



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



SRI BHARATHI ENGINEERING COLLEGE FOR WOMEN
(Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai-25)
Kaikkurichi, Pudukkottai, Tamil Nadu – 622 303, India

ACADEMIC YEAR (2020-2021) /EVEN SEMESTER

5.1.2 SOFT SKILLS

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1.	STRESS MANAGEMENT	CIRCULAR	3-3
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ACADEMIC YEAR (2020-2021) / EVEN SEMESTER

CIRCULAR

Date: 17.02.2021

Online Soft Skill Training Programme on “**Stress Management**” will be conducted by training and placement cell on 19th February 2021 at 9.45 a.m. All second, third and final year students are instructed to attend the program through online mode without fail through Google meet link.


LINK: <https://meet.google.com/shn-drak-nei>


PRINCIPAL
17/02/21

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KAIKKURICHI - 622 303.
PUDUKKOTTAI DISTRICT

Copy to:

- All HoD's & Faculty Members
- All II, III and IV Year B.E classes
- IQAC Coordinator
- Placement Coordinator
- Notice board
- Office File


Dr. S.THILAGAVATHI M.E., Ph.D.,
PRINCIPAL
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Kaikkurichi - 622 303, Pudukkottai Dt.



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KAIKKURICHI, PUDUKKOTTAI-622303

TRAINING AND PLACEMENT CELL

Cordially invites you for the

Online
Soft Skill Training Programme
on
“STRESS MANAGEMENT”

Date: 19.02.2021

Shri. G. Dhanasekaran

Chairman, Sri Bharathi Educational Institutions

Will Preside

Dr. S. Thilagavathi, Principal, SBECW

Shri. Er. N. Kanagarajan, Correspondent, SBECW

Will offer felicitation

Resource Person

Mr. Balaji and Mr. Navamathan

Dr. S. THILAGAVATHI M.E., Ph.D., President and Former President,
PRINCIPAL
SRI BHARATHI ENGINEERING
COLLEGE FOR WOMEN

Anna University Rotaract Club,
Trichy.

Kaikkurichi - 622 303, Pudukkottai Dt.





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ACADEMIC YEAR 2020-2021 EVEN SEMESTER

Online Soft Skill Training Programme on "STRESS MANAGEMENT"

Programme Schedule

Date : 19-02-2021-FRIDAY Time: 10.00 a.m.

Welcome Address : **Ms.P.Subha**
Asst. Professor/CSE,
SBECW

Resource Person : **Mr.Balaji and Mr. Navamathan**
President and Former President,
Anna University Roteract Club,
Trichy.


Link : <https://meet.google.com/shn-drak-nei>

TOPIC:

Session I : *Mindfulness and Relaxation Techniques*
(FN)

Session II : *Stress Inoculation Training*
(AN)

