



SRI BHARATHI

ENGINEERING COLLEGE FOR WOMEN

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)
Kaikkurichi, Pudukkottai -622 303

www.sbec.edu.in

NAAC DOCUMENTS



Quality Indicator Frame Work

Criterion – 5

Student Support and Progression

Submitted by

IQAC

Internal Quality Assurance Cell

Sri Bharathi Engineering College for Women



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(Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai-25)
Kaikkurichi, Pudukkottai, Tamil Nadu – 622 303, India

ACADEMIC YEAR (2022-2023) /ODD SEMESTER

5.1.2 LIFE SKILLS

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SRI BHARATHI ENGINEERING COLLEGE FOR WOMEN

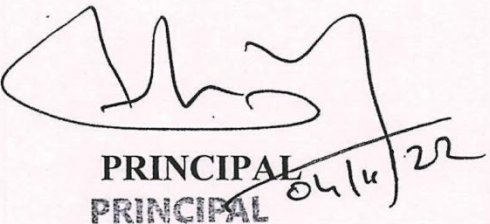
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KAIKKURICHI, PUDUKKOTTAI- 622 303.

CIRCULAR

DATE: 04.11.2022

A session on “**Meditation**” Life skill programme is going to organize by our college in association with RRC on Tuesday, 8th November 2022 at 9.45 am. All First year Students and Faculty Members are invited to attend the program in our college auditorium.



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KAIKKURICHI - 622 303.
PUDUKKOTTAI DISTRICT

Cc:

All Faculty Members
All I Year B.E Classes
IQAC Coordinator
RRC Coordinator/RRC File
Notice Board
Office File



Dr. S. THILAGAVATHI M.E., Ph.D.,
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KAIKKURICHI, PUDUKKOTTAI – 622 303.

Cordially Invites you for the
LIFE SKILL PROGRAMME

On

“MEDITATION”

In Association with RRC

On

8th NOVEMBER 2022, Tuesday @ 9.45 am

at

College Auditorium, SBECW



GUEST OF HONOUR

MR.P.KARMEGARAJA (Preceptor)

MRS.K.BHUVANESWARI (Preceptor)

MS.K.DEVAPRIYA (Abhasis)

MR.B.RAVI (Abhasis)

MR.P.ALAGAN (Abhasis)

Heart Fullness Foundation
Pudukkottai





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MEDITATION LIFE SKILL PROGRAMME

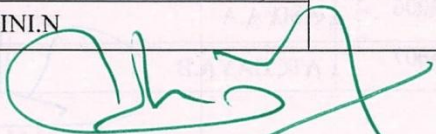
ATTENDANCE LIST

Date: 8.11.22

SI.NO	REG. NO	NAME	DEPT/YEAR	SIGNATURE
1.	912622103001	ABINAYA.M	CIVIL/I	M. Abinaya
2.	912622103002	AFRA SHAHIN.S		S. Afra shahin
3.	912622103003	ANUSHA.D		D. Anusha.
4.	912622103004	ARIYANACHI.K		K. Ariyanachi
5.	912622103005	GAYATHRI.S		S. Gayathri
6.	912622103007	HASAPRIYA.S		S. Hasapriya
7.	912622103008	KALANDAR SEIHA.J		J. Kalandar
8.	912622103009	KESIYA.X		X. Kesiya
9.	912622103010	LISI OVIYA MONEY.P		P. Lisi.
10.	912622103011	LOGASRI.S		S. Logasri
11.	912622103012	MADHUMITHA.K		K. Madhumitha
12.	912622103014	MAHALAKSHMI.S		S. Mahalakshmi
13.	912622103015	MEENAKSHI.K		K. Meenakshi
14.	912622103016	PAPITHASRI.M		M. Papithasri
15.	912622103017	RAJALAKSHMI.K		K. Rajalakshmi
16.	912622103018	RAMPRIYA.M		K. Rampriya
17.	912622103019	SEETHALAKSHMI.M		M. Seethalakshmi
18.	912622103020	SOBANA.R		R. Sobana
19.	912622103021	VINOTHINI.S		S. Vinothini
20.	912622104001	ABINAYA.E	CSE/I	E. Abinaya
21.	912622104002	ABIRAMI.C		C. Abirami
22.	912622104003	AJITHA.M		M. Ajitha
23.	912622104004	AKSHAYA.M		M. Akshaya
24.	912622104005	ANANTHI.K		K. Ananthi
25.	912622104006	ASIYA.A		A. Asiya
26.	912622104007	ATCHAYA.B		B. Atchaya

