

A Report on Two-Day Awareness Programme on
"Re-programming of Mind to the I B. Tech Students"
Organized by Department of Basic Sciences & Humanities
from 22.05.2025 to 23.05.2025



Report submitted by: Dr K. Chandra Mohan & Dr Suresh Chimata, I B. Tech Coordinators (Chemistry Stream).

Resource Person Details: Dr. Aravind Nutalapati, Counselling Psychologist.

Venue: Auditorium

Report Received on 04.06.2025

Mode of Conduct: Offline.

The Program was organized by I B. Tech coordinators with the advice and association of Basic Sciences & Humanities. The program was held for two days and in four sessions for the I B.Tech students. The program was well organized and systematic way by the I B.Tech coordinators.

Dr Suresh Chimata warmly invited all the dignitaries, the staff, and the students into the auditorium for all the four sessions. Dr. K. Chandramohan ignited the students by informing about the importance of the program for the first and third sessions. Dr K. Chandramohan addressed the students about the importance of the program to the gathering furthermore sir empowered the participants with key strategies for self-growth, mental well-being, and a positive mind set. The event aimed to instill self-confidence, improve interpersonal skills, and provide practical insights into transforming one's thought patterns for better personal and professional outcomes. Dr Jagadeesh initiated and pressed the gathering with his remarks for the second session. In the last session, Dr. P. Ramanathan sir, Vice Principal academics gave the opening remarks of the program, and he mentioned in his message that students should come out from the addictions with mobile or any other unnecessary activities by utilizing the program.



The program started with a psychological quotation uttered by Dr. Suresh that "Personality begins where comparison leaves off. Be unique. Be memorable. Be confident. Be proud." This quote is about building self-worth by letting go of comparison and embracing who you truly are with confidence and pride. That's where real personality starts.

Dr. Suresh Chimata introduced the Resource Person's biography for all sessions to the audience after that he handed over the session to the resource person Dr. Aravind Notalapati, Personality development expert, counselling psychologist.

Dr. Aravind asserted that the students should change their mind set to change their life. The resource person said that due to modern lifestyle, the continuous flow of information, and stress, the mind is exposed to various mistrust and anxiety. These affect the energy and capabilities. He said that reprogramming of mind controls the negative thoughts and increases the power of new thinking and paves the way for mental transformation. He said that it leads to build a strong personality. Change is for whom they want to start from their own nature. He said that reprogramming the mind is useful as a mental guide for modern life. It also stands as a pillar for personal success. He urged the students to let go of unnecessary thoughts and excel in their studies with a positive attitude and pave the way for a bright future.



The two days' sessions were very interesting and furthermore more useful to the students. Students were involved actively in the program furthermore it was continued in interactive way for these two days. Aravind sir delivered motivational thoughts to the audience in addition he displayed inspirational videos to the beneficiaries. Tens of students interacted with the resource person and their queries were clarified at the end of each session. Students were invited onto the Dias to express their experiences and feelings on each session.

He used the video clips to inculcate the following listed values students.

1. Appreciation deepens the bondage: He explained about the appreciation necessity with a nice video about the reciprocity of husband and wife.
2. He explained that India should take the first step towards becoming a developed country by abandoning the obstacles to the country's development, such as youth violence and discrimination against women, and instead do research that contributes to the country's development and works that help the army.
3. No matter how big the danger, no matter how difficult the obstacles, no matter how negative we are, if we think positively, we can get out of them, explained in detail with a video of a horse coming out of the mud.
4. Dr Aravind showed the lead India video and explained that no matter how big the challenge, we can collectively do what we cannot do alone, but we need a leader to initiate it, and we must be that initiators always.
5. Learning from anyone; He emphasised that learning is not at all a barrier to learn from elders and he showed the video of father learning how to fix the dust bin cover from his son.
6. Dr Aravind insisted the students to be away from the meaning less frictions
7. Dr Aravind displayed an emotional video of daughter and father and he said that no matter how many hardships and losses parents face, they hide them all and pretend to be happy on the surface for the benefit of their children. But this video tells children that they should observe their parents' hardships and follow the right path to achieve a better future.
8. Never give up: He explained, citing the example of the European Women's Marathon, which was held in earnest, that one should never give up on their efforts to reach their destination without getting discouraged by small obstacles.
9. Dr Aravind enlightened about JEEVAN KAUSHAL which is a life skills path with multiple live examples. He mentioned that students should beware of their thoughts which leads to their character as thoughts become words, words become deeds, deeds become hobbies, hobbies become habits, that habits make students character which leads their destiny.
10. All the sessions ended with the national anthem. At the end of the fourth session Dr Ramanathan, Vice Principal Academics, Heads of the Basic Sciences & Humanities, and all the I B. Tech coordinators felicitated the resource person Dr Aravind Notalapati. Dr Jagadeesh Babu proposed a vote of thanks to all the people who are behind this program.

పాదరీ స్వతహాగా మొదలవాలన్నాడు. ముఖ్యంగా ఆధునిక జీవితానికి మానవ మార్గదర్శిగా రీప్రోగ్రామింగ్ పైలట్ తమకొస్తుందన్నారు. వ్యక్తిగత విషయాలకి కూడా మూలస్థంభంగా నిలబడుతారన్నారు. విద్యార్థులు ఆనందంతో ఆలోచనలను విడనాడి సానుకూల దృక్పథంతో చదువు నండ్చుకోవాలి అని ఉత్సాహ భరితమృత్తును బాటలు వేసుకోవాలని కోరారు.