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THANJAVUR – 613 403 - TAMILNADU

DEPARTEMNT OF CIVIL ENGINEERING

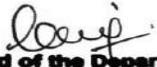
PRIST/E&T/CIVIL/22-23/14

Date: 04.10.2022

CIRCULAR

SUB: Yoga and Exercises Awareness Programme

It is informed that a **Yoga and Exercises Awareness Programme** be arranged by the Department of Electronics and Communication Engineering on 06.10.2022 for the academic year 2022-2023 . Heads of the departments are requested to inform their students about the **Yoga and Exercises Awareness Programme** and motivate them to attend the class .HODs are also requested to nominate one faculty member to co-ordinate the same.


Head of the Department
Department of Civil Engineering
Ponnaiyah Ramajayam Institute of
Science & Technology (Prist)
(Institution Deemed to be University
U/s 3 of the UGC Act 1956)
THANJAVUR - 613 403, TAMILNADU.

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2. Hon'ble Vice Chancellor (for your kind information)
3. The Registrar
4. Registrar Office
5. HODs – CSE / ECE / EEE / Mech
6. Notice Board
7. File


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DEAN
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Deemed to be University
Valuram, Thanjavur-613 403.



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SCHOOL OF ENGINEERING & TECHNOLOGY
DEPARTMENT OF CIVIL ENGINEERING

YOGA AND EXERCISES AWARENESS PROGRAMME

Date: 06.10.2022

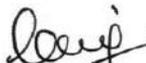
S.NO	REG.NO	NAME OF THE STUDENTS	ATTENDANCE
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2	1901CV1002	HARI PRASATH R	P
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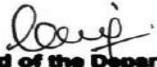
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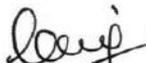
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Date: 20.10.2022

SCHOOL OF ENGINEERING & TECHNOLOGY

Department of Mechanical Engineering

CIRCULAR

SUB: Life Skills-Entrepreneur Development- Reg

It is informed that Entrepreneur Development will be conducted by Department of Mechanical Engineering for the academic year 2022-2023. The detailed schedule will be given by the departments.

All departments are requested to inform their students about the Entrepreneur Development and motivate them to attend the session.

Name of Resource Person : Mr.VIVEK / Managing Director,

Addisewise Education Consultancy ,Thanjavur

Date : 04.11.2022

Venue : Lecture hall 2.

Timing : 10.00 A.M to 4.00 P.M

HOD

Department of Mechanical Engineering
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LIFE SKILLS-ENTREPRENEUR DEVELOPMENT
YEAR(2022-2023)

STUDENTS NAME LIST

S.NO	REG.NUMBER	NAME	DEPARTMENT
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2	1901ME1005	VIGNESH.K	MECH
3	1901ME1006	SAI GOWTHAM P	MECH
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27	1901ME1030	JAHABAR ALI JAVID AHMED	MECH
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29	1901ME1032	JUNAID RAZA	MECH
30	1901ME1033	KAWSIC .E	MECH
31	1901ME1034	MARIMUTHU .N	MECH
32	2001ME13101	SYED THAMJITH S	MECH
33	2001ME13102	VICTOR AKASH.V	MECH
34	2001ME13103	ANANTHA NAGARAJAN A	MECH
35	2001ME13105	ARAVINTH T	MECH
36	2001ME13106	GOKULAKRISHNAN S	MECH
37	2001ME13107	NILAVAN M	MECH
38	2001ME13108	SIVA ARAVIND D	MECH
39	2001ME13109	ADITHIYAN M	MECH

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62	2101ME13117	SURYA S	MECH
63	2101ME13118	M.Fahim Akthar	MECH
64	2101ME13119	S VIJAYARAJAGOPAL	MECH
65	2101ME13120	A.Arivudurai	MECH
66	2101ME13121	R Subash chandar	MECH
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180	1901CE1009	B.DHEENUL AYESHA	CSE

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231	2001EC1810	PALANIAPPAN A.	ECE
232	2001EC1811	KARTHIKRAJA S.	ECE
233	2001EC1812	BASKAR S	ECE


COORDINATOR


DEAN

DEAN
School of Engineering and Tect.
Ponnaiyah Ramajayam Institute of
Science and Technology (PRIST)
Deemed to be University
Vallam, Thanjavur-613 403.

LIFE SKILLS-ENTREPRENEUR DEVELOPMENT

Mr.Vivek explained all the processes that were involved in "Entrepreneur Development". Entrepreneurship is a subject that refers to designing and running your own business. It is about offering a different and innovative product or a service to targeted customers or maybe changing the traditional ways of consumption of products or services. With technology impacting almost everyone today in every corner of the world, entrepreneurs are making the most of it. It may concern your grocery delivery, taxi services, food delivery, financial services everything is being offered by the new generation entrepreneurs directly on their mobile. In the study of entrepreneurship, one would be reading about how to solve the real problems or the gaps that still exist in the life of people. Not to mention that entrepreneurship is the emerging career option.

7 STEPS TO BECOMING AN ENTREPRENEUR

- Build Your Skill Set and Knowledge Base. No matter what, you want to start and stay curious.
- Build Your Network. No one ever succeeded alone.
- State Your Idea, Claim Your Niche.
- Find and Understand a Market.
- Design Your Business and Idea.
- Secure Finding.
- Build Your Business.



CONCLUSION : The lecture was of great success. It helps students to know about something new and prepare themselves for something innovative & new. The lecture came to an end of thanks by the professor

Lg
HOD

HOD

Department of Mechanical Engineering
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
(Institution Deemed to be University
i/s 3 of the UGC Act 1956)
THANJAVUR - 613 405, TAMIL NADU, INDIA.

PRIST DEEMED TO BE UNIVERSITY
SCHOOL OF ENGINEERING & TECHNOLOGY
LIFE SKILLS-ENTREPRENEUR DEVELOPMENT
YEAR(2022-2023)

ATTENDANCE

TIMING : FN-10.00 am to 12.30 pm
AN-1.30 pm to 4.00 pm

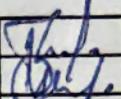
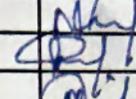
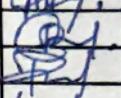
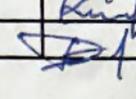
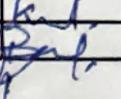
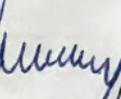
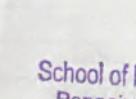
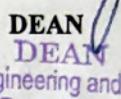
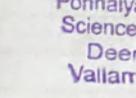
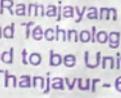
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3	1901ME1006	SAI GOWTHAM P	MECH	SAI	SAI
4	1901ME1007	MUKUNDAN K	MECH	MUKUN	MUKUN
5	1901ME1008	MOHAMED NIFAN M	MECH	MUHAMMAD	MUHAMMAD
6	1901ME1009	YOGESHWARAN.P.L	MECH	YOGESHWARAN	YOGESHWARAN
7	1901ME1010	VISWANATH.K	MECH	VISWANATH	VISWANATH
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18	1901ME1021	AMALA ROOPAN .A	MECH	AMALA	AMALA
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22	1901ME1025	BALAKUMARAN R	MECH	BALAKUMARAN	BALAKUMARAN
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24	1901ME1027	EASVAR PRASAD K.R	MECH	EASVAR	EASVAR
25	1901ME1028	ELAMARAN .S	MECH	ELAMARAN	ELAMARAN
26	1901ME1029	HARIKRISHNAN V	MECH	HARIKRISHNAN	HARIKRISHNAN
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33	2001ME13102	VICTOR AKASH.V	MECH	VICTOR	VICTOR
34	2001ME13103	ANANTHA NAGARAJAN A	MECH	ANANTHA	ANANTHA
35	2001ME13105	ARAVINTH T	MECH	ARAVINTH	ARAVINTH
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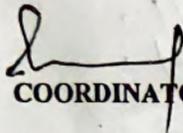
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53	2101ME13107	J.praveen	MECH	J.praveen	
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55	2101ME13110	K.HARI HARAN	MECH	K.HARI HARAN	
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64	2101ME13119	S VIJAYARAJAGOPAL	MECH	S VIJAYARAJAGOPAL	
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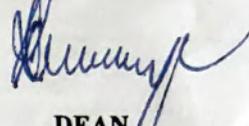
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111	1901EE1014	DHARMALINGAM A	EEE	D	D
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128	1901EE1204	ELAVARASLR	EEE	Elavarasi	Elavarasi
129	1901EE1801	AMARNATH.C	EEE	Amarnath	Amarnath
130	1901EE1802	ARAVINDKRISHNA.A	EEE	Aravind	Aravind

131	1901EE1803	JOHN JUSTIN R	EEE	John Justin	John Justin
132	1901EE1804	MAHESWARAN S	EEE	M	M
133	1901EE1805	MASILAMANI.M	EEE	Mang	Mm
134	1901EE1806	MURUGAN R	EEE	Murugan	Murugan
135	1901EE1807	NAGARASU.C	EEE	Nagarasu	Nagarasu
136	1901EE1808	NEELAMANIMARAN M	EEE	Neela	Neela
137	1901EE1809	RAJA.S	EEE	Raja	Raja
138	1901EE18201	KUMARI.A	EEE	Kumari	Kumari
139	1901EE18202	SELVI.V	EEE	Selvi	Selvi
140	1901EE18203	PRABAVATHI	EEE	Prabavathi	Prabavathi
141	1901EE18204	PRABA R	EEE	Praba	Praba
142	1901EC1001	SELVABHARATHY P.	ECE	Selva	Selva
143	1901EC1002	KARAN PANDIYAN	ECE	Karan	Karan
144	1901EC1003	S. ISWARIYA	ECE	Swariya	Swariya
145	1901EC1004	M. RAJ KUMAR	ECE	Raj	Raj
146	1901EC1005	P. GOKULA KRISHNAN	ECE	Gokula	Gokula
147	1901EC1006	M. F. AHMED RAMEEZ	ECE	Ahmed	Ahmed
148	1901EC1007	ARUN M.	ECE	Arun	Arun
149	1901EC1008	SUDHARSAN.P	ECE	Sudhar	Sudhar
150	1901EC1009	VISWANATHAN.M	ECE	Viswan	Viswan
151	1901EC1010	MURUGANANDHAM.K	ECE	Muruga	Muruga
152	1901EC1011	KARTHIK.P	ECE	Karthik	Karthik
153	1901EC1012	LOGESH.J	ECE	Logesh	Logesh
154	1901EC1013	DEVA DHARSHINI.L	ECE	Deva	Deva
155	1901EC1014	ASHOK KUMAR.R	ECE	Ashok	Ashok
156	1901EC1015	BHUVANESH.K	ECE	Bhuvan	Bhuvan
157	1901EC1016	VIJAY.D	ECE	Vijay	Vijay
158	1901EC1017	PRAGADEESH.T	ECE	Pragade	Pragade
159	1901EC1018	BADRINATH.M	ECE	Badrinath	Badrinath
160	1901EC1019	SINDHUJA.J	ECE	Sindhu	Sindhu
161	1901EC1020	SNEKA.M	ECE	Sneka	Sneka
162	1901EC1021	MITHUN KRISHNA.P	ECE	Mithun	Mithun
163	1901EC1022	GOWRI SANKAR.P	ECE	Gowri	Gowri
164	1901EC1023	SRILAKSHMI.L	ECE	Srilak	Srilak
165	1901EC1029	ASWIN.J	ECE	Aswin	Aswin
166	1901EC1030	SIVALINGAM.T	ECE	Sivalin	Sivalin
167	1901EC1031	ANBUELV.K	ECE	Anbue	Anbue
168	1901EC1032	JANANI.C	ECE	Janani	Janani
169	1901CE1001	GOWTHAMAN D	CSE	Gowtham	Gowtham
170	1901CE1002	DHANESH N	CSE	Dhanesh	Dhanesh
171	1901CE1003	SAMU K	CSE	Samu	Samu
172	1901CE1004	ASHOK KUMAR M	CSE	Ashok	Ashok
173	1901CE1005	SANTHIYA R	CSE	Santhi	Santhi
174	1901CE1007	LEGAN ALFANRO R	CSE	Legan	Legan
175	2001CE13101	SUDHARSON.K	CSE	Sudhar	Sudhar
176	2001CE13201	DEVA SUBITCHA.S	CSE	Deva	Deva
177	2001CE13202	PRATHIPA.G	CSE	Prathi	Prathi