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27.	912622104008	BARJUSHFATHIMA.P		P. Baiyushfathima.
28.	912622104009	BAVADHARANI.S		S. Bavadharani
29.	912622104010	DEVADHARSHINI.P		P. Dev
30.	912622104011	DEVI SRI.R		R. Devi S.
31.	912622104012	DHANALAKSHMI.G		G. Dhana Lakshmi
32.	912622104013	DHANASRI.E		E. Dhana Sri
33.	912622104014	FEMINA.M		M. Ferna
34.	912622104015	GOMATHI.P		P. Gomathi
35.	912622104016	GOPIKA SRI.Y		P. Gopethi
36.	912622104017	INBA.M		M. Inba
37.	912622104018	ISHWARYA.S		S. Ishu.
38.	912622104019	JAMEELA.M.A		M.A. Jamb
39.	912622104020	JEEVITHA.S		S. Jeevitha
40.	912622104021	KAVIPRIYA.S		S. Kavipriya
41.	912622104022	KAVIYAPRIYA.P		P. Kaviyapriya
42.	912622104023	KAVIYARASI.M		M. Kaviyarasi
43.	912622104024	KEERTHANA.S(9.10.2004)	CSE/I	S. Keerthana
44.	912622104025	KEERTHANA.S (29.8.2005)		S. Keer -
45.	912622104026	KRISHNAVENI.C		C. Krishnaveni
46.	912622104027	LAKSHMI PRIYA.D		D. Lakshmi Priya
47.	912622104028	LALITHAMBIGAL.K		K. Lalithambigal
48.	912622104029	LATHIKA.G		G. Lathika
49.	912622104030	MADHUMITHRA.D		D. Madhumithra
50.	912622104031	MAHALAKSHMI.K		K. Mahalakshmi
51.	912622104032	MANIMEGALAI.V		V. Manimegala
52.	912622104033	MANJULA.R		R. Manjula
53.	912622104034	MEENAKUMARI.K		K. Meenakumari
54.	912622104035	NANDHINI PRIYA.N		N. Nandhini
55.	912622104036	POORANI.S		S. Poorani
56.	912622104037	PRADEEPA.P		P. Pradeepa
57.	912622104038	PRIYADARSHINI.K		K. Priyadarshini
58.	912622104039	PRIYADHARSHINI.D		D. Priyadharsini
59.	912622104040	ROHINI.N		N. Rohini


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60.	912622104041	SABITHA.S	CSE/I	S. Sabitha	
61.	912622104042	SANIYAASIME.M		M. Sanjyaime.	
62.	912622104043	SARULEKHA.M		M. Sarulekha	
63.	912622104045	SATHIYA.A		A. Sathiya	
64.	912622104046	SATHYA.S		S. Sathya	
65.	912622104047	SHANMUGAPRIYA.K		lc. Shanmugapriya	
66.	912622104049	SIVAHARISHNI.S		S. Sivaharishni	
67.	912622104051	SUNDHARI.S		S. Sundhari	
68.	912622104052	SWETHA.A		A. Swetha	
69.	912622104053	SWETHA.S		S. Swetha.	
70.	912622104054	UMAMAHESHWARI.K		K. Umamaheshwari	
71.	912622104055	VAISHNAVI.V		V. Vaishnavi	
72.	912622104056	VISHALINI.R		R. Vishalini	
73.	912622104057	YUVASRI.S		S. Yuvassri	
74.	912622106001	AASHA.G		ECE/I	G. Asha
75.	912622106002	ABITHA.S			S. Abitha
76.	912622106004	AGALYA.G			G. Akalya
77.	912622106005	AKSHAYA.A			A. Akshaya.
78.	912622106006	AMIRTHA.S			S. Amirtha
79.	912622106007	ATHISHTA.V			V. Athishtha
80.	912622106008	BIRUNTHA.B			B. Bruntha
81.	912622106009	DHANALAKSHMI.P			P. Dhanalakshmi
82.	912622106010	DHARANI.T			T. Dharani
83.	912622106011	GUNADHARSHINI.N	N. Gunadharsini		
84.	912622106012	KALANDHAR HAZEENA.S	S. Kalandhar Hazeena		
85.	912622106013	KIRTHIKA.S	S. Kirthika		
86.	912622106014	MADHUMITHA.S	S. Madh		
87.	912622106015	MALATHI.B	B. Malathi		
88.	912622106016	MOHANAPRIYA.S	S. Mohanapriya		
89.	912622106017	MYTHILIA	A. Mythili		
90.	912622106018	NANTHINI.R	R. Nanthini		
91.	912622106019	PAVITHA.T	T. Pavitha		
92.	912622106020	PAVITHIRA.M	M. Pavithra		



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93.	912622106021	PORKODI.M		M. Onij
94.	912622106022	PRIYANKA.C		C. Priyanka
95.	912622106023	RAGAVI.R		R. Ragavi
96.	912622106024	RAIHANA BANU.M		M. Raihana
97.	912622106025	RAKZANA.R		R. Rakzana
98.	912622106026	RAMYAKRISHNAN.S		S. Ramya Krishnan
99.	912622106027	SAJINA.S		S. Sajina
100.	912622106028	SAJITHA.S		S. Sajitha
101.	912622106029	SHALINI.M	ECE/I	M. Shalini
102.	912622106030	SHANMATHI.M		M. Shanmathi
103.	912622106031	SINDHU.M		M. Sindhu
104.	912622106032	SRINITHI.S		S. Srinithi
105.	912622106033	SUGANA.A		A. Sugana
106.	912622106034	SWETHA.S		S. Swetha
107.	912622106035	VIJAYADURGA.S		S. Vijayadurga
108.	912622106036	YOGESHWARI.D		D. Yogeshwari
109.	912622105001	ASANIYA BEGAM.H		H. Asaniya Begam
110.	912622105002	HEMALATHA.G		G. Hemalatha
111.	912622105004	NANDHINI.K		K. Nandhini
112.	912622105005	PUGALARASI.T	EEE/I	T. Pugalarasi
113.	912622105006	SAMNI.K		K. Samni
114.	912622105007	SHYAMINI.S		S. Shyamini
115.	912622105008	SIVAPRADEEPA.J		J. Sivapradeepa

