



Anil Neerukonda Institute of Technology & Sciences (Autonomous)

(Permanent Affiliation to Andhra University & Approved by AICTE
Accredited by NBA (ECE, EEE, CSE, IT, Mech, Civl & Chemical) & NAAC)
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Department of Electrical and Electronics Engineering

Dr. 11-03-2024

Dear students this is to inform you that for 2/4 EEE-B students there is an expert lecture on "LIFE SKILLS" on 13-03-2024 at 1 P.M in E-402 Class room, EEE Department. So all 2/4 EEE-B students are requested to attend without fail.

Resource Person: Dr .P.SURESH KUMAR

Assistant Professor, (ED) ENGLISH DEPT.)

Anil Neerukonda Institute of Technology and Sciences


Visakhapatnam.

Faculty Coordinators

1. Mr.M. Sudheer Kumar 

2. Mr. B.Rajasekhar 

2. Mr. J.Uday Venkatesh 


Prof. J. Vijayakumar

HoDOF EEE
Head of the Department
ELECTRICAL & ELECTRONICS ENGINEERING
ANTS, Sampaluru,
Visakhapatnam District



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Date: 11-03-2024

A REPORT ON SESSION life skills essential for personal development and professional success

Department : Dept. of Electrical & Electronics Engineering
Activity Related to : II/IV EEE-B Students
No of Participants : 60

Details of Resource Person: 1. Dr. P. Suresh Kumar

Asst. Prof.
FED, ENGLISH
ANITS

EVENT COORDINATORS: 1. Mr.M. Sudheer Kumar

2. Mr. B. Rajasekhar

3. Mr. J. Uday Venkatesh

OBJECTIVE OF THE SESSION:

The objective is to provide students on opportunity to understand the competencies needed for them to succeed in interviews at universities, future internships, and jobs, so they may become aware of what is expected of them in professional environments.

Report on a guest lecture on the topic of life skills-

Dr. P. Suresh Kumar, Assistant Professor, Dept. of English and Humanities, delivered a guest lecture on the topic “Life Skills” on March 14, 2024, for II/IV EEE-B students. He outlined several crucial life skills essential for personal development and professional success. These skills encompass self-awareness, critical thinking, creative thinking, decision-making, problem-solving, effective communication, interpersonal relationships, empathy, coping with stress, and coping with emotion.

He demonstrated each ability to the students clearly and simply. Self-awareness is defined as intentionally paying attention to oneself. This fosters reflection and introspection to determine why we behave the way we do. We can use evidence and reasoning to assess data, make sound decisions, and determine the best course of action. Redefining challenges and thinking imaginatively might lead to new ideas and solutions. Making decisions entails considering various options and selecting the best one based on values, beliefs, and goals. Problem-solving employs knowledge and abilities to deal with novel problems. It demonstrates how sophisticated and adaptive human cognitive processes are. Clear communication and accomplishing communication goals, such as informing, persuading, or asserting oneself strongly, are components of good communication. To develop positive relationships with others, you must be able to interpret their body language and adapt to various social settings. Empathy is the ability to comprehend and share someone else's emotions, which allows people to connect and care for one another. Coping with stress entails being resilient and employing effective stress management strategies to get through difficult times. Dealing with feelings entails being able to handle and manage pain for your own and others' health.

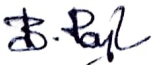
Finally, he stated that these life skills are essential for personal development, maintaining positive relationships, and dealing with life's challenges. To improve these skills, students must practice, reflect on themselves, and be prepared to learn and adapt. Students can increase their emotional intelligence, resilience, and overall quality of life.

Faculty Coordinators

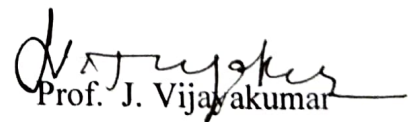
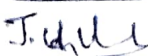
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Prof. J. Vijayakumar

Hod of EEE

Head of the Department
ELECTRICAL & ELECTRONICS ENGINEERING
AMIEU, NARASIPETA
VISAAPADU



 **GPS Map**
Camera Lite

WCCG+H8W, Canteen Rd, Thagarapuvalasa, Visakhapatnam, Andhra Pradesh 531163, India

Latitude
17.9214409°

Local 12:04:30 PM
GMT 06:34:30 AM

Longitude
83.4257878°

Altitude 18 meters
Saturday, 23.12.2023

ANIL NEERUKONDA INSTITUTE OF TECHNOLOGY & SCIENCES

Class/Section: BTECH-EEE (II/IV-B)

