



**MALLA REDDY ENGINEERING COLLEGE**  
(UGC Autonomous Institution, Approved by AICTE, New Delhi & Affiliated to  
JNTUH, Hyderabad). Accredited by NAAC with 'A++' Grade (Cycle III),  
Maisammaguda (H), Medchal-Malkajgiri District, Secunderabad,  
Telangana State – 500100, [www.mrec.ac.in](http://www.mrec.ac.in)

## Department of Mechanical Engineering


### CIRCULAR

Date: 01/09/2022

All the students are hereby informed that Value Added Course on “**Life Skills**” is being organized by the mechanical engineering department from **05/09/22 to 08/10/22**. The resource person for the course is “**Mr.M.Manohar**”

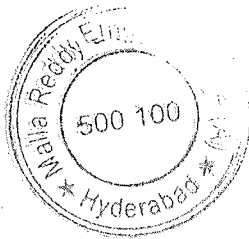
Students are advised to register their names to the programme coordinator “**Mr.CH. ASHOK KUMAR**”, on or before 03/09/2022 and utilize this opportunity to enhance their skills by attending the programme.


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-had-500100.



**VALUE ADDED COURSE**

*On*

**"LIFE SKILLS"**

05<sup>th</sup> SEP to 08<sup>th</sup> OCT 2022



*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 - Malkajiri 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-Malkajiri 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 (III 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,

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

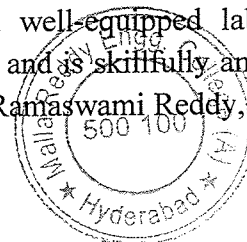
**Co-Patrons: Dr.A.RamaSwami Reddy**  
Principal, MREC (A)

**Convener: Dr.A.Raveendra**  
HOD , ME

**Coordinator: Mr. CH.Ashok Kumar**  
Asst. Prof., ME

**Organizing Committee:**

Dr.Halesh Koti, Professor, ME.  
Dr.Shaik Hussain, Professor., ME  
M.V.Varalakshmi Assoc.Prof.,ME.  
Dr. S. Udaya Bhaskar Assoc.Prof.,ME  
Dr. M. Vijay Kumar Assoc. Prof., ME  
Mr. BharadwajaK Assoc. Prof., ME  
Dr.Manish Sharma. Assistant Prof., ME  
Mr. K.SrinivasaRao Assoc. Prof., ME.  
Mr. D.S Chandramouli. Asst. Prof., ME  
Dr. I.S.N.V.R Prasanth, Assoc. Prof., ME.  
Dr.T.Venkata Deepthi, Professor, ME.  
Mr.P. Balaji Krushna , Asst.Prof., ME  
Mr.CH.Ashok Kumar,Asst.Prof.,ME



*Handwritten signature*  
Maisammaguda, Gundlapally,  
(Post Via Kamapally)

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:

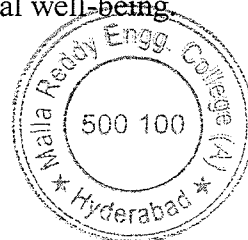
Signature of Applicant

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: 2022-23

**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**

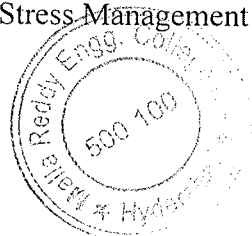
Define Self Esteem, Signs of High and Low Self Esteem in a person, Signs of Low Self Esteem, Effects of Low Self Esteem, Factors that Enhances High and Low Esteem, Importance of High Self Esteem, Values associated with High Self Esteem  
How to boost Self Esteem.

**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

**5. Effective Decision Making**



*Manohar*  
Malla Reddy Engineering College  
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Secunderabad, Telangana State - 500100

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**

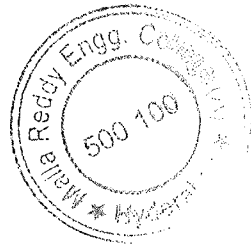
Meaning of Critical Thinking, Risky Situations, Evaluating Ideas or Issues Objectively, Consequences of Making Decisions before Critical Thinking, Values associated with Critical Thinking.


#### **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.



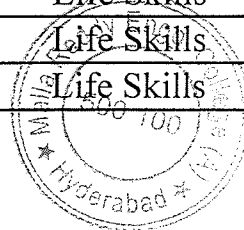
  
Principal  
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(Post Via Kompally), Sec-bad-500100.

