Papertment of Mechanical engineering R.V.R. & J.C. College of Engineering, Guntur-522019

Volume 22 July – Dec, 2019

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Printed and Published by Department of Mechanical Engineering

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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.

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Two Week FDP Organized

An AICTE sponsored two week FDP on 'Emerging Technologies and Challenges in Mechanical Engineering' was organized during 21 Oct – 2 Nov, 2019 by Department of Mechanical Engineering. Resource Persons Dr. M. Ravi Shankar, IIT Tirupathi, Dr. C. Balaji, IIT Madras, Dr. V. Vasu, Dr. Adapu Kumar, Dr. Jayasankar, NIT Warangal, Dr. G. Ravi Chandra, Scientist, ARCI, Dr.S.Amarnath, Orthopedician, Mr. G. Ramesh Babu, Associate Project Director, SVAB at ISRO, SDSC SHAR, Dr. N. Ramanaiah, Professor, Dept. of M.E, Andhra University, Dr. K. Venkat Rao, Vignan University, Mr. Venkatesh shukla, DHIO Software, enlightened faculty by sharing their knowledge on different emerging technologies, with 50 faculty members of RVRJCCE, as well as, faculty members of other engineering colleges.



Research Projects Completed

- UGC sponsored research project entitled 'Flow forming behavior of extra drawn Al6061 under warm deep drawing' has been successfully completed under Ms. D. Swapna, Assistant Professor.
- Under AICTE 'MODROBS, scheme 'Vertical CNC milling Machine', Chandra plus was procured worth Rs.21 lakhs with a management grant for Rs. 13 lakhs from the institution has been successfully completed under Dr.K.Ravindra, Professor and Head.

DST Grant Received

Sanctioned with an amount of Rs.60,000/- for conducting three Entrepreneurship Awareness Camps (EAC) for students of our college, under the Department of Science and Technology-National Implementing and Monitoring Agency for Training (DST-NIMAT) Project 2019-20.

Workshops Organized under DST

A three day DST sponsored Entrepreneurship Awareness Camp (EAC) was organized for the Pre-final students of Chemical, Civil, Mechanical and MCA branches. A total of 92 students participated during 12-14, Sep, 2019. Mr.V.Ramesh Babu, Proprietor/CEO, Precision Auto Products, Vijayawada, Mr.K. Vamsi Krishna, Proprietor/MD, Wisdom Associates, Nallapadu, Guntur have graced the inaugural function. Speakers like



Mr.A.Srikanth, Co-Founder Goli Soda, Mr.G.Aditya, Director, Rock Aggregates Pvt. Ltd and Mr. M. Naveen Kumar, Special grade Industrial Promotion Officer, District Industries Centre, Guntur have delivered the talks. The workshop was organized by Prof.K.Srinivas, Dr.S.Radhika.

- A three day DST sponsored Entrepreneurship Awareness Camp (EAC) was organized for the Pre-final students of ECE, EEE and MCA branches. Overall 90 students participated during 09-11, Dec, 2019.
- Mr.P.Bhaskara Rao, President, AP Food Processing Industries Federation, Vijayawada, Ms.N.Deepthi, Director, ACME Kids, Guntur have graced the inaugural function. Speakers like Mr.Sahitya Chandra, CEO, Saahi Automation Solutions, Mr.K. Rama Krishna, Assistant Director, Mr.M. Naveen Kumar, Special grade Industrial Promotion Officer, District Industries Centre, Guntur have delivered the talks and discussed with the young Engineers the ways in achieving success and its real time struggles.

