



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: 8/09/2021

All the students are hereby informed that Value Added Course on “Life Skills” is being organized by the mechanical engineering department from 14/09/21 to 19/10/21. The resource person for the course is “Mr.M.Manohar”

Students are advised to register their names to the programme coordinator “Mr. Ashok Kumar Ch”, on or before 10/09/2021 and utilize this opportunity to enhance their skills by attending the programme.

The course will be conducted regularly through online mode, schedule at 4.00pm to 5.00pm.

Head of the Department

HEAD OF THE DEPARTMENT
MECHANICAL ENGINEERING
MALLA REDDY ENGINEERING COLLEGE
Maisamma Guda-500 100.

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
Maisammaguda, Dhulapally,
(Post Via Kompally), Sec'bad-500100.



VALUE ADDED COURSE

On

"LIFE SKILLS"

14th SEP to 19th OCT 2021



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, currently Hon'ble Minister, Labor and Employment, Factories, Women and Child Welfare and Skill Development, Govt. of Telangana State. The college is situated in a serene lush green environment in Maisammaguda, Gundlapochampally, Medchal (M), 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 by offering new courses in UG courses provides PG courses and MBA along with programs in various streams of Engineering & Technology and Management. It boasts of world-class infrastructure and well-equipped laboratories in all departments and is skillfully and smartly guided by Dr. A. Ramaswami Reddy, Director.

MREC (A) and Dr. A. Raveendra, MREC (A) who have a rich teach 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

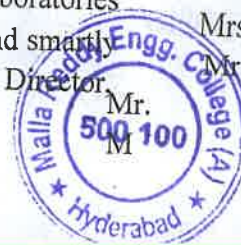
Co-Patrons: Dr.A.RamaSwami Reddy
Director, MREC (A)
Dr. A. Raveendra
Principal, MREC (A)

Convener: Dr.N.Rishikanth
HOD , ME

Coordinator: Mr. Bharadwaja K
Assoc. Prof., ME

Organizing Committee:

Dr.Zaheer Ahamed T, Professor, ME.
Dr. HaleshKoti, Professor, ME.
Dr.Shaik Hussain Assoc.Prof.,ME.
Mr. N.Srinivasa Rajneesh Assoc. Prof., M
Mr. K.Srinivasa Rao Assoc. Prof., ME
Mr. Vasili.Srinivas Assoc. Prof., ME.
Mr. A.Saravan Bhavan Asst.Prof.,ME.
Mr.Mulabagal Sandeep, Asst.Prof.,ME
Mrs. S.C.Sireesha, Asst.Prof.,ME
Mrs. P. Santhi Priya ,Asst.Prof.,ME
Mr. T. Naresh Kumar , Asst.Prof.,ME



Malla Reddy Engineering College
Maisammaguda, Dhulapally,
(Post Via Kompally), Sec'bad-500100.

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 an accurate sense of self. Develop and nurture a deep understanding of personal motivation. Develop an understanding of and practice personal and professional responsibility.




Principal

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Hyderabad) Accredited 2nd time by NAAC with 'A' Grade

Maisammaguda (H), Medchal- Malkajgiri District, Secunderabad,

Telangana State – 500100

www.mrec.ac.in

DEPARTMENT OF MECHANICAL ENGINEERING

ACADEMIC YEAR: 2020-21

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,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




Principal
Malla Reddy Engineering College
Malsammaguda, Dhulapally,
(Post Via Kompally), Sec'bad-500100. Maisamma Guda-500 100.
HEAD OF THE DEPARTMENT
MECHANICAL ENGINEERING
MALLA REDDY ENGINEERING COLLEGE
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Maisammaguda (H), Medchal-Malkajgiri District, Telangana State – 500100**Department of Mechanical Engineering**

