

5.1.3 Following Capacity development and skills enhancement activities are organised for improving students capability (8)

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. Awareness of trends in technology

Academic Year 2023-24

S.No	Name of the Skill	No. of Activities
1.	Soft Skills	3
2.	Communication Skills	2
3.	Life Skills	7
4.	Recent Trends	21
	Total	33

Total no. of Activities: 33

PRINCIPAL

Dr. S. SENTHIL, M.E., Ph.D.,

PRINCIPAL

KAMARAJ College of Engineering and Technology
(Autonomous)

S.P.G. Chidambara Nadar - C. Nagammal Campus,

S.P.G.C. Nagar, K. Vellakulam - 625 701
(Near VIRUDHUNAGAR)

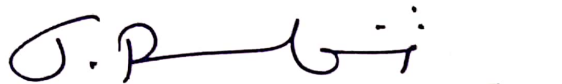
EVENT REPORT

Sl. No	Details of the Event	
1	Department	Biotechnology
2	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Cultural Programme/Others (Please specify))	Guest Lecture
3	Title of the Event	Food Safety Awareness
4	Geographical College (State Level / National Level / International Level / College Level / Department Level / Inter Collegiate / Inter Department / Village Level / Town level)	College Level
5	Theme of the Event	To create an awarness in Food Safety
6	Date / Duration	08/08/2023&11.45am.to 12.45pm.
7	Mode of Delivery	Offline
8	Total Expenditure	Nil
9	Funding Agency (ies) (Attach Sanction Letter)	Nil
10	Sponsor (s)	Nil
11	Total No. of Participants (Attach list of Participants/Attendance details)	Other State: Outstation (within Tamilnadu): Internal: 71students 3 faculty members
12	Publication Type (Proceedings / Edited Book / Technical Note / Handout / Others) (Attach Sample copy)	Nil
13	Publication Title with ISBN	Nil
	i) No. of Articles Received	
	ii) No. of Articles Published	
	iii) No. of Articles Presented	

14	Joint Organizer	
15	Resource Persons / Chief Guest / Session Chair with Designation and Official Address (with Phone No. and Email)	Mr.Govindan,Food Safety Officer,Food Safety and Standards Authority of India,Madurai Division.
16	Organizing Secretary / Coordinator Name Designation and Official Address	Dr.S.Karthikumar,ASP/BT, Er.K.Chitra devi,ASP/BT,
17	Attach the Invitation/Brochure/Circular/Approval letters	Attached
18	Attach Photos (geotagged)	Attached
19	Programme Summary / Short Description of the Activity:	Attached
20	Feedback Analysis Report and Action Taken (If any)	Attached


Coordinator


Conveners


IQAC Coordinator 31/10/2023
Dr. T. Pandiselvi, M.E., Ph.D.,
Coordinator
Internal Quality Assurance Cell
KAMARAJ College of Engineering and Technology
(Autonomous)
SPG. Chidambara Nadar - C. Nagammal Campus
S.P.G.C. Nagar. K. Vellakulam - 625 701
(Near VIRUDHUNAGAR)


PRINCIPAL
Dr. S. SENTHIL, M.E., Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR).



(Autonomous)

S.P.G.Chidambara Nadar - C.Nagammal Campus
S.P.G.C. Nagar, **Virudhunagar.**

KAMARAJ / AO / 2023-24/ 2240

07/08/2023

CIRCULAR

The Department of Biotechnology organizing a Guest Lecture on "Food Safety Awareness" for Biotech, Mechanical and Civil Students on 08/08/2023. HoD's are requested to send Second and Third year students to attend the program.

Program Details

Resource Person : **Mr.Govindan,**
Food Safety Officer,
Food Safety and Standards Authority of India,
Madurai Division.

Date & Time : 08/08/2023 & 11.45 am. to 12.45 pm.

Venue : Virudhunagar Hindu Nadars Abiviruthi
Navathaniyakkadai Dharmapandu Meeting hall
(EDUSAT HALL).

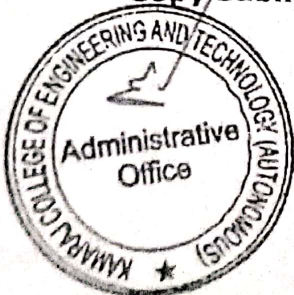
Copy to :

1. All Second and Third Year BT, MECH & Civil Engineering Students through their mail id.
2. HoDs of BT / MECH / Civil through their email id.
3. Superintendent / Administrative Office
4. File

S. Senthil
PRINCIPAL
Dr. S. SENTHIL, M.E., Ph.D.,
PRINCIPAL

KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
S.P.G.C. Nagar, K. Vellakulam - 626 701.
(Near VIRUDHUNAGAR)

Copy submitted to Secretary / Treasurer





Guest Lecture on "Food Safety Awareness"

Resource Person: Mr. Govindan, Food Safety officer,
Food Safety and Standards Authority of India,
Madurai division.

Date: 08.08.2023

Venue: EDUSAT HALL

AGENDA

11.45 am	Prayer Song	Ms. Harsitha.S, (III/BT)
11.50 am	Welcome Address	Ms. Krisha.K.S, (III/BT)
11.55 am	Introducing the Guest	Ms. Priyanka.S, (III/BT)
12.15 am	Guest Lecture	Mr. Govindan, Food Safety Officer, Food Safety and Standards Authority of India, Madurai Division.
12.45 am	Vote of Thanks	Ms. Harsitha.S, III/BT


Coordinator


HoD/BT



Date: 8/8/23

Event: Food Safety Awareness

Resource Person: Mr. Govindan, Food Safety Officer, Madurai

ATTENDANCE

SL.No	Name of the Participant	Year	Roll Number	Signature
1	C. Pooja	III	21UBT021	C. Pooja
2	V. Vijayashree	IV	21UBT029	V. Vijayashree
3	M. Sasi Balan	III	21UBT033	M. Sasi
4	S. Swetha. V	III	21UBT018	S. Swetha. V
5	Shalini. S	III	21UBT027	Shalini. S
6	Rinitha Jonellia. A	IV	21UBT046	Rinitha
7	Yoga Dharsan. S	III	21UBT024	Yoga Dharsan
8	Ridhu Varshini T.S	III	21UBT047	Ridhu Varshini
9	J. Praveen	IV	21UBT023	J. Praveen
10	S.R. Santhosh kavoni	III	21UBT001	S.R. Santhosh
11	R. Sujitha	III	21UBT030	R. Sujitha
12	S. Sannitha	III	21UBT031	S. Sannitha
13	N. Uditha Saran	III	21UBT045	N. Uditha Saran
14	K. Dharsan	IV	21UBT013	K. Dharsan
15	S. Subitha	III	21UBT020	S. Subitha

Coordinator

HOD/BT



Date: 8/8/23

Event: Food Safety Awareness

Resource Person: Mr. Govindhan, PEO

ATTENDANCE

SL.No	Name of the Participant	Year	Roll Number	Signature
1	S. JANASRITHAN	III	21UBT043	[Signature]
2	M.Sasi Balan	III	21UBT033	M.Sasi
3	Jaya Pubhash	III	21UBT014	Jaya Pubhash
4	Sahini	III	21UBT121	Sahini
5	J. Praveen	III	21UBT223	Praveen
6	N. Melana Kumar	III	21UBT42	[Signature]
7	B. Sathiraj	III	21UBT009	Sathiraj
8	Sivaganesh	III	21UBT016	Siva
9	M. Yagna Devi	III	21UBT045	M. Yagna Devi
10	T. Shamyuktha	III	21UBT008	[Signature]
11	F. Divya	III	21UBT010	[Signature]
12	Sornamala Ramya	IV	21UBT022	Ramya
13				
14				
15				

[Signature]
 Coordinator

[Signature]
 HoD/BT



Date: 8/8/23

Event: Food Safety Awareness

Resource Person: Mr. Govindhan, FSD

ATTENDANCE

SL.No	Name of the Participant	Year	Roll Number	Signature
1	Masi/Krishnam	II	21UBT036	[Signature]
2	V. Ananthakannan	IV	21UBT005	V. Ananthakannan
3	Harini .M	III	21UBT003	[Signature]
4	T. Harini	III	21UBT011	[Signature]
5	S. Madhumitha	III	21UBT012	[Signature]
6	K. Bavadhasshini	III	21UBT009	K. Bavadhasshini
7	V. Bala priya	IV	21UBT026	V. Bala priya
8				
9				
10				
11				
12				
13				
14				
15				

[Signature]
 Coordinator

[Signature]
 HoD/BT




Date: 8/8/23

Event: Food Safety Awareness

Resource Person: Mr. Govindhan, PhD

ATTENDANCE

SL.No	Name of the Participant	Year	Roll Number	Signature
1	R. Pugazhenthi	II	22UBT027	R. Pugazhenthi
2	G. Selva Murugan	I	22UBT030	G. Selva Murugan
3	R. Shibi James Raja	II	22UBT003	R. Shibi
4	Suatha. S	II	22UBT031	Suatha. S
5	G. Nancy	II	22UBT040	G. Nancy
6	N. Sureshni	II	22UBT010	N. Sureshni
7	Shunmughi. K.V	II	22UBT017	Shunmughi. K.V
8	Priyadharshini. L	II	22UBT009	Priyadharshini. L
9	Varshini. S	II	22UBT020	S. Varshini
10	S. Jeya princy	II	22UBT035	S. Jeya princy
11	J. Sharon Merlene	II	22UBT018	J. Sharon Merlene
12	S. Gowri	II	22UBT023	S. Gowri
13	S. Prakritha	II	22UBT039	S. Prakritha
14	B.R. Akshaya	II	22UBT038	B.R. Akshaya
15	J. Vaishnavi Rishika	II	22UBT032	J. Vaishnavi Rishika


 Coordinator


 HoD/BT



Date: 8/8/23

Event: Food Safety Awareness

Resource Person: Mr. Govindhan, FSO

ATTENDANCE

SL.No	Name of the Participant	Year	Roll Number	Signature
1	B. Manoj Harish	II	22UBT026	B. Manoj
2	S.S. Janakar	II	22UBT006	S.S. Janakar
3	P. Sambasundaram	II	22UBT034	P. Sambasundaram
4	Vishnu Vardhan	II	22UBT021	Vishnu Vardhan
5	Naveen B.J	II	22UBT008	Naveen
6	Harish V.N	II	22UBT033	Harish V.N
7	Nageswaran. y	II	22UBT022	Nageswaran. y
8	K. Ragul	II	22UBT012	K. Ragul
9	V.K. Valthu	II	22UBT016	V.K. Valthu
10	Lokeshram. c	II	22UBT001	Lokeshram. c
11	Aarim	II	22UBT024	Aarim
12	k. Abiranthan	II	22UBT014	k. Abiranthan
13	Balaji-R	II	22UBT002	Balaji-R
14	M. Selvaruban	II	22UBT013	M. Selvaruban
15				

Coordinator

HoD/BT



Date: 8/8/23

Event: Food Safety Awareness

Resource Person: Mr. Govindhan.

ATTENDANCE

SL.No	Name of the Participant	Year	Roll Number	Signature
1	K. Gurusankari	2 nd	22UBT037	K. G.
2	K. Sakthi Shrivani	2 nd	22UBT019	K. Sakthi
3	N. Gangeswari	2 nd	22UBT026	N. Gangeswari
4	M. Helengraulinjoy	2 nd	22UBT004	M. Helengraulinjoy
5	R. Shanmila	2 nd	22UBT029	R. Shanmila
6	A. Pabina	2 nd	22UBT010	A. Pabina
7	N. Keerthana	2 nd	22UBT042	N. Keerthana
8	S. Parvathi Narthini	2 nd	22UBT011	S. Parvathi
9	S. Sumathi	2 nd	22UBT028	S. Sumathi
10	M.S. Sakthi Shyamala	2 nd	22UBT005	M.S. Sakthi
11	M. Devi	2 nd	22UBT025	M. Devi
12	J. Nambeswari	2 nd	22UBT007	J. Nambeswari
13				
14				
15				

Coordinator

HoD/BT




Guest Lecture on "Food Safety Awareness"

Resource Person: Mr. Govindan, Food Safety Officer, Food Safety and Standards Authority of India, Madurai Division.

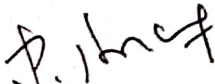
Date: 08.08.2023

Venue: EDUSAT Hall




Dr. S. Karthikumar

Association Faculty Coordinator


HoD/BT



Guest Lecture on “Food Safety Awareness”

Resource Person: Mr.Govindan, Food Safety Officer, Food Safety and Standards Authority of India, Madurai Division.

Date : 08.08.2023

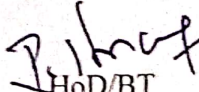
Venue: EDUSAT Hall

Event Report

The program was conducted on 08.08.2023 at Dr.(Capt).M.PALANIAPPANTHENAMMAL & Dr.P.NITHIYAM Memorial Edusat Hall. 3 faculty members and 71 students from 2nd year, and 3rd year B.tech Biotechnology participated in the program. The event was started with a prayer song by Ms.Harshitha, III/BT. Ms. Krisha (III/BT) welcomed all the dignitaries and participants. Ms.Priyanka from III-BT introduced the chief guest,Mr.Govindan, Food Safety Officer, Food Safety and Standards Authority of India, Madurai Division. Mr.Govindan highlighted the various safety laws in food industry and explained about importance of healthy food. He explained how the adulteration lowers the quality of food and how some forms of adulteration are injurious to health. He has given many examples of food adulteration in the food intake in daily life. He had also given awareness about various food safety laws in food industry. Over all the session was more informative and interactive. Ms. Harshitha, III/BT delivered vote of thanks. All the participants agreed that the objectives of the met very good , the session was informative and resource person made the participants to interact .


Dr.S.Karthikumar

Association Faculty Coordinator


HoD/BT

Feed Back : Awareness Programme of Food Safety

51
Responses

00:46
Average time to complete

Active
Status

1. Name

51
Responses

Latest Responses

"Rithu.S"

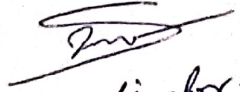
"Praveen.J"

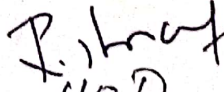
"S.Subitha"

Update

4 respondents (9%) answered **S** for this question.

Siva ganeshs	Sabari raj	Yogadharshan S	Femina fathii
MYakgna devi	V	S	Arun pr.
Sasibalan M	k	M	Shalini S
Nithya shree	Jana srithan	Priyadharshini S	Sanmitaa S
		Praveen J	Divya J
			Jaya su
			Gaja lakshn


Coordinator


HOD



2. Roll No

51
Responses

Latest Responses

"21UBT036"

"21UBT024"

"21UBT026"

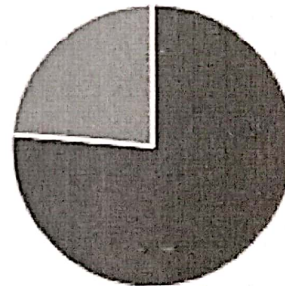
Update

2 respondents (4%) answered 21ubt021 for this question.

21ubt014 21ubt022 21ubt005 21ubt002 21ubt003 21
21ubt009 21ubt025 21ubt012 21ubt031 21
21ubt018 **21ubt021** 21
21ubt010 21ubt026 21ubt043 21ubt032 21
21ubt029

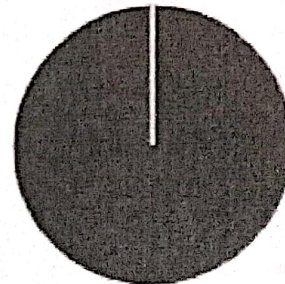
3. Whether the lecture is clear and easy to understand?

- Very good 39
- Good 12
- Average 0



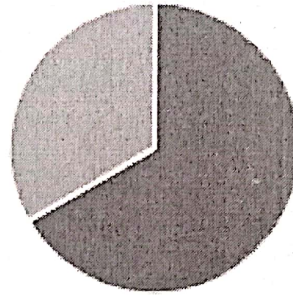
4. Were objective of the Lecture / workshop met?

- Yes 51
- No 0



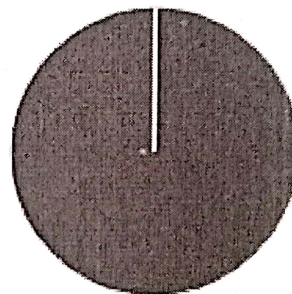
5. Whether the Resource Person encouraged the interaction?

● Very Good	34
● Good	17
● Average	0



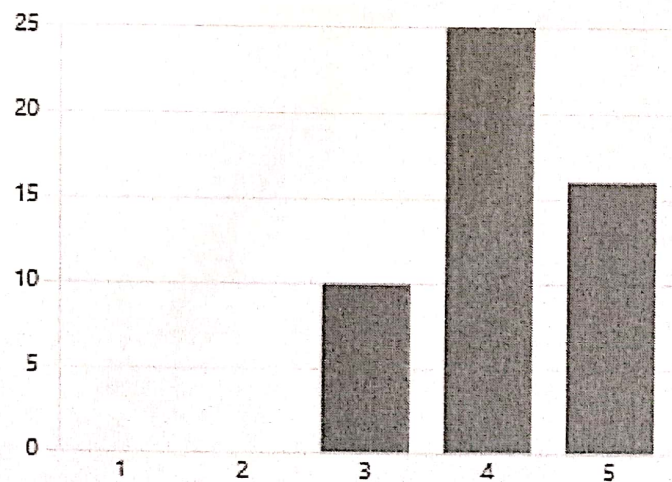
6. Whether the time duration is sufficient?