Guest Lectures Delivered

- Dr.S.Radhika delivered a lecture on 'Innovation and its importance', 'Business Opportunity Identification, in a three day DST sponsored 'Entrepreneurship Awareness Camp' organized by the Department of ME in RVR&JC College of Engineering, under the aegis of National Science & Technology Entrepreneurship Development Board, Department of Science and Technology, Govt. of India, New Delhi on 14 Sep. and 9 Dec, 2019 respectively.
- Dr.D.V.V.Krishna Prasad Cellular Manufacturing, Dr.V.Chittaranjan Das - Additive Manufacturing, Dr.G.Srinivasa Rao- Design of Experiments, Dr.C.Srinivas-

Supply Chain Management, Dr.B.Ramgopal Reddy-Modeling and Simulation of Carbon Nanotube based Multiscale Composites, Dr.N.V.V.S. Sudheer-High heat transfer rate fluid in turning, modeling, Dr.K.Balaprasad-Advanced Energy systems, Dr.G.Chaitanya-Thermosetcomposite Welding, Dr.N.Govind-Nano technology, Dr. K.Praveen Kumar-3D Experience delivered an expert lecture during AICTE Sponsored Two Week FDP on Emerging Technologies and Challenges in Mechanical Engineering(ETCME), 21 Oct. – 2 Nov. 2019, organized by Department of Mechanical Engineering,

RVR & JC College of Engineering.

Online Courses Completed

Dr.S.Radhika, Assoc. Prof, completed online course on "CS101.1x: Programming Basics and secured A+ grade, conducted by IIT Bombay, during 14 Aug – 24 Dec, 2019.

Research Paper Publications

- G. Venkata Mahesh, Dr. G. Chaitanya, 'Experimental Investigations on Machinability of Al6063 Alloy by Abrasive Water Jet Machining', International Journal of Engineering Development and Research, pp:280-286, Vol.7, Issue 3, ISSN: 2321-9939, July, 2019.
- Dr.C.Tarasasanka, K. Snehita , Dr. K. Ravindra, Dr.D.Sameerkumar, 'Optimization of dry sliding wear properties of AZ91E/ nano Al₂O₃ reinforced metal matrix composite with grey relational analysis', International Journal of Engineering, Science and Technology, pp. 41-48, Vol. 11, No. 4, July, 2019.
- Raffi Mohammed, Dr. B. Ramgopal Reddy, Abdul Siddique Shaik and J.S. Suresh 'Hybridization Effect on Mechanical Properties and Erosion Wear of Epoxy-Glass Composites', International Journal of Innovative Technology and Exploring Engineering, ISSN: 2278-3075, 8(9), July 2019.
- Sailaja, Dr. B. Ramgopal Reddy and G.Venkateswarlu ,'Tool Optimization of Friction Stir Processing of ZE41A Rare Earth Magnesium Alloys', International Journal of Recent Technology and Engineering (IJRTE), ISSN: 2277-3878, Vol. 8(1), July, 2019.
- E Sai Baba, M.Vinitha, Dr.D.V.V.Krishna Prasad, 'Effect of T6 Heat Treatment on Dry Sliding Wear Performance of Al-7075/Al₂O₃/ TiC Hybrid Metal Matrix Composites', International Research Journal of Engineering and Technology', pp: 2774-2780, Vol. 6, Issue 07, July, 2019.
- Y. Naveen, Dr.S.Radhika. and D.Swapna, 'Experimental Analysis to Predict the Formability of Aluminium Aa6061-T6 Sheet Metal at Elevated Temperatures' International Journal of Recent Scientific Research, Vol. 10, Issue.07(D), pp. 33555-33561, ISSN: 0976 – 8081, July,2019.
- Jush Kumar Siddani, Dr. C. Srinivas, N.Nagabhushana Ramesh, 'Surface texture of titanium 31 and H.S.S using

micro EDM Drill and wire EDM ',International Journal of Innovative Technology and Exploring Engineering, ISSN: 2278-3075, Vol.8, Issue-9, July, 2019.

- R. Suresh, Dr. C. Srinivas, Sneha.H.Dhoria, 'Experimental investigation of Thermal conductivity of aluminium metal matrix composites', pp: 341- 346, Vol.7, Issue 3, ISSN: 2321-9939, July, 2019.
- K.Snehita, V.Praneetha, S.Vikas Deep, T.Ajay, M.Veda, S.Brahmmam, P.Sai Krishna, 'Design & Fabrication of Tri-Wheel Stair Case Climbing Hand Trolley', International Journal of Engineering Trends and Technology, Vol.-67,

Vocational education programs have made a real difference in the lives of countless young people nationwide; they build self-confidence and leadership skills by allowing students to utilize their unique gifts and talents.

