

Report for Power of Tranquil Mind– Life Skills (2023-2024)

Invitation:



**St. Joseph's College of Arts and Science for
Women, Hosur**



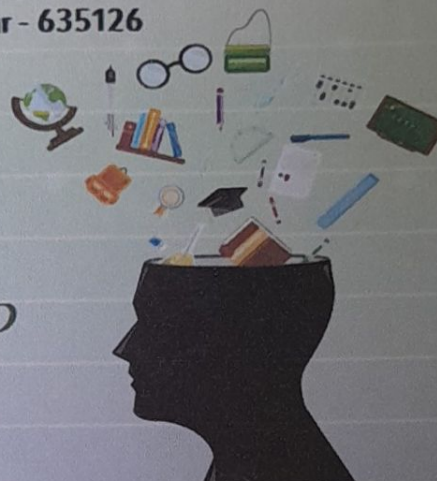
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur - 635126

Department of English

Organises a
Life Skill Activity

On
POWER OF TRANQUIL MIND

Date : 16.12.2023

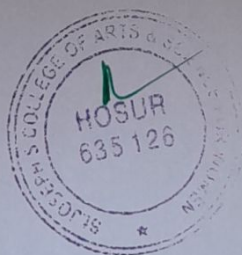
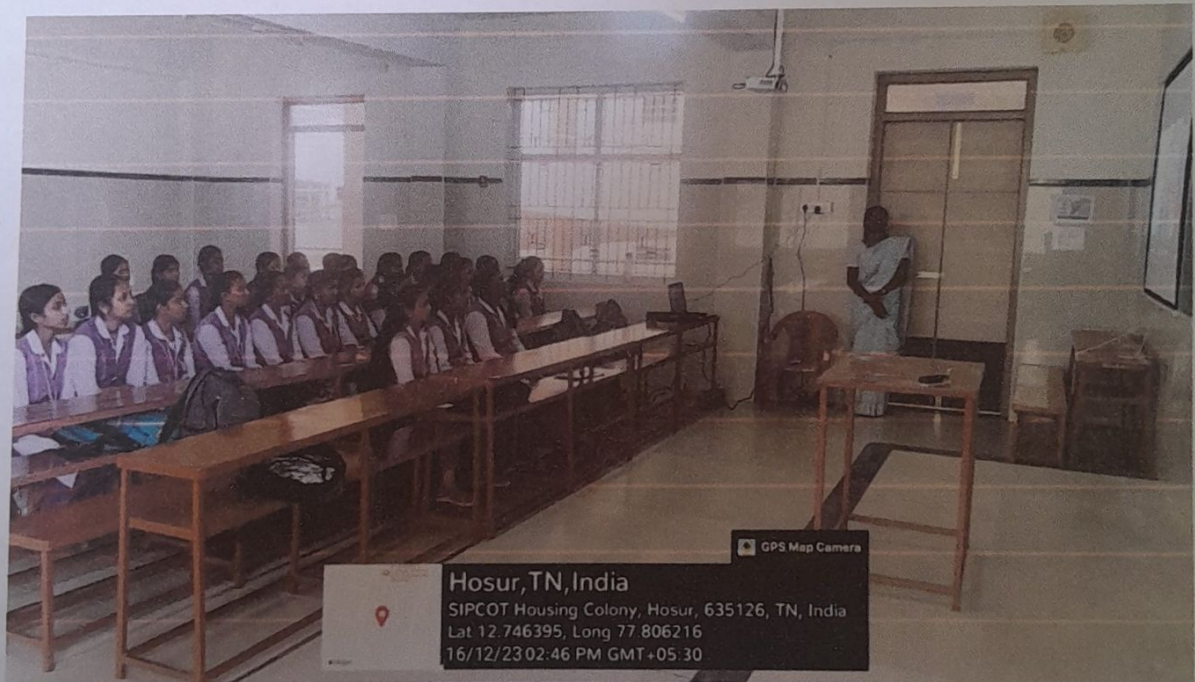


Date : 16.12.2023
Resource Person : Dr. Mehar Nithya, Ph.D
Founder: Calmscious- Meditation
Class : II B.A
No of Beneficiaries : 35

Report:

The Life Skills activity on the Power of Tranquil Mind, organized by the Department of English for II B.A students, featured Dr. Mehar Nithya as the resource person. Dr. Mehar Nithya, an expert in mindfulness and mental well-being, guided students through a transformative session emphasizing the importance of cultivating a tranquil mind in navigating life's challenges. The workshop explored practical techniques such as meditation, deep breathing, and mindfulness exercises, equipping students with valuable tools to enhance their emotional resilience and cognitive abilities. Dr Mehar Nithya's insightful teachings encouraged students to embrace a holistic approach to personal development, emphasizing the interconnection between mental well-being and academic success. The session also addressed stress management and effective communication skills, imparting essential life skills crucial for their academic and professional journey. Overall, the Life Skills activity provided a meaningful platform for students to foster self-awareness and develop strategies for maintaining a balanced and tranquil mind in the face of academic and personal pressures.