178	1701CE1627	FAHAD	CSE		
179	1901CE1008	B.SABARI PADMANABHAN	CSE		
180	1901CE1009	B.DHEENUL AYESHA	CSE		
181	1901CE1010	S.MOHAMED ABUSHEAK	CSE		
182	1901CE1013	M.DEEPAN	CSE		
183	1904CE1814	INFANT SELVAKUMAR .R	CSE		
184	1904CE1815	KARTHIK R	CSE		
185	1904CE1816	KENUITRENI T	CSE		
186	1904CE1817	RAHUL .R	CSE		
187	1904CE1818	RAMANATHAN .A.N	CSE		
188	1904CE1819	SHAIKH RASHID HUSSAIN	CSE		
189	1904CE1820	RAVI RANJAN KUMAR	CSE		
190	1901CE1021	SARATH KUMAR P	CSE		
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192	1901CE1023	VIVEK SINGH	CSE		
193	1904CE1824	AISHWARYA .M	CSE		
194	1904CE1825	AKSHAYA .S	CSE		
195	1904CE1826	BOWYA .R	CSE		
196	1904CE1827	DHARSHINI .T	CSE		
197	1904CE1828	HARINI AKSHAYAA .K	CSE		
198	1904CE1829	KARUNYA .R	CSE		
199	1904CE1830	MOHANAPRIYA .V	CSE		
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201	1901CE1032	PAVITHRA .P	CSE		
202	1901CE1033	PRIYA .M	CSE		
203	1904CE1834	REWATHI .A	CSE		
204	1904CE1835	SINDHUJA .S	CSE		
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206	1904CE1837	SUGASHINI .K	CSE		
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211	2001CV10102	BALAJI .M	CIVIL		
212	2001CV10103	VASANTH .S	CIVIL		
213	2001CV10105	KANI KUMAR. A	CIVIL		
214	2001CV10106	AJAY .A	CIVIL		
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217	2001CV10109	SRI HARISH.M	CIVIL		
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219	2101CV13102	ARAVIND RAJ.M	CIVIL		
220	2101CV13104	JONATHINFAANT.B	CIVIL		
221	2101CV13110	VENKATESH.K	CIVIL		
222	2101CV13111	NIVETHAN.M	CIVIL		
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224	2101CV13113	VEERASEKAR.R	CIVIL		

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228	2001EC1807	P RAJENDRAN	ECE		
229	2001EC1808	ASHOK S	ECE		
230	2001EC1809	BALAKRISHNAN M.	ECE		
231	2001EC1810	PALANIAPPAN A.	ECE		
232	2001EC1811	KARTHIKRAJA S.	ECE		
233	2001EC1812	BASKAR S	ECE		


COORDINATOR


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Feedback form

SCHOOL OF ENGINEERING & TECHNOLOGY
DEPARTMENT OF MECHANICAL ENGINEERING

Kindly fill this feedback form for the Life Skills-Entrepreneur Development

* Required

1. Name of the student *

Enter your answer

2. Department *

Enter your answer

3. College Name *

Enter your answer

4. Mail ID *

Enter your answer

5. Whats app number *

Enter your answer

6. Student's-Year

IV

III

II

I

7. What is your overall assessment of the event? (1-Insufficient & 5- Excellent) *

1	2	3	4	5
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8. Workshop Venue was comfortable? *

Yes

No

9. How was the Presentation? *

Enter your answer

10. How was the Technical Session? *

Enter your answer

11. Knowledge and information gained from participation at this event (1- Insufficient & 5- Excellent) *

12. The workshop content was (1-Insufficient & 5- Excellent) *

13. Future comments or suggestion *

Enter your answer

Submit

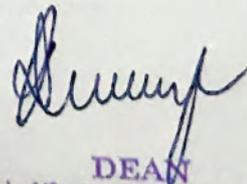
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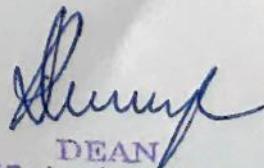


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Sample Feedback Responses from the participants.

The objective of the Entrepreneur Development was achieved. The overall session discussion benefitted the Students. This Entrepreneur Development would help the participants to program in an effective way and also it would help them to do their implementation in future.

ID	Name of the student	Department	College Name	What is your overall assessment of the event (1= Insufficient & 5= Excellent)	Workshop Venue was comfortable?	How was the Presentation?	How was the Technical Session?	Knowledge and information gained from participating at this event (1= Insufficient & 5= Excellent)	The workshop content was (1= Insufficient & 5= Excellent)	Future comments or suggestion
3	Mohanna d fauzal M	Mechanical	Prist university	5	Yes	Nice	Good	5	5	Good
2	S. Lenin Kumar	Mechanical Engineering	PRIST deemed to be university	5	Yes	Very nice	Very super	5	5	Nil
3	Vedha S	Mechanical Engineering	PRIST deemed to be university	5	Yes	Good	The technical session was very nice	4	4	The time was insufficient
3	Kishore S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Excellend	4	4	Very impartan speech and enjoy mend the class and good explain the voice
3	P.Dhinakaran	Mechanical engineering	PRIST deemed to be university	5	Yes	Well	Good	5	5	Continue this method.
3	DINESH K	Mechanical	PRIST deemed to be university	4	Yes	Informative	Nice one	4	4	Informative session
3	P. S. Dhivyakumar	Mechanical department	PRIST deemed to be university	5	Yes	Good	Much better	5	4	Can be conduct other day
4	Ponmaran S	Mechanical Engineering	PRIST deemed to be university	4	Yes	Good	Brity good	4	3	Nothing
4	Abathkar	Mech	PRIST deemed to be university	2	Yes	Normal	Normal	2	1	good
4	AJAY A	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Useful	5	5	Nothing
5	Ajmal Hussain A	Mechanical	PRIST deemed to be university	3	Yes	Nil	Nil	3	3	Nil
5	KEERTHI VASAN R	MECHANICAL	PRIST deemed to be university	5	Yes	Excellent	Excellent	5	5	Excellent
5	Manojkumar R	Mechanical department	PRIST deemed to be university	3	Yes	Good	Good	3	3	Improvement in practice method
5	Praveenkumar R	Mechanical department	PRIST deemed to be university	4	No	Good	Good	3	3	Good
5	Manojkumar R	Mechanical department	PRIST deemed to be university	1	Yes	Good	Good	1	1	good technical session
5	ABDULHAKKIM S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Very nice	5	5	Nothing
6	HEMANA THIAN B	MECHANICAL ENGINEERING	PRIST deemed to be university	4	Yes	Nice	Good	4	5	Nil



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**PONNAIYAH RAMAJAYAM INSTITUTE OF
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY
U/s 3 of UGC Act, 1956

PRIST/MECH/CIRC/ 2022-2023/ LIFESKILL /04

Date: 15.03.2023

SCHOOL OF ENGINEERING & TECHNOLOGY

Department of Mechanical Engineering

CIRCULAR

SUB: Life skills-Yoga and Physical Fitness– Reg

It is informed that Yoga and Physical fitness will be conducted by Department of Mechanical Engineering for the academic year 2022-2023. The detailed schedule will be given by the departments.

All departments are requested to inform their students about the Yoga and Physical fitness and motivate them to attend the session.

Physical director,

PRIST Deemed to be University,

Date : 28.03.2023

Venue : Silver Jubilee block (Indoor Stadium)

Timing : 10.00 A.M to 4.00 P.M

**HOD
HOD**

**Department of Mechanical Engineering
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
(Institution Deemed to be University
u/s 3 of the UGC Act. 1956)
THANJAVUR-613 403, TAMIL NADU.**

DEAN

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School of Engineering and Tech,
Ponnaiyah Ramajayam Institute of
Science and Technology (PRIST)
Deemed to be University
Vallam, Thanjavur-613 403.

- Copy to:**
- 1) Hon'ble Vice Chancellor (for your kind information)
 - 2) Registrar
 - 3) Registrar Office
 - 4) HODs – CSE / Civil / ECE / EEE / Mech
 - 5) Department File

PRIST DEEMED TO BE UNIVERSITY
SCHOOL OF ENGINEERING & TECHNOLOGY
YOGA AND PHYSICAL FITNESS
YEAR(2022-2023)

STUDENTS NAME LIST

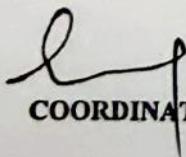
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2	1901ME1005	VIGNESH.K	MECH
3	1901ME1006	SAI GOWTHAM P	MECH
4	1901ME1007	MUKUNDAN K	MECH
5	1901ME1008	MOHAMED NIFAN M	MECH
6	1901ME1009	YOGESHWARAN.P.L	MECH
7	1901ME1010	VISWANATH.K	MECH
8	1901ME1011	VIGNESHWARAN S	MECH
9	1901ME1012	MANIKANDAN.V	MECH
10	1901ME1013	DINESH K	MECH
11	1901ME1014	RAJAVARMAN R	MECH
12	1901ME1015	ABDUL RAHMAN A	MECH
13	1901ME1016	RAJESHKUMAR K	MECH
14	1901ME1017	LAKMAN.K	MECH
15	1901ME1018	AJITH .A	MECH
16	1901ME1019	AJITH. M	MECH
17	1901ME1020	AJITH KUMAR .G	MECH
18	1901ME1021	AMALA ROOPAN .A	MECH
19	1901ME1022	AMIRTHA SAYEE .M	MECH
20	1901ME1023	ANISH KUMAR .C	MECH
21	1901ME1024	ARAVINDHAN .V	MECH
22	1901ME1025	BALAKUMARAN R	MECH
23	1901ME1026	CHINRAJ .M	MECH
24	1901ME1027	EASVAR PRASAD K.R	MECH
25	1901ME1028	ELAMARAN .S	MECH
26	1901ME1029	HARIKRISHNAN V	MECH
27	2001ME13101	SYED THAMJITH S	MECH
28	2001ME13102	VICTOR AKASH.V	MECH
29	2001ME13103	ANANTHA NAGARAJAN A	MECH
30	2001ME13105	ARAVINTH T	MECH
31	2001ME13106	GOKULAKRISHNAN S	MECH
32	2001ME13107	NILAVAN M	MECH
33	2001ME13108	SIVA ARAVIND D	MECH
34	2001ME13109	ADITHIYAN M	MECH
35	2001ME13110	RAJKUMAR G	MECH
36	2001ME13111	ABINASH P	MECH
37	2001ME13112	PRADHAP M	MECH
38	2001ME13114	MARAN.M	MECH
39	2001ME13115	MOHAMAD JAVID. J	MECH
40	2001ME13116	MOHAMED ASRAF ALI .G	MECH
41	2001ME10101	ABIMANYU S	MECH
42	2001ME10102	B.AKASH	MECH

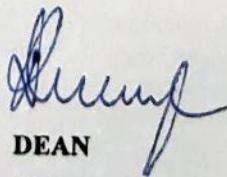
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44	2101ME13102	Sheik abdulla.A	MECH
45	2101ME13103	N. EJAAS	MECH
46	2101ME13105	A.bharathidhasan	MECH
47	2101ME13106	R.Karthik Raja	MECH
48	2101ME13107	J.praveen	MECH
49	2101ME13109	A.AJMAL HUSSAIN	MECH
50	2101ME13110	K.HARI HARAN	MECH
51	2101ME13111	E DIVIJ SHANOON	MECH
52	2101ME13112	V.yashwanth	MECH
53	2101ME13113	VIGNESH. M	MECH
54	2101ME13114	V.vignesh	MECH
55	2101ME13115	PADMANABHAN.M	MECH
56	2101ME13116	Ganesan.n	MECH
57	2101ME13117	SURYA S	MECH
58	2101ME13118	M.Fahim Akthar	MECH
59	2101ME13119	S VIJAYARAJAGOPAL	MECH
60	2101ME13120	A.Arivudurai	MECH
61	2101ME13121	R Subash chandar	MECH
62	2101ME13122	K.A.BALAMURUGAN	MECH
63	2101ME13123	VETRIVEL. D	MECH
64	2101ME13124	S.M.ADHITHYAN	MECH
65	2101ME13125	MOHAMMED FAIZAL. M	MECH
66	2101ME13149	BALA VIGNESHWARAN .M	MECH
67	2101ME13157	VENGADESAN .N	MECH
68	2101ME13158	MOHAMED JUBAIR .K	MECH
69	2101ME13159	AKASH .D	MECH
70	1901CV1001	NEETHIMOHAN K	CIVIL
71	1901CV1004	HARI PRASATH R	CIVIL
72	1901CV1005	IKSHANULLAH S	CIVIL
73	1901CV1006	HARIKRISHNAN A	CIVIL
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75	1901CV1011	VAIRAMANIRAJAN.P	CIVIL
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77	1901CV1013	SARUKKHAN A	CIVIL
78	1901CV1014	GOKULAKRISHNAN R	CIVIL
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95	1901CV03127	RAMPRABU.P	CIVIL
96	1901CV03128	RATHINA KUMARI.R	CIVIL
97	1901CV03129	SARATHKUMAR.G	CIVIL
98	1901CV03130	SUSMITHA.V	CIVIL
99	1901CV03131	THAMEEM ANSARI.S	CIVIL
100	1901CV03132	THIRUMURUGAN.R	CIVIL
101	1901CV03133	A.SAYED IMRAN ALI	CIVIL
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105	1901EE1013	DHEENADHAYALAN A	EEE
106	1901EE1014	DHARMALINGAM A	EEE
107	1901EE1015	RAJESH G	EEE
108	1901EE1016	SELVARASAN B	EEE
109	1901EE1017	SIVAPAKKIAM P	EEE
110	1901EE1018	VEERAKUMAR C	EEE
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183	1904CE1819	SHAIKH RASHID HUSSAIN	CSE
184	1904CE1820	RAVI RANJAN KUMAR	CSE
185	1901CE1021	SARATH KUMAR P	CSE
186	1901CE1022	SOLLARASAN .S	CSE
187	1901CE1023	VIVEK SINGH	CSE
188	1904CE1824	AISHWARYA .M	CSE
189	1904CE1825	AKSHAYA .S	CSE