● Yes	51
● No	0



7. Overall Rating to the Guest Lecture / Workshop

4.12
Average Rating



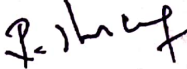
8. Any other valuable comments

0

Responses

Latest Responses


Coordinators


HOD / BT



Respondent

3 Anonymous

00:54

Time to complete

1. Name *

Jana srithan

2. Roll No *

21ubt043

3. Whether the lecture is clear and easy to understand? *

- Very good
- Good
- Average

4. Were objective of the Lecture / workshop met? *

- Yes
- No

5. Whether the Resource Person encouraged the interaction? *


- Very Good
- Good
- Average

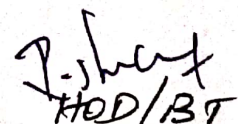
6. Whether the time duration is sufficient? *

- Yes
- No

7. Overall Rating to the Guest Lecture / Workshop *

★ ★ ★ ★ ☆


Coordinator


HOD/BS

Respondent

7 Anonymous

00:34

Time to complete

1. Name *

Siva ganeshs

2. Roll No *

21ubt010

3. Whether the lecture is clear and easy to understand? *

- Very good
- Good
- Average

4. Were objective of the Lecture / workshop met? *

- Yes
- No

5. Whether the Resource Person encouraged the interaction? *


- Very Good
- Good
- Average

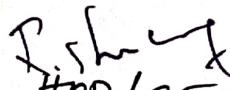
6. Whether the time duration is sufficient? *

- Yes
- No

7. Overall Rating to the Guest Lecture / Workshop *

★ ★ ★ ☆ ☆


Coordinator


HOD/BS



Respondent

15 Anonymous

00:25

Time to complete

1. Name *

Harini M

2. Roll No *

21ubt003

3. Whether the lecture is clear and easy to understand? *

- Very good
- Good
- Average

4. Were objective of the Lecture / workshop met? *

- Yes
- No

5. Whether the Resource Person encouraged the interaction? *

- Very Good
- Good
- Average

6. Whether the time duration is sufficient? *

- Yes
- No

7. Overall Rating to the Guest Lecture / Workshop *

★ ★ ★ ☆ ☆

[Handwritten Signature]
Coordinator

[Handwritten Signature]
HOD/BS



(An Autonomous Institution - AFFILIATED TO ANNA UNIVERSITY, CHENNAI)

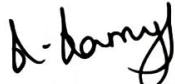
S.P.G.Chidambara Nadar - C.Nagammal Campus
S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

EVENT REPORT

Sl. No	Details of the Event	
1	Department	Women's Cell
2	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Cultural Programme/Others (Please specify))	Guest Lecture
3	Title of the Event	Self Empowerment and Emotional Health Well Being
4	Geographical College (State Level / National Level / International Level / College Level / Department Level / Inter Collegiate / Inter Department / Village Level / Town level)	College Level
5	Theme of the Event	Awareness Programme
6	Date / Duration	01.09.2023 / 11.10 am to 12.30 pm
7	Mode of Delivery	Physical mode
8	Total Expenditure	NA
9	Funding Agency (ies) (Attach Sanction Letter)	NA
10	Sponsor (s)	NA
11	Total No. of Participants (Attach list of Participants/Attendance details)	60 59
12	Publication Type (Proceedings / Edited Book / Technical Note / Handout / Others) (Attach Sample copy)	NA
13	Publication Title with ISBN	NA
	i) No. of Articles Received	NA
	ii) No. of Articles Published	NA
	iii) No. of Articles Presented	NA

14	Joint Organizer	NA
15	Resource Persons / Chief Guest / Session Chair with Designation and Official Address (with Phone No. and Email)	Vishnupriya Mathavan Specialist Counselor for Child Psychology.
16	Organizing Secretary / Coordinator Name Designation and Official Address	Er. Muthulakshmi, AP/CSE & Er. R. Amuthalakshmi, AP/BT
17	Attach the Invitation/Brochure/Circular/Approval letters	Attached
18	Attach Photos (geotagged)	Attached
19	Programme Summary / Short Description of the Activity:	Attached
20	Feedback Analysis Report and Action Taken (If any)	Attached


Organizing Secretary / Coordinator


~~HoD~~ / Convener


IQAC Coordinator 13/09/2023

Dr. T. Pandiselvi, M.E., Ph.D.,
Coordinator
Internal Quality Assurance Cell
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus
S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR)


PRINCIPAL

Dr. S. SENTHIL, M.E., Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR).

KAMARAJ

COLLEGE OF ENGINEERING & TECHNOLOGY



(An Autonomous Institution - Affiliated to Anna University, Chennai)

S.P.G. Chidambara Nadar - C.Nagammal Campus

S.P.G.C. Nagar, K. Vellakulam - 625 701, (Near Virudhunagar), Madurai District.

Submitted to the SECRETARY for approval through the PRINCIPAL

Book No.

Women's Cell

Date 21-08-2023

SL.No.

4

Approval may please be given to organize a programme to create awareness among the students regarding "Self Empowerment and emotional health well being". Kindly consider the request and do the needful.

Event Name: Self Empowerment and Emotional Health Well Being.

Event Date: 01.09.2023 10.00 AM - 11.00 AM.

Guest: Ms. Vishnu Priya
Requirement: College vehicle to pickup and drop the resource person (Virudhunagar)

Second year
Shree.

Memento - 1 No.
Lunch.

K. Muli
Signature of Faculty

A. Dany
Presiding Officer

Sintu
PRINCIPAL

K. Muthalakshmi

OFFICE USE

Extra Curricula. Achik Exl.

- 1) Account Head
- 2) Budget allotted
- 3) Amount committed / Spent sofar
- 4) Balance available

OM

Treasurer

Secretary

Women's cell Programme on "Self

Muthulakshmi <muthulakshmicse@kamarajengg.edu.in>

Thu 8/31/2023 4:45 PM

To: 22UAD <22uad@kamarajengg.edu.in>

Cc: HODCSE <hodcse@kamarajengg.edu.in>; Ramya.R <ramyacse@kamarajengg.edu.in>

Dear students,

Our College women's cell planned a Guest Lecture on "**Self Empowerment and Emotional Health Well Being**" for our Second year ADS students. All the students are cordially invited to attend this Guest Lecture. The details of the event is given below.

Venue : CSE Conference Hall -2

Date and Time : 01.09.2023 - 10.00 AM to 11.00 AM

Organizers: Er. K. Muthulakshmi, AP/ CSE & Er. R. Amuthalakshmi, AP/BT

With Regards

K.Muthulakshmi


Assistant Professor


Department of Computer Science and Engineering

Kamaraj College of Engineering and Technology

Virudhunagar

Mobile No: 9994590675

K. Muthulakshmi 
Coordinator

R. Ramya 
Presiding officer

Women's Cell & Internal Complaints Committee Guest Lecture Programme
Guest Lecture on "Self Empowerment and Emotional Health well being"

Venue: E Conference Hall -II

Date : 01.09.2023

Time : 10.00 AM

S. No.	Roll Number	Student Name	Signature
1	22UAD003	ADHITTHA RAM D	A.D. Adhitha
2	22UAD044	AKASH R	A. Akash
3	22UAD046	R AKILAN	R. Akilan
4	22UAD027	AKSHAYA K S	A. Akshaya
5	22UAD015	ANU J	A. Anu
6	22UAD023	ASHIKA T	A. Ashika
7	22UAD019	BOOPALAN G D	G. Boopalan
8	22UAD007	DEEPANRAJ JACOB M	M. Deepanraj
9	22UAD053	DINESH KUMAR G	G. Dinesh
10	22UAD004	I FATHIMA	I. Fathima
11	22UAD032	GEETHAN S	S. Geethan
12	22UAD059	GOKULAVASAN J	J. Gokulavasan
13	22UAD033	HAREN GURU V	V. Haren
14	22UAD038	HARIHARASUNDARAM S	S. Hariharasundaram
15	22UAD029	HARISHMI R	R. Harishmi
16	22UAD035	ISHWARYA LAKSHMI M	M. Ishwarya
17	22UAD022	JAI AKASH R	R. Jai Akash
18	22UAD005	JEFFREY BENSON S	S. Jeffrey Benson
19	22UAD008	JEYA RIMAASRI S	S. Jeya Rimaasri
20	22UAD040	JEYA SOWMIYA J	J. Jeya Sowmiya
21	22UAD028	KAAVIYAA G	G. Kaaviyaa
22	22UAD048	KANAGARINCY J	J. Kanagarincy
23	22UAD050	KARAN R	R. Karan
24	22UAD043	KAVIN S	S. Kavin
25	22UAD025	LISHIGA T	T. Lishiga
26	22UAD010	MEDHANA K	K. Medhana
27	22UAD011	MOHAMMAD AHSAN J	J. Mohammad Ahsan
28	22UAD021	NAGA HARISH KUMAR K	K. Naga Harish Kumar
29	22UAD058	NISANTH KRISHNA M	M. Nisanth Krishna
30	22UAD052	NITHYASHREE A	A. Nithyashree
31	22UAD039	OORMILA C	C. Oormila
32	22UAD041	PARANI DHARSHAN B	B. Parani Dharshan
33	22UAD030	PREETHIGA V	V. Preethiga
34	22UAD054	RAFIQ AHAMED K	K. Rafiq Ahamed
35	22UAD001	RAJ NITHITHA M N B	B. Raj Nithitha
36	22UAD020	RASHA AFRIN ASHRAF ALI KHAN	Kh. Rasha Afrin Ashraf Ali
37	22UAD055	ROGAN S	S. Rogan

S. No.	Roll Number	Student Name	Signature
38	22UAD031	ROHITH T	Rohith
39	22UAD009	SALOMON JEB A SINGH L	Salomon
40	22UAD002	SAM SALVIUS S	Sam
41	22UAD045	SATHANA K	S. Sathana
42	22UAD036	SELVAPANDEESWARAN V	V. Selva
43	22UAD051	SHARON P	Sharon
44	22UAD014	SIVA PRAKASH P	Siva
45	22UAD012	SOLAIPRAKASH V	V. Solai
46	22UAD034	SRI VAISHNAVI S	Sri
47	22UAD016	SUMITHRA K	K. Sumithra
48	22UAD018	SURIYA NANDHINI M	M. Suriya
49	22UAD049	SURYA DHARSHINI M	M. Surya
50	22UAD057	SYED NAZMUDEEN S	Syed
51	22UAD037	VAISHNAVI S	V. Vaishnavi
52	22UAD013	VASANTH R	R. Vasanth
53	22UAD042	VIJAY CHIDAMBARANATHAN A	Vijay
54	22UAD024	R C VINO	R. C. Vino
55	22UAD047	VISHNU PRITHVI C	C. Vishnu
56	22UAD056	VISHNUPRABHAKARAN S	S. Vishnu
57	22UAD026	YOGESH P	P. Yogesh
58	22UAD061	M.Jeya Aravinthan	M. Jeya
59	22UAD062	M.Ajay Yaswanth	M. Ajay

K. Mahi
Coordinators

J. Dany
Presiding Officer

Women's Cell & Internal Complaints Committee Guest lecture Programme
Self Empowerment and Emotional Health Well Being by Vishnu Priya Mathavan

DATE: 01-09-2023

Geotagged Photos





K. Muli
Programme Organizer

L. Dany
Women's cell in charge

Principal

Women's Cell & Internal Complaints Committee Guest lecture Programme

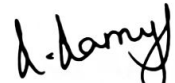
Self Empowerment and Emotional Health Well Being by Vishnu Priya Mathavan

DATE: 01-09-2023

EVENT REPORT

Women's Cell & Internal Complaints Committee has conducted a **Guest lecture on "Self Empowerment and Emotional Health Well Being "** for second year Artificial Intelligence and Data Science students, on **1st September 2023** at **CSE Conference Hall**. The Session begun with the welcome address delivered by Er. R. Amuthalakshmi, AP/BT to the gathering. During the session, the resource person Mrs. Vishnupriya Mathavan delivered guest lecture on **"Self Empowerment and Emotional Health Well Being"**. She educated the audience about the importance of self-empowerment and emotional health in today's fast-paced and often stressful world. The speaker aimed to provide practical tools and strategies to help individuals lead a more balanced, fulfilling, and emotionally healthy life. She focussed on how individuals can take control of their lives, set meaningful goals, and overcome challenges. At the end of the session, she also answered the questions raised by our participants. The lecture received an enthusiastic response from the audience, with active participation in the Q&A session. The guest lecture was a resounding success, achieving its goal of educating and empowering the audience to enhance their emotional well-being. The speaker's expertise and interactive approach made the event both informative and enjoyable. Dr. R. Ramya, Women's Cell & Internal Complaints Committee in charge honoured the resource person with the memento. The Program was successfully ended with the whole hearted vote of thanks from Er. Muthulakshmi, AP/CSE.


Programme Organizer


Women's cell In charge

Principal

Feedback on the Guest Lecture on "Self Empowerment and Emotional Health Well Being"

60 Responses 01:01 Average time to complete Active Status

1. Name

60 Responses

Latest Responses

"YOGESH"

"I Fathima "

"Vasanth. R "

Update

4 respondents (7%) answered R for this question.

ISHWARYA LAKSHMIM

A S Jeya rimaasri Vishnu

K S

Akilan R Singh

prakash

R MSuriya Nandhin

Harishmi R Jeba

LSalomon

T J

c K

G

Jai AkashR

Jpsiva prakash

2. RollNo

60
Responses

Latest Responses

"22uad026"

"22uad004"

"22uad013 "

Update

1 respondents (2%) answered 22UAD035 for this question.

22uad024 22UAD007
 22uad025 22UAD028 22uad045 22UAD021
 22uad008 22UAD010 22UAD035 22uad048 22ua
 22uad058 22uad052 22uad005 22UAD050 22ua
 22uad062 22uad020 22uad0

3. Department

60
Responses

Latest Responses

"AIDS"

"Artificial intelligence and data science "

"B.tech ADs"

Update

20 respondents (34%) answered science for this question.

science and engineering
 BTech & Artificial ADS Computer science
 AI&DS science Artificia
 B Tech AI&DS AIDS AI & DS intelligence
 Btech ADs

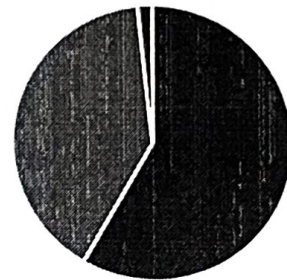
4. Whether the objectives of the Programme is met?

<input type="radio"/> Strongly agree	29
<input type="radio"/> Agree	31
<input type="radio"/> Disagree	0



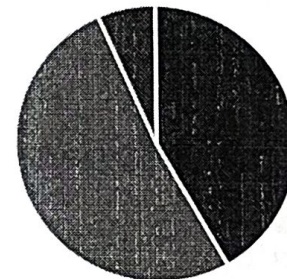
5. Whether the Resource Person encouraged the interaction?

<input type="radio"/> Strongly agree	35
<input type="radio"/> Agree	24
<input type="radio"/> Disagree	1



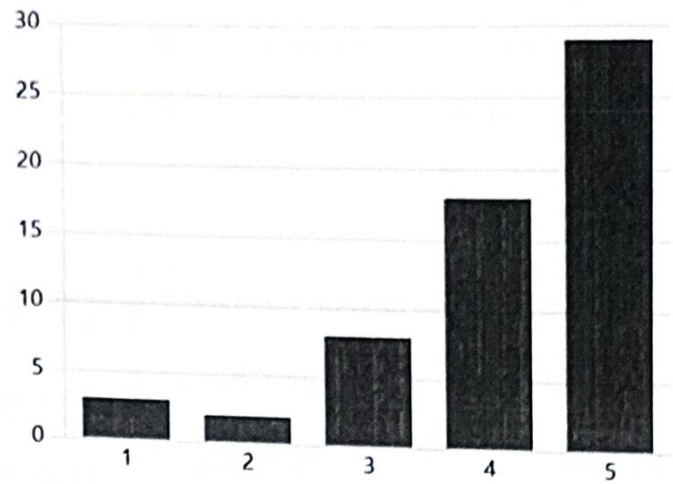
6. Whether the time duration is sufficient?

<input type="radio"/> Strongly agree	25
<input type="radio"/> Agree	31
<input type="radio"/> Disagree	4



7. Overall Rating of the Programme

4.13
Average Rating



J. Mule
Coordinator

b. tamyl
Presiding Officer.

