



ACE

Engineering College

An Autonomous Institution

Ankushapur (V), Ghatkesar (M), Medchal (Dist.), Hyderabad - 501301.

Approved by AICTE & Affiliated to JNTUH

NBA ACCREDITED B.TECH COURSES: EEE, ECE, CSE, MECHANICAL & MECH, ACCORDED NAAC A GRADE WITH 3.20 CGPA



DEPARTMENT OF MECHANICAL ENGINEERING

Personal Management Session

The poster features the ACE Engineering College logo at the top left, with the text 'AN AUTONOMOUS INSTITUTION'. To the right, it lists accreditation logos for AICTE, JNTUH, and NAAC, along with the EAPCET CODE 'ACEG'. The main title 'Personal Management Session' is prominently displayed in a large, bold font. Below the title, it specifies the target audience: 'For 1 Year B.Tech Students (ECE, EEE, CE & MECH)'. The session is scheduled for '31st January 2026' from '11:00 AM - 12:00 PM' in the 'AV Room (Tentative), 2nd Floor, Admin Block.' A circular portrait of Dr. Ch. Bala Krishna, a man with glasses and a mustache, is shown. Below the portrait, his name and credentials are listed: 'Dr. Ch. Bala Krishna, BE(ECE), MSc, PGDGC PhD(Psychology), Psychologist and Trainer'. The 'Session Focus' includes: Personal Development, Emotional Well-Being, Self-Management Skills, and Academic & Professional Growth.

Target Audience

I Year B.Tech Students from the Departments of Electronics and Communication Engineering (ECE), Electrical and Electronics Engineering (EEE), Civil Engineering (CE), and Mechanical Engineering.



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Date and Time

- **Date:** 31st January 2026
- **Time:** 11:00 AM – 12:00 PM

Venue: AV Room (Tentative), 2nd Floor, Admin Block, ACE Engineering College.

Resource Person:

Dr. Ch. Bala Krishna

BE (ECE), MSc, PGDGC, PhD (Psychology)

Psychologist and Professional Trainer

Objective of the Session

The Personal Management Session was organized with the primary objective of enhancing self-awareness and equipping first-year B.Tech students with essential personal, emotional, and professional life skills. The session aimed to support students in their transition from school education to professional engineering education by addressing key aspects such as emotional well-being, self-management, stress handling, and academic growth. It also intended to motivate students to develop a balanced personality capable of meeting academic challenges and future career demands.

Session Focus Areas

The session primarily focused on the following areas:

- Personal Development and Self-Awareness
- Emotional Well-Being and Stress Management



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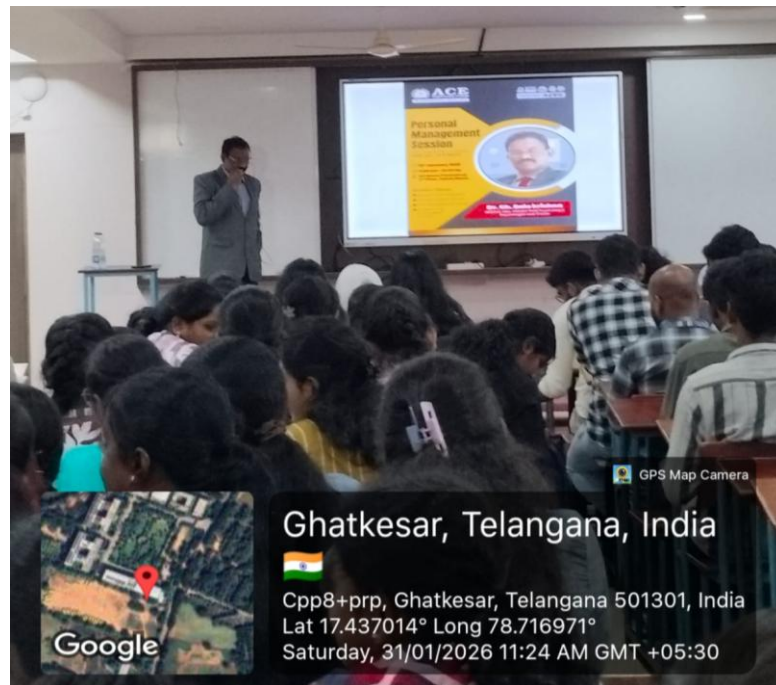


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- Self-Management and Time Management Skills
- Academic Discipline and Professional Growth



Brief Description of the Session

The session was conducted in an interactive and engaging manner by **Dr. Ch. Bala Krishna**, an experienced psychologist and trainer with extensive exposure to student counseling and personal development programs. The speaker highlighted the critical role of personal management skills in shaping a successful academic journey and a sustainable professional career.

Dr. Bala Krishna discussed various strategies for managing emotions, handling academic pressure, maintaining mental well-being, and setting realistic personal and academic goals. Special emphasis was laid on challenges commonly faced by first-year engineering students, such as



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adapting to a new academic environment, managing time effectively, coping with stress, and maintaining motivation.

The session included real-life examples, relatable case studies, and practical insights that helped students understand the importance of emotional balance, self-discipline, positive attitude, and self-motivation. Students were encouraged to introspect on their strengths and areas for improvement, enabling them to develop a growth-oriented mindset. Active interaction between the students and the resource person made the session lively and impactful.



Outcomes of the Session

- Students gained awareness of the importance of personal and emotional management in academic and professional life.
- Improved understanding of self-discipline, time management, and goal-setting techniques.
- Enhanced motivation towards academic excellence and long-term career planning.
- Development of a positive outlook and confidence among students.
- Healthy and meaningful interaction between students and the resource person.



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Conclusion

The Personal Management Session proved to be highly beneficial and was well-received by the first-year B.Tech students. The program successfully addressed the holistic development of students by focusing on both personal well-being and academic growth. Such sessions play a vital role in nurturing confident, emotionally balanced, self-disciplined, and goal-oriented engineering graduates. Conducting similar programs on a regular basis will further strengthen students' personal and professional competencies and contribute positively to their overall development.