Vote of Thanks : **Mrs.R.Akilandeshwari**
Asst. Professor/EEE,
SBECW


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

ACADEMIC YEAR (2020 – 2021) / EVEN SEMESTER

Online Soft Skill Training Programme

on

STRESS MANAGEMENT

STUDENTS PARTICIPATION LIST

DATE: 19.02.2021

S.NO	REG.NO	NAME	DEPT	YEAR
1.	912617103002	DHESIKAPARTHI D	CIVIL	IV
2.	912617103003	KARTHIKA K	CIVIL	IV
3.	912617103004	KASTHURI K	CIVIL	IV
4.	912617103005	MONIKA K	CIVIL	IV
5.	912617103006	MUTHUMEENA P	CIVIL	IV
6.	912617103007	POTHUMPEN A	CIVIL	IV
7.	912617103008	PRIYADHARSHINI S	CIVIL	IV
8.	912617103009	RAJESWARI J	CIVIL	IV
9.	912617103010	SIVAPRIYA S	CIVIL	IV
10.	912617106001	ABIRAMI S	ECE	IV
11.	912617106002	ABISHEKA S	ECE	IV
12.	912617106003	ATSHAYA R	ECE	IV
13.	912617106004	BAVADHARANI A	ECE	IV
14.	912617106005	BHUVANESHWARI B	ECE	IV
15.	912617106007	GOWSALYA D	ECE	IV
16.	912617106009	INDHUMATHI S	ECE	IV
17.	912617106010	KANIMOZHI D	ECE	IV
18.	912617106011	KAVYA C	ECE	IV
19.	912617106012	KEERTHANA G	ECE	IV
20.	912617106013	MAHESHWARI G	ECE	IV
21.	912617106014	MANOHARI M	ECE	IV
22.	912617106015	MARAGATHALAKSHMI S	ECE	IV
23.	912617106017	SAFRIN NISHA S	ECE	IV
24.	912617106018	SUBASHINI M	ECE	IV
25.	912617106019	SUBASHINI T	ECE	IV
26.	912617105001	NAZEERA BANU I	EEE	IV
27.	912617105002	PARTHIKA S	EEE	IV
28.	912617105003	PRIYA T	EEE	IV
29.	912617105004	SAJINA K	EEE	IV
30.	912617105005	SELSIYA R	EEE	IV
31.	912617105006	THENMOZHI J	EEE	IV
32.	912617105302	SIYAMALADEVI S	EEE	IV
33.	912617104001	ADAIKKALAJAYASRI J	CSE	IV
34.	912617104002	AKILA S	CSE	IV
35.	912617104003	BAVANI V	CSE	IV
36.	912617104005	INDUMATHI S	CSE	IV
37.	912617104007	KAYATHRI K	CSE	IV
38.	912617104008	MULLAIYARASI R	CSE	IV
39.	912617104009	NISHADEVI G	CSE	IV
40.	912617104011	PERIYANAYAGI M	CSE	IV
41.	912617104012	PRIYADARSHINI S	CSE	IV
42.	912617104013	PRIYADHARSHINI C	CSE	IV
43.	912617104014	PRIYATHARSHINI V	CSE	IV

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44.	912617104015	RIZWANA PARVEEN Z	CSE	IV
45.	912617104017	SEETHALAKSHMI S	CSE	IV
46.	912617104018	VAHINI D	CSE	IV
47.	912617104019	VINOTHA P	CSE	IV
48.	912617104301	JAYA PREETHA C	CSE	IV
49.	912617104303	SANGEETHA S	CSE	IV
50.	912617104701	NAVINA N	CSE	IV
51.	912617205001	ANUSHIYA T	IT	IV
52.	912617205002	GAYADHRI S	IT	IV
53.	912617205003	KALAIVANI K	IT	IV
54.	912617205004	MARYSELCIYA S	IT	IV
55.	912617205006	RUPASRI M	IT	IV
56.	912617205007	SHANMATHI S	IT	IV
57.	912617205008	VINODHINI M	IT	IV
58.	912617205301	HEMALATHA A	IT	IV
59.	912618103003	MAHESHWARI V	CIVIL	III
60.	912618103005	MEENACHI K	CIVIL	III
61.	912618103008	SATHYA M	CIVIL	III
62.	912618103010	UMAMAHESWARI K	CIVIL	III
63.	912618106001	ANUSHAA S	ECE	III
64.	912618106002	ARIVARASI A	ECE	III
65.	912618106003	ASMATH HAZEENA N	ECE	III
66.	912618106004	ATCHAYA R	ECE	III
67.	912618106005	JAYAPRIYA T	ECE	III
68.	912618106006	JAYASRI M	ECE	III
69.	912618106007	NAGALAKSHMI P	ECE	III
70.	912618106009	ROHINI K	ECE	III
71.	912618106010	SOUNTHARYA P	ECE	III
72.	912618106012	THAIYAL NAYAGI K	ECE	III
73.	912618106701	JANANI.R	ECE	III
74.	912618105001	AARTHI G	EEE	III
75.	912618105002	AASHA R	EEE	III
76.	912618105003	AGARI S	EEE	III
77.	912618105004	JEEVITHA R	EEE	III
78.	912618105005	NISHA K	EEE	III
79.	912618105006	RAMANA R	EEE	III
80.	912618105007	SNEHA S	EEE	III
81.	912618104001	ABIRAMI S	CSE	III
82.	912618104002	AKILA P	CSE	III
83.	912618104003	BUVANESHWARI S	CSE	III
84.	912618104004	EVANJELIN S	CSE	III
85.	912618104005	FEFINA I	CSE	III
86.	912618104007	GOWSALYA A	CSE	III
87.	912618104011	JAYANTHINI T	CSE	III
88.	912618104012	KAVIYASELVI K	CSE	III
89.	912618104014	LAKSHMI N	CSE	III
90.	912618104015	LAKSHMI PRABHA M	CSE	III
91.	912618104017	MALA S	CSE	III
92.	912618104018	MAMTHA G	CSE	III
93.	912618104019	NIRANJANADEVIC	CSE	III
94.	912618104020	NIVEDHA M	CSE	III
95.	912618104021	NIVETHA G	CSE	III
96.	912618104022	PRIYADHARSHINI R	CSE	III
97.	912618104023	PRIYAVATHANI A	CSE	III
98.	912618104024	PUVIYARASI S	CSE	III
99.	912618104026	ROSLINA BEGUM R	CSE	III
100.	912618104027	SINDHU V	CSE	III
101.	912618104028	SIVASANGAVI A	CSE	III