View results

Respondent

19

Anonymous

00:51

Time to complete

1. Name *

L Salomon Jeba Singh

2. RollNo *

22uad009

3. Department *

AIDS

4. Whether the objectives of the Programme is met? *

Strongly agree

Agree

Disagree

5. Whether the Resource Person encouraged the interaction? *

Strongly agree

Agree

Disagree

6. Whether the time duration is sufficient? *

Strongly agree

Agree

Disagree

9/7/23, 5:18 AM

Feedback on the Guest Lecture on "Self Empowerment and Emotional Health Well Being"

7. Overall Rating of the Programme

★ ★ ★ ★ ★

K. Malid
Coordinator

L. Dany
Presiding Officer

View results

Respondent

7 Anonymous

00:55

Time to complete

1. Name *

Kaaviyaa G

2. RollNo *

22UAD028

3. Department *

Artificial Intelligence and Data Science

4. Whether the objectives of the Programme is met? *

- Strongly agree
- Agree
- Disagree

5. Whether the Resource Person encouraged the interaction? *

- Strongly agree
- Agree
- Disagree

6. Whether the time duration is sufficient? *

- Strongly agree
- Agree
- Disagree

7. Overall Rating of the Programme

★ ★ ★ ★ ★

K. Mulid 
Coordinator

d. dany
Presiding officer

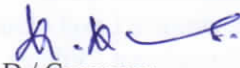
EVENT REPORT

Sl. No	Details of the Event	
1	Department	Mechatronics Engineering
2	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Cultural Programme/Others (Please specify))	Workshop
3	Title of the Event	Guest Lecture on "Stress Management in Natural ways"
4	Geographical College (State Level / National Level / International Level / College Level / Department Level / Inter Collegiate / Inter Department / Village Level / Town level)	Department Level
5	Theme of the Event	
6	Date / Duration	21-09-2023
7	Mode of Delivery	Offline
8	Total Expenditure	2000/-
9	Funding Agency (ies) (Attach Sanction Letter)	-
10	Sponsor (s)	-
11	Total No. of Participants (Attach list of Participants/Attendance details)	Other State:- Outstation (within Tamilnadu):- Internal:-
12	Publication Type (Proceedings / Edited Book / Technical Note / Handout / Others) (Attach Sample copy)	Handouts attached
13	Publication Title with ISBN	-
	i) No. of Articles Received	-
	ii) No. of Articles Published	-
	iii) No. of Articles Presented	-

14	Joint Organizer	-
15	Resource Persons / Chief Guest / Session Chair with Designation and Official Address (with Phone No. and Email)	Mr.G.Maran,Proprietor, Natural Way Foods and Medicines, Sivakasi-626123.
16	Organizing Secretary / Coordinator Name Designation and Official Address	Dr.K.Kannan, Professor & Head, A.Arulkumar, AP/MTRE Department of Mechatronics Engineering
17	Attach the Invitation/Brochure/Circular/Approval letters	Attached
18	Attach Photos (geotagged)	Attached
19	Programme Summary / Short Description of the Activity:	Attached
20	Feedback Analysis Report and Action Taken (If any)	Attached



Organizing Secretary / Coordinator



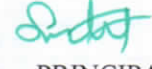
HoD / Convener



IQAC Coordinator

27/09/2023

Dr. T. Pandiselvi, M.E.,Ph.D.,
Coordinator
Internal Quality Assurance Cell
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus
S.P.G.C. Nagar. K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR)



PRINCIPAL

Dr. S. SENTHIL, M.E.,Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR).



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S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR)

APPROVAL BOOK

Book No. 3

MTRE

Date 11-09-2023.

SL.No. 2

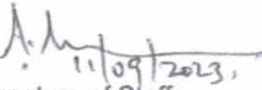
Approval may please be granted to organize the Guest Lecture on "Stress Management in Natural ways" for our mechatronics Engineering students on 21-09-2023.


Resource Person: Dr. G. Maran,


Director, Proprietor, Natural way Healthy Foods Sivakasi.

Proposed budget: Rs. 2,000/- (Honourarium & Travelling Allowance).

Lunch & Refreshment to Resource Person


11/09/2023,
Signature of Staff


11/9/23
HoD


12/9/23
PRINCIPAL

OFFICE USE

- | | | |
|-----------------------------------|---|------------------------|
| 1) Account Head | : | Amoriation and Seminar |
| 2) Budget allotted | : | Rs. 20,000/- |
| 3) Amount committed / Spent sofar | : | Rs. 6,000/- |
| 4) Balance available | : | Rs. 14,000/- |


Administrative Officer


Secretary



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S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

DEPARTMENT OF MECHATRONICS ENGINEERING

(Accredited by NBA, New Delhi)

KAMARAJ /MTRE /GL /2023-2024

19-09-2023

CIRCULAR

The Department of Mechatronics Engineering is organizing the Guest Lecture on "Stress Management in Natural Ways". The details of the programme are as follows:

Date : 21.09.2023 (Thursday)
Time : 2.00 p.m. to 4.00 p.m.
Venue : CSE Conference Hall-I
Name of the Resource Person : Mr.G.Maran,
Proprietor,
Natural Way Foods and Medicines,
Sivakasi-626123.
Topic : Guest Lecture on "Stress Management in Natural Ways"
Relevance to PO : PO1, PO2, PO3, PO4, PO6, PO7, PO8, PO9, PO11, PO12
Relevance to PSO : PSO2
Event Outcome : This program is given to understand the basic principles of stress Management, to know about stress triggers and how to manage them through diet, sleep and other Lifestyle factors.


Coordinator


HoD/MTRE

Cc to file

1. IQAC/Administrative office
2. Department Main Notice Board.
3. To be Read in All MTRE Class Rooms.
4. To be circulated to II & III & IV MTRE through their office mail.
5. Department Circular File.

KAMARAJ

COLLEGE OF ENGINEERING & TECHNOLOGY



(An Autonomous Institution - AFFILIATED TO ANNA UNIVERSITY, CHENNAI)

S.P.G.Chidambara Nadar - C.Nagamal Campus

S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

DEPARTMENT OF MECHATRONICS ENGINEERING

Organizes

Guest Lecture

on

Stress Management in Natural Ways

for II, III & IV Year MTRE Students

Resource Person:

Mr. G. Maran,

Proprietor,

Natural Way Foods &

Medicines, Sivakasi.

Date:

21.09.2023

Time:

2.00 pm to 4.00 pm

Venue:

CSE Conference Hall - 1

Convener

Dr. K. Kannan
Professor & Head

Coordinator

Mr. A. Arulkumar
Assistant Professor





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DEPARTMENT OF MECHATRONICS ENGINEERING

(Accredited by NBA, New Delhi)

Ref. No. : KAMARAJ/MTRE/GL /2023-2024

19-09-2023

To

Mr.G.Maran,
Proprietor,
Natural Way Foods and Medicines,
Sivakasi-626123.

Dear Sir,

Sub: Invitation to be a Resource Person - Guest lecture on - "Stress Management in Natural Ways"- Mechatronics Engineering Department- Kamaraj College of Engineering and Technology - Reg.

We are pleased to inform you that the Department of Mechatronics Engineering of Kamaraj College of Engineering & Technology is conducting a Guest Lecture on "Stress Management in Natural Ways" on 21st September 2023. In this regard, we cordially invite you as resource person for the above program on 21st September 2023.

Thank You,

Yours faithfully,


HoD/MTRE





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DEPARTMENT OF MECHATRONICS ENGINEERING

(Accredited by NBA, New Delhi)

Guest Lecture on Stress Management in Natural Ways

Attendance Sheet

21.09.2023

S.No	Roll.No	Students Name	Department Name	Year	Signature
1	21UMT002	G.Aravindh Aranya	MTRE	III	G.Aravindh Aranya
2	21UMT034	K.Dinosh	MTRE	III	K.Dinosh
3	21UMT025	V.Aravindh	MTRE	III	V.Aravindh
4	22UMT019	Hari Krishnan.B.	MTRE	II	Hari Krishnan.B.
5	22UMT010	Muthu jeya Sundar	MTRE	II	Muthu jeya Sundar
6	22UMT017	Vijay. R	MTRE	III	Vijay. R
7	22UMT007	Gubaneswar. S	MTRE	III	Gubaneswar. S
8	22UMT001	Sathyanth. S.	MTRE	III	Sathyanth. S.
9	22UMT028	Gokul. S	MTRE	III	Gokul. S
10	21UMT030	D. Kulkarni kumar	MTRE	III	D. Kulkarni kumar
11	21UMT001	T.S. Jagadhi pandiaraj	MTRE	III	T.S. Jagadhi pandiaraj
12	21UMT009	S. Ashraf Pathwan	MTRE	III	S. Ashraf Pathwan
13	21UMT017	S. Aravindh Kumar	MTRE	III	S. Aravindh Kumar
14	21UMT020	C. LAKSHMAN HARI	MTRE	III	C. LAKSHMAN HARI
15	21UMT014	S. Mohammed Ammar	MTRE	II	S. Mohammed Ammar
16	21UMT009	R. Bharathi	MTRE	III	R. Bharathi
17	21UMT026	R. Arivisnu.	MTRE	III	R. Arivisnu.
18	21UMT033	K. Arun Peratop	MTRE	III	K. Arun Peratop
19	21UMT031	K. Sathish	MTRE	III	K. Sathish
20	21UMT028	G.S. Mithun kumar	MTRE	III	G.S. Mithun kumar
21	21UMT002	A. Nilosh.	MTRE	III	A. Nilosh.
22	22UMT018	Arunath A	MTRE	II	Arunath A
23	22UMT007	Sri Ram A.	MTRE	II	Sri Ram A.
24	22UMT003	V-Isac Stephen	MTRE	II	V-Isac Stephen
25	22UMT014	S. Prayadharshan	MTRE	II	S. Prayadharshan
26	22UMT029	B. Sangeetha	MTRE	II	B. Sangeetha
27	22UMT016	R. Shiva	MTRE	II	R. Shiva
28	22UMT027	K. Muthuman. Kam	MTR	II	K. Muthuman. Kam
29	22UM002	AP. BiBAKs Nobal	MTR	II	AP. BiBAKs Nobal
30	22UMT006	R. Nirayan	MTRE	II	R. Nirayan



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DEPARTMENT OF MECHATRONICS ENGINEERING

(Accredited by NBA, New Delhi)

Guest Lecture on Stress Management in Natural Ways

Attendance Sheet

21.09.2023

S.No	Roll.No	Students Name	Department Name	Year	Signature
31	21UMT007	T.Selvamani	MTR	III	T.Selva
32	21UMT016	P. Subash chandru	MTR	III	P. Subash
33	21UMT003	K.Sri Ramia Chandran	MTR	III	K.Sri Ramia
34	21UMT032	Gokilan. K.G	MTR	III	Gokilan
35	21UMT018	RA.K.Sivanesa Karthic	MTR	III	RA.K.Sivanesa
36	21UMT027	k.Esakki Bala karthik	MTR	III	k.Esakki
37	21UMT006	Githi. P	MTR	III	Githi
38	21UMT021	V.MUTHUPANDI	MTR	III	V.Muthu
39	21UMT013	J.Saroj Kanna.	MTR	III	J.Saroj Kanna
40	21UMT028	G.A.Poisollan	MTR	III	G.A.Poisollan
41	21UMT015	B.Hari Haran	MTR	III	B.Hari Haran
42	20UMT004	C.Veeranan	MTR	IV	C.Veeranan
43	20UMT009	V.Anandakrishnan	MTR	IV	V.Anandakrishnan
44	22UMT026	B.Yogacharan.	MTR	II	B.Yogacharan
45	22UMT023	C.Balaji	MTR	II	C.Balaji
46	22UMT011	S.Sahaya Senthosh Raj	MTR	II	S.Sahaya Senthosh Raj
47	22UMT005	A.SothiBhswaran	MTR	II	A.SothiBhswaran
48	22UMT024	PARTHIBAN.M	MTR	II	Parthiban
49	22UMT002	RATHIKA SAREF.B	MTR	II	Rathika Saref
50	22UMT012	Raga varshini.S	MTR	II	Raga varshini
51	22UMT013	Loga Anjana.P	MTR	II	Loga Anjana
52	22UMT004	Trishna.K	MTR	II	Trishna.K
53	21UMT019	M.Sangeetha lakshmi	MTR	III	M.Sangeetha
54	20UMT006	K.SakthiBala	MTR	IV	K.SakthiBala
55	20UMT007	R.Ramanavel	MTR	IV	R.Ramanavel
56	20UMT005	S.Karthikeyan	MTR	IV	S.Karthikeyan
57	20UMT010	S.Bhuvaneshwaran	MTR	IV	S.Bhuvaneshwaran
58	20UMT001	R.Naveen	MTR	IV	R.Naveen
59					
60					

Co-ordinator

HOD/MTR



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S.P.G.Chidambara Nadar - C.Nagammal Campus

S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

DEPARTMENT OF MECHATRONICS ENGINEERING

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Name of the Event: Guest Lecture on "Stress Management in Natural Ways"

Date of the Event: 21-09-2023



Co-Ordinator

HoD/MTRE



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S.P.G.Chidambara Nadar - C.Nagammal Campus

S.P.G.C. Nagar, K.Vellakulam – 625 701 (Near VIRUDHUNAGAR).

DEPARTMENT OF MECHATRONICS ENGINEERING

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Report on Guest Lecture on “Stress Management in Natural Ways”

Department of Mechatronics Engineering of Kamaraj College of Engineering & Technology organized a Guest Lecture on “Stress Management in Natural Ways” on 21st September of 2023 for our II, III & IV Year Mechatronics Students.

The guest lecture started 2:00 PM at CSE Conference Hall-I. Dr.K.Kannan, Professor & HoD/MTRE gave a warm cordial welcome address. Mr.A.Arulkumar, AP/MTRE introduced the resource person to Mechatronics Engineering Students and Faculties.

The potential outcome of the lecture is better understanding of the natural ways to manage stress. This could include techniques like mindfulness, deep breathing exercises, nature walks, and herbal remedies.

The resource person provided the tips for Physical and Mental Well-being, Natural stress management methods to both physical and mental health. As a outcome of this event student may experience reduced tension, improved sleep quality, and enhanced overall well-being.

This event can help students to build or enhance resilience, learning natural stress management techniques to build resilience, enabling them to better handle future stressors and challenges.

This lecture helps to enhance sense of empowerment, long-term lifestyle changes, increased productivity and creativity:

A total of 58 students attended this guest lecture. Mr.A.Arulkumar, AP/MTRE proposed a formal thanks note.


Co-Ordinator


HoD/MTRE



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S.P.G.Chidambara Nadar - C.Nagammal Campus

S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

DEPARTMENT OF MECHATRONICS ENGINEERING

(Accredited by NBA, New Delhi)

Ref: KCET/MTRE/GL /2022-23

21.09.2023

From

Dr.K.Kannan,
Professor & HoD/MTRE,
Kamaraj college of Engineering and Technology.
Madurai.

To

Mr.G.Maran,
Proprietor,
Natural Way Foods and Medicines,
Sivakasi-626123

Dear Sir,

Greetings!

On behalf of Mechatronics Engineering department of Kamaraj College of Engineering and Technology, I take immense pleasure to thank you for your informative Guest Lecture on "Stress Management in natural ways" given to participants of Mechatronics Engineering Students on 21.09.2023(Thursday).

Thank You,

Yours faithfully,

HoD/MTRE

Feedback - Guest Lecture on Stress Management in Natural ways

48

Responses

02:36

Average time to complete

Active

Status

1. Name of the Student

48

Responses

Latest Responses

"Yogacharan. B"

"Selvamani"

"A.Jotheeswaran"

6 respondents (13%) answered **R** for this question.

Rathika shreeB	ANANDAKRISHNAN V Muthu Jey
K Sriram Narayanan	ESAKKIANAND R V Isac S
Krishna kumar	Relton R R MAD
A P BibaksNobal	Shiva R ^S kumar Ramanavel R R
S RAGA VARSHINI	GSMithun Kumar Naveen R SARs

2. Enter Your Roll Number

48
Responses

Latest Responses

"22umt026"

"21umt007"

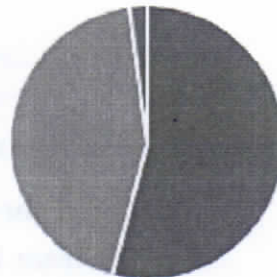
"22umt005"

1 respondents (2%) answered 20umt014 for this question.

20UMT008 22umt017
 22umt010 20UMT003 21umt030 22Umt029 21
 20umt004 22unt007 20umt014 22umt006 21umtl
 21umt034 22UMT015 20umt016 22umt014 22umtl
 22umt022 21umt029 22umt00

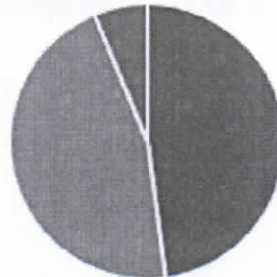
3. Did this session helpful to manage your stress?

- Strongly Agree 26
- Agree 21
- Disagree 1
- Strongly disagree 0



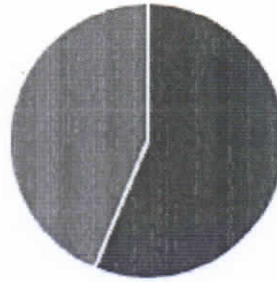
4. Did this session helpful to increase your Concentration in studies and health conscious?