| Sl. No | Name of the Student | Roll No | Details of Value Added Course | Duration | |
|--------|---------------------------|------------|-------------------------------|------------|----------|
| | | | | Start date | End date |
| 1 | AAKASH BHAGAVATHULA | 19J41A0301 | Life Skills | 25/2/2022 | 4/4/2022 |
| 2 | AKULA NITHISH | 19J41A0302 | Life Skills | 25/2/2022 | 4/4/2022 |
| 3 | ANUGULA SRAVAN KUMAR | 19J41A0306 | Life Skills | 25/2/2022 | 4/4/2022 |
| 4 | ARUN NAIK KATROTH | 19J41A0307 | Life Skills | 25/2/2022 | 4/4/2022 |
| 5 | BADAVATH PREM KUMAR | 19J41A0308 | Life Skills | 25/2/2022 | 4/4/2022 |
| 6 | BHUKYA MAHESH | 19J41A0309 | Life Skills | 25/2/2022 | 4/4/2022 |
| 7 | BHUKYA SIDDU | 19J41A0310 | Life Skills | 25/2/2022 | 4/4/2022 |
| 8 | BODA ANIL | 19J41A0311 | Life Skills | 25/2/2022 | 4/4/2022 |
| 9 | BONTHU HEMANTH | 19J41A0312 | Life Skills | 25/2/2022 | 4/4/2022 |
| 10 | GANDI PRANEETH | 19J41A0320 | Life Skills | 25/2/2022 | 4/4/2022 |
| 11 | GOPAGANI RISHENDHRA | 18J41A03K9 | Life Skills | 25/2/2022 | 4/4/2022 |
| 12 | GOUNI PRAVEEN KUMAR REDDY | 19J41A0321 | Life Skills | 25/2/2022 | 4/4/2022 |
| 13 | GOUNI RAMAKRISHNA | 19J41A0322 | Life Skills | 25/2/2022 | 4/4/2022 |
| 14 | GUGULOTH BALAJI RAM NAYAK | 19J41A0323 | Life Skills | 25/2/2022 | 4/4/2022 |
| 15 | HADNOOR RAHUL KIRAN | 18J41A03D8 | Life Skills | 25/2/2022 | 4/4/2022 |
| 16 | KADTHALA SIDDHARTH REDDY | 19J41A0324 | Life Skills | 25/2/2022 | 4/4/2022 |
| 17 | KALLEM AKHILNATH REDDY | 19J41A0325 | Life Skills | 25/2/2022 | 4/4/2022 |
| 18 | KAMBLE ABHISHEK | 19J41A0326 | Life Skills | 25/2/2022 | 4/4/2022 |
| 19 | KARE SUMITH | 19J41A0327 | Life Skills | 25/2/2022 | 4/4/2022 |
| 20 | MANDA HARIVARDHAN REDDY | 19J41A0336 | Life Skills | 25/2/2022 | 4/4/2022 |
| 21 | MUPPALA DINESH | 18J41A0398 | Life Skills | 25/2/2022 | 4/4/2022 |
| 22 | NEERUDI GOUTHAM | 19J41A0337 | Life Skills | 25/2/2022 | 4/4/2022 |
| 23 | NYALAKANTI VINOD | 19J41A0338 | Life Skills | 25/2/2022 | 4/4/2022 |
| 24 | PAGADALA MANISAI DEEP | 19J41A0339 | Life Skills | 25/2/2022 | 4/4/2022 |
