



**St. Joseph's College For Women
(Autonomous), Visakhapatnam**

IQAC

Organized

One-Day Workshop

for Non-Teaching Staff

on

Empowering Lives for a Better Tomorrow



Dated: 2nd June 2026



St. Joseph's College for Women (Autonomous)

VISAKHAPATNAM

**One Day Workshop On
Empowring Lives for a Better Tomorrow**

“బలమైన జీవితాలు - ప్రకాశవంతమైన భవిష్యత్తు”
for

Non Teaching Staff

02-06-2026

Rev. Fr. Kondala Joseph, MSFS

Director of Ross Hill Church, Visakhapatnam

Session 1 : **“Family Values for a Meaningfull Life”**

“కుటుంబ విలువలు సార్థకమైన జీవితం”

Time : 9.00 am to 12.00 pm

Quality & Excellence: Hallmark of SJC



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“బలమైన జీవితాలు - ప్రకాశవంతమైన భవిష్యత్తు”
for

Non Teaching Staff

02-06-2026

Dr. Sita Mahalakshmi Karasi

Professor

Manager Child Help Foundation, Visakhapatnam

Session 2 : **“Healthy Individuals, Healthy Society”**

“ఆరోగ్యవంతమైన వ్యక్తులు - ఆరోగ్యవంతమైన సమాజం”

Time : 2.00 pm

Quality & Excellence: Hallmark of SJC



**St. Joseph's College for Women (Autonomous),
Visakhapatnam**

One Day Workshop for Non-Teaching Staff

on

“ Empowering Lives for a Better Tomorrow”

“బలమైన జీవితాలు – ప్రకాశవంతమైన భవిష్యత్తు”

Program Schedule : 02.06.2026

Session 1 : “Family Values for a Meaningful Life.”

“కుటుంబ విలువలు సార్థకమైన జీవితం”

Speaker : Fr. Kondala Joseph

Director of Ross Hill Church

Visakhapatnam.

Time : 9.00 am to 12.00 pm



Session 2 : “Healthy Individuals, Healthy Society”

“ఆరోగ్యవంతమైన వ్యక్తులు – ఆరోగ్యవంతమైన సమాజం”

Speaker : Dr. Sita Mahalakshmi Karasi

Resource Professor

Manager Child Help Foundation

Time : 2.00 pm



**St. Joseph's College for Women (Autonomous),
Visakhapatnam**

One-Day Workshop for Non-Teaching Staff

on

“ Empowering Lives for a Better Tomorrow”

Dated: 2nd June 2026

Report on the Programme

Venue: St. Joseph's College for Women (Autonomous), Visakhapatnam

Participants: Non-Teaching Staff

St. Joseph's College for Women (Autonomous), Visakhapatnam, organized a one-day enrichment programme titled “Empowering Lives for a Better Tomorrow” for the non-teaching staff on 2nd June 2026. The programme aimed to promote personal well-being, strengthen family values, and encourage a healthy lifestyle among the participants.

The programme commenced with Session I, titled “Family Values for a Meaningful Life,” from 9:00 a.m. to 12:00 noon. The resource person for the session was Fr. Kondala Joseph, Director of Ross Hill Church, Visakhapatnam. Fr. Joseph highlighted the importance of family values, mutual respect, effective communication, and strong relationships in leading a meaningful and fulfilling life. Through practical examples and inspiring anecdotes, he emphasized the role of family as the foundation of personal growth, emotional stability, and social harmony. The session was highly interactive and encouraged participants to reflect on their responsibilities within their families and communities.

The afternoon programme featured Session II, titled “Healthy Individuals, Healthy Society,” beginning at 2:00 p.m. The session was conducted by Dr. Sita Mahalakshmi Karasi, Resource Professor and Manager at the Child Help Foundation. Dr. Karasi stressed the significance of physical, mental, and emotional well-being in creating a healthy society. She discussed the importance of balanced nutrition, regular exercise, stress management, and positive lifestyle choices. She also highlighted the role of individuals in promoting community health and social responsibility. Her informative and engaging presentation motivated participants to adopt healthier habits and contribute positively to society.

Both sessions were well received by the participants, who appreciated the valuable insights shared by the speakers. The programme successfully enhanced awareness about the importance of strong family values and healthy living, thereby contributing to the holistic development of the non-teaching staff.

The event concluded with a vote of thanks by Dr Sr Hema, Vice-Principal, expressing gratitude to the resource persons, organizers, and participants, making the programme a meaningful and enriching experience.