- Strongly Agree 23
- Agree 22
- Disagree 3
- Strongly disagree 0



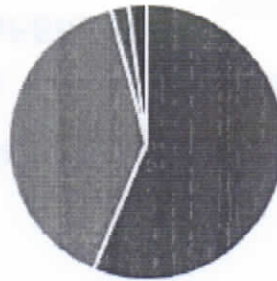
5. Did the session is helpful to acieve a soceity with healthy lives?

● Strongly Agree	27
● Agree	21
● Disagree	0
● Strongly disagree	0



6. Did the session is organized in a sequential manner ?

● Strongly Agree	27
● Agree	19
● Disagree	1
● Strongly disagree	1



7. Any other suggestions ?

47
Responses

Latest Responses

"Leads to healthy life"

"No"

"It leads to healthy life"

Update

9 respondents (19%) answered **Good** for this question.

Nice program for monthly Spr Good but already kno
 ideas No suggestion
 stress useful **Good** Nil healthy life
 went out nicely helpful informative
 diet plan Organic session more more informati

[Handwritten signature]
Co-ordinator

[Handwritten signature]
HOD/MTRE

View results

Respondent

14 BIBAKS NOBAL.A.P

01:29

Time to complete

1. Name of the Student *

A. P BibaksNobal

2. Enter Your Roll Number *

22umt002

3. Did this session helpful to manage your stress? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

4. Did this session helpful to increase your Concentration in studies and health conscious? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

5. Did the session is helpful to acieve a soceity with healthy lives?
*

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

6. Did the session is organized in a sequential manner ? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

7. Any other suggestions ? *

It's useful for us to improving our health

A. M.
Co-ordinator

A. M.
HOD/NTRE

View results

Respondent

13 BHARATHI.R

00:50

Time to complete

1. Name of the Student *

2. Enter Your Roll Number *

3. Did this session helpful to manage your stress? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

4. Did this session helpful to increase your Concentration in studies and health conscious? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

5. Did the session is helpful to achieve a society with healthy lives?


- Strongly Agree
- Agree
- Disagree
- Strongly disagree


6. Did the session is organized in a sequential manner? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

7. Any other suggestions? *

Can give some diet plan


Co-ordinator.


HOD/MRE

View results

Respondent
10 SHIVA.R

00:58
Time to complete

1. Name of the Student *

2. Enter Your Roll Number *

3. Did this session helpful to manage your stress? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

4. Did this session helpful to increase your Concentration in studies and health conscious? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

5. Did the session is helpful to acieve a soceity with healthy lives?
*

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

6. Did the session is organized in a sequential manner ? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

7. Any other suggestions ? *

Very useful for us.

A. K. M.
Co-ordinator.

J. A. M.
HOD/MIRE

View results

Respondent

3 PRIYADHARSHAN.S

01:08

Time to complete

1. Name of the Student *

S.Priyadharshan

2. Enter Your Roll Number *

22umt014

3. Did this session helpful to manage your stress? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

4. Did this session helpful to increase your Concentration in studies and health conscious? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

5. Did the session is helpful to acieve a soceity with healthy lives?

- Strongly Agree
- Agree
- Disagree
- Strongly disagree


6. Did the session is organized in a sequential manner ? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

7. Any other suggestions ? *

The session went out nicely and more informative


Co-ordinator


HOD/MTRB

View results

Respondent
1 KRISHNA KUMAR.P(MTR)

00:44
Time to complete

1. Name of the Student *

Krishna kumar

2. Enter Your Roll Number *

20umt014

3. Did this session helpful to manage your stress? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

4. Did this session helpful to increase your Concentration in studies and health conscious? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

5. Did the session is helpful to acieve a soceity with healthy lives?

- Strongly Agree
- Agree
- Disagree
- Strongly disagree

6. Did the session is organized in a sequential manner ? *

- Strongly Agree
- Agree
- Disagree
- Strongly disagree


7. Any other suggestions ? *

Excellent

K. K.
Co-ordinator.

H. K. F.
HOD/MTRE


STRESS MANAGEMENT





Maran G
 Natural Way Foods and Medicines,
 Sivakasi-626123.

What is Stress?

- ◆ Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.




The "Fight or Flight" Response

- ◆ When situations seem threatening to us, our bodies react quickly to supply protection by preparing to take action. This physiological reaction is known as the "fight or flight" response.
 - The physiological response to a stressor is known as reactivity
 - Physiological responses can accumulate and result in long-term wear on the body

What Makes Something Stressful?

- ◆ Situations that have strong demands
- ◆ Situations that are imminent
- ◆ Life transitions
- ◆ Timing (e.g., deviation from the "norm")
- ◆ Ambiguity
- ◆ Desirability
- ◆ Controllability



Not All Stress is Bad...

- ◆ **Distress** is a continuous experience of feeling overwhelmed, oppressed, and behind in our responsibilities. It is the all encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.
 - Examples of distress include financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.
- ◆ **Eustress** is the other form of stress that is positive and beneficial. We may feel challenged, but the sources of the stress are opportunities that are meaningful to us. Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.
 - Examples of eustress include graduating from college, getting married, receiving a promotion, or changing jobs.

Stress Response: Example

- ◆ A good example of a stressful situation for many people is taking a test. If you find testing to be stressful, you might notice certain physical, behavioral, mental, and emotional responses.

- Physical Response?
- Behavioral Response?
- Mental Response?
- Emotional Response?



What is Stressful to You?

Work	Roommate	Legal matters
Classes	Childcare	Mental health
Studying	Finances	Law violation
Relationship with partner	Appearance	Spiritual/Religious issues
Relationship with family	Physical Health	Major/Career decisions
Relationship with friends	Not "fitting in"	Attitudes/thoughts
Trauma	Getting married	Buying a house
Change in residence	Change to a new school	Change in amount of recreation
Change in amount of social activities	Change in eating habits	Death of friend/family member

Why Do We "Stress Out"?

- ◆ For two major reasons:
 - We *perceive* a situation as dangerous, difficult, or painful.
 - We don't believe we have the *resources* to cope.



Stress Warning Signals

- ◆ What are your "red flags," or warning signs, that stress is creeping into your life? If we keep pushing ourselves, eventually something inside of us will send "red flags," or warning signs that stress is becoming a problem.



Suggestions for Reducing Stress

- ◆ **1. Find a support system.** Find someone to talk to about your feelings and experiences.



Suggestions for Reducing Stress

- ◆ **2. Change your attitude.** Find other ways to think about stressful situations.
 - "Life is 10% what happens to us, and 90% how we react to it."



Suggestions for Reducing Stress

- ◆ **3. Be realistic.** Set practical goals for dealing with situations and solving problems.
 - Develop realistic expectations of yourself and others.



Suggestions for Reducing Stress

◆ **4. Get organized and take charge.**

Being unorganized or engaging in poor planning often leads to frustration or crisis situations, which most always leads to feeling stressed.

- Plan your time, make a schedule, establish your priorities.



Suggestions for Reducing Stress

◆ **5. Take breaks, give yourself "me time."** Learn that taking time to yourself for rejuvenation and relaxation is just as important as giving time to other activities.

- At minimum, take short breaks during your busy day.



Suggestions for Reducing Stress

◆ **6. Take good care of yourself.** Eat properly, get regular rest, keep a routine. Allow yourself to do something you enjoy each day.

- Paradoxically, the time we need to take care of ourselves the most, when we are stressed, is the time we do it the least.



Suggestions for Reducing Stress

◆ **7. Learn to say "no."** Learn to pick and choose which things you will say "yes" to and which things you will not.

- Protect yourself by not allowing yourself to take on every request or opportunity that comes your way.



Suggestions for Reducing Stress



◆ **8. Get regular exercise.**

Exercising regularly can help relieve some symptoms of depression and stress, and help us to maintain our health.



Suggestions for Reducing Stress

◆ **9. Get a hobby, do something different.**

For a balanced lifestyle, play is as important as work.



Suggestions for Reducing Stress

◆ **10. Slow down.** Know your limits and cut down on the number of things you try to do each day, particularly if you do not have enough time for them or for yourself.



- Be realistic about what you can accomplish effectively each day.
- Monitor your pace. Rushing through things can lead to mistakes or poor performance. Take the time you need to do a good job.
 - ◆ Poorly done tasks can lead to added stress.

Suggestions for Reducing Stress

◆ **11. Laugh, use humor.** Do something fun and enjoyable such as seeing a funny movie, laughing with friends, reading a humorous book, or going to a comedy show.



Suggestions for Reducing Stress

- ◆ **12. Learn to relax.** Develop a regular relaxation routine.
 - Try yoga, meditation, or some simple quiet time.



Relaxation Exercises

- ◆ Many different kinds, but 2 are:
 - **Deep Breathing**
 - **Visualization:** Visualization is a nice way of giving our minds and bodies a "mini vacation."



Stress Management: Next Steps

- ◆ Try to change the way you appraise a situation to make it less stressful
- ◆ Remember stress is normal but watch out for symptoms of stress
- ◆ Use coping skills/ways to reduce stress
- ◆ Practice relaxation techniques

THANK YOU!

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S.P.G.Chidambara Nadar - C.Nagammal Campus

S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

EVENT REPORT

Sl. No	Details of the Event	
1	Department	Library
2	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Cultural Programme/Others (Please specify))	Guest Lecture "Winning Habits"
3	Title of the Event	Winning Habits
4	Geographical College (State Level / National Level / International Level / College Level / Department Level / Inter Collegiate / Inter Department / Village Level / Town level)	College Level
5	Theme of the Event	To enhance the food habits, Life skills and crucial aspects of their overall development
6	Date / Duration	06-10-2023
7	Mode of Delivery	Offline Mode
8	Total Expenditure	Nil
9	Funding Agency (ies) (Attach Sanction Letter)	Nil
10	Sponsor (s)	Nil
11	Total No. of Participants (Attach list of Participants/Attendance details)	Other State: Nil Outstation (within Tamilnadu): Internal: 113
12	Publication Type (Proceedings / Edited Book / Technical Note / Handout / Others) (Attach Sample copy)	NA
13	Publication Title with ISBN	NA
	i) No. of Articles Received	NA
	ii) No. of Articles Published	NA
	iii) No. of Articles Presented	NA

14	Joint Organizer	Nil
15	Resource Persons / Chief Guest / Session Chair with Designation and Official Address (with Phone No. and Email)	Mr.A.V.Ramanathan Former Head (HRD) Heavy Water board Dept.of Atomic Energy Tamilnadu
16	Organizing Secretary / Coordinator Name Designation and Official Address	Dr.K.P.Sivakumar, Librarian Dr.M.Hema, Associate Professor/Phy
17	Attach the Invitation/Brochure/Circular/Approval letters	Circular attached
18	Attach Photos (geotagged)	Attached
19	Programme Summary / Short Description of the Activity:	Attached
20	Feedback Analysis Report and Action Taken (If any)	Yes, attached


Organizing Secretary / Coordinator


HoD / Convener


IQAC Coordinator 11/10/2023
Dr. T. Pandiselvi, M.E., Ph.D.,
Coordinator
Internal Quality Assurance Cell
KAMARAJ College of Engineering and Technology
(Autonomous)
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PRINCIPAL
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S.P.G.Chidambara Nadar - C.Nagamal Campus
S.P.G.C. Nagar, **Virudhunagar.**

KAMARAJ / AO / 2023-24/ 2305

30/09/2023

CIRCULAR

Department of Library & NDLI club of our college organizes an invited take on **Winning Habits'** for the first year's students on 06-10-2023 from 10.00 am to 12.00 pm at - **Virudhunagar Hindu Nadars Abiviruthi Navathaniyakkadai Dharmapandu Meeting hall, UNJHA.V.DHANASAMY-PARIMALA DEVI, Digital library building.** All are cordially invited.

Resource Person: Mr.A.V.Ramanathan
Former Head (HRD)
Dept.of Atomic Energy
Tamilnadu

Coordinators: Dr.K.P.Sivakumar, Librarian
Dr.M.Hema, Assoc.Prof./Physics

Copy to :

1. All HODs through their email id.
2. All Teaching Staff Members through their email id.
3. Superintendent / Administrative office
4. File

Copy submitted to the Secretary / Treasurer

PRINCIPAL

Dr. S. SENTHIL, M.E., Ph.D.,

PRINCIPAL

KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagamal Campus,
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(Near VIRUDHUNAGAR)



Date: 06-10-2023

WINNING HABITS

ORGANIZED BY DEPARTMENT OF LIBRARY & NDLI CLUB

ATTENDANCE SHEET

S.No	Name	Roll Number	Year	Branch	Signature
1.	HARINI.S	23UEC002	1	ECE	<i>H. Harini</i>
2.	GIRI RAJ.P.M	23UEC005	1	ECE	<i>Giriraj P.M</i>
3.	KARISHMA.D	23UEC006	1	ECE	<i>D. Karishma</i>
4.	DEEPAN.T	23UEC009	1	ECE	<i>T. Deepan</i>
5.	SUBARANJANI.N	23UEC012	1	ECE	<i>N. Subarajani</i>
6.	DHARSHINI.M	23UEC015	1	ECE	<i>M. Dharshini</i>
7.	PONKARTHIKEYAN.V	23UEC017	1	ECE	<i>V.P.K</i>
8.	JANANI.K	23UEC018	1	ECE	<i>K.L.L</i>
9.	SAM ZIEGENBAL.A	23UEC021	1	ECE	<i>A.Sy</i>
10.	BAVYA.T	23UEC022	1	ECE	<i>T. Bavya</i>
11.	APARNA.A.G.J	23UEC024	1	ECE	<i>G. Aparna</i>
12.	PREM KUMAR.K	23UEC026	1	ECE	<i>K. Prem Kumar</i>
13.	VIJAY NITHYANAND.K	23UEC027	1	ECE	<i>V. Nithyanand</i>
14.	SANTHOSH.M	23UEC028	1	ECE	<i>Santhosh</i>
15.	AJITHA.D	23UEC031	1	ECE	<i>D. Ajitha</i>
16.	NITHISH BABU.L.M	23UEC032	1	ECE	<i>L.M. Nithish</i>
17.	RANJANA.L	23UEC034	1	ECE	<i>L. Ranjana</i>
18.	JOSE TENZING.I	23UEC037	1	ECE	<i>I. Jose Tenzing</i>
19.	MIRACLINE SLESSOR.M	23UEC038	1	ECE	<i>M. Miraceline</i>
20.	SURYA.N	23UEC045	1	ECE	<i>N. Surya</i>
21.	BHARATH.J	23UEC048	1	ECE	<i>B. Bharath</i>
22.	KEERTHANA.A	23UEC052	1	ECE	<i>A. Keerthana</i>
23.	NAGA DEVI.S	23UEC055	1	ECE	<i>S. Naga Devi</i>
24.	RAJARATHINAM.S	23UEC058	1	ECE	<i>S. Rajarathinam</i>
25.	JEBASTIN.S	23UEC059	1	ECE	<i>S. Jebastin</i>
26.	GOPI.R	23UEC061	1	ECE	<i>R. Gopi</i>

S.No	Name	Roll Number	Year	Branch	Signature
62.	MUKILARASAN.M	23UME003	1	MECH	M. Mukilarasan
63.	MUTHURAJA.M	23UME004	1	MECH	M. Muthuraja
64.	BALAGANESH.S	23UME005	1	MECH	S. Balaganesh
65.	KARTHICKEYAN.M	23UME006	1	MECH	K. Arthy
66.	SUBRAMANI PANDI.K	23UME007	1	MECH	S. Pandi
67.	ARAVIND KUMAR.M	23UME008	1	MECH	A. Aravind
68.	SHYAM STEEPHEN.P	23UME009	1	MECH	S. Steephen
69.	VASANTHKUMAR.N	23UME010	1	MECH	N. Vasanth Kumar
70.	ASHWIN.K	23UME011	1	MECH	K. Ashwin
71.	YOKAHARIHARAN.D	23UME012	1	MECH	A. Yokahariharan
72.	MAYILKANL.B	23UME013	1	MECH	A. Mayilkanal
73.	SAHI.D.V	23UME014	1	MECH	D. V. Sahi
74.	VISHAL.M	23UME015	1	MECH	M. Vishal
75.	THANGAPANDIRAJA.M	23UME018	1	MECH	M. Thangapandiraja
76.	PON GANESH RAM.M	23UME019	1	MECH	M. Pon Ganesh Ram
77.	BALAKRISHNAN.P	23UME020	1	MECH	P. Balakrishnan
78.	GIRIDHARAN.N	23UME021	1	MECH	N. Giridharan
79.	MAHALINGAM.N	23UME023	1	MECH	N. Mahalingam
80.	VARUNESHBALAA.M	23UME024	1	MECH	A. Varunesh Balaa
81.	ARUN PRAKASH.S	23UME025	1	MECH	S. Arun Prakash
82.	SHARUKESH.J	23UME026	1	MECH	J. Sharukesh
83.	MOHAMED OMAR AHSAAN.T.A	23UMT001	1	MTR	A. Mohamed Omar
84.	AGILESH KUMAR.L	23UMT002	1	MTR	L. Agilesh Kumar
85.	DINESHWARAN.I	23UMT003	1	MTR	A. Dineshwaran
86.	MANOJ KUMAR.M	23UMT004	1	MTR	M. Manoj Kumar
87.	KAILASH.S	23UMT005	1	MTR	S. Kailash
88.	CHELLAVASANTHAN.B	23UMT006	1	MTR	B. Chellavasanthan
89.	MADHAV ESHWAR.R	23UMT007	1	MTR	R. Madhav Eshwar
90.	NITHISHKUMAR.A	23UMT008	1	MTR	A. Nithish Kumar
91.	SELVAMURUGAN.R	23UMT010	1	MTR	R. Selvamurugan
92.	PRASANNAKUMAR.M	23UMT011	1	MTR	M. Prasanna Kumar
93.	POTHIMENON.L	23UMT012	1	MTR	L. Pothimenon
94.	AATHITHYA.R	23UMT015	1	MTR	R. Aathithya
95.	JOTHIKA.P.S	23UMT017	1	MTR	P.S. Jothika
96.	SUBASRI G.S	23UMT018	1	MTR	G.S. Subasri

