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Vignans Institute of Management & Technology For Women  
Kondapur (V), Ghatkesar (M), Medchal-Malkajgiri (Dt)-501301  
Telangana State



# VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

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Kondapur (V), Ghatkesar (M), Medchal - Malkajgiri (D) - 501 301 Phone: +91 96529 10002/3



Date: 05-05-2022

To,  
The Principal,

Vignan's Institute of Management and Technology For Women,  
Kondapur, Ghatkesar.

## Sub: - Request seeking permission to conduct workshop - Reg

It is proposed to conduct Workshop on “Stress Management & SelfAwareness in Association with Yoga Consciousness Trust” during 09-05-2022 to 13-05-2022 for the Non-Teaching faculty. The details of program and budget are mentioned in Table1 and Table2 respectively.

S.No	Name of the Workshop	Resource Person	Designation
1	Stress Management & Self Awareness in Association With Yoga Consciousness Trust	Mr.T.L. NarsimhaRao, Yoga Consciousness Trust	President Yoga Consciousness Trust

S.No	Expenditure	
1	Honorarium fee for resource person	30000
2	Food Expenditure	5000
3	Preparatory work allowances of program	5000
4	Others (Refreshments & Kits)	5000
5	Total expenditure	45000/-

We request you to give permission for conducting this seminar and sanction the amount of Rs.45000/-.

Approval  
  
HOD

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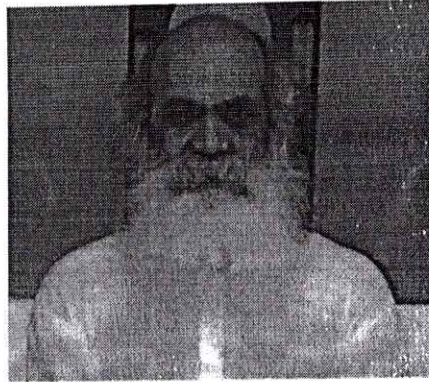
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## Academic Year - 2021-22

### **Stress Management & Self Awareness in Association with Yoga Consciousness Trust**

**Resource Person:** Mr. T.L. NarsimhaRao,  
President,  
Yoga Consciousness Trust



**Coordinator :** Mr. C. Sreenivasa Kumar,  
Associate Professor  
VMTW

  
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# REGISTRATION FORM

Name: .....  
Date of Birth & Age: .....  
Gender (M/F): .....  
Qualifications: .....  
1). Institution: .....  
.....  
2). Affiliating University: .....  
.....  
Address for Communication: .....  
.....  
.....  
.....  
Phone Nos. ....  
Office: .....  
Personal: .....  
Email: .....

Resource Person:  
**Mr. T. L. Narsimha Rao,**  
President,  
Yoga Consciousness Trust,  
Hyderabad.

Chief patrons:  
**Dr. L. Rathaiah,**  
Chairman,  
Vignan Group of Institutions.

**Mr. B. Shravan,**  
Chief Executive Officer,  
Vignan Group of Institutions

Patron:  
**Dr. G. Apparao Naidu,**  
Principal, VMTW

**Dr. A. Sudhir Babu,**  
Professor &  
Head of the Department,  
Department of CSE.

Co-ordinator:  
**Dr. C. Srinivasa Kumar,**  
Professor,  
Dept. of CSE,  
Contact No: +91 96529 10002

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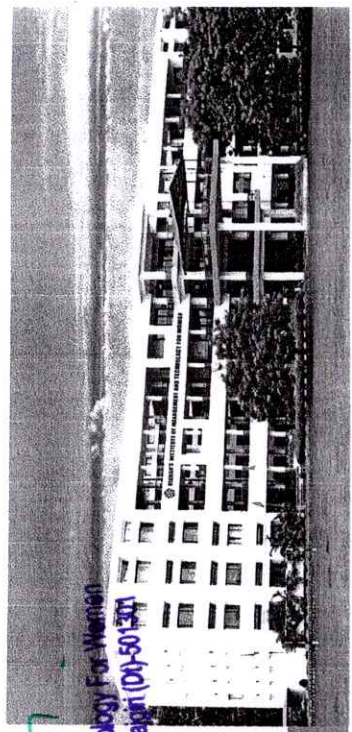


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Approved by AICTE, New Delhi & Affiliated to JNTUH, Hyderabad.  
**Kondapur (V), Ghatkesar (M), Medchal - Malkajgiri (D) - 501 30**

## A WORKSHOP ON “STRESS MANAGEMENT & SELF AWARENESS IN ASSOCIATION WITH YOGA CONSCIOUSNESS TRUST”

**9<sup>TH</sup> TO 13<sup>TH</sup> MAY, 2022**

VENUE:  
**‘A’-BLOCK SEMINAR HALL, VMTW**  
ORGANIZED BY:  
**DEPARTMENT OF COMPUTER SCIENCE  
AND ENGINEERING**



**LAST DATE FOR REGISTRATION: 8<sup>TH</sup> MAY, 2022**

[www.vmtw.in](http://www.vmtw.in)

## ABOUT THE INSTITUTION

Vignan's Institute of Management and Technology for Women (VMTW), is the brainchild of Dr. L. Rathaiyah, Chairman, Vignan Group of Institutions, which was founded in August 2008, with four branches of Engineering.

