



JB INSTITUTE OF ENGINEERING & TECHNOLOGY

UGC Autonomous

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1. Department – **Sciences & Humanities**
2. Name of the event – **A special session on Life Skills: Your Foundation for Growth**
3. Event date – **01.11.2025**

Date: **November 01, 2025**

Program Overview:

A special session on **Life Skills: Your Foundation for Growth** is organized by the Department of Sciences and Humanities for the B.Tech I-Year students. Dr. G. Ram Narsimha Reddy, Senior Manager (Events) for the Telangana region at ICFAI Business School (IBS), is invited as the speaker to talk on this topic. The program aims to explore how to stay relaxed, focused and create mindfulness.

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27th OF OCTOBER
JBIET

Department of Sciences & Humanities
presents
A Special Session on

Life Skills

LIFE SKILLS: YOUR FOUNDATION FOR GROWTH

A warm welcome to our *Speaker*
G. RAM NARSIMHA REDDY
Senior Manager (Events) for the Telangana
Region at ICFAI Business School (IBS)

Date: **01st November 2025**
Time: **10:30 am**
Venue: **MNR Auditorium**

RESILIENCE
ADAPTABILITY
EMOTIONAL INTELLIGENCE
PROBLEM SOLVING
GROWTH MINDSET
POSITIVE THINKING
STRESS MANAGEMENT
TIME MANAGEMENT
COMMUNICATION SKILLS
TEAMWORK
LEADERSHIP SKILLS
CRITICAL THINKING
DECISION MAKING
CONFIDENCE
GROWTH MINDSET
PROBLEM SOLVING
EMOTIONAL INTELLIGENCE
ADAPTABILITY
RESILIENCE

IBS



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Lat 17.330305° Long 78.297718°
01/11/2025 10:37 AM GMT +05:30



Dr.
G.

Ram Narsimha Reddy, Senior Manager (Events) for the Telangana region at ICFAI Business School (IBS) giving his lecture on **Life Skills: Your Foundation for Growth** to the B.Tech I-Year students.

Takeaways:

1. Techniques to reduce thoughts and relax your brain
2. Relaxed brain is capable to focus.
3. How to achieve mindfulness.
4. Power of reverse counting.

Conclusion:

The session encompasses around the techniques of staying relaxed, focused and attain mindfulness.

HOD-S&H

PRINCIPAL