Conrad Burns —

AZQUOTES

Issue-7, July, 2019. **4** Dr.V.Ramakoteswara Rao, J.Rangaraya Chowdary, S.P.Kumar Gudapati, 'Fabrication and investigation on mechanical properties of (AA7075/Cr3C2) metal matrix

composites', Materials Today: Proceedings, July, 2019.

Sneha H. Dhoria, Dr. V. DurgaPrasadaRao, Dr. K. Venkata Subbaiah, 'Mechanical and wear

behaviour of 6351 Al/Gr/SiC composites fabricated by squeeze casting', Materials Today Proceedings, Vol. 18P6, pp: 2107-2113, July 2019.

- Gopireddy Ashok Reddy, Dr. N Govind,' Optimization of Mechanical Stir Casting Parameters for Fabrication of AI5083-Sic Alloy Composite through Taguchi Method'
- International journal of Innovative Research in Science, Engineering and Technology, pp:8360-8366,Vol.8, Issue 8,Aug, 2019.
- K.SaiKiran, Dr.B.Ram Gopal Reddy, 'Optimization of Process Parameters in Drilling of Glass/Flax/Bamboo fibers reinforced polymer hybrid composites using Taguchi Method', International Journal of Research and Analytical Reviews, pp: 178-185, Vol.6, Issue 3,E-ISSN 2348-1269, P- ISSN 2349-5138, Aug,2019.
- M. Gopi, Dr. K. Ravindra, D. Swapna, 'Experimental and Simulation Investigation of Non-Isothermal Uniaxial and Biaxial Deep Drawing Tests for AL6061-T6 Sheet', International Journal for Research in Applied Science & Engineering Technology, pp:16-28, Vol. 7, Issue 8, ISSN: 2321-9653, Aug 2019.
- Sk.AnsarSubhani, K.L.Chaitanya, Dr.K.Srinivas, N.Pragna, Sk.AnsarJilani, 'Implementation of VIKOR Method for Selection of Ideal Piston Material Alloy Subjected to different Criteria Weighting Methods', International Journal of Management, Technology and Engineering, pp:13- 20, Vol.9, Issue 8, ISSN: 2249-7455, Aug, 2019.
- G. Santhanam, Dr.C. Srinivas, Ch. Khyathi Sree & S. Srinivas Prasad, 'CFD analysis of the effect of Mach Number on scramjet combustion', International Journal of Mechanical and Production Engineering Research and Development, pp:393-402, Vol. 9, Issue 4,ISSN (P): 2249-6890; ISSN (E): 2249-8001, Aug, 2019.
- Md.Hasheer, Dr.K.Srinivas,' Performance Comparison of a Low GWP Refrigerants as



Alternatives to R134a in a Refrigerator with and without Liquid – Suction Heat Exchanger' Journal in Trans Tech Publications Ltd, Switzerland, pp. 343 – 348, ISSN: 1662 – 9752, Vol, 969, Aug, 2019.

