

ACADEMIC YEAR (2023-2024) /ODD SEMESTER

5.1.2 LIFE SKILL

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INTERNAL QUALITY ASSURANCE CELL (IQAC)

Ref: SCE / IQAC / Students / LS /2023 – 2024 / ODD

24.07.2023

CIRCULAR

In order to improve the capacity building and skill enhancement of our students, Department of Electrical and Electronics Engineering in association with the IQAC of SCE is going to organize one-day training programme on **Life Skills training** for the students of UG and PG on the title “**Emotional Intelligence(EQ) and Self Awareness**” on **05.08.2023**. Interested students are informed to register your names to participate in this training programme to skill enhancement cell co-ordinator on or before 02.08.2023. At the end of the training programme, participation certificates will be issued to the participants.

Resource Person Details	Mr.G.Rajeshkumar, Data Analytics, ZPLUS TECHNOLOGY, Erode
Venue	Abinantham Hall

M. G. Rajesh Kumar
24/7/2023
IQAC Co-ordinator

[Signature]
PRINCIPAL

Copy to:

1. Chairman & Secretary for information
2. Principal office
3. IQAC Co-Ordinator
4. All Department Faculty members
5. All UG and PG students class room
6. All Department Notice Board
7. All Department File

[Signature]
Dr.M.VIJAYAKUMAR ME., Ph.D.,
PRINCIPAL

 **SASURIE COLLEGE OF ENGINEERING,**
Vijayamangalam - 638 056, Tirupur (Dt).



SASURIE COLLEGE OF ENGINEERING

Vijayamangalam, Tiruppur

(Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai - 600025)

DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING

In association with IQAC

Cordially invites

Life Skills training Programme

On

“Emotional Intelligence(EQ) and Self Awareness”

Date : 05.08.2023

Venue: Abinantham Hall

Resource Person

Mr.G.Rajeshkumar,
Data Analytics,
ZPLUS TECHNOLOGY,
Erode

In the esteemed presence of

Dr.M.Vijayakumar
Principal

Sri A.M.Kandaswami
Founder Chairman

Ms. K. Savitha Moganraj
Secretary

Dr.M.VIJAYAKUMAR ME., Ph.D.,
PRINCIPAL

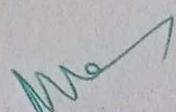
Students Participation List – Life Skills training programme

“Emotional Intelligence (EQ) and Self Awareness”

On 05.08.2023

Academic Year: 2023 - 2024 /ODD

S.No.	Reg No.	Name of the Student	Year / Branch
1	732423103001	SUJAN.A	I/CIVIL
2	732423104002	ABINAYA.A	I/CSE
3	732423104003	ABINAYA.S	I/CSE
4	732423104004	ARULJOTHI.P	I/CSE
5	732423104008	ASVIKA.S	I/CSE
6	732423104009	BALAJI.M	I/CSE
7	732423104010	BALASUBRAMANIAM.P	I/CSE
8	732423104012	DIVYA.M	I/CSE
9	732423104013	ELAVARASAN.R	I/CSE
10	732423104014	GOKULPRASATH.P	I/CSE
11	732423104015	GUNASURYA.S	I/CSE
12	732423104016	HARISHWA.V.S	I/CSE
13	732423104017	HARISHWARAN.V.S	I/CSE
14	732423104019	JOTHIPRIYA.B	I/CSE
15	732423104020	KANIKA.V	I/CSE
16	732423104021	KARTHIKA.G	I/CSE
17	732423104022	KASTHURI.S	I/CSE
18	732423104023	KAVIYA.R	I/CSE
19	732423104024	MAGESH.S	I/CSE
20	732423104025	MADHUMITHA.K	I/CSE
21	732423105001	AKASH.S	I/EEE
22	732423105002	RAJARETHINAM.M	I/EEE

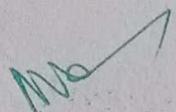

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SASURIE COLLEGE OF ENGINEERING,
 Vijayamangalam - 638 056, Tirupur (Dt).