**MALLA REDDY ENGINEERING COLLEGE (AUTONOMOUS)**

(UGC Autonomous Institution, Affiliated to JNTUH, Accredited 3rd time by NAAC with 'A++' Grade  
Maisammaguda (H), Medchal-Malkajgiri District, Telangana State – 500100

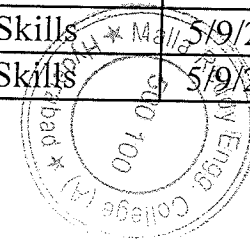
**Department of Mechancial Engineering**

Sl. No	Name of the Student	Roll No	Details of Value Added Course	Duration	
				Start date	End date
1	20J41A0301	ANKAMALLA AKASH	Life Skills	5/9/2022	8/10/2022
2	20J41A0302	A VAIBHAV KUMAR	Life Skills	5/9/2022	8/10/2022
3	20J41A0303	ANUGU ADARSH REDDY	Life Skills	5/9/2022	8/10/2022
4	20J41A0304	AZMEERA RAMPRASAD	Life Skills	5/9/2022	8/10/2022
5	20J41A0305	BANOTHU GANESH	Life Skills	5/9/2022	8/10/2022
6	20J41A0306	BEGARI SHARATH KUMAR	Life Skills	5/9/2022	8/10/2022
7	20J41A0307	BHUKYA KRUSHI NAIK	Life Skills	5/9/2022	8/10/2022
8	20J41A0308	BHUKYA UMESH	Life Skills	5/9/2022	8/10/2022
9	20J41A0309	BOKKA SATVIK REDDY	Life Skills	5/9/2022	8/10/2022
10	20J41A0310	BOLLU SNEHITH KUMAR	Life Skills	5/9/2022	8/10/2022
11	20J41A0311	CHERIYALA THARUN	Life Skills	5/9/2022	8/10/2022
12	20J41A0312	DAKURI PAUL SUGANDHAR REDDY	Life Skills	5/9/2022	8/10/2022
13	20J41A0313	DAIVALA VINAY	Life Skills	5/9/2022	8/10/2022
14	20J41A0314	DAMERA LIVING STONE	Life Skills	5/9/2022	8/10/2022
15	20J41A0315	DOLUKA MANOHER	Life Skills	5/9/2022	8/10/2022
16	20J41A0316	DUDEKULA KAMAL	Life Skills	5/9/2022	8/10/2022
17	20J41A0317	DUNNA SAI KUMAR	Life Skills	5/9/2022	8/10/2022
18	20J41A0318	DUPPADAPUDI HEMANTH KUMAR	Life Skills	5/9/2022	8/10/2022
19	20J41A0319	ELURI THARUN	Life Skills	5/9/2022	8/10/2022
20	20J41A0320	GADDAM SRIKANTH	Life Skills	5/9/2022	8/10/2022
21	20J41A0321	GOGULA PRUDHVI	Life Skills	5/9/2022	8/10/2022



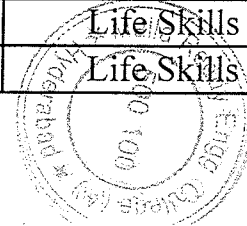
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Maisammaguda, Dhulapally,  
(Post Via Kompally), Sec. Bad. 500100

22	20J41A0322	HIMAKAR SAI NIDUMOLU	Life Skills	5/9/2022	8/10/2022
23	20J41A0323	JARPULA GOWTHAM NAYAK	Life Skills	5/9/2022	8/10/2022
24	20J41A0324	JATOTHU KUMAR NAIK	Life Skills	5/9/2022	8/10/2022
25	20J41A0325	KALAKONDA NAVEEN KUMAR	Life Skills	5/9/2022	8/10/2022
26	20J41A0326	KASALA AJAY REDDY	Life Skills	5/9/2022	8/10/2022
27	20J41A0327	VIVEK REDDY KATIPALLY	Life Skills	5/9/2022	8/10/2022
28	20J41A0328	KHAMMAMPATI THRIMURTHY	Life Skills	5/9/2022	8/10/2022
29	20J41A0329	KOTA ADITHYA	Life Skills	5/9/2022	8/10/2022
30	20J41A0330	MEDABOINA NAGARAJU	Life Skills	5/9/2022	8/10/2022
31	20J41A0332	MOHAMMED MOHSIN	Life Skills	5/9/2022	8/10/2022
32	20J41A0333	MOHAMMED MOIZUDDIN	Life Skills	5/9/2022	8/10/2022
33	20J41A0334	MUSKE SANTHOSH KUMAR	Life Skills	5/9/2022	8/10/2022
34	20J41A0335	NAGABHUSHI SAI SHARAN	Life Skills	5/9/2022	8/10/2022
35	20J41A0336	NALLA DINESH	Life Skills	5/9/2022	8/10/2022
36	20J41A0337	P SAI TEJA	Life Skills	5/9/2022	8/10/2022
37	20J41A0338	PRATHIPATI NAGA SAI SREEKAR	Life Skills	5/9/2022	8/10/2022
38	20J41A0339	PODICHANPALLY ADARSH GOUD	Life Skills	5/9/2022	8/10/2022
39	20J41A0340	PRATIKASH CHOUDHARY	Life Skills	5/9/2022	8/10/2022
40	20J41A0341	PUJA VAMSHI	Life Skills	5/9/2022	8/10/2022
41	20J41A0342	PULI SRI SHANTH REDDY	Life Skills	5/9/2022	8/10/2022
42	20J41A0343	RAYUDU ARUN KUMAR	Life Skills	5/9/2022	8/10/2022
43	20J41A0344	S SAMPATH	Life Skills	5/9/2022	8/10/2022
44	20J41A0345	SANIKOMMU RAMA KRISHNA REDDY	Life Skills	5/9/2022	8/10/2022
45	20J41A0346	SINDE BADRINATH	Life Skills	5/9/2022	8/10/2022
46	20J41A0347	SONGA VIJAY KUMAR	Life Skills	5/9/2022	8/10/2022
47	20J41A0348	SUBHAJIT MAHARANA	Life Skills	5/9/2022	8/10/2022
48	20J41A0349	UNGARALA BHAVANI PRASAD	Life Skills	5/9/2022	8/10/2022



