

#### SAPTHAGIRI COLLEGE OF ENGINEERING

(Affiliated to VTU, Belagavi and approved by AICTE, New Delhi)

### **P**ARIVARTHANA

## STUDENT COUNSELING COMMITTEE ACADEMIC YEAR 2018-19

Date: 20/09/2018

#### **CIRCULAR**

All the Students are hereby informed about **PARIVARTHANA** (Student Counseling Committee) is conducting an pick and speak on "**STRESS MANAGEMENT**" on 21-09-2018. Interested Students can register their names with Prof Anuradha Badage, Assistant Professor, Department of Computer Science Engineering.

Convener

Copy to

- 1. The office of the Principal
- 2. HODs: CSE/ECE/EEE/IS/ME/CV/BT/PHYCHE/MATH



#### SAPTHAGIRI COLLEGE OF ENGINEERING

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#### **Student Counselling Committee**

"Parivarthana" organises

Pick and Speak event 2018-19 (ODD SEM)

Following are the details of conduction of Pick and Speak event with the 1<sup>st</sup> year students of Sapthagiri College of Engineering. The Student Counselling Committee had organized Pick and Speak event on 21-09-2018. The "pick and speak " event was successfully organised by Sapthagiri College of engineering, in association with Student Counselling committee on 21-9-2018 in seminar hall ,Faraday block. 25 students participated in the event, from the all the department.

The convener of Student counselling committee Prof. Anuradha Badage Presided the event. In the event, students had to select a topic from the set of topics to give a three minute presentation on the same without any preparation. The event lasted for about one hour, with the students for the topics like Creative problem solving, Interpersonal and intrapersonal communication, stress management. Etc. The event was an attempt to instill a sense of spontaneity in the students, and helps them overcome their Inhibitions about public speaking.



Students participated in pick and speak event

Principal
Sapthegiri College of Engineering
Chikkesandre, Hesaregnatta Road,
Eangalore-560 057

Principal
Sapthagiri College of Engineering
Chikkesandra, Hessraghatta Road

Bangalore- 560 057



Sapthagiri College of Engineering
(Affiliated to Visvesvaraya Technological University, Belagavi& Approved by AICTE, New Delhi)
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#### STUDENT COUNCELLING COMMITTEE-"PARIVARTHANA"

ATTENDANCE SHEET

DATE: 21-09-2018

DAY: Friday

The following students were present for the "PICK AND SPEAK "event.

Sl. No.	Student Name	Student Signature
4	Sus honither.c	
2	Balasi A	Band
<u>કે</u> 3	Bibaua -S	
14	Christon N	Charat)
1 <del>4</del> 5	Shreya	Sheliger
6	Sneway V	Swehn
7	Mahalakshmi BR	(BKATA)
8	Shivam kamas	Bullin
9	Rakesh N	NK
10	Nishank V	Jan Mary
11	Shariath. K.R	shianth,
12	Rahul	1 orange
13	Sharanya	ann.
14	Kakesh N	
15	SMeho	
16	Samyama S	
17	Sowmya	
18	Ankita Shamma	Thomas
19	Spoortri	Minorikum
20	Margo Kuman	Zan y
21	Shrivanshini	
22	Thankan 1	
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24	Modhunima Acharya	
25	suhan	
		1200

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# Sapthagiri College of Engineering

Bangalore-560057

## "PARIVARTHANA"

### Certificate of Participation

This is to certify that Mr. /	Ms. SAMYAMA.S
OfEEE	has participated in the Pick and Speak
competition on "Stress Man	agement" held on 21th September 2018 organized
by the Student Counseling	Committee, Sapthagiri College of Engineering,
Bangalore	

Convener

Sapthagiri College of Engineering 14/5, Chikkasandra, Hesaraghatta Bengaluru - 560 05



## Sapthagiri College of Engineering

Bangalore-560057

## "PARIVARTHANA"

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of	has participated in the Pick and Spea	k
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by the Student Counsel	ling Committee, Sapthagiri College of Engineering	7,
Bangalore		

Convener

Sapthagifi College of Engineering 14/5, Chikkasandra, Hesaraghatta Managad Bengaluru - 560 057