

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

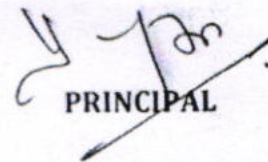
07/12/2015

**Circular**

**Sub : "Stress and work Management for women"- Reg**

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

Time : 08/12/2015 from 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 Management for women**

- **Venue : Sri Sairam College of Engineering**
- **Date : 08/12/2015**
- **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 2<sup>nd</sup> year and few 3<sup>rd</sup> 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 : 08/10/2015



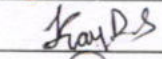
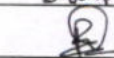
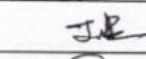
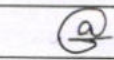
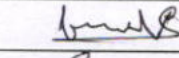
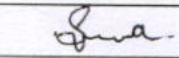
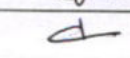
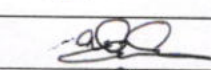
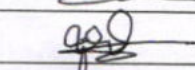
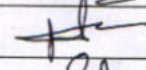
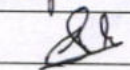
SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
1.	R. Deepak.	CSE	M.	Deepak
2.	Uday Shankar. G	ECE	M	Uday
3.	Mahendra. B.	CSE	M	Mahendra
4.	Sunil. R.	ECE	M	Sunil
5.	Rakesh. B.S	EEE	M.	Rakesh
6.	Kiran.	EEE	M.	Kiran
7.	Akash. J.	CSE	M	Akash
8.	Puneeth. J.	MECH	M	Puneeth
9.	Harish. S.	MBA	M.	Harish
10.	Mohan. K.	EEE	M.	Mohan
11.	Vaun. R.	ECE	M.	Vaun
12.	Abilash. R.	MECH	M.	Abilash
13.	Swamy.	MBA	M.	Swamy
14.	chetan kumar. S.	CSE	M.	chetan...
15.	Rajeev S.	EC	M	Rajeev
16.	VENKATESH. N	EC.	M	Venka
17.	Subash M	MECH	M.	Subash
18.	Pavan.	ECE.	M.	Pavan
19.	Lokesh. R.	MG	M	Lokesh
20.	Arun. K.	CSE	M.	Arun
21.	Akash.	ECE	M	Akash
22.	Koushik C.K.	ECE	M.	Koushik
23.	Raj U. C.	MBA	M	Raj U. C.

M

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
24.	Thirumalai	ECG	M	Thirumalai
25.	Aakeeb. G.	ECG	M	Aakeeb.
26.	Ramiz. M	CSE	M	Ramiz.
27.	Sumanth. R	mech	M	Sumanth.
28.	Tejal. V	mech	M	Tejal.
29.	Sathya Raj.	MCA	M.	Sathya Raj.
30.	Araveen.	MECH	M.	Araveen.
31.	Sweetha. N.	MBA	F	Sweetha.
32.	Radha. J.N.	MBA	F	J.N. Radha.
33.	Divya K.	MBA	F	Divya K.
34.	ARUKHANA S	ECE	F	Arukhana S.
35.	meghana.	ECE	F	Megha.
36.	Vidyaashri	ECE	F	Vidyaashri
37.	ayshwarya N	CSC	F	Aishwarya N.
38.	Hampriya	CSC	F	Hampriya
39.	Somya	EEE	F	Somya
40.	Rupa Raj	EEE	F	Rupa Raj
41.	GIYATHRI SP	EEE	F	GIYATHRI SP
42.	Sangeetha. V	ECE	F	Sangeetha. V
43.	VIDHYA. MR	MECH	F	Vidhya. MR
44.	bhanani. V	MECH	F	bhanani. V
45.	Hemalatha.	CSC	F	Hemalatha.
46.	GAGANA MP	ECE	F	Gagana MP.
47.	Rivyanke. IC	ECE	F	Rivyanke. IC
48.	PAWAN. M	ECE	F	Pawana. M.
49.	ANISHA	CSE	F	Anisha.
50.	amrutha. H.J	CSE	F	Amrutha. H.J
51.	Pooja. KV	ECE	F	Pooja. KV
52.	Hanuktha M	ECE	F	Hanuktha M.

M

F

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
53.	LAKSHMI. G	MBH	F	
54.	VIDHYA	ECE	F	
55.	Kanya D.S	ECE	F	
56.	Rajini	CS	F	
57.	Radha. J. N	MBH	F	
58.	anusha	Mech	F	
59.	bhanani. V	Mech	F	
60.	SHYLA	MECH	F	
61.	ambika	ECE	F	
62.	Savithri	ECE	F	
63.	SUDHA	CS	F	
64.	Hemalatha	ECE	F	
65.	Subadra	CS	F	
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