

ADIKAVI NANNAYA UNIVERSITY

RAJAMAHENDRAVARAM, ANDHRA PRADESH, INDIA-533296



Organized

By

ADIKAVI NANNAYA UNIVERSITY MSN CAMPUS

Webinar Summary Report

“STEPS FOR BETTER LIFESTYLE”

DATE & TIME: 23rd July, 2020 at 10:30 AM TO 12:30 PM

Convener: MANOJ DEVA YEDDU

Introduction

Life can be a beautiful journey, a crazy ride, and a big adventure. But it can also be a living nightmare, a constant struggle, and a hard teacher. It's all up to you.

The world is full of opportunities, but sometimes too much thinking can get in the way.

Changing your life for the better is about picking a destination and taking one step at a time to get there. If you try to take shortcuts, you may actually end up making your journey longer and more arduous. Getting serious about making improvements is a great start, and taking action is the next important step.

The webinar was held on 23rd July, 2020 at 10:30 AM TO 12:30 PM. The webinar was attended by 300 participants plus 50 hosts/presenters Crossed 5000 total views on YouTube.

The Number of Participants report provides an overview of organizational and the expectations of the participants. The webinar was structures with an inaugural address by Vice-Chancellor; two presentations, each followed by Q&A and a chat-based feedback collection from all the participants. This Report presents a summary of the presentations and the discussions and feedback collected through Q&A on the presentations and the contents of the webinar.

Objectives of the Program

The COVID-19 brought us to a standstill in our academic and professional activities. However the online tools or software available to us provide an opportunity to create a Platform in sharing our knowledge and transfer of information. The webinar is one such effort to interlink academia and personality development with the help of eminent speakers in these fields. It aims to inspire the students, youth and all the members of the community for better lifestyle and explore opportunities for nation building.

Organizers



Convener

Manoj Deva. Y

Assistant Professor

Department of Management Studies,
Adikavi Nannaya University MSN Campus, Kakinada



Co-Convener

Dr. E. Appa Rao

Assistant Professor

Department of Management Studies,
Adikavi Nannaya University MSN Campus, Kakinada

Resource persons:



Keynote Speaker

Sri Gampa Nageshwer Rao

Psychologist & Inspirational Speaker

M.A (Psy)., MS-Counseling & Psychotherapy, MBA., M.Phil (Psy).

Organizer IMPACT Free Training to youth since 1996, more than 60000 youth benefitted out of this program



Speaker

Dr.N.Sita Rama Krishna Rao

Psychologist & Motivational Speaker

M.A (Psy)., M.A (Eco)., M.A (Phil)., M.A (Tel).,
M.A (Pol)., MBA., MSW., M.Ed., M.Phil., Ph.D.
PGDCA., PGDBM., PGDTA (Act).,PGDTA (Dir).

Associate Professor, UETS, Kakinada

Brief Bio-data of Resource Persons:


1) Resource Person : Sri Gampa Nageshwer Rao

- A Certified Trainer from JCI Training, Chesterfield, USA and has conducted 5000 training programs for the corporate sector and for the student community.
- World great performers trained me in my training career of a decade and more. I have also attended various workshops organized by Junior Chamber International, Breakthrough, Landmark Education, AOL etc.
- Travelled Countries: Italy, USA, UK, France, Germany, Switzerland other parts of Europe,, China, Hong Kong, Sri Lanka, Japan, Turkey and Egypt
- Participated in more than 1200 live discussions in many TV channels. Training has been a passion and the privilege of empowering people from all walks of life
Motivational Expert, HR Trainer, Management Thinker, Leadership trainer, Developmental authority and author, Corporate Trainer of India.
- Helped lakhs of people to achieve personal and professional goals. Have has crafted more than 100 trainers and imparted training to design, develop and conduct programs in the area of Training and Development. Passion revolves around enlightening people and focus always in creating value based and principle driven society. Living with a mission to develop leaders of excellence and integrity across the globe.

