



SRI CHINTALAPATI VARA PRASADA MURTHY RAJU
GOVERNMENT DEGREE COLLEGE

GANAPAVARAM-534 198

ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'



HUMAN RESOURCE CLUB

AY 2025-26
CAPACITY BUILDING PROGRAM FOR STUDENTS
NEURONAL REWIRING & PERSONAL TRANSFORMATION

Day 1 Session of Capacity Building Program

Date: 20-04-2026

Time: 3:00 pm to 4:00 pm

Venue: IQAC room

Topic: Brain Plasticity – Understanding the Ability to Change

Resource Person: Dr. Ch. Chaitanya, Lecturer in Botany

Organized by: Human Resource Club, SCHVPMR Government Degree College,
Ganapavaram

The Human Resource Club of SCHVPMR Government Degree College, Ganapavaram, organized a Capacity Building Program titled “*Neuronal Rewiring & Personal Transformation*” for undergraduate students.

The program was presided over by Dr. P. Nirmala Kumari, Principal of the college. In her address, she stressed the importance of behavioral development among undergraduate students and underscored the urgent need to improve etiquette, discipline, and personal grooming as essential components of overall personality development.

The Day 1 session, held on 20th April 2026, was delivered by Dr. Ch. Chaitanya, Lecturer in Botany, on the topic “*Brain Plasticity – Understanding the Ability to Change.*”

The session focused on the concept of brain plasticity, explaining how the human brain has the ability to reorganize itself by forming new neural connections throughout life. The speaker highlighted how thoughts, habits, learning, and experiences can reshape neural pathways, thereby influencing behavior and personal growth. The lecture emphasized practical approaches for students to develop positive habits, improve focus, and enhance learning capabilities through conscious mental training.

Approximately 40 students from all first-year groups (B.A., B.Com., and B.Sc.) actively participated in the session, along with nearly 10 faculty members. The session was interactive and thought-provoking, encouraging students to reflect on their own habits and mindset. Overall, the program marked a successful beginning to the capacity building initiative, inspiring students towards self-improvement and transformation.





SRI CHINTALAPATI VARA PRASADA MURTHY RAJU
GOVERNMENT DEGREE COLLEGE

GANAPAVARAM-534 198

ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'



HUMAN RESOURCE CLUB

AY 2025-26

**CAPACITY BUILDING PROGRAM FOR STUDENTS
NEURONAL REWIRING & PERSONAL TRANSFORMATION**

Day 2 Session of Capacity Building Program

Date: 21-04-2026

Time: 3:00 pm to 4:00 pm

Venue: IQAC room

Topic: Habits – Breaking and Building Habits

Resource Person: Dr. K. Swarupa Rani, Lecturer in Economics

Organized by: Human Resource Club, SCHVPMR Government Degree College,
Ganapavaram

The Day 2 session of the Capacity Building Program titled “*Neuronal Rewiring & Personal Transformation*” was conducted on 21st April 2026 by Dr. K. Swarupa Rani, Lecturer in Economics. The session focused on understanding the science behind habits and strategies for breaking negative habits while building positive ones.

