



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

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Report

The **Psychological Counselling Cell**, in association with **IQAC**, organized an awareness session on **“Know Yourself”** on **07 September 2026** for all **I, II and III B.Sc. and B.Com.** students. The session was conducted with the aim of creating awareness among students about the importance of self-awareness, emotional well-being and personal development. The resource person for the session was **Mr. Mohammad Johny, Founder of MindPlus, Life Coach and Psychologist**.

The session focused on the importance of **knowing and understanding oneself**. Mr. Mohammad Johny explained that self-awareness is one of the most important qualities for students because it helps them understand their abilities, emotions, interests, values and goals. He encouraged students to identify their **strengths and weaknesses** and use this understanding to improve themselves.

The speaker also highlighted that **values define the direction of our lives** and that students should make decisions based on their own values rather than simply following the expectations or labels given by others. He emphasized that **the past should be treated as a lesson, not a prison**, encouraging students to learn from their mistakes and move forward with confidence.

Another important aspect discussed was the role of **mindset** in shaping one's reality. Students were motivated to develop a positive and growth-oriented mindset. The speaker encouraged them to discover their **passion and purpose**, develop **emotional intelligence**, and regularly spend time on **self-reflection**. He also stressed the importance of being authentic and remaining true to oneself.

The session was highly **informative, motivational and beneficial** for the students. It encouraged them to look within themselves, understand their potential and develop a positive approach towards life and future challenges. The programme concluded with the message: **“Be authentic, be unstoppable.”**

Overall, the **“Know Yourself”** awareness session was a meaningful initiative that contributed to the **personal, emotional and psychological development of students** and encouraged them to become more self-aware, confident and purposeful individuals.



“ Mr. Mohammad Johny delivering a speech on ‘Know Yourself’.”