2) Resource Person: Dr.N.Sita Rama Krishna Rao

- Gold medalist from Andhra University, Visakhapatnam.
- His articles has been published in many National and International journals recognized by UGC, He has presented papers in many National and International Seminars sponsored by UGC, ICSSR, RCI, National and International Universities and National Institutes.
- As a Personality Development Motivational Speaker, he has visited different states and just within six months, he has initiated programs in more than 200 schools, 500+ educational institutes and today he stands as one of the Best Motivational Speaker in India with the fastest growing number of seminars that successfully help people move closer to their set goals. The speeches he deliver that influences magically changes people's Mindset.
- Created a new record Non-stop 12 hours Motivational Speech on Personality Development with 32 topics, his Name has entered in to Wonder Book of Records, Telugu Book of Records and Limca Book of Records also.
- Recipient of National Awards :
 1. North Delhi Cultural Academy's National Award as Best Personality Development Motivational Speaker,
 2. Shikharam foundation's Swami Vivekananda National Excellence Award as Best Personality Development Motivational Speaker
 3. Miracle Award as Best Educationalist Award from Miracle academy and
 4. Goble Teaching Excellence Award as Best Psychologist and Counselor of the Year 2020 from Kiteskraft Productions.

Flyer



ADIKAVI NANNAYA UNIVERSITY

RAJAMAHENDRAVARAM, ANDHRA PRADESH INDIA-533296

**A NATIONAL WEBINAR
ON
"STEPS FOR BETTER LIFESTYLE"**

Organized by
ADIKAVI NANNAYA UNIVERSITY MSN CAMPUS
Kakinada, East Godavari District, Andhra Pradesh

DATE & TIME: 23rd July, 2020 @ 10:30 AM TO 12:30 PM

About Webinar

Life can be a beautiful journey, a crazy ride, and a big adventure. But it can also be a living nightmare, a constant struggle, and a hard teacher. It's all up to you. The world is full of opportunities, but sometimes too much thinking can get in the way. Changing your life for the better is about picking a destination and taking one step at a time to get there. If you try to take shortcuts, you may actually end up making your journey longer and more arduous. Getting serious about making improvements is a great start, and taking action is the next important step.

The COVID-19 brought us to a standstill in our academic and professional activities. However the online tools or software available to us provide an opportunity to create a Platform in sharing our knowledge and transfer of information. The webinar is one such effort to interlink academia and personality development with the help of eminent speakers in these fields. It aims to inspire the students, youth and all the members of the community for better lifestyle and explore opportunities for national building.

Who Can Attend: Students, Youth, Teachers, Employees, Parents & For everyone (No Registration Fee)

REGISTRATION Link: <https://forms.gle/rLGukeEo5v9C3f7n8>


Requirements for the webinar: Desktop/Laptop/Smart Phone with good internet speed and sufficient data pack. Functional webcam, microphone & head phones are compulsory.

Mode of Panel Discussion: Live web session through **Google meet and YouTube live**

**** Link will be sent to your registered email.**

	<p>CHIEF PATRON</p> <p>Prof. M. Jagannadha Rao</p> <p>Vice Chancellor, Adikavi Nannaya University.</p>		<p>Speaker</p> <p>Sri Gampa Nageshwar Rao</p> <p>Psychologist & Inspirational Speaker M.A (Psy), MS-Counseling & Psychotherapy, MBA, M.Phil (Psy) Organizer IMPACT Free Training to youth since 1996, more than 60000 youth benefitted out of this program</p>
	<p>PATRON</p> <p>Prof. B Ganga Rao</p> <p>Registrar, Adikavi Nannaya University.</p>		<p>Speaker</p> <p>Dr. N. Sita Rama Krishna Rao</p> <p>Psychologist & Motivational Speaker M.A (Psy), M.A (Eco), M.A (Phil), M.A (Tel), M.A (Pol), MBA, MSW, M.Ed, M.Phil, Ph.D, PGDCA, PGDBM, PGDTA (Act), JGDTA (Dir). Associate Professor, UETS, Kakinada</p>
	<p>PATRON</p> <p>Prof. S. Prasanthi Sri</p> <p>Special Officer, Adikavi Nannaya University MSN Campus, Kakinada.</p>	<p>Convener</p> <p>Manoj Deva . Y</p> <p>Contact : 8317534626 E-mail : manojdeva.y@gmail.com</p>	<p>Co-Convener</p> <p>Dr. E. Appa Rao</p> <p>Contact: 9848737339</p>

*****E-Certificate will be issued to everyone based on the registration and attendance of the Sessions**



The Andhra University, Visakhapatnam started the Andhra University Post Graduate Courses, in November 1977 at the erstwhile Pithapur Rajah's Government College hostel buildings, Suryaraopet, Kakinada to cater to the educational needs of the people of the Godavari districts. At the beginning the University introduced three courses viz., M.A., in English, and M.A., in Politics and Public Administration. Sri.Malladi Satyalinga Naikar Charities donated an extent of Ac 40.38 cents of land to the Centre in Thimmapuram (village), Kakinada Rural Mandal. A Building with 22,053 sft was constructed in the said land in the year 1989. The A.U.P.G. Centre was shifted to its new building in June 1993 with a new caption as Andhra University M.S.Naicker P.G.Center.