| 25 | DOKKU PAVAN KUMAR | 19J41A0371 | Life Skills | 25/2/2022 | 4/4/2022 |
| 26 | BOLLAMPALLI RAVI KOUSHIK | 19J41A0372 | Life Skills | 25/2/2022 | 4/4/2022 |
| 27 | BOLLI ADARSH | 19J41A0373 | Life Skills | 25/2/2022 | 4/4/2022 |
| 28 | BORUGADDA SURYA KIRAN | 19J41A0374 | Life Skills | 25/2/2022 | 4/4/2022 |
| 29 | CHODAPUNEEDI SRIRAM | 19J41A0376 | Life Skills | 25/2/2022 | 4/4/2022 |
| 30 | DEEKONDA PAVAN KALYAN | 19J41A0377 | Life Skills | 25/2/2022 | 4/4/2022 |
| 31 | DHARAMSOTH PRASHANTH | 19J41A0378 | Life Skills | 25/2/2022 | 4/4/2022 |
| 32 | DUGGIRALA LALITH KUMAR | 19J41A0379 | Life Skills | 25/2/2022 | 4/4/2022 |
| 33 | DUMPALA AJAY | 19J41A0380 | Life Skills | 25/2/2022 | 4/4/2022 |
| 34 | ENUKA SHIVA REDDY | 19J41A0381 | Life Skills | 25/2/2022 | 4/4/2022 |
| 35 | ESWAROJU SATHWICK | 19J41A0382 | Life Skills | 25/2/2022 | 4/4/2022 |
| 36 | GANGU TARUN VENKAT | 19J41A0383 | Life Skills | 25/2/2022 | 4/4/2022 |
| 37 | GUDAVALLI RAVITEJA | 19J41A0384 | Life Skills | 25/2/2022 | 4/4/2022 |
| 38 | GUGULOTH UDAY KIRAN | 19J41A0385 | Life Skills | 25/2/2022 | 4/4/2022 |
| 39 | GUNDA VEERA BHADRA | 19J41A0386 | Life Skills | 25/2/2022 | 4/4/2022 |
| 40 | GUNDLA AKHIL RAJ | 19J41A0387 | Life Skills | 25/2/2022 | 4/4/2022 |
| 41 | GURUCHARAN MUKKAGALLA | 19J41A0388 | Life Skills | 25/2/2022 | 4/4/2022 |
| 42 | H M ROHITH RAJ | 19J41A0389 | Life Skills | 25/2/2022 | 4/4/2022 |
| 43 | JANGILI SAIRAM | 19J41A0390 | Life Skills | 25/2/2022 | 4/4/2022 |
| 44 | MANNE ARUN KUMAR | 19J41A03A0 | Life Skills | 25/2/2022 | 4/4/2022 |
| 45 | MEDA NITEESH | 19J41A03A1 | Life Skills | 25/2/2022 | 4/4/2022 |
| 46 | MENDE VIVEK | 19J41A03A2 | Life Skills | 25/2/2022 | 4/4/2022 |
| 47 | MOHAMMAD UMERODDIN | 19J41A03E8 | Life Skills | 25/2/2022 | 4/4/2022 |
| 48 | MOHAMMAD YASIN | 19J41A03E9 | Life Skills | 25/2/2022 | 4/4/2022 |
| 49 | MOHAMMED KHAJA PASHA | 19J41A03F0 | Life Skills | 25/2/2022 | 4/4/2022 |
| 50 | MUNDADA KUNAL BHIKULAL | 19J41A03F1 | Life Skills | 25/2/2022 | 4/4/2022 |



