



MALLA REDDY ENGINEERING COLLEGE (AUTONOMOUS)
(An UGC Autonomous Institution, Affiliated to JNTUH, Hyderabad Accredited 2nd time by NAAC
with 'A' Grade & NBA and Recipient of World Bank Assistance under TEQIP-II S.C. 1.1)
Maisammaguda (H), Medchal-Malkajgiri District, Secunderabad,
Telangana State – 500100
www.mrec.ac.in

Department of Mechanical Engineering

CIRCULAR

Date: 08/08/2016

All the students are hereby informed that Value Added Course on “**Life Skills**” on date **16th August to 26th September**, is being organized by the mechanical engineering department. The resource person for the course is “**MrsA.Padmini**”

Students are advised to register their names to the programme coordinator “**Mr. D.S.CH.Mouli**”, on or before 12/08/2016 and utilize this opportunity to enhance their skills by attending the programme.

The detailed schedule of the programme will be displayed in the notice board.

Raush
Head of the Department

Copy to:

- 1) Circulation in Students classroom
- 2) All HOD's
- 3) Notice Boards
- 4) PA to principal for filing.



Raush
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(Post Via Kompally), Sec'bad-500 100

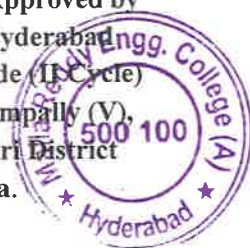


VALUE ADDED COURSE
On
"LIFE SKILLS"
16th AUG to 26th SEP 2016



Organized by
Department of
Mechanical Engineering
MALLA REDDY ENGINEERING COLLEGE
(AUTONOMOUS) MAIN CAMPUS

An UGC Autonomous Institution, Approved by
AICTE & Affiliated to JNTUH-Hyderabad
Reaccredited by NAAC with 'A' Grade (II Cycle)
Maisammaguda(H), Gundlapochampally (V),
Medchal (M), Medchal - Malkajgiri District
Telangana - 500100, India.



About the Institution

Malla Reddy Engineering College (Autonomous) is one of the reputed engineering colleges in Hyderabad, Telangana. MREC (A) is part of Malla Reddy Group of Institutions (MRGI), founded by Sri. Ch. Malla Reddy. The college is situated in a serene, lush green environment in Maisammaguda, Gundlapochampally, Medchal, Malkajgiri District Telangana – 500100.

The college was established in 2002 and is an autonomous institution approved by UGC and affiliated to JNTUH. The college is re-accredited by NAAC with 'A' Grade (II Cycle) and was conferred autonomous status by JNTUH in 2011 and by UGC in 2014 for a period of 6 years. Our eligible UG and PG programs received NBA accreditation and some of them received reaccreditation too. The college caters to wide ranging aspirations and goals of student communities. It boasts of world-class infrastructure and well-equipped laboratories in all departments and is skillfully and smartly guided by Dr.S.Sudhakar Reddy, Principal MREC (A) who have a rich teaching and industrial experience.

Raveesh
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Maisammaguda, Dhulapally,
(Post Via Kompally), Sec'bad-500 100

Advisory Committee:

Chief Patrons: Sri. Ch. Malla Reddy,
Founder Chairman
Malla Reddy Group of Institutions
Patrons: Sri.Ch. Mahender Reddy
Secretary, MRGI
Dr.Ch.Bhadra Reddy
President, MRGI
Co-Patrons: Dr. Sudhaka Reddy
Principal, MREC (A)
Convener: Dr.T.Ramachandran
Professor, ME
Coordinator: Mr. D.S.CH.Mouli
Asst. Prof., ME

Organizing Committee:

Dr. Jayaprakash, Professor, ME.
Dr. Jayaprakash, Professor, ME.
Dr. Yogesh Madaria, Assoc.Prof.,ME.
Dr. G.Bhiksha Assoc.Prof.,ME.
Mr. Bharadwaja K Asst. Prof., ME
Mr.K.Lakshman Reddy Assoc. Prof., ME.
Mr.J.Pavan Kumar Asst.Prof.,ME.
Mr.Mulabagal Sandeep, Asst.Prof.,ME
Miss.Thota Sushma, Asst.Prof.,ME
Mr.K.Roop Kumar,Asst.Prof.,ME
Mr.Goli Rama Krishna, Asst.Prof.,ME

Registration Form:

Name of the Participant :-----

Branch & Year :-----

Name of Institution:-----

Address for Communication:-----

Mobile Number:-----

E-Mail ID:-----

DECLARATION:

The information furnished above is true to the best of my Knowledge.

