

To,

Mr. Vishwas Hase

Librarian,

RIT, Sakharale.

Subject: - Submission of reading club activity report for Year 2017-18.

Dear Sir,

We are sending herewith the final report of Reading club activity academic year 2017-18. Reading club activity presentation is scheduled at department level on 26/02/2018, Monday, 5.00 pm in department meeting hall and club members were shared the essence of book and its outcomes.

The detailed report of given format is attached herewith.

Thanking you,

Co-ordinator

Head
Civil Engineering Department

Rajarambapu Institute of Technology
Department of Civil Engineering
Report for Reading club Discussion (2017-18)

Sr. No.	Group ID	Title of Book	Author	Discussion points
1	Civil_RC1 civil_rc1@ritindia.edu	Practical Mindfulness	By Dr. Ken. A Verni	<p>1st Review – from Dr. P S Patil</p> <ol style="list-style-type: none"> 1. <i>Practical Mindfulness</i> offers an easy way of taking control to your life in the better manner. Focusing on simple breathing techniques, meditation tips and relaxation methods, this unique book is improving my concentration and will helps us to achieve success with comfort. 2. An innovative Q &A approach ensures that the process is personalised to us, enabling us to identify negative patterns of thinking and challenge them using well-respected exercises. 3. Providing expert clarity through step-by-step guidance and visual pointers, the subject material is brought to life. The targeted exercises will help to boost our self-esteem, build better relationships, learn more effectively and distance our self from damaging emotions using real-life scenarios. 4. <i>Practical Mindfulness</i> is a life-changing programme that, teach us to relax, give us the self-confidence to succeed and rid us of the anxiety that holds us back.
2	Civil_RC2 civil_rc2@ritindia.edu	Power of Subconscious Mind	by Joseph Murthy	<p>By Dr. A C Attar</p> <ol style="list-style-type: none"> 1. The whole book is divided into 20 chapters and written in a really good manner which you would love to read. Someone suggested me to read this book few months ago and I buy it 1 month ago and read it I found it really awesome book as it includes some of the best facts about our subconscious mind which we can easily apply and get best results in our life. 2. Being a self help it deals with helping you in your life problems and make them easier for you. The main point that is stated in the book is that we have two minds one conscious or reasoning and the other one is

				<p>subconscious mind.</p> <p>3. The subconscious mind takes the commands as the way you command and give the results based on that command it doesn't argue or reason with you. Read this book at least once to get a proper idea about how your subconscious mind works and how you can use it to get wonderful results in life.</p>
3	Civil_RC3 civil_rc3@ritind ia.edu	Reinventing India	Raghunath Mashelkar	<p>By- RC3- Dr. H.S. Jadhav, S.R. Deshmukh, S.N. Patil, A.M. Jamadar 1st Review -</p> <p>In this book, a number of speeches & writings by Mashelkar, some published, unpublished, have been brought together. Most of the speeches have been delivered as lecture in different lecture series organized in India. Book also presents many examples of great individuals & institutions across world and consists of Six sections.</p> <p>Section one is "Dreaming India". Here he shares a dream of reversing the brain drain & creating world class institutions in India. which also covers the idea of author to hold a religion called positivity by changing individual & institutional mindset. There is the description of the battle of Indian mind vs. Indian mindsets. Section comes to an end with necessity of & ideas for building unique knowledge society in India by understanding the economics of knowledge. Unique Indian knowledge society would have every citizen as a knowledge worker, will make the most of traditional knowledge & would be based on Indian culture.</p> <p>Section two is "Indian Science: Raising the Bar" Which deals with the change in mindset, thinking & attitude of people in Indian science. Great science is based on great ideas & Indian scientists must learn to generate those ideas in Indian laboratories here. Great ideas require great thinking. Not necessarily great resource. He also expects Indian scientists to be borderless and to be creative.</p> <p>2nd Review - Reinventing India, Author - Raghunath Mashelkar</p> <p>In this book, a number of speeches and thoughts given by Raghunath Mashelkar are published. Most of the speeches have been delivered as lecture in different lecture series organized in all over India. All speeches are inspiring, innovative and passionate. He presents some examples of great individuals and institutions across world and consists of six sections namely few are, Indian science: raising the bar, Building & transforming institutions,</p>