About Campus :



The Adikavi Nannaya University MSN Campus, (Erstwhile Andhra University MSN Campus) Kakinada lies on the East coast in the East Godavari District, Andhra Pradesh, India. The campus has been carefully nurtured in academic and service activities since its establishment in November 1977. The Campus is ideally located in between 213 National Highway and Kakinada Port - Samalkot ADB Road in a 50.93 acres site at Thimmapuram village. The Campus is at a distance of nine kilometers from Kakinada Town Railway Station. The environment and facilities at the Campus are very conducive to learning. The administrative control of this campus has been transferred to Adikavi Nannaya University, Rajahmundry vide. G.O. Ms. No. 19 Dated 06.04.2017

The Campus is offering the following courses:

- M.A. English
- M.A. Political Science
- M.A. Public Administration
- M.A. Economics
- M.B.A.
- M.Com
- M.C.A.
- M.Sc. Mathematics
- PG Diploma in YOGA
- M. Phil. (Full Time and Part Time)
- Ph.D. (Full Time and Part Time)

Address: Adikavi Nannaya University MSN Campus, Near Achampeta Junction, KAKINADA - 533 005, East Godavari District, Andhra Pradesh, India.

Program Sheet

ADIKAVI NANNAYA UNIVERSITY
RAJAMAHENDRAVARAM, ANDHRA PRADESH INDIA-533296




A WEBINAR
ON
"STEPS FOR BETTER LIFESTYLE"

Organized by
ADIKAVI NANNAYA UNIVERSITY MSN CAMPUS
Kakinada, East Godavari District, Andhra Pradesh
DATE : 23rd July, 2020 TIME: 10:30 AM TO 12:30 PM

PROGRAMME SHEET

1	Invitation	
2	Welcoming address by the convener	Mr. Y.Manoj Deva
3	Opening remarks	Prof.S.Prasanthi sri <i>Special Officer,</i> <i>Adikavi Nannaya University MSN Campus.</i>
4	Address by Chief Guest	Prof. Mokka Jagannadha Rao <i>Hon'ble Vice Chancellor,</i> <i>Adikavi Nannaya University .</i>
5	Address by Guest of honour	Prof. B Ganga Rao <i>Registrar,</i> <i>Adikavi Nannaya University.</i>
6	Address by the Invitee speaker	Dr. N.Sita Rama Krishna Rao
7	Address by the Keynote speaker	Sri Gampa Nageshwer Rao
8	Concluding remarks by Co-Convener	Dr. E.Appa Rao
9	Vote of thanks	Dr. L. Madhu Kumar