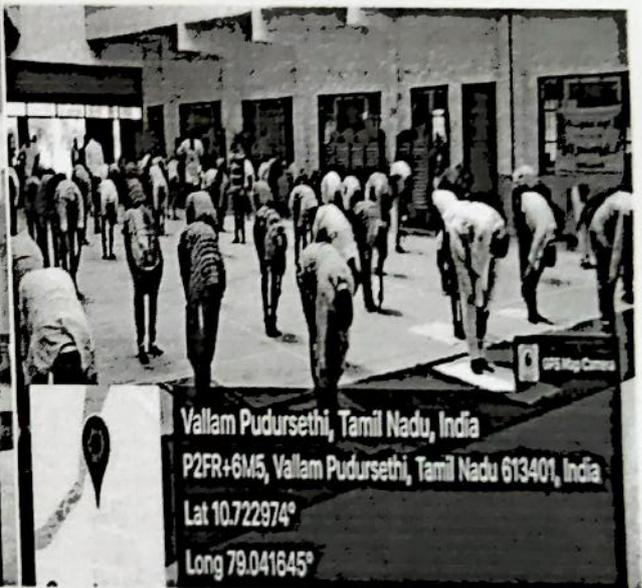
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203	1904CE1839	VINODHINI .S	CSE
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210	2001CV10107	VIGNESHWARAN .P	CIVIL
211	2001CV10108	KIRAN. S	CIVIL
212	2001CV10109	SRI HARISH.M	CIVIL
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215	2101CV13104	JONATHINFAANT.B	CIVIL
216	2101CV13110	VENKATESH.K	CIVIL
217	2101CV13111	NIVETHAN.M	CIVIL
218	2101CV13112	AKILAN.V	CIVIL
219	2101CV13113	VEERASEKAR.R	CIVIL
220	2101CV13114	THIRUSELVAM.M	CIVIL
221	2001EC1805	VENKATESH	ECE
222	2001EC1806	T NALLASIVAN	ECE
223	2001EC1807	P RAJENDRAN	ECE
224	2001EC1808	ASHOK S	ECE
225	2001EC1809	BALAKRISHNAN M.	ECE
226	2001EC1810	PALANIAPPAN A.	ECE
227	2001EC1811	KARTHIKRAJA S.	ECE
228	2001EC1812	BASKAR S	ECE


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Ponnalyah Ramajayam Institute of
Science and Technology (PRIST)
Deemed to be University
Vailam, Thanjavur-613 403.

LIFE SKILLS-YOGA AND PHYSICAL FITNESS



leg
HOD
HOD

Department of Mechanical Engineering
Ponnaiyah Ramalayam Institute of
Science & Technology (PRIST)
(Institution Deemed to be University
U/s 3 of the UGC Act 1956)
THANJAVUR - 613 403, TAMIL NADU.

PRIST DEEMED TO BE UNIVERSITY
SCHOOL OF ENGINEERING & TECHNOLOGY
YOGA AND PHYSICAL FITNESS
YEAR(2022-2023)

ATTENDANCE

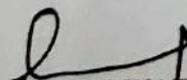
S.NO	REG.NUMBER	NAME	DEPARTMENT	04.11.2022
1	1901ME1004	SHIEK FARGHAN J	MECH	Shiek
2	1901ME1005	VIGNESH.K	MECH	Vignesh
3	1901ME1006	SAI GOWTHAM P	MECH	Sai Gowtham
4	1901ME1007	MUKUNDAN K	MECH	Mukundan
5	1901ME1008	MOHAMED NIFAN M	MECH	Mohamed Nifan
6	1901ME1009	YOGESHWARAN.P.L	MECH	Yogeshwaran
7	1901ME1010	VISWANATH.K	MECH	Viswanath
8	1901ME1011	VIGNESHWARAN S	MECH	Vigneshwaran
9	1901ME1012	MANIKANDAN.V	MECH	Manikandan
10	1901ME1013	DINESH K	MECH	Dinesh
11	1901ME1014	RAJAVARMAN R	MECH	Rajavarmann
12	1901ME1015	ABDUL RAHMAN A	MECH	Abdul Rahman
13	1901ME1016	RAJESHKUMAR K	MECH	Rajeshkumar
14	1901ME1017	LAKMAN.K	MECH	Lakman
15	1901ME1018	AJITH .A	MECH	Ajith
16	1901ME1019	AJITH. M	MECH	Ajith
17	1901ME1020	AJITH KUMAR .G	MECH	Ajith
18	1901ME1021	AMALA ROOPAN .A	MECH	Amala
19	1901ME1022	AMIRTHA SAYEE .M	MECH	Amirtha
20	1901ME1023	ANISH KUMAR .C	MECH	Anish
21	1901ME1024	ARAVINDHAN .V	MECH	Aravindhann
22	1901ME1025	BALAKUMARAN R	MECH	Balakumaran
23	1901ME1026	CHINRAJ .M	MECH	Chinraj
24	1901ME1027	EASVAR PRASAD K.R	MECH	Easvar
25	1901ME1028	ELAMARAN .S	MECH	Elamaran
26	1901ME1029	HARIKRISHNAN V	MECH	Harikrishnan
27	2001ME13101	SYED THAMJITH S	MECH	Syed Thamjith
28	2001ME13102	VICTOR AKASH.V	MECH	Victor Akash
29	2001ME13103	ANANTHA NAGARAJAN A	MECH	Anantha Nagarajan
30	2001ME13105	ARAVINTH T	MECH	Aravinth
31	2001ME13106	GOKULAKRISHNAN S	MECH	Gokulakrishnan
32	2001ME13107	NILAVAN M	MECH	Nilavan
33	2001ME13108	SIVA ARAVIND D	MECH	Siva Aravind
34	2001ME13109	ADITHIYAN M	MECH	Adithyan
35	2001ME13110	RAJKUMAR G	MECH	Rajkumar
36	2001ME13111	ABINASH P	MECH	Abinash
37	2001ME13112	PRADHAP M	MECH	Pradhapp
38	2001ME13114	MARAN.M	MECH	Maran
39	2001ME13115	MOHAMAD JAVID. J	MECH	Mohamad Javid
40	2001ME13116	MOHAMED ASRAF ALI .G	MECH	Mohamed Asraf Ali
41	2001ME10101	ABIMANYU S	MECH	Abimanyu
42	2001ME10102	B.AKASH	MECH	B.Akash

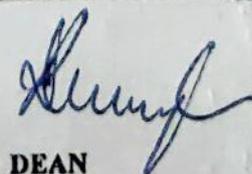
43	2001ME10103	MOHAMED BAZEER J	MECH	Mohamed
44	2101ME13102	Sheik abdulla.A	MECH	Sheik
45	2101ME13103	N. EJAAS	MECH	Ejaas
46	2101ME13105	A.bharathidhasan	MECH	Bharathi
47	2101ME13106	R.Karthik Raja	MECH	Karthik
48	2101ME13107	J.praveen	MECH	Praveen
49	2101ME13109	A.AJMAL HUSSAIN	MECH	Ajmal
50	2101ME13110	K.HARI HARAN	MECH	Hariharan
51	2101ME13111	E DIVIJ SHANOON	MECH	Divij
52	2101ME13112	V.yashwanth	MECH	Yashwanth
53	2101ME13113	VIGNESH. M	MECH	Vignesh
54	2101ME13114	V.vignesh	MECH	Vignesh
55	2101ME13115	PADMANABHAN.M	MECH	Padmanabhan
56	2101ME13116	Ganesan.n	MECH	Ganesan
57	2101ME13117	SURYA S	MECH	Surya
58	2101ME13118	M.Fahim Akthar	MECH	Fahim
59	2101ME13119	S VIJAYARAJAGOPAL	MECH	Vijayarajagopal
60	2101ME13120	A.Arivudurai	MECH	Arivudurai
61	2101ME13121	R Subash chandar	MECH	Subash
62	2101ME13122	K.A.BALAMURUGAN	MECH	Balamurugan
63	2101ME13123	VETRIVEL. D	MECH	Vetrivel
64	2101ME13124	S.M.ADHITHYAN	MECH	Adhithyan
65	2101ME13125	MOHAMMED FAIZAL. M	MECH	Mohammed
66	2101ME13149	BALA VIGNESHWARAN .M	MECH	Bala
67	2101ME13157	VENGADESAN .N	MECH	Vengadesan
68	2101ME13158	MOHAMED JUBAIR .K	MECH	Mohamed
69	2101ME13159	AKASH .D	MECH	Akash
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72	1901CV1005	IKSHANULLAH S	CIVIL	Iksanullah
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74	1901CV1010	NETHAJI S	CIVIL	Nethaji
75	1901CV1011	VAIRAMANIRAJAN.P	CIVIL	Vairamanirajan
76	1901CV1012	ABDUL RAHMAN P	CIVIL	Abdul
77	1901CV1013	SARUKKHAN A	CIVIL	Sarukhan
78	1901CV1014	GOKULAKRISHNAN R	CIVIL	Gokul
79	1901CV1015	GOKUL.M	CIVIL	Gokul
80	1901CV1016	GURUVIGNESH G	CIVIL	Guruvignesh
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92	1901CV03124	PRAVEENKUMAR.K	CIVIL	Rajeev
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95	1901CV03127	RAMPRABU.P	CIVIL	Rajeev
96	1901CV03128	RATHINA KUMARI.R	CIVIL	Rajeev
97	1901CV03129	SARATHKUMAR.G	CIVIL	Rajeev
98	1901CV03130	SUSMITHA.V	CIVIL	Rajeev
99	1901CV03131	THAMEEM ANSARI.S	CIVIL	Tam
100	1901CV03132	THIRUMURUGAN.R	CIVIL	Thiru
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104	1901EE1012	MURUGAN S	EEE	Murug
105	1901EE1013	DHEENADHAYALAN A	EEE	Dheen
106	1901EE1014	DHARMALINGAM A	EEE	Dharm
107	1901EE1015	RAJESH G	EEE	Rajesh
108	1901EE1016	SELVARASAN B	EEE	Selvar
109	1901EE1017	SIVAPAKKIAM P	EEE	Sivapa
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111	1901EE1019	DHASARATHARAJAN S	EEE	Dhasa
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124	1901EE1801	AMARNATH.C	EEE	Amarn
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128	1901EE1805	MASILAMANI.M	EEE	Masi
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136	1901EE18204	PRABA R	EEE	Praba
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138	1901EC1002	KARAN PANDIYAN	ECE	Karan
139	1901EC1003	S. ISWARIYA	ECE	S. Isw
140	1901EC1004	M. RAJ KUMAR	ECE	M. Raj