VMTW is an exemplary institution of higher learning with a mission of pursuing excellence in education and research. The institution, with its diverse and dynamic community of about 2000 students offers a distinctive combination of some of the finest facilities for 7 different graduate, and undergraduate programs, accomplished faculty, world-class facilities with a hostel set on a sprawling area of 22 acres sylvan surroundings of mango groves and greenery.

While students at VMTW immerse themselves in academics, the college has a lot in store for them outside the classroom. Student life includes participation in sports, recreational & co-curricular, and cultural activities. In short, at VMTW students will find an academic and social environment where everyone from faculty members to peers helps shape their future.

VMTW is a home to aesthetically designed buildings with state-of-the-art computer and internet facilities, modern laboratories, workshops, seminar halls, auditoriums, and well-stocked libraries, sports, and games fields.

The Institution boasts of a strong alumni network with alumni events held every year serving as a platform for past students to give back to VMTW and share their experiences with its present fellow students. With so much to offer, it is only natural that students of VMTW get a unique opportunity to carve a niche for themselves in their chosen field of study that enables them to become well-rounded and discerning citizens, fully qualified for their chosen professions in the workplace. Institute also brings out the creativity in students by imparting engineering knowledge imbuing interpersonal skills to promote innovation, research, and entrepreneurship.

## ABOUT THE DEPARTMENT

Department of CSE, VMTW has started B.Tech in Computer Science and Engineering in the year 2008 with an intake of 90. The scholarly ambiance in CSE Department is encouraging to the complete development of the students with well-equipped labs. Department has dedicated and professionally well competent faculty and the many of the faculty are pursuing Ph.D. in emerging areas like Artificial Intelligence, Machine Learning, Cyber Security, Data Science and Block Chain. The main objective is to prepare the students to be successful in Computer Science Engineer to meet the industry needs, encourage lifelong skills and strengthen research.

## ABOUT THE PROGRAM

Self-awareness represents the capacity of becoming the object of one's own attention. In this state one actively identifies, processes, and stores information about the self. This paper surveys the self-awareness literature by emphasizing definition issues, measurement techniques, effects and functions of self-attention, and antecedents of self-awareness. Key self-related concepts (e.g., minimal, reflective consciousness) are distinguished from the central notion of self-awareness. Reviewed measures include questionnaires, implicit tasks, and self-recognition. Main effects and functions of self-attention consist in self-evaluation, escape from the self, and amplification of one's subjective experience, increased self-knowledge, self-regulation, and inferences about others' mental states (Theory-of-Mind). A neurocognitive and socio ecological model of self-awareness is described in which the role of face-to-face interactions, reflected appraisals, mirrors, media, inner speech, imagery, autobiographical knowledge, and neurological structures is underlined.

## OBJECTIVES

The objective of this program is to provide deep knowledge in self-awareness & mental health and tools. This FDP will be very useful to teachers to nourish their mental health and practice healthy life style. This program also focuses on exploring various challenges in the medical field.

## HIGHLIGHTS

- Excellent Research Centre with Latest Infrastructure
- Wi-Fi enabled campus
- Pre Placement Training
- Placements in TOP-Notch Companies
- Industry/Research experience
- Technical case studies, online assignments & internal exams
- Guest lectures by experts from Industry
- Well Furnished hostels
- Indoor and Outdoor Games

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VMTW/CSE/CIR/2021-22/01

Date: 07-05-2022

## DEPARTMENT OF COMPUTER SCIENCE ENGINEERING

### CIRCULAR

This is to inform that to all the HOD's, Staff and Non-Teaching Staff that there will be a Workshop on "**Stress Management & SelfAwareness in Association With Yoga Consciousness Trust**" for Non-Teaching faculty from 09-05-2022 to 13-05-2022 by Mr. T. L. NarsimhaRao, Yoga Consciousness Trust President The Workshop will be coordinated by Mr.C. Srinivasa Kumar, Associate Professor, CSE Department. All the Non-Teaching staff are here by informed to attend the session without fail.

HOD-CSE

**Head of the Department  
Computer Science and Engineering**  
Vignans Institute of Management and Technology for Women  
Kondapur (V), Ghatkesar (M), R.R. Dist-501 301.