- Md.Hasheer, Dr.K.Srinivas, 'Effect of Hydrofluorocarbons and Hydrofluoroolefins in a household Refrigerator as a substitute for R134a', Journal in Trans Tech Publications Ltd, Switzerland, pp. 199 – 204, ISSN: 1662 – 9752, Vol.969, Aug, 2019.
- M. Anuradha, Dr.V.Chittaranjan Das, D. Venkateswarlu, Muralimohan, 'Parameter Optimization for Laser Welding of High Strength Dissimilar Materials', Materials Science Forum, pp:558-564, Vol.969, Aug, 2019.
- M.Anuradha, Dr.V.Chittaranjan Das, D.Venkateswarlu and Muralimohan Cheepu, 'Microstructure Characterization in Dissimilar TIG Welds of Inconel Alloy 718 and High Strength Tensile Steel', Materials Science Forum, pp 496-501, Vol. 969, Aug, 2019.
- T.V.S.R.K Prasad, Dr. K.Srinivas, Dr.C.Srinivas, 'Decentralized production-distribution planning in a supply chain – computer experiments', ELSEVIER, Science Direct Materials Today proceedings18 (2019), PP A1 – A11.
- D. Kondalrao, Dr. K.Srinivas, 'Tool Condition Monitoring in Hard Turning of Inconel 718 by using Vibration Technique', International Journal of Innovative and Exploring Engineering, pp:1144-1147, Vol. 8, Issue-11, ISSN: 2278-3075, Sept, 2019.
- G.SriValli, Dr. K. Ravindra, Dr.B.SreedharaRao,
 'Literature Review on Corrugated Plate Heat Exchanger', Materials Today: Proceedings 18, pp: 320–326, 2019.
- G.RajeswaraRao, Jami Ramesh, Dr.V.Chittaranjan Das, 'Fabrication Characterization and mechanical behavior of AL-10Mg- FA-SIC metal matrix composites', International Journal of Engineering Research and Technology, pp. 1664-1667, Vol. 12, No. 10, Sep, 2019.
- Ravi Sekhar S, Dr.V.Chittaranjan Das, Govardhan D, Ram Subbaiah, 'Characterization of Friction Surfaced Deposits on Low Carbon Steel', International Journal of Engineering and Advanced Technology (IJEAT), pp:1248-1251, Vol.9 Issue-1, Oct, 2019.
- J.P.Karthik, J.Rangaraya Chowdary, Dr. C. Tarasasanka, Dr. D. Sameer Kumar, 'Life Prediction of Spur Gear Under Fully Reversed Loading Using Total Life Approach and Crack-Initiation Method in FEM', Aksaray University Journal of Science and Engineering, pp. 82-98, Vol.3, Issue 2, Dec. 2019.
- K. L. Chaitanya, Dr. K. Srinivas, 'Sensitive Analysis on Selection of Piston material using MADM Technologies', International journal of Mechanical Engineering @SjF STU Bratislava, pp: 45 – 56, Print ISSN: 2450 - 5471, Vol 69, Dec, 2019.

Paper Presentations in Conferences

K.Snehita, Dr. P. Ananthalakshmi, Pallavi, Durga Prasad, Asst. Profs, presented a paper on 'Green energy-Utilization and barriers of Solar and Hydropower technologies', in International Conference on Advances in Renowned Renewable Energy Technologies, organized by Department of Mechanical Engineering, V.R.SiddarthaEngineering College, during 23rd-24th Oct. 2019.

- Y.N.V.Sairam, Dr.J.Prabakaran, Dr.C.Tarasasanka, Asst. Profs, presented a paper on 'Preparation and Characterization of Lanthanum Hexaaluminate Powders for High temperature Applications' at International Conference on Recent Trends in Metallurgy, Materials Science and Manufacturing, organized by the Department of Metallurgical and Materials Engineering, NITTiruchirappalli during 27-28 Dec, 2019.
- Arunasanthi.K, Dr.C.Srinivas, Assoc. Prof, presented a paper 'Experimental investigation of mechanical properties of jute – ramie fibres reinforced wire epoxy hybrid composites' in 2nd international conference on recent trends in metallurgy, materials science and manufacturing organized by the Department of Metallurgical and Materials Engineering, NIT Tiruchirappalli during 27-28 Dec, 2019.