National Anthem

Abstract of Lecture-I details

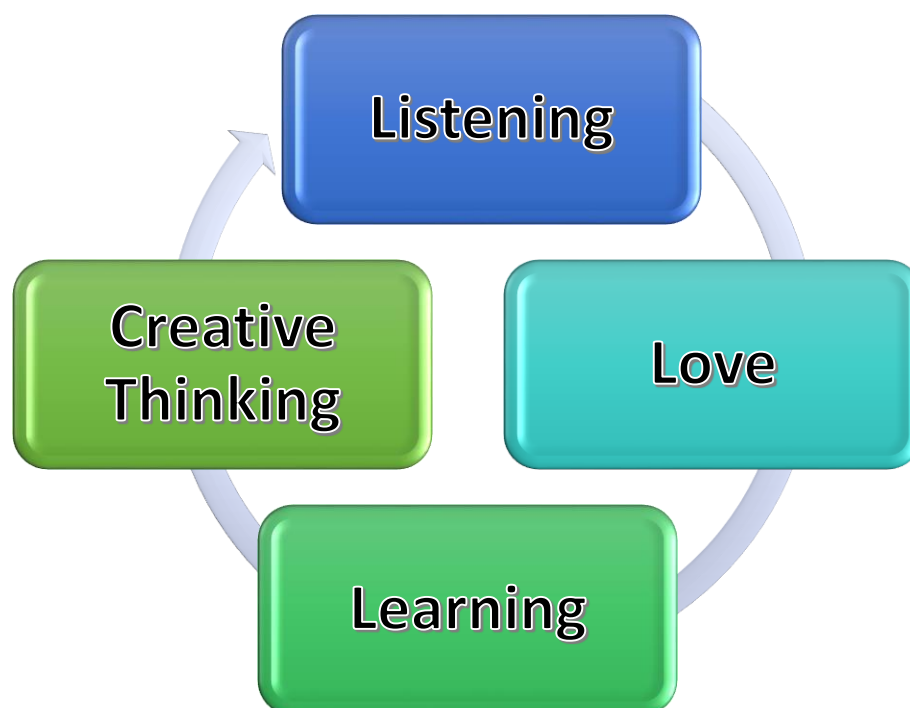
1) Sri Gampa Nageshwer Rao

A Certified Trainer from JCI Training, Chesterfield, USA and has conducted 5000 training programs for the corporate sector and for the student community.

Initially he explain about how to overcome stress and Fear in this COVID situation and given example of APJ Abdul Kalam sir's Life style. He explains about how People learned to live with the bare essentials during the lockdown And later he explains about Physical exercises and Psychological exercises to deal with this type of Pandemics

He explains about Anger management and Problem solving techniques

He spoken on Four Stages of Life



1. Listening
2. Love
3. Learning
4. Creative Thinking

As people work together in breaking the chain of coronavirus infection, a better world is emerging. The tough times are sure to pass, leaving behind the wisdom of practicing compassion and caring for what genuinely matters in life, like the welfare of family members. People have realized the need for precautions and are taking steps against future contingencies, to keep the coming generations safe.

Abstract of Lecture-II details

Dr.N.Sita Rama Krishna Rao

The Resource Person Dr.N.Sita Rama Krishna Rao, Programme Director and Associate Professor, Uma Educational and Technical Society has spoken on “Four Golden Principles of Life” in his presentation he explained four principles, those are Morning habits of successful people, Habit installation protocol, The four interior empires and Twin cycle of elite performers.

He has discussed each principles very clearly, when he explaining about “Morning habits of successful people” He has told 5:00 am- 6:00 AM as Victory hour and it can be divided into 3 parts as 20/20/20 minutes he called it as 20/20/20 formula, further he said that

- 1st – 20 minutes that is 5:00 AM- 5:20 AM everyone should have to go for physical exercise
- 2nd – 20 minutes that is 5:20 am- 5:40 am reflect in isolation..... have to visualize and analyze life’s bigger picture/ goal, have to preparation of plan/ goals for the day
- 3rd – 20 minutes that is 5:40 am- 6:00 am grow – gain – knowledge in this 20 minutes people should have to read books in their field / biographies of successful people

Then he has discussed on “Habit installation protocol” that is habit installation process it is having 66 days (Around 9 weeks) Process and there are 3 stages and Dr. Krishna also explained “The four interior empires those are

1. Mind set
2. Heart set
3. Health set
4. Soul set

Then he discussed the fourth principle “Twin cycle of elite performers” in this he explained that work and rest ratio of elite performers and he has told that the work and rest ratio should be equal, rest will help for better performance of brain and the elite performer will give equal importance to rest and work. At the end he has also explained the 5 things that should not controlled human life those are Past, other people’s opinions / judgments, limited beliefs, relationship and money. He has explained all these through power point presentation.

Number of participants

The webinar was held on 23rd July, 2020 at 10:30 AM TO 12:30 PM.