Copy To,  
Principal Office,  
All - HOD's,  
Circular to Faculty/Non-Teaching Faculty,  
Notice Board,  
Department - CSE

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## Programme Schedule of the workshop

Department of CSE, VMTW conducted a five day Workshop on “Stress Management & Self-Awareness in Association with Yoga Consciousness Trust”, during 09-05-2022 to 13-05-2022 for Non – Teaching Faculty.

### Workshop objective:


The objective of this program is to provide deep knowledge in self-awareness & mental health to avoid stress and manage a healthy life style. This workshop is very useful to teachers to nourish their mental health and practice healthy life style. This program also focuses on exploring various challenges in the medical field.

The following is the schedule for the workshop:

S.No	Date	FN 10:00am – 12:30pm	12:30pm – 1:30pm	AN 1:30pm – 3:00pm
1	09-05-2022	Stress Management Introduction and Techniques to relieve stress.	<b>Lunch Break</b>	Take a Self-Assessment
2	10-05-2022	Creating a psychologically safe culture		Ways to Become Self-Aware
3	11-05-2022	Mindfulness and Meditation		Identifying issues at early stage and seeing the trends of individuals and teams
4	12-05-2022	Yoga Benefits		Exercises to prevent Health issues.
5	13-05-2022	Yoga Session		Valedictory

  
COORDINATOR

  
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Vignan's Institute of Management & Technology For Women  
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HOD - CSE  
Head of the Department  
Computer Science and Engineering  
Vignan's Institute of Management and Technology for Women  
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**Department of Computer Science Engineering  
A Report on**

**“Stress Management & Self Awareness in Association with Yoga Consciousness  
Trust”**

**Date: 18-05-2022**

Department of Computer Science Engineering conducted workshop on – **“Stress Management & Self Awareness in Association with Yoga Consciousness Trust”**, during 09-05-2022 to 13-05-2022 for Non – Teaching Faculty.

**Speaker: Mr. T. L. Narsimha Rao, President, YOGA Consciousness Trust**, as the resource person for this 5-Day Workshop session.

The main objective of this program is to inculcate the knowledge on Stress Management & Self Awareness in Association with Yoga Consciousness Trust, to motivate all non-teaching Faculty, to do and participate in effective health activities.

**Coordinators:** Mr. C. Srinivas Kumar, Associate Professors, from CSE Department acted as Coordinator for this Workshop.

Total 36 Number of members had participated in the workshop. This workshop session had provided an excellent opportunity to manage the **Stress Management & Self Awareness in Association with Yoga Consciousness Trust** to all the participants.

**Date & Time:** The Workshop was conducted from 09-05-2022 to 13-05-2022 at 10:00 AM–3:00 PM

We would like to thank our honorable Sri Dr. L Rathaiah, Chairman, Sri B. Shravan, CEO, Dr. G. Appa Rao Naidu, Principal and Dr. A. Sudheer Babu, HoD-CSE, for their support for successful completion of five day workshop.

The entire non-teaching Faculty, participants felt very happy for attending the program and most of them given excellent in feedback.

  
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## Topics Covered:

Self-awareness is the first step in creating what you want and mastering your life. It allows you to see where your thoughts and emotions are taking you. It also allows you to take control of your emotions, behavior, and personality so you can make the changes you want.

The more self-aware we are, the more likely we are to achieve our goals both at work and in life generally. We are also more likely to engage in self-care behaviors in order to develop, protect, maintain and improve our health, wellbeing or wellness.

## What is self-awareness and why is it important?

Having self-awareness means that you have a clear understanding of your personality, including your strengths and weaknesses, your thoughts and beliefs, your emotions, and your motivations.

Self-awareness is the first step in creating what you want and mastering your life. It allows you to see where your thoughts and emotions are taking you. It also allows you to take control of your emotions, behavior, and personality so you can make the changes you want.

The more self-aware we are, the more likely we are to achieve our goals both at work and in life generally. We are also more likely to engage in self-care behaviors in order to develop, protect, maintain and improve our health, wellbeing or wellness.

## Self-awareness and stress

At Illuminate we specialize in mental wellbeing in the workplace and a lot of the training we deliver tends to be to managers who want to build their knowledge, confidence and mental health literacy generally so that they are equipped to proactively support their teams. What is also important and fundamental to a thriving workplace, is for staff at all levels within an organization to be self-aware. Being aware of our own warning signs of stress or mental ill health not only ensures we look after ourselves more effectively, but also enhances our emotional intelligence and will result in higher empathy towards others.

**Common signs that could indicate a lack of self-awareness at work (and remember we are all human so are not immune to these traits):**

- Being defensive
- Being in denial (both in terms of situations that are going on around you and of your own feelings, thoughts, stress levels)
- Feeling the need to micro-manage projects / people / situations – this provides a sense of control without having to address your own concerns Making excuses or blaming others.