Place:

Date:

Signature of Applicant

About the Department

The Department of Mechanical Engineering has been established since the inception of the institution in the year 2002. The Department has good infrastructure facilities and is equipped with full-fledged laboratories to fulfil the curriculum needs. The Department has well experienced faculty. Around one-third of the faculty members in the department are Doctorate. The department has good number of sanctioned projects, funded by different agencies/industries. The Department is intended to be allotted a Research Centre by JNTU Hyderabad.

Overview of the Programme:

The primary responsibility of faculty is not only to inspire students towards a higher vision but also create a strong sense of bonding between the institution and the students to nurture a stress-free holistic environment. To enhance the quality of life for the student members enabling them to introspect and learn techniques that imbibe ethics & morals and help prepare students for active and successful participation in a modern society, producing individuals of high character, probity and honor.

Life skills programme are those that seek to build capacity of individuals to make decisions and take actions that positively impact their lives and the lives of those around them. A primary goal is to promote psychological as well as physical well-being.



Objectives of the Programme:

- To build self-confidence
- To build self-confidence
- To build encourage critical thinking
- To build foster independence and help people to communicate more effectively.

Topics to be covered:

- Introduction to life skills.
- Self awareness.
- Self Esteem
- Stress Management
- Effective Decision Making
- Critical thinking & creative thinking
- Problem Solving
- Time Management

Certificate:

After successful completion of the course the certificates shall be issued to the participants.

Outcome of the Program:

After completing of the course ,student will be able to Develop and exhibit and accurate sense of self. Develop and nurture a deep understanding of personal motivation. Develop an understanding of and practice personal and professional responsibility.

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DEPARTMENT OF MECHANICAL ENGINEERING

ACADEMIC YEAR: 2016-17

SYLLABUS

Value added course name: “LIFE SKILLS”

Value added course Instructor: **MrsA.Padmini**

1. Introduction to Life Skills

i) Define Life Skills

ii. Categories

iii. Benefits

iv) Living Values and our Lives relationship btwn Life Skills and Values

2 .Self Awareness

i. Self-description

ii. Strength and Weakness

iii. Personal Values, Beliefs, Goals & Ambitions

iv. Challenges that hinders the attainments of Life Goals

v .Strategies of Overcoming Challenges

3. Self Esteem

Define Self Esteem, Signs of High and Low Self Esteem in a person, Signs of Low Self Esteem, Effects of Low Self Esteem, Factors that Enhances High and Low Esteem, Importance of High Self Esteem, Values associated with High Self Esteem

How to boost Self Esteem.

4. Stress Management

Define Emotion

Define Stress, Cause's of Stress, Effects of Stress, Coping with Stress, Forms of Positive Stress, Values associated with Positive Stress Management



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5. Effective Decision Making

Situations that requires Decision Making, Challenges facing Youths in Decision Making, Factors influencing Decision Making, Steps to Effective Decision Making, Consequences, Decision Making Institutions in a Community, Values associated with Decision Making.

6. Critical Thinking

Meaning of Critical Thinking, Risky Situations, Evaluating Ideas or Issues Objectively, Consequences of Making Decisions before Critical Thinking, Values associated with Critical Thinking.

7. Creative Thinking

Define Creative Thinking, Situations that requires Creative Thinking, Importance, Consequence, Values associated with Creative Thinking.

8. Time Management

Define Time Management, Work Schedule, Time Management Charts, Importance of Time Management, Time Robbers.


Coordinator


HOD-ME



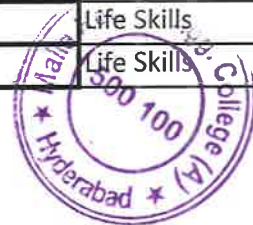

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Maisammaguda (H), Medchal-Malkajgiri District, Telangana State – 500100