CO-ORDINATORS

1. Mrs. V. Nithya Poorani AP/ECE - V. Nithya

2. Mrs. EL. Thanga Uma AP/CSE - EL. Thanga Uma


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KAIKKURICHI, PUDUKKOTTAI – 622 303

LIFE SKILL PROGRAMME

on

“MEDITATION” – REPORT

No. of Participants: 115

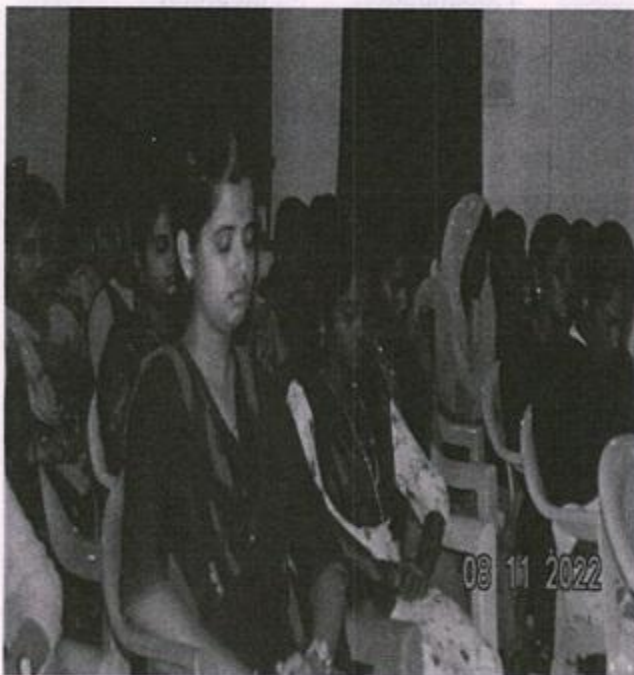
Venue: Auditorium

Date: 08.11.2022

On 8th November 2022 our college had organized the Life Skill Programme on “Meditation” in association with RRC and Heart Fullness Foundation, Pudukkottai. The following benefits of meditation were explained by the representatives from Heart Fullness foundation with the Faculty and students. Meditation is a popular relaxation technique used by individuals now a days. Meditation is one type of complementary medicine that treats both the mind and body. With regular practice, meditation can lead to mental clarity and profound relaxation. The Demo sessions were conducted .115 First year students engaged in the program and benefited from it.




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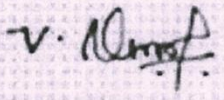
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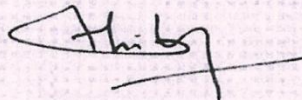
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Certificate of Participation

This is to certify that Ms. MADHUMITHA. K I/CIVIL has participated in the Life Skill Programme on "*MEDITATION*" organized by SRI BHARATHI ENGINEERING COLLEGE FOR WOMEN in association with Red Ribbon Club on 8th November 2022 during the academic year 2022-2023.


CO-ORDINATOR


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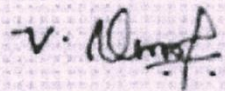
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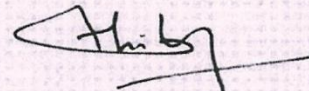
Website: www.sbec.edu.in Email: sribharathienggcollege@gmail.com

Certificate of Participation

This is to certify that Ms. AKSHAYA.M I/CSE has participated in the Life Skill Programme on "*MEDITATION*" organized by SRI BHARATHI ENGINEERING COLLEGE FOR WOMEN in association with Red Ribbon Club on 8th November 2022 during the academic year 2022-2023.


CO-ORDINATOR


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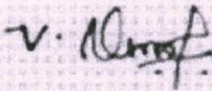
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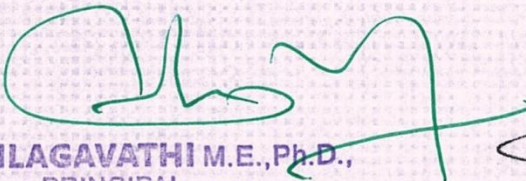
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Certificate of Participation

This is to certify that Ms. SUNDHARI.S I/CSE has participated in the Life Skill Programme on “*MEDITATION*” organized by SRI BHARATHI ENGINEERING COLLEGE FOR WOMEN in association with Red Ribbon Club on 8th NOVEMBER 2022 during the academic year 2022-2023.


CO-ORDINATOR


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