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| | | | | | |
|----|--------------------------------|------------|-------------|-----------|----------|
| 51 | NANDLAL PRAJAPATI | 19J41A03F3 | Life Skills | 25/2/2022 | 4/4/2022 |
| 52 | PATHA PAVAN SAI KRISHINA | 19J41A03G1 | Life Skills | 25/2/2022 | 4/4/2022 |
| 53 | PRUTHIVI CHAITHU SAI | 19J41A03G2 | Life Skills | 25/2/2022 | 4/4/2022 |
| 54 | PULIDINDI THANMAY SHOURYA | 19J41A03G3 | Life Skills | 25/2/2022 | 4/4/2022 |
| 55 | RAVULAPALLI POORNA CHANDRA RAO | 19J41A03G4 | Life Skills | 25/2/2022 | 4/4/2022 |
| 56 | RUDRA SATISH KUMAR | 19J41A03G5 | Life Skills | 25/2/2022 | 4/4/2022 |
| 57 | SOLLETI SAI RAHUL | 19J41A03G6 | Life Skills | 25/2/2022 | 4/4/2022 |
| 58 | SURUGU SANDEEP | 19J41A03G7 | Life Skills | 25/2/2022 | 4/4/2022 |
| 59 | THARALA DINESH | 19J41A03G9 | Life Skills | 25/2/2022 | 4/4/2022 |
| 60 | THUTI NAGARAJU | 19J41A03H0 | Life Skills | 25/2/2022 | 4/4/2022 |
| 61 | VANGAPALLY SRITEJA | 19J41A03H2 | Life Skills | 25/2/2022 | 4/4/2022 |
| 62 | YEJJU KARTHIK | 19J41A03H3 | Life Skills | 25/2/2022 | 4/4/2022 |
| 63 | BOINI CHANDRA SIDDHARTHA | 19J41A03H5 | Life Skills | 25/2/2022 | 4/4/2022 |
| 64 | NATHARGA HIMAVANTH | 19J41A03H7 | Life Skills | 25/2/2022 | 4/4/2022 |
| 65 | PANDAGALE SHIVA | 18J41A0341 | Life Skills | 25/2/2022 | 4/4/2022 |
| 66 | VENKAT SAI REDDY B | 18J41A0359 | Life Skills | 25/2/2022 | 4/4/2022 |
| 67 | BANDARU SHRAVYA SRI | 20J45A0306 | Life Skills | 25/2/2022 | 4/4/2022 |
| 68 | BANOTH SAIRAM | 20J45A0307 | Life Skills | 25/2/2022 | 4/4/2022 |
| 69 | BARIGALA MALLIKARJUN | 20J45A0308 | Life Skills | 25/2/2022 | 4/4/2022 |
| 70 | BATHULA VENKATA SATYA SAI | 20J45A0310 | Life Skills | 25/2/2022 | 4/4/2022 |
| 71 | BELLAMKONDA KALPANA | 20J45A0311 | Life Skills | 25/2/2022 | 4/4/2022 |
| 72 | GHULE RUKESH | 20J45A0322 | Life Skills | 25/2/2022 | 4/4/2022 |
| 73 | MADIKE SOLOMAN RAJU | 20J45A0334 | Life Skills | 25/2/2022 | 4/4/2022 |
| 74 | MAKKA UDAY KUMAR | 20J45A0335 | Life Skills | 25/2/2022 | 4/4/2022 |
| 75 | MALI SRIHITHA | 20J45A0336 | Life Skills | 25/2/2022 | 4/4/2022 |
| 76 | MALLADA VENKATA Koushik | 20J45A0337 | Life Skills | 25/2/2022 | 4/4/2022 |
| 77 | MANNE AKSHAY | 20J45A0338 | Life Skills | 25/2/2022 | 4/4/2022 |
| 78 | MOHANTY SHIVA | 20J45A0346 | Life Skills | 25/2/2022 | 4/4/2022 |
| 79 | MUDAVATH KESHAV NAIK | 20J45A0347 | Life Skills | 25/2/2022 | 4/4/2022 |
| 80 | MUNJA PRASOON | 20J45A0348 | Life Skills | 25/2/2022 | 4/4/2022 |
| 81 | SIRIKONDA BALAJI | 20J45A0363 | Life Skills | 25/2/2022 | 4/4/2022 |
| 82 | TEKI SRISHAILAM | 20J45A0364 | Life Skills | 25/2/2022 | 4/4/2022 |
| 83 | THAKKALLAPELLI AKHIL | 20J45A0365 | Life Skills | 25/2/2022 | 4/4/2022 |
| 84 | THATI ANUSHA | 20J45A0366 | Life Skills | 25/2/2022 | 4/4/2022 |
| 85 | THUMMALA SAHITHI | 20J45A0367 | Life Skills | 25/2/2022 | 4/4/2022 |
| 86 | URAGONDA RAJENDAR | 20J45A0369 | Life Skills | 25/2/2022 | 4/4/2022 |
| 87 | V SAI KALYAN | 20J45A0370 | Life Skills | 25/2/2022 | 4/4/2022 |

