

Theni Melapettai Hindu Nadargal Uravinmurai



NADAR SARASWATHI COLLEGE OF ENGINEERING & TECHNOLOGY



Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai,
Vadapudupatti, Annanji(po), Theni-625531.

Department of Computer Science and Engineering Organizes Webinar on “Stress Management for Achieving Personal & Professional Success”



MHRD'S
INNOVATION CELL
(GOVERNMENT OF INDIA)



INSTITUTION'S
INNOVATION
COUNCIL
(Ministry of HRD Initiative)

D.K.CHAKRADEV

Assistant Professor (Comm Skills.,)
Department of Applied Sciences and Humanities
M.C.T's Rajiv Gandhi Institute of Technology,
Mumbai.

DATE : 08th Aug 2020 For Students, Academicians &
TIME : 04.00 PM to 05:00 PM Research Scholars

For Registration
<https://bit.ly/3fhJ6r6>

With Regards

Mr.K.P.R.Murugan,B.B.A.,BGL.,
President, TMHNU.

Mr.T.Rajamohan,B.Sc.,
General Secretary, TMHNU.

Mr.M.Palaniappan
Treasurer, TMHNU.

Mr.K.S. Kasi Prabhu, B.Sc.,
Secretary, NSCET.

Mr.A.Rajkumar, B.B.A.,
Joint Secretary, NSCET.

Dr.C.Mathalai Sundaram, M.E., MBA., Ph.D.,
Principal, NSCET.

Dr. C. MATHALAI SUNDARAM, M.E.,M.B.A.,Ph.D.,
Principal
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Engineering and Technology
Vadapudupatti, Theni-625 531.



THENI MELAPETTAI HINDU NADARGAL URAVINMURAI



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Vadapudupatti, Annanji (po), Theni - 625 531,
Tamilnadu, India.

Cir. No: NSCET/Cir/2020-21/EDC-002

Date: 06.08.2020

Circular

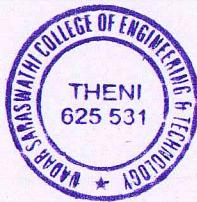
We are delighted to announce that our college is organizing a **Webinar on Stress Management for Achieving Personal and Professional Success** scheduled to take place on **08.08.2020**. This event promises to be an enriching experience, offering **Stress coping mechanisms, balancing personal and professional life**. We strongly encourage the participation of both faculty and students to maximize the advantages of this program.

Your attendance and engagement will contribute significantly to the success of the event and provide invaluable insights and learning opportunities. We encourage everyone to take advantage of this occasion.

Dr. C. Mathalai Sundaram
Principal

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Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai
Vadapudupatti, Annanji (po), Theni - 625 531,
Tamilnadu, India.

Date: 04.08.2020

To

Mr. D.K.Chakradev,
Assistant Professor(Communication Skills),
Dept. of Applied Sciences and Humanities,
M.C.T's Rajiv Gandhi Institute of Technology,
Mumbai.

Sir

Subject: Requesting for acceptance to act as resource person – reg.

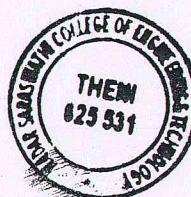
Nadar Saraswathi College of Engineering and Technology is organizing Webniar on "Stress Management for Achieving Personal and Professional Success" on 08.08.2020. In this regard we request you to felicitate the program by delivering an expert talk as mentioned below.

S. No.	Date	Time	Topic
1	08.08.2020	04.00 PM-05.00 PM	Webniar on "Stress Management for Achieving Personal and Professional Success"

Kindly acknowledge this letter to confirm your acceptance and do the needful.

Mari ——————
04/08/20
PRINCIPAL

Dr. C. MATHALAI SUNDARAM, M.E., M.B.A., Ph.D.,
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Mari ✓
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Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai
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Date: 08.08.2020

To

Mr. D.K.Chakradev,
Assistant Professor(Communication Skills),
Dept. of Applied Sciences and Humanities,
M.C.T's Rajiv Gandhi Institute of Technology,
Mumbai.

Dear Sir,

Sub: Thanks Letter – Reg.

With Great Pleasure, on behalf of Nadar Saraswathi College of Engineering and Technology, Theni. We express our sincere gratitude for felicitate the program by delivering an expert talk on webinar entitled "Stress Management for Achieving Personal and Professional Success" on 08.08.2020 Your Presence makes the event a great success, we really grateful for your kind expecting the same for the upcoming years.

