



SHIRDI SAI ENGINEERING COLLEGE

ANEKAL, BANGALORE-562106

06.12.2014

Circular

Sub : Stress and Work life Management – Reg

This is to inform you our institution is going to organize the seminar on “**Stress and Work life Management**” on **08.12.2014** by **Dr. Sarukeshi**, Professor, Hindustan University. The time and venue for the guest lecture are mentioned below.

Venue : SEMINAR HALL

Time : 08.12.2014 from 02.00 pm to 04.00 pm


Principal

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SHIRDI SAI ENGINEERING COLLEGE

ANEKAL, BANGALORE-562106

A Report on seminar on Stress and Work life Management

- **Venue : Seminar Hall**
- **Time : 08.12.2014 @ 02.00 pm to 04.00 pm**
- **No of Participants – Male :22**
- **No of Participants – Female:35**

Our College had organized a Seminar/Lecture Talk on “**Stress and Work life Management**”. Around 552nd year and few 3rd year students participated and benefited by the event. The Speakers for the lectures was **Dr. Sarukeshi**, Professor, Hindustan University, Chennai.

In this lecture Participants learned about Aims to handle stress better. The students of the college participated in the seminar. Aiming to guide the students on how to relieve themselves from stress in order to excel in the fields chosen by them While addressing the students she said that anxiety is a part of human nature, but it is important to know how to overcome it. Youngsters most of the time find it difficult to face the changes and to cope up with such variations. Hence, this leads to stress, anxiety and tension. She also talked about the influence of mobile phones and internet. As she explained the students about the stress management she said that the students should always share their problems with others instead of keeping any knots in their minds. She also suggested them to be interactive during the seminar so that they could learn the art of handling stress and tension. She informed the students about the types of stress faced by the teenagers. She also emphasised about the stress relaxation, therapies related to stress and stress relaxation therapy that could be followed by them and different stress management techniques. later, an interactive session was held. During the discussion session participants interact with the speaker for clarification regarding their doubts


Principal

ATTENDANCE SHEET FOR THE PROGRAM

PROGRAM : Stress & work life Management for women
 DATE : 08/12/14

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
1.	AMRVTHA HJ	CSE	F	
2.	Rp Sandhya	CSE	F	
3.	Akashy	CSE	M	
4.	ambika ✓	CSE	F	
5.	ARUN.S	CSE	M	
6.	Karim D Souza	ECE	M	
7.	KARTHIK	CSE	M	
8.	Likitha	MECH	F	
9.	M. Vanishree	ECE	F	
10.	madhusree	ECE	F	
11.	MAHESH	ECE	M	
12.	meghana BV	mech	F	
13.	Nirosha SV	Ece	M	
14.	RAMYA	CSE	F	
15.	Ragini J	CSE.	F	
16.	Sushama V	CSE	F	
17.	VEENA.R	EEE	F	
18.	Priya	CSE	F	
19.	SHOW BHAGA	DIP1	M	
20.	Priya	DIP11	F	
21.	ARCHANA	ECE	F	
22.	ASWIM J	ECE	F	
23.	ASHA R	ECE	M	

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
24.	CHANDANA R	CSE	F	Chand
25.	Chaitera	CSE	F	Chaitera
26.	DEEKSHA . V	EC	F	DH
27.	Jagadish	CSE	F	Jagadish
28.	DILIP KUMAR N	ECE	M	Kumar
29.	Harikaran . S	ECE	M	Su
30.	Jeevan TM	CSC	M	J/:
31.	Kavya S	ECE	F	<u>Kavya</u>
32.	Lena Jayana S	CSE	F	Lavenya
33.	Likitha	Medh	F	Likitha.
34.	MEGHNA D	CSE	F	Meeha
35.	N Kavya	CSE	F	<u>Kavya</u>
36.	Nandini M	CSE	F	<u>Nm</u>
37.	Navya N	ECE	F	<u>Navya</u>
38.	Pavani . N	CSE	F	Pavani
39.	POOJA Lakshmi S	CSE	F	Poo Ja
40.	Rajeev S .	CSE	M	Ra
41.	Ramesh .	ECE	M	Ramesh
42.	Ramakrishna	ECE	M	Ramakrishna
43.	Ranna	CSE	M	<u>Ranna</u>
44.	Radha	CSE	M	<u>Ra</u>
45.	Rahul	ECE	M	Rahul
46.	Sandhya	Medh	F	Sandhya .
47.	Rashmi	CSE	F	Rashmi;
48.	Ravi Kiran	CSE	M	Ravi
49.	SHRUTHI A	CSE	F	<u>Sh</u>
50.				
51.				
52.				