

Kasegaon Education Society's  
**Rajarambapu Institute of Technology, Rajaramnagar.**  
 (Autonomous Institute)  
**Report Reading Club Activity -2021-22**  
**Name of Department:-Civil Engineering**

| Sr. No. | Name of the faculty                       | Group Name | Name of Book and author                       | Name of Author       | Outcome pick through book  | HOD Remark |
|---------|---|------------|---|----------------------|--|------------|
| 1       | Dr. P S Patil,                            | RC1        | 100 Ways to Motivate Yourself, Steve Chandler | Steve Chandler, 2005 | <p><b>Review by R D Patil</b></p> <ul style="list-style-type: none"> <li>• Steve Chandler covers 100 motivational tips that stretch the imagination, factor in the impact of technology, and challenge you to evaluate your situation from different points of view.</li> <li>• As the title implies, this book is all about one thing: motivation. It presents suggestion after creative suggestion for how people can shake up their routine, get inspired, and rise up out of the inevitable ruts in life that weigh us down and limit our potential.</li> <li>• The author presents a number of interesting techniques people can use to try and break through the barriers that might be keeping them depressed, fearful, and unmotivated.</li> </ul> <p><b>Review by A S Thorbole</b></p> <ul style="list-style-type: none"> <li>• The ideas really are solid, sensible suggestions - none of them 'filler' which you often find in this type of book.</li> <li>• What I really like about it is that you don't need to read the whole book - all the ideas are 'stand alone'. Some of them have stuck with me over the years, for example:</li> <li>• Write four circles on a piece of paper. In one, write the goal for the year; then in the next circle for the month; then the week, and then today. The theory is that if these goals are all properly aligned, the only one that really matters is 'today' - if you keep doing it, day after day, the other circles will take care of themselves. Obviously, it's not rocket science - but it really does help to be reminded of these things!</li> </ul> |            |
| 2       | Prof. S R Deshmukh<br><b>Coordinator</b>  |            |   |                      |  |            |
| 3       | Prof. R D Patil                           |            |   |                      |  |            |
| 4       | Prof. A S Thorbole                        |            |   |                      |  |            |
| 5       | Prof. D B Kulkarni,<br><b>Coordinator</b> | RC 2       | Believe In Yourself                           | Krishna Dr Nanditha  | <p><b>Review by D B Kulkarni</b></p> <p>'Believe in Yourself' is a collection of <b>core teachings</b> of Swami Vivekananda and has been edited by Nanditha Krishna. Swami Vivekananda is difficult to understand and most people have to make do with accounts that circulate on the internet archives, not always true and sometimes mixed. This is a short book that captures the gist of Vedanta in an easy language.</p> <p>“The Swami visualized a union between the East and the West through the exchange of Indian spirituality and Western knowledge.”</p> <p>There is a <b>wealth of knowledge within these pages and it is communicated in an easy-to-understand style which can serve as a handy introductory guide for anybody interested</b> in Swami Vivekananda's teachings. Swami</p>  |            |
| 6       | Prof. D S Patil                           |            |   |                      |  |            |
| 7       | Prof. R K Patil                           |            |   |                      |  |            |