S.No	Name	Roll Number	Year	Branch	Signature
97.	MUTHU CHELLAM.M	23UMT019	1	MTR	
98.	SASTI RAMANATHAN.A	23UMT020	1	MTR	
99.	JAY SUBHAN.R	23UMT021	1	MTR	
100.	MOHAMMED SHAKEEL UMAR.K	23UMT022	1	MTR	
101.	KARTHICK PANDI.M	23UMT023	1	MTR	
102.	MARIA EDWIN RAJ.S	23UMT024	1	MTR	
103.	DEVI PRIYA.M	23UMT025	1	MTR	
104.	DEEPIKA.M	23UMT026	1	MTR	
105.	USMAN FAYZA.A	23UMT027	1	MTR	
106.	YOGESHKUMAR.D	23UMT028	1	MTR	
107.	DILIPAN.R	23UEE001	1	EEE	
108.	SARAVANA BHAVAN.S	23UEE002	1	EEE	
109.	JOSEPH AMALRAJ.A	23UEE003	1	EEE	
110.	SIVA PARDEEPAN.M	23UEE004	1	EEE	
111.	NANTHAKUMAR.A	23UEE005	1	EEE	
112.	MADHAVAN.U	23UEE006	1	EEE	
113.	VAIRAVAN.K	23UEE009	1	EEE	
114.	VISHAL.R	23UEE010	1	EEE	
115.	MAREESWARI.K	23UEE011	1	EEE	
116.	HARI PRASAD.S	23UEE012	1	EEE	
117.	DEEPTHIKA.P	23UEE015	1	EEE	
118.	SURYA PRAKASH KUMAR.M	23UEE016	1	EEE	
119.	MIDUN PRASANTH.J	23UEE017	1	EEE	
120.	JAYABALAGURU.K	23UEE019	1	EEE	
121.	SHANTHINI.S	23UEE020	1	EEE	
122.	SASIKHANTH.B	23UEE022	1	EEE	
123.	RAGURAM.M	23UEE023	1	EEE	
124.	MANI KANDAN.AN	23UEE024	1	EEE	

Dr. M. Hema,
Associate Professor / Physics

Dr. K. P. Sivakumar,
Librarian
Dr. K.P. SIVAKUMAR, Ph.D.,
LIBRARIAN
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S.P.G.Chidambara Nadar - C.Nagammal Campus
S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

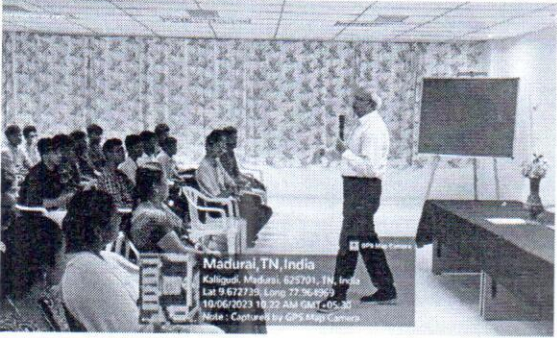
Date: 06-10-2023

Department of Library

KCET Library & National Digital Library of India

Organizes

Winning Habits



[Signature]
Coordinators

[Signature]
Principal

Dr. S. SENTHIL, M.E., Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR).

Date: 06-10-2023

Department of Library
KCET Library & National Digital Library of India
Organizes
Winning Habits Report

Date: 06-10-2023
Time: 10.00am to 12.45pm
Venue: EUDSAT Hall
Total Number of Students Participated:113

Library Department of Kamaraj and Engineering and Technology in association with National Digital Library of India organized a talk on "Winning Habits" on 6th Oct'2023 at EDUSAT Hall. Mr.A.V.Ramanathan, Former Head (HRD), Heavy Water Board, Department of Atomic Energy, TamilNadu had been the Resource person.

The program started with formal welcome address by Dr.K.P.Sivakumar, Librarian, KCET followed by the felicitation address by Dr.S.Senthil, Principal, KCET. Dr.M.Hema, ASP/Physics introduced the Resource person. Dr.S.Senthil honored Mr.A.V.Ramanathan with a memento.

The Resource person quoted the book "The 7 habits of highly Effective People" by Stephen R.Covey. He motivated the students to be proactive, to begin with end in mind, Put first things first, Think Win, Seek first to understand, and then to be understood, synergize, sharpen the saw.

Students were asked to perform various tasks. The students actively participated and learnt the goodness expressed by the resource person. He shared his experience which triggered the younger minds.

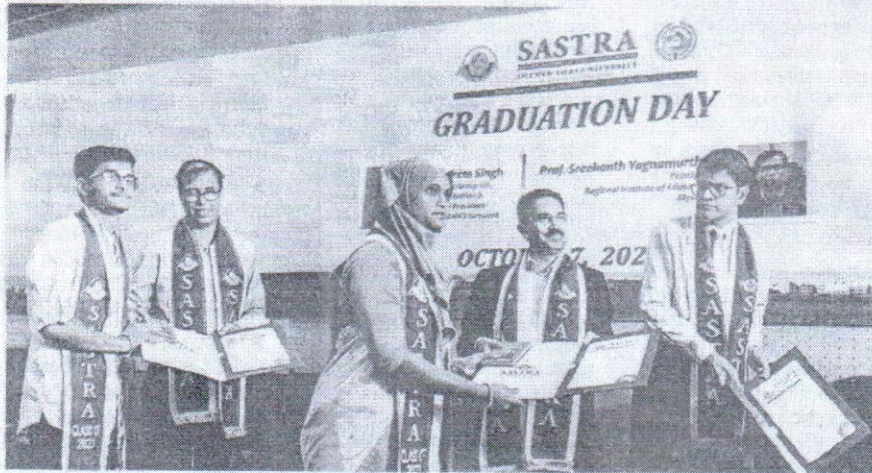
The Talk ended with the formal vote of Thanks by Dr.K.P.Sivakumar, Librarian, KCET.


Coordinators


Principal

Dr. S. SENTHIL, M.E., Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
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Graduation Day held at Sastra Deemed University



Sastra Deemed University conducted Graduation Day on Saturday. In the morning session students of School of Management and School of Chemical and Biotechnology received their degree certificates, and in the afternoon session more than 300 students from computer application, sciences, commerce and education received the certificates. Vice-chancellor S Vaidhyasubramaniam welcomed the gathering. President -group HR of JK Organisations Prem Singh delivered the graduation day address. Principal of Regional Institute of Education Mysuru professor Sreekanth Yagnamurthy emphasised on holistic education for students.

Awareness programme on menstrual hygiene held at GTN Arts College

The women cell of GTN Arts College, Innerwheel Club of Dindigul, and LUV Pads Hygiene Care jointly organised an awareness programme on menstrual hygiene management on September 26. Principal P Balagurusamy delivered the presidential address. Resource person Dr Jacintha elaborated on menstrual hygiene management, including

problems faced, hormone related changes, types of menstrual products used, and menstrual hygiene tips. Around 800 girl students took part.



Talk on 'Winning Habits' conducted at Kamaraj College

Kamaraj College of Engineering and Technology, Virudhunagar, and the National Digital Library of India jointly organised a talk on 'Winning Habits' by A V Ramanathan on Friday. Principal S Senthil felicitated the gathering. The

speaker said students' food habits, life skills, and their college years are crucial aspects of their overall development. He further said a balanced diet plays a pivotal role in students' physical and mental well-being.

Memorial service held for former principal of Lady Doak College

A memorial service was held for Shanti Manuel, a former principal and secretary of Lady Doak College, Madurai, at Wilcox Chapel on Saturday. She died on October 3 at the age of

89. A video clip of her family members, friends and relatives sharing their fond memories of her was played. Principal of the college Christanna Singh paid tributes.



Sports Day conducted at Shrimati Indira Gandhi College

The Annual Sports Day of Shrimati Indira Gandhi College was celebrated in Trichy on Monday. College secretary K Meena presided over the event. Chief guest was cricketer T

Natarajan. He motivated the students to choose their own field and create their own space and identity. District fire officer G Anusuya was the guest of honour.



School students showcase their projects at exhibition

The Francis Xavier Engineering College, Tirunelveli, recently hosted a project exhibition contest for school students. More than

500 students from Tirunelveli, Tuticorin, Kanyakumari, and Tenkasi districts showcased their innovative projects.

Talk on 'Winning Habits' conducted at Kamaraj College

Kamaraj College of Engineering and Technology, Virudhunagar, and the National Digital Library of India jointly organised a talk on 'Winning Habits' by A V Ramanathan on Friday. Principal S Senthil felicitated the gathering. The

speaker said students' food habits, life skills, and their college years are crucial aspects of their overall development. He further said a balanced diet plays a pivotal role in students' physical and mental well-being.

Times of India

Dated: 10-10-2023



(An Autonomous Institution - AFFILIATED TO ANNA UNIVERSITY, CHENNAI)

S.P.G.Chidambara Nadar - C.Nagammal Campus
S.P.G.C. Nagar, K.Vellakulam – 625 701 (Near VIRUDHUNAGAR).

EVENT REPORT

Sl. No	Details of the Event	
1	Department	NATIONAL CADET CORPS
2	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Cultural Programme/Others (Please specify))	Workshop
3	Title of the Event	FIRE SAFETY AWARENESS
4	Geographical College (State Level / National Level / International Level / College Level / Department Level / Inter Collegiate / Inter Department / Village Level / Town level)	College Level
5	Theme of the Event	AZADI KA AMRITH MAHOTSAV and G20
6	Date / Duration	26.10.2023 / 3PM - 4 PM
7	Mode of Delivery	OFFLINE MODE
8	Total Expenditure	NA
9	Funding Agency (ies) (Attach Sanction Letter)	NA
10	Sponsor (s)	NA
11	Total No. of Participants (Attach list of Participants/Attendance details)	116
12	Publication Type (Proceedings / Edited Book / Technical Note / Handout / Others) (Attach Sample copy)	NA
13	Publication Title with ISBN	NA
	i) No. of Articles Received	NA
	ii) No. of Articles Published	NA
	iii) No. of Articles Presented	NA

B.E ELECTRONICS AND COMMUNICATION ENGINEERING (B)

S.NO	ROLL NUMBER	NAME	
1	23UEC002	HARINI.S	D. b/cors
2	23UEC005	GIRI RAJ.P.M	Harini - S
3	23UEC006	KARISHMA.D	Giriraj P.M
4	23UEC009	DEEPAN.T	P. Karishma
5	23UEC012	SUBARANJANI.N	T. Deepan
6	23UEC015	DHARSHINI.M	N. Subarajani
7	23UEC017	PONKARTHIKEYAN.V	D. Darshini.M
8	23UEC018	JANANI.K	V.P.K
9	23UEC021	SAM ZIEGENBALA	Janani . k
10	23UEC022	BAVYA.T	A. Sam
11	23UEC024	APARNA.G.J	T. Baya
12	23UEC026	PREM KUMAR.K	A. Parne
13	23UEC027	VIJAY NITHYANAND.K	K. Prem Kumar
14	23UEC028	SANTHOSH.M	Vijay
15	23UEC031	AJITHA.D	N. Santhosh
16	23UEC032	NITHISH BABU.L.M	D. Ajitha
17	23UEC034	RANJANA.L	N. M. Nithish
18	23UEC037	JOSE TENZING.I	Ranjana . L
19	23UEC038	MIRACLINE SLESSOR.M	Jose Tenzing I
20	23UEC045	SURYAN	Miraceline . -
21	23UEC048	BHARATH.J	S. Surya
22	23UEC052	KEERTHANA.A	J. Bharath
23	23UEC055	NAGA DEVI.S	A. Keerthana
24	23UEC058	RAJARATHINAM.S	S. Naga Devi
25	23UEC059	JEBASTIN.S	R. Rajarathinam
26	23UEC061	GOPI.R	J. Jebastin
27	23UEC062	KARTHIKA.V	P. Gopi
28	23UEC064	MUTHU NAVIN KUMAR.P	Karthika . V
29	23UEC067	KAVINESHA	M. Navin Kumar
30	23UEC068	DIVYADHARSHINI.V	K. Kavinesha
31	23UEC069	CHANDR MOHAN.V	V. Divya
32	23UEC070	ARCHANA.I	J. Chand
33	23UEC071	ARIHARAN.S	I. Archana
34	23UEC072	RAMANI.G	S. Ariharan
35	23UEC073	MINOSHIKA.M	G. Ramani
36	23UEC074	RASHITHA MASHUTHA.R	M. Minosika
37	23UEC075	ABARNA.S	R. Rashitha Mashutha
38	23UEC078	PARTHASARATHY.J	A. Barna
39	23UEC081	ARJUN VENKAT.M	J. Parthasarathy
40	23UEC082	KARUPPASAMY.M	M. Arjun Venkat
41	23UEC083	THIRU IRUDHAYA PACKIA ANUSHIYA.T	M. Karuppasamy
42	23UEC084	ASHVATHERSHNI.V	T. Irudhaya Packia Anushiya
43	23UEC087	ABINESH.K	V. Ashvathershni
44	23UEC088	RAJESH.M	A. Abinesth
45	23UEC091	SIVA PRABHU.B	M. Rajesh
46	23UEC092	KISHORE.S	B. Siva Prabhu
47	23UEC095	MUTHUKARTHIKA.K	S. Kishore
48	23UEC098	KIRUTHIKA DEVI.A	Muthukarthika . K
49	23UEC099	SANTHOSH.S	A. Kiruthika Devi
50	23UEC100	PRAVEEN KUMAR.V	S. Santosh
51	23UEC101	RAJA NANDHINI.R	P. Praveen Kumar
52	23UEC102	MUKESH.K	R. Raja Nandhini
53	23UEC103	KRISHNA.N	M. Mukesh
54	23UEC104	MOHAN BABU.K	N. Krishna
55	23UEC106	RUBAN RAJE	K. Mohan Babu
56	23UEC112	MOHAMED FAZIL.S	R. Ruban Raje
57	23UEC114	JOHN WESLEY.F	M. Mohamed Fazil
58	23UEC117	KAMALAKANNAN.R	J. John Wesley
59	23UEC118	NASREEN BEGUM.M	R. Kamalakannan
			M. Nasreen Begum

M.V.
07/11/23

B.Tech Artificial Intelligence and Data Science

S.NO	ROLL NUMBER	NAME	26/10/23
1	23UAD001	YUVANSANKARR V	Yuvansankarr V
2	23UAD002	DIVYADHARSHINI.M	Divyadarshini M
3	23UAD003	MADHU NISHA.V	Madhusri
4	23UAD004	SAHANA.R	R. Sahana
5	23UAD005	YOGESH.M	Yogesh
6	23UAD006	GOPIKA.M.S	Gopiika
7	23UAD007	NAMEETHA.M	Nameetha
8	23UAD008	MANIKANDA MOORTHY S	Manikanda
9	23UAD009	VIKRAM.K	Vikram
10	23UAD010	DHARANI PRASANNA.G	Dharani
11	23UAD011	AATHISHWARAN.S	Aathishwaran
12	23UAD012	HANUSH ADITH.T.G	Hanush
13	23UAD013	KARTHIKRAJA.N	Karthikraja
14	23UAD014	VIKRAM.S	Vikram
15	23UAD015	VIGNESH.R	Vignesh
16	23UAD016	MAHAVIDYAA.P	Maha Vidya
17	23UAD017	AKASH.B.I	Akash
18	23UAD018	REKHA SREE.R	Rekha
19	23UAD019	GOKULA	Gokul
20	23UAD020	BARVATHISH PANDIAN.C	Barvathish
21	23UAD021	SUMAIYA H	Sumaiya
22	23UAD022	HARIHARAN.V	Hariharan
23	23UAD023	HARIPRIYA PANDI.M	Haripriya
24	23UAD024	NISHANTH SHRINIVAS.S.J	Nishanth
25	23UAD025	SRINIDHIA	Srinidhi
26	23UAD026	NEVASH.S	Nevas
27	23UAD027	PUDHURAAJESH.S	Pudhuraajesh
28	23UAD028	ASHWINI.C	Ashwini
29	23UAD029	ASMIYA.T	Asmiya
30	23UAD030	RAMALAKSHMI.N	Ramalakshmi
31	23UAD031	SAKTHI SINGA MANI.R	Sakthi
32	23UAD032	SREEDHARSHINI.K	Sreedharshini
33	23UAD033	AGALYA.K	Agalya
34	23UAD034	SUBIKSHA.S	Subiksha
35	23UAD035	DIVYA LAKSHMI.S	Divya
36	23UAD036	MANASHADEVIA	Manasha
37	23UAD037	GEETHAMANI.V	Geetha
38	23UAD038	HARISHMA.K	Harishma
39	23UAD039	PREETHI.S	Preethi
40	23UAD040	KARTHIKESWARI.V.K	Karthikeswari
41	23UAD041	KARTHIK.V	Karthik
42	23UAD042	KEERTHANA.J	Keerthana
43	23UAD043	SRI SOWMIYA.R	Sri Sowmya
44	23UAD044	VARSHA.P	Varsha
45	23UAD045	SUBIKSHA.V	Subiksha
46	23UAD046	POWERNIKA.N	Powernika
47	23UAD047	AKSHAYA.K	Akshaya
48	23UAD048	SELVAKUMAR.V.R.S	Selvakumar
49	23UAD049	PRAVEEN HARISH.K.G	Praveen
50	23UAD050	MOHAMED SAMSUDEEN.M	Mohamed
51	23UAD051	NAYEEM MOHAMED ARSHATH.A	Nayeem
52	23UAD052	SELVA.S	Selva
53	23UAD053	HARISH GOWTHAM.B	Harish
54	23UAD054	VENKATESH.M	Venkatesh
55	23UAD055	AMIRTHA VARSHANA.S	Amirtha
56	23UAD056	NAVEENA.D	Naveena
57	23UAD057	DHARANI PRIYA.T	Dharani