141	1901EC1005	P. GOKULA KRISHNAN	ECE	P. Gokula
142	1901EC1006	M. F. AHMED RAMEEZ	ECE	M. F. Ahmed
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144	1901EC1008	SUDHARSAN.P	ECE	Sudharsan P.
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146	1901EC1010	MURUGANANDHAM.K	ECE	Muruganandham K.
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148	1901EC1012	LOGESH.J	ECE	Logesh J.
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152	1901EC1016	VIJAY.D	ECE	Vijay D.
153	1901EC1017	PRAGADEESH.T	ECE	Pragadeesh T.
154	1901EC1018	BADRINATH.M	ECE	Badrinath M.
155	1901EC1019	SINDHUJAJ	ECE	Sindhujaj
156	1901EC1020	SNEKA.M	ECE	Sneka M.
157	1901EC1021	MITHUN KRISHNA.P	ECE	Mithun Krishna P.
158	1901EC1022	GOWRI SANKAR.P	ECE	Gowri Sankar P.
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161	1901EC1030	SIVALINGAM.T	ECE	Sivalingam T.
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171	2001CE13201	DEVA SUBITCHA.S	CSE	Deva Subitcha S.
172	2001CE13202	PRATHIPA.G	CSE	Prathipa G.
173	1701CE1627	FAHAD	CSE	Fahad
174	1901CE1008	B.SABARI PADMANABHAN	CSE	B. Sabari Padmanabhan
175	1901CE1009	B.DHEENUL AYESHA	CSE	B. Dheenul Ayesha
176	1901CE1010	S.MOHAMED ABUSHEAK	CSE	S. Mohamed Abusheak
177	1901CE1013	M.DEEPAN	CSE	M. Deepan
178	1904CE1814	INFANT SELVAKUMAR .R	CSE	Infant Selvakumar R.
179	1904CE1815	KARTHIK R	CSE	Karthik R.
180	1904CE1816	KENUITRENI T	CSE	Kenuitreni T.
181	1904CE1817	RAHUL .R	CSE	Rahul R.
182	1904CE1818	RAMANATHAN .A.N	CSE	Ramanathan A.N.
183	1904CE1819	SHAIKH RASHID HUSSAIN	CSE	Shaikh Rashid Hussain
184	1904CE1820	RAVI RANJAN KUMAR	CSE	Ravi Ranjan Kumar
185	1901CE1021	SARATH KUMAR P	CSE	Sarath Kumar P.
186	1901CE1022	SOLLARASAN .S	CSE	Sollarasan S.
187	1901CE1023	VIVEK SINGH	CSE	Vivek Singh
188	1904CE1824	AISHWARYA .M	CSE	Aishwarya M.
189	1904CE1825	AKSHAYA .S	CSE	Akshaya S.

190	1904CE1826	BOWYA .R	CSE	Bowya
191	1904CE1827	DHARSHINI .T	CSE	Dharshini
192	1904CE1828	HARINI AKSHAYAA .K	CSE	Harini
193	1904CE1829	KARUNYA .R	CSE	Karunya
194	1904CE1830	MOHANAPRIYA .V	CSE	Mohanapriya
195	1901CE1031	NISHANTHI .P	CSE	Nishanthi
196	1901CE1032	PAVITHRA .P	CSE	Pavithra
197	1901CE1033	PRIYA .M	CSE	Priya
198	1904CE1834	REWATHI .A	CSE	Rewathi
199	1904CE1835	SINDHUJA .S	CSE	Sindhujha
200	1904CE1836	SREEDHARSHINI .A.G	CSE	Sreedharshini
201	1904CE1837	SUGASHINI .K	CSE	Sugashini
202	1904CE1838	SUREKA .N	CSE	Sureka
203	1904CE1839	VINODHINI .S	CSE	Vinodhini
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209	2001CV10106	AJAY .A	CIVIL	Ajay
210	2001CV10107	VIGNESHWARAN .P	CIVIL	Vigneshwaran
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215	2101CV13104	JONATHINFAANT.B	CIVIL	Jonathinfaant
216	2101CV13110	VENKATESH.K	CIVIL	Venkatesh
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220	2101CV13114	THIRUSELVAM.M	CIVIL	Thiruselvam
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222	2001EC1806	T NALLASIVAN	ECE	T Nallasivan
223	2001EC1807	P RAJENDRAN	ECE	P Rajendran
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225	2001EC1809	BALAKRISHNAN M.	ECE	Balakrishnan
226	2001EC1810	PALANIAPPAN A.	ECE	Palaniappan
227	2001EC1811	KARTHIKRAJA S.	ECE	Karthikraja
228	2001EC1812	BASKAR S	ECE	Baskar


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Feedback form

[?] 400

SCHOOL OF ENGINEERING & TECHNOLOGY

DEPARTMENT OF MECHANICAL ENGINEERING

Kindly fill the feedback form for the Life skills-Yoga and Physical fitness

* Required

1. Name of the student * [?]

Enter your answer

2. Department * [?]

Enter your answer

3. College Name * [?]

Enter your answer

4. Mail ID * [?]

Enter your answer

5. Whats app number * [?]

Enter your answer

6. Student's-Year [?]

IV

III

II

I

7. What is your overall assessment of the event? (1-Insufficient & 5- Excellent) * [?]

1	2	3	4	5
---	---	---	---	---

8. Workshop Venue was comfortable? * [?]

Yes

No

9. How was the Presentation? * [?]

Enter your answer

10. How was the Technical Session? * [?]

Enter your answer

11. Knowledge and information gained from participation at this event (1- Insufficient & 5- Excellent) *

1 2 3 4 5

12. The workshop content was:(1-Insufficient & 5- Excellent) *

1 2 3 4 5

13. Future comments or suggestion *

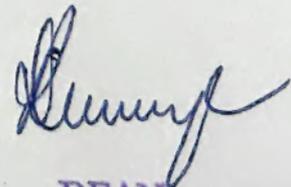
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Deemed to be University
Vattam, Thanjavur-613 403.

Sample Feedback Responses from the participants.

The objective of the Yoga and Physical fitness was achieved. The overall session discussion benefitted the Students. This Yoga and Physical fitness would help the participants to program in an effective way .

ID	Name of the Student	Department	College Name	What is your overall assessment of the event? (1- Insufficient & 5- Excellent)	Works hop Venue was comfortable?	How was the Presentation?	How was the Technical Session?	Knowledge and information gained from participation at this event (1- Insufficient & 5- Excellent)	The work shop content was (1- Insufficient & 5- Excellent)	Future comments or suggestion
3	Mohammad Iqbal M	Mechanical	Prist university	5	Yes	Nice	Good	5	5	Good
2	S. Lenin Kumar	Mechanical Engineering	PRIST deemed to be university	5	Yes	Very nice	Very super	5	5	Nil
3	Vedha S	Mechanical Engineering	PRIST deemed to be university	5	Yes	Good	The technical session was very nice	4	4	The time was insufficient
3	Kishore S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Excellend	4	4	Very impartan speech and enjoy mend the class and good explain the voice
3	P.Dhinalcaran	Mechanical engineering	PRIST deemed to be university	5	Yes	Well	Good	5	5	Continue this method.
3	DINESH K	Mechanical	PRIST deemed to be university	4	Yes	Informative	Nice one	4	4	Informative session
3	P. S. Dhivyakumar	Mechanical department	PRIST deemed to be university	5	Yes	Good	Much better	5	4	Can be conduct other day
4	Ponnarasas	Mechanical Engineering	PRIST deemed to be university	4	Yes	Good	Brity good	4	3	Nothing
4	Abishkar	Mech	PRIST deemed to be university	2	Yes	Normal	Normal	2	1	good
4	AJAY A	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Useful	5	5	Nothing
5	Ajmal Hussain A	Mechanical	PRIST deemed to be university	3	Yes	Nil	Nil	3	3	Nil
5	KEERTHI VASAN R	MECHANICAL	PRIST deemed to be university	5	Yes	Excellent	Excellent	5	5	Excellent
5	Manojkumar R	Mechanical department	PRIST deemed to be university	3	Yes	Good	Good	3	3	Improvement in practice method
5	Praveenkumar R	Mechanical department	PRIST deemed to be university	4	No	Good	Good	3	3	Good
5	Manojkumar R	Mechanical department	PRIST deemed to be university	1	Yes	Good	Good	1	1	good technical session
5	ABDULHAKKIM S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Very nice	5	5	Nothing
6	HEMANATHAN E	MECHANICAL ENGINEERING	PRIST deemed to be university	4	Yes	Nice	Good	4	5	Nil



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We cordially invite you to the
ONE DAY SEMINAR ON

“HEALTH AND FITNESS”



Date : 12.08.2022
Time : 11.00a.m
Venue : CRD seminar Hall



Resource Person
Dr. Robert Alexander
Assistant Professor,
A.V.V.M SRI PUSHPAM COLLEGE,
THANJAVUR.

Organized By

School of Arts and Science
Department of Mathematics
PRIST Deemed to be University
Thanjavur, Tamilnadu-613403



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SCHOOL OF ARTS AND SCIENCE
DEPARTMENT OF MATHEMATICS
CIRCULAR

Department Of MATHEMATICS / ODD /2022-2023

It is hereby informed that the department is organizing a seminar on "HEALTH AND FITNESS" on 12.08.2022. All the students are requested to attend without fail.

TOPIC : HEALTH AND FITNESS

VENUE : CRD - Seminar Hall

RESOURCE PERSON: Dr. Robert Alexander (physical education tutor)

A.V.V.M SRI PUSHPAM COLLEGE,
THANJAVUR.

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H.O.D.

DEPARTMENT OF MATHEMATICS
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PRIST Deemed to be University
Thanjavur - 613 403, Tamilnadu.



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S.NO	NAME OF THE STUDENTS	signature
1	A.ABISHEKA	A. Abisheka
2	K.AMBIGASELVI	K. Ambigaselvi
3	L.ANBUSELVI	L. Anbuselvi
4	V.BHAGYALAKSHMI	V. Bhagyalakshmi
5	S.BHAVANI	S. Bhavani
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10	R.GUNAVATHI	R. Gunavathi
11	J.ILAMATHI	J. Ilamathi
12	U.KAVITHA	U. Kavitha
13	T.LATHA	T. Latha
14	E.MEENAKUMARI	E. Meenakumari
15	O.NILAVU	O. Nilavu
16	S.PRAKSHNA	S. Prakshna
17	B.REVATHIKANNAN	B. Revathikannan

18	N.SUBARNA	N. Subarna
19	D.SUBBULAKSHMI	D. Subbulakshmi
20	H.THILAKAVATHI	H. Thilakavathi
21	K.THIRUSELVI	K. Thiruseelvi
22	L.THANALAKSHMI	L. Thanalakshmi
23	T.TAMILARASI	T. Tamilarasi
24	S.VAISHNAVI	S. Vaishnavi
25	V.VEERAKUMARI	V. Veerakumari
26	A.ABISHEK	A. Abhishek
27	S.ARUMUGAVIGNESH	S. Arumugavignesh
28	J.ALAGIRISAMY	J. Alagirisamy
29	K.BALASUBRAMANIAN	K. Balasubramanian
30	M.BALAKUMAR	M. Balakumar
31	N.BALAKRISHNAN	N. Balakrishnan
32	S.DHARUN	S. Dharmu
33	V.DHARUN KUMAR	V. Dharmu Kumar
34	H.GUNASEKARAN	H. Gunasekaran
35	I.GUHAN	I. Gahan
36	A.HARIKRISHNAN	A. Hari Krishnan
37	P.HARIHARAN	P. Hariharan

38	Y.JANAKIRAMAN	Y. Janakiraman.
39	W.JOSHUA	W. Joshua
40	G.KUMARAN	G. Kumaran
41	V.KUMARASAMY	V. Kumarasamy.
42	M.LALITHSELVAN	M. Lalithselvan
43	R.MANOJ KUMAR	R. Manoj Kumar
44	T.MEENATCHISUNDARAM	T. Meenatchi Sundaram
45	M.MAHARAJAN	M. Maharajan
46	C.NEELAKANDAN	C. Neelakandan.
47	R.NEERAJ KUMAR	R. Neeraj Kumar.
48	P.PAULPANDIAN	P. Paulpandian
49	S.SUNDARAM	S. Sundaram
50	H.ALAGAR	H. Alagar
51	S.BALASUBRAMANIAN	S. Balasubramanian.
52	X.DAVID	X. David
53	V.S.SUBRAMANIAN	V. S. Subramanian.
54	K.SRIDHAR	K. Sridhar
55	S.THIRUNAVUKKARASU	S. Thirunavukarasu.
56	P.THIRUMOORTHY	P. Thirumorthy
57	O.THILAGARATHNA	O. Thilagarathna

58	S.VEERARAJAN	S. Veerarajan
59	S.VIJAYA KUMAR	S. Vijaya Kumar
60	A.ABISHEHA	A. Abisheka
61	K.BALAMBIGA	K. Balambiga
62	G.FATHIMA	G. Fathima
63	A.GUNAVATHI	A. Gunavathi
64	B.LALITHA	B. Lalitha
65	D.LATHA	D. Latha
66	C.SREEJA	C. Sreeja
67	S.SRIKUMARI	S. Srikumari
68	J.THIRUVALARSELVI	J. Thirumalaseeli
69	R.JANANI	R. Janani
70	BENZAZIR BEGUM A	A. Benzazir Begum
71	T.ANONY MERCY	T. Anony mercy
72	T.MEGHANA	T. Meghana
73	M.VINODHINI	M. Vinodhini
74	PRIYADHARSHINI	Priyadharshini
75	S.MOHAMED FASHID	S. Mohamed Fashid
76	T.ABDUL AZEEZ	T. Abdul Azeez
77	S.THIYAGARAJAN	S. Thyagarajan.