Life Skill Students List

S.No.	Roll No.	Name of the Student	Signature of the Student
1	A22126514060	A MANOJ SURYA TEJA SHIVA SAI	A.M. Surya
2	A22126514061	ADAPAKALA MANOHAR	A. Manohar
3	A22126514062	ALTHI VAMSI	A. Vamsi
4	A22126514063	APPALABATTULA YASWANTH SAI	A. Yaswanth Sai
5	A22126514064	BAMMIDI KALPANA	Kalpana
6	A22126514065	BANDI MONIKA SAI	Monika
7	A22126514066	BARNIKALA DEEPIKA	Deepika
8	A22126514067	BAVIRTHI YASASWINI	B. Yasaswini
9	A22126514068	BOORA CHARAN SAI	B.C.Sai
10	A22126514069	CHITTIMALLA VENU KUMAR	C.V. Kumar
11	A22126514070	DASARI PRAVEEN	Praaveen
12	A22126514071	DASARI PRUDHVI RAJ SAI KIRAN RAO	D. P. S. K. Sai
13	A22126514072	DUMMIDA BHANUTEJA	Bhanu Teja
14	A22126514073	GADAPU RAMESH	G. Ramesh
15	A22126514074	GAMPALA REVANTH MANI	Revanth Mani
16	A22126514075	GOKEDA MANIKANTA	Manikanta
17	A22126514076	GOLTHI LAVANYA	Lavanya
18	A22126514077	GULIPALLI JAGADEESH	G. Jagadeesh
19	A22126514078	GUNTU SATISH	G. Satish
20	A22126514079	INAKONDA HARI LAKSHMI RAM	H. Lakshmi Ram
21	A22126514080	JAYANTHI VASUPRADHA SAHITHI	J. Sahithi
22	A22126514081	KADIYALA JAYSREE	K. Jaysree
23	A22126514082	KAKARA VAISHNAVI	Vaishnavi
24	A22126514083	KALLA PRASANTHI	P. Prasanthi
25	A22126514084	KANTU HARITHA	H. Haritha
26	A22126514085	KOLA SAI CHAITANYA	S. Chaitanya
27	A22126514086	KONDERPU ARVIND	A. Arvind
28	A22126514087	KOTYADA JYOTHSNA	J. Jyothsna
29	A22126514088	MADAM JYOTHSNA	J. Jyothsna
30	A22126514089	MANDALA HEMANTH	M. Hemanth
31	A22126514090	MARADANA JAYALAXMI	M. Jayalaxmi
32	A22126514091	MEESALA TEJA SAI	M. Teja Sai
33	A22126514092	MUGADA MANEESHA	M. Maneesha
34	A22126514093	MUKALA SWATHI	M. Swathi
35	A22126514094	MYCHARLA SANDEEP	M. Sandeep
36	A22126514095	MYLAPALLI PAVAN KUMAR	M. Pavan Kumar
37	A22126514096	NAGULA NARASIMHA	N. Narasimha
38	A22126514097	NALLA JAYANTH	N. Jayanth
39	A22126514098	NARU NAVEENKUMAR	N. Naveenkumar
40	A22126514099	PARITALA SATISH	P. Satish
41	A22126514100	PATNAIK KEERTANA	P. Keertana
42	A22126514101	PEDDINTI KEERTHANA	P. Keerthana
43	A22126514102	PENTAKOTA NAVEENA	P. Naveena
44	A22126514103	POLSETTY VIGNESH	P. Vignesh
45	A22126514104	POTNURU MANIKUMAR	P. Manikumar
46	A22126514105	POTTANGI LAVANYA	P. Lavanya
47	A22126514106	RAVADA TRINADHKUMAR	R. Trinadh Kumar
48	A22126514107	REDDY SOWJANYA	R. Sowjanya

49	A22126514108	ROWTHU YASWANTH SATYA SAI MANIKANTA	R.Y.S.S Manik
50	A22126514109	SEELA DIVYA	Divya
51	A22126514110	SINGIPURAPU JAYANTH KUMAR	Jayanth
52	A22126514111	TAMADA KUSUMANJALI	Kusumanjali
53	A22126514112	TAMARAPU HEMALATHA	Hemalath
54	A22126514113	TATRAJU RAMBABU	Rambabu
55	A22126514114	UTTARAVELLI ASHOK	Ashok
56	A22126514115	VANKALA ATCHUTARAO	Atchutarao
57	A22126514116	VANNALI BHAVANI	Bhavani
58	A22126514117	VARUPULA SAI DEEPAK	Deepak
59	A22126514118	VELPULA SATYA SAI KUMAR	Sai kumar
60	A22126514119	YERNANA GANESH NAIDU	Ganesh naidu
61	A21126514052	TEKI VARUN KUMAR	Varun
62	320126514098	LONDADI YASWANTH	Yaswanth