NATIONAL CADET CORPS

Name of the Activity : Fire Safety Awareness Programme

Name of the scheme : AZADI KA AMRIT MAHOTSAV and G20

Location : T.S.K.THANUSKODI NADAR - VELLAIYAMMAL MULTI PURPOSE
HALL (AUDITORIUM)

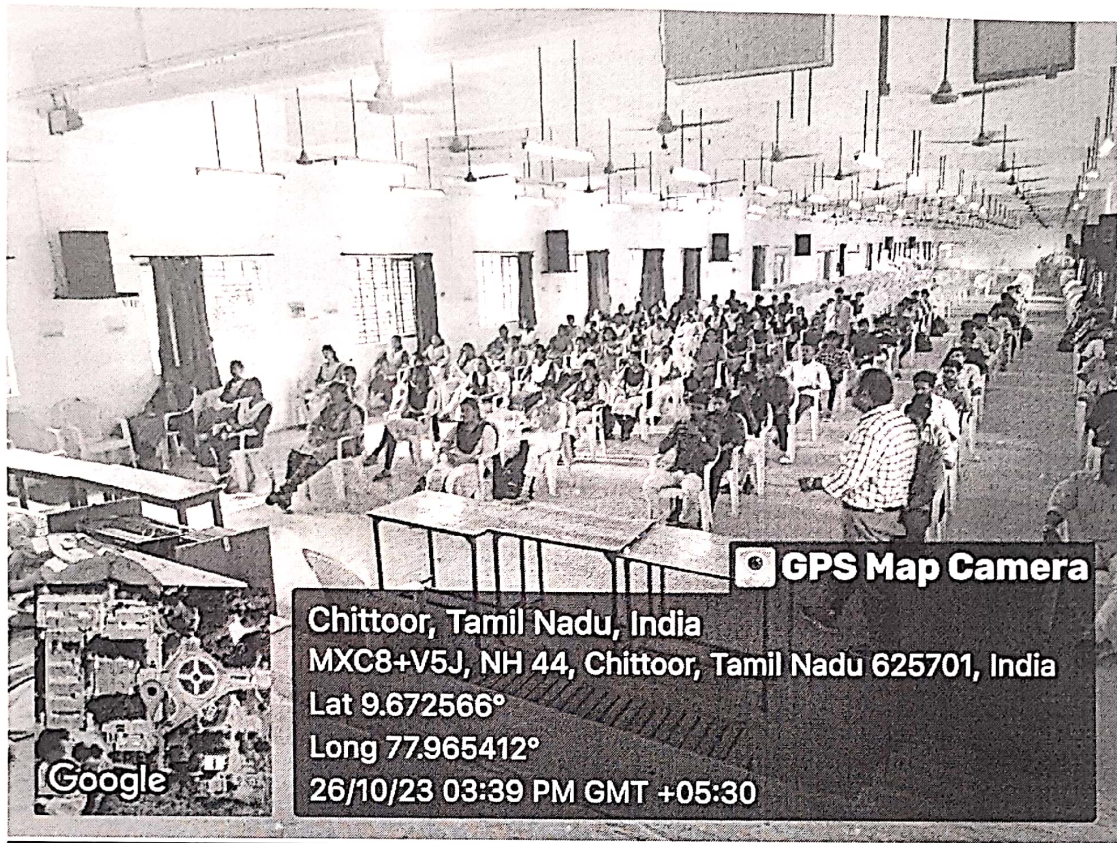
Date : 26.10.2023

RESCUE TEAM



[Handwritten Signature]
NCC Coordinator

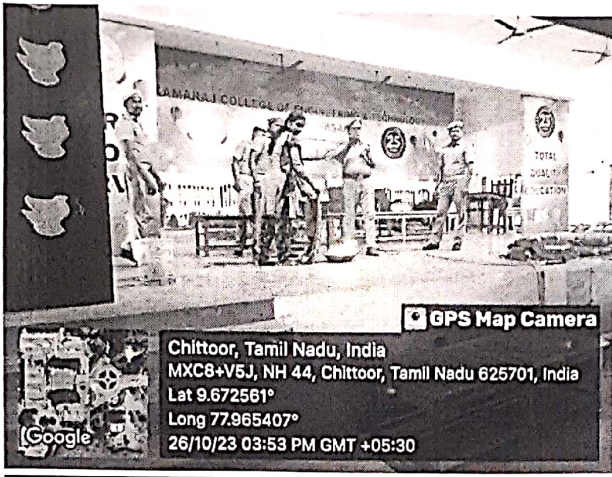
PARTICIPANTS



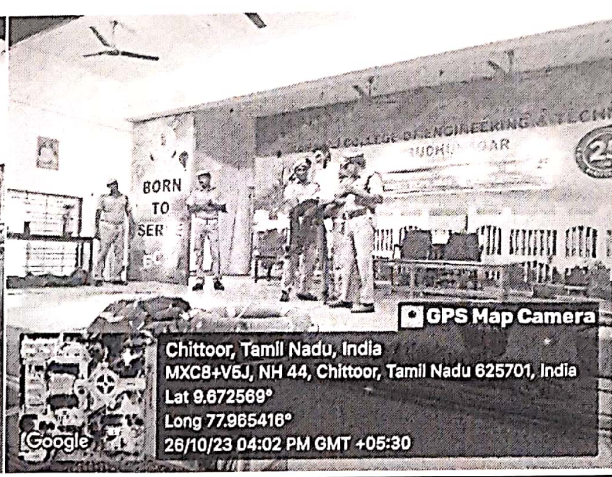
DEMO



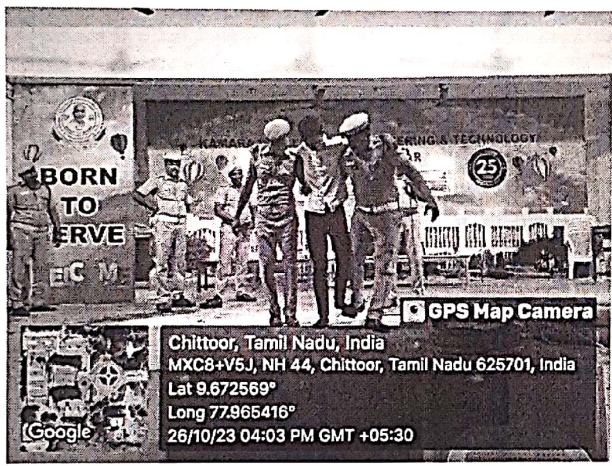
Mr. P. S. Srinivasan
NCC Coordinator



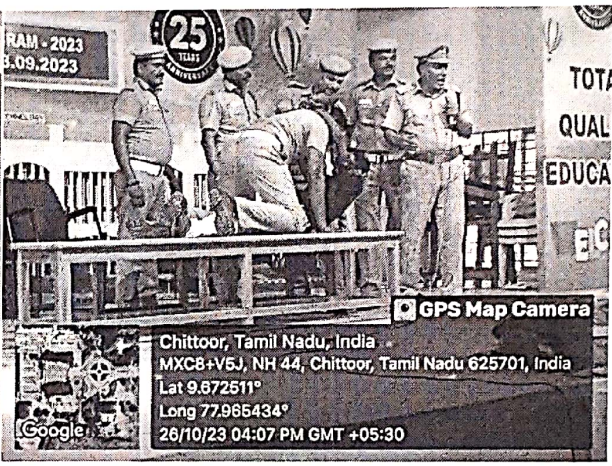
Chittoor, Tamil Nadu, India
MXC8+V5J, NH 44, Chittoor, Tamil Nadu 625701, India
Lat 9.672561°
Long 77.965407°
26/10/23 03:53 PM GMT +05:30



Chittoor, Tamil Nadu, India
MXC8+V5J, NH 44, Chittoor, Tamil Nadu 625701, India
Lat 9.672569°
Long 77.965416°
26/10/23 04:02 PM GMT +05:30



Chittoor, Tamil Nadu, India
MXC8+V5J, NH 44, Chittoor, Tamil Nadu 625701, India
Lat 9.672569°
Long 77.965416°
26/10/23 04:03 PM GMT +05:30



Chittoor, Tamil Nadu, India
MXC8+V5J, NH 44, Chittoor, Tamil Nadu 625701, India
Lat 9.672511°
Long 77.965434°
26/10/23 04:07 PM GMT +05:30

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NCC Coordinator

NATIONAL CADET CORPS

Name of the Activity : Fire Safety Awareness Programme

Name of the scheme : AZADI KA AMRIT MAHOTSAV and G20

Location : T.S.K.THANUSKODI NADAR - VELLAIYAMMAL MULTI PURPOSE
HALL (AUDITORIUM)

Date : 26.10.2023

Programme Summary Report

On 26th October, there was an awareness program for first year students on fire safety and it was negotiated by the officers of fire service. Our principal sir also gave an introduction on this program .They also gave a practical demonstration on prevention methods on fire accidents and this was new to all by knowing a different knowledge. Explain the importance of fire safety, the fire triangle (fuel, oxygen, heat) and Discuss different classes of fires.

Preventing Fires: Tips for preventing fires at home and in the workplace. Importance of proper storage and handling of flammable materials. The students were also given chance to learn practically by using extinguisher, wet sac etc.



NCC Coordinator

14	Joint Organizer	NIL
15	Resource Persons / Chief Guest / Session Chair with Designation and Official Address (with Phone No. and Email)	TAMILNADU FIRE AND RESCUE SERVICES, KALLIGUDI
16	Organizing Secretary / Coordinator Name Designation and Official Address	Mr. K.M. SATHISH KUMAR, AP /MATHS Mr. S. PRADEEP KUMAR, AP /ENGLISH
17	Attach the Invitation/Brochure/Circular/Approval letters	Attached
18	Attach Photos (geotagged)	Attached
19	Programme Summary / Short Description of the Activity:	Attached
20	Feedback Analysis Report and Action Taken (If any)	NIL

S. Pradeep Kumar
Organizing Secretary / Coordinator

M. Sathish Kumar
HoD / Convener

Dr. T. Pandiselvi
IQAC Coordinator 22/11/2023

Dr. T. Pandiselvi, M.E., Ph.D.,
Coordinator
Internal Quality Assurance Cell
KAMARAJ College of Engineering and Technology
(Autonomous)
SPG Chidambara Nadar - C. Nagammal Campus
S.P.G.C. Nagar, K. Vellakulam - 625 701
(Near VIRUDHUNAGAR)

Dr. S. Senthil
PRINCIPAL

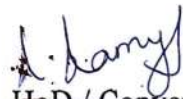
Dr. S. SENTHIL, M.E., Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
K. Vellakulam - 625 701.

EVENT REPORT

Sl. No	Details of the Event	
1	Department	Women's Cell
2	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Cultural Programme/Others (Please specify))	Guest Lecture
3	Title of the Event	Positive Mental Health: Resilience and Coping with Stress
4	Geographical College (State Level / National Level / International Level / College Level / Department Level / Inter Collegiate / Inter Department / Village Level / Town level)	College Level
5	Theme of the Event	Stress Management and enhance the positive thoughts
6	Date / Duration	14.02.2024 & 03.30 pm to 04.45 pm
7	Mode of Delivery	Presenation
8	Total Expenditure	-
9	Funding Agency (ies) (Attach Sanction Letter)	-
10	Sponsor (s)	-
11	Total No. of Participants (Attach list of Participants/Attendance details)	Other State: Outstation (within Tamilnadu): Internal: 105
12	Publication Type (Proceedings / Edited Book / Technical Note / Handout / Others) (Attach Sample copy)	-
13	Publication Title with ISBN	-
	i) No. of Articles Received	
	ii) No. of Articles Published	
	iii) No. of Articles Presented	

14	Joint Organizer	-
15	Resource Persons / Chief Guest / Session Chair with Designation and Official Address (with Phone No. and Email)	DR.S.VIDHYA, M.D., D.N.B (PSYCHIATRY), MNAMS, PGDMLE (NLSIU), Positive & Transcultural Psychotherapist (EAP), Founder & Consultant Psychiatrist, Sri Kaarunya Clinic, Madurai.
16	Organizing Secretary / Coordinator Name Designation and Official Address	Mrs.P.Mahalakshmi Assistant Professor, Department of Information Technology, Kamaraj College of Engineering and Technology.
17	Attach the Invitation/Brochure/Circular/Approval letters	Attached
18	Attach Photos (geotagged)	Attached
19	Programme Summary / Short Description of the Activity:	Attached
20	Feedback Analysis Report and Action Taken (If any)	Attached


19/12/24
Organizing Secretary / Coordinator


21/12/24
HoD / Convener
Presiding Officer


IQAC Coordinator
26/02/2024.

Dr. T. Pandiselvi, M.E., Ph.D.,
Coordinator
Internal Quality Assurance Cell
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus
S.P.G.C. Nagar, K. Vellakulam - 625 701
(Near VIRUDHUNAGAR)


PRINCIPAL

Dr. S. SENTHIL, M.E., Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
(Autonomous)
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S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR).

KAMARAJ

COLLEGE OF ENGINEERING & TECHNOLOGY



(An Autonomous Institution - Affiliated to Anna University, Chennai)

S.P.G. Chidambara Nadar - C.Nagammal Campus

S.P.G.C. Nagar, K. Vellakulam - 625 701, (Near Virudhunagar), Madurai District.

Submitted to the SECRETARY for approval through the PRINCIPAL

Book No.

Women's Cell

Date 12/02/24

SL.No.

7

Approval may please be given to organize a programme to create awareness among the students regarding "Positive mental health: Resilience and coping with stress". kindly consider the request and do the needful.

Event Name: Positive mental health: Resilience and coping with Stress.

Event Date: 14/02/24 Timings: 3:30 pm to 04:45 pm

Chief Guest: Dr. S. Vidhya, M.D., D.N.B. Psychiatrist, Sri Kaarunya clinic,
Audience: I CSE / AD / IT girls

Requirements: Memento - 1 No. Madurai.

Refreshment.


Signature of Faculty
12/2/24


HOD
12/2/24


PRINCIPAL
12/2/24

OFFICE USE

- 1) Account Head
- 2) Budget allotted
- 3) Amount committed / Spent sofar
- 4) Balance available

Annocation and Seminar.
Rs. 60,000/-
Rs. 35,328/-
Rs. 24,672/-

OM

Treasurer

Secretary



(Autonomous)
S.P.G.Chidambara Nadar - C.Nagammal Campus
S.P.G.C. Nagar, Virudhunagar.

KAMARAJ / AO / 2023-24/ 2473

13/02/2024

CIRCULAR

Women's Cell of Our College is organizing a guest lecture on "**Positive Mental Health : Resilience and Coping with Stress**" for I year IT students. Program details are as follows.

Date : 14th February 2024
Timing : 03:30 pm. - 04:45 pm.
Resource Person : Dr.S.Vidhya, M.D., D.N.B (Psychiatry), MNAMS, PGDMLE (NLSIU), Positive & Transcultural Psychotherapist (EAP) Founder & Consultant Psychiatrist Sri Kaarunjya Clinic, Madurai
Venue : Virudhunagar Hindu Nadars Abiviruthi Navathaniyakkadai Dharmapandu Meeting Hall (EDUSAT HALL).

Event Cooridnator: Mrs.P.Mahalakshmi / AP/ IT



- All I year IT Students through their mail id.
- All HOD's through their mail id.
- All Teaching Staff members through their mail id.
- Superintendent / Administrative Office.
- File

Copy submitted to Secretary / Treasurer

PRINCIPAL

Dr. S. SENTHIL, M.E., Ph.D.,

PRINCIPAL

KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
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(Near VIRUDHUNAGAR).