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|    |                                    |      |  |   | <p>Vivekananda found his guru in Ramakrishna Paramhansa and the discussions make for an interesting read. There is a need to take Swami Vivekananda's <b>teachings to a younger generation</b> as great men remain relevant for generations after.</p> <p>The book starts with an introductory chapter on Swami Vivekananda and his life, his philosophy and the later text is dedicated to the various teachings that arose from the discussions of Swami Vivekananda with his guru. Topics like <b>YOGA, Meditation</b> are intricate enough that hundreds of books could be written on them and still a lot left to be discovered and told, but also, they are simple at the surface that a mere hint of what they are can spark curiosity about the capabilities and the depth, which is much more beyond and ulterior than what is normally known and told.</p> <p><b>Review by D S Patil</b></p> <p>This book introduces you to these topics and sparks curiosity. For that, there is enough information. This is one of those books that after reading, I felt to be "<b>worthy to own and read</b>".</p> <p>The design is beautiful, it is minimal, the hardcover edition is in muted yellow color, very calming and complementing color for this book. The book cover features a golden statue of Swami Vivekananda with gradient fill text on a white background and grained texture paper. It is amazing!</p> <p>It is simple, short, clear, and holds a purpose that makes it worthy.</p> |  |  |
| 8  | <b>Dr. H S Jadhav, Coordinator</b> | RC 3 | <p>1. The Success Principles (Dr. H S J, SNP, PBS)</p> <p>2. Research Design and Methods (MMM)</p> | <p>Jack Canfield, Borden K. S.;</p> <p>Abbott B. B.</p> | <p><b>Review by Dr. H S Jadhav</b></p> <p>The content is less, so not expecting that it contains a lot of stuff but yes, whatever it talks about, it is very well balanced.</p> <p>I loved the composition and language used, it preserves the strength and reflects the <b>profound nature of the teachings</b>, included that the <b>language is simple and easy to understanding not stressing the precision of vocabulary used</b>.</p> <p>This is just one detail in the mass of great advice that I read among these 64 principles of success. They bring together and explain the principles that you have already heard over the course of books, eBooks, blogs, sites or seminars that you have already read or experienced.</p> <p>Even if you do not apply anything, you may come across just one sentence: the one that could change your life!</p> <p><b>Strengths:</b></p> <ol style="list-style-type: none"> <li>1. Very pleasant readability visually and easy to read</li> <li>2. Well-documented and well-referenced principles allow you to take things further if you wish</li> <li>3. Inspiring quotes</li> <li>4. Numerous anecdotes related to each principle</li> <li>5. Impressive bibliography</li> </ol> <p><b>Weak points:</b></p> <ol style="list-style-type: none"> <li>6. Not currently available in digital format</li> <li>7. References to a lot of American people that may not be familiar to us (or perhaps just to me)</li> </ol>                               |  |  |
| 9  | Prof. Mrs. S N Patil               |      |  |   |   |  |  |
| 10 | Prof. P B Salgar                   |      |  |   |   |  |  |
| 11 | Prof. M M Maske                    |      |  |   |   |  |  |

**Review by P B Salgar**

- One-sentence summary of The Success Principles: This book is for anyone who wants to fulfill their ambitions and their dreams, whether personal or professional: it offers sixty-four practical and inspiring principles that touch upon all aspects of life to lead you to where you really want to be.

- By Jack Canfield in association with Janet Switzer, 2015, 624 pages.

This book having 5 parts as

1. Part One: The Fundamentals of Success
2. Part Two: Transform Yourself for Success
3. Part Three: Build Your Success Team
4. Part Four: Create Successful Relationships
5. Part Five: Success and Money

**Review by Prof. S N Patil**

I am sharing some principles which I liked while reading the book

**Be Afraid, But Do It Anyway!**

“I’ve lived through some terrible things in my life, some of which actually happened.” Mark Twain Of course, you are going to feel scared. Fear is a natural phenomenon and you have to accept the feeling instead of running away from it. It is not going to kill you. It is uncomfortable but manageable. And the greater your fear, the greater your sense of success will be. You can live with fear or you can overcome it. The more you face up to it, the less fear will scare you.

**Be Prepared to Pay the Price**

“If I miss a day of practice, I know it. If I miss two days, my manager knows it. If I miss three days, my audience knows it.” -André Previn

Most achievements require a certain amount of work and some sacrifices. Even if your work is driven by passion, it will be preceded by effort, practice, failures: that is the price of excellence. Anyone who has succeeded can tell you a story about how they pushed back their limits, sacrificed a part of their life to carry their project to its conclusion. You have to discover what price you are willing to pay, to do everything that has to be done and to take the time required to get it done.

**Use Feedback and Comments to Your Advantage**

“Feedback is the breakfast of champions.” Ken Blanchard and Spencer Johnson. In order to be able to improve, you have to be prepared to listen to feedback. You can also go looking for it because it will be the compass that guides your enterprise to success. Avoid taking criticism personally; it is just an indication of how you can adjust your trajectory. Airline pilots don’t feel resentment towards air traffic control. And yet, the controllers are constantly correcting their position.

