



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

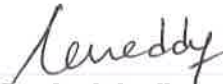
CIRCULAR

Date: 10/08/2015

All the students are hereby informed that Value Added Course on “**Life Skills**” on date **17th August to 29th September**, is being organized by the mechanical engineering department. The resource person for the course is “**Mr.M.Manohar**”

Students are advised to register their names to the programme coordinator “**Mr. P.Pramod Kumar**”, on or before 14/08/2015 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.


Head of the Department

Copy to:

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




PRINCIPAL
Malla Reddy Engineering College
(Autonomous)
Maisammaguda, Dhulapally,
(Post Via Kompally), Sec'bad-500 100



VALUE ADDED COURSE
On
"LIFE SKILLS"
17th AUG to 29th SEP 2015



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.

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.Abhay Sivaram Panwalker
Professor, ME
Coordinator: Mr. P.Pramod Kumar
Assoc. Prof., ME

Organizing Committee:

Dr.Abhay Sivaram Panwalker, Professor, ME.
Dr.B.K.Veerachary, Professor, ME.
Dr.CNV Sridhar, Professor, ME.
Ms. T.Vijaya Rekha Assoc.Prof.,ME.
Mr. Bharadwaja K Asst . Prof., ME
Mr.K.Lenin Babu Assoc. Prof., ME
Mr.K.Lakshman Reddy Assoc. Prof., ME.
Mr.J.Pavan Kumar Asst.Prof.,ME.
Mr.Mulabagal Sandeep, Asst.Prof.,ME
Mr.Mamedakar Mahesh, Asst.Prof.,ME
Mr.K.Roop Kumar,Asst.Prof.,ME
Mr.Goli Rama Krishna, Asst.Prof.,ME

Raush
PRINCIPAL
Malla Reddy Engineering College
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Maisammaguda, Dhulapally,
Medchal Vis Kompally, Sec'bad-500 100

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.

Raveesh
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DEPARTMENT OF MECHANICAL ENGINEERING

ACADEMIC YEAR: 2015-16

SYLLABUS

Value added course name: “LIFE SKILLS”

Value added course Instructor: **Mr.M.Manohar**

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, Form of Positive Stress, Values associated with Positive Stress Management



Ravi
Principal
Malla Reddy Engineering College
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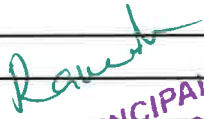
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Maisammaguda (H), Medchal-Malkajgiri District, Telangana State – 500100

DEPARTMENT OF MECHANICAL ENGINEERING

S.NO	Roll No	Name of the students	Details of value added courses	Duration
1	15J41A0361	A LOKESH	Life Skills	17/8/15 to 25/9/15
2	15J41A0362	A GAGAN	Life Skills	17/8/15 to 25/9/15
3	15J41A0363	ANNA RAKESH	Life Skills	17/8/15 to 25/9/15
4	15J41A0364	ARROJU SRINIVAS	Life Skills	17/8/15 to 25/9/15
5	15J41A0365	B RAJKUMAR	Life Skills	17/8/15 to 25/9/15
6	15J41A0366	BESAM SAIKUMAR	Life Skills	17/8/15 to 25/9/15
7	15J41A0367	BHEEMA VARAPU NAVEEN REDDY	Life Skills	17/8/15 to 25/9/15
8	15J41A0370	C ARAVIND SAGAR	Life Skills	17/8/15 to 25/9/15
9	15J41A0371	CH MOUNIKA	Life Skills	17/8/15 to 25/9/15
10	15J41A0372	D V SAI PRADHYUM	Life Skills	17/8/15 to 25/9/15
11	15J41A0373	DHANISSETTI SRIKANTH	Life Skills	17/8/15 to 25/9/15
12	15J41A0374	DODDA VINEETHRAJ	Life Skills	17/8/15 to 25/9/15
13	15J41A0375	ERRAM MAHESH	Life Skills	17/8/15 to 25/9/15
14	15J41A0376	GARNEPUDI RAJ KRIPAL VINEETH	Life Skills	17/8/15 to 25/9/15
15	15J41A0378	GURIJALA SHOBHA RANI	Life Skills	17/8/15 to 25/9/15
16	15J41A0379	HATISH NAIK S	Life Skills	17/8/15 to 25/9/15
17	15J41A0380	HOLGAPATISH KUMAR	Life Skills	17/8/15 to 25/9/15
18	15J41A0382	K S CHAITANYA	Life Skills	17/8/15 to 25/9/15
19	15J41A0383	KAIKOTA VIKRANTH	Life Skills	17/8/15 to 25/9/15
20	15J41A0384	KANCHARLA GOPALA KRISHNA	Life Skills	17/8/15 to 25/9/15