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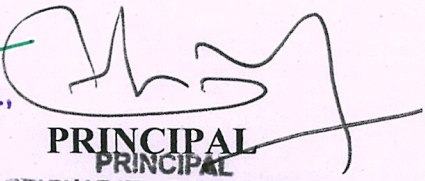
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102.	912618104029	SURUTHIKA S	CSE	III
103.	912618104031	SUSHMEENA K	CSE	III
104.	912619103001	AJITHA T	CIVIL	II
105.	912619103002	ARULJENIFAR C	CIVIL	II
106.	912619103003	DIVYA V	CIVIL	II
107.	912619103004	MANGAIYARKARASI G	CIVIL	II
108.	912619103005	MUTHULAKSHMI S	CIVIL	II
109.	912619103006	PRAVEENA S	CIVIL	II
110.	912619103007	PRIYADHARSHINI K	CIVIL	II
111.	912619103009	RAGAVI V	CIVIL	II
112.	912619103301	LILLY JOHN J	CIVIL	II
113.	912619103302	BHUVANI S	CIVIL	II
114.	912619106001	AASHIMA M	ECE	II
115.	912619106002	ANANTHI P	ECE	II
116.	912619106004	JAFFARNISHA R	ECE	II
117.	912619106005	MAHESWARI K	ECE	II
118.	912619106006	MANISHA S	ECE	II
119.	912619106007	MEGAVADHANA A	ECE	II
120.	912619106008	PRIYANGA R	ECE	II
121.	912619106009	RAGAVI V	ECE	II
122.	912619106011	SASIKA K	ECE	II
123.	912619105001	AASHIKA R	EEE	II
124.	912619105002	ABINAYA S	EEE	II
125.	912619105003	ABITHA P	EEE	II
126.	912619105004	ARTHY N	EEE	II
127.	912619105005	DEEPIKA R	EEE	II
128.	912619105007	NISHA S	EEE	II
129.	912619105008	PAVITHRA M	EEE	II
130.	912619105009	PRAGADEESHWARI A	EEE	II
131.	912619105010	SIVARANJANI S	EEE	II
132.	912619105301	RAGAVI R	EEE	II
133.	912619104001	ANNAPOORANI M	CSE	II
134.	912619104002	ANUSUYA S	CSE	II
135.	912619104003	ARUNNAVAMEENA A	CSE	II
136.	912619104004	DAYANA P	CSE	II
137.	912619104005	DHARSHINI D	CSE	II
138.	912619104007	FAHMIDHA B	CSE	II
139.	912619104009	GULNAS FATHIMA S	CSE	II
140.	912619104010	HELAN J	CSE	II
141.	912619104012	MUTHULAKSHMI G	CSE	II
142.	912619104013	MUTHU MEENAKSHI M	CSE	II
143.	912619104014	NIROSHIKA R	CSE	II
144.	912619104017	PARAMESHWARI S	CSE	II
145.	912619104019	RANJANI K	CSE	II
146.	912619104020	RILWANA PARVEEN J	CSE	II
147.	912619104021	ROOPINA R	CSE	II
148.	912619104022	SANDHIYA B	CSE	II
149.	912619104024	SARANYA C	CSE	II
150.	912619104027	SNEHA R	CSE	II
151.	912619104029	SURIYA JOTHI S	CSE	II
152.	912619104301	ABINAYA S	CSE	II
153.	912619104302	GAYATHRIDEVI M	CSE	II
154.	912619104501	ISWARYA C	CSE	II