[Signature]
HOD



[Signature]
Principal
Malla Reddy Engineering College,
Malsammaguda, Dhulapally,
(Post Via Kompally), Sec'bad-500100.

HEAD OF THE DEPARTMENT
MECHANICAL ENGINEERING
MALLA REDDY ENGINEERING COLLEGE
Maisamma Guda-500 100.

**MALLA REDDY ENGINEERING COLLEGE (AUTONOMOUS)**

(UGC Autonomous Institution, Affiliated to JNTUH, Accredited 2nd time by NAAC with 'A' Grade
Maisammaguda (H), Medchal-Malkajgiri District, Telangana State – 500100)

Department of Mechancial Engineering

| Sl. No | Name of the Student | Roll No | Details of Value Added Course | Course Completion |
|--------|---------------------------|------------|----------------------------------|----------------------|
| 1 | AAKASH BHAGAVATHULA | 19J41A0301 | Life Skills | Yes |
| 2 | AKULA NITHISH | 19J41A0302 | Life Skills | Yes |
| 3 | ANUGULA SRAVAN KUMAR | 19J41A0306 | Life Skills | Yes |
| 4 | ARUN NAIK KATROTH | 19J41A0307 | Life Skills | Yes |
| 5 | BADAVATH PREM KUMAR | 19J41A0308 | Life Skills | Yes |
| 6 | BHUKYA MAHESH | 19J41A0309 | Life Skills | Yes |
| 7 | BHUKYA SIDDU | 19J41A0310 | Life Skills | Yes |
| 8 | BODA ANIL | 19J41A0311 | Life Skills | Yes |
| 9 | BONTHU HEMANTH | 19J41A0312 | Life Skills | No |
| 10 | GANDI PRANEETH | 19J41A0320 | Life Skills | Yes |
| 11 | GOPAGANI RISHENDHRA | 18J41A03K9 | Life Skills | Yes |
| 12 | GOUNI PRAVEEN KUMAR REDDY | 19J41A0321 | Life Skills | Yes |
| 13 | GOUNI RAMAKRISHNA | 19J41A0322 | Life Skills | Yes |
| 14 | GUGULOTH BALAJI RAM NAYAK | 19J41A0323 | Life Skills | Yes |
| 15 | HADNOOR RAHUL KIRAN | 18J41A03D8 | Life Skills | Yes |
| 16 | KADTHALA SIDDHARTH REDDY | 19J41A0324 | Life Skills | Yes |
| 17 | KALLEM AKHILNATH REDDY | 19J41A0325 | Life Skills | Yes |
| 18 | KAMBLE ABHISHEK | 19J41A0326 | Life Skills | Yes |
| 19 | KARE SUMITH | 19J41A0327 | Life Skills | No |
| 20 | MANDA HARIVARDHAN REDDY | 19J41A0336 | Life Skills | Yes |
| 21 | MUPPALA DINESH | 18J41A0398 | Life Skills | Yes |
| 22 | NEERUDI GOUTHAM | 19J41A0337 | Life Skills | Yes |
| 23 | NYALAKANTI VINOD | 19J41A0338 | Life Skills | Yes |