Students Participation List –Life Skill training programme

S.No.	Reg No.	Name of the Student	Year / Branch
23	732423106001	ABINAYA.S	I/ECE
24	732423106003	AJAYKUMAR.S	I/ECE
25	732423106004	AJMEERKAJA.S	I/ECE
26	732423106005	BALAJI.M	I/ECE
27	732423106006	BALAJOTHI.K	I/ECE
28	732423106007	DHARISH.N	I/ECE
29	732423106008	DHARSHAN.A	I/ECE
30	732423106010	KAVIPRIYA.V	I/ECE
31	732423106011	KIRANSHANKAR. R	I/ECE
32	732423114001	MIRUTHULA.N	I/MECH
33	732423114002	MUKESH.C	I/MECH
34	732423149001	AKILANDESHWARI.S	I/CSE(CS)
35	732423149002	GUNASEELAN.R	I/CSE(CS)
36	732423149003	KAVESHWARI.T	I/CSE(CS)
37	732423149004	NAGAARJUN.N	I/CSE(CS)
38	732423149006	NAVEENRAJ.D	I/CSE(CS)
39	732423205001	ABINESH.A	I/IT
40	732423205002	AKASH.J	I/IT
41	732423205003	ASHWIN.S	I/IT
42	732423205004	DANUSH.S	I/IT
43	732423205006	DHARANITHARAN.S	I/IT
44	732423205007	DHARANIVEL.R	I/IT
45	732423205008	EBIN.S	I/IT
46	732423243002	ARSHIYASANA.M	I/AIDS
47	732423243003	DHARSANKUMAR.S	I/AIDS
48	732423243004	DEEPIKA.S	I/AIDS
49	732423243005	GAYATHRI.S	I/AIDS
50	732423243006	GOWTHAM.V	I/AIDS
51	732423243007	HABEEBRAHMAN.J	I/AIDS
52	732423243009	HITHESH HARWIN.B	I/AIDS
53	732423243010	IMMANUVEL.H	I/AIDS
54	732423243012	JISHNU.R	I/AIDS


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Approved by AICTE, New Delhi
Affiliated to Anna University, Chennai

Students Participation List-Life Skill training programme

S.No.	Reg No.	Name of the Student	Year / Branch
55	732423243013	KAVIN.S	I/AIDS
56	732423243014	KAVIYA.S	I/AIDS
57	732423243015	LATHIKA.S.K	I/AIDS
58	732422103001	DHARANIDHARAN.K	II/CIVIL
59	732422103002	VISWA.T	II/CIVIL
60	732422104001	ABISHEK.J	II/CSE
61	732422104002	AKILESHKUMAR.S	II/CSE
62	732422104004	ARUNKUMAR.A	II/CSE
63	732422104005	ASWIN.S	II/CSE
64	732422104006	BASHARATHMAHAMOOD.S	II/CSE
65	732422104007	BASKAR.S	II/CSE
66	732422104008	DEEPAK.V	II/CSE
67	732422104009	DEEPAKRAJ.R	II/CSE
68	732422104010	DHARSHINI.R	II/CSE
69	732422104011	DHARUN.T	II/CSE
70	732422104013	FARHATH.A	II/CSE
71	732422104014	GUHANK.R	II/CSE
72	732422104015	GURUPRASAD.R	II/CSE
73	732422105001	EMEE.M	II/EEE
74	732422106001	AVINASH.S	II/ECE
75	732422106002	BOOPATIILS	II/ECE
76	732422106003	GIREESHKRISHNAN.V	II/ECE
77	732422106004	GUNAVARSHINI.S	II/ECE
78	732422106005	HARISH.K	II/ECE
79	732422114001	MANIKKAVEL.V	II/MECH
80	732422243001	ADEEF.M	II/AIDS
81	732422243002	ANANDG.NAMBOOTHARI	II/AIDS
82	732422243003	DHANAVARSHINI.P	II/AIDS

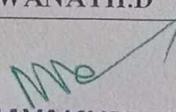
Me
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Students Participation List –Life Skill training programme

