDHAN	Vishnu
52	214418672176	A.KASHYAP	Kashyap
53	214418672177	M.BHANU PRATAP	Bhanu
54	214418672178	S.NAVYATHA	Navya
55	214418672179	K.RAJA PRADEEP	Raja
56	214417672080	K.RANI	Rani
57	214417672081	B.DIVYA	Divya.
58	214417672083	K.SURESH	Suresh
59	214417672084	G.KAVITHA	Kavitha
60	214417672086	G.RAVALI	Ravali
61	214417672087	M.BHARATH KUMAR	Kumar
62	214417672088	J.GANESH	Ganesh
63	214417672090	K.SRUTHI	Sruthi.
64	214417672091	K.MARY VARSHA	Mary
65	214417672092	T.ASHOK	Ashok.
66	214417672094	M.SIVVARAM	Ram



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68	214417672098	ADNAN BHARMAL	Adnan
69	214417672099	G.SRILATHA	Sritha
70	214417672100	S.MOUNIKA	Mounika
71	214417672101	N.RAMAKANTH	N. Ram
72	214417672102	D.MADHUKAR	D Madhukar
73	214417672103	G.SUSHEELA DEVI	Devi
74	214417672106	M.PRAVEEN KUMAR	Kumar
75	214417672107	K.VIVEK REDDY	Reddy
76	214417672108	CH.SUNIL	Sunil
77	214417672109	K.ANUKSHITH	K Anu
78	214417672110	V.VENKATESH	V.V. Venkatesh
79	214417672112	M.ARUN KUMAR	M. Arun Kumar
80	214417672113	N.SANDEEP	Sandeep
81	214417672114	P.CHANDRAM	Chandram
82	214417672115	G.RAVALI	Ravali
83	214417672116	G.DIVYA	Divya
84	214417672118	D.SHIRISHA	Shirish
85	214417672119	K.NAVEENA	Naveen
86	214417672120	E.MAHESH BABU	Babu
87	214417672121	T.VIJAY KUMAR	Vijay
88	214417672122	M.REVATHI	Revathi
89	214417672123	M.SWATHI	Swathi
90	214417672124	G.DILIP KUMAR	Kumar



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92	214417672126	B.MANISHA	Manisha
93	214417672127	G.SANDHYA RANI	Rani
94	214417672128	S.PRAVEENA	Veena
95	214417672129	G.PRANITHA	Pranitha
96	214417672130	M.KEERTHI	Keerthi
97	214417672131	CH.SUNITHA	Sunitha.
98	214417672132	B.SWAPNA PRIYA	Priya
99	214417672133	A.BASAVA MALLIKA	Basava
100	214417672135	K.AISHWARYA	Aanya
101	214417672136	S. SAI SHANTHAN	Sai
102	214417672137	K.RAJESHWARI	Rajsh
103	214417672138	V.AKHIL REDDY	Reddy
104	214417672139	N.NIVAS	Nivas.
105	214417672140	FOUZIA BEGUM	Fauzia
106	214417672141	NILAM SHARMA	Sharma
107	214417672142	HINABAI SHARMA	Sharma
108	214417672143	DEBNATH BORAL	Boral
109	214417672144	V.BHARGAVI	Bhargavi
110	214417672145	M.VIVEK	Vivek.
111	214417672148	MOHAMMED IBRAHIM	Mohammed
112	214417672150	P.SRINIVAS GOUD	Goud
113	214417672151	VYSHNAVI	Vyshnavi
114	214417672154	V.SHIVA SHANKAR	Shankar

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115	214417672158	SONALI NAGPURE	
116	214417672159	ABDUL SAMEER	
117	214417672160	MOHD KHALEEL UR RAHMAN	
118	214417672161	K.DAKSHAYANI	
119	214417672162	SANGHARSH DHARMASANAM	
120	214417672163	DHARMASANAM SINDHURA	
121	214417672080	K.RANI	
122	214417672081	B.DIVYA	
123	214417672083	K.SURESH	
124	214417672084	G.KAVITHA	
125	214417672086	G.RAVALI	

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OPC/Y&M/AY2018-19/CIR-4

Date: 18.06.2018

## CIRCULAR

This is to inform all the teaching staff and students that, there will be a Session on Yoga for Mental Clarity on 21.06.2018 at seminar hall. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation.