Evidence of the Sessions





St. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM

One Day Programme for Non-Teaching Staff

on

“Empowring Lives for a Better Tomorrow”

“ఉజ్వలమైన రేపటి కోసం జీవితాలకు సాధికారత”

02.06.2026

ATTENDANCE SHEET

S. No.	Name of the participant	Designation	A.M.	P.M.
1	Ms. G. Velangani	Jr. Assistant	G. Velangani	G. Velangani
2	Mrs. VVV Prasanna Rani	Sr. Assistant	Prasanna Rani	Prasanna Rani
3	Mrs. J. Ravanamma	Store keeper	Ravanamma	Ravanamma
4	Mr. P. Gopala Krishnan	Jr. Assistant	P. Gopalakrishna	Gopal .
5	Mrs. G. Rajeswari	Store keeper	G. Rajeswari	G. Rajeswari
6	Mr. L. Appala Raju	Jr. Assistant	L. Appala Raju	L. Appala Raju
7	Mrs. B. Mary Francina	Record Asst.		
8	Mr. K. Narasinga Rao	Herbarium	K. Narasinga Rao	K. Narasinga Rao
9	Mr. S. Raju	Record Asst.		
10	Mrs K. Velangani Usha	Technical Asst.	K. Velangani Usha	K. Velangani Usha
11	Mrs B. Anita	Examination Asst.		
12	Mrs B. Gnana Jyothi	Examination Asst.	B. G. Jyothi	B. G. Jyothi
13	Mrs P. Swarna Latha	Comp. Lab Attender	P. Swarna Latha	P. Swarna Latha
14	Mrs G. Kannamma	Examination Asst.	G. Kannamma	G. Kannamma
15	Mr D. Srinivasa Rao	Attender	D. Srinivasa Rao	D. Srinivasa Rao
16	Mrs M. Srivani	Library Assistant	M. Srivani	M. Srivani
17	Mr T. Rajesh	Chem. Lab Attender	T. Rajesh	T. Rajesh
18	Mr G. Anand Kumar	Chem. Lab Attender	G. Anand Kumar	G. Anand Kumar
19	Mr A. Raja Shekar Reddy	Chem. Lab Attender	A. Raja Shekar Reddy	A. Raja Shekar Reddy
20	Mrs K. Kumari	Attender	K. Kumari	K. Kumari

S. No.	Name of the participant	Designation	A.M.	P.M.
21	Mrs K. Aruna	Maintenance staff	—	—
22	Ms.Ch.Vanaja	Office Assistant	Ch. Vanaja	Ch. Vanaja
23	Mr D. Anthony Vara Prasad	Zool Lab Attender	D.A.V. Prasad.	D.A.V. Prasad
24	Mrs Gopi Ratna	HSc. Lab Attender	G. Ratna	G. Ratna
25	Mrs G. Chandini	Comp. Lab Attender	G. Chandini	G. Chandini
26	Mr D. Srikanth	Phy. Lab Attender	D. Srikanth	D. Srikanth
27	Mr P. Anil Kumar	Office Attender	P. Anil Kumar	
28	Mr G. Lakshmi Naidu	Chem. Lab Attender	G. Lakshmi Naidu	—
29	Mrs T. Ratnam	Maintenance staff	T. Ratnam	T. Ratnam
30	Mrs K. Annapurna	Maintenance staff	K. Annapurna	K. Annapurna
31	Mrs S. Padma	Maintenance staff	S. Padma	S. Padma
32	Mrs R. Jasinta Rani	Library Assistant	R. Jasinta Rani	R. Jasinta Rani
33	Mrs G. Nirmala Jyothi	Maintenance staff	G. Nirmala Jyothi	G. Nirmala Jyothi
34	Mrs N Triveni	HSc. Lab Attender	N. Triveni	N. Triveni
35	Mr B Rajesh	Botany Lab Attender	B. Rajesh	B. Rajesh
36	Mr G. Raju	Gardener	G. Raju	G. Raju
37	Mrs T Mallika	Office Assistant	T. Mallika	T. Mallika
38	Mrs G Jagadeeswari	Day Care Assistant	G. Jagadeeswari	G. Jagadeeswari
39	Mr G Uday Kumar	Attender	G. Uday Kumar	G. Uday Kumar
40	Mrs M Latha	Comp. Lab Attender	M. Latha	M. Latha
41	Mrs G Vijaya	Maintenance staff	G. Vijaya	G. Vijaya
42	Mr S Krishna Prasad	Web Master	S. Krishna Prasad	S. Krishna Prasad
43	Mrs Adilakshmi		Y. Adilakshmi	Y. Adilakshmi
44	Mrs.Satya Veni Valluri		N. Satya Veni	N. Satya Veni



CERTIFICATE OF PARTICIPATION

This is to certify that Mrs. P. Swarna Latha has actively participated in the One-Day Workshop for Non-Teaching Staff on "**Empowering Lives for a Better Tomorrow**" held on 2nd June 2026 at St. Joseph's College for Women (Autonomous), Visakhapatnam.



Principal

St. Joseph's College for Women(A), Visakhapatnam