

### About CBIT

CBIT is one of the premier Engineering Institutes in India, pioneer in Telangana State, which is at idyllic surroundings of Gandipet Lake, Hyderabad. The college offers Twelve UG and Ten PG programs. It has been standing as a temple of knowledge for the past 44 years by producing about 30,000 Eminent and skillful Graduate Engineers, who are successful in their Careers, serving all over the Globe. Brilliant and Meritorious Candidates with good EAMCET Rank are seeking admissions at CBIT. CBIT Students are trained and perfected to secure Placements in reputed MNCs. The Institute has been accredited by NAAC – UGC with 'A' Grade and the various programs are accredited by NBA – AICTE. The UGC has granted Autonomous Status from the Academic Year 2013-14 onwards. Consultancy Practice, enabled the Institute to establish its Identity in the Technical Education and is Ranked No. 1 amongst the Private Engineering Colleges in both the Telugu Speaking States.

### About Department

CBIT started Electrical & Electronics Engineering UG program in 1994 and was accredited 5 times i.e. in years 2004, 2008, 2013,2017 & 2021 by NBA. The intake was increased from 60 to 120 from the Academic Year 2013-14. The Department started offering a PG course in Power Systems & Power Electronics in 2006 with an intake of 18 and was accredited by NBA in the year 2016. The department has received grants worth of around ₹40 lakhs from AICTE under RPS,MODROBS,FDP,STTP etc. The Department is offering consultancy services of worth ₹24 lakhs in collaboration with Foreign Universities in the domain of Renewable Energy System. The Department is also certified by ISO 9001:2015. The Department is recognized as Research Centre in 2017 by Osmania University to carry out research for the award of Ph.D. degree.

### CHIEF PATRON

**Sri. N. SUBASH**  
President, CBIT

### PATRON

**Dr. P.RAVINDER REDDY,**  
Principal, CBIT

### ADVISORS

**Sri. P. SREENIVAS SARMA,**  
Advisor - Student Affairs & Progression  
**Dr. K. KRISHNAVENI,**  
Director - Academics  
**Dr. P.V. PRASAD,**  
Controller of Examinations  
**Dr. K. JAGANNADHA RAO**  
Head, Dept. of Civil Engineering

### CONVENER

**Dr. G. SURESH BABU,**  
Head, Dept. of EEE

### COORDINATORS

**Sri. C.SRISAILAM,**  
Assistant Professor, Dept. of EEE  
**Dr. N. R. DAKSHINAMURTHY,**  
Associate Professor, Dept. of CIVIL  
**Dr. T. MURALI KRISHNA,**  
Associate Professor, Dept. of EEE



Department of EEE  
in association with  
Chaitanya Sattva  
(UHV Cell of CBIT)  
offers

Value Added Course  
on

**Youth Empowerment &  
Skills**

**23<sup>rd</sup> - 28<sup>th</sup> January, 2023**



**Chaitanya Bharathi Institute of Technology**

(Autonomous under UGC)

Affiliated to Osmania University

Accredited by NAAC-UGC and NBA-AICTE ISO 9001:2015

Certified Institution Gandipet, Hyderabad, 500075

Telangana State, INDIA

## CHAITANYA SATTVA CLUB

### About club

CHAITANYA SATTVA: A UHV cell of CBIT is a proposed wing of CHAITANYA REETHI. Chaitanya Sattva will concentrate to obtain the Right Understanding of Harmony in every Individual. Chaitanya Sattva will work towards the physical, mental, social, emotional, and spiritual development of every individual. Chaitanya Sattva will exclusively enhance Universal Human Values, which is a mandate for Engineering students by AICTE.

### Student Executive board

A. Akshay, President, 7287078216.

P. Azeez khan, Vice- President , 7032301307.

K. Aishwarya, General Secretary, 7671086563.

N. Manoj, Treasurer, 6301672271.

M. Anoop Kumar, Joint Secretary, 7794902421.

R. Tulasi, Joint Secretary, 6300605754.

M. Sreenija, Student Advisor, 9676186570.

Gmail: [chaitanyasattva\\_cc@cbit.org.in](mailto:chaitanyasattva_cc@cbit.org.in)

Instagram : @chaitanya.sattva



## About the Course: Value Added Course on Youth Empowerment & Skills

### About the course:

This course is completely about the mind management skills, which are necessary for setting goals, improving focus on goals, increasing productivity and reducing the stress; by managing one's thoughts and emotions. After undergoing this course an individual can make better decisions, set & achieve goals and maintain a positive outlook in life. Additionally, it can also help in improving confidence & expression by understanding how emotions are tied to the breath & nervous system. It also helps in understanding sources of energy to the mind, & how to increase the energy in own life by attending to levels of existence

### Topics to be covered:

- Skillful Communication
- Breath and Emotions
- Time Management & Goal Setting
- Emotional Intelligence
- Leadership Qualities
- Energy & Levels Of Existence
- Nutrition and Our Body
- Lifestyle and Environment
- Ego, Confidence and Peer Pressure
- Mind Management
- Stress Management
- Self and Society
- EMI - Ethics, Morality and Integrity

### Schedule:

Session-1:(on Campus-17 hours)

Monday-Friday:4:00pm-6:30 pm

Saturday:9:00am-5:00 pm

Session-2:(On-Campus and online-14 hours)

7 Consecutive Wednesdays:4:00pm-6:00 pm

## Course Outcomes:-

- Improvement in learning and research competency
- Increase student employability
- Create opportunities for youth to develop their interpersonal skills
- Enhance abilities of youth to handle stressful conditions
- Improve relationship between teachers and students.

### Targeted Group

The YES+ is expected to benefit all the UG &PG students of any department.

Technical Support :- ART OF LIVING , Hyderabad

### RESOURCE PERSONS

Sri. VAMSHI KRISHNA

Art of Living facilitator , Hyderabad

Sri. VAMSHI KOSURI

Art of Living facilitator , Hyderabad

### Registration

Registration can be done by using the link or scan QR given below.

Registration Link:

<https://forms.gle/soarCfjpxZ3A2Sjq7>