Thank you,

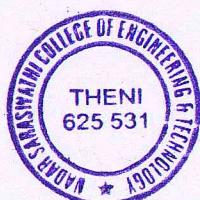
With regards,

Principal

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Chief Guest Profile

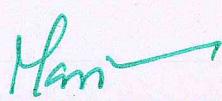


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D.K.Chakradev has been working as an effective knowledge worker since 2004. He is pursuing his doctoral degree in Literature from S.R.T.M.U.Nanded, holds a master's degree in English, a post Graduate Diploma in Mass Communication from a private institution (AIIMS, CHENNAI), a Diploma in Human Resource Management (Welingkar –DDE-MUMBAI) and Post Graduate Diploma in Instructional Design (Symbiosis, SCGL-PUNE). He is certified Psychological and Career Counsellor and a well-known Life coach. Moreover, He is trilingual academic and creative writer as well as a motivational speaker. His clients and students view him as friend, philosopher and guide. During 1998-2005, he delivered more than 400 speeches/ discourses at various spiritual and social gatherings in several places of Maharashtra. Since his appointment as a faculty member in communication skills, he devoted his life for student welfare and universal welfare.

Prof. Chakradev is known for his lifelong learning attitude and veteran professionalism. As a free-lance psychological counselor, dedicated life coach and soft skills trainer, he is nurturing effective knowledge and research culture. He has committed himself for enabling students and professionals to lead a happy, meaningful and successful life.




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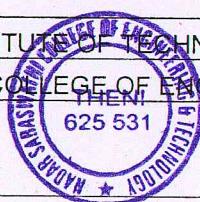

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VADAPUDUPATTI, THENI.

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KSHMI		NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY	Better
neshwari.K		Nadar saraswathi college of engineering and technology	Better
HINA			
UMAR		RISE KRISHNA SAI POLYTECHNIC COLLEGE	Good
D ZEESHAN		INSTITUTE OF PROFESSIONAL EXCELLENCE AND MANAGEMENT	Best
YA		MAULANA AZAD NATIONAL UNIVERSITY, HYDERABAD	Best
RI		KAMARAJ COLLEGE OF ENGINEERING AND TECHNOLOGY	Good
		NADAR SARASWATHI COLLEGE OF ENGINEERING & TECHNOLOGY	Good
HMISURESH		SJC INSTITUTE OF TECHNOLOGY	Best
MAR N		DR MGR EDUCATIONAL AND RESEARCH INSTITUTE, CHENNAI	Best
DUGULA		RAJIV GANDHI UNIVERSITY OF KNOWLEDGE TECHNOLOGIES, RK VALLEY	Good
'UNA			
MAR		GAYA COLLEGE OF ENGINEERING,GAYA	Best
RMA		Prestige Institute of Management Dewas	Good
REETHY		BHARATHIAR UNIVERSITY, COIMBATORE	Good
AKI V		NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY	Good
A G		NADAR SARASWATHI COLLAGE OF ENGINEERING AND TECNOLOGY	Best
N		UNIVERSITI SAINS MALAYSIA	Best
SHEKHAR		RAJKIYA ENGINEERING COLLEGE, AMBEDKAR NAGAR	Best
VILAS		SIES COLLEGE OF ASC, SION	Best
RAJESH		CHRIST COLLEGE IRINJALAKUDA, THRISSUR DISTRICT, KERALA	Best
		NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY	Good
AKSHMI		NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY	Good
BAL p.hd scholar		annamalai university	Good
HEEN		INDIRA PRIYADHARSHINI GOVERNMENT DEGREE COLLEGE FOR WOMENS.	Best
BAL		SNDT SMART CENTER	Good
S		Sri Kanyaka Parameswari Arts College for Women	Best