The webinar was attended by 300 participants plus 50 hosts/presenters Crossed 5000 total views on YouTube

International participants

Germany	01
Malaysia	01
Singapore	01

National participants

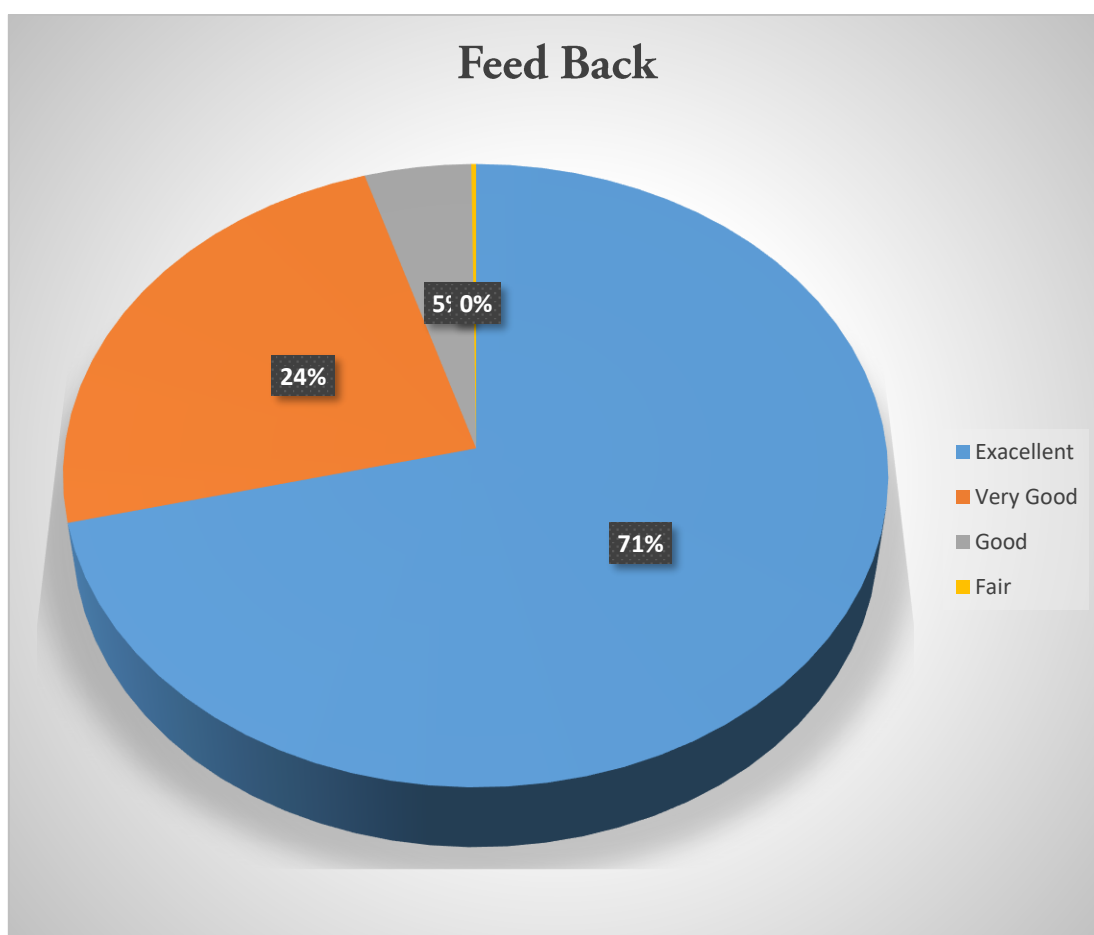
Andhra Pradesh	615
Assam	01
Chhattisgarh	01
New Delhi	20
Gujarat	04
Haryana	01
Jharkhand	01
Karnataka	05
Madhya Pradesh	02
Maharashtra	03
Odisha	03
Tamil Nadu	20
Telangana	105
Uttar Pradesh	07
WEST BENGAL	03

Outcome of the Event:

All The Participants are got the insights like “Unprecedented events have thrust us to re-examine how we live - questioning how we can emerge from the current crisis and as a healthy, resilient and prosperous society. COVID-19 leads us to question not only healthcare systems, but all the interlinked systems that meet our daily needs and enable us to pursue aspirations. In a world stretched thin for resources and under threat from global health concerns, biodiversity loss and climate change, our living and lifestyle decisions will (collectively) determine our future. This watershed moment underscores the need for a people-centric approach –underpinned by the Sustainable Development Goals, not as a measure of our ambition but as the lowest common denominator for the future.

The faculty and students appreciated the information shared and showed keen interest to know more detailed information on specific topics. Over all, the Webinar was a huge success from the point of view of awareness building about the DAE and also as one of the first attempts by the University on conducting such a Webinar

Feedback:



E-Certificate:



ADIKAVI NANNAYA UNIVERSITY MSN CAMPUS
Kakinada, East Godavari, Andhra Pradesh, India.