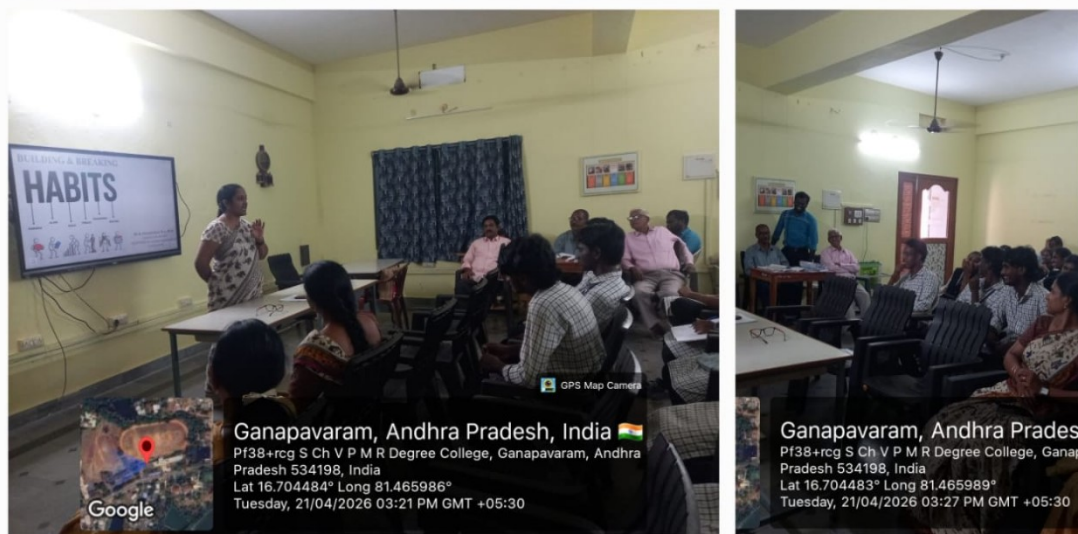
The resource person began with a brief recap of the Day 1 session on brain plasticity, reinforcing the idea that behavioral change is possible through conscious effort and consistent practice. She actively engaged students in discussions to help them understand how habits are formed and how they can be modified.

A key highlight of the session was the explanation of the **habit loop**, consisting of *cue (trigger), craving, response, and reward*. Dr. Swarupa Rani clearly illustrated how identifying triggers and understanding the underlying cravings can help in redesigning

one's habits scientifically. She emphasized that small, consistent changes can lead to significant personal transformation over time.

The session was highly interactive, with students participating in activities and sharing their personal experiences. As a practical takeaway, students were encouraged to consciously **adopt one good habit and work towards breaking one bad habit** during the upcoming summer break. They were also guided to use affirmations and self-monitoring techniques to reinforce positive behavioral change.

Overall, the session was insightful and motivational, equipping students with practical tools to reshape their habits and improve their personal and academic lives.





SRI CHINTALAPATI VARA PRASADA MURTHY RAJU
GOVERNMENT DEGREE COLLEGE

GANAPAVARAM-534 198

ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'



HUMAN RESOURCE CLUB

AY 2025-26

**CAPACITY BUILDING PROGRAM FOR STUDENTS
NEURONAL REWIRING & PERSONAL TRANSFORMATION**

Day 3 Session - Motivation Training the Brain Through Effort

Date: 23-04-2026

Time: 3:45 pm to 4:35 pm

Venue: IQAC room

Topic: Motivation Training the Brain Through Effort

Resource Person: Sri.K.V.Ganesh Kumar, Lecturer in Physics & IQAC Co-ordinator

Organized by: Human Resource Club, SCHVPMR Government Degree College,
Ganapavaram

A motivational session on “**Training the Brain Through Effort**” was delivered by **Sri K. V. Ganesh Kumar, Lecturer in Physics**, as part of the Capacity Building Program on *Neuronal Rewiring & Personal Transformation Day 3*.

The session commenced with an insightful introduction to **neuronal plasticity**, emphasizing the brain’s remarkable ability to reorganize and adapt by forming new neural connections throughout life. Sri Ganesh Kumar explained how consistent effort, learning, and practice can significantly reshape brain functioning and improve cognitive abilities.

Building upon this foundation, the speaker elaborated on the concept of **training the brain through deliberate effort**. Through simple and relatable examples—such as decision making and the rewards, examples from movies and a clap pattern to be repeated after the speaker—students were able to clearly understand how repeated actions strengthen neural pathways.