Principal  
Malla Reddy Engineering College  
Maisammaguda, Dhulapally  
Sec:bad-5

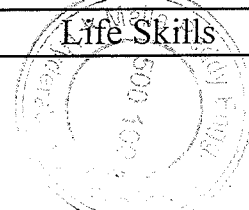
49	20J41A0350	VOGGU RAJINIKANTH	Life Skills	5/9/2022	8/10/2022
50	21J45A0301	BAKKAMOLLA VISHNU VARDHAN	Life Skills	5/9/2022	8/10/2022
51	21J45A0302	BETHI SANEETH	Life Skills	5/9/2022	8/10/2022
52	21J45A0303	BOLLI BHANU TEJA	Life Skills	5/9/2022	8/10/2022
53	21J45A0304	EGGAM GAYATHRI	Life Skills	5/9/2022	8/10/2022
54	21J45A0305	ENJAMURI SREE VAISHNAVI	Life Skills	5/9/2022	8/10/2022
55	21J45A0306	GOKAM DINESH	Life Skills	5/9/2022	8/10/2022
56	21J45A0307	K MAHESH	Life Skills	5/9/2022	8/10/2022
57	21J45A0308	KALAVENA SAKETH	Life Skills	5/9/2022	8/10/2022
58	21J45A0309	KANUGANTI NARESH CHARY	Life Skills	5/9/2022	8/10/2022
59	21J45A0310	KUTCHERLAPATI SATYANARAYANA RAJU	Life Skills	5/9/2022	8/10/2022
60	21J45A0311	M BHAGYA LAXMI	Life Skills	5/9/2022	8/10/2022
61	21J45A0312	MACHA KUMAR RAJA	Life Skills	5/9/2022	8/10/2022
62	21J45A0330	REVALLA VAMSHI	Life Skills	5/9/2022	8/10/2022
63	21J45A0334	B DEEPAK	Life Skills	5/9/2022	8/10/2022
64	20J41A0351	ARKALA ANISH YADAV	Life Skills	5/9/2022	8/10/2022
65	20J41A0352	BANDARU RAVI KIRAN	Life Skills	5/9/2022	8/10/2022
66	20J41A0353	BANOTH JAGDISH	Life Skills	5/9/2022	8/10/2022
67	20J41A0356	BATHULA MAHESH	Life Skills	5/9/2022	8/10/2022
68	20J41A0357	CHILUKA SAI	Life Skills	5/9/2022	8/10/2022
69	20J41A0358	DHARAMSOTH ASHOK	Life Skills	5/9/2022	8/10/2022
70	20J41A0359	DHARAVATH RAMU	Life Skills	5/9/2022	8/10/2022
71	20J41A0360	DONTHI BALAJI	Life Skills	5/9/2022	8/10/2022
72	20J41A0361	EDLA SAKETH	Life Skills	5/9/2022	8/10/2022
73	20J41A0362	ELLAMLA VENKATESH	Life Skills	5/9/2022	8/10/2022
74	20J41A0363	GANGULA VENKAT NARAYANA	Life Skills	5/9/2022	8/10/2022