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21	15J41A0385	KANDURI JEEVITHA	Life Skills	17/8/15 to 25/9/15
22	15J41A0386	KASIPURAM NANDINI	Life Skills	17/8/15 to 25/9/15
23	15J41A0387	KODAM MANASWINI	Life Skills	17/8/15 to 25/9/15
24	15J41A0388	KONDAREDDY CHANDRA NIKHILESHWAR REDDY	Life Skills	17/8/15 to 25/9/15
25	15J41A0389	KUNCHAM VENKATA RAJESH KUMAR REDDY	Life Skills	17/8/15 to 25/9/15
26	15J41A0390	MAHESHWARAPU NIRANJAN	Life Skills	17/8/15 to 25/9/15
27	15J41A0391	MAMIDALA PRASHANTH	Life Skills	17/8/15 to 25/9/15
28	15J41A0392	M NIHAR	Life Skills	17/8/15 to 25/9/15
29	15J41A0393	MANGALA AKASH	Life Skills	17/8/15 to 25/9/15
30	15J41A0394	MOHAMMAD ALTAF QURESHI	Life Skills	17/8/15 to 25/9/15
31	15J41A0395	MOHARLE ANAND RAO	Life Skills	17/8/15 to 25/9/15
32	15J41A0396	MOHD JAWAD ATEEQ	Life Skills	17/8/15 to 25/9/15
33	15J41A0397	MOHD SOHAIL	Life Skills	17/8/15 to 25/9/15
34	15J41A0398	MOKSHAGUNDAM SAI NARESH	Life Skills	17/8/15 to 25/9/15
35	15J41A0399	MYADAM SHIVA	Life Skills	17/8/15 to 25/9/15
36	15J41A03A0	NALAM SURYA VENKATA SATYA SAI KUMAR	Life Skills	17/8/15 to 25/9/15
37	15J41A03A1	PAMARTHY AKHIL	Life Skills	17/8/15 to 25/9/15
38	15J41A03A2	PODETI VINOD	Life Skills	17/8/15 to 25/9/15
39	15J41A03A3	PRASHANT KUMAR	Life Skills	17/8/15 to 25/9/15
40	15J41A03A4	RAVULA SURESH KUMAR	Life Skills	17/8/15 to 25/9/15
41	15J41A03A5	RAYALA HAREL	Life Skills	17/8/15 to 25/9/15
42	15J41A03A6	RAYALA SURESH VARSHA	Life Skills	17/8/15 to 25/9/15
43	15J41A03A7	SANKARALY SRIKANTH	Life Skills	17/8/15 to 25/9/15
44	15J41A03A8	SHAIK MOULA ALI	Life Skills	17/8/15 to 25/9/15
45	15J41A03A9	SHANIGARAM SAI TEJA	Life Skills	17/8/15 to 25/9/15


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46	15J41A03B0	SHANTHATI MANOHAR	Life Skills	17/8/15 to 25/9/15
47	15J41A03B1	SHETPELLI ANAND	Life Skills	17/8/15 to 25/9/15
48	15J41A03B4	UPPALA SAI SANMITH	Life Skills	17/8/15 to 25/9/15
49	15J41A03B6	VALLAKATI BHANUPRASAD	Life Skills	17/8/15 to 25/9/15
50	15J41A03B7	VELLANKI SAI ACHYUTH	Life Skills	17/8/15 to 25/9/15
51	15J41A03B8	VEMULA SAI KUMAR	Life Skills	17/8/15 to 25/9/15
52	15J41A03B9	VORAGANTI JYOTHSNA	Life Skills	17/8/15 to 25/9/15
53	15J41A03N6	PIDDISHETTI NARESH	Life Skills	17/8/15 to 25/9/15
54	15J41A03N7	RAGIREDDY RAHUL REDDY	Life Skills	17/8/15 to 25/9/15
55	15J41A03N8	S V RAMANA	Life Skills	17/8/15 to 25/9/15
56	15J41A03P2	SOPURAE SRIKANTH	Life Skills	17/8/15 to 25/9/15
57	15J41A03P3	TEJAVATH SAI TEJASWINI	Life Skills	17/8/15 to 25/9/15
58	15J41A03P4	THADAKA MOHAN	Life Skills	17/8/15 to 25/9/15
59	15J41A03P5	THUMMALAPALLI SAI CHANDANA	Life Skills	17/8/15 to 25/9/15
60	15J41A03P6	THUMMULURU SAI KRISHNA AKHIL	Life Skills	17/8/15 to 25/9/15

Coordinator

M. Reddy
HOD



Raush
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DEPARTMENT OF MECHANICAL ENGINEERING

ACADEMIC YEAR: 2015-16

SUMMARY REPORT

Value added course name: “LIFE SKILLS”

Value added course Instructor: **Mr.M.Manohar**

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

Coordinator

Manohar
HOD-ME



Ravuri
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Certificate of Completion

This is to certify that Mr./Ms. A LOKESH bearing Roll
 No. 15J41A0361 has successfully completed Value Added Course in
Life Skills conducted by the Department
 of Mechanical Engineering from 17-08-2015 to 25-09-2015

Raneedu
 COORDINATOR



N. Reddy
 HOD

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Certificate of Completion

This is to certify that **Mr./Ms. A GAGAN** bearing Roll
 No. **15J41A0362** has successfully completed Value Added Course in
Life Skills conducted by the Department
 of Mechanical Engineering from **17-08-2015** to **25-09-2015**

Raneedu
 COORDINATOR



HOD

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Certificate of Completion

This is to certify that Mr./Ms. ANNA RAKESH bearing Roll
 No. 15J41A0363 has successfully completed Value Added Course in
Life Skills conducted by the Department
 of Mechanical Engineering from 17-08-2015 to 25-09-2015

Raneedu
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Raneedu
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Certificate of Completion

This is to certify that Mr./Ms. ARROJU SRINIVAS bearing Roll
No. 15J41A0364 has successfully completed Value Added Course in
Life Skills conducted by the Department
of Mechanical Engineering from 17-08-2015 to 25-09-2015

Raneedu
COORDINATOR



Arroju
HOD

Arroju
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Certificate of Completion

This is to certify that **Mr./Ms. B RAJKUMAR** bearing Roll
No. **15J41A0365** has successfully completed Value Added Course in
Life Skills conducted by the Department
of Mechanical Engineering from **17-08-2015** to **25-09-2015**

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Neneddy
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