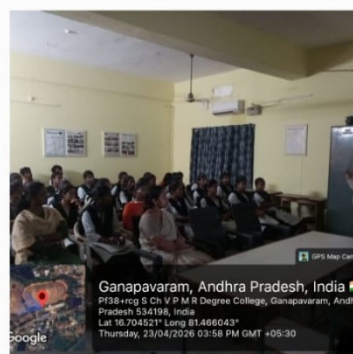
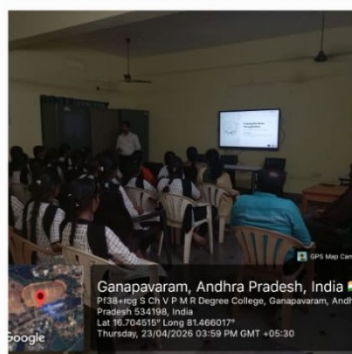
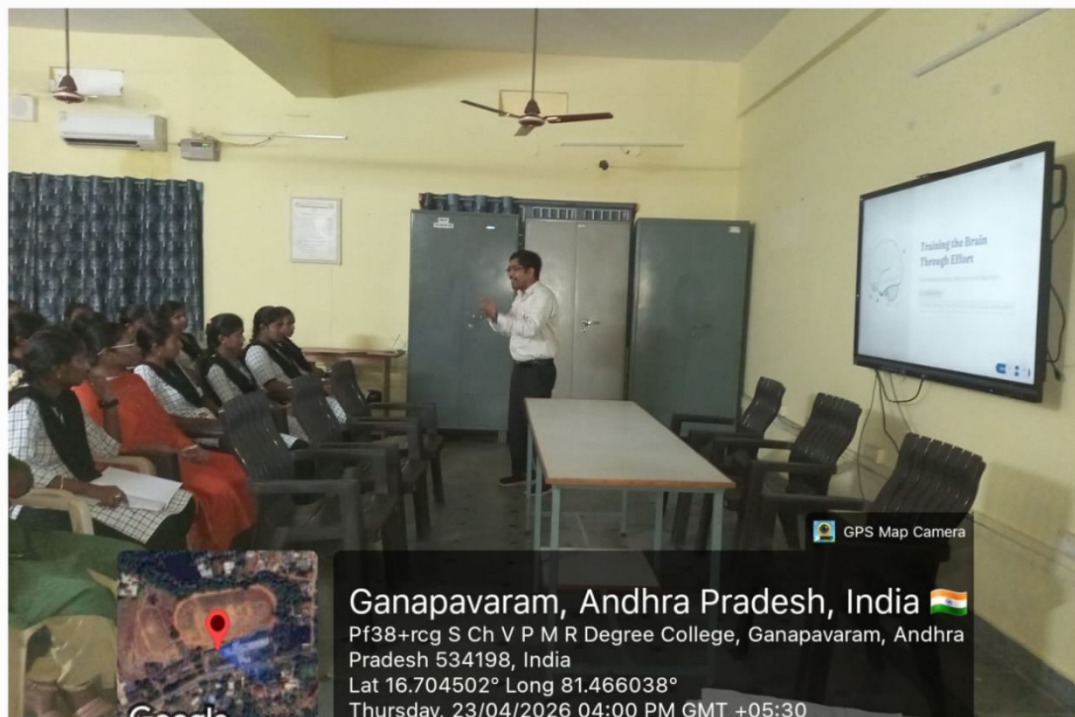
The session highlighted that:

- ❖ Brain is the most wonderful muscle of the body
- ❖ Training Brain stems from it and it’s a Possible Act!

- ❖ Persistence and practice play a crucial role in neuronal rewiring and personal transformation

Interactive discussions and real-life examples made the session engaging and impactful. Students were encouraged to adopt a **growth mindset**, view failures as learning opportunities, and consistently work towards self-improvement.

Overall, the session was highly inspiring and provided students with practical insights into harnessing the power of the brain for **academic success and personal growth**.





SRI CHINTALAPATI VARA PRASADA MURTHY RAJU
GOVERNMENT DEGREE COLLEGE

GANAPAVARAM-534 198

ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'



HUMAN RESOURCE CLUB

AY 2025-26

**CAPACITY BUILDING PROGRAM FOR STUDENTS
NEURONAL REWIRING & PERSONAL TRANSFORMATION**

Day 4 Session - Norms & Values: Becoming a Better Student

Date: 24-04-2026

Time: 3:45 pm to 4:35 pm

Venue: IQAC room

Topic: Norms & Values: Becoming a Better Student

Resource Person: Dr.Sk.Parveen, Lecturer in Zoology

Organized by: Human Resource Club, SCHVPMR Government Degree College,
Ganapavaram.