KAMARAJ
COLLEGE OF ENGINEERING & TECHNOLOGY



(An Autonomous Institution - AFFILIATED TO ANNA UNIVERSITY, CHENNAI)

S.P.G.Chidambara Nadar - C.Nagammal Campus

S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

Women's Cell

organize Guest Lecture on

**POSITIVE MENTAL HEALTH
RESILIENCE AND COPING
WITH STRESS**



Resource Person

Dr. Vidhya . S

M.D.,D.N.B (PSYCHIATRY), MNAMS, PGDMLE(NLSIU),
POSITIVE & TRANSCULTURAL PSYCHOTHERAPIST (EAP),
FOUNDER & CONSULTANT PSYCHIATRIST, SRI
KAARUNYA CLINIC, MADURAI

Date: 14.2.24 (3:30 PM to 4:45 PM)

VENUE: EDUSAT HALL

Coordinator

Mrs.P.Mahalakshmi, AP/IT

Convenor

Dr.R.Ramya, ASP/CSE

Welcomes You All !



(An Autonomous Institution - AFFILIATED TO ANNA UNIVERSITY, CHENNAI)

S.P.G.Chidambara Nadar - C.Nagamal Campus
S.P.G.C. Nagar, K.Vellakulam - 625 701 (Near VIRUDHUNAGAR).

Women's Cell

Date: 13.02.2024

To

DR.S.VIDHYA,
M.D., D.N.B (PSYCHIATRY), MNAMS, PGDMLE (NLSIU),
Positive & Transcultural Psychotherapist (EAP)
Founder & Consultant Psychiatrist
Sri Kaarunya Clinic, Madurai.

Respected Madam,

Sub: Letter of Invitation as Resource Person on 14.02.2024 – reg.

Warm Greetings from KAMARAJ College of Engineering and Technology!!!


We are organizing a **Guest Lecture on “Positive Mental Health: Resilience and Coping with Stress”** for I year students on **14.02.2024**.

Being an eminent expert in the field of Stress Management, we feel humbled and honoured to invite you as a Resource Person and believe that your presence would prove to be beneficial to all the students.

Your gracious presence shall be positively anticipated.

Thanks for your time.

Regards,


Dr. R. RAMYA

Women's Cell

Guest Lecture on

"Positive Mental Health: Resilience and Coping with Stress"

14.02.2024

Attendance

Sl. No.	Roll Number	Student Name	Signature
1.	23UIT001	CIBI.M	M. Cibi
2.	23UIT002	VISAHAN.N	A. Visahan
3.	23UIT006	MONISH KANNA.S	S. Monish
4.	23UIT012	HARI PRASATH.N	OD
5.	23UIT013	KARISHMASRI.S	Skari
6.	23UIT015	AAKASH.K	K. Akash
7.	23UIT016	GANESH AYYAR.M	Ganesh
8.	23UIT018	SARANYA.R	Sarany
9.	23UIT020	HARISH.K	H. Harish
10.	23UIT021	ABDULNOOR.S	S. Noor
11.	23UIT022	MATHIMALAR.K	K. Mathi
12.	23UIT023	SAMYUKTHA.P	P. Samyuktha
13.	23UIT026	VIKASHKUMAR.P	P. Vikash
14.	23UIT029	SNEGA BANU.S	S. Sneha
15.	23UIT030	PARKAVI.P	P. Parkavi
16.	23UIT031	RAGUL PAUL.S	R. Paul
17.	23UIT034	JAYANTHAN.S	S. Jayanthan
18.	23UIT037	NEHA.V	V. Neha
19.	23UIT038	HARIHARAN.N.V	N. Hariharan
20.	23UIT043	KILARISHA MARIA.T	T. Kilarisha
21.	23UIT044	SANTHOSH.S	S. Santhosh
22.	23UIT045	SHANKARI.V	V. Shankari
23.	23UIT046	NAFFELA JASMINE.A	A. Jasmine

24.	23UIT047	JANNATH BARVEEN.R	R. Jannadh Barve
25.	23UIT049	SURYA PRAKASH.G	OD ✓
26.	23UIT050	JEEVITHA.C	C. Jeevitha
27.	23UIT052	SUBHIK SHA.S	OD ✓
28.	23UIT055	RAHUL.P	OD ✓
29.	23UIT057	CHARUMATHI.M	Charu M
30.	23UIT058	KARTHICK.M	Karthick M
31.	23UIT059	ABIRAMI.K	K. Abirami
32.	23UIT063	SANJAY RAJA.R	S. Sanjay Raja
33.	23UIT064	ANISHUYA.M	OD ✓
34.	23UIT066	PRIYADHARSHINI.U	U. Priya
35.	23UIT067	VARSHITHA.R	R. Varshitha
36.	23UIT068	KIRTHIKA.M	M. Kirthika
37.	23UIT071	JEYA HARINI.B	J. Harini B
38.	23UIT073	RAMASAMY.S	OD ✓
39.	23UIT077	PRIYA.M	M. Priya
40.	23UIT078	ARJUN.A.R	A.R. Arjun
41.	23UIT081	NITHYA.T	T. Nithya
42.	23UIT083	SURIYA.A	A. Suriya
43.	23UIT084	MANOJ KUMAR.V	V. Manoj Kumar
44.	23UIT085	ROSHNI.A	A. Roshani
45.	23UIT086	ALAGUMEENA.K	K. Alagumeena
46.	23UIT088	SIDDHARTH KUMAR.G	G. Siddharth Kumar
47.	23UIT094	GOPIKA.V	V. Gopika
48.	23UIT096	ASHVIKA.S	Asvika
49.	23UIT101	SAHITH HUSSAIN.S	S. Sahith Hussain
50.	23UIT102	VIDHYA.S	Vidhya
51.	23UIT103	SIVAPANDIYAN.M	M. Sivapandiyam
52.	23UIT104	GIRIBABU.E	E. Giribabu
53.	23UIT106	VIJAYA SRI.R	R. Vijaya Sri
54.	23UIT107	SUJEN.R	R. Sujen
55.	23UIT108	KARTHEESWARI.K	K. Kartheeswari

56.	23UIT114	GOKUL PRASATH.S	S. Gokul
57.	23UIT115	AYYANAR.B	B. Ayyanar
58.	23UIT003	PRAGATHISH RAJ.T	P. Pragathi Raj
59.	23UIT004	PRADEESH.P	P. Pradeesh
60.	23UIT005	DANANJAN.J	D. Dananjana
61.	23UIT007	DHANYA.S	S. Dhanya
62.	23UIT008	SHUNMUGAPRIYAN.A	S. Shunmugapriyan
63.	23UIT009	VISHAL.V	V. Vishal
64.	23UIT010	MEENA KAVIN.B	B. Meena Kavin
65.	23UIT011	SANTHI.K	K. Santhy
66.	23UIT014	NAVEEN KUMAR.K.M	N. Naveen Kumar
67.	23UIT017	SHIVA SHREE.R	R. Shiva Shree
68.	23UIT019	DENISHA ANTONY RAMYAA.A	A. Denisha Antony Ramya
69.	23UIT024	KRISHNAKUMAR.N	N. Krishna Kumar
70.	23UIT025	RAMASAMY.D	D. Ramasamy
71.	23UIT027	MANI BHARATHI.S	S. Mani Bharathi
72.	23UIT028	SONIYA.S	S. Soniya
73.	23UIT032	NANDHINI.K	K. Nandhini
74.	23UIT033	RAJA SRI VARSHA.R	R. Raja Sri Varsha
75.	23UIT035	RAMYA.R	R. Ramya
76.	23UIT036	DIVYABHARATHI.T	T. Divyabharathi
77.	23UIT039	PRAJIT.B	B. Prajit
78.	23UIT040	VIJAY KUMAR.G	G. Vijay Kumar
79.	23UIT041	ANNAMALAI.K	K. Annamalai
80.	23UIT042	FAZIL IQBAL.T	T. Fazil Iqbal
81.	23UIT048	AKILANDESWARIA	A. Akila
82.	23UIT053	ANUSUYA DEVI.R	R. Anusuya Devi
83.	23UIT054	KEERTHIGA.N	N. Keerthiga
84.	23UIT056	GEETHADEVI.S	S. Geetha Devi
85.	23UIT060	ARUNA.S	S. Aruna
86.	23UIT061	VISHWAA.T	T. Vishwa
87.	23UIT062	ROHAN.A	A. Rohan

88.	23UIT065	PANDI.S	S. Pandi
89.	23UIT069	SRIDHAR.S	Sridhar
90.	23UIT070	VIGNESHWARAN.P	P. Vigneshwaran
91.	23UIT072	SHUNMUGAPRIYA.E	Sy
92.	23UIT074	JEGATHEESH.A	A. Jegatheesh
93.	23UIT075	ALAGU ISHWARYA.K	K. Alagu Ishwarya
94.	23UIT076	SUBHASRI.A	ASB
95.	23UIT079	SRINIDHI.V	V. Srinidhi
96.	23UIT080	SATHISHKUMAR.K	K. Sathish
97.	23UIT087	IRZANA BARVEEN.S	Irzana barveen
98.	23UIT089	DHARUN.R	A. Dharauna
99.	23UIT090	NIRUBA.D	OD /
100.	23UIT091	NEHA SHREE.M	M. Neha Shree
101.	23UIT092	DHARANI.R	Dharani R
102.	23UIT093	MADHUMITHA.S	Madhumitha.S
103.	23UIT095	SWETHA.B	B. Swetha
104.	23UIT097	ZAKIYA HASEENA.M	Zakia
105.	23UIT098	SRI PRIYADHARSHAN.T	T. Sri Priyadharshan
106.	23UIT099	GUNA NANDHINI.S	S. Guna Nandini
107.	23UIT100	ARCHANA.M	M. Archana
108.	23UIT105	LOKESH KUMAR.S	S. Lokesh
109.	23UIT109	NAVEENA.S	S. Naveen
110.	23UIT110	SACHIN.A	A. Sachin
111.	23UIT111	SIVAGURU.M	Siva
112.	23UIT112	VRIJIN STEFFI.A	A. Vrijin Steffi
113.	23UIT113	PRAGADHEESHWARAN.M	M. Pragadheesh
114.	23UIT116	MANOJ KUMAR.S	Manoj Kumar


 14/2/24
 Coordinator


 14/2/24
 Convener

WOMEN'S CELL

GUEST LECTURE ON

"POSITIVE MENTAL HEALTH: RESILIENCE AND COPING WITH STRESS"

Date: 14.02.2024 (Wednesday)

Time: 03.30 pm to 04.45 pm





[Signature]
21/2/24
Co-ordinators

[Signature] 21/2/24
Presiding Officer

WOMEN'S CELL

GUEST LECTURE ON

“POSITIVE MENTAL HEALTH: RESILIENCE AND COPING WITH STRESS”

Date: 14.02.2024 (Wednesday)

Time: 03.30 pm to 04.45 pm

Guest Lecture Report

The guest lecture started at 03.30 pm in EDUSAT Hall.

- Mrs.P.Mahalakshmi, AP/IT gave on welcome address.
- Ms.Sudharsana and Ms.Aswathi, III/IT introduced the resource person DR.S.VIDHYA, M.D., D.N.B (PSYCHIATRY), MNAMS, PGDMLE (NLSIU), Founder & Consultant Psychiatrist, Sri Kaarunya Clinic, Madurai.
- Dr.R.Ramya, ASP/CSE honored the resource person with memento.
- DR.S.VIDHYA delivered the session about the positive mental health. She created the awareness among the students that how to be positive in all critical situations.
- The session end at 4.30 pm
- Both oral and written (online) feedbacks were received from participants about the fruitfulness of the guest lecture.
- Finally Dr.R.Ramya, ASP/CSE presented the vote of thanks.
- The session ended at 04.45 pm


19/2/24
Coordinator


21/2/24
Convener

Guest Lecture on "Positive Mental Health: Resilience and Coping with Stress"

Resource Person

DR.S.VIDHYA, M.D., D.N.B (PSYCHIATRY), MNAMS, PGDMLE (NLSIU),

Date: 14.02.2024

* Required

1. Your Name *



2. Roll Number *

3. Were objectives of the Event met? *

Strongly Agree

Agree

Partially Agree

Disagree

4. Was the program sequence well planned? *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

5. Whether this program helps you to know how to be positive in all situations? *

- Strongly agree
- Agree
- Partially Agree
- Disagree

6. The information presented in this guest lecture was highly beneficial *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

7. Organization of the Event was good *

Strongly Agree

Agree

Partially Agree

Disagree

8. Any other comments *

This content is neither created nor endorsed by Microsoft. The data you submit will be sent to the form owner.

 Microsoft Forms

[Signature]
2/1/24
Coordinator

[Signature]
Residing officer

Guest Lecture on "Positive Mental Health: Resilience and Coping with Stress"

102
Responses

01:24
Average time to complete

Active
Status

1. Your Name

102
Responses

Latest Responses
"P.vikashkumar"
"HARISH K"
"N.Hari Prasath "

5 respondents (5%) answered **KuMaR** for this question.

Santhi K S Gokul prasath varsha N Krishna kumar
 VMANOJ KUMAR Siva HARISH K
 GVIJAY KUMAR sri M **KuMaR** K
 M Neha shree Raja Barveen AR Arjun
 MaNoJ KuMaR Guna NandhiniS

2. Roll Number

102
Responses

Latest Responses

"23uit026"

"23UIT020"

"23uit012"

2 respondents (2%) answered 23uit033 for this question.

23uit065 23UIT024 23uit0

23uit080 23uit087 23uit019

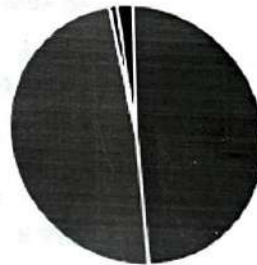
23uit078 23uit033 23uit01

23uit042 23UIT027 23uit054 23UIT116 23UIT111 23i

23UIT076 23uit048

3. Were objectives of the Event met?

- Strongly Agree 50
- Agree 49
- Partially Agree 1
- Disagree 2



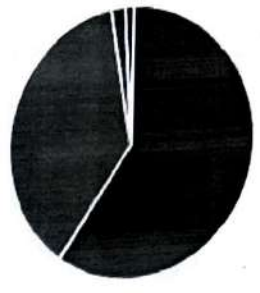
4. Was the program sequence well planned?

- Strongly Agree 50
- Agree 49
- Partially Agree 2
- Disagree 1



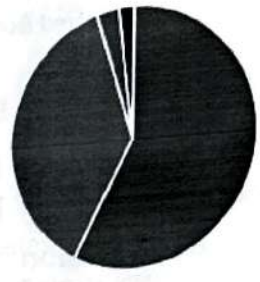
5. Whether this program helps you to know how to be positive in all situations?

- Strongly agree 61
- Agree 38
- Partially Agree 2
- Disagree 1



6. The information presented in this guest lecture was highly beneficial

- Strongly Agree 59
- Agree 38
- Partially Agree 3
- Disagree 2



7. Organization of the Event was good

- Strongly Agree 60
- Agree 39
- Partially Agree 2
- Disagree 1



8. Any other comments

101
Responses

Latest Responses

"Well organized event"

"Got more information"

"Good"

Update

30 respondents (29%) answered **Good** for this question.

useful talk Event good Good teaching session is ver
 Useful program positive section
 Useful session interesting **Good** Useful meet
 good session speech mental health Nice go
 Good message best idea Good sp

[Signature]
21/2/24
Coordinator

[Signature]
Presiding officer

View results

Respondent

14 Anonymous

01:02

Time to complete

1. Your Name *

N.keerthiga

2. Roll Number *

23uit054

3. Were objectives of the Event met? *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

4. Was the program sequence well planned? *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

5. Whether this program helps you to know how to be positive in all situations? *

- Strongly agree
- Agree
- Partially Agree
- Disagree

6. The information presented in this guest lecture was highly beneficial *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

7. Organization of the Event was good *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

8. Any other comments *

No

[Signature]
21/2/24
Coordinator

[Signature]
Presiding officer

View results

Respondent

11 Anonymous

00:38

Time to complete

1. Your Name *

2. Roll Number *

3. Were objectives of the Event met? *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

4. Was the program sequence well planned? *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

5. Whether this program helps you to know how to be positive in all situations? *

- Strongly agree
- Agree
- Partially Agree
- Disagree

6. The information presented in this guest lecture was highly beneficial *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

7. Organization of the Event was good *

- Strongly Agree
- Agree
- Partially Agree
- Disagree

8. Any other comments *

Ennam pol vazhkai

[Signature]
21/2/24
Coordinator

[Signature]
Presiding officer



(An Autonomous Institution - AFFILIATED TO ANNA UNIVERSITY, CHENNAI)

S.P.G.Chidambara Nadar - C.Nagammal Campus
S.P.G.C. Nagar, K.Vellakulam – 625 701 (Near VIRUDHUNAGAR).

