

SRI SAIRAM COLLEGE OF ENGINEERING

ANEKAL, BENGALURU

05.06.2017

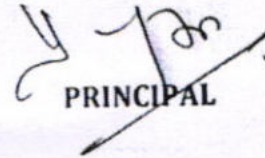
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Sub : Seminar on How to save Environment-reg

This is to inform you that our college is going to organize the One day seminar on "How to save Environment" on 05.06.2017. The Speaker for the lecture is Dr. Leenus Martin, Professor, SRM University, Chennai. The time and venue for the guest lecture are mentioned below.

Time : 05.06.2017 from 02.00 pm to 04.00 pm

Venue : SEMINAR HALL


PRINCIPAL

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Sports/MR/Office/Stores/Transport
Trust Office

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

Report on How to save Environment

- **Venue : Seminar Hall**
- **Time : 05.06.2017 @ 02.00 pm to 04.00 pm**
- **No of Participants – Male :30**
- **No of Participants – Female:30**

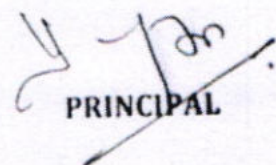
Our College had organized a Seminar/Lecture Talk on “**How to save Environment**”. Around 60 students, 2nd year and few 3rd year students participated and benefited by the event. The Speakers for the lectures was **Dr. Leenus Martin**, Professor, SRM University, Chennai.

In this lecture Participants learned World Wide awareness and action for the protection of our environment. The speaker addressed that discarded plastic is one of the biggest environmental threats facing the planet. "If present trends continue, by 2050 our oceans will have more plastic than fish."

Globally, eight million tons of plastic is dumped into the ocean every year, killing marine life and entering the human food chain, according to the UN Environment Programme.

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

With positive support from Management Representative Mr.R.Arunkumar, Principal Dr. Y. Vijayakumar and all HODs takes pleasure in appreciating the following faculty advisors for this remarkable achievement their continuous support and motivation


PRINCIPAL

ATTENDANCE SHEET FOR THE PROGRAM

PROGRAM : SEMINAR ON HOW TO SAVE ENVIRONMENT
 DATE : 05/06/2017

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
1.	Eshan Gupta	CSE	Male	Esh.
2.	Mukul Kumar	CSE	Male	Muf
3.	Raju. K.R	CSE	Male	R.
4.	Manu.M	ECE	Male	M
5.	Kalmesh .Veerapur	ECE	Male	K.
6.	Jurya Teja .V	EEE	Male	J.
7.	Prathmesh prakash	EEE	male	P.
8.	Mansurama pooran	EEE	male	M.
9.	K.Nishchay	ECE	Male	K.
10.	Shrishaik Ashok	EEE	Male	S.
11.	Aarif Khan	Mech	male	A.
12.	M. Indharjeeth	Mech	male	M.
13.	Lingraj. Godbige. Muttas	Mech	Male	L.
14.	madhusudan	Mech	male	M.
15.	M Ganendra	Mech	male	G.
16.	VIVEK G DE	EC	male	V.
17.	TulubanaR S	EE	Male	T.
18.	Manjunath .S	EE	Male	M.
19.	NITHIN.	ME	Male	N.
20.	Ajith .M	ME	Male	A.
21.	Bharathkumar	ME	male	B.
22.	Barath Kumar	ME	male.	B.
23.	Sivankumar	ME	male	S.

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
24.	Lumuel devidn	CS	Male	Lumuel
25.	JOHN. V. J	CS	Male	John.
26.	komal chetty	CS	male	Komal
27.	Shashank. S	CS	Male	Shank
28.	SANTHOSH. M	CS	Male	Santh
29.	Praveen. Y.P	ECE	male	Praveen
30.	Prabhu. Y.D	EC	male	Prabhu
31.	Nuthan. B.W	EEF	female	Nuthan
32.	POOJA. YS	EEF	female	Pooja
33.	Sonal R	CSE	female	Sonal
34.	SUDHA. M	CSE	female	Sudha
35.	chetana. G	CSE	Female	chetana
36.	Ramya. V	EEF	female	Ramya
37.	Neelanjana. K	ECE	female	Neelanjana
38.	Ashwini. K	CSE	Female	Ashwini
39.	Ameela	CSE	F	Ameela
40.	Akshata Kavara	CSE	F	Akshata
41.	Bhavana. K.	FCE	F	Bhavana
42.	Aparna M.S	ECE	F	Aparna
43.	Gayatri Ramesh Sakri	ECE	Female	Gayatri
44.	Hrishika. S	CSE	F	Hrishika
45.	Sushmitha. B	CSE	F	Sushmitha
46.	Divya Bhree. R	CSE	F	Divya
47.	Meghana KM	CS	F	Meghana
48.	Hema R	CS	F	Hema
49.	Methua. R	CS	F	Methua R.
50.	Deepak	CS	F	Deepak
51.	Nethra	CS	F	Nethra
52.	Deeksha	ECE	F	Deeksha

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
53.	KS Divya	ECE	F	<u>KS</u>
54.	Swathi HD	EC	F	<u>Swathi</u>
55.	SUSHMITHA S	ECE	F	<u>S.</u>
56.	Toiveni V	ECE	F	<u>Toiveni</u>
57.	Vaishnavi Rani	ECE	F	<u>Vaish</u>
58.	Harshitha A	ECE	F	<u>Harshitha</u>
59.	HARSHITHA M	ECE	F	<u>Harshitha</u>
60.	Bhavyasree R	ME	F	<u>BR</u>
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20.01.2017

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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 **23.01.2017 & 24.01.2017** by **Ms. Pooja Mehta**, Professor, SRM University, Chennai. The time and venue for the guest lecture are mentioned below.