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75	20J41A0364	GEAUPALLY AKASH	Life Skills	5/9/2022	8/10/2022
76	20J41A0365	GUGULOTH VENKATESHWARLU	Life Skills	5/9/2022	8/10/2022
77	20J41A0366	GUNDEPAKA SIDDU	Life Skills	5/9/2022	8/10/2022
78	20J41A0367	HANUMANTHUGARI SAI KUMAR	Life Skills	5/9/2022	8/10/2022
79	20J41A0369	KARUNA SREE	Life Skills	5/9/2022	8/10/2022
80	20J41A0370	KETHAVATH PAVAN	Life Skills	5/9/2022	8/10/2022
81	20J41A0373	M BHARAT BALAJI	Life Skills	5/9/2022	8/10/2022
82	20J41A0374	MANDA SAI VARUN	Life Skills	5/9/2022	8/10/2022
83	20J41A0375	MODUGULA SRAVAN KUMAR	Life Skills	5/9/2022	8/10/2022
84	20J41A0376	MOHD ISMAIL	Life Skills	5/9/2022	8/10/2022
85	20J41A0377	MOLUGURI ANURUTH CHANDRA SAI	Life Skills	5/9/2022	8/10/2022
86	20J41A0378	NAKAM DHANUNJAI	Life Skills	5/9/2022	8/10/2022
87	20J41A0379	NALLA PRAVEEN	Life Skills	5/9/2022	8/10/2022
88	20J41A0380	NELLI ARUN	Life Skills	5/9/2022	8/10/2022
89	20J41A0382	PAWAR PRASAD	Life Skills	5/9/2022	8/10/2022
90	20J41A0383	PINREDDY LOKESH REDDY	Life Skills	5/9/2022	8/10/2022
91	20J41A0384	POLICE PRAVEEN KUMAR	Life Skills	5/9/2022	8/10/2022
92	20J41A0386	RASURI RAVI SAI	Life Skills	5/9/2022	8/10/2022
93	20J41A0387	RAVI SAIRAM CHOWDARY	Life Skills	5/9/2022	8/10/2022
94	20J41A0388	RAYALA VISHNU	Life Skills	5/9/2022	8/10/2022
95	20J41A0389	S HARENEETH	Life Skills	5/9/2022	8/10/2022
96	20J41A0390	SAISREEKAR REDDY THALKONDA	Life Skills	5/9/2022	8/10/2022
97	20J41A0391	SAMALA RAMGANESH	Life Skills	5/9/2022	8/10/2022
98	20J41A0392	SRIRAM SOWMITH	Life Skills	5/9/2022	8/10/2022
99	20J41A0393	SURA KARTHIK REDDY	Life Skills	5/9/2022	8/10/2022
100	20J41A0394	THANAMCHINTALA KARTHIK VARMA	Life Skills	5/9/2022	8/10/2022
101	20J41A0395	THUMULA SUBHASH CHANDRA	Life Skills	5/9/2022	8/10/2022

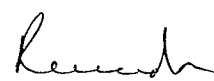


Principal  
Malla Reddy Engineering College  
Maisammaguda, Dhulapally  
Via Kompally, Sec-50011

102	20J41A0396	UPPATHALA UDAY	Life Skills	5/9/2022	8/10/2022
103	21J45A0313	MATTAM KEDARANATHA SWAMY	Life Skills	5/9/2022	8/10/2022
104	21J45A0314	MIDDELA AJAY	Life Skills	5/9/2022	8/10/2022
105	21J45A0315	MUCHERLA VIJAY KUMAR	Life Skills	5/9/2022	8/10/2022
106	21J45A0316	NAGASARAM VIKAS	Life Skills	5/9/2022	8/10/2022
107	21J45A0317	NALLALA VIKAS	Life Skills	5/9/2022	8/10/2022
108	21J45A0318	NYALAKONDA VARUN KUMAR	Life Skills	5/9/2022	8/10/2022
109	21J45A0319	P HARSHAVARDHAN REDDY	Life Skills	5/9/2022	8/10/2022
110	21J45A0320	PADALA KIRITI	Life Skills	5/9/2022	8/10/2022
111	21J45A0321	PAGOLU KUSHWANTH KIRAN	Life Skills	5/9/2022	8/10/2022
112	21J45A0322	PREMNANDU GANTAPAKA	Life Skills	5/9/2022	8/10/2022
113	21J45A0323	PULICHARLA GIRIDHAR	Life Skills	5/9/2022	8/10/2022
114	21J45A0324	RATHOD LAXMI	Life Skills	5/9/2022	8/10/2022
115	21J45A0325	SANGOJU RAKESH	Life Skills	5/9/2022	8/10/2022
116	21J45A0326	SARA SHIVA KRISHNA	Life Skills	5/9/2022	8/10/2022
117	21J45A0327	SRUJAN KUMAR NADELLA	Life Skills	5/9/2022	8/10/2022
118	21J45A0328	TEKI HARSHA VARDHAN	Life Skills	5/9/2022	8/10/2022
119	21J45A0329	P VENKAT KOUSHIK	Life Skills	5/9/2022	8/10/2022
120	21J45A0331	T VAMSI	Life Skills	5/9/2022	8/10/2022
121	21J45A0332	MADDA RAJA SHEKAR	Life Skills	5/9/2022	8/10/2022
122	21J45A0333	T N DHANSHIK	Life Skills	5/9/2022	8/10/2022
123	18J41A03P5	VANGURI SATHISH KUMAR	Life Skills	5/9/2022	8/10/2022
124	19J41A0327	KARE SUMITH	Life Skills	5/9/2022	8/10/2022