A/S
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| | | | | |
|----|--------------------------|------------|-------------|-----|
| 24 | PAGADALA MANISAI DEEP | 19J41A0339 | Life Skills | Yes |
| 25 | DOKKU PAVAN KUMAR | 19J41A0371 | Life Skills | Yes |
| 26 | BOLLAMPALLI RAVI KOUSHIK | 19J41A0372 | Life Skills | Yes |
| 27 | BOLLI ADARSH | 19J41A0373 | Life Skills | Yes |
| 28 | BORUGADDA SURYA KIRAN | 19J41A0374 | Life Skills | Yes |
| 29 | CHODAPUNEEDI SRIRAM | 19J41A0376 | Life Skills | Yes |
| 30 | DEEKONDA PAVAN KALYAN | 19J41A0377 | Life Skills | Yes |
| 31 | DHARAMSOTH PRASHANTH | 19J41A0378 | Life Skills | Yes |
| 32 | DUGGIRALA LALITH KUMAR | 19J41A0379 | Life Skills | Yes |
| 33 | DUMPALA AJAY | 19J41A0380 | Life Skills | Yes |
| 34 | ENUKA SHIVA REDDY | 19J41A0381 | Life Skills | Yes |
| 35 | ESWAROJU SATHWICK | 19J41A0382 | Life Skills | Yes |
| 36 | GANGU TARUN VENKAT | 19J41A0383 | Life Skills | Yes |
| 37 | GUDAVALLI RAVITEJA | 19J41A0384 | Life Skills | Yes |
| 38 | GUGULOTH UDAY KIRAN | 19J41A0385 | Life Skills | Yes |
| 39 | GUNDA VEERA BHADRA | 19J41A0386 | Life Skills | Yes |
| 40 | GUNDLA AKHIL RAJ | 19J41A0387 | Life Skills | Yes |
| 41 | GURUCHARAN MUKKAGALLA | 19J41A0388 | Life Skills | Yes |
| 42 | H M ROHITH RAJ | 19J41A0389 | Life Skills | Yes |
| 43 | JANGILI SAIRAM | 19J41A0390 | Life Skills | Yes |
| 44 | MANNE ARUN KUMAR | 19J41A03A0 | Life Skills | Yes |
| 45 | MEDA NITEESH | 19J41A03A1 | Life Skills | Yes |
| 46 | MENDE VIVEK | 19J41A03A2 | Life Skills | Yes |
| 47 | MOHAMMAD UMERODDIN | 19J41A03E8 | Life Skills | Yes |
| 48 | MOHAMMAD YASIN | 19J41A03E9 | Life Skills | Yes |
| 49 | MOHAMMED KHAJA PASHA | 19J41A03F0 | Life Skills | Yes |
| 50 | MUNDADA KUNAL BHIKULAL | 19J41A03F1 | Life Skills | Yes |
| 51 | NANDLAL PRAJAPATI | 19J41A03F3 | Life Skills | No |

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| | | | | |
|----|--------------------------------|------------|-------------|-----|
| 52 | PATHA PAVAN SAI KRISHNA | 19J41A03G1 | Life Skills | Yes |
| 53 | PRUTHVI CHAITHU SAI | 19J41A03G2 | Life Skills | Yes |
| 54 | PULIDINDI THANMAY SHOURYA | 19J41A03G3 | Life Skills | Yes |
| 55 | RAVULAPALLI POORNA CHANDRA RAO | 19J41A03G4 | Life Skills | Yes |
| 56 | RUDRA SATISH KUMAR | 19J41A03G5 | Life Skills | Yes |
| 57 | SOLLETI SAI RAHUL | 19J41A03G6 | Life Skills | Yes |
| 58 | SURUGU SANDEEP | 19J41A03G7 | Life Skills | Yes |
| 59 | THARALA DINESH | 19J41A03G9 | Life Skills | Yes |
| 60 | THUTI NAGARAJU | 19J41A03H0 | Life Skills | Yes |
| 61 | VANGAPALLY SRITEJA | 19J41A03H2 | Life Skills | Yes |
| 62 | YEJJU KARTHIK | 19J41A03H3 | Life Skills | Yes |
| 63 | BOINI CHANDRA SIDDHARTHA | 19J41A03H5 | Life Skills | Yes |
| 64 | NATHARGA HIMAVANTH | 19J41A03H7 | Life Skills | Yes |
| 65 | PANDAGALE SHIVA | 18J41A0341 | Life Skills | Yes |
| 66 | VENKAT SAI REDDY B | 18J41A0359 | Life Skills | Yes |
| 67 | BANDARU SHRAVYA SRI | 20J45A0306 | Life Skills | Yes |
| 68 | BANOTH SAIRAM | 20J45A0307 | Life Skills | Yes |
| 69 | BARIGALA MALLIKARJUN | 20J45A0308 | Life Skills | Yes |
| 70 | BATHULA VENKATA SATYA SAI | 20J45A0310 | Life Skills | No |
| 71 | BELLAMKONDA KALPANA | 20J45A0311 | Life Skills | Yes |
| 72 | GHULE RUKESH | 20J45A0322 | Life Skills | Yes |
| 73 | MADIKE SOLOMAN RAJU | 20J45A0334 | Life Skills | Yes |
| 74 | MAKKA UDAY KUMAR | 20J45A0335 | Life Skills | Yes |
| 75 | MALI SRIHITHA | 20J45A0336 | Life Skills | Yes |
| 76 | MALLADA VENKATA KOUSHIK | 20J45A0337 | Life Skills | Yes |
| 77 | MANNE AKSHAY | 20J45A0338 | Life Skills | Yes |
| 78 | MOHANTY SHIVA | 20J45A0346 | Life Skills | Yes |