PLACEMENT COORDINATOR


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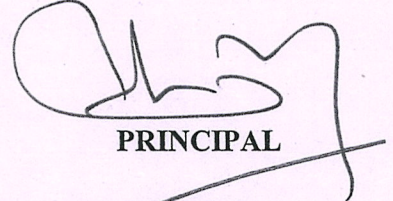
Kaikkurichi, Pudukkottai, Tamil Nadu – 622 303, India

REPORT OF THE PROGRAM

1	Program Name	:	Online Soft Skill Training Programme on “Stress Management”
2	Date of program	:	19.02.2021
3	Resource person	:	Mr. Balaji and Mr. Navamathan President and Former President, Anna University Roteract Club, Trichy.
4	Link	:	https://meet.google.com/shn-drak-nei
5	Participants	:	154 Students
6	Objective of program	:	The objective of the programme is to provide students with practical strategies and techniques to cope with stress improve overall well-being and enhance their ability to handle challenging situations.
7	Outcome of this program	:	At the end of this program, the student will be able to <ul style="list-style-type: none">• Acquire stress reduction techniques and coping strategies to mitigate the impact of stress on physical and mental health.• Develop mindfulness and relaxation techniques to reduce stress and improve overall mental health.• Improve emotional regulation, greater emotional resilience and a more positive emotional outlook.


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PUDUKKOTTAI DISTRICT

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KAIKKURICHI, PUDUKKOTTAI 622 303



CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. PAVITHRA M** of **II YEAR EEE** for her participation in Online Soft Skill Training Programme on **“Stress Management”** conducted by Training and Placement Cell of by **Sri Bharathi Engineering College for Women** on 19.02.2021 during the Academic Year 2020-2021.

PLACEMENT COORDINATOR

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to Ms. ANANTHI P of II YEAR ECE for her participation in Online Soft Skill Training Programme on “Stress Management” conducted by Training and Placement Cell of by Sri Bharathi Engineering College for Women on 19.02.2021 during the Academic Year 2020-2021.

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PRINCIPAL

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. PRAVEENA S** of **II YEAR CIVIL** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by Sri Bharathi Engineering College for Women on 19.02.2021 during the Academic Year 2020-2021.

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. MUTHULAKSHMI G** of **II YEAR CSE** for her participation in Online Soft Skill Training Programme on “**Stress Management**” conducted by Training and Placement Cell of by **Sri Bharathi Engineering College for Women** on 19.02.2021 during the Academic Year 2020-2021.

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. GOWSALYA M** of **III YEAR CSE** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by **Sri Bharathi Engineering College for Women** on 19.02.2021 during the Academic Year 2020-2021


PLACEMENT COORDINATOR

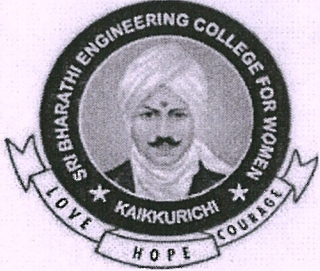

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. NISHA K** of **III YEAR EEE** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by Sri Bharathi Engineering College for Women on 19.02.2021 during the Academic Year 2020-2021

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. NAVITHRA D** of **III YEAR ECE** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by **Sri Bharathi Engineering College for Women** on 19.02.2021 during the Academic Year 2020-2021

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. MEENACHI K** of **III YEAR CIVIL** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by **Sri Bharathi Engineering College for Women** on 19.02.2021 during the Academic Year 2020-2021

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. DHIVYA L** of **IV YEAR ECE** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by Sri Bharathi Engineering College for Women on 19.02.2021 during the Academic Year 2020-2021

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This certificate has been awarded to **Ms. VANITHA E** of **IV YEAR EEE** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by **Sri Bharathi Engineering College for Women** on 19.02.2021 during the Academic Year 2020-2021


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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. NISHADEVI G** of **IV YEAR CSE** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by **Sri Bharathi Engineering College for Women** on 19.02.2021 during the Academic Year 2020-2021

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CERTIFICATE OF PARTICIPATION

This certificate has been awarded to **Ms. MUTHUMEENA P** of **IV YEAR CIVIL** for her participation in Online Soft Skill Training Programme on "**Stress Management**" conducted by Training and Placement Cell of by Sri Bharathi Engineering College for Women on 19.02.2021 during the Academic Year 2020-2021

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