

**EVENT CIRCULAR,  
BROUCHER AND REPORT  
2020-2021**



# PANDIAN SARASWATHI YADAV ENGINEERING COLLEGE

(Approved by AICTE & Affiliated to Anna University, Chennai)

Maqurai - Sivagangai Highway, Arasanoor, Thirumansolai Post, Sivagangai Dt. - 630 561, Tamilnadu

Mobile : 9842102628, 7373002628

Email: info@psyec.edu.in

Website : www.psyec.edu.in

City Office : 10, Pandian Saraswathi St, Sivagami Nagar, Narayanapuram, Madurai - 625 014. Telefax- 0452 2682338, Mobile : 98423-02628

Ref: PSYEC/CIR/staff/even/20-21/TP-01

## CIRCULAR

Date: 13.4.2021

The Department of Electrical and Electronics Engineering organize five-days training program on "Stress Management" from 19.04.2021 to 23.04.2021 in Online Mode. All the Non-Teaching staff members are asked to attend to the program without fail.



### Copy to

1. Principal
2. All HOD
3. Office
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PRINCIPAL

Dr. R. RAJA M.E., Ph.D.,  
PRINCIPAL

PANDIAN SARASWATHI YADAV  
ENGINEERING COLLEGE

Arasanoor, Thirumansolai P.O-630 561  
Sivagangai Dist, Tamil Nadu



# Pandian Saraswathi Yadav Engineering College

## ONLINE

### FIVE-DAYS TRAINING PROGRAM

Stress Management



19 to 23.04.2021

11.00 AM

Resource Person:

Ms.S.Pandimeena





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## FIVE DAYS TRAINING PROGRAM ON STRESS MANAGEMENT

### Attendance Sheet

S.No	Name of the participant	19.04.2021	20.04.2021	21.04.2021	22.04.2021	23.04.2021
1	Ms.S.Selvi	S. Selvi	S. Selvi	S. Selvi	S. Selvi	S. Selvi
2	Mr.V.Mahadevan	V. Mahadevan	V. Mahadevan	V. Mahadevan	V. Mahadevan	V. Mahadevan
3	Mr.S.Adhikani	S. Adhikani	S. Adhikani	S. Adhikani	S. Adhikani	S. Adhikani
4	Ms.S.Suganya	S. Suganya	S. Suganya	S. Suganya	S. Suganya	S. Suganya
5	Mr.R.Manikandan	R. Manikandan	R. Manikandan	R. Manikandan	R. Manikandan	R. Manikandan
6	Mr.S.Karuppaiah	S. Karuppaiah	S. Karuppaiah	S. Karuppaiah	S. Karuppaiah	S. Karuppaiah
7	Mr.C.Sudhakarn	C. Sudhakarn	C. Sudhakarn	C. Sudhakarn	C. Sudhakarn	C. Sudhakarn
8	Mr.R.S.Palanivel	R. S. Palanivel	R. S. Palanivel	R. S. Palanivel	R. S. Palanivel	R. S. Palanivel
9	Mr.M.Vaithiya Lingam	M. Vaithiya Lingam	M. Vaithiya Lingam	M. Vaithiya Lingam	M. Vaithiya Lingam	M. Vaithiya Lingam
10	Mr.S.James	S. James	S. James	S. James	S. James	S. James
11	Mr.S.Muthupandi	S. Muthupandi	S. Muthupandi	S. Muthupandi	S. Muthupandi	S. Muthupandi
12	Mr.M.Pandian	M. Pandian	M. Pandian	M. Pandian	M. Pandian	M. Pandian

PRINCIPAL

Dr. R. RAJA M.E., Ph.D.,  
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## Feedback Form

### TRAINING PROGRAM ON STRESS MANAGEMENT

Date : 19.04.2021 to 23.04.2021

Name: S. Selvi

S. No	Questionaries'	Excellent	Good	Average	Poor
1	Did the structure present the content clearly?	✓			
2	How was the training Session?	✓	✓		
3	The session is useful to upgrade yourself	✓			
4	How effectively the resource person handled the session?		✓		
5	How would value the overall experience of the program?		✓		



  
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## Feedback Form

### TRAINING PROGRAM ON STRESS MANAGEMENT

Date : 19.04.2021 to 23.04.2021

Name: S. Suganya.