S.No.	Reg No.	Name of the Student	Year / Branch
83	732422243004	DIVYADHARSHINI.A	II/AIDS
84	732422243005	FAIZULRAHMAN.K	II/AIDS
85	732422243006	JOSHIKACHANDRA.G	II/AIDS
86	732422243007	MADHUSURYAKUMAR.R	II/AIDS
87	732422243008	MOHESHWARAN.K	II/AIDS
88	732421104003	DHARUNKUMAR.M	III/CSE
89	732421104004	DIVAKAR.S	III/CSE
90	732421104005	GOKUL.S	III/CSE
91	732421104006	INDHU.K	III/CSE
92	732421104007	NANDHINI.S	III/CSE
93	732421104008	NIVETHITHA.K	III/CSE
94	732421104009	PAVITHRA.S	III/CSE
95	732421104010	PRAKASH.P	III/CSE
96	732421104011	RAGU.M	III/CSE
97	732421104012	RANJITH.S	III/CSE
98	732421104013	SANJEEVAN.R	III/CSE
99	732421104014	SAPNAPRAVEEN.A	III/CSE
100	732421104015	SATHYA.M	III/CSE
101	732421243001	ARUN.A	III/AI&DS
102	732421243003	SANTHOSHKUMAR.A	III/AI&DS
103	732420104001	BALAJI.M	IV/CSE
104	732420104002	DEPAKA.R.B	IV/CSE
105	732420104003	DHAVIN.R	IV/CSE
106	732420104004	KIRUBAKARAN.M	IV/CSE
107	732420104005	KOWSALYA.A	IV/CSE
108	732420104006	NIVETHA.S	IV/CSE
109	732420114302	PREMKUMAR.Y	IV/MECH
110	732420243001	BHARADWAJ.S	IV/AI&DS
111	732420243002	KATHIRAVANT.J	IV/AI&DS
112	732420243301	INTHARESH.P	IV/AI&DS
113	732423631002	ANUSHREE.U.S	I/MBA
114	732423631003	ASIFARIFANA.M	I/MBA
115	732423631004	BALAJIVISWANATH.D	I/MBA

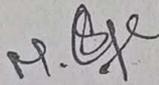

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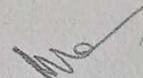


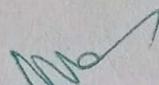
SASURIE COLLEGE OF ENGINEERING,
 Vijayamangalam - 638 055, Tirupur (Dt).

Students Participation List –Life Skill training programme

S.No.	Reg No.	Name of the Student	Year / Branch
116	732423631005	DAMODHARAN.T	I/MBA
117	732423631006	DEEPIKA.T	I/MBA
118	732423631007	DHARANIPRIYA.M	I/MBA
119	732423631008	GOWTHAM.S	I/MBA
120	732422631023	HARINEE.L	II/MBA
121	732422631024	HARIPRASATH.P	II/MBA
122	732422631026	JAGATHEESWARAN.S	II/MBA
123	732422631027	JEEVA.S	II/MBA
124	732422631029	KAPHINI.P.S	II/MBA
125	732422631030	KAVIPRIYA.D	II/MBA
126	732422631036	PRIYADHARSAN.K	II/MBA
127	732422631037	RAJESHKANNAN.A	II/MBA
128	732422631039	ROSHINI.M	II/MBA
129	732422631040	RUBIJENIFER.M	II/MBA
126	732422631036	PRIYADHARSAN.K	II/MBA
127	732422631037	RAJESHKANNAN.A	II/MBA
128	732422631039	ROSHINI.M	II/MBA
129	732422631040	RUBIJENIFER.M	II/MBA


IQAC Co-ordinator


PRINCIPAL


Dr.M.VIJAYAKUMAR ME., Ph.D.,
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Vijayanagar - 638 056, Tirupur (Dt).

Students Attendance List – Life Skills training programme

“Emotional Intelligence (EQ) and Self Awareness”