CERTIFICATE OF PARTICIPATION

This is to Certify that

Dr./Ms./Mr. -----
a faculty/student/scholar of -----
has participated actively in One Day National Webinar on STEPS FOR BETTER LIFE STYLE organised by ADIKAVI NANNAYA UNIVERSITY MSN CAMPUS, Kakinada on 23rd July , 2020.

Y. Manoj Deva
Mr. Y. Manoj Deva
Convener

N.S.R. Krishna Rao
Dr. N. Sita Rama Krishna Rao
Motivational Speaker,
UETS

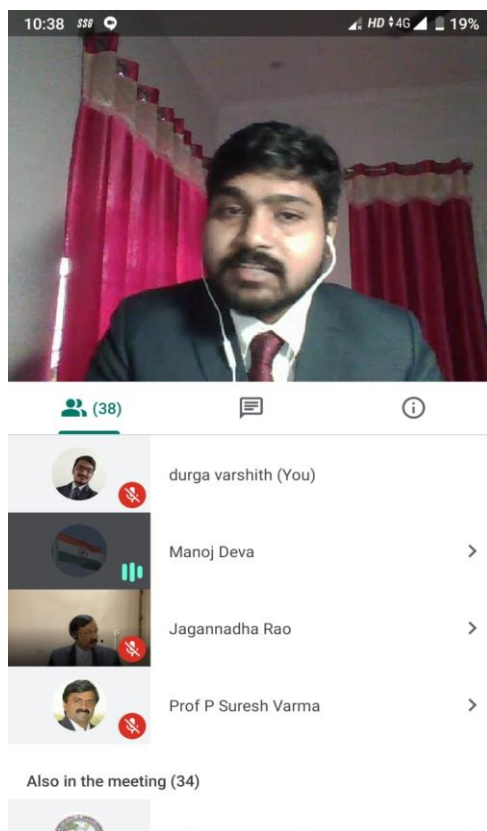
Sri Gampa Nageshwer Rao
Sri Gampa Nageshwer Rao
Inspirational Speaker
IMPACT Foundation

S. Prasanthi Sri
Prof. S. Prasanthi Sri
Special Officer
AKNU MSN Campus

B. Ganga Rao
Prof. B Ganga Rao
Registrar,
Adikavi Nannaya University.

Photo Gallery with captions and Paper clippings

Convener
Mr. Y.Manoj Deva



Opening remarks

Prof.S.Prasanthi sri

Special Officer,

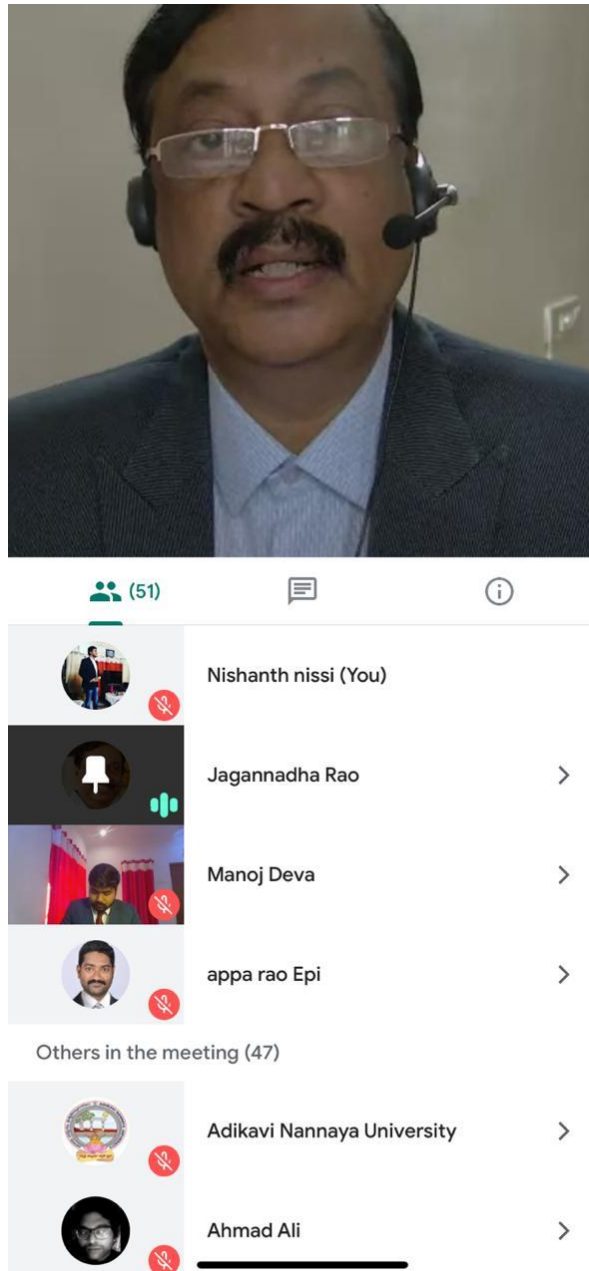
Adikavi Nannaya University MSN Campus.