				<p>Building innovative India..</p> <p>Section three is Building & transforming institutions. He share example of CSIR, the success of an institutional transformation can only be judged on whether it has sustained itself after leader left. Institutions will transform a science leader with an extraordinary imagination, daring and thinking. To building new India it becomes extremely clear that science and technology, research and development, generation of new knowledge is essential. Author also share view of national chemical laboratory, he has challenge to convert very good into an outstanding, by building the content into context itself forcing reverse engineering, hence NCL will become the international chemical laboratory. This Section explains about principle of imagination, basic essence of innovation, and patent.</p> <p>Section comes to an end with Interview of Dr. Mashelakar a journey of CSIR which is part of reinventing India. He transformed the organization into a user focused and performance driven R&D platform that laid great stress on innovation centered development. Finally he wrote that we need ambition, political will, an understanding that in future, we need to put explicit demand on science. We need to set up a movement that will move this brain drain to brain gain and eventually to brain circulation. We must recognize the special social circumstance, its importance, and attitude towards excellence. Finally with five guiding principles such as Political will, ambition, understanding in future, demand on science, reorganization and excellence , we can indeed create world class research led universities, which build and transform the institutions in the 21st century.</p>
4	<p>Civil_RC4</p> <p>civil_rc4@ritindia.edu</p>	<p>1. Attitude Is Everything: Change Your Attitude... Change Your Life</p>	<p>Jeff Keller</p>	<p>1st review by- P B Salgar</p> <p>This is a "success manual" that gives readers a step by step plan for taking control of their lives and set free their incredible potential. The book is laid out in three parts concerning thinking, saying and doing. Each chapter is an essay on a topic relating one of these subjects</p> <p>The book consists of 12 Lessons as below:</p> <ol style="list-style-type: none"> 1. Your Attitude is Your Window to the World; 2. You're A Human Magnet; 3. Picture Your Way to Success; 4. Make a Commitment and You'll Move Mountains; 5. Turn Your Problems into Opportunities; 6. Your Words Blaze A Trail;

				<p>7. How Are You? 8. Stop Complaining; 9. Associate with Positive People; 10. Confront Your Fears and Grow; 11. Get Out There and Fail; 12. Networking That Gets Results.</p> <ul style="list-style-type: none"> • The book shows how author Jeff Keller used these principles to make a career transition from lawyer to motivational speaker and shows readers how they can make positive changes in every area of their lives. • This is a book that is easy to read and fun to read. • It's a timeless classic in the self-help field. <p>2nd Review -By P B Salgar</p> <ol style="list-style-type: none"> 1. This book starts with the quote <i>“Nothing can stop the man with the right mental attitude from achieving his goal. Nothing on earth can help the man with the wrong attitude”</i> by Thomas Jefferson. 2. In second lesson, author explained about Earl Nightingale’s six words to success i.e. “WE BECOME WHAT WE THINK ABOUT”. In this entire lesson author tries to show us that we are human magnets who have the power to attract success with our thoughts. 3. “Turn your Problems into Opportunities”. He reports a common question to our brain i.e. “Why did this have to happen to me? What I am going to do now? My plans are ruined”. He says this feeling is natural and we have two choices one to wallow in misery or to learn a lesson from problem. 4. He wrote that we all face a period of uncertainty or struggle, but there’s always a flip side to the difficulty. The problem should not be seen as a problem and it must be seen as an opportunity. This is a worthy message given by Jeff. It is the time when we all face much difficulty. We should be positive and help this to succeed in future. He writes Napoleon Hill words “Every adversity carried with it the seed of an equivalent or greater benefit.” 5. He says that words have incredible power. They can build a bright future, destroy opportunity or help maintain status quo. He says our words reinforce our beliefs and our beliefs create our reality. 6. In this lesson, “How are you?”. Jeff writes that it is frequently asked
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			<p>developed various missiles indigenously and made our country independent in the missile technology. The book has been written in total four main parts. Part I: 1931-1963 (Orientation), Part II: 1963-1980 (Creation), Part III: 1981-1991 (Propitiation) and Part IV: 1991 onwards (Contemplation). Dr. Kalam wanted to become pilot and fly in the sky, however, his father's dream was his son should become a collector and serve the society.</p> <p>The first part of this book focuses on Dr.Kalam's life in his childhood days, schooling at his village 'Rameswaram' in Tamilnadu, high school education in Schwartz school at 'Ramanathapuram', intermediate education in St. Joseph college at Tiruchchirappalli (Trichi) and graduation at Madras Institute of Technology.</p> <p>The second part (1963-1980) of this book focuses on Dr. Kalam's visit to America for training at NASA and development of ISRO (Indian Space Research Organization) for development of indigenous Satellite Launch Vehicle (SLV) under the leadership of Prof. Vikram Sarabhai. The book focuses on development of rockets namely Rohini and Menka at Thumba Space Centre in Kerala. This part of the book also provides the information of success story of successful completion of SLV project and also the launching of Rohini Satellite using SLV from space centre located at Shriharikota (Tamilnadu) on 18 July 1980. Dr. Kalam's work was appreciated by the then Prime Minister Mrs. Indiar Gandhi.</p> <p>The Third part of this book focuses on the works handled during the period 1981-1991. Dr. Kalam's shift from ISRO to DRDL Hyderabad. Dr. Kalam was appointed as Secretary of DRDL in 1982. Dr. V. S. Arunachalam was appointed as Advisor to Defense Minister, Shri R Venkatramon. During this period Dr. Kalam increased the progress speed of research and development work of DRDL and planned to implement long duration (12 years) 'Guided Missile Development Program'. Dr. Kalam was thinking on how to complete the project in various stages based on the availability of budget. Shri R Venketraman, Rs.388 Crores and asked to complete the missile development program in one stretch (i.e. integrated guided missile development program). It was decided to develop the missiles (weapons) namely Prithwi, Trishul, Akash, Naag and Agni. This part of the book explains how the all theses missiles developed under the guidance of Dr.Kalam.</p>
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5	Civil_RC5	1.Thought Power. (S S Kumbhar)	1. Annie Besant	<p>Review By, Prof. S S Kumbhar The discussions about the book is as follows This little book is intended to help the student to study his own nature, so far as its intellectual part is concerned. If he masters the principles herein laid down, he will be in a fair way to cooperate with Nature in his own evolution, and to increase his mental stature far more rapidly than is possible while he remains ignorant of the conditions of his growth. Not Submitted</p>
		2. Seven Habits Of Highly Effective Peoples (Other all)	2. By Stephen Keri	<p>Book Review by Prof. MM Maske. "The 7 Habits of Highly Effective People" by Dr. Stephen R. Covey We have selected "The 7 Habits of Highly Effective People" by Dr. Stephen R. Covey, for our reading club activity. The book is very fascinating and is one of the most wonderful books ever written on personality development and success if not the best. The book begins with idea of Paradigm shift, needed for understanding the feelings like success, happiness, anger, sorrow, hatred, love etc. It tells us to turn inwards as all the emotions depend on our perception of the situations. It implies that to change the world, one should become THE change. Further he emphasizes the importance of character ethnic over the personality ethnic. As the former is deeper and more decisive factor which defines any individual. The fact that one cannot fake character makes it more reliable parameter to judge a person. So our honesty is the most important trait that can take us towards inner happiness and satisfaction. In Dr. Covey's own words "The way we see the problem is the problem, we must allow ourselves to undergo paradigm shifts, to change ourselves fundamentally and not just alter our attitudes and behaviors on the surface level, in order to achieve true change." The seven habits are as mentioned below,</p>