78	A.RAFIUDEEN	Ah. Rafiudeen
79	A.JERON JEROLD	A Jeron Jerold
80	K SIVA KARTHICK RAJA	K. Siva Karthick Raja
81	S.SHYAMEDISON	S. Shyamem
82	A OLIVER	A. Oliver
83	M.SASIKUMAR	M. Sasikumaran
84	S.MANIKANDARAJA	S. Manikandaram
85	P.EZHILNATHAN	P. Ezhilnathan

A. Rafiudeen
HOD

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THANJAVUR - 613 403

S. Shyamem
DEAN

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DEPARTMENT OF MATHEMATICS

REPORT ON HEALTH AND FITNESS

Department of mathematics conducted Health and fitness on 12.08.2022 to attain the following objectives

Physical Development.

Mental Development.

Social Development.

This programme started with a welcome address by Dr.S.Subramanian, Head of the Department of Mathematics, Dr.L.Chinnappa, Dean of school of arts and science gave special address. Dr.S.Subramanin, Head of the Department of Mathematics gave the Guest Introduction. Dr.Robert Alexander gave a lecture on health and fitness.

Some of his words:

A healthy body and mind are essential to achieve complete wellbeing. If we are healthy, we can resist our bodies from being attacked by germs. Our bodies are really sensitive and therefore, must be handled with necessary precautions. We can develop healthy habits like eating and sleeping on time to boost our overall health. This helps in becoming a healthier version of ourselves. Holistic growth can be achieved if we focus on all the aspects of our health. Such as nutrition, wellness, spirituality, and mental health. There are plenty of exercises that will boost our physical health and help us to become stronger. A stronger body would lead to less fatigue while performing any activity. It is advised that we must exercise for at least 2 hours every day for better health. We can even join fitness classes to take professional help and practice the art of health and wellness in a better way.

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Department Of MATHEMATICS / EVEN /2022-2023

It is hereby informed that the department is organizing a seminar on "LIFE STYLE AND HEALTH" on 06.01.2023. All the students are requested to attend without fail.

TOPIC : LIFE STYLE AND HEALTH

VENUE : CRD - Seminar Hall

RESOURCE PERSON: Dr.poornachandran, yoga Trainer

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S.NO	NAME OF THE STUDENTS	signature
1	A.ABISHEKA	A. Abisheka
2	K.AMBIGASELVI	K. Ambigaselvi
3	L.ANBUSELVI	L. Anbuselvi
4	V.BHAGYALAKSHMI	V. Bhagyalakshmi
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14	E.MEENAKUMARI	E. Meenakumari
15	O.NILAVU	O. Nilavu
16	S.PRAKSHNA	S. Prakashna
17	B.REVATHIKANNAN	B. Revathikannan

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Science & Technology (PRIST)
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Vallam, Thanjavur - 613 403.

18	N.SUBARNA	N. Subarna.
19	D.SUBBULAKSHMI	D. Subbulakshmi.
20	H.THILAKAVATHI	H. Thilakavathi.
21	K.THIRUSELVI	K. Thiruselvi.
22	L.THANALAKSHMI	L. Than.
23	T.TAMILARASI	T. Tamilarasi.
24	S.VAISHNAVI	S. Vaishnavi.
25	V.VEERAKUMARI	V. Veerakumari.
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29	K.BALASUBRAMANIAN	K. Balasubramanian.
30	M.BALAKUMAR	M. Balakumar.
31	N.BALAKRISHNAN	N. Balakrishnan.
32	S.DHARUN	S. Dharun.
33	V.DHARUN KUMAR	V. Dharun Kumar.
34	H.GUNASEKARAN	H. Gunasekaran.
35	I.GUHAN	I. Guhan.
36	A.HARIKRISHNAN	A. Hari Krishnan.
37	P.HARIHARAN	P. Hariharan.
38	Y.JANAKIRAMAN	Y. Janakiraman.

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39	W.JOSHUVA	W. Joshua.
40	G.KUMARAN	G. Kumar
41	V.KUMARASAMY	V. Kumar
42	M.LALITHSELVAN	M. Lalthselvan
43	R.MANOJ KUMAR	R. Manoj.
44	T.MEENATCHISUNDARAM	T. Meen
45	M.MAHARAJAN	M. Mahajan
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56	P.THIRUMOORTHY	P. Thirumoorthy
57	O.THILAGARATHNA	O. Thilagarathna
58	S.VEEERARAJAN	S. Veeraranjan
59	S.VIJAYA KUMAR	S. Vijay Kumar

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60	A.ABISHEHA	A. Abisheha
61	K.BALAMBIGA	K. Balambiga
62	G.FATHIMA	G. Fathima
63	A.GUNAVATHI	A. Gunavathi
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65	D.LATHA	D. Latha
66	C.SREEJA	C. Sreeja
67	S.SRIKUMARI	S. Srikumari
68	J.THIRUVALARSELVI	J. Thiruvallarselvi
69	R.JANANI	R. Janani
70	BENZAZIR BEGUM A	A. Benzazir
71	T.ANONY MERCY	A. Anonymy
72	T.MEGHANA	T. Meghana
73	M.VINODHINI	M. Vinodhini
74	PRIYADHARSHINI	P. Priyadharshini
75	S.MOHAMED FASHID	S. Mohamed Fashid
76	T.ABDUL AZEEZ	T. Abdul Azeeg
77	S.THIYAGARAJAN	S. Thiyagarajan
78	A.RAFIUDEEN	A. Rafiudeen
79	A.JERON JEROLD	A. Jeron
80	K SIVA KARTHICK RAJA	K. Sivakarthick Raja

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Ponnaiyah Ramajayam Institute of
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Vallam, Thanjavur - 613 403.

81	S.SHYAMEDISON	S. Shyamedison
82	A OLIVER	A OLIVER

S. Shyamedison

HOD

H.O.D.

DEPARTMENT OF MATHEMATICS
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S. Shyamedison

DEAN

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We cordially invite you to the
ONE DAY SEMINAR ON
“AI&DS ENGINEERING”

Date : 13.03.2023

Time : 11.00a.m

Venue : CRD seminar Hall

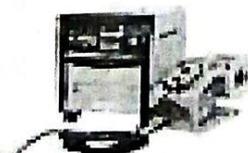
Resource Person
Dr.R. NAGARAJAN
Assistant Professor,
J.J COLLEGE OF ENGINEERING
PUDUKKOTAI

Organized By

School of Arts and Science
Department of Mathematics
PRIST Deemed to be University
Thanjavur, Tamilnadu-613403



A
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Panasonic
BUSINESS



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**SCHOOL OF ARTS AND SCIENCE
DEPARTMENT OF MATHEMATICS
CIRCULAR**

Department Of MATHEMATICS / EVEN /2022-2023

It is hereby informed that the department is organizing a seminar on "AI&DS
ENGINEERING" on 13.03.2023. All the students are requested to attend without fail.

TOPIC : AIDS

VENUE : CRD - Seminar Hall

RESOURCE PERSON: Dr.R.NAGARAJAN,

J.J college of engineering,

pudukkottai.

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S.NO	NAME OF THE STUDENTS	signature
1	A.ABISHEKA	A. Abisheka.
2	K.AMBIGASELVI	K. Ambigaselvi
3	L.ANBUSELVI	L. Anbuselvi
4	V.BHAGYALAKSHMI	V. Bhagyalakshmi
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24	S.VAISHNAVI	S. Vaishnavi
25	V.VEERAKUMARI	V. Veer
26	A.ABISHEK	A. Abhishek
27	S.ARUMUGAVIGNESH	S. Arumugavignesh
28	J.ALAGIRISAMY	J. Alagiri
29	K.BALASUBRAMANIAN	K. Balasubramanian
30	M.BALAKUMAR	M. Bala.
31	N.BALAKRISHNAN	N. Balakrishnan
32	S.DHARUN	S. Dharan.
33	V.DHARUN KUMAR	V. Dharun
34	H.GUNASEKARAN	H. Gunasekaran
35	I.GUHAN	P. Guhan.
36	A.HARIKRISHNAN	A. Harikrishnan
37	P.HARIHARAN	P. Hariharan.

38	Y. JANAKIRAMAN	Y. Janakiraman.
39	W. JOSHUA	W. Joshua.
40	G. KUMARAN	G. Kuran.
41	V. KUMARASAMY	V. Kumarasamy
42	M. LALITHSELVAN	M. Lanthi
43	R. MANOJ KUMAR	R. Manoj.
44	T. MEENATCHISUNDARAM	T. Meenatchi
45	M. MAHARAJAN	M. Mahajan
46	C. NEELAKANDAN	C. Neelakan
47	R. NEERAJ KUMAR	R. Neeraj.
48	P. PAULPANDIAN	P. Paul Pandian.
49	S. SUNDARAM	S. Sundaram
50	H. ALAGAR	H. Alagan
51	S. BALASUBRAMANIAN	S. Balasubramanian.
52	X. DAVID	X. David.
53	V. S. SUBRAMANIAN	V. S. Subramaniam.
54	K. SRIDHAR	K. Sridhar.
55	S. THIRUNAVUKKARASU	S. Thirunavukarasu
56	P. THIRUMOORTHY	P. Thirumorthy.
57	O. THILAGARATHNA	O. Thilagarathna.

58	S.VEERARAJAN	S. Veerajan
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67	S.SRIKUMARI	S. Srikumari
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69	R.JANANI	R. Janani
70	BENZAZIR BEGUM A	Beezan
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74	PRIYADHARSHINI	Priyadharshini
75	S.MOHAMED FASHID	S. Moham Fashid
76	T.ABDUL AZEEZ	T. Abdul Azeez
77	S.THIYAGARAJAN	S. Thiyyagan.

78	A.RAFIUDEEN	A. Rafiudeen
79	A.JERON JEROLD	A. Jeron Jerold
80	K SIVA KARTHICK RAJA	K. Siva Karthick Raja
81	S.SHYAMEDISON	S. Shyamedison
82	A OLIVER	A. Oliver
83	M.SASIKUMAR	M. Sasileema
84	S.MANIKANDARAJA	S. Manikandaraja
85	P.EZHILNATHAN	P. Ezhilnathan
86	M.THIRUMURUGAN	M. Thirumuri
87	T.KISHORE	T. Kishore
88	J.DHARANIKA	J. Dharanika
89	G.MONIKA	G. Monica
90	M.NIVETHITHA	M. Nivethitha
91	C JOHNSINA	C. Johnsina
92	R SATHIYA PRIYA	R. Sathy Priya
93	M.GAYATHRI	M. Gayathri
94	M.FASEEHA	M. Faseeha
95	J GOWSALYA	J. Gowsalya
96	S KIRUTHIKA	S. Kiruthika
97	R.RAGAVI	R. Ragavi

98	S.VISALI	S. visali
99	B.PAVITHA	B. pavitha
100	A.LAVANYA	A-Lavya
101	T.ANU	T. Anu
102	R.NITHIYA	R. Nithya
103	D.KARNIGA	D. Karniga
104	R.ABIRAMI	R. Abirami
105	R.SWATHI	R. Swathi
106	M.Manjari	M. Manjari
107	J.Supriya	J. Supriya

S. Sivarajah

HOD
H.O.D.