Day 4 of the Capacity Building Program featured an insightful session on “**Norms and Values: Becoming a Good Student**” delivered by **Dr. Sk. Parveen, Lecturer in Zoology**. The session was both engaging and thought-provoking, focusing on shaping students’ attitudes and behaviors for personal and academic excellence.

The resource person began the session by defining the term “*Vidyarthi*” through a meaningful mnemonic, emphasizing that a true student is not just a learner of subjects but a seeker of knowledge, discipline, and character. This opening set the tone for the session, encouraging students to reflect on their roles and responsibilities.

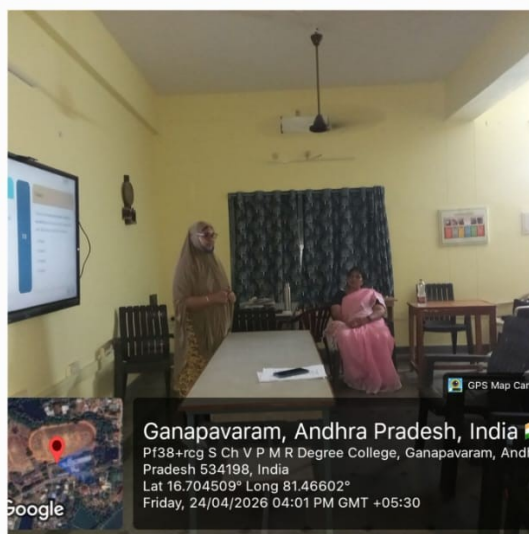
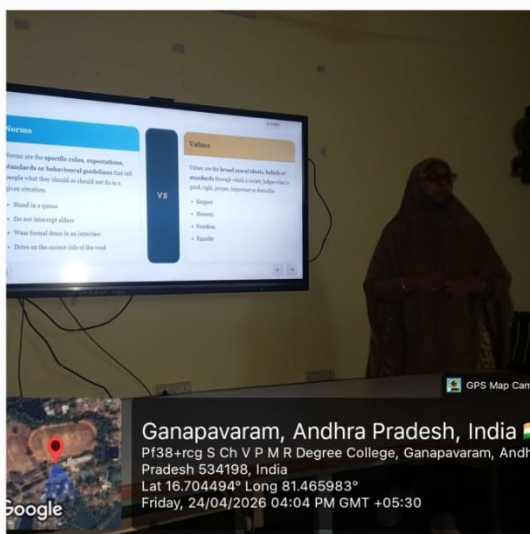
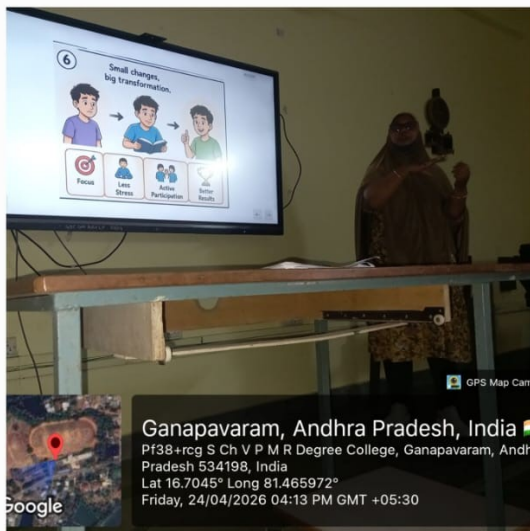
Dr. Parveen then clearly explained the **difference between norms and values**. Norms were described as the accepted rules or standards of behavior in society or institutions, while values were explained as the internal beliefs and principles that guide an individual’s actions. She highlighted that while norms are externally influenced, values are internally developed, yet both are deeply interconnected and essential for holistic personality development.

To make the concepts relatable, the speaker narrated an **interesting story about a student named Arjun**, illustrating how adherence to positive norms and strong values can shape one’s character and success. The story effectively demonstrated real-

life applications, helping students understand how small behavioral choices can lead to significant personal transformation.

The session concluded with practical, candid examples of how students can incorporate good norms—such as punctuality, respect, and discipline—and values like honesty, empathy, and responsibility into their daily lives. Overall, the session was impactful, motivating students to consciously align their behavior with positive norms and values for achieving long-term success.

