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Contents

esearch Projects in Progress
vorkshops/Events organized.
Book Chapter Published
Guest Lectures Delivered
Journal Paper Published
Ph.D Awarded
Conference Paper Published
Academic results
Promotions
Faculty Recruitment

Steps to build a positive Self-esteem- Foundation to success

In order to build a high self- esteem, we need to first identify the causes of low self-esteem.

Causes of low self-esteem- It's based on how we develop our feelings about ourselves that are reinforced by others.

- Negative Self-Talk or Negative Auto-suggestions
- Environment
- Upbringing
- Building Self-Confidence
- Education
- Poor Role models
- lack of Discipline
- Teaching the wrong values.

"If Discipline is practiced in every home, juvenile delinquency would be reduced by 95%" ----- J.Edgar Hoover

Steps to building a positive Self-Esteem

- 1. Read biographies and autobiographies of successful people who have turned their weakness into strength.
- 2. Learn intelligent Ignorance
- 3. Do something for others who cannot repay you in cash or kind.
- 4. Learn to give and receive Compliment
- 5. Accept Responsibility
- 6. Practise Discipline
- 7. Set Goals- Long range and Short range goals
- 8. Associate with people of High moral character.
- 9. Become Internally driven, not externally driven
- 10. Develop a mindset that brings Happiness
- 11. Give yourself positive auto-suggestions
- 12. Turn your weakness into strength
- 13. Have patience
- 14. Take Inventory: Make a list of all your strengths and weaknesses.

Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success-----Brian Adams.

Research Projects

- Two UGC Projects, worth 12 lakh and 4 lakh, received by Dr. K. Ravindra, Professor and HoD, on 'Development of High Strength Polymer Matrix Composites Reinforced with Metallic Glass Particulates' and 'Fabrication and Characterization of Nano Al2O3 reinforced Magnesium Metal Matrix Composites' in 2014 are in progress.
- **Dr. K. Ravindra**, Professor & HOD of Mechanical Engineering Department was granted with a forty thousand worth, Institution of engineers UG2015029 Project Design and Fabrication of 3D Printer'. This project is also in progress.
- Dr. K. Srinivas, Professor, Mechanical Engineering Department received an 8-lakh worth UGC-MRP research project on 'Tool Condition Monitoring Based on Acoustic Emission Techniques 'in 2015. This project is in progress.
- Smt. D. Swapna, Assistant professor of Mechanical Engineering Department received a 3-lakh worth UGC Sponsored project on 'Flow forming behavior of Extra drawn Al6061 under warm deep drawing'. This project is in progress.



- A one-week short term course was held on 'Optimization using MATLAB' in association with NITTTR Chandigarh during 17-21 July, 2017. **Dr. S. Radhika,** Assoc. Professor co-ordinated the STC.
- An AICTE sponsored two-day national seminar on Advances in Nanocomposite Materials and their Fabrication was organized during Nov, 2-3, 2017. **Prof. V. Chittaranjan Das** coordinated the programme.
- A one-week short term course of the NITTTR ICT on 'Product Design and Development' was held during 6-10 November, 2017. **Prof. K. Srinivas and Dr. S. Radhika** Associate professor organized it.

Guest Lectuer

- **Dr. S. Radhika** delivered a guest lecture on 'An overview of FEM and its applications' at, Rama Chandra College of Engineering (RCCE), on 13th September 2017.
- **Dr. B. Ramgopal Reddy** delivered a lecture on 'Carbon Nanotube Based Multiscale Composites Modeling and Simulation' in an AICTE sponsored National Seminar on Advances in Nanocomposite Materials and their Fabrication, at RVR & JCCE during 2-3, Nov, 2017.



Journal Papers Publications

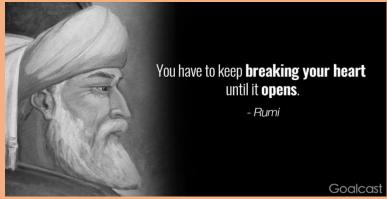
- Anusha. K and **Tarasasanka C,** 'Analysis and Optimization of Alloy Wheel in International Journal of Innovative Research in Science, Engineering and Technology, 2017, 6(7), pp: 15328-15336.
- Anusha.K and **Tarasasanka C**, 'Assessment and comparison of different materials for alloy wheels using ANSYS', Asian Journal of Science and Technology, 2017, 8(8), pp: 5285-5292
- Tarasasanka, C.; and Ravindra, K., Application of Taguchi techniques to study dry sliding wear behaviour of magnesium matrix composites reinforced with alumina Nano particles. in Journal of Engineering Science & Technology, 2017, 12(11), 2855-2865.
- Mounika M & Dr. K. Ravindra 'Effect of Green Gram Husk Nanocellulose on Banana Fiber Composite', Journal of Natural Fibers (Taylor & Francis Group), 2017.
- B. Purna Chandra Sekhar, K. Srinivas, Dr. S. Radhika, 'Few Aspects in Hard Turning Process in International Journal of Research, Volume 04 Issue 08, July 2017.
- B. Purna Chandra Sekhar, K. Srinivas, Dr. S.
 Radhika 'A selective survey of taguchi method used in hard turning process' in International