DEPARTMENT OF MATHEMATICS
PRIST DEEMED TO BE UNIVERSITY
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S. Sivarajah

DEAN

Dean of Arts & Science
PRIST Deemed to be University
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DEPARTMENT OF MATHEMATICS

REPORT ON HEALTH AND FITNESS

**Department of mathematics conducted AI&DS ENGINEERING on
13.03.2023 to attain the following objectives**

Aims to simulate human intelligence into these machines so that they are able to mimic the actions of a human under the given circumstances.

This programme started with a welcome address by Dr.S.Subramanian, Head of the Department of Mathematics, Dr.L.Chinnappa, Dean of school of arts and science gave special address. Dr.S.Subramanin, Head of the Department of Mathematics gave the Guest Introduction. Dr.R.Nagarajan gave a lecture on AIDS engineering and How its working on our real life. The function ended with a vote of thanks by Dr.D.R.Kirubaharan Assistant professor in the department of mathematics.

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**DEPARTMENT OF MATHEMATICS
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PRIST/MECH/CIRC/ 2022-2023/ LIFESKILL /04

Date: 20.10.2022

SCHOOL OF ENGINEERING & TECHNOLOGY

Department of Mechanical Engineering

CIRCULAR

SUB: Life Skills-Entrepreneur Development- Reg

It is informed that Entrepreneur Development will be conducted by Department of Mechanical Engineering for the academic year 2022-2023. The detailed schedule will be given by the departments.

All departments are requested to inform their students about the Entrepreneur Development and motivate them to attend the session.

Name of Resource Person : Mr.VIVEK / Managing Director,

Addisewise Education Consultancy ,Thanjavur

Date : 04.11.2022

Venue : Lecture hall 2.

Timing : 10.00 A.M to 4.00 P.M

HOD

Department of Mechanical Engineering
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
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U/s 3 of the UGC Act.1956)
THANJAVUR - 613 403, TAMIL NADU.

Copy to:

- 1) Hon'ble Vice Chancellor (for your kind information)
- 2) Registrar
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- 5) Department File

DEAN

DEAN

School of Engineering and Tech.
Ponnaiyah Ramajayam Institute of
Science and Technology (PRIST)
Deemed to be University
Vallam, Thanjavur-613 403.

PRIST DEEMED TO BE UNIVERSITY
SCHOOL OF ENGINEERING & TECHNOLOGY
LIFE SKILLS-ENTREPRENEUR DEVELOPMENT
YEAR(2022-2023)

STUDENTS NAME LIST

S.NO	REG.NUMBER	NAME	DEPARTMENT
1	1901ME1004	SHIEK FARGHAN J	MECH
2	1901ME1005	VIGNESH.K	MECH
3	1901ME1006	SAI GOWTHAM P	MECH
4	1901ME1007	MUKUNDAN K	MECH
5	1901ME1008	MOHAMED NIFAN M	MECH
6	1901ME1009	YOGESHWARAN.P.L	MECH
7	1901ME1010	VISWANATH.K	MECH
8	1901ME1011	VIGNESHWARAN S	MECH
9	1901ME1012	MANIKANDAN.V	MECH
10	1901ME1013	DINESH K	MECH
11	1901ME1014	RAJAVARMAN R	MECH
12	1901ME1015	ABDUL RAHMAN A	MECH
13	1901ME1016	RAJESHKUMAR K	MECH
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15	1901ME1018	AJITH .A	MECH
16	1901ME1019	AJITH. M	MECH
17	1901ME1020	AJITH KUMAR .G	MECH
18	1901ME1021	AMALA ROOPAN .A	MECH
19	1901ME1022	AMIRTHA SAYEE .M	MECH
20	1901ME1023	ANISH KUMAR .C	MECH
21	1901ME1024	ARAVINDHAN .V	MECH
22	1901ME1025	BALAKUMARAN R	MECH
23	1901ME1026	CHINRAJ .M	MECH
24	1901ME1027	EASVAR PRASAD K.R	MECH
25	1901ME1028	ELAMARAN .S	MECH
26	1901ME1029	HARIKRISHNAN V	MECH
27	1901ME1030	JAHABAR ALI JAVID AHMED	MECH
28	1901ME1031	JAYABI .M	MECH
29	1901ME1032	JUNAID RAZA	MECH
30	1901ME1033	KAWSIC .E	MECH
31	1901ME1034	MARIMUTHU .N	MECH
32	2001ME13101	SYED THAMJITH S	MECH
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43	2001ME13114	MARAN.M	MECH
44	2001ME13115	MOHAMAD JAVID. J	MECH
45	2001ME13116	MOHAMED ASRAF ALI .G	MECH
46	2001ME10101	ABIMANYU S	MECH
47	2001ME10102	B.AKASH	MECH
48	2001ME10103	MOHAMED BAZEER J	MECH
49	2101ME13102	Sheik abdulla.A	MECH
50	2101ME13103	N. EJAAS	MECH
51	2101ME13105	A.bharathidhasan	MECH
52	2101ME13106	R.Karthik Raja	MECH
53	2101ME13107	J.praveen	MECH
54	2101ME13109	A.AJMAL HUSSAIN	MECH
55	2101ME13110	K.HARI HARAN	MECH
56	2101ME13111	E DIVIJ SHANOON	MECH
57	2101ME13112	V.yashwanth	MECH
58	2101ME13113	VIGNESH. M	MECH
59	2101ME13114	V.vignesh	MECH
60	2101ME13115	PADMANABHAN.M	MECH
61	2101ME13116	Ganesan.n	MECH
62	2101ME13117	SURYA S	MECH
63	2101ME13118	M.Fahim Akthar	MECH
64	2101ME13119	S VIJAYARAJAGOPAL	MECH
65	2101ME13120	A.Arivudurai	MECH
66	2101ME13121	R Subash chandar	MECH
67	2101ME13122	K.A.BALAMURUGAN	MECH
68	2101ME13123	VETRIVEL. D	MECH
69	2101ME13124	S.M.ADHITHYAN	MECH
70	2101ME13125	MOHAMMED FAIZAL. M	MECH
71	2101ME13149	BALA VIGNESHWARAN .M	MECH
72	2101ME13157	VENGADESAN .N	MECH
73	2101ME13158	MOHAMED JUBAIR .K	MECH
74	2101ME13159	AKASH .D	MECH
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76	1901CV1004	HARI PRASATH R	CIVIL
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86	1901CV03101	PRIVITHIRAJ	CIVIL

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109	1901EE1012	MURUGAN S	EEE
110	1901EE1013	DHEENADHAYALAN A	EEE
111	1901EE1014	DHARMALINGAM A	EEE
112	1901EE1015	RAJESH G	EEE
113	1901EE1016	SELVARASAN B	EEE
114	1901EE1017	SIVAPAKKIAM P	EEE
115	1901EE1018	VEERAKUMAR C	EEE
116	1901EE1019	DHASARATHARAJAN S	EEE
117	1901EE1020	MUGUNTHAN B	EEE
118	1901EE1021	RAMESH BABU C	EEE
119	1901EE1022	MARIMUTHU T	EEE
120	1901EE1023	SIVARANJINI R	EEE
121	1901EE1024	SUGILRAJ M	EEE
122	1901EE1025	MOHAMMED UMAR A	EEE
123	1901EE1026	ASHIQ AHMED I	EEE
124	1901EE1027	ARUNKAVI A	EEE
125	1901EE1201	DHIVYA M	EEE
126	1901EE1202	NASHREEN M	EEE
127	1901EE1203	SASI.R	EEE
128	1901EE1204	ELAVARASI.R	EEE
129	1901EE1801	AMARNATH.C	EEE
130	1901EE1802	ARAVINDKRISHINA.A	EEE
131	1901EE1803	JOHN JUSTIN R	EEE
132	1901EE1804	MAHESWARAN S	EEE
133	1901EE1805	MASILAMANI.M	EEE

134	1901EE1806	MURUGAN R	EEE
135	1901EE1807	NAGARASU.C	EEE
136	1901EE1808	NEELAMANIMARAN M	EEE
137	1901EE1809	RAJA.S	EEE
138	1901EE18201	KUMARI.A	EEB
139	1901EE18202	SELVI.V	EEE
140	1901EE18203	PRABAVATHI	EEE
141	1901EE18204	PRABA R	EEB
142	1901EC1001	SELVABHARATHY P.	ECE
143	1901EC1002	KARAN PANDIYAN	ECE
144	1901EC1003	S. ISWARIYA	ECE
145	1901EC1004	M. RAJ KUMAR	ECE
146	1901EC1005	P. GOKULA KRISHNAN	ECE
147	1901EC1006	M. F. AHMED RAMEEZ	ECE
148	1901EC1007	ARUN M.	ECE
149	1901EC1008	SUDHARSAN.P	ECE
150	1901EC1009	VISWANATHAN.M	ECE
151	1901EC1010	MURUGANANDHAM.K	ECE
152	1901EC1011	KARTHIK.P	ECE
153	1901EC1012	LOGESH.J	ECE
154	1901EC1013	DEVA DHARSHINI.L	ECE
155	1901EC1014	ASHOK KUMAR.R	ECE
156	1901EC1015	BHUVANESH.K	ECE
157	1901EC1016	VIJAY.D	ECE
158	1901EC1017	PRAGADEESH.T	ECE
159	1901EC1018	BADRINATH.M	ECE
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169	1901CE1001	GOWTHAMAN D	CSE
170	1901CE1002	DHANESH N	CSE
171	1901CE1003	SAMU K	CSE
172	1901CE1004	ASHOK KUMAR M	CSE
173	1901CE1005	SANTHIYA R	CSE
174	1901CE1007	LEGAN ALFANRO R	CSE
175	2001CE13101	SUDHARSON.K	CSE
176	2001CE13201	DEVA SUBITCHA.S	CSE
177	2001CE13202	PRATHIPA.G	CSE
178	1701CE1627	FAHAD	CSE
179	1901CE1008	B.SABARI PADMANABHAN	CSE
180	1901CE1009	B.DHEENUL AYESHA	CSE

181	1901CE1010	S.MOHAMED ABUSHEAK	CSE
182	1901CE1013	M.DEEPAN	CSE
183	1904CE1814	INFANT SELVAKUMAR .R	CSE
184	1904CE1815	KARTHIK R	CSE
185	1904CE1816	KENUITRENI T	CSE
186	1904CE1817	RAHUL .R	CSE
187	1904CE1818	RAMANATHAN .A.N	CSE
188	1904CE1819	SHAIKH RASHID HUSSAIN	CSE
189	1904CE1820	RAVI RANJAN KUMAR	CSE
190	1901CE1021	SARATH KUMAR P	CSE
191	1901CE1022	SOLLARASAN .S	CSE
192	1901CE1023	VIVEK SINGH	CSE
193	1904CE1824	AISHWARYA .M	CSE
194	1904CE1825	AKSHAYA .S	CSE
195	1904CE1826	BOWYA .R	CSE
196	1904CE1827	DHARSHINI .T	CSE
197	1904CE1828	HARINI AKSHAYAA .K	CSE
198	1904CE1829	KARUNYA .R	CSE
199	1904CE1830	MOHANAPRIYA .V	CSE
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204	1904CE1835	SINDHUJA .S	CSE
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209	1904CE1840	R.SHIVA	CSE
210	2001CV10101	JAGADESH. K	CIVIL
211	2001CV10102	BALAJI .M	CIVIL
212	2001CV10103	VASANTH .S	CIVIL
213	2001CV10105	KANI KUMAR. A	CIVIL
214	2001CV10106	AJAY .A	CIVIL
215	2001CV10107	VIGNESHWARAN .P	CIVIL
216	2001CV10108	KIRAN. S	CIVIL
217	2001CV10109	SRI HARISH.M	CIVIL
218	2101CV13101	SIVABHARATHI.A	CIVIL
219	2101CV13102	ARAVIND RAJ.M	CIVIL
220	2101CV13104	JONATHINFAANT.B	CIVIL
221	2101CV13110	VENKATESH.K	CIVIL
222	2101CV13111	NIVETHAN.M	CIVIL
223	2101CV13112	AKILAN.V	CIVIL
224	2101CV13113	VEERASEKAR.R	CIVIL
225	2101CV13114	THIRUSELVAM.M	CIVIL
226	2001EC1805	VENKATESH	ECE
227	2001EC1806	T NALLASIVAN	ECE

228	2001EC1807	P RAJENDRAN	ECE
229	2001EC1808	ASHOK S	ECE
230	2001EC1809	BALAKRISHNAN M.	ECE
231	2001EC1810	PALANIAPPAN A.	ECE
232	2001EC1811	KARTHIKRAJA S.	ECE
233	2001EC1812	BASKAR S	ECE


COORDINATOR


DEAN

DEAN
School of Engineering and Tect.
Ponnaiyah Ramajayam Institute of
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Deemed to be University
Vallam, Thanjavur-613 403.