On 05.08.2023

Academic Year: 2023 - 2024 /ODD

S.No.	Reg No.	Name of the Student	Year / Branch	05.08.2023		signature
				FN	AN	
1	732423103001	SUJAN.A	I/CIVIL	/	/	Sujan.A
2	732423104002	ABINAYA.A	I/CSE	/	/	Abinaya.A
3	732423104003	ABINAYA.S	I/CSE	/	/	Abinaya
4	732423104004	ARULJOTHI.P	I/CSE	/	/	Aruljothi.P
5	732423104008	ASVIKA.S	I/CSE	/	/	J. Asvika
6	732423104009	BALAJI.M	I/CSE	/	/	M. Balaji
7	732423104010	BALASUBRAMANIAM.P	I/CSE	/	/	P. Balasubramaniam
8	732423104012	DIVYA.M	I/CSE	/	/	M. Divya
9	732423104013	ELAVARASAN.R	I/CSE	/	/	R. Elavarasan
10	732423104014	GOKULPRASATH.P	I/CSE	/	/	P. Gokulprasath
11	732423104015	GUNASURYA.S	I/CSE	/	/	S. Gunasurya
12	732423104016	HARISHWA.V.S	I/CSE	/	/	V. Harishwa
13	732423104017	HARISHWARAN.V.S	I/CSE	/	/	V. Harishwaran
14	732423104019	JOTHIPRIYA.B	I/CSE	/	/	B. Jothipriya
15	732423104020	KANIKA.V	I/CSE	/	/	V. Kanika
16	732423104021	KARTHIKA.G	I/CSE	/	/	G. Karthika
17	732423104022	KASTHURI.S	I/CSE	/	/	S. Kasthuri
18	732423104023	KAVIYA.R	I/CSE	/	/	R. Kaviya
19	732423104024	MAGESH.S	I/CSE	/	/	S. Magesh
20	732423104025	MADHUMITHA.K	I/CSE	/	/	K. Madhumitha
21	732423105001	AKASH.S	I/EEE	/	/	S. Akash
22	732423105002	RAJARETHINAM.M	I/EEE	/	/	M. Rajarethinam

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Students Attendance List –Life Skill training programme

S.No.	Reg No.	Name of the Student	Year / Branch	05.08.2023		signature
				FN	AN	
23	732423106001	ABINAYA.S	I/ECE	/	/	J. Abinaya
24	732423106003	AJAYKUMAR.S	I/ECE	/	/	S. Jayakumar
25	732423106004	AJMEERKAJA.S	I/ECE	/	/	A. Ajmeerkaja
26	732423106005	BALAJI.M	I/ECE	/	/	M. Balajim
27	732423106006	BALAJOTHI.K	I/ECE	/	/	K. Balajothi
28	732423106007	DHARISH.N	I/ECE	/	/	N. Dharish
29	732423106008	DHARSHAN.A	I/ECE	/	/	A. Dharschan
30	732423106010	KAVIPRIYA.V	I/ECE	/	/	V. Kavipriya
31	732423106011	KIRANSHANKAR. R	I/ECE	/	/	R. Kiran Shankar
32	732423114001	MIRUTHULA.N	I/MECH	/	/	N. Miruthula
33	732423114002	MUKESH.C	I/MECH	/	/	C. Mukesh
34	732423149001	AKILANDESHWARI.S	I/CSE(CS)	/	/	S. Akilandeswari
35	732423149002	GUNASEELAN.R	I/CSE(CS)	/	/	R. Gunaseelan
36	732423149003	KAVESHWARI.T	I/CSE(CS)	/	/	T. Kaveshwari
37	732423149004	NAGAARJUN.N	I/CSE(CS)	/	/	N. Nagarjun
38	732423149006	NAVEENRAJ.D	I/CSE(CS)	/	/	D. Naveenraj
39	732423205001	ABINESHA	I/IT	/	/	A. Abinsha
40	732423205002	AKASH.J	I/IT	/	/	J. Akash
41	732423205003	ASHWIN.S	I/IT	/	/	S. Ashwin
42	732423205004	DANUSH.S	I/IT	/	/	S. Danush
43	732423205006	DHARANITHARAN.S	I/IT	/	/	S. Dharanitharan
44	732423205007	DHARANIVEL.R	I/IT	/	/	R. Dharanivel
45	732423205008	EBIN.S	I/IT	/	/	S. Ebin
46	732423243002	ARSHIYASANA.M	I/AIDS	/	/	M. Arshiyasana
47	732423243003	DHARSANKUMAR.S	I/AIDS	/	/	S. Dharsankumar
48	732423243004	DEEPIKA.S	I/AIDS	/	/	S. Deepika
49	732423243005	GAYATHRI.S	I/AIDS	/	/	S. Gayathri
50	732423243006	GOWTHAM.V	I/AIDS	/	/	V. Gowtham
51	732423243007	HABEEBRAHMAN.J	I/AIDS	/	/	J. Habeebrahman
52	732423243009	HITHESH HARWIN.B	I/AIDS	/	/	B. Hithesh Harwin
53	732423243010	IMMANUVEL.H	I/AIDS	/	/	H. Immanuel
54	732423243012	JISHNU.R	I/AIDS	/	/	R. Jishnu