EVENT REPORT

Sl. No	Details of the Event	
1	Department	NATIONAL CADET CORPS
2	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Cultural Programme/Others (Please specify))	Competitions
3	Title of the Event	Poster Making and Slogan Writing Competitions
4	Geographical College (State Level / National Level / International Level / College Level / Department Level / Inter Collegiate / Inter Department / Village Level / Town level)	College Level
5	Theme of the Event	AZADI KA AMRITH MAHOTSAV and G20
6	Date / Duration	03.03.2024/ 2.20 PM TO 4.00 PM
7	Mode of Delivery	OFFLINE MODE
8	Total Expenditure	NA
9	Funding Agency (ies) (Attach Sanction Letter)	NA
10	Sponsor (s)	NA
11	Total No. of Participants (Attach list of Participants/Attendance details)	17
12	Publication Type (Proceedings / Edited Book / Technical Note / Handout / Others) (Attach Sample copy)	NA
13	Publication Title with ISBN	NA
	i) No. of Articles Received	NA
	ii) No. of Articles Published	NA
	iii) No. of Articles Presented	NA

14	Joint Organizer	NIL ANTI-DRUGS CLUB
15	Resource Persons / Chief Guest / Session Chair with Designation and Official Address (with Phone No. and Email)	NIL
16	Organizing Secretary / Coordinator Name Designation and Official Address	Dr. A. MAHESWARI, HoD /MATHS Mr. K.M. Sathish Kumar, AP /MATHS
17	Attach the Invitation/Brochure/Circular/Approval letters	Attached
18	Attach Photos (geotagged)	Attached
19	Programme Summary / Short Description of the Activity:	Attached
20	Feedback Analysis Report and Action Taken (If any)	NIL

A. Maheswari
Organizing Secretary / Coordinator
13/03/24

K.M. Sathish Kumar
HoD / Convener
13/03/24

T. Pandiselvi
IQAC Coordinator
16/03/2024.

Dr. T. Pandiselvi, M.E.,Ph.D.,
Coordinator
Internal Quality Assurance Cell
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus
S.P.G.C. Nagar, K. Vellakulam - 625 701
(Near VIRUDHUNAGAR)

Senthil
PRINCIPAL
Dr. S. SENTHIL, M.E.,Ph.D.,
PRINCIPAL
KAMARAJ College of Engineering and Technology
(Autonomous)
S.P.G. Chidambara Nadar - C. Nagammal Campus,
S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR).

CIRCULAR

National Cadet Corps and Anti - Drugs Club of our college is organizing Poster Making and Slogan Writing Competitions for Second, Third and Final Year students on 02/03/2024. Below are the competitions to be conducted and the corresponding Registration link. Interested students are requested to register their names using the links below,

Poster Presentation

Time : 2.30 pm. to 3.15 pm.
Venue : Virudhunagar Hindu Nadars Abiviruthi Navathaniyakkadai
Dharmapandu Meeting hall (EDUSAT HALL)
Theme : Preventing Substance Abuse in Youth Life is a precious gift
don't waste it on drugs. Bring necessary material. Chart will
be given.

Slogan Writing

Time : 03.15 pm. to 3.50 pm.
Venue : Virudhunagar Hindu Nadars Abiviruthi Navathaniyakkadai
Dharmapandu Meeting hall (EDUSAT HALL)
Theme : The Role of Families in Drug Prevention.

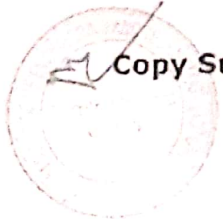
Registration link : <https://forms.office.com/r/RTFZrPqqwK>

The registration closes on 28/02/2024.

Copy to :

1. All II, III & IV Year Students through their email id.
2. All HODs through their email id
3. All Teaching Staff Members through their email id.
4. Superintendent / Administrative Office
5. File

Copy Submitted to the Secretary / Treasurer





PRINCIPAL

Dr. S. SENTHIL, M.E., Ph.D.

PRINCIPAL

KAMARAJ College of Engineering and Technology
(Autonomous)

S.P.G. Chidambara Nadar - C. Nagammal Campus,
S.P.G.C. Nagar, K. Vellakulam - 625 701.
(Near VIRUDHUNAGAR).

NATIONAL CADET CORPS AND ANTI - DRUGS CLUB

Jointly organize Competitions

Name of the Activity : Poster Making and Slogan Writing Competitions

Location : Virudhunagar Hindu Nadars Abiviruthi Navathaniyakkadai
 Dharmapandu Meeting hall (EDUSAT HALL)

Date : 03.03.2024


No. of Participants : 17

No. of Volunteers : 04

PARTICIPANTS:

S.NO	STUDENT ID	NAME OF THE STUDENT	CLASS	SIGNATURE
1	22UCS025	R.Thanga Dharshini	CSE-B	R.Dhruv
2	22UCS035	N. Divya	CSE-C	N. Divya
3	23UIT066	U. Priyadharshini	IT-A	U. Priyadharshini
4	23UCS146	M. SATHYA	CSE-A	Sathya.m
5	23UBT025	J. Paving Jasmine	BT	J. Paving
6	23UCS005	R. Ritika Varthini	CSE-C	R. Ritika
7	23UAD028	C. Ashwini	I-ADS	C. Ashwini
8	23UFC109	M. Gopidharshini	ECE-A	M. Gopidharshini
9	22UBT020	S. Varshini	II-BT	S. Varshini
10	22UIT050	Jayashree T	II IT	J. Jayashree
11	22UIT057	K. Sandhya	II IT	K. Sandhya
12	22UIT082	S. SRIDEEPALAKSHMI	II IT	S. Srideepalakshmi
13	21UAD006	P. Kavya	III AD	P. Kavya
14	21UBT016	M. Abinaya	III-BT	M. Abinaya
15	21UBT049	G. Nandhini	III -BT	G. Nandhini
16	21UC1005	N. Priyadharshini	III-Civil	N. Priyadharshini

M. S. Sathya
03/03/24

S. NO	ROLL NO	NAME OF THE STUDENT	BRANCH	SIGNATURE
17	21028042	M THIMISHA	CEB	
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				

VOLUNTEERS:

S. NO	ROLL NO	NAME OF THE STUDENT	BRANCH	SIGNATURE
1				
2				
3				
4				
5				
6				
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8				

NATIONAL CADET CORPS AND ANTI - DRUGS CLUB

Score Sheet


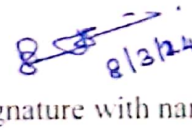
Date & Time : 03.03.2024 & 2.30 PM to 3.15 PM

Name of the Event : Poster Presentation

Topic : Preventing Substance Abuse in Youth.

Name of the Judge : 1. Dr. D. PRADIBA, AP/BT
 2. Ms. S. KAYITHA, AP/GE

S.No	Name of the student	Theme (5)	Presentation (10)	Neatness (10)	Total (25)
1	M. Sathya 23UCS146	4	8	6	18
2	M. Gopidharshini 23UFC109	4	7	6	17
3	V. Poljadharsini 23UIT066	4	6	6	14
4	C. Aswini 23UAD028	5	10	10	25
5	S. Varkhini 22UBT020	4	6	6	14
6	F. Jayashree 22UIT050	5	9	10	24
7	J. Pruthi Jamine 23UBT025	4	9	9	22
8	R. Ritika Varkhini 23UCS005	4	7	8	19



 Judges Signature with name

1. Dr. D. Pradiba, AP/BT
2. Ms. S. KAYITHA, AP/GE


 Coordinator

9	N. Priyadharshini 21UC1005	4	7	7	18
10	S. Sri deepalakshmi 22U1T082	5	8	5	23
11	M. Abinaya 21UBT016	4	7	7	18
12	G. Nandhini 21UBT049	4	8	7	19
13	K. Sandhya 22U1T057	4	8	9	21

~~8/3/24~~
8/3/24

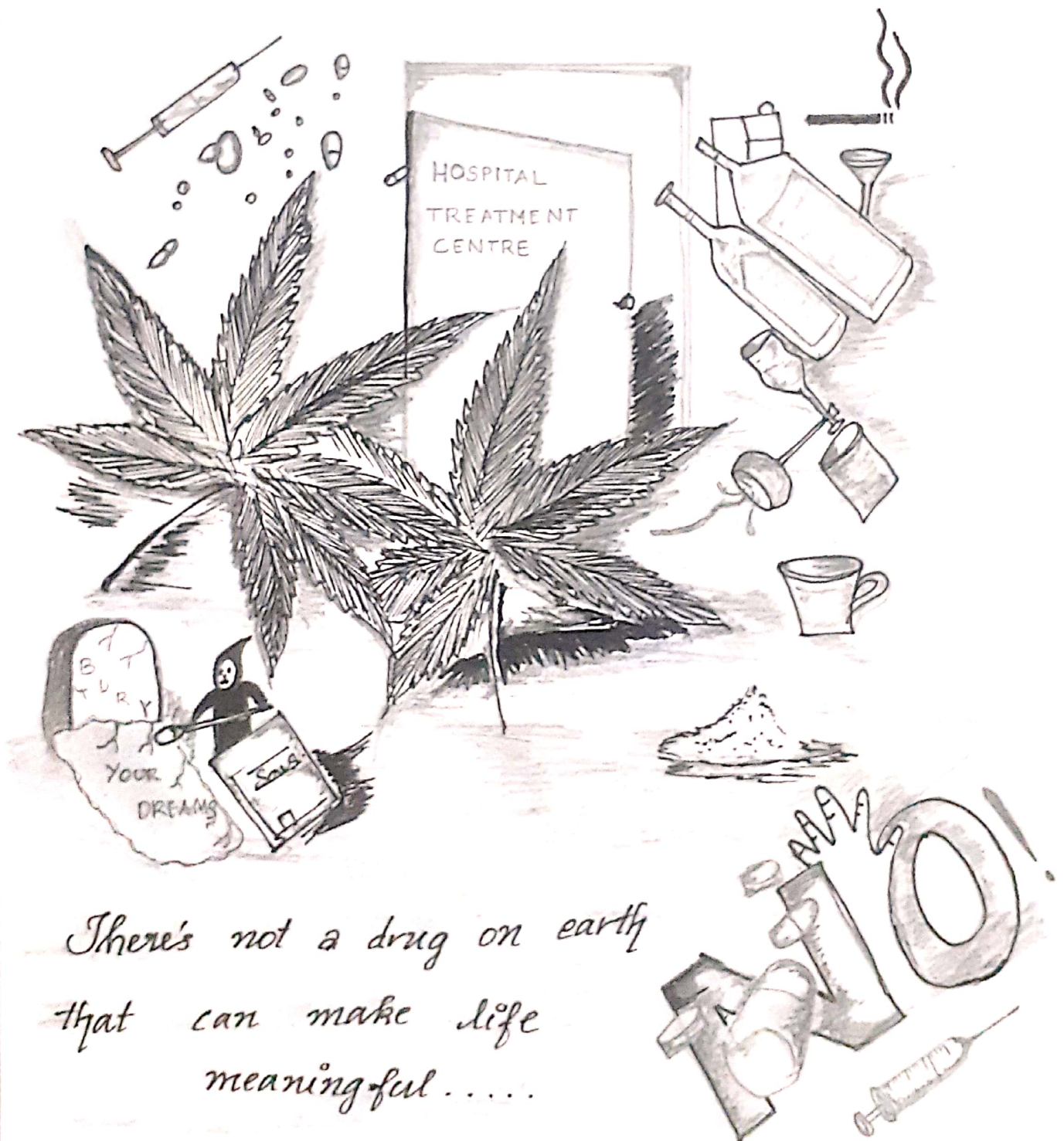
Judges Signature with name

1. Dr. D. Pradiba, AP/BT
2. Ms. S. Karitha, AP/GE



Coordinator

SAY NO TO DRUGS !!!



*There's not a drug on earth
that can make life
meaningful.....*

NATIONAL CADET CORPS AND ANTI-DRUGS CLUB

Score Sheet

Date & Time : 03.03.2024 & 3.15 PM to 3.50 PM

Name of the Event : Slogan Writing

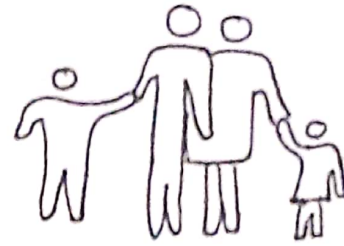
Topic : The Role of Families in Drug Prevention.

Name of the Judge : *Pradeep Kumar S, AP-ENG*

S.No	Name of the student	Theme (5)	Presentation (10)	Neatness (10)	Total (25)
1	<i>R. Thanga Dharukuni 22UCS025</i>	<i>4</i>	<i>7</i>	<i>8</i>	<i>19</i>
2	<i>N. Divya 22UCS035</i>	<i>4</i>	<i>7</i>	<i>7</i>	<i>18</i>
3	<i>P. Pradeeth 23UIT004</i>	<i>3</i>	<i>6</i>	<i>6</i>	<i>15</i>
4	<i>P.S. Anurtha 22UCS113</i>	<i>4</i>	<i>8</i>	<i>8</i>	<i>20</i>
5					
6					
7					
8					
9					

S. Pradeep
(Pradeep Kumar S)

Pradeep Kumar S
03/03/24



THE ROLE OF
FAMILIES
IN
DRUG PREVENTION

ANUSHAA PS

22VCS113

II-CSE "C"

NATIONAL CADET CORPS AND ANTI - DRUGS CLUB

Jointly organize a Competitions

Name of the Activity : Poster Making and Slogan Writing Competitions

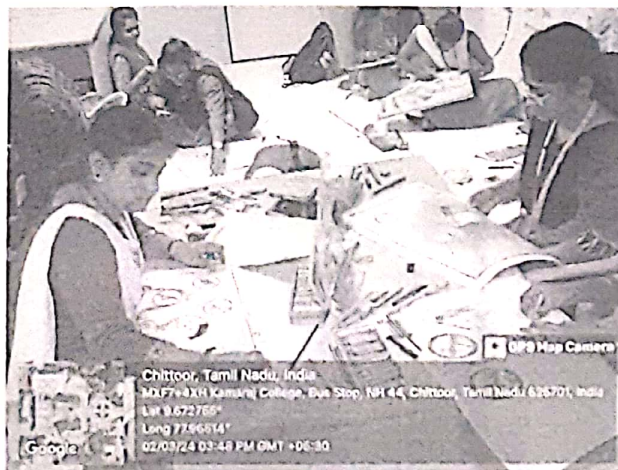
Location : Virudhunagar Hindu Nadars Abiviruthi Navathaniyakkadai
Dharmapandu Meeting hall (EDUSAT HALL)

Date : 03.03.2024

No. of Participants : 17

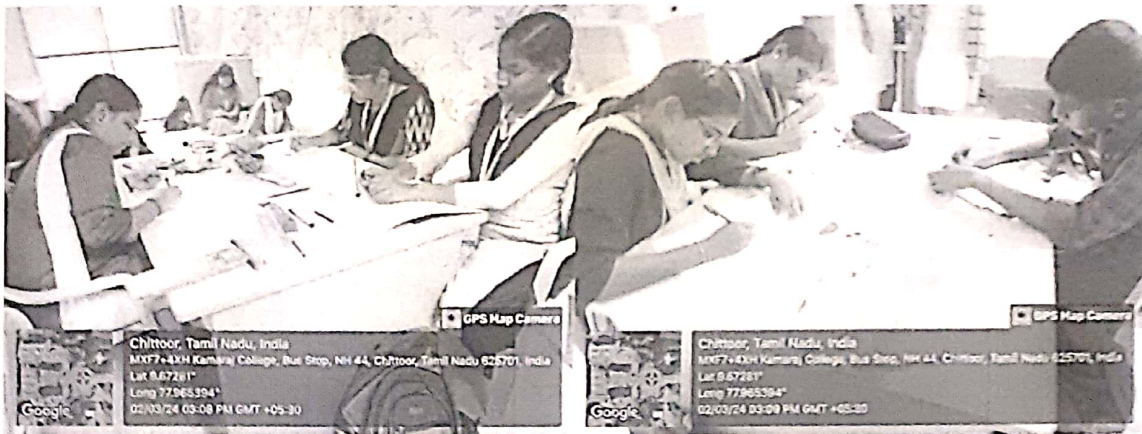
No. of Volunteers : 04

POSTER MAKING COMPETITIONS



hms 19/03/24
NCC Co-ordinator

SLOGAN WRITING COMPETITIONS



Mr. Slobin
NCC Co-ordinator

NATIONAL CADET CORPS AND ANTI - DRUGS CLUB

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Location : Virudhunagar Hindu Nadars Abiviruthi Navathaniyakkadai
Dharmapandu Meeting hall (EDUSAT HALL)
Date : 03.03.2024
No. of Participants : 17
No. of Volunteers : 04

PROGRAMME SUMMARY REPORT

On 02.02.2024, National Cadet Corps and Anti-Drugs Club of our college has organized Poster making and Slogan writing competitions for first, second and third year students.

An Anti-drug awareness program has been conducted in our college under NCC and creating awareness on the ill-effects of drug and alcohol consumption, in a comprehensive manner.

The main objective for this event,

1. Empower students to make informed decisions related to use of alcohol and other drugs.
2. Emphasize an awareness of choice, personal responsibility, and understanding of consequences. in deciding to use alcohol and other drugs.
3. Encourage the campus community to prevent alcohol and drug-related incidents.

Participants are gathered by using registration form .The chart is provided for the participants for both the event participants; they showed their creativity in the event and expressed the aware of harm of drugs in society. Special thanks for college management for their continuous encouragement and facilitation of such enriching event.


NCC Co-ordinator