LIFE SKILLS-ENTREPRENEUR DEVELOPMENT

Mr. Vivek explained all the processes that were involved in "Entrepreneur Development". Entrepreneurship is a subject that refers to designing and running your own business. It is about offering a different and innovative product or a service to targeted customers or maybe changing the traditional ways of consumption of products or services. With technology impacting almost everyone today in every corner of the world, entrepreneurs are making the most of it. It may concern your grocery delivery, taxi services, food delivery, financial services everything is being offered by the new generation entrepreneurs directly on their mobile. In the study of entrepreneurship, one would be reading about how to solve the real problems or the gaps that still exist in the life of people. Not to mention that entrepreneurship is the emerging career option.

7 STEPS TO BECOMING AN ENTREPRENEUR

- Build Your Skill Set and Knowledge Base. No matter what, you want to start and stay curious.
- Build Your Network. No one ever succeeded alone.
- State Your Idea, Claim Your Niche.
- Find and Understand a Market.
- Design Your Business and Idea.
- Secure Funding.
- Build Your Business.



CONCLUSION : The lecture was of great success. It helps students to know about something new and prepare themselves for something innovative & new. The lecture came to an end of thanks by the professor

Eg
HOD

HOD

Department of Mechanical Engineering
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
(Institution Deemed to be University
i/s 3 of the UGC Act 1956)
THANJAVUR - 613 405, TAMIL NADU, INDIA.

PRIST DEEMED TO BE UNIVERSITY
SCHOOL OF ENGINEERING & TECHNOLOGY
LIFE SKILLS-ENTREPRENEUR DEVELOPMENT
YEAR(2022-2023)

ATTENDANCE

TIMING : FN-10.00 am to 12.30 pm
AN-1.30 pm to 4.00 pm

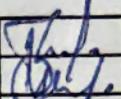
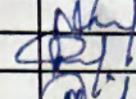
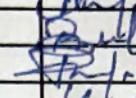
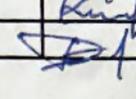
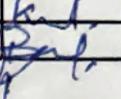
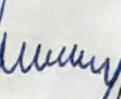
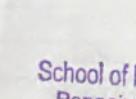
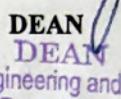
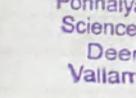
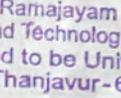
S.NO	REG.NUMBER	NAME	DEPARTMENT	04.11.2022	
				FN	AN
1	1901ME1004	SHIEK FARGHAN J	MECH	SHIEK	SHIEK
2	1901ME1005	VIGNESH.K	MECH	VIGNESH	VIGNESH
3	1901ME1006	SAI GOWTHAM P	MECH	SAI	SAI
4	1901ME1007	MUKUNDAN K	MECH	MUKUNDAN	MUKUNDAN
5	1901ME1008	MOHAMED NIFAN M	MECH	MOHAMED	MOHAMED
6	1901ME1009	YOGESHWARAN.P.L	MECH	YOGESHWARAN	YOGESHWARAN
7	1901ME1010	VISWANATH.K	MECH	VISWANATH	VISWANATH
8	1901ME1011	VIGNESHWARAN S	MECH	VIGNESHWARAN	VIGNESHWARAN
9	1901ME1012	MANIKANDAN.V	MECH	MANIKANDAN	MANIKANDAN
10	1901ME1013	DINESH K	MECH	DINESH	DINESH
11	1901ME1014	RAJAVARMAN R	MECH	RAJAVARMAN	RAJAVARMAN
12	1901ME1015	ABDUL RAHMAN A	MECH	ABDUL RAHMAN	ABDUL RAHMAN
13	1901ME1016	RAJESHKUMAR K	MECH	RAJESHKUMAR	RAJESHKUMAR
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17	1901ME1020	AJITH KUMAR .G	MECH	AJITH	AJITH
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25	1901ME1028	ELAMARAN .S	MECH	ELAMARAN	ELAMARAN
26	1901ME1029	HARIKRISHNAN V	MECH	HARIKRISHNAN	HARIKRISHNAN
27	1901ME1030	JAHABAR ALI JAVID AHMED	MECH	JAHABAR	JAHABAR
28	1901ME1031	JAYABI .M	MECH	JAYABI	JAYABI
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32	2001ME13101	SYED THAMJITH S	MECH	SYED THAMJITH	SYED THAMJITH
33	2001ME13102	VICTOR AKASH.V	MECH	VICTOR	VICTOR
34	2001ME13103	ANANTHA NAGARAJAN A	MECH	ANANTHA	ANANTHA
35	2001ME13105	ARAVINTH T	MECH	ARAVINTH	ARAVINTH
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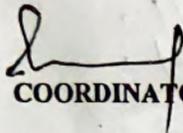
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41	2001ME13111	ABINASH P	MECH	ABINASH P	
42	2001ME13112	PRADHAP M	MECH	PRADHAP M	
43	2001ME13114	MARAN.M	MECH	MARAN.M	
44	2001ME13115	MOHAMAD JAVID. J	MECH	MOHAMAD JAVID. J	
45	2001ME13116	MOHAMED ASRAF ALI .G	MECH	MOHAMED ASRAF ALI .G	
46	2001ME10101	ABIMANYU S	MECH	ABIMANYU S	
47	2001ME10102	B.AKASH	MECH	B.AKASH	
48	2001ME10103	MOHAMED BAZEER J	MECH	MOHAMED BAZEER J	
49	2101ME13102	Sheik abdulla.A	MECH	Sheik abdulla.A	
50	2101ME13103	N. EJAAS	MECH	N. EJAAS	
51	2101ME13105	A.bharathidhasan	MECH	A.bharathidhasan	
52	2101ME13106	R.Karthik Raja	MECH	R.Karthik Raja	
53	2101ME13107	J.praveen	MECH	J.praveen	
54	2101ME13109	A.AJMAL HUSSAIN	MECH	A.AJMAL HUSSAIN	
55	2101ME13110	K.HARI HARAN	MECH	K.HARI HARAN	
56	2101ME13111	E DIVIJ SHANOON	MECH	E DIVIJ SHANOON	
57	2101ME13112	V.yashwanth	MECH	V.yashwanth	
58	2101ME13113	VIGNESH. M	MECH	VIGNESH. M	
59	2101ME13114	V.vignesh	MECH	V.vignesh	
60	2101ME13115	PADMANABHAN.M	MECH	PADMANABHAN.M	
61	2101ME13116	Ganesan.n	MECH	Ganesan.n	
62	2101ME13117	SURYA S	MECH	SURYA S	
63	2101ME13118	M.Fahim Akthar	MECH	M.Fahim Akthar	
64	2101ME13119	S VIJAYARAJAGOPAL	MECH	S VIJAYARAJAGOPAL	
65	2101ME13120	A.Arivudurai	MECH	A.Arivudurai	
66	2101ME13121	R Subash chandar	MECH	R Subash chandar	
67	2101ME13122	K.A.BALAMURUGAN	MECH	K.A.BALAMURUGAN	
68	2101ME13123	VETRIVEL. D	MECH	VETRIVEL. D	
69	2101ME13124	S.M.ADHITHYAN	MECH	S.M.ADHITHYAN	
70	2101ME13125	MOHAMMED FAIZAL. M	MECH	MOHAMMED FAIZAL. M	
71	2101ME13149	BALA VIGNESHWARAN .M	MECH	BALA VIGNESHWARAN .M	
72	2101ME13157	VENGADESAN .N	MECH	VENGADESAN .N	
73	2101ME13158	MOHAMED JUBAIR .K	MECH	MOHAMED JUBAIR .K	
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77	1901CV1005	IKSHANULLAH S	CIVIL	IKSHANULLAH S	
78	1901CV1006	HARIKRISHNAN A	CIVIL	HARIKRISHNAN A	
79	1901CV1010	NETHAJI S	CIVIL	NETHAJI S	
80	1901CV1011	VAIRAMANIRAJAN.P	CIVIL	VAIRAMANIRAJAN.P	
81	1901CV1012	ABDUL RAHMAN P	CIVIL	ABDUL RAHMAN P	
82	1901CV1013	SARUKKHAN A	CIVIL	SARUKKHAN A	
83	1901CV1014	GOKULAKRISHNAN R	CIVIL	GOKULAKRISHNAN R	

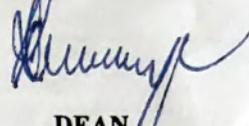
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87	1901CV03102	RANJITH.L	CIVIL	Ranjith	Ranjith
88	1901CV03115	DEEPAN.B	CIVIL	Deepan	Deepan
89	1901CV03116	DEVAKANNAN.S	CIVIL	Deve	Deve
90	1901CV03117	DIVVIGA.G	CIVIL	Divviga	Divviga
91	1901CV03118	GOPINATHAN.P	CIVIL	Gopi	Gopi
92	1901CV03119	HITESH.D	CIVIL	Hitesh	Hitesh
93	1901CV03120	NAVEEN.K	CIVIL	Naveen	Naveen
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96	1901CV03123	PRAKASH.M	CIVIL	Prakash	Prakash
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98	1901CV03125	RAJARAJAN.K	CIVIL	R	R
99	1901CV03126	RAJITH.R	CIVIL	R	R
100	1901CV03127	RAMPRABU.P	CIVIL	Ramprabu	Ramprabu
101	1901CV03128	RATHINA KUMARI.R	CIVIL	R	R
102	1901CV03129	SARATHKUMAR.G	CIVIL	S	S
103	1901CV03130	SUSMITHA.V	CIVIL	S	S
104	1901CV03131	THAMEEM ANSARI.S	CIVIL	T	T
105	1901CV03132	THIRUMURUGAN.R	CIVIL	T	T
106	1901CV03133	A.SAYED IMRAN ALI	CIVIL	A	A
107	1901CV03134	P.VIGNESH	CIVIL	vignesh	vignesh
108	1901EE1011	GOWTHAMAN M	EEE	G	G
109	1901EE1012	MURUGAN S	EEE	Murugan	Murugan
110	1901EE1013	DHEENADHAYALAN A	EEE	D	D
111	1901EE1014	DHARMALINGAM A	EEE	D	D
112	1901EE1015	RAJESH G	EEE	R	R
113	1901EE1016	SELVARASAN B	EEE	S	S
114	1901EE1017	SIVAPAKKIAM P	EEE	Sivapakiam	Sivapakiam
115	1901EE1018	VEERAKUMAR C	EEE	Veera Kumar	Veera Kumar
116	1901EE1019	DHASARATHARAJAN S	EEE	D	D
117	1901EE1020	MUGUNTHAN B	EEE	Mugunthan	Mugunthan
118	1901EE1021	RAMESH BABU C	EEE	Ramesh Babu	Ramesh Babu
119	1901EE1022	MARIMUTHU T	EEE	Marimuthu	Marimuthu
120	1901EE1023	SIVARANJINI R	EEE	Sivaranjini	Sivaranjini
121	1901EE1024	SUGILRAJ M	EEE	Sugilraj	Sugilraj
122	1901EE1025	MOHAMMED UMAR A	EEE	Mohammed Umar	Mohammed Umar
123	1901EE1026	ASHIQ AHMED I	EEE	Ashiq Ahmed	Ashiq Ahmed
124	1901EE1027	ARUNKAVI A	EEE	Arunkavi	Arunkavi
125	1901EE1201	DHIVYA M	EEE	Dhivya	Dhivya
126	1901EE1202	NASHREEN M	EEE	Nashreen	Nashreen
127	1901EE1203	SASI.R	EEE	Sasi	Sasi
128	1901EE1204	ELAVARASLR	EEE	Elavarasi	Elavarasi
129	1901EE1801	AMARNATH.C	EEE	Amarnath	Amarnath
130	1901EE1802	ARAVINDKRISHNA.A	EEE	A	A