St. Joseph's College of Arts and Science for Women, Hosur

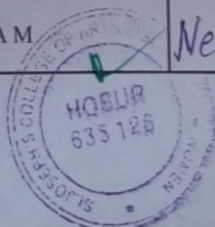
DEPARTMENT OF ENGLISH

Life Skills Programme- Attendance for Power of Tranquil Mind

CLASS: II B.A ENGLISH

DATE : 16.12.2023

S. NO	Reg.No	Name	Feedback	Signature
1	C22UG152ENG002	AFRIN A	interesting	Afrin. A
2	C22UG152ENG003	ANKITHA N	Nice	N. Ankittha.
3	C22UG152ENG004	ANNAPOORANI P	Good	P. Annapoorani
4	C22UG152ENG005	ANUSHA B	Excellent	Anusha. B
5	C22UG152ENG006	ASMA ANJUM	Interesting	Asma Anjum
6	C22UG152ENG007	BAVYA SHREE N	-	AB
7	C22UG152ENG009	DHANUSREE V	Good	Dhanusree. V
8	C22UG152ENG010	DHARSHINI PRIYA S S	It was useful	Dharshini. Priya. S.S
9	C22UG152ENG011	DISHA MANJUNATH	It was interesting	Disha Manjunath
10	C22UG152ENG012	FLORA LANCY T	Nice	Flora Lancy. T
11	C22UG152ENG013	GOMATHI V	It was useful	V. Gomathi
12	C22UG152ENG014	JAMUNA M	It was good	Jamuna. M.
13	C22UG152ENG015	KAVIYA V	Excellent	V. K.
14	C22UG152ENG016	KAVYA N	It was useful	Kavya. N
15	C22UG152ENG017	KUMUDHA M	Excellent	Kumudha. M
16	C22UG152ENG018	LAKSHMI M	very useful	Lakshmi. m
17	C22UG152ENG019	LAKSHMI S	It was nice	S. L.
18	C22UG152ENG021	MANJULA G	It is good	manjula. G
19	C22UG152ENG022	MONIKA A	It is good.	A. Monika
20	C22UG152ENG023	NANDHINI B	It was useful	B. Nandhini
21	C22UG152ENG024	OVIYA S	It was interesting	oviya. s
22	C22UG152ENG025	RANJITHA M	Need another session	Ranjitha. M.



23	C22UG152ENG026	RUBASRI S	It is useful	S. Rubasee
24	C22UG152ENG028	SANGEETHA B	—	AB
25	C22UG152ENG029	SHALINI S	It is interesting	Shalini S
26	C22UG152ENG030	SHIFA KHANAM P	It was useful	P. Shifa Khanam
27	C22UG152ENG031	SHILPA R	It is good	Shilpa R
28	C22UG152ENG032	SHILPA SREE J	—	AB
29	C22UG152ENG033	SIDDIQUA M	—	AB
30	C22UG152ENG034	SOWJANYA C	It was nice	C. Sowjanya
31	C22UG152ENG035	SUGANYA R	Very Useful	R. Suganya
32	C22UG152ENG036	SWETHA S	It was Interesting	Swetha S
33	C22UG152ENG037	TASMIYA A	It was useful	A. Tasmiya
34	C22UG152ENG038	VISHALI S	It was useful	S. Vishali
35	C22UG152ENG039	YASODHA A	It is useful	Yasodha A

J. P. K.

SIGNATURE OF THE HOD
Head and Assistant Professor
Department of English
St. Joseph's College of Arts and Science for Women
SIPCOT, Hosur - 635 126.



[Signature]

SIGNATURE OF THE PRINCIPAL

PRINCIPAL
ST. JOSEPH'S COLLEGE OF ARTS
& SCIENCE FOR WOMEN
Mookandapalli, SIPCOT,
HOSUR - 635 126, Krishnagiri - Dist.