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	TECHNOLOGY	
GAYATHRI KJ	CHRIST COLLEGE AUTONOMOUS IJK	Good
DHANJAN CHAKRABORTY	ELITTE COLLEGE OF ENGINEERING	Good
ASHNAVI DEEPAK JUMBHAR	SIES(NERUL)COLLEGE OF ARTS,SCIENCE AND COMMERCE	Best
RUMAKANT ARJUN HARMIK	CCOEW	Better
DEVI S	SAVEETHA COLLEGE OF ALLIED HEALTH SCIENCES	Best
SHITA BHATIA	BIRBAL SAHNI INSTITUTE OF PALAEOSCIENCES	Good
IMA	AMITY UNIVERSITY, NOIDA	Best
RISHNAPRIYA V	NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY	Best
RA MOHAN	COLLEGE OF APPLIED SCIENCE ADOOR	Better
DEEP R	INSTITUTE OF ROAD AND TRANSPORT TECHNOLOGY , ERODE	Best
UKUMAR RMA	DR CVRU KOTA BILASPUR (C.G.)	Best
SAVARAO	PRIYadarshini INSTITUTE OF TECHNOLOGY	Best
KA RAHU	LOVELY PROFESSIONAL UNIVERSITY	Good
A VALLI	NADAR SARASWATHI COLLEGE OF ARTS AND SCIENCE, THENI.	Good
ETHA	NADAR SARASWATHI COLLAGE OF ARTS & SCIENCE,THENI	Good
PRANI S	SRI KRISHNA ARTS AND SCIENCE COLLEGE	Best
	THANTHAI PERIYAR GOVT INSTITUTE OF TECHNOLOGY	Good
RINIVAS M	S NIJALINGAPPA PU COLLEGE	Better
F SALAN	LITTLE OXFORD NURSERY	Best
	NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY	Good
IANI	PSG COLLEGE OF ARTS AND SCIENCE, COIMBATORE	Good
IL MANI	PRIYadarshini INSTITUTE OF TECHNOLOGY & SCIENCE FOR WOMENS	Good
HARMA	ALL INDIA SHRI SHIVAJI MEMORIAL SOCIETY	Good
S	Nadar Saraswathi College of Arts and Science	Better
RI PATEL	R.N.G.PATEL INSTITUTE OF TECHNOLOGY	Good
KSHMI	NADAR COLLEGE OF ARTS AND SCIENCE, THENI.	Good
REE	SIKKIM UNIVERSITY	Best
EPAYAN	SUPREME KNOWLEDGE FOUNDATION GROUP OF INSTITUTIONS	Best
DAV	DAYALBAGH EDUCATIONAL INSTITUTE, AGRA	Good
AR	SHARNBASVA UNIVERSITY KALABURAGI	Best
AO VEGI	INSTITUTE OF AERONAUTICAL ENGINEERING, DUNDIGAL, HYDERABAD	Good
	THANTHAI PERIYAR GOVERNMENT INSTITUTE OF TECHNOLOGY	Good
NAM N	NADAR SARASWATHI COLLEGE OF ENGINEERING AND TECHNOLOGY	Good
OEO PATIL	R.C.PATEL D.ED. COLLEGE SHIRPUR DIS.DHULE	Better
NI KUMAR	ROLAND ISTITUTE OF PHARMACEUTICAL SCIENCES	Better
A	G. VENKATASWAMY NAIDU COLLEGE	Best
	NADAR SARASWATHI COLLEGE OF ARTS AND SCIENCE	Best
T SHARMA	AIC NALIHUSSAINPUR, HAPUR	Best



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Vadapudupatti, Annanji (po), Theni - 625 531,
Tamilnadu, India.



Mr.C Prathap(HOD/CSE) addressing the gathering through Zoom (online Platform) during the Webinar on Stress Management for Achieving Personal and Professional Success on 08.08.2020.



Mr.Dnyaneswar Kishanrao Chakradev addressing the gathering through Zoom (online Platform) during the Webinar on Stress Management for Achieving Personal and Professional Success on 08.08.2020.

[Signature]
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"Stress Management for Achieving Personal and Professional Success"

NATURE & CONCEPT OF STRESS
NEED FOR LEARNING/EXPLORING THE WORLD OF STRESS MANAGEMENT
DISCOVERING & ENLISTING OUR STRESSORS
TIPS/RECOMMENDATIONS FOR EFFECTIVE STRESS MANAGEMENT
DISCUSSION-Q&A

DNYANESHW...

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

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EVERYTHING CAN BE TAKEN FROM A MAN BUT ONE THING: THE LAST OF THE HUMAN FREEDOMS— TO CHOOSE ONE'S ATTITUDE IN ANY GIVEN SET OF CIRCUMSTANCES, TO CHOOSE ONE'S OWN WAY .

VIKTOR FRANKL
MAN'S SEARCH FOR MEANING

Zoom

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Mr.Dnyaneswar Kishanrao Chakradev during the course of his expertise talk through Zoom (online Platform) on the Webinar on Stress Management for Achieving Personal and Professional Success on 08.08.2020.



Mary
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