  
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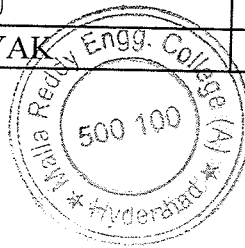
  
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**MALLA REDDY ENGINEERING COLLEGE (AUTONOMOUS)**

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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	Course Completion
1	20J41A0301	ANKAMALLA AKASH	Life Skills	Yes
2	20J41A0302	A VAIBHAV KUMAR	Life Skills	Yes
3	20J41A0303	ANUGU ADARSH REDDY	Life Skills	Yes
4	20J41A0304	AZMEERA RAMPRASAD	Life Skills	Yes
5	20J41A0305	BANOTHU GANESH	Life Skills	Yes
6	20J41A0306	BEGARI SHARATH KUMAR	Life Skills	Yes
7	20J41A0307	BHUKYA KRUSHI NAIK	Life Skills	Yes
8	20J41A0308	BHUKYA UMESH	Life Skills	Yes
9	20J41A0309	BOKKA SATVIK REDDY	Life Skills	No
10	20J41A0310	BOLLU SNEHITH KUMAR	Life Skills	Yes
11	20J41A0311	CHERIYALA THARUN	Life Skills	Yes
12	20J41A0312	DAKURI PAUL SUGANDHAR REDDY	Life Skills	Yes
13	20J41A0313	DAIVALA VINAY	Life Skills	Yes
14	20J41A0314	DAMERA LIVING STONE	Life Skills	Yes
15	20J41A0315	DOLUKA MANOHER	Life Skills	Yes
16	20J41A0316	DUDEKULA KAMAL	Life Skills	Yes
17	20J41A0317	DUNNA SAI KUMAR	Life Skills	Yes
18	20J41A0318	DUPPADAPUDI HEMANTH KUMAR	Life Skills	Yes
19	20J41A0319	ELURI THARUN	Life Skills	No
20	20J41A0320	GADDAM SRIKANTH	Life Skills	Yes
21	20J41A0321	GOGULA PRUDHVI	Life Skills	Yes
22	20J41A0322	HIMAKAR SAI NIDUMOLU	Life Skills	Yes
23	20J41A0323	JARPULA GOWTHAM NAYAK	Life Skills	Yes



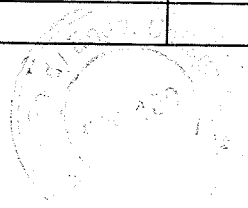
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(Post Via Kompally), Sec-abad


24	20J41A0324	JATOTHU KUMAR NAIK	Life Skills	Yes
25	20J41A0325	KALAKONDA NAVEEN KUMAR	Life Skills	Yes
26	20J41A0326	KASALA AJAY REDDY	Life Skills	No
27	20J41A0327	VIVEK REDDY KATIPALLY	Life Skills	Yes
28	20J41A0328	KHAMMAMPATI THIRIMURTHY	Life Skills	Yes
29	20J41A0329	KOTA ADITHYA	Life Skills	Yes
30	20J41A0330	MEDABOINA NAGARAJU	Life Skills	Yes
31	20J41A0332	MOHAMMED MOHSIN	Life Skills	Yes
32	20J41A0333	MOHAMMED MOIZUDDIN	Life Skills	Yes
33	20J41A0334	MUSKE SANTHOSH KUMAR	Life Skills	Yes
34	20J41A0335	NAGABHUSHI SAI SHARAN	Life Skills	Yes
35	20J41A0336	NALLA DINESH	Life Skills	Yes
36	20J41A0337	P SAI TEJA	Life Skills	Yes
37	20J41A0338	PRATHIPATI NAGA SAI SREEKAR	Life Skills	Yes
38	20J41A0339	PODICHANPALLY ADARSH GOUD	Life Skills	Yes
39	20J41A0340	PRATIKASH CHOUDHARY	Life Skills	Yes
40	20J41A0341	PUJA VAMSHI	Life Skills	Yes
41	20J41A0342	PULI SRI SHANTH REDDY	Life Skills	Yes
42	20J41A0343	RAYUDU ARUN KUMAR	Life Skills	Yes
43	20J41A0344	S SAMPATH	Life Skills	Yes
44	20J41A0345	SANIKOMMU RAMA KRISHNA REDDY	Life Skills	Yes
45	20J41A0346	SINDE BADRINATH	Life Skills	Yes
46	20J41A0347	SONGA VIJAY KUMAR	Life Skills	Yes
47	20J41A0348	SUBHAJIT MAHARANA	Life Skills	Yes
48	20J41A0349	UNGARALA BHAVANI PRASAD	Life Skills	Yes
49	20J41A0350	VOGGU RAJINIKANTH	Life Skills	Yes
50	21J45A0301	BAKKAMOLLA VISHNU VARDHAN	Life Skills	Yes
51	21J45A0302	BETHI SANEETH	Life Skills	No
52	21J45A0303	BOLLI BHANU TEJA	Life Skills	Yes