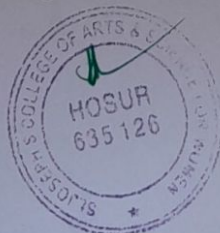
**Report for Stress Management– Life Skill
(2023-2024)**

Invitation:

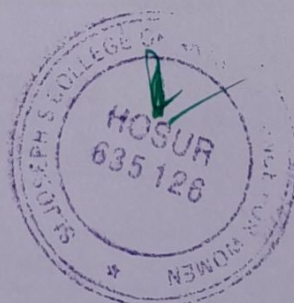
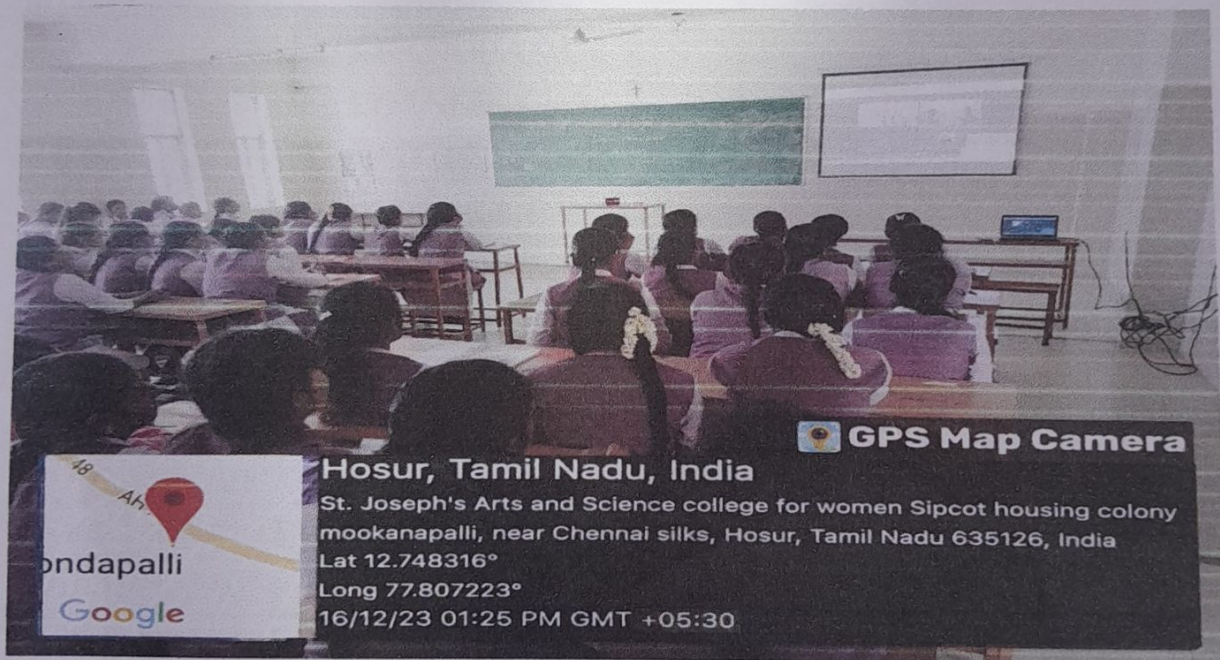


Date : 16.12.2023
Resource Person : Dr. Mehar Nithyan,
Founder : Calmscious - Meditation
Class : III B. COM (CA) 'A'
No of Beneficiaries : 59

Report: Dr. Mehar Nithyan, Founder: Calmscious - Meditation, spearheaded a dynamic Life Skills activity for III B.COM (CA) 'A' students on Stress Management. Through engaging Stress management offers a range of ways to help you better deal with stress and difficulty, also called adversity, in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a difficult event. Dr. Mehar Nithyan expertise and interactive approach Stress is an automatic physical, mental and emotional response to a difficult event. It's a common part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen your quality of life.



Photos:



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

STRESS MANAGEMENT

ATTENDANCE SHEET

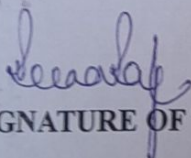
CLASS:III B.COM (CA)'A'

