

Report on Expert Talk: Fear Management & Confidence Building

The Department of Humanities & Sciences, Nalla Narasimha Reddy Education Society's Group of Institutions (NNRG), organized an Expert Talk on "Fear Management & Confidence Building" for the students of B.Tech First Year during the Academic Year 2025–2026. The programme was held on 11th and 12th December 2025 at the Conference Hall, Ground Floor.

The session was delivered by Prof. M. L. Sai Kumar, Dean Academics (Retd.), Institute of Public Enterprise, Hyderabad. The expert addressed the common fears faced by students in academic and personal life and explained practical strategies to manage anxiety, overcome self-doubt, and build self-confidence. Through real-life examples and interactive discussions, Prof. Sai Kumar motivated students to develop a positive mindset, effective communication skills, and self-belief.

The programme was highly informative and engaging. Students actively participated in the interaction session and found the talk inspiring and useful for their personal growth and academic success. The event concluded successfully, leaving a positive impact on the participants and helping them begin their engineering journey with greater confidence and clarity.