  
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## BROCHURE

Life Skills  
On

# YOGA FOR MENTAL CLARITY

### Yoga for Mental Health:

How Yogic Practices Can Support Your Mental Health +  
Therapeutic Journey



Date: 21.06.2028

Organized by

Mrs .Jyothi Reddy, Yoga Trainer

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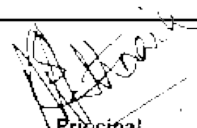
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Sy. No.7, Edulabad (V), Ghatkesar (M), Medchal Dist-501 301.

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## ACTIVITY REPORT

Name of the Activity	Session on Yoga for Mental Clarity	
Type of Activity	Life Skills	
Date and Time of Activity	21.06.2018	11.00 am to 1.00 pm
Details of Participants	110	
Organizing Dept./Support System	Yoga & Meditation Cell	
Resource Person	Mrs. .Jyothi Reddy, Yoga Trainer	
Description	<p>Department of Business Administration organized a “Session on Yoga for Mental Clarity” in Omega P.G.College on International Yoga Day, June 21<sup>st</sup>, 2018. The session focused on the importance of yoga and mental health benefits attached to it. There was a turnout of 110 participants for the session. The speaker/instructor for the session was Mrs. .Jyothi Reddy, Yoga Trainer</p> <p>Mrs. .Jyothi Reddy interacted with the participants and elaborated that Although many people are only familiar with the physical postures of Yoga, there are also a number of very effective Yogic breathing exercises that can invigorate you or calm you down. Additionally, there are pranayama or breathing exercises that can effectively “clear the mental cobwebs” and help to increase mental clarity. She mentioned research shows that yoga and meditation may improve executive functions, such as reasoning, decision making, memory, learning, reaction time, and accuracy on tests of mental acuity.Participants got the queries resolved and the session was concluded with some pranayama and posture practice.</p> <p>All the participants performed the aasanas and thanked Ms .Suchita Joshi for such a refreshing session.</p>	

  
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Sy. No.7, Edulabad (V), Ghatkesar (M), Medchal Dist-501 301.

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## SESSION ON YOGA FOR MENTAL CLARITY

Date: 21.06.2018

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6	214417672006	M.SWAPNA REDDY	Reddy
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8	214417672008	B.SWATHI	Swathi
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15	214417672017	V.PRAVALIKA	V. Pravalika
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72	214418672032	RESHMA BANU	Reshma
73	214418672033	PRATHIKSHA THOLE	Prathika
74	214418672034	K.SAHITHI	Sahithi
75	214418672035	G.BHARGAVI	Bhargavi
76	214418672036	D.MUKESH KUMAR	Mukesh
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78	214418672038	M.NAVEEN	Naveen
79	214418672039	V.RAKESH DAS	Das
80	214418672040	M.SUDHAKAR	M. Sudhakar
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85	214418672045	V.RANI	Rani
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87	214418672047	T.LAKSHMI BHAVANI	Lakshmi



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92	214418672052	D.VANI	Vani
93	214418672053	CH.SRINEETHA	Srinetha
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96	214418672056	G.RAMU	Ramu
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104	214418672064	P.SURYA	Surya
105	214418672065	G.BHARGAVI	Bhargavi
106	214418672066	SHAIK NAGMA SULTANA	Nagma
107	214418672067	U.BHAVANI	Bhavani
108	214418672068	D.DIVYA	Divya
109	214418672069	B.DURGA	Durga
110	214418672070	P. SAI RAM GOUD	Sai Ram



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OPC/IQAC/AY2018-19/CIR-5

Date: 17.12.2018

## CIRCULAR

This is to inform all the teaching staff and students that, there will be a “Webinar on Getting along with MS Office” on 20.12.2018. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation

  
Principal  
Omega P.G. College MBA  
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### Copy to:

- IQAC Coordinator
- All the HODs
- All the Faculties
- Training and Placement office
- Administrative Officer
- Notice Boards





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## BROCHURE

### AWARENESS OF TRENDS IN TECHNOLOGY ON GETTING ALONG WITH MS OFFICE



Date: 20.12.2018

Organized by

Mrs.Anuradha

OMEGA P.G.COLLEGE

  
Principal

Omega PG College-MBA  
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## ACTIVITY REPORT

Name of the Activity	Webinar on Getting along with MS Office	
Type of Activity	Awareness of trends in technology	
Date and Time of Activity	20.12.2018	11.00 am to 2.00 pm
Details of Participants	126	
Organizing Dept./Support System	Training & Placement Cell	
Resource Person	Mrs.Anuradha,SITS	
Description	<p>Omega P.G.College organized 3-hour Special Lecture on "GettingAlong with MS Office" on 20<sup>th</sup>December 2018. For students as well as Faculties, the sessionturned out to be a refresher class for all the basics of MS Office one must know. The session wastaken by the expert Faculty of the SITS including Mrs.Anuradha.</p> <p>Major focus was given to MS Word, MS Excel and PowerPoint. The session was attended by 126 participants. Live query handling and interaction helped the participants gain clarity over basics.</p> <p>All the participants were given Participation as well as further courses weresuggested so as to brush up the advanced levels in the field.</p>	
Photos		



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## WEBINAR ON GETTING ALONG WITH MS OFFICE

Date: 20.12.2018

### LIST OF PARTICIPANTS

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5	214417672124	G.DILIP KUMAR	Kumar
6	214417672125	M.SHIVA KUMAR	Shiva
7	214417672126	B.MANISHA	Manisha
8	214417672127	G.SANDHYA RANI	Rani
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11	214417672130	M.KEERTHI	Keerthi
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14	214417672133	A.BASAVA MALLIKA	Mallika
15	214417672135	K.AISHWARYA	Aishwarya
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17	214417672137	K.RAJESHWARI	Rajeshwari
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Principal

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25	214417672145	M.VIVEK	Vivek
26	214417672148	MOHAMMED IBRAHIM	Mohammed
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35	214417672163	DHARMASANAM SINDHURA	D.Sindhura
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56	214418672107	MD. MASTANBABA	MD. Mastanbaba
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74	214418672125	P.RAMYA	Ramya
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77	214418672128	A.SIRISHA	Sirisha
78	214418672129	P.SAI NIKHILA	Sai Nikhila
79	214418672130	N.PRIYANKA	Priyanka
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81	214418672132	G.STEPHEN JOHN	John
82	214418672133	M. MADHURI	Madhuri
83	214418672134	DEEPAK RAI	Rai
84	214418672135	T.NAVEEN KUMAR	Naveen
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87	214418672138	D.SAISRAVAN REDDY	Reddy
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95	214418672146	SHIVANI SUKHDEV	Shivani
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97	214418672148	D.MANISHA	Manisha
98	214418672149	MD.KHAYYUM	M.D. Kunn
99	214418672150	RANI KUMARI JAIN	Rani
100	214418672151	T.SWATHI	Swathi
101	214418672152	N.KAVYASRI	Sri
102	214418672153	D.PADMA PRIYA	Priya
103	214418672154	ASIFA BEGUM	Asifa
104	214418672155	CH.SRI RAMULU	Sri
105	214418672156	N.SOUJANYA	Soujanya
106	214418672157	V. JAYA SRI	Sri
107	214418672158	A.SATHAIAH MOUNIKA	Mounika
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109	214418672160	M.PRIYANKA	Priyanka
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119	214418672170	S.MEENA	Meena.
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121	214418672172	H.VISHAL	Vishal
122	214418672173	B.BHANUCHANDER	Chandera
123	214418672174	T.NAVEEN	Naveen.
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