Other faculty- Dr.G.Venkat Rao, Lecturer in Social Work, Dr.G.V.Sarada Devi, Lecturer in Mathematics, Sri.P.Bhaskar Rao, Lecturer in History, Sri.P.V.Ramesh Babu, Lecturer in Computer Applications, Smt. A. Santhi, Lecturer in computer Sciences, Sri.J.Venkatesh, Lecturer in Physical Education and 40 students have participated actively in the session.





SRI CHINTALAPATI VARA PRASADA MURTHY RAJU
GOVERNMENT DEGREE COLLEGE

GANAPAVARAM-534 198

ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'



HUMAN RESOURCE CLUB

AY 2025-26

**CAPACITY BUILDING PROGRAM FOR STUDENTS
NEURONAL REWIRING & PERSONAL TRANSFORMATION**

Day 5 Session -Applying Change Practice& Reinforcement

Date: 27-04-2026

Time: 3:45 pm to 4:35 pm

Venue: IQAC room

Topic: Applying Change Practice& Reinforcement

Resource Person: Dr.Ch.Chaitanya, Lecturer in Botany

Organized by: Human Resource Club, SCHVPMR Government Degree College,
Ganapavaram.

The HR Club organized an engaging session on *Applying Change Practice & Reinforcement* as part of its initiative to build practical behavioral and professional skills among students. The program focused on helping participants understand how positive changes can be effectively implemented and sustained through consistent practice and reinforcement techniques. The resource person explained how individuals often resist change due to fear, lack of clarity, or comfort with existing habits. To address this, the session highlighted the importance of gradual implementation and structured practice.

The session was purely activity based wherein the students were given handouts with an outline of Role Play. They were given 10-15 minutes time to make up the script and fix characters. After rigorous discussions and practice among the team members, they were called upon to enact the Role Play. Each team performed well with the following themes

Team 1: “Handling Criticism Positively”



Team 2: "Stress to Stability"



Team 3: "From Procrastination to Productivity"



The HR Club successfully achieved its objective of promoting self-improvement and behavioral transformation among students through this initiative.



SRI CHINTALAPATI VARA PRASADA MURTHY RAJU
GOVERNMENT DEGREE COLLEGE

GANAPAVARAM-534 198

ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'



HUMAN RESOURCE CLUB

AY 2025-26

**CAPACITY BUILDING PROGRAM FOR STUDENTS
NEURONAL REWIRING & PERSONAL TRANSFORMATION**

Day 6 Session 1 -Emotional Regulation- Controlling Emotions

Date: 28-04-2026

Time: 3:45 pm to 4:15 pm

Venue: IQAC room

Topic: Emotional Regulation- Controlling Emotions

Resource Person: Dr. P. Nirmala Kumari, Principal

Organized by: Human Resource Club, SCHVPMR Government Degree College,
Ganapavaram.

The HR Club conducted its Day 6 session on the theme “**Emotional Balance**”, led by Dr. P. Nirmala Kumari, Principal. The session focused on developing emotional awareness and understanding the significance of Emotional Quotient (EQ) in personal and academic life.

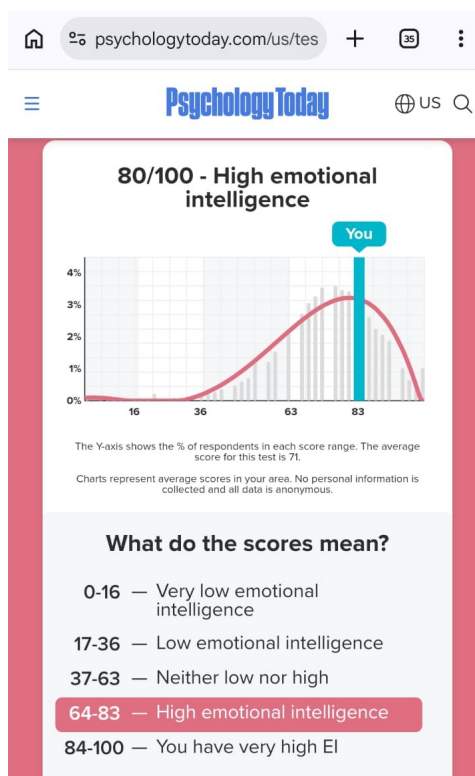
The speaker began by clearly distinguishing between *emotions* and *feelings*, helping students understand how immediate reactions differ from processed emotional experiences. She emphasized that while emotions are instinctive, feelings are shaped by thoughts and interpretations.