Venue : SEMINAR HALL

Time : 23.01.2017 & 24.01.2017 from 02.00 pm to 04.00 pm


Principal

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Hostels (Boys & Girls)
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Trust Office

Report on Stress and work life management for women

- **Venue :** Seminar Hall
- **Date :** 23.01.2017 & 24.01.2017
- **Time :** 2.00-4.00 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 for women**”. Around 55 third semesters and few 5th Semester students participated and benefited by the event. The Speakers for the lectures was **Ms. Pooja Mehta**, Professor, SRM University, Chennai.

In this lecture Participants learned to enhance the leadership capabilities of high potential women. During the discussion session participants interact with the speaker for clarification regarding their doubts. The overall program was very successful.

To overcome the stress and anxiety, a seminar on stress management and concentration development was organized at our Institution

The students, Faculties and staffs of the college participated in the seminar. Aiming to guide everyone on how to relieve themselves from stress in order to excel in the fields chosen by them, the workshop was addressed by motivational speaker Pooja Mehta.

While addressing speaker 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 Spoke about the influence of mobile phones and internet.

As she explained everyone 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. Speaker also informed about the types of stress faced by the teenagers. She also emphasized 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. The students and faculties asked their various queries on stress management. Also the students highlighted the issue on what subject to choose for a better career. The students and Faculties also asked about future endeavors according to their skills.

During the discussion session participants interact with the speaker for clarification regarding their doubts. The overall program was very successful. With positive support from Management Representative Mr. R. Arunkumar, Principal Dr. Y. Vijayakumar. And all HODs takes pleasure in appreciating the following faculty advisors for this remarkable achievement their continuous support and motivation.


Principal

ATTENDANCE SHEET FOR THE PROGRAM

PROGRAM : Stress and work life management for women

DATE : 23/01/2017-24/01/2017

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
1.	Subhajet Banerjee	CSE	male	Sh
2.	Vinay. V	CSE	male	nd
3.	Harish S	CSE	Male	Sh
4.	Abhish . pc	Mech	male	Sh
5.	Aranandan	Mech	male	An
6.	Kiran	CSE	Male	Kiran
7.	Paramasivam	CSE	male	P
8.	Tomaz Joy B	mech	Male	Sh
9.	Bramod	mech	male	P.
10.	Kishore S	ECE	male	KP
11.	M. A. Puneth Kumar	ECE	Male	Sh
12.	Sreenath HV	EEE	Male	Sh
13.	Rajesh Kumar	EC	male	Rb
14.	mohammad	EC	male	moh
15.	Ningappa	E.C	Male	N.appa
16.	Vinay NV	ME	male	Vinay
17.	poodeep Gowda	ME	male	Po
18.	Praveen T.P	ME	M	phan
19.	Sadique bhasha	ME	M	Sh
20.	SHIVA KUMAR. G	ME	Male	Sh
21.	Hemanth. DN	ME	Male	Hem
22.	Varun Kumar. A	ME	M	Varun
23.	SNITEJA REDDY	ME	M	Snitija reddy

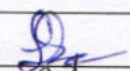
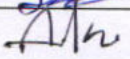

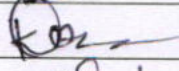

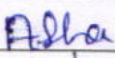
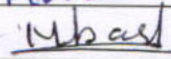
SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
24.	Siddesh	EC	male	Siddesh
25.	Shrinivas DP	EC	male	Shrinivas
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ATTENDANCE SHEET FOR THE PROGRAM

PROGRAM : Stress and work life management for women

DATE : 23/01/2017-24/01/2017

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
1.	Rachana . N	CSE	Female	Rc
2.	Sandhya . S	CSE	Female	S
3.	Parvati	CSE	Female	Parvati
4.	Prakruthi . B	CSE	Female	P in B
5.	Ranitha . B . N	CSE	Female	Ranitha
6.	Bhavani V . K	CSE	Female	B
7.	Susathi . M	ECE	Female	Susathi
8.	Susathi . G . N	ECE	Female	Susathi
9.	Mananthashree S	CSE	Female	Mananthashree
10.	K . Tejasvi	CSE	Female	Tj
11.	Gayatri Ramesh Sabari	CSE	Female	G
12.	Deepika . R	ECE	Female	Deepika
13.	T . J . K . I . T . H . A . T . N	ECE	Female	Tj
14.	monisha	ECE	Female	M
15.	M . Nithyashree	ECE	Female	Nithya
16.	Aishwarya . K	ECE	Female	A
17.	Dheesha - S	ECE	"	D
18.	Harishitha . S	EC	F	H
19.	Harshitha . M	EC	Female	H
20.	KS Divya	EC	Female	KS
21.	Chandini	EC	Female	C
22.	Asha S	CS	F	A
23.	Dhanya . KN	CS	F	D

SL NO	NAME OF THE STUDENT	BRANCH	GENDER	SIGNATURE
24.	C. Sowmya	EEE	f	
25.	Anand . K	EE	F	
26.	Asha K	EEE	femal	
27.	Kavya	EEE	femal	
28.	Meghana . SN	EE	female	
29.	Asha - M	EEE	femal	
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