DEPARTMENT OF MECHANICAL ENGINEERING

S.NO	Roll No	Name of the students	Details of value added courses	Duration
1	16J41A0369	BANOTHU REVANTH KUMAR	Life Skills	16/8/16 to 24/9/16
2	16J41A0370	BATTARASETTY HARISH CHANDRA	Life Skills	16/8/16 to 24/9/16
3	16J41A0371	BATTULA VINAY KUMAR	Life Skills	16/8/16 to 24/9/16
4	16J41A0373	CHINTAMALLA PRAVEEN KUMAR	Life Skills	16/8/16 to 24/9/16
5	16J41A0374	DASOHARI AKASH	Life Skills	16/8/16 to 24/9/16
6	16J41A0375	DASYAM NIKHIL	Life Skills	16/8/16 to 24/9/16
7	16J41A0376	DHARSHANALA GOUTHAM	Life Skills	16/8/16 to 24/9/16
8	16J41A0377	DHONDI MILIND	Life Skills	16/8/16 to 24/9/16
9	16J41A0378	GANDLA SMARAN	Life Skills	16/8/16 to 24/9/16
10	16J41A0379	GANI MUJEEB BASHA	Life Skills	16/8/16 to 24/9/16
11	16J41A0380	GOAMARU SAI HARSHITH REDDY	Life Skills	16/8/16 to 24/9/16
12	16J41A0381	GORLLA NARESH	Life Skills	16/8/16 to 24/9/16
13	16J41A0382	GUJJULA RAJESH REDDY	Life Skills	16/8/16 to 24/9/16
14	16J41A0384	GURDEEP SAHU	Life Skills	16/8/16 to 24/9/16
15	16J41A0385	K BALAKRISHNA	Life Skills	16/8/16 to 24/9/16



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16	16J41A0386	KALISSETTI SRI KRISHNA CHAITANYA	Life Skills	16/8/16 to 24/9/16
17	16J41A0387	KANDIKANTI TEJESH GOUD	Life Skills	16/8/16 to 24/9/16
18	16J41A0388	KANTETI VENKATESH BABU	Life Skills	16/8/16 to 24/9/16
19	16J41A0389	KARAN SINGH	Life Skills	16/8/16 to 24/9/16
20	16J41A0391	KHAN SALMAN SERAJ	Life Skills	16/8/16 to 24/9/16
21	16J41A0392	KHURAM SHIVA KUMAR	Life Skills	16/8/16 to 24/9/16
22	16J41A0393	KOLAGANI VINAY KUMAR	Life Skills	16/8/16 to 24/9/16
23	16J41A0394	KOTUKULAPUDI SRIKANTH	Life Skills	16/8/16 to 24/9/16
24	16J41A0395	KUCHIPUDI THRINAY	Life Skills	16/8/16 to 24/9/16
25	16J41A0396	LAKKIREDDY RAMA NARASIMHA REDDY	Life Skills	16/8/16 to 24/9/16
26	16J41A0397	MALLOJU MADHU YELLA	Life Skills	16/8/16 to 24/9/16
27	16J41A0398	MITTAPALLI VISHNU SAI	Life Skills	16/8/16 to 24/9/16
28	16J41A0399	MMALLIKEDI RAGHUVARAN	Life Skills	16/8/16 to 24/9/16
29	16J41A03A0	MOHAMMED MUQLISEEN AHMED	Life Skills	16/8/16 to 24/9/16
30	16J41A03A1	MUTHYALA SAI KUMAR	Life Skills	16/8/16 to 24/9/16
31	16J41A03A2	NANANKALA SHIVA PRASAD	Life Skills	16/8/16 to 24/9/16
32	16J41A03A3	PADIDAM KARTHIK REDDY	Life Skills	16/8/16 to 24/9/16



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33	16J41A03A6	PATLOLLA PRANITH SAI REDDY	Life Skills	16/8/16 to 24/9/16
34	16J41A03A7	PONDURU PRITHVI RAJ	Life Skills	16/8/16 to 24/9/16
35	16J41A03A8	RACHAKATLA ADITYA	Life Skills	16/8/16 to 24/9/16
36	16J41A03A9	RASURI RAMA KRISHNA AKHIL SURYA	Life Skills	16/8/16 to 24/9/16
37	16J41A03B0	S VINAY VARMA	Life Skills	16/8/16 to 24/9/16
38	16J41A03B1	SAIKAM PONNA DURGA MALLIKARJUN	Life Skills	16/8/16 to 24/9/16
39	16J41A03B2	SAJID AHMED	Life Skills	16/8/16 to 24/9/16
40	16J41A03B4	SANDIRI ABHILASH	Life Skills	16/8/16 to 24/9/16
41	16J41A03B5	SIMANTH SINGH	Life Skills	16/8/16 to 24/9/16
42	16J41A03B6	SUREPALLI DINESH RAM	Life Skills	16/8/16 to 24/9/16
43	16J41A03B7	TALLURI GOPI	Life Skills	16/8/16 to 24/9/16
44	16J41A03B8	THADAMALLA NISHI ENOS FERNIN	Life Skills	16/8/16 to 24/9/16
45	16J41A03B9	THUNDLA RAGHU KUMAR	Life Skills	16/8/16 to 24/9/16
46	16J41A03C0	WADKAR KAUSTUBH SARANG	Life Skills	16/8/16 to 24/9/16
47	16J41A03C1	AKULA ROHITH KUMAR	Life Skills	16/8/16 to 24/9/16
48	16J41A03C2	ANCHURI KRANTHI	Life Skills	16/8/16 to 24/9/16
49	16J41A03C3	ANUGUNDI SUBASH REDDY	Life Skills	16/8/16 to 24/9/16
50	16J41A03C4	B.HARI SAI NATH REDDY	Life Skills	16/8/16 to 24/9/16