To make the session engaging, Dr. Nirmala Kumari presented a short movie clip illustrating how different individuals react differently to the same situation. This activity effectively demonstrated that perception and mindset play a key role in emotional responses.

Further, she explained practical ways to train the brain to achieve emotional balance, highlighting that consistent practice, self-awareness, and conscious effort can gradually improve one’s EQ. She stressed that emotional balance is not innate but can be developed over time through reflection and discipline.

An interactive component of the session included a **self-assessment quiz consisting of 20 questions**, which encouraged students to evaluate their own Emotional Quotient. This classroom activity helped participants reflect on their emotional strengths and areas for improvement.

The session concluded with valuable insights on managing emotions effectively and maintaining a balanced mindset, leaving students motivated to work towards enhancing their emotional intelligence.





SRI CHINTALAPATI VARA PRASADA MURTHY RAJU
GOVERNMENT DEGREE COLLEGE

GANAPAVARAM-534 198

ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'



HUMAN RESOURCE CLUB

AY 2025-26

**CAPACITY BUILDING PROGRAM FOR STUDENTS
NEURONAL REWIRING & PERSONAL TRANSFORMATION**

Day 6 Session 2 -Commitment to Transformation

Date: 28-04-2026

Time: 4:20 pm to 4:55 pm

Venue: IQAC room

Topic: Commitment to Transformation

Resource Person: Dr. G.Venkata Ramana, Lecturer in Telugu

Organized by: Human Resource Club, SCHVPMR Government Degree College,
Ganapavaram.

The HR Club organized an insightful session on “**Commitment to Transformation**”, which was effectively engaged by Dr. G. Venkata Ramana, Lecturer in Telugu. The session focused on the importance of personal and societal change through dedication and continuous effort. The concept was introduced as a conscious and sustained effort to reform one’s thoughts, behavior, and values, rather than merely discussing change. The speaker highlighted that true transformation requires recognizing the need for change, consistently working towards it, and overcoming obstacles without losing determination.

To make the session lively and relatable, Dr. Venkata Ramana engaged students with practical and real-life examples. He also inspired the audience by singing a motivational song from the movie Nenuunanu —

“తగిలే రాళ్ళని పునాది చేసి ఎదగాలని, తరిమే వాళ్ళని హితులుగా తలచి ముందు కళ్ళాలని”

written by Chandrabose. This added emotional depth and reinforced the message of resilience and positive transformation.

Key characteristics of commitment to transformation were discussed, including **goal clarity, dedication, patience, adaptability, and responsibility**. It was explained that change is a gradual process and requires perseverance and discipline. The session illustrated how individuals can improve their habits, enhance academic and professional performance, and develop their personality through consistent effort.

The broader impact of transformation at different levels was also addressed. At the **individual level**, it involves self-improvement and overcoming negative habits. At the **societal level**, it includes contributing to awareness programs, environmental protection, and promoting equality. At the **organizational level**, it highlights the importance of innovation, leadership, and adaptability to sustain growth.

The session further explored transformation from **philosophical, psychological, social, and organizational perspectives**, emphasizing self-awareness, growth mindset, and the courage to step out of one's comfort zone. The stages of transformation—**awareness, acceptance, action, adaptation, and sustainability**—were explained as a continuous process.

Challenges such as fear of failure, laziness, social pressure, and the desire for immediate results were discussed, along with strategies to overcome them through discipline, clear goals, and support systems. The session concluded with the powerful message that transformation is a journey driven by commitment and sacrifice. When an individual transforms, it leads to positive changes in family, society, and ultimately contributes to national development.

