

# PSN Engineering College

Melathediyoor, Tirunelveli

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

An ISO 9001:2008 Certified Institution

## DEPARTMENT OF INFORMATION TECHNOLOGY ENGINEERING

Lr: No:-PSNEC/2018-2019/IT/Guest Lecture/PL-01

Date: 24<sup>th</sup> AUG 2018

### PERMISSION LETTER

Respected Sir,

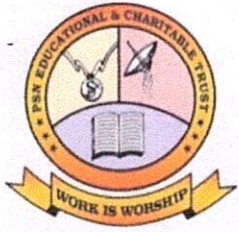
Department of IT is planned to conduct a Guest Lecture entitled 'VARIOUS TECHNIQUES TO MAINTAIN STRESS LESS LIFE' on 30/08/2018.

Kindly grant your valuable permission for conducting the Guest Lecture on the above said date.

Thanking you,

*Dr. M.S. Ravikumar*  
7/9/2018  
HOD /IT

*Dr. M.S. Ravikumar*  
PRINCIPAL  
Dr. M.S. RAVIKUMAR  
Principal  
PSN ENGINEERING COLLEGE  
Melathediyoor, Palayamkottai  
Tirunelveli - 627 152



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Lr:No:-PSNEC/2018-19/IT/GUEST LECTURE/ 01

Date:24<sup>th</sup>AUG 2018

### CIRCULAR

It is informed with great pleasure that the Department of IT is organizing a one day **Guest lecture** on “**VARIOUS TECHNIQUES TO MAINTAIN STRESS LESS LIFE**” at Seminar Hall, PSNEC college campus scheduled on **30<sup>th</sup> AUG 2018**.

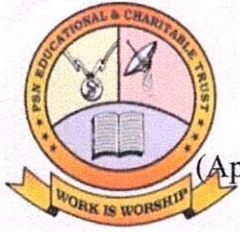
All IT students are asked to make their active participation on the Guest lecture without fail.

CC TO

1. Director
2. Director (IQAC)
3. All Department HOD's
4. Physical Director
5. Librarian
6. Warden

  
PRINCIPAL  
**Dr. M.S. RAVIKUMAR**  
Principal  
PSN ENGINEERING COLLEGE  
Melathediyoor, Palayamkottai  
Tirunelveli - 627 152



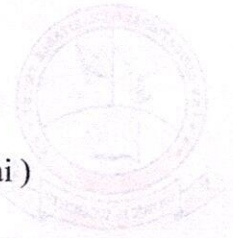


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## REPORT FOR VARIOUS TECHNIQUES TO MAINTAIN STRESS LESS LIFE

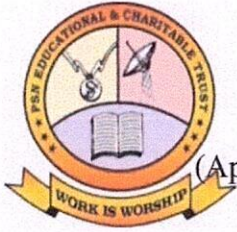
Name of the Program	<b>STRESS LESS LIFE</b>
Conducted on	30 <sup>th</sup> AUG 2018
Duration	1 Day
Venue	Seminar Hall, PSN Engineering College, Melathediyoor
Number of Participates	120
Dept/Year/Semester	Students from PSN Engineering Colleges
Keynote Speakers Details	<b>Mr.Robin Assistant Professor Of Computer Science, Sara Tucker Arts and Science College, Palayamkottai.</b>
Objectives of the Career Guidance	The objective of help a student to understand our stress patterns and identify the most effective ways to manage them.

Guest Lecture was organized by the Department of Information Technology on 30<sup>th</sup> AUG 2018. Director **Dr.N.PRABHU**, HOD **Mr.J.JUSTIN SAMUVEL**, Chief Guest **Mr.ROBIN**, Assistant Professor Of The Department Of Computer Science, **SARA Tucker Arts & Science College, Palayamkottai** along with our Staff.

Guest Lecture was started with TamilThai Vazhthu Continued by Welcome address, Felicitation Address and then Our Guest **Mr.ROBIN** (Assistant Professor) gave a wonderful thought on the topic "**VARIOUS TECHNIQUES TO MAINTAIN STRESS LESS LIFE**".

This topic is needed for this current scenario. Student gained more knowledge that how to reduce stress. Guest Lecture was done by National Anthem.



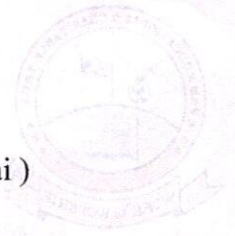


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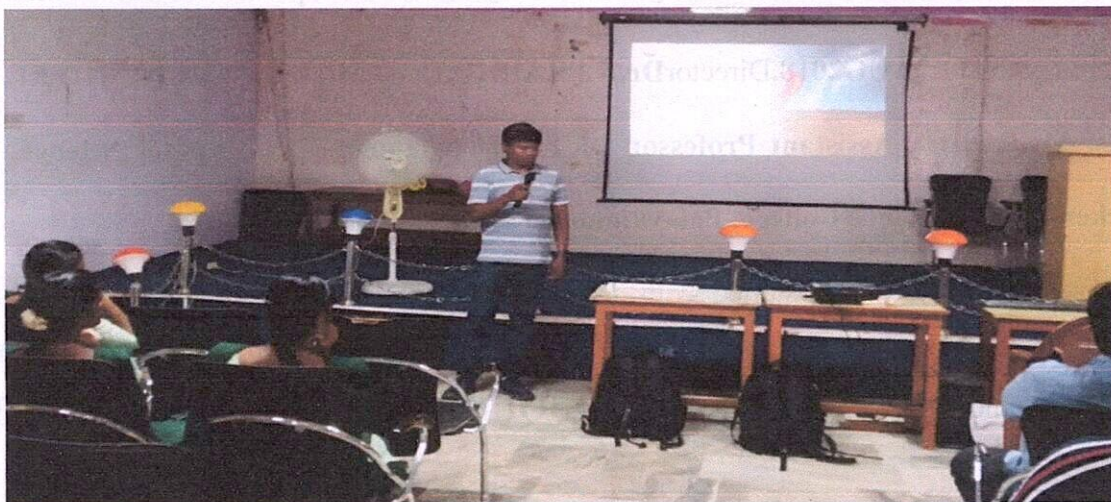


## DEPARTMENT OF INFORMATION TECHNOLOGY ENGINEERING

Photo copies:

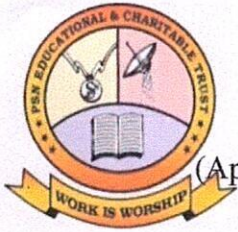


❖ *The guest delivered a special talk on 6 ways to Manage Stress Lead a Stress-Free life guest lecture conducted on 30<sup>th</sup> AUG -2018.*



❖ *The student actively participated in guest lecture conducted on 30<sup>th</sup> AUG-2018*





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## DEPARTMENT OF INFORMATION TECHNOLOGY ENGINEERING

### SUMMARY :

1. Guest Lecture on “**Various Techniques to Maintain Stress Less Life**” was successfully conducted in Department of IT on **30<sup>th</sup> AUGUST 2018**.
2. Speaker **Mr. Robin, Assistant Professor Of Computer Science, Sara Tucker Arts and Science College, Palayamkottai**. Explained about the importance and Objective of understand our stress patterns.
3. Students Gained More Knowledge That How To Reduce Stress.

*[Signature]*  
7/19/2018  
In-charge

*[Signature]*  
7/19/2018  
Coordinator

*[Signature]*  
7/19/2018  
Director

(IQAC)  
**DIRECTOR**  
**IQAC**

*[Signature]*  
Principal  
**Dr. M.S. RAVIKUMAR**  
Principal  
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