Chief Guest

Prof. Mokka Jagannadha Rao

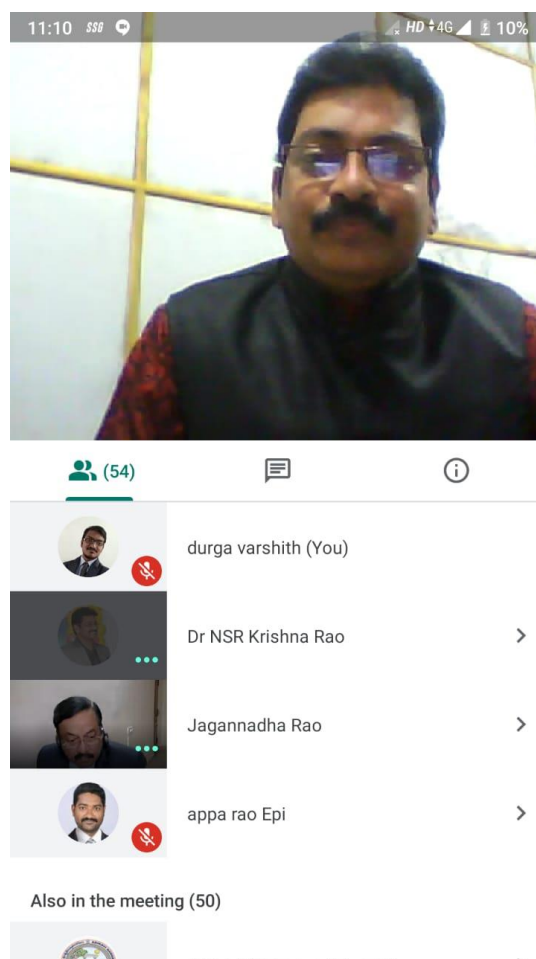
*Hon'ble Vice Chancellor,
Adikavi Nannaya University .*



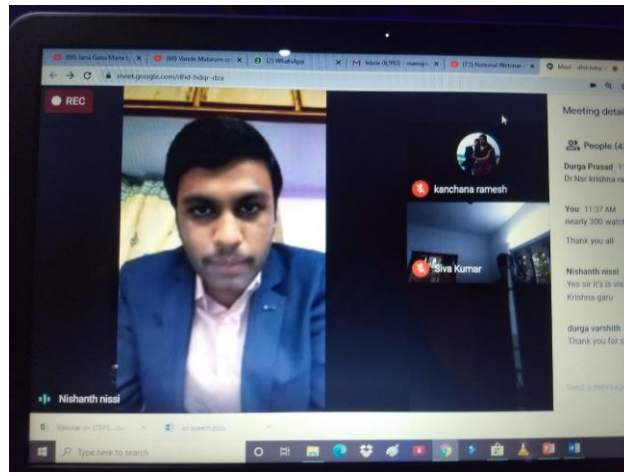
Co-Convener: **Dr. E.Appa Rao**



speaker : **Dr. N.Sita Rama Krishna Rao**



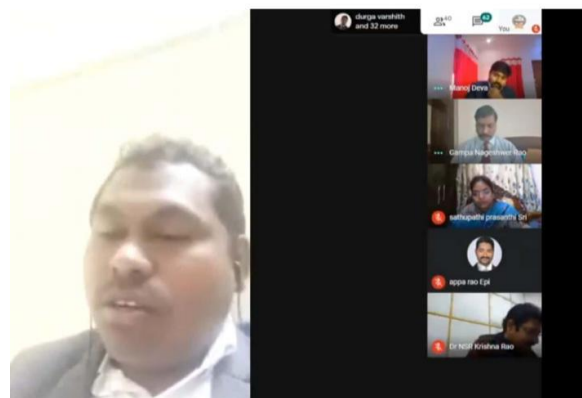
Keynote speaker Introduction by **Nishanth Mogali**