S. No	Questionaries'	Excellent	Good	Average	Poor
1	Did the structure present the content clearly?	✓			
2	How was the training Session?	✓			
3	The session is useful to upgrade yourself		✓		
4	How effectively the resource person handled the session?		✓		
5	How would value the overall experience of the program?	✓			



  
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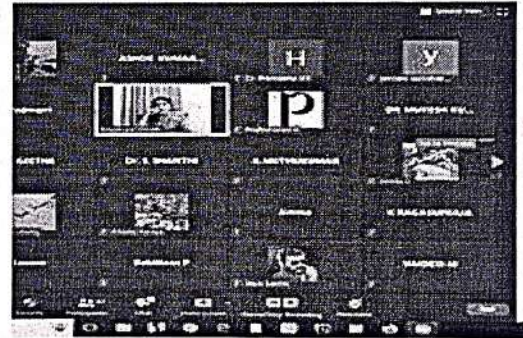
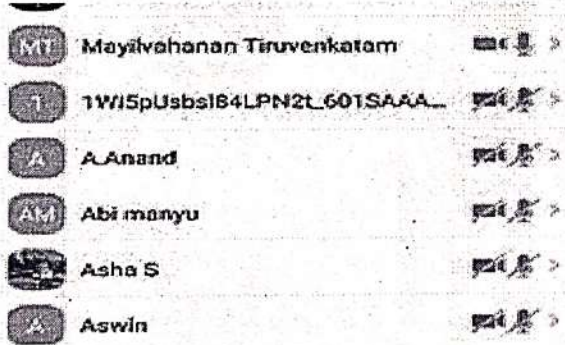
## REPORT

### Five Days Training Program on Stress management

Mode: Google Meet

Date: 19.04.2021 to 23.04.2021

Our college organized the 'Training Program on Stress Management' for five days to all the Non-Teaching and Administrative staff. Strengthening in the intellectual in fracture of the Non-Teaching staff will foster the rapid progress on the situation. Our college conducts diverse, seminars, lectures, and training program to promote quality performance among non-teaching and administrative staff. In the year 2020-2021, training programs conducted through online mode for non-teaching faculty of the topic of Stress Management via Google Meet. Resource person Ms.S.Pandimeena delivered a lecture on for stress management from 19.04.2021 to 23.04.2024.



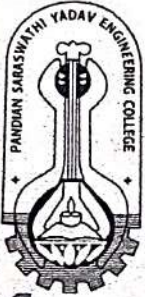
Yoga is fantastic for stress management. It combines physical postures, breathing exercises and meditation to help calm the mind and relax the body. Here are a few yoga practices that can be particularly helpful. Simple breathing exercises like deep belly breathing or alternate nostril breathing and quickly calm the nervous system and reduce stress.

Incorporating mindfulness into your yoga practice can you help stay present cultivate inner peace. During meditation, you can focus on your body sensation, breath, or a mantra. Also known as yoga sleep, Yoga Nidra is guided meditation technique that induces deep relaxation and helps allative stress. Restorative Yoga involves holding gentle poses for longer periods, allowing the Even a few minutes of yoga each day can significantly manage stress and promote well beginning.