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| 79 | MUDAVATH KESHAV NAIK | 20J45A0347 | Life Skills | Yes |
| 80 | MUNJA PRASOON | 20J45A0348 | Life Skills | Yes |
| 81 | SIRIKONDA BALAJI | 20J45A0363 | Life Skills | Yes |
| 82 | TEKI SRISHAILAM | 20J45A0364 | Life Skills | Yes |
| 83 | THAKKALLAPELLI AKHIL | 20J45A0365 | Life Skills | Yes |
| 84 | THATI ANUSHA | 20J45A0366 | Life Skills | Yes |
| 85 | THUMMALA SAHITHI | 20J45A0367 | Life Skills | Yes |
| 86 | URAGONDA RAJENDAR | 20J45A0369 | Life Skills | No |
| 87 | V SAI KALYAN | 20J45A0370 | Life Skills | Yes |



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| | |
|---------------------------|--------------------|
| Value Added Course | Life Skills |
| Course Code | VACM0D4 |
| Academic Year | 2021-2022 |

Multiple Choice Question

| S.NO | QUESTIONS | ANSWER |
|------|--|--------|
| 1. | Life skills address a balance of three areas: knowledge, _____ and skills. A.apptitude B.confidence C.attitude D.abilities | [] |
| 2. | _____ is an individual's ability to appreciate the strengths and weaknesses of one's own character. A.self-efficacy B.self esteem C.self-awareness D.self-regulation | [] |
| 3. | _____ is the way an individual feels about her/himself and believes others to feel. A.self-efficacy B.self esteem C.self-awareness D.self-regulation | [] |
| 4. | self-awareness skills does not include the ability to: A.recognise the weak and strong sides of one's own behaviour. B.recognise the weak and strong sides of one's own abilities. C.recognize emotions of others. D.recognise things which cannot be changed, and accept them | [] |
| 5. | _____ is the ability to understand, consider and appreciate other peoples' circumstances, problems and feelings (step in ones shoes). A.empathy B.coping C.interpersonal skill D.sympathy | [] |
| 6. | Identify example which is not a ability in resisting peer pressure: A.maintain your own beliefs about when to become sexually active. B.refuse alcohol or drugs, even if others do not. C.decide to remain faithful to one partner, no matter what others say. D.denying the mistake of yours to peers | [] |
| 7. | One among the example is not critical thinking abilities A.assess a potential partner. B.assess and judge a risky situation. C.monitoring an exam. D.assess one's own skills and behaviours. | |
| 8. | A behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills A.life skills B.job skills C.personal skills D.functioning skills | |