DATE:16.12.2023

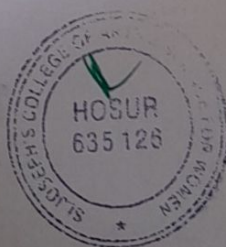
S.N O	REG.NO	NAME OF THE STUDENT	FEEDBACK	SIGNATURE OF THE STUDENT
1	20UCC3181	AFREEN.A	Excellent	Afreen.A
2	20UCC3207	GAGANA SHREE .M	Excellent	Gaganashree
3	C21UG152CCA001	ABINAYA.M	Good	Abinaya.M
4	C21UG152CCA002	AKSHARA.R.R	Knowledgeable	Akshara
5	C21UG152CCA003	AKSHITHA.M	Good	Akshitha
6	C21UG152CCA005	ARCHANA.S		A A A
7	C21UG152CCA006	ARUL JOTHI.G	Knowledgeable	Arul Jothi
8	C21UG152CCA007	ARUNDHADHI.S	Informative	Arundhadhi
9	C21UG152CCA008	BANU PRIYA.V	Bad	Banu Priya
10	C21UG152CCA009	BHAVANA.N	Good	Bhavana
11	C21UG152CCA010	BHAVANI.S	Informative	S. Bhavani
12	C21UG152CCA011	BINDHUSHREE BAI		A A A
13	C21UG152CCA012	CHAITHRA.P	Excellent	Chaitra P.
14	C21UG152CCA013	CHANDHANA.S	Good	S. Chandhana
15	C21UG152CCA014	CHANDHANA.K.S	Nice	K.S. Chandhana
16	C21UG152CCA015	CHANDRIKA.V	Good	Chandrika
17	C21UG152CCA016	CHITHRA.N	Informative	Chithra
18	C21UG152CCA017	DEEKSHA.T	Good	Deeksha
19	C21UG152CCA018	DEEPIKA.M	Good	M. Deepika
20	C21UG152CCA019	DEEPIKA.R	Excellent	R. Deepika
21	C21UG152CCA020	DHANU SREE.M	Good	Dhanu sree
22	C21UG152CCA021	DHARSHINI.T	Very nice	Dharshini
23	C21UG152CCA022	DIVYA SAMPANGI	Good	S. Divya
24	C21UG152CCA023	DIVYA SURESH	Excellent	S. Divya
25	C21UG152CCA024	DIVYA SRI. S	Informative	S. Divya Sri
26	C21UG152CCA025	EVANJELINE MARY.L	Average	Evangelina Mary
27	C21UG152CCA026	GEETHANJALI.V		A A A
28	C21UG152CCA027	GOKULAPRIYANKA.N	Good	N. Gokula priyanka
29	C21UG152CCA028	GUNA.S	Bad	S. Guna
30	C21UG152CCA029	HARSHITHA.M	Nice	M. Harshitha
31	C21UG152CCA030	HARSHITHA.S	Excellent	S. Harshitha
32	C21UG152CCA031	HEMA.M	Good	Hema
33	C21UG152CCA032	HEMAVATHI.A	Average	Hemavathi
34	C21UG152CCA033	INDHIRA.R	Nice	Indhira R
35	C21UG152CCA034	INDHUMATHI.T	Informative	Indhumathi
36	C21UG152CCA036	JAYA SRI.M	Good	Jayam




37	C21UG152CCA037	JAYANTHI.K	Informative	Jayanthi.K
38	C21UG152CCA038	KALANJALI.C	Good	Kalanjali
39	C21UG152CCA039	KAMATCHI.S	Average	Kamatchi.S
40	C21UG152CCA040	KANIMOZHI.K	Nice	Kanani
41	C21UG152CCA041	KASTHURI.R	Bad	Kasthuri
42	C21UG152CCA042	KAVIYA.M	Good	Kaviya
43	C21UG152CCA043	KAVIYA.M	Informative	Kaviya.M
44	C21UG152CCA044	KAVIYA.S	Nice	Kaviya
45	C21UG152CCA045	KOWSALYA.M	Knowledgeable	Kowsalya
46	C21UG152CCA046	LAKSHMI.KJ	Good	Lakshmi
47	C21UG152CCA047	LAVANYA.B	Nice	Lavanya.B
48	C21UG152CCA048	LAVANYA.M	Good	Lavanya.M
49	C21UG152CCA049	LAVANYA.S	Good	Lavanya.S
50	C21UG152CCA050	MADHUMITHA.R	—	A.A.A
51	C21UG152CCA052	MAKPUL AYISHA.S	—	A.A.A
52	C21UG152CCA054	MELCIYA.J.S	Excellent	Melciya.J.S
53	C21UG152CCA055	MONIKA.D	Informative	Monika
54	C21UG152CCA056	MONIKA.V	Bad	Monika.V
55	C21UG152CCA057	MONISHA.N	Average	Monisha
56	C21UG152CCA058	MOUNISHA.A	Good	Mounisha.A
57	C21UG152CCA060	NANDHINI.S	Informative	Nandhini
58	C21UG152CCA061	NETHRA.V	Good	Nethra.V
59	18UCC5712	BHAVANI S	Average	Bhavani.S


SIGNATURE OF THE HOD

Head and Assistant Professor
Department of Commerce
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