

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 45 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

The Civil Engineering department at CBIT has to shoulder a major responsibility – that of producing the most gifted builders of tomorrow. And in this department, we take this responsibility very seriously. Officially recognized by Osmania University as a research center, the Civil Engineering department has been at the forefront of cutting edge research in this field. The numerous accolades and scholarship grants received by this department stand testimony to its deeply ingrained brilliance. Our Vision is to strive for excellence in academics, research and consultancy in the field of Civil Engineering and contribute to the sustainable development of the country by producing quality Civil Engineers with professional and ethical values.

CHIEF PATRON

Sri. N. SUBASH

President, CBIT

PATRON

DR. C.V. NARASIMHULU

Principal, CBIT

ADVISORS

DR. P. V. R. RAVINDRA REDDY,

Vice - Principal (Administration)

DR. K. KRISHNA VENI,

Vice - Principal (Academics)

DR. B. LINGA REDDY,

Director - Student Affairs & Progression

DR. P. PRABHAKAR REDDY

Director - Academics

DR. M. BALASUBBA REDDY,

Head, Dept. of EEE.

CONVENER

DR. K. JAGANNADHA RAO

Head, Dept. of Civil Engineering

DR. G. SURESH BABU,

Professor, Dept. of EEE

COORDINATORS

Dr. N. R. DAKSHINAMURTHY,

Associate Professor, Dept. of CIVIL

SRI T. VASUDEVA RAO,

Assistant Professor, Dept. of CIVIL

Sri. C.SRISAILAM,

Assistant Professor, Dept. of EEE



Chaitanya Sattva
(UHV Cell of CBIT)

in association with

Department of Civil Engineering

offers

Value Added Course

on

**Youth Empowerment &
Skills(YES!+)**

24th - 28th March, 2025



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 Coordinators

K. Nitish, 83329 21800.

B.Akshitha, 86888 36951.

M.Sreehitha, 76719 31639.

Jhansi Gonuguntla, 94942 42432.

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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-20 hours)

Monday-Thursday:3:30pm-6:30 pm

Friday:9:00am-5:00pm

Session-2:(On-Campus and online-10 hours)

5 Consecutive Wednesday:4:00pm-6:00pm

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 :- THE ART OF LIVING , Hyderabad

RESOURCE PERSONS

Sri. HEMANTH

Art of Living facilitator , Hyderabad

Sri. ANOOP G R

Art of Living facilitator , Hyderabad

Registration

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

Registration Link:

<https://forms.gle/9ZHfnQ3wsWX4d9wR8>