- Journal of Advanced Research in Industrial Mechanics Volume 1 Issue 1, July 2017.
- M. Jaya Pradeep and S. Radhika, "Modelling and Performance Test Analysis of Cycloid Speed Reducer", International Journal for Innovative Engineering and Management Research, Volume 6, Issue 11, Nov, 2017.
- D. Neha Krishna, S. Radhika, D. Swapna, "Low Level Material Handling Applications using GSM based Wireless Controlled Robot", Journal of Mechanical Robotics, Volume 2 Issue 2, November 2017.
- M. Srinivasa Rao, C. Srinivas and B. Ramgopal Reddy, "Effect of Chemical Treatment on Mechanical Properties of Kenaf and Jute Fiber Reinforced Polyester Composites", International Journal for Modern Trends in Science and Technology (IJMTST), Vol. 3(7), pp. 287-291, 2017.
- M. Nishidhar Babu, Ch. Deva Raj, B. Muddu Krishna, Y. Kiran, P. Mastanrao 'Design and Optimization of Pressure Vessel using Real Coded Genetic Algorithm' International Journal of Scientific & Engineering Research Volume 8, Issue 10, October-2017 1409ISSN:2229-5518, PP 1409-15.

PhD. Awarded

• **Dr. C. Tara Sasanka,** Asst. Professor was awarded Ph.D. for his thesis on 'Processing and Evaluation of Mechanical and Wear Characteristics of AZ91E/ Al2O3 (P) Magnesium Metal Matrix Composites' by Acharya Nagarjuna University, in Nov, 2017. He pursued his PhD under the guidance of **Professor K. Ravindra**, HoD, Dept., of Mechanical.





Conferences Papers Publications

- Reddy Sreenivasulu & Ch. Srinivasa Rao, presented and published a paper on 'Optimization of Machining Parameters during Drilling of Aluminium 2014 Alloy using CATIAV5R19 and DEFORM-3D: Numerical Simulation and Experimental Validation' in the proceedings of COPEN 10, 2017, organized by IIT Madras on 7 9 Dec, 2017, pp833-836, ISBN: 978-93-80689-28-9.
- **D. Swapna,** Ch. Srinivasa Rao, **Dr. S. Radhika**, S. Pavankumar and V. Atchyuth Kumar, presented a paper on 'Influence of process parameters and viscosity on Radial stresses of magnesium lithium alloys in fluid assisted Deep Drawing process', International Conference on Precision, Mesco, Micro and Nano Engineering, held during December 07-09, 2017 organized by the Department of Mechanical Engineeing, IIT, Madras.
- Sivakoteswararao.K and Dr. Chaitanya 'Design optimization of process parameters for machining Ti6Al-4V titanium alloy using uncoated carbide tip tool in the proceedings of COPEN 10, 2017 organized by IIT Madras on 07-09 December, 2017
- Reddy Sreenivasulu & Ch. Srinivasa Rao, presented a paper titled "Modelling, Simulation and Experimental validation of Burr size in Drilling of Aluminium 6061 alloy" at 2nd International Conference on Materials Manufacturing and Design Engineering, 11-12 Dec, 2017 at Marathwada Institute of Technology, Aurangabad.
- Sivakoteswararao. K and Dr. Chaitanya, Key improvements in machining of Ti6al4v alloy: A review' in AIP Conference Proceedings 1859, 020048 2017)

Conferences/Work Shops Attended

- Mr. Y.N.V. Sairam and Mr. K. Hariprasad Asst. Professors attended a short term course on Aircraft Stealth technology organized by Department of Aerospace, IIT Bombay during 9-14, Nov, 2017.
- Mr. D. Kondal Rao and Md. Hasheer Asst. Professors attended a one week short term course on Materials Chemistry: Solids, Nano Materials and Semi Conductors organised by Department of Metallurgical and Material Science Engineering, IIT Madras during Oct 29 November 05, 2017.
- Dr. C. S rinivas, Dr. N.V.V.S. Sudheer, Dr. K. BalaPrasad Assoc. Professors and Md. Hasheer Assistant Professor attended a short term course on IC engines organized by IIS, Bangalore, during 27 Nov-01 Dec, 2017.
- Dr.V.Ramakoteswara Rao, Dr.C.Tarasasanka, Ms.Sneha H Dhoria, Ms M.Vijaya and Ms.K.Lakshmi Chaitanya Assistant Professors, participated in an AICTE sponsored two week FDP on 'Innovations in Renewable Energy Harvesting and Environment Friendly Process Technologies for Sustainable Development' conducted by Chemical Engineering Department, RVR&JCCE during October 2017.
- Ms.Sneha H Dhoria, Ms M.Vijaya and Ms. K. Lakshmi Chaitanya Assistant Professors participated in an AICTE Short term course on "Optimization using MATLAB through ICT" conducted by NIT, Chandigarh.
- Prof. K. Ravindra, Ms. Sneha H Dhoria, Ms M. Vijaya and Ms. K. Lakshmi Chaitanya, Assistant Professors participated in an AICTE approved FDP, on Foundation program in ICT for education at IIT Bombay remote center, from August 3 September 7 2017.
- Prof. K. Ravindra, Ms. Sneha H Dhoria, Ms. M. Vijaya and Ms. K. Lakshmi Chaitanya Assistant Professors participated in an AICTE approved FDP on pedagogy for online and blended teaching learning process conducted by IIT, Bombay Remote center, during September 14 October 12, 2017.