Ravi
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51	16J41A03C5	BADAVATH PRUDHVI	Life Skills	16/8/16 to 24/9/16
52	16J41A03C6	BANALA THIMOTHI	Life Skills	16/8/16 to 24/9/16
53	16J41A03C7	BANDARI SHIVASAI	Life Skills	16/8/16 to 24/9/16
54	16J41A03C8	BINDU BHARGAVI Y JATANGI	Life Skills	16/8/16 to 24/9/16
55	16J41A03C9	CHABATTULA NAVEEN CHANDU	Life Skills	16/8/16 to 24/9/16
56	16J41A03D0	CHANDURI RISHITH	Life Skills	16/8/16 to 24/9/16
57	16J41A03D1	CHEEKATLA VENKAT SURYA MANISH	Life Skills	16/8/16 to 24/9/16
58	16J41A03D2	CHEVVURI VENKATA SAI RAM GOPAL	Life Skills	16/8/16 to 24/9/16
59	16J41A03D3	D.SATYA NARAYANA	Life Skills	16/8/16 to 24/9/16
60	16J41A03D4	DANDE SUNIL	Life Skills	16/8/16 to 24/9/16

Srinivas
Coordinator

Ravi
HOD



Ravi
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DEPARTMENT OF MECHANICAL ENGINEERING

ACADEMIC YEAR: 2016-17

SUMMARY REPORT

Value added course name: “LIFE SKILLS”

Value added course Instructor: **MrsA.Padmini**

There is a need to understand adolescents' learning experiences within life skills education and to identify which skills are most effective at times of difficulty. Hence, inquiry into how adolescents acquire knowledge and skills through life skills programs and subsequently adopt positive attitudes and behaviours as a result is not well documented. This should be considered as an essential research priority. More work is needed to ensure proper transfer of life skills to attain long term results.

Understanding how knowledge, skills and values learnt from life skills education facilitates healthy transition to adulthood will add merit to life skills education programs in diverse contexts. Examining adolescent experiences within the embedded culture of the individual is important to understand how individuals from different backgrounds construct life skill knowledge into reality



Ravish
Principal
Malla Reddy Engineering College
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Talk by MrsA.Padmini

DT
Coordinator

Ramda
HOD-ME



Ramda
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Certificate of Completion

This is to certify that Mr./Ms. BANOTHU REVANTH KUMAR bearing Roll
No. 16J41A0369 has successfully completed Value Added Course in
Life Skills conducted by the Department
of Mechanical Engineering from 16-08-2016 to 24-09-2016

Raneedu
COORDINATOR

Neeruddy
HOD



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Certificate of Completion

This is to certify that Mr./Ms. BATTARASETTY HARISH CHANDRA bearing Roll
No. 16J41A0370 has successfully completed Value Added Course in
Life Skills conducted by the Department
of Mechanical Engineering from 16-08-2016 to 24-09-2016

Raneedu
COORDINATOR

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Certificate of Completion

This is to certify that Mr./Ms. BATTULA VINAY KUMAR bearing Roll
No. 16J41A0371 has successfully completed Value Added Course in
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of Mechanical Engineering from 16-08-2016 to 24-09-2016

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Certificate of Completion

This is to certify that Mr./Ms. CHINTAMALLA PRAVEEN KUMAR bearing Roll
No. 16J41A0373 has successfully completed Value Added Course in
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Certificate of Completion

This is to certify that Mr./Ms. DASOHARI AKASH bearing Roll
No. 16J41A0374 has successfully completed Value Added Course in
Life Skills conducted by the Department
of Mechanical Engineering from 16-08-2016 to 24-09-2016

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