Key Note Speaker : Sri Gampa Nageshwer Rao



Vote Of Thanks: **Dr.L.Madhu Kumar**



Eenadu 24-07-2020

మానసిక ఆనందంతోనే మంచి జీవనశైలి

సూర్యారావుపేట (సర్పవరంజంక్షన్): మానసిక ఆనందంతోనే మంచి జీవనశైలి సాధ్యమని ఆదికవి నన్నయ విశ్వవిద్యాలయం ఉపకులపతి ఆచార్య మొక్కా జగన్నాథరావు తెలిపారు. కాకినాడ గ్రామీణం తిమ్మాపురం అక్నూ ఎంఎస్ఎస్ కాకినాడ పీజీ క్యాంపస్ ఆధ్వర్యంలో ప్రత్యేకాధికారిణి ఆచార్య ఎస్ ప్రశాంతిశ్రీ, కన్వీనర్ వై.మనోజ్ దేవ్ పర్యవేక్షణలో 'మంచి జీవనశైలికి దశలు' అంశంపై వెబినార్ నిర్వహించారు. ఆన్లైన్ ద్వారా ఉపకులపతి ఆచార్య మొక్కా జగన్నాథరావు రాజమహేంద్రవరం నుంచి, సౌద రాబాద్ నుంచి ఇంపాక్ట్ సంస్థ వ్యవస్థాపకుడు గంపా నాగేశ్వరరావు, ఇతర అధ్యాపకులు, దేశవ్యాప్తంగా వివిధ కళాశాల విద్యార్థులు పాల్గొన్నారు. ఉపకులపతి మాట్లాడుతూ, మన జీవితాన్ని అందంగా తీర్చిదిద్దుకునే అవకాశం మన చేతుల్లోనే ఉందనీ, మంచి స్నేహితులతో సహవాసం, వారిలో మంచి అలవాట్లను గ్రహించాలన్నారు.

Sakshi 24-07-2020

మానసిక ఆనందంతో మంచి జీవనశైలి

అక్నూ ఎంఎస్ఎస్ పీజీ సెంటర్ వెబినార్ లో ఆచార్య జగన్నాథరావు



వెబినార్ లో మాట్లాడుతున్న అక్నూ పీజీ జగన్నాథరావు, ఎంఎస్ఎస్ పీజీ సెంటర్ ప్రత్యేకాధికారి ప్రశాంతి

కాకినాడ రూరల్: మానసిక ఆనందంతో మంచి జీవన శైలి సాధ్యమని నన్నయ్య యూనివర్సిటీ పీజీ ఆచార్య మొక్కా జగన్నాథరావు పేర్కొన్నారు. స్థానిక అచ్చంపేట జంక్షన్ వద్ద అక్నూ ఎంఎస్ఎస్ పీజీ క్యాంపస్ లో గురువారం 'మంచి జీవన శైలికి దశలు' అనే అంశంపై వెబినార్ ను నిర్వహించారు. ప్రత్యేకాధికారిణి ప్రశాంతి పర్యవేక్షణలో వై.మనోజ్ దేవ్ వెబినార్ నిర్వహించారు. వెబినార్ లో ముఖ్యఅతిథిగా పాల్గొన్న పీజీ

జగన్నాథరావు మాట్లాడుతూ అసూయను వినర్పించి, మానసిక ఆనందం, సంతృప్తిని అలవాటు చేసుకోవడం వల్ల మంచి జీవనశైలి అలవాటు అవుతుందన్నారు. ఇంపాక్ట్ సంస్థ వ్యవస్థాపకుడు గంపా నాగేశ్వరరావు, రిజిస్ట్రార్ ఆచార్య బట్టు గంగారావు, ఈసీ మెంబర్లు ఆచార్య కొట్టి రమేష్, ఆచార్య అశోక్, జగన్మోహన్ రెడ్డి, జ్యోతిర్మయి, నాగేంద్రరావు, అప్పారావు, మధు కుమార్ పాల్గొన్నారు.