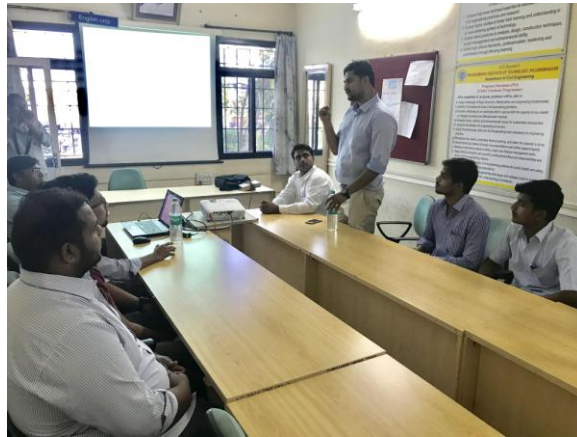
				<p>1. Be Proactive 2. Begin with the End in Mind 3. Put First Things First 4. Think Win-Win 5. Seek First to Understand, Then to Be Understood 6. Synergize 7. Sharpen the Saw</p> <p>These habits are like the vitamins which are essential for a person who is emotionally healthy and more effective. Now lets go through a short summery of first four habits,</p> <p>1. Be Proactive Proactive is an adjective which tells about a person or action, creating or controlling a situation rather than just responding to it after it has happened. If you are proactive, you make things happen, instead of waiting for them to happen to you. Active means "doing something." The prefix pro- means "before." So if you are proactive, you are ready before something happens. For example, if One knows that He or She'll be going on vacation soon, they should start saving money now activities to do while on vacation.</p> <p>2. Begin with the End in Mind It means that one must plan ahead. One will have to construct in their mind what is not yet a reality, and then figure out what steps are needed to get from the present to the desired future. Dr. Covey compares this to builders creating and following a blueprint. It especially makes sense for students and teachers at the beginning of the school year</p> <p>3. Put First Things First Putting First Things First, is not only about time management and being more efficient. This habit has to think of more on a human and ethical ground rather than in a materialistic way. Dr. Covey here implies that people are most important, more important than other things in our life. Time management drives us to be efficient.</p> <p>4. Think Win-Win Think Win-Win implies that we must try to grow together and succeed. Dr. Covey talks about being dependant is the most basic step of any human being which is followed by being independent. But the highest level is being interdependent; it will lead one to be more effective. "To go for Win-Win, you not only have to be nice, you have to be courageous." Dr. Stephen Covey. For example if a group of teachers discusses their teaching strategies and work on them it can help everyone to improve their teaching philosophies, also the students to will be benefited from it. Thus there can be a Win-Win situation for everybody.</p> <p>Thanks for reading! If you have any suggestion please let me know as it will open new perspectives of how this book can be useful for us.</p> <p>For wring the review along with my own experience I would like mention a few</p>
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				resources apart from "The 7 Habits of Highly Effective People" itself that I have utilized, <input type="checkbox"/> A blog by Anum Hussain on hubspot. <input type="checkbox"/> TeachHub.com website. <input type="checkbox"/> An article by Eva Baker on Teens Got Cents
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Co ordinator

Head

Civil Engineering Department



Presentation photographs



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