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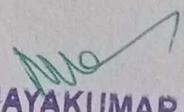
S.No.	Reg No.	Name of the Student	Year / Branch	05.08.2023		signature
				FN	AN	
55	732423243013	KAVIN.S	I/AIDS	/	/	Kavin.S
56	732423243014	KAVIYA.S	I/AIDS	/	/	S.Kavya
57	732423243015	LATHIKA.S.K	I/AIDS	/	/	S.Latha
58	732422103001	DHARANIDHARAN.K	II/CIVIL	/	/	S.Dharan
59	732422103002	VISWA.T	II/CIVIL	/	/	T.Vishwa
60	732422104001	ABISHEK.J	II/CSE	/	/	J.Abhishek
61	732422104002	AKILESHKUMAR.S	II/CSE	/	/	S.Akilesh
62	732422104004	ARUNKUMAR.A	II/CSE	/	/	A.Arunkumar
63	732422104005	ASWIN.S	II/CSE	/	/	Aswin.S
64	732422104006	BASHARATHMAHAMOOD.S	II/CSE	/	/	S.Basharath
65	732422104007	BASKAR.S	II/CSE	/	/	S.Baskar
66	732422104008	DEEPAK.V	II/CSE	/	/	V.Deepak
67	732422104009	DEEPAKRAJ.R	II/CSE	/	/	R.Deepak
68	732422104010	DHARSHINI.R	II/CSE	/	/	R.Dharshini
69	732422104011	DHARUN.T	II/CSE	/	/	T.Dharun
70	732422104013	FARHATH.A	II/CSE	/	/	A.Farhath
71	732422104014	GUHANK.R	II/CSE	/	/	R.Guhank
72	732422104015	GURUPRASAD.R	II/CSE	/	/	R.Guruprasad
73	732422105001	EMEE.M	II/EEE	/	/	M.Eme
74	732422106001	AVINASH.S	II/ECE	/	/	S.Avinash
75	732422106002	BOOPATHI.S	II/ECE	/	/	S.Boopathi
76	732422106003	GIREESHKRISHNAN.V	II/ECE	/	/	S.Gireesh
77	732422106004	GUNAVARSHINI.S	II/ECE	/	/	S.Gunavarshini
78	732422106005	HARISH.K	II/ECE	/	/	K.Harish
79	732422114001	MANIKKAVEL.V	II/MECH	/	/	V.Manikkavel
80	732422243001	ADEEF.M	II/AIDS	/	/	M.Adeef
81	732422243002	ANANDG.NAMBOOTHARI	II/AIDS	/	/	A.G.Namboothari
82	732422243003	DHANAVARSHINI.P	II/AIDS	/	/	P.Dhanavarshini

No

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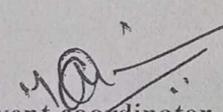
Students Attendance List –Life Skill training programme