Conferences/Workshops Attended

- Dr. V.Chittaranjan Das attended an AICTE sponsored one week QIP short term course on 'Analysis of Modern Manufacturing Processes' conducted by IIT Bombay during July 8-12, 2019.
- Dr.C.Srinivas, Dr.K.Balaprasad participated in short term course on 'Engineering optimization', conducted by E centre for continuous education IISC, Bengaluru during 15-19 July, 2019.
- Mr. Md. HasheerShaik attended the AICTE sponsored STTP on 'Measurement and Analysis of In-cylinder Processes inEngines' to be conducted at IIT Madras during 25-30 Nov, 2019.
- Mr.Y.N.V.Sairam participated in 'Two-Dimensional Materials: Physics and Applications', conducted by Department of Physics, IIT Madras during 21– 26 Sep. 2019.
- Dr.K.Balaprasad participated in one week workshop on 'Lab Maintenance held by NITTR Chandigarh, at RVRJCCE during Oct. 2019.
- Dr.K.Praveen kumar, Dr. V. Ramakoteswararao, Dr. Reddy Sreenivasulu, Mrs. K.L.Chaitanya, Mr.Ch.Devaraj, Mrs. M.Vijaya, Mr.V.Tarachand, Mr.J.Rangaraya Raya Chowdary, Mr.<u>Md. Hasheer Shaik</u>, Ms. Sneha.H.Dhoria, Mr.D.kondalrao, Mr.K.Hari Prasad, Mr.Y.N.V.Sairam, Mrs. K.Snehita, Mr.T.N.S. Ramakrishna participated in

AICTE Sponsored two week FDP on Emerging Technologies and Challenges in Mechanical Engineering, 21 Oct. – 2 Nov. 2019, organized by Department of Mechanical Engineering, RVRJCCE.

- Dr. B. Ramgopal Reddy, Assoc. Professor, Department of Mechanical Engineering attended an AICTE sponsored One week STTP on 'Advances in Process Design by using Simulators' from 28 Oct. - 2 Nov. 2019, organized by Department of Chemical Engineering, RVRJCCE.
- Mr.D.Kondalrao participated in an AICTE STTC on 'Advances in Thermofluidics of Multiphase Flows' held at IIT Madras during 4-9 Nov, 2019.
- Dr.N.V.V.S.Sudheer attended an AICTE one week short term course on 'Startups and their Ecosystems role and promotion strategy' held at IISC Bangalore during 9-13 Dec. 2019.

Student Industrial Trips

The II, III and IV students of Mechanical Engineering visited to the Railway Wagon Workshop, Sangam Dairy at Vadlamudi, Lakshmi Ganapathi Industries at Guntapalli, M/s Kusalava Industries Ltd. at Adavinekkalam, G.S. Alloy Castings Limited at Surampally on 3-4 Sep, 6-8 Aug, 27 July, 3 Aug. 2019



respectively.

Ph D Degrees Awarded Under RVRJC Faculty Guidance

- Under the guidance of Professor Dr.V.Chittaranjan Das, four Ph D degrees were awarded by Acharya Nagarjuna University.
- Mr.Sriram Ravi Sekhar received Ph D in July 2019 for his thesis "Characterization of friction surfaced deposits (Stainless Steel and Tool steel M2 over low carbon steel)."

- Mr.Hariprasada Rao Pydi received Ph D in July 2019 for his thesis" Influence of Nanoclay inclusion on Thermal Aging Behavior, Mechanical and fatigue Properties of ABS/HDPE/PP Thermoplastic Polymer Composites."
- Ms.Naga Swapna Sri Movva received Ph D in Aug.2019 for her thesis "Fabrication, Characterization and Deformation Studies on A356/Cu Particulates Reinforced Metallic Composite."
- Mr. K. Bhasker Mutyalu received Ph D in Nov.2019 for his thesis "Performance Evaluation, Combustion and Emission Characteristics of Diesel Engine Fueled with SheaOlein Biodiesel."
- Under the guidance of Professor Dr.K.Srinivas, Mr.B.Tulasi Rama Rao was awarded Ph D in Aug. 2019 by the JNTU Hyderabad. The title of the thesis was "Stability Analysis for turning process at different operating parameters."

Faculty Recruitment

Dr. Muddu Allaparthi was recruited as Assistant Professor in the Dept. in November 2019.



Faculty Relieved



4Dr. D.Sameer Kumar has been relieved of his duties on Aug 2019.

CAT Activities

Presentation on ancient engineering, which was held on 27th july 2019



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