  
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## 4 steps for building self-awareness of stress at work:

1. Know what it feels like for you to be at your best. Ask yourself "how do you feel?", "how do you behave in the workplace and at home?", and "how do others view you?"
2. Be clear on your warning signs – when are you tipping into the 'switched off' or 'stressed out' areas of the pressure performance curve below? How does stress manifest itself physically, behaviorally, emotionally and cognitively?
3. Build a toolkit of resources and support that keeps you well, and which you can draw upon when you see these warning signs emerging (this will very much depend on what works for you, whether that be mindfulness, reflection, a dedicated support network, physical activity, self-development courses)
4. Remember to regularly use the toolkit to maintain positive wellbeing – and be mindful of the barriers that prevent you from doing so!

## WAYS TO OVERCOME STRESS:

- Mindfulness-Based Stress Reduction
- Meditation
- Professional Communication Training.

  
COORDINATOR

  
HOD - CSE  
Head of the Department  
Computer Science and Engineering  
Vignan's Institute of Management and Technology for Women  
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## Attendance Sheet on workshop: Stress Management & Self Awareness in Association with Yoga Consciousness Trust

S. No	Name of the Non-Teaching Faculty	Department	09-05-2022	10-05-2022	11-05-2022	12-05-2022	13-05-2022
1	K Sudhakar Reddy	Admin	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>
2	M. Veena Kumari	BSH	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>
3	S Sukumar	Admin	Sukumar	Sukumar	Sukumar	Sukumar	Sukumar
4	D Laxmi Prasanna	Admin	Lpry	Lpry	Lpry	Lpry	Lpry
5	Vinoda	Admin	vinoda	vinoda	vinoda	vinoda	vinoda
6	T. Nagaraja Kumari	BSH	nr-2	nr-2	nr-2	nr-2	nr-2
7	M Umesh	Admin	U.Ush	U.Ush	U.Ush	U.Ush	U.Ush
8	D Ramani	Admin	Ramani	Ramani	Ramani	Ramani	Ramani
9	T Venu Madhav	<del>Admin</del> BSH	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>
10	B. Koteswara Rao	BSH	BKS Rao	BKS Rao	BKS Rao	BKS Rao	BKS Rao
11	K. Yadagiri Reddy	Admin	KYR	KYR	KYR	KYR	KYR
12	A Chandra Sekhar	Admin	AS	AS	AS	AS	AS
13	D Ramgurivi Reddy	Admin	GR	GR	GR	GR	GR
14	D. Venkat Naidu	Admin	Venkel	Venkel	Venkel	Venkel	Venkel
15	S Jalandhar Reddy	Admin	S. Jony	S. Jony	S. Jony	S. Jony	S. Jony
16	Mr. E. Prashanth	BSH	Prashanth	Prashanth	Prashanth	Prashanth	Prashanth
17	Mr. T. Rajesh	BSH	Raj	Raj	Raj	Raj	Raj
18	Mrs. K. Anitha	BSH	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>	<del>MS</del>

*(Signature)*  
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Phone: +08615 200006/07/08 Email: info@vmtw.in

* 19	N Lalitha	Admin	Lalitha	Lalitha	Lalitha	Lalitha	Lalitha
20	P. Venkanna	CSE	Ch Venkanna	Ch Venkanna	Ch Venkanna	Ch Venkanna	Ch Venkanna
21	T. NagarajaKumari	BSH	T Nagaraja	T Nagaraja	T Nagaraja	T Nagaraja	T Nagaraja
22	Mr.Ch.Anjaiah	CSE	Ch Anjaiah	Ch Anjaiah	Ch Anjaiah	Ch Anjaiah	Ch Anjaiah
23	Mrs.P.ArunaSree	ECE	Aruna	Aruna	Aruna	Aruna	Aruna
24	Mr.B.Raju	BSH	B Raju	B Raju	B Raju	B Raju	B Raju
25	Mr.M.P.Edward	BSH	Edward	Edward	Edward	Edward	Edward
26	Mr.E.Prashanth	BSH	Prashanth	Prashanth	Prashanth	Prashanth	Prashanth
27	Mr.B.Koteswara Rao	BSH	B Koteswara	B Koteswara	B Koteswara	B Koteswara	B Koteswara
28	Mrs.M.VeenaKumari	BSH	M Veena	M Veena	M Veena	M Veena	M Veena
29	Mr.S.Jalandhar Reddy	Admin	S Jalandhar	S Jalandhar	S Jalandhar	S Jalandhar	S Jalandhar
30	Mr.S.Sukumar	Admin	S Sukumar	S Sukumar	S Sukumar	S Sukumar	S Sukumar

*Suman*

Coordinator

*[Signature]*  
HOD - BSH

*[Signature]*

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Head of the Department  
Computer Science and Engineering  
Vignans Institute of Management and Technology For Women  
Kondapur (V), Ghatkesar (M), R.R. Dist-DU-1301.