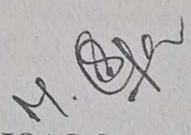
S.No.	Reg No.	Name of the Student	Year / Branch	05.08.2023		signature
				FN	AN	
83	732422243004	DIVYADHARSHINI.A	II/AIDS	/	/	A. Divya
84	732422243005	FAIZULRAHMAN.K	II/AIDS	/	/	K. Faizul
85	732422243006	JOSHIKACHANDRA.G	II/AIDS	/	/	G. Joshi
86	732422243007	MADHUSURYAKUMAR.R	II/AIDS	/	/	R. Madhu
87	732422243008	MOHESHWARAN.K	II/AIDS	/	/	M. Mohesh
88	732421104003	DHARUNKUMAR.M	III/CSE	/	/	M. Dhara
89	732421104004	DIVAKAR.S	III/CSE	/	/	S. Divakar
90	732421104005	GOKUL.S	III/CSE	/	/	S. Gokul
91	732421104006	INDHU.K	III/CSE	/	/	K. Indhu
92	732421104007	NANDHINLS	III/CSE	/	/	S. Nandhini
93	732421104008	NIVETHITHA.K	III/CSE	/	/	K. Nivetha
94	732421104009	PAVITHRA.S	III/CSE	/	/	S. Pavithra
95	732421104010	PRAKASH.P	III/CSE	/	/	P. Prakash
96	732421104011	RAGU.M	III/CSE	/	/	M. Ragu
97	732421104012	RANJITH.S	III/CSE	/	/	S. Ranjith
98	732421104013	SANJEEVAN.R	III/CSE	/	/	R. Sanjeevan
99	732421104014	SAPNAPRAVEEN.A	III/CSE	/	/	A. Sapna
100	732421104015	SATHYA.M	III/CSE	/	/	M. Sathya
101	732421243001	ARUN.A	III/AI&DS	/	/	A. Arun
102	732421243003	SANTHOSHKUMAR.A	III/AI&DS	/	/	A. Santhosha
103	732420104001	BALAJI.M	IV/CSE	/	/	M. Balaji
104	732420104002	DEPAKA.R.B	IV/CSE	/	/	B. Depaka
105	732420104003	DHAVIN.R	IV/CSE	/	/	R. Dhavin
106	732420104004	KIRUBAKARAN.M	IV/CSE	/	/	M. Kirubakaran
107	732420104005	KOWSALYA.A	IV/CSE	/	/	A. Kowsalya
108	732420104006	NIVETHA.S	IV/CSE	/	/	S. Nivetha
109	732420114302	PREMKUMAR.Y	IV/MECH	/	/	Y. Premkumar
110	732420243001	BHARADWAJ.S	IV/AI&DS	/	/	S. Bharadwaj
111	732420243002	KATHIRAVANT.J	IV/AI&DS	/	/	J. Kathiravan
112	732420243301	INTHARESH.P	IV/AI&DS	/	/	P. Intares
113	732423631002	ANUSHREE.U.S	I/MBA	/	/	S. Anushree
114	732423631003	ASIFARIFANA.M	I/MBA	/	/	M. Asif
115	732423631004	BALAJIVISWANATH.D	I/MBA	/	/	D. Balaji


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 Vijayamangalam - 638 056, Tirupur (Dt).

Students Attendance List –Life Skill training programme

S.No.	Reg No.	Name of the Student	Year / Branch	05.08.2023		signature
				FN	AN	
116	732423631005	DAMODHARAN.T	I/MBA	/	/	Damodharan
117	732423631006	DEEPIKA.T	I/MBA	/	/	Deepika
118	732423631007	DHARANIPRIYA.M	I/MBA	/	/	Dharani
119	732423631008	GOWTHAM.S	I/MBA	/	/	Gowtham
120	732422631023	HARINEE.L	II/MBA	/	/	Harinee
121	732422631024	HARIPRASATH.P	II/MBA	/	/	Hariprasath
122	732422631026	JAGATHEESWARAN.S	II/MBA	/	/	Jagathy
123	732422631027	JEEVA.S	II/MBA	/	/	S. Jeeva
124	732422631029	KAPHINI.P.S	II/MBA	/	/	P. Kaphini
125	732422631030	KAVIPRIYA.D	II/MBA	/	/	Kavipriya
126	732422631036	PRIYADHARSAN.K	II/MBA	/	/	Priyadharasan
127	732422631037	RAJESHKANNAN.A	II/MBA	/	/	A. Rajeshkannan
128	732422631039	ROSHINI.M	II/MBA	/	/	Roshini
129	732422631040	RUBIJENIFER.M	II/MBA	/	/	M. Rubijener
126	732422631036	PRIYADHARSAN.K	II/MBA	/	/	Priyadharasan
127	732422631037	RAJESHKANNAN.A	II/MBA	/	/	A. Rajeshkannan
128	732422631039	ROSHINI.M	II/MBA	/	/	M. Roshini
129	732422631040	RUBIJENIFER.M	II/MBA	/	/	M. Rubijener