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| 9. | The ability to imagine what life is like for another person A.self-awareness B. <u>empathy</u> C.critical thinking D.creative thinking | |
| 10. | Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes. A.self-awareness B. <u>empathy</u> C.critical thinking D.creative thinking | |
| 11. | _____ means that we are able to express ourselves, both verbally and nonverbally, so that our ideas are effectively transmitted to others. A.interpersonal relationship skills B.effective communication C.critical thinking D.decision making | |
| 12. | The goal of the _____ approach is to promote healthy, sociable behavior A.life skills B.job skills C.personal skills D.functioning skills | |
| 13. | The act of choosing between two or more courses of action. A.self-awareness B.empathy C.critical thinking D.decision making | |
| 14. | _____ are ways in which we learn to deal with various stressors. A.coping skills B.empathy C.critical thinking D.decision making | |
| 15. | _____ is the ability to identify, cope with and find solutions to difficult or challenging situations. A.problem solving B.coping skill C.critical thinking D.decision making | |
| 16. | _____ simply means everyone is in agreement or they can live with the agreement. A.consensus B.conflict C.solution D.happiness | |
| 17. | One among is a step in solving the problem A.analyse solution B.getting feedback C.evaluating the final solution D.generate potential solutions | |
| 18. | A / an _____ is a tendency on the part of an individual to respond to a new problem in the same manner that he or she has used earlier to solve a problem. A.mental set B.apptitude C.skill D.ability | |
| 19. | A specific step-by-step procedure is followed for solving certain types of problems. A.heuristics B.means-end-analysis C.algorithms D.syllogism | |
| 20. | The individual is free to go for any kind of possible rules or ideas to reach the solution A.heuristics B.means-end-analysis C.algorithms D.syllogism | |
| 21. | _____ is also called as "rule of thumb". A.heuristics B.means-end-analysis C.algorithms D.syllogism | |
| 22. | _____ is a process that chooses a preferred option or a course of actions from among a set of alternatives on the basis of given criteria or strategies A.decision making B.problem solving C.conflict management D.reasoning | |
| 23. | Appropriate order of four stages of Creative thinking A.illumination, incubation, verification & preparation B.verification, incubation illumination & preparation C.preparation, incubation illumination & verification D.preparation , illumination, incubation & verification | |



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| 24. | During _____ stage of creativity some of the ideas that were interfering with the solution will tend to fade. A.illumination B.preparation C.incubation D.verification | |
| 25. | Sudden flash of solution is known as _____ and is similar to 'aha (eureka)' experience. A.illumination B.preparation C.incubation D.verification | |
| 26. | What is defined by World Health Organization as "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life". a) Life Skill b) Personal Skill c) Social Skill d) Community Skill | |
| 27. | How many Life Skills and Strategies are listed by the UNICEF, UNESCO and WHO? a) 4 b) 6 c) 8 d)10 | |
| 28. | Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO? a) problem solving b) critical thinking c) effective communication skills d) Critical Care | |
| 29. | Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO? a) decision-making b) creative thinking c) interpersonal relationship skills d) Intrapersonal stability | |
| 30. | Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO? a) selfawareness building skills b) empathy c) coping with stress and emotions d) Charity work | |
| 31. | What refers to skills to increase the internal locus of control, so that the individual believes that they can make a difference in the world and affect change. a) Coping and self-management skills b) Decision Making c) Creative Thinking d) Critical thinking | |
| 32. | What is the process whereby information is enclosed in a package and is channeled and imparted by a sender to a receiver via some medium called? a) Communication b) Decision Making c) Creative Thinking d) Critical thinking | |
| 33. | Which of the following is not a component of Message? a) Content b) Context c) Treatment d) Evaluation | |
| 34. | Which channel of communication is based on the five senses of sight, sound, touch, smell and taste? a) Sensory b) Instrumental c) Emotional d) Institutional | |
| 35. | Which channels are the chosen methods of disseminating information-face to face communication, printed materials and electronic media a) Sensory b) Instrumental c) Emotional d) Institutional | |
| 36. | What refers to the form of communication in which message is transmitted verbally ? a) Verbal b) Non verbal c) Emotional d) Mental | |
| 37. | What type of communication includes face to face conversations a)Oral b) Written c) Emotional d) Mental | |



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| 38. |) In what type of communication are written signs or symbols used to communicate? a) Oral b) Written c) Emotional d) Mental | |
| 39. | What is communication other than oral written, such as gestures, body language, posture, tone of voice or facial expressions called? a) Verbal b) Non verbal c) Emotional d) Mental | |
| 40. |) In what type of communication are certain rules, conventions and principles followed while communicating message? a) Formal b) Non verbal c) Emotional d) Mental | |



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DEPARTMENT OF MECHANICAL ENGINEERING

ACADEMIC YEAR: 2021-22

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


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This is to certify that Mr. Ms. AKULA NITHISH bearing Roll Number 19J41A0302 has successfully completed Value Added Course in Life Skills conducted by the Department of Mechanical Engineering from 14/09/2021 to 19/10/2021.


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