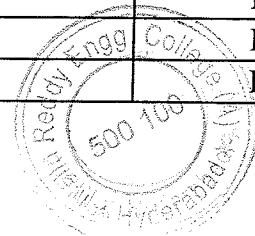
  
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53	21J45A0304	EGGAM GAYATHRI	Life Skills	No
54	21J45A0305	ENJAMURI SREE VAISHNAVI	Life Skills	Yes
55	21J45A0306	GOKAM DINESH	Life Skills	Yes
56	21J45A0307	K MAHESH	Life Skills	Yes
57	21J45A0308	KALAVENA SAKETH	Life Skills	Yes
58	21J45A0309	KANUGANTI NARESH CHARY	Life Skills	Yes
59	21J45A0310	KUTCHERLAPATI SATYANARAYANA RAJU	Life Skills	Yes
60	21J45A0311	M BHAGYA LAXMI	Life Skills	Yes
61	21J45A0312	MACHA KUMAR RAJA	Life Skills	Yes
62	21J45A0330	REVALLA VAMSHI	Life Skills	Yes
63	21J45A0334	B DEEPAK	Life Skills	Yes
64	20J41A0351	ARKALA ANISH YADAV	Life Skills	Yes
65	20J41A0352	BANDARU RAVI KIRAN	Life Skills	Yes
66	20J41A0353	BANOTH JAGDISH	Life Skills	Yes
67	20J41A0356	BATHULA MAHESH	Life Skills	Yes
68	20J41A0357	CHILUKA SAI	Life Skills	Yes
69	20J41A0358	DHARAMSOTH ASHOK	Life Skills	Yes
70	20J41A0359	DHARAVATH RAMU	Life Skills	No
71	20J41A0360	DONTHI BALAJI	Life Skills	Yes
72	20J41A0361	EDLA SAKETH	Life Skills	Yes
73	20J41A0362	ELLAMLVA VENKATESH	Life Skills	Yes
74	20J41A0363	GANGULA VENKAT NARAYANA	Life Skills	Yes
75	20J41A0364	GEAUPALLY AKASH	Life Skills	Yes
76	20J41A0365	GUGULOTH VENKATESHWARLU	Life Skills	Yes
77	20J41A0366	GUNDEPAKA SIDDU	Life Skills	No
78	20J41A0367	HANUMANTHUGARI SAI KUMAR	Life Skills	Yes
79	20J41A0369	KARUNA SREE	Life Skills	Yes
80	20J41A0370	KETHAVATH PAVAN	Life Skills	Yes



  
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81	20J41A0373	MBHARAT BALAJI	Life Skills	Yes
82	20J41A0374	MANDA SAI VARUN	Life Skills	Yes
83	20J41A0375	MODUGULA SRAVAN KUMAR	Life Skills	Yes
84	20J41A0376	MOHD ISMAIL	Life Skills	Yes
85	20J41A0377	MOLUGURI ANURUTH CHANDRA SAI	Life Skills	Yes
86	20J41A0378	NAKAM DHANUNJAI	Life Skills	No
87	20J41A0379	NALLA PRAVEEN	Life Skills	Yes
88	20J41A0380	NELLI ARUN	Life Skills	Yes
89	20J41A0382	PAWAR PRASAD	Life Skills	Yes
90	20J41A0383	PINREDDY LOKESH REDDY	Life Skills	Yes
91	20J41A0384	POLICE PRAVEEN KUMAR	Life Skills	No
92	20J41A0386	RASURI RAVI SAI	Life Skills	Yes
93	20J41A0387	RAVI SAIRAM CHOWDARY	Life Skills	Yes
94	20J41A0388	RAYALA VISHNU	Life Skills	Yes
95	20J41A0389	S HARENEETH	Life Skills	Yes
96	20J41A0390	SAISREEKAR REDDY THALKONDA	Life Skills	Yes
97	20J41A0391	SAMALA RAMGANESH	Life Skills	Yes
98	20J41A0392	SRIRAM SOWMITH	Life Skills	Yes
99	20J41A0393	SURA KARTHIK REDDY	Life Skills	Yes
100	20J41A0394	THANAMCHINTALA KARTHIK VARMA	Life Skills	Yes
101	20J41A0395	THUMULA SUBHASH CHANDRA	Life Skills	Yes
102	20J41A0396	UPPATHALA UDAY	Life Skills	Yes
103	21J45A0313	MATTAM KEDARANATHA SWAMY	Life Skills	Yes
104	21J45A0314	MIDDELA AJAY	Life Skills	Yes
105	21J45A0315	MUCHERLA VIJAY KUMAR	Life Skills	Yes
106	21J45A0316	NAGASARAM VIKAS	Life Skills	No
107	21J45A0317	NALLALA VIKAS	Life Skills	Yes
108	21J45A0318	NYALAKONDA VARUN KUMAR	Life Skills	Yes
109	21J45A0319	P HARSHAVARDHAN REDDY	Life Skills	Yes