Event coordinator


IQAC Coordinator

Report on Life Skill training programme

Title:	Emotional Intelligence(EQ) and Self Awareness		
Resource Person:	Mr.G.Rajeshkumar, Data Analytics, ZPLUS TECHNOLOGY, Erode		
Date of conduct:	05.08.2023	To: -	Duration: 1 Day
Organized by :	Department of Electrical and Electronics Engineering in association with IQAC of our Institution		
Academic Year:	2023 – 2024	Semester:	ODD
Participant Year:	UG and PG students of all Department	No. of Students Participated :	129
Venue:	Abinantham Hall		

Outcome of Life Skill training programme

At the end of the Life Skill training programme, Students can be able to

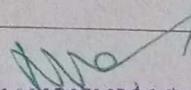
- The outcome is improved self-control, with individuals becoming better at responding thoughtfully to situations rather than reacting impulsively. This leads to a more balanced and calm approach to life's challenges.
- By becoming more aware of their own emotions and the emotions of others, individuals can engage in active listening, express themselves clearly, and respond in a way that fosters mutual understanding.
- Self-awareness and emotional intelligence play a key role in fostering healthy, trusting relationships. When people understand their own emotional needs and the needs of others, they are better equipped to build connections based on empathy, respect, and trust.
- Life skills programs that integrate EQ and self-awareness teach how to recognize stress and emotional exhaustion before it becomes overwhelming. Participants learn tools to stay grounded, practice mindfulness, and cultivate emotional resilience.

Glimpse of Life Skill training Programme Photos



IQAC Co-ordinator

Principal


Dr.M.VIJAYAKUMAR ME., Ph.D.,
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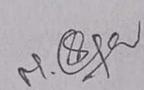
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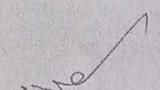
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Vijayamangalam, Tiruppur

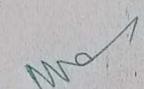
Certificate of Participation

This is to Certify that Mr. GOKULPRASATH.P, I/CSE
has participated in the Life Skills training Programme on “Emotional Intelligence(EQ) and Self Awareness” organized by IQAC of Sasurie College of Engineering in association with ZPLUS TECHNOLOGY on 05.08.2023 during the Academic year 2023-2024.


IQAC Co-ordinator


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Certificate of Participation

This is to Certify that Ms. EMEE.M, II/EEE
has participated in the Life Skills training Programme on “Emotional Intelligence(EQ) and Self Awareness” organized by IQAC of Sasurie College of Engineering in association with ZPLUS TECHNOLOGY on 05.08.2023 during the Academic year 2023-2024.

IQAC Co-ordinator

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Certificate of Participation

This is to Certify that Mr. SANTHOSHKUMAR.A, III/AI&DS
has participated in the Life Skills training Programme on “Emotional Intelligence(EQ) and Self Awareness” organized by IQAC of Sasurie College of Engineering in association with ZPLUS TECHNOLOGY on 05.08.2023 during the Academic year 2023-2024.

IQAC Co-ordinator

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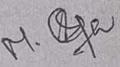
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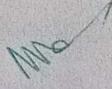
Vijayamangalam, Tiruppur

Certificate of Participation

This is to Certify that Ms. NIVETHA.S, IV/CSE
has participated in the Life Skills training Programme on "Emotional Intelligence(EQ) and Self Awareness" organized by IQAC of Sasurie College of Engineering in association with ZPLUS TECHNOLOGY on 05.08.2023 during the Academic year 2023-2024.


IQAC Co-ordinator


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Certificate of Participation

This is to Certify that Mr. DAMODHARAN.T, I/MBA
has participated in the Life Skills training Programme on "Emotional Intelligence(EQ) and Self Awareness" organized by IQAC of Sasurie College of Engineering in association with ZPLUS TECHNOLOGY on 05.08.2023 during the Academic year 2023-2024.

M. Sja

IQAC Co-ordinator

M. V. J.

Principal



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Certificate of Participation

This is to Certify that Ms. ROSHINI.M, II/MBA
has participated in the Life Skills training Programme on “Emotional Intelligence(EQ) and Self Awareness” organized by IQAC of Sasurie College of Engineering in association with ZPLUS TECHNOLOGY on 05.08.2023 during the Academic year 2023-2024.

M. [Signature]

IQAC Co-ordinator

[Signature]

Principal

[Signature]

Dr.M.VIJAYAKUMAR ME., Ph.D.,

PRINCIPAL

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