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**PANDIAN SARASWATHI YADAV ENGINEERING COLLEGE**  
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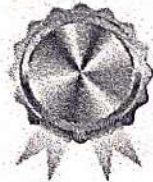


**CERTIFICATE**

THIS IS TO CERTIFY THAT

\_\_\_\_\_ Mr. S. MUTHUPANDI LAB ASSISTANT  
has participated in Five Days Training Program on STRESS MANAGEMENT  
organized by DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING  
held from 19.04.2021 TO 23.04.2021

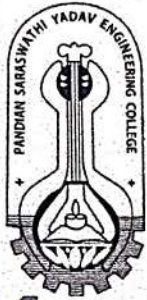
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K. S.  
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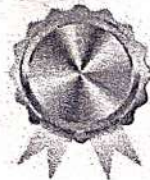
**CERTIFICATE**

THIS IS TO CERTIFY THAT

Mr. S. Adhikani, Lab Assistant

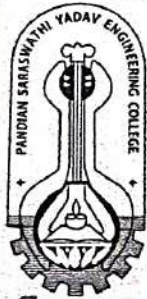
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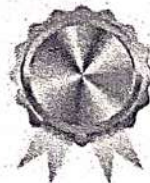
**CERTIFICATE**

THIS IS TO CERTIFY THAT

\_\_\_\_\_ Ms. S. Suganya, Lab Assistant.

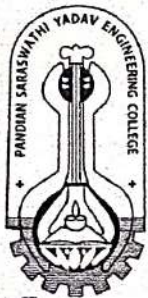
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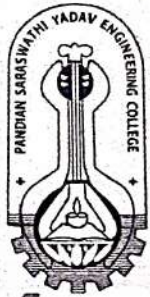
\_\_\_\_\_ Mr. R. MANIKANDAN, LAB ASSISTANT  
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**CERTIFICATE**

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Ms. S. KARUPPAIAH, LAB ASSISTANT

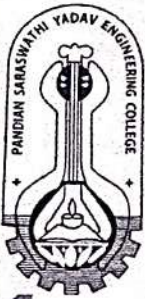
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Mr. M. Pandian, Lab Assistant

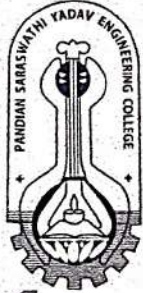
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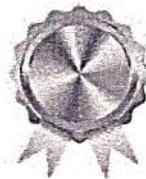
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THIS IS TO CERTIFY THAT

Mr. C. SUDHAKARAN

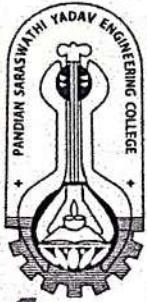
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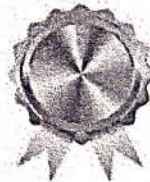


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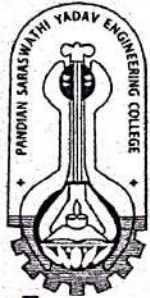
\_\_\_\_\_ Mr. R.S. PALANIVEL, LAB ASSISTANT  
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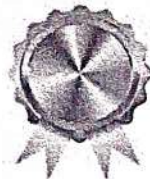


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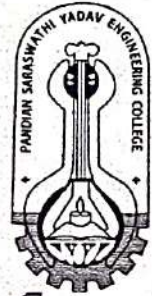
..... Ms. M. VAIDHIYALINGAM, LAB ASSISTANT  
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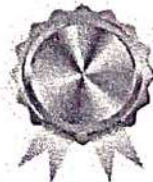
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THIS IS TO CERTIFY THAT

\_\_\_\_\_ Mr. S. JAMES, LAB ASSISTANT \_\_\_\_\_

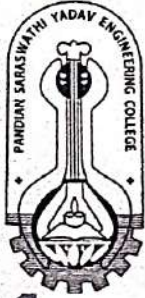
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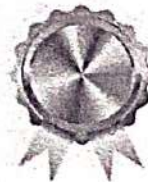
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THIS IS TO CERTIFY THAT

Ms. S. SELVI, LAB ASSISTANT

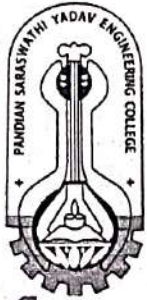
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*S. R.*  
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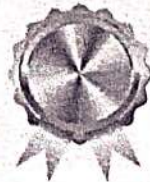
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\_\_\_\_\_ Mr. V. MAHADEVAN, OFFICE ASSISTANT

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S. R.  
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