131	1901EE1803	JOHN JUSTIN R	EEE	John Justin	John Justin
132	1901EE1804	MAHESWARAN S	EEE	M	M
133	1901EE1805	MASILAMANI.M	EEE	Mang	Mm
134	1901EE1806	MURUGAN R	EEE	Murugan	Murugan
135	1901EE1807	NAGARASU.C	EEE	Nagaran	Nagaran
136	1901EE1808	NEELAMANIMARAN M	EEE	Neela	Neela
137	1901EE1809	RAJA.S	EEE	Raja	Raja
138	1901EE18201	KUMARI.A	EEE	Kumari	Kumari
139	1901EE18202	SELVI.V	EEE	Selvi	Selvi
140	1901EE18203	PRABAVATHI	EEE	Prabavathi	Prabavathi
141	1901EE18204	PRABA R	EEE	Praba	Praba
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143	1901EC1002	KARAN PANDIYAN	ECE	Karan	Karan
144	1901EC1003	S. ISWARIYA	ECE	Swariya	Swariya
145	1901EC1004	M. RAJ KUMAR	ECE	Raj	Raj
146	1901EC1005	P. GOKULA KRISHNAN	ECE	Gokula	Gokula
147	1901EC1006	M. F. AHMED RAMEEZ	ECE	Ahmed	Ahmed
148	1901EC1007	ARUN M.	ECE	Arun	Arun
149	1901EC1008	SUDHARSAN.P	ECE	Sudhar	Sudhar
150	1901EC1009	VISWANATHAN.M	ECE	Viswan	Viswan
151	1901EC1010	MURUGANANDHAM.K	ECE	Muruga	Muruga
152	1901EC1011	KARTHIK.P	ECE	Karthik	Karthik
153	1901EC1012	LOGESH.J	ECE	Logesh	Logesh
154	1901EC1013	DEVA DHARSHINI.L	ECE	Deva	Deva
155	1901EC1014	ASHOK KUMAR.R	ECE	Ashok	Ashok
156	1901EC1015	BHUVANESH.K	ECE	Bhuvan	Bhuvan
157	1901EC1016	VIJAY.D	ECE	Vijay	Vijay
158	1901EC1017	PRAGADEESH.T	ECE	Pragade	Pragade
159	1901EC1018	BADRINATH.M	ECE	Badrinath	Badrinath
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161	1901EC1020	SNEKA.M	ECE	Sneka	Sneka
162	1901EC1021	MITHUN KRISHNA.P	ECE	Mithun	Mithun
163	1901EC1022	GOWRI SANKAR.P	ECE	Gowri	Gowri
164	1901EC1023	SRILAKSHMI.L	ECE	Srilak	Srilak
165	1901EC1029	ASWIN.J	ECE	Aswin	Aswin
166	1901EC1030	SIVALINGAM.T	ECE	Sivalin	Sivalin
167	1901EC1031	ANBUELV.K	ECE	Anbue	Anbue
168	1901EC1032	JANANI.C	ECE	Janani	Janani
169	1901CE1001	GOWTHAMAN D	CSE	Gowtham	Gowtham
170	1901CE1002	DHANESH N	CSE	Dhanesh	Dhanesh
171	1901CE1003	SAMU K	CSE	Samu	Samu
172	1901CE1004	ASHOK KUMAR M	CSE	Ashok	Ashok
173	1901CE1005	SANTHIYA R	CSE	Santhi	Santhi
174	1901CE1007	LEGAN ALFANRO R	CSE	Legan	Legan
175	2001CE13101	SUDHARSON.K	CSE	Sudhar	Sudhar
176	2001CE13201	DEVA SUBITCHA.S	CSE	Deva	Deva
177	2001CE13202	PRATHIPA.G	CSE	Prathi	Prathi

178	1701CE1627	FAHAD	CSE		
179	1901CE1008	B.SABARI PADMANABHAN	CSE		
180	1901CE1009	B.DHEENUL AYESHA	CSE		
181	1901CE1010	S.MOHAMED ABUSHEAK	CSE		
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184	1904CE1815	KARTHIK R	CSE		
185	1904CE1816	KENUITRENI T	CSE		
186	1904CE1817	RAHUL .R	CSE		
187	1904CE1818	RAMANATHAN .A.N	CSE		
188	1904CE1819	SHAIKH RASHID HUSSAIN	CSE		
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220	2101CV13104	JONATHINFAANT.B	CIVIL		
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229	2001EC1808	ASHOK S	ECE		
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231	2001EC1810	PALANIAPPAN A.	ECE		
232	2001EC1811	KARTHIKRAJA S.	ECE		
233	2001EC1812	BASKAR S	ECE		


COORDINATOR


DEAN
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School of Engineering and Tech.
Ponnaiyah Ramajayam Institute of
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Deemed to be University
Vallam, Thanjavur-613,403.

Feedback form

SCHOOL OF ENGINEERING & TECHNOLOGY
DEPARTMENT OF MECHANICAL ENGINEERING

Kindly fill this feedback form for the Life Skills-Entrepreneur Development

* Required

1. Name of the student *

Enter your answer

2. Department *

Enter your answer

3. College Name *

Enter your answer

4. Mail ID *

Enter your answer

5. Whats app number *

Enter your answer

6. Student's-Year

IV

III

II

I

7. What is your overall assessment of the event? (1-Insufficient & 5- Excellent) *

1	2	3	4	5
---	---	---	---	---

8. Workshop Venue was comfortable? *

Yes

No

9. How was the Presentation? *

Enter your answer

10. How was the Technical Session? *

Enter your answer

11. Knowledge and information gained from participation at this event (1- Insufficient & 5- Excellent) *

12. The workshop content was (1-Insufficient & 5- Excellent) *

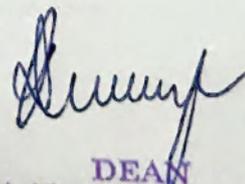
13. Future comments or suggestion *

Enter your answer

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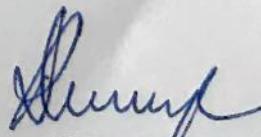


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Vallam, Thanjavur-613 403.

Sample Feedback Responses from the participants.

The objective of the Entrepreneur Development was achieved. The overall session discussion benefitted the Students. This Entrepreneur Development would help the participants to program in an effective way and also it would help them to do their implementation in future.

ID	Name of the student	Department	College Name	What is your overall assessment of the event (1= Insufficient & 5= Excellent)	Workshop Venue was comfortable?	How was the Presentation?	How was the Technical Session?	Knowledge and information gained from participating at this event (1= Insufficient & 5= Excellent)	The work shop content was (1= Insufficient & 5= Excellent)	Future comments or suggestion
3	Mohanna d fauzal M	Mechanical	Prist university	5	Yes	Nice	Good	5	5	Good
2	S. Lenin Kumar	Mechanical Engineering	PRIST deemed to be university	5	Yes	Very nice	Very super	5	5	Nil
3	Vedha S	Mechanical Engineering	PRIST deemed to be university	5	Yes	Good	The technical session was very nice	4	4	The time was insufficient
3	Kishore S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Excellend	4	4	Very impartan speech and enjoy mend the class and good explain the voice
3	P.Dhinakaran	Mechanical engineering	PRIST deemed to be university	5	Yes	Well	Good	5	5	Continue this method.
3	DINESH K	Mechanical	PRIST deemed to be university	4	Yes	Informative	Nice one	4	4	Informative session
3	P. S. Dhivyakumar	Mechanical department	PRIST deemed to be university	5	Yes	Good	Much better	5	4	Can be conduct other day
4	Ponnarasas	Mechanical Engineering	PRIST deemed to be university	4	Yes	Good	Brity good	4	3	Nothing
4	Abathkar	Mech	PRIST deemed to be university	2	Yes	Normal	Normal	2	1	good
4	AJAY A	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Useful	5	5	Nothing
5	Ajmal Hussain A	Mechanical	PRIST deemed to be university	3	Yes	Nil	Nil	3	3	Nil
5	KEERTHI VASAN R	MECHANICAL	PRIST deemed to be university	5	Yes	Excellent	Excellent	5	5	Excellent
5	Manojkumar R	Mechanical department	PRIST deemed to be university	3	Yes	Good	Good	3	3	Improvement in practice method
5	Praveenkumar R	Mechanical department	PRIST deemed to be university	4	No	Good	Good	3	3	Good
5	Manojkumar R	Mechanical department	PRIST deemed to be university	1	Yes	Good	Good	1	1	good technical session
5	ABDULHAKKIM S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Very nice	5	5	Nothing
6	HEMANA THIAN B	MECHANICAL ENGINEERING	PRIST deemed to be university	4	Yes	Nice	Good	4	5	Nil



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**PONNAIYAH RAMAJAYAM INSTITUTE OF
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY
U/s 3 of UGC Act, 1956

PRIST/MECH/CIRC/ 2022-2023/ LIFESKILL /04

Date: 15.03.2023

SCHOOL OF ENGINEERING & TECHNOLOGY

Department of Mechanical Engineering

CIRCULAR

SUB: Life skills-Yoga and Physical Fitness– Reg

It is informed that Yoga and Physical fitness will be conducted by Department of Mechanical Engineering for the academic year 2022-2023. The detailed schedule will be given by the departments.

All departments are requested to inform their students about the Yoga and Physical fitness and motivate them to attend the session.

Physical director,

PRIST Deemed to be University,

Date : 28.03.2023

Venue : Silver Jubilee block (Indoor Stadium)

Timing : 10.00 A.M to 4.00 P.M

**HOD
HOD**

**Department of Mechanical Engineering
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
(Institution Deemed to be University
u/s 3 of the UGC Act. 1956)
THANJAVUR-613 403, TAMIL NADU.**

DEAN

**DEAN
School of Engineering and Tech.
Ponnaiyah Ramajayam Institute of
Science and Technology (PRIST)
Deemed to be University
Vallam, Thanjavur-613 403.**

- Copy to:**
- 1) Hon'ble Vice Chancellor (for your kind information)
 - 2) Registrar
 - 3) Registrar Office
 - 4) HODs – CSE / Civil / ECE / EEE / Mech
 - 5) Department File

PRIST DEEMED TO BE UNIVERSITY
SCHOOL OF ENGINEERING & TECHNOLOGY
YOGA AND PHYSICAL FITNESS

YEAR(2022-2023)

STUDENTS NAME LIST

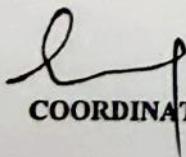
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2	1901ME1005	VIGNESH.K	MECH
3	1901ME1006	SAI GOWTHAM P	MECH
4	1901ME1007	MUKUNDAN K	MECH
5	1901ME1008	MOHAMED NIFAN M	MECH
6	1901ME1009	YOGESHWARAN.P.L	MECH
7	1901ME1010	VISWANATH.K	MECH
8	1901ME1011	VIGNESHWARAN S	MECH
9	1901ME1012	MANIKANDAN.V	MECH
10	1901ME1013	DINESH K	MECH
11	1901ME1014	RAJAVARMAN R	MECH
12	1901ME1015	ABDUL RAHMAN A	MECH
13	1901ME1016	RAJESHKUMAR K	MECH
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15	1901ME1018	AJITH .A	MECH
16	1901ME1019	AJITH. M	MECH
17	1901ME1020	AJITH KUMAR .G	MECH
18	1901ME1021	AMALA ROOPAN .A	MECH
19	1901ME1022	AMIRTHA SAYEE .M	MECH
20	1901ME1023	ANISH KUMAR .C	MECH
21	1901ME1024	ARAVINDHAN .V	MECH
22	1901ME1025	BALAKUMARAN R	MECH
23	1901ME1026	CHINRAJ .M	MECH
24	1901ME1027	EASVAR PRASAD K.R	MECH
25	1901ME1028	ELAMARAN .S	MECH
26	1901ME1029	HARIKRISHNAN V	MECH
27	2001ME13101	SYED THAMJITH S	MECH
28	2001ME13102	VICTOR AKASH.V	MECH
29	2001ME13103	ANANTHA NAGARAJAN A	MECH
30	2001ME13105	ARAVINTH T	MECH
31	2001ME13106	GOKULAKRISHNAN S	MECH
32	2001ME13107	NILAVAN M	MECH
33	2001ME13108	SIVA ARAVIND D	MECH
34	2001ME13109	ADITHIYAN M	MECH
35	2001ME13110	RAJKUMAR G	MECH
36	2001ME13111	ABINASH P	MECH
37	2001ME13112	PRADHAP M	MECH
38	2001ME13114	MARAN.M	MECH
39	2001ME13115	MOHAMAD JAVID. J	MECH
40	2001ME13116	MOHAMED ASRAF ALI .G	MECH
41	2001ME10101	ABIMANYU S	MECH
42	2001ME10102	B.AKASH	MECH