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| 12 | <b>Dr. P D Kumbhar,<br/>Coordinator</b>  | RC 4 | 1. Rich Dad Poor Dad (AMJ)<br>2. Chinta Soda Anandane Jaga (How to Stop Worrying and Start Living - Dr. PDK) | 1. Robert Kiyosaki,<br>2. Dell Karneggi,<br>Madhushri Publications | <p><b>Review by Dr. P D Kumbhar</b><br/>(Translation – By Smita Limaye, Madhushri Pub.)</p> <ul style="list-style-type: none"> <li>•This book is compilation of experiences of a variety of people who shared their problems when they worrying due to various difficult situations and how the writer ‘Del Carnegie’ provided them some principles for implementation in coming out of these difficult situations and stopped worrying.</li> <li>•Del Carnegie had also shared the principles used / shared by the great philosophers on how to get relief from the worries and live happily. The book provides the information on effects of worrying on the health of the people.</li> <li>•Stomach, Ulcer, Thyroid, Blood pressure, Diabetes, ...</li> <li>•Fear makes to worry which causes stress and people become nervous.</li> <li>•Corona – Covid19 – Many people have died due to fear.</li> <li>•Mayo Clinic in America –Dr. W.C. Alwarej – 15,000 patients were suffering from stomach disease including ulcer – Study indicated that there was no any physical reason behind 80% patients for this disease but the people were suffering from the problem due to worries, hatred, selfishness, loneliness, financial loss etc.</li> <li>•According to the author of the book, people should live in the present and not in the past and future. He has given certain principles for implementation if one wants the relief from the worries. <ul style="list-style-type: none"> <li>1.Live Today only</li> <li>2.Self-analysis and Introspection</li> <li>3.Ask own self what will be the worst possible that can happen in case of any problem that causes worrying. One should confront to such worst situations if it happens.</li> <li>4.Try to improve the situation</li> <li>5.Remind yourself that you are deteriorating your health due to the worries. Those who do not know how to fight against the worries, they die in the young age only.</li> <li>6.Keep your worries away from you by engaging yourself in some activity every time.</li> </ul> </li> <li>•Comfort and Entertainment – powerful ways to achieve- good health, sleep, music and laughing.</li> <li>•Analysis of worries: <ul style="list-style-type: none"> <li>o What type of worry/worries you are facing?</li> <li>o What can you do to avoid this worry?</li> <li>o I am doing something to avoid this worry.</li> <li>o When will I start doing something to avoid the worry?</li> </ul> </li> </ul> |  |  |  |  |  |
| 13 | Prof. Y M Patil                          |      |  |  |  |  |  |  |  |  |
| 14 | Prof. A A Idate                          |      |  |  |  |  |  |  |  |  |
| 15 | Prof. A M Jamadar                        |      |  |  |  |  |  |  |  |  |
| 16 | <b>Prof. P M Mohite,<br/>Coordinator</b> | RC 5 | 1. The Secret (SKM)  | Rhonda Byrne   | <p><b>Review by Dr. S S Kumbhar</b><br/><b>The Secret puts forward several ideas that are surprising, exciting, and perhaps controversial, such as:</b></p> <ul style="list-style-type: none"> <li>• If you focus your attention on achieving a goal and believe not only that you can do it, but that you already have done it, you can achieve virtually any goal you set your mind to.</li> </ul>   |  |  |  |  |  |
| 17 | Prof. S S Kumbhar                        |      |  |  |  |  |  |  |  |  |
| 18 | Prof. S K More                           |      |  |  |  |  |  |  |  |  |
| 19 | Dr. N T Suryawanshi                      |      |  |  |  |  |  |  |  |  |

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|  |  |  |  | <ul style="list-style-type: none"><li>• If you focus on what you don't want, you are inadvertently drawing that into your life. For example, if you constantly ruminate on what is stressing you, you'll actually draw more of those situations (and accompanying stressed feelings) into your life. Instead, the trick is to focus on what you do want in your life, and you'll get more of that.</li><li>• The Law of Attraction, the principle that you attract whatever you focus your energy on (good or bad), works with relationships, possessions, goals, and anything else you are able to focus on—even your own health.</li></ul> <p><b>Review by S K More</b><br/>The Secret - or the Law of Attraction - which essentially says ‘think positively about something you want to happen and it will [inevitably] come about it, by itself, as some have said, foolish and wrong. The grain of truth is that if you think steadily and positively about any one thing, you will notice more opportunities than you would ever suspect for taking steps toward the result you want. That is to say, we see opportunities when we pay attention to something, which should not be too surprising.</p> |  |
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**Head**  
**Department of Civil Engineering**

# Photographs

