

**SRI SAIRAM COLLEGE OF ENGINEERING
ANEKAL, BENGALURU**

10/08/2015

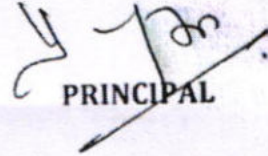
Circular

Sub : Seminar Stress and work life Management for women – Reg

This is to inform you that our college is going to organize the One day seminar on "Seminar on Awareness Stress and worklife Management for women" on 12/08/2015 The Speaker for the lecture is Dr. Sarukeshi, Professor, Hindustan University, Chennai. The time and venue for the guest lecture are mentioned below.

Time : 12/08/2015 02.00 pm to 04.00 pm

Venue : SEMINAR HALL


PRINCIPAL

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SRI SAIRAM COLLEGE OF ENGINEERING

ANEKAL, BENGALURU

Report on Stress and work life Management for women

- Venue : Sri Sairam College of Engineering
- Date : 12/08/2015
- Number of Participants Male : 30
- Number of Participants Female : 35

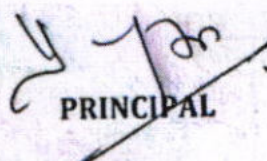
Our College had organized a Seminar/Lecture Talk on "Stress and work Management for women" on 12.08.2015 from 02.00 pm to 04.00 pm in our college campus. Around 55 2nd year and few 3rd year students participated and benefited by the event. The Speakers for the lectures was Dr. Sarukeshi, Professor, Hindustan University, Chennai.

In this lecture Participants learned Intellectual property are terms used to describe intangible assets: the results of human endeavor that have value and are original, such as designs, publications, inventions, computer software and music. These assets increasingly making up a large proportion of company net worth. The protection and management of these assets has become a commercial imperative, requiring the development of a set of practices that are encompassed within field of Intellectual Property Management (IPM)

Employees stress is a growing concern for organizations today. Stress can be defined as a lively circumstance in which people face constraints, opportunities, or loss of something they desire and for which the consequence is both unpredictable as well as crucial. Stress is the response of people to the unreasonable/excessive pressure or demands placed on them. Stress is not always negative. It may also bring out the best in individuals at times. We can say, "Stress causes some people to break, and others to break records." It may induce an individual to discover innovative and smarter way of doing things. This positive dimension of stress is called as stress. However, usually, the term stress has a negative implication and this negative aspect of stress is termed as distress. Employees feel stress at work from different reasons, one of which is the pressure a deadline. There is growing awareness of the heavy cost to organizations of stress-related illness. While a substantial, body of research now

exists on stress in professional and managerial occupations.

During the discussion, session participants interact with the speaker for clarification regarding their doubts. The overall Programme was very successful.


PRINCIPAL

ATTENDANCE SHEET FOR THE PROGRAM

PROGRAM : Stress & worklife management for women
DATE : 12/08/2015

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
1.	Venkatesh . N	EC	M	<i>[Signature]</i>
2.	Rajiv .	EC	M	<i>[Signature]</i>
3.	Shorathkumar . S	EC	M	<i>[Signature]</i>
4.	KIRANKUMAR	EE	M	<i>[Signature]</i>
5.	Nagesh R	CSE	M	<i>[Signature]</i>
6.	Prashanth A	CSE	M	<i>[Signature]</i>
7.	Aaravind S.	Mech	M	<i>[Signature]</i>
8.	Sumanth R.	Mech	M	<i>[Signature]</i>
9.	Sandeep V.	Mech	M	<i>[Signature]</i>
10.	Kiran . V.	Mech	M	<i>[Signature]</i>
11.	Santhosh G.	Mech	M	<i>[Signature]</i>
12.	Swamy	Mech	M	<i>[Signature]</i>
13.	Bhavya Raj	CSE	M	<i>[Signature]</i>
14.	Raveen J	Mech	M	<i>[Signature]</i>
15.	Banupriya S.	Mech	M.	<i>[Signature]</i>
16.	Harish .	MBA	M	<i>[Signature]</i>
17.	Sathyajay	Mech	M	<i>[Signature]</i>
18.	Subharth . R.	Mech	M	<i>[Signature]</i>
19.	Karthik . P	CSE	M	<i>[Signature]</i>
20.	Kiran . S	SEE	M	<i>[Signature]</i>
21.	Santhosh . G.	Mech	M	<i>[Signature]</i>
22.	Aaravind . M.	Mech	M	<i>[Signature]</i>
23.	Venkatesh . M	Mech	M	<i>[Signature]</i>

Male

29

Male

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
24.	Sunil . R.	ECE	M	Sunil.
25.	Santhosh dhanarajay.	ECE	M	San
26.	Abgesh . R	EEE	M	Abgesh.
27.	Vinod . K	EEE	M	Vinod
28.	Santhosh . G	EEE	M	Santh
29.	Manoharan .	EEE	M	Manoharan
30.	Rakeesh . G.	Mech	M	Rakeesh
31.	Aishwarya . G.	CSE	F	Aishwarya
32.	Sushritha.	EEE	F	Sushritha
33.	Smita.	ECE	F	Smita
34.	Lakshmi	EEE	F	Lakshmi
35.	Pooja . k . v .	CSE	F	Pooja.
36.	Archana .	ECE	F	Archana.
37.	Sudha	ECE.	F	Sudha
38.	Pavani . m	ECE	F	Pavani
39.	Pooja Raj .	EEE	F	Pooja .
40.	Prayathri . S . G	EEE	F	Prayathri
41.	Ilughana .	ECE	F	Ilughana.
42.	Ramya . R .	ECE	F	Ramya
43.	Saranya .	CSE	F	Sarany
44.	Sudha .	CSE	F	Sudha
45.	Archana . S	ECE	F	Archana.
46.	Anusha .	Mech	F	Anusha.
47.	Deepika .	Mech	F	Deepika
48.	Pooja . k . v	CSE	F	Pooja
49.	Kanya . R .	EEE	F	Kanya
50.	Pallavi .	CSE	F	Pallavi
51.	Saumya . N . S	CSE	F	Saumya
52.	Asha . S	EEE	F	Asha

Female

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
53.	SOWMYA-S	ECE	F	Sowmya
54.	BHAVYA S	ECE	F	Bhavya
55.	aishwarya T	CSC	F	Aishwarya
56.	Sneha R	ECE	F	Sneha
57.	Shruthi	EEE	F	Shruthi
58.	Aishwarya Lakshmi	CSC	F	Aishwarya
59.	JINDRANI. R.N	MBA	F	Jindrani
60.	Divya. K	MBA	F	Divya
61.	Arichana S	ECE	F	Arichana
62.	Ramya V	CSC	F	Ramya
63.	SWEETHA. K	CSC	F	Sweetha
64.	Sushmitha M	EEE	F	Sushmitha
65.	Lakshmi	ECE	F	Lakshmi
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Female