



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

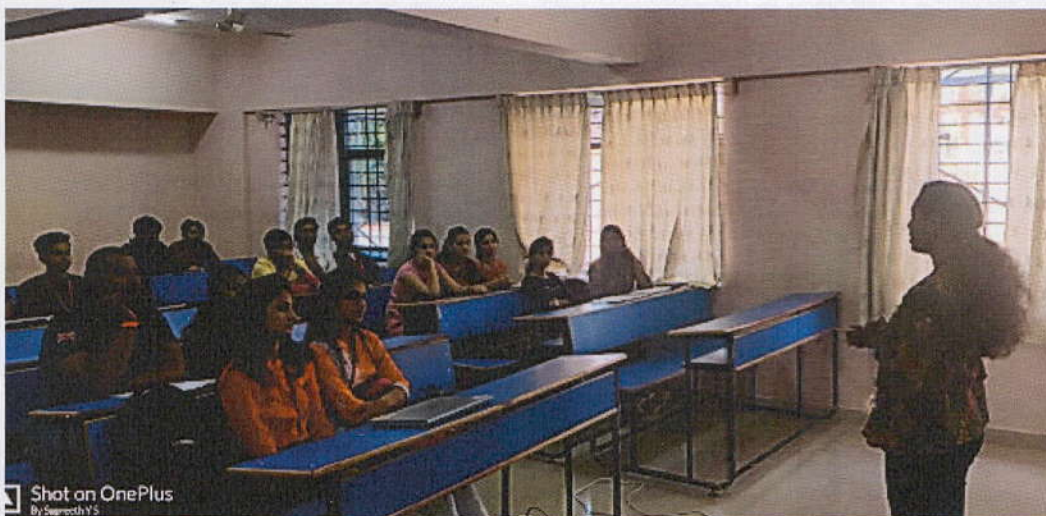
## Student Counselling Committee

“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*

  
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Chikkasandra, Hesaraghatta Road  
Bangalore- 560 057

  
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# Sapthagiri College of Engineering

Bangalore-560057

## "PARIVARTHANA"

### Certificate of Participation

This is to certify that Mr. /Ms. SAMYAMA . S

Of EEE has participated in the Pick and Speak competition on "*Stress Management*" held on 21<sup>st</sup> September 2018 organized by the Student Counseling Committee, Sapthagiri College of Engineering, Bangalore

  
Convener

  
Principal  
Sapthagiri College of Engineering  
14/5, Chikkasandra, Hesaraghatta  
Bangaluru - 560 067



# Sapthagiri College of Engineering

Bangalore-560057

## “PARIVARTHANA”

### Certificate of Participation

This is to certify that Mr. /Ms. SHRUSTI . R  
Of I S E has participated in the Pick and Speak  
competition on “*Stress Management*” held on 21<sup>st</sup> September 2018 organized  
by the Student Counseling Committee, Sapthagiri College of Engineering,  
Bangalore

  
Convener

  
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