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110	21J45A0320	PADALA KIRITI		
111	21J45A0321	PAGOLU KUSHWANTH KIRAN	Life Skills	Yes
112	21J45A0322	PREMNANDU GANTAPAKA	Life Skills	Yes
113	21J45A0323	PULICHARLA GIRIDHAR	Life Skills	No
114	21J45A0324	RATHOD LAXMI	Life Skills	Yes
115	21J45A0325	SANGOJU RAKESH	Life Skills	Yes
116	21J45A0326	SARA SHIVA KRISHNA	Life Skills	Yes
117	21J45A0327	SRUJAN KUMAR NADELLA	Life Skills	Yes
118	21J45A0328	TEKI HARSHA VARDHAN	Life Skills	No
119	21J45A0329	P VENKAT KOUSHIK	Life Skills	Yes
120	21J45A0331	T VAMSI	Life Skills	Yes
121	21J45A0332	MADDA RAJA SHEKAR	Life Skills	Yes
122	21J45A0333	T N DHANSHIK	Life Skills	Yes
123	18J41A03P5	VANGURI SATHISH KUMAR	Life Skills	Yes
124	19J41A0327	KARE SUMITH	Life Skills	Yes



  
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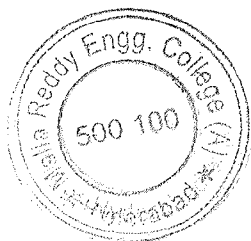
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**Department of Mechanical Engineering**

<b>Value Added Course</b>	<b>Life Skills</b>
<b>Course Code</b>	<b>VACM003</b>
<b>Academic Year</b>	<b>2022-2023</b>

**Multiple Choice Question**

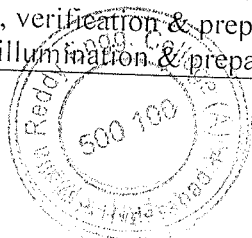
S.NO	QUESTIONS	ANSWER
1.	Life skills address a balance of three areas: knowledge, _____ and skills. A. aptitude B. confidence C. attitude D. abilities	[ ]
2.	_____ is an individual's ability to appreciate the strengths and weaknesses of one's own character. A. self-efficacy B. self-esteem C. self-awareness 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 one's 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	



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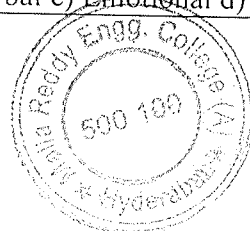



	address a balance of three areas: knowledge, attitude and skills A.life skills B.job skills C.personal skills D.functioning skills	
9.	The ability to imagine what life is like for another person A.self-awareness B.empathy C.critical thinking D.creative thinking	
10.	Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes. A.self-awareness B.empathy 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.apititude 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	



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	C.preparation, incubation illumination & verification D.preparation , illumination, incubation & verification	
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	



  
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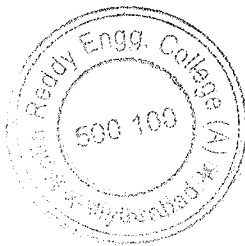
37.	What type of communication includes face to face conversations a) Oral b) Written c) Emotional d) Mental	
38.	) In what type of communication are written signs or symbols used to communicate? a) Oral b) Written c) Emotional d) Mental	
39.	What is communication other than oral written, such as gestures, 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	

*K. Srinivas*  
**HOD**

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### DEPARTMENT OF MECHANICAL ENGINEERING

ACADEMIC YEAR: 2022-23

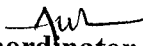
### SUMMARY REPORT


Value added course name: "LIFE SKILLS"


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

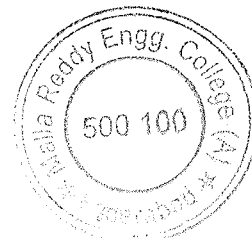
There is a need to understand adolescents' learning experiences within life skills education and to identify which skills are most effective at times of difficulty. Hence, inquiry into how adolescents acquire knowledge and skills through life skills programs and subsequently adopt positive attitudes 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.

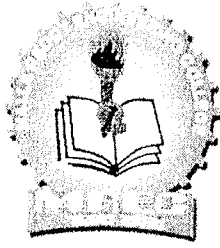
Understanding how knowledge, skills and values learnt from life skills education facilitates healthy transition to adulthood will add merit to life skills education programs in diverse contexts. Examining adolescent experiences within the embedded culture of the individual is important to understand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

  
Coordinator

  
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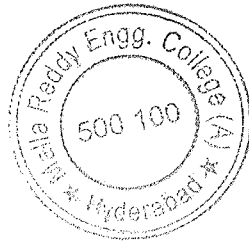
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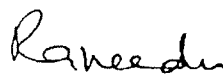
*Certificate*


## Department of Mechanical Engineering

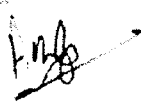
This is to certify that Mr. Ms. DAIVALA VINAY bearing Roll Number 20J41A0313 has successfully completed Value Added Course in Life Skills conducted by the Department of Mechanical Engineering from 05/09/2022 to 08/10/2022.

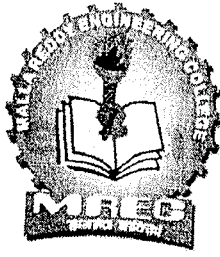


  
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*Certificate*

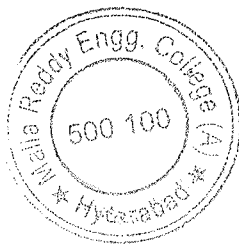
## Department of Mechanical Engineering

This is to certify that Mr. Ms. BHUKYA UMESH

bearing Roll Number 20J41A0308 has successfully completed Value Added

Course in Life Skills conducted by the Department of Mechanical

Engineering from 05/09/2022 to 08/10/2022.



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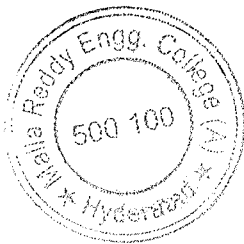
Approved by AICTE and Reaccredited by NBA, NAAC with "A++" Grade (III Cycle)

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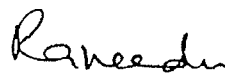
*Certificate*


## Department of Mechanical Engineering

This is to certify that Mr. Ms. DUNNA SAI KUMAR bearing  
Roll Number 20J41A0318 has successfully completed Value Added Course  
in Life Skills conducted by the Department of Mechanical  
Engineering from 05/09/2022 to 08/10/2022.

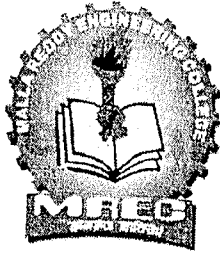


  
Coordinator

  
HOD

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

  
Principal



# MALLA REDDY ENGINEERING COLLEGE

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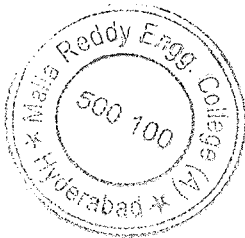
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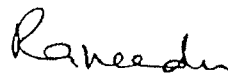
*Certificate*



## Department of Mechanical Engineering

This is to certify that Mr. Ms. GOGULA PRUDHVI  
bearing Roll Number 20J41A0321 has successfully completed Value Added  
Course in Life Skills conducted by the Department of Mechanical  
Engineering from 08/09/2022 to 08/10/2022.

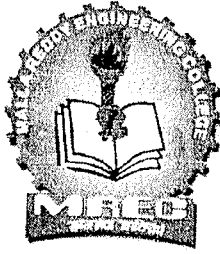


  
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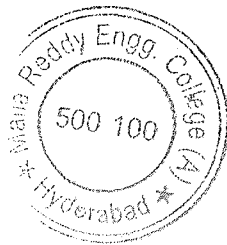
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Maisammaguda, Dhulapally (Via Kompally Post), Secundrabad-500100


*Certificate*

## Department of Mechanical Engineering

This is to certify that Mr. Ms. NALLA DINESH bearing Roll Number 20J41A0331 has successfully completed Value Added Course in Life Skills conducted by the Department of Mechanical Engineering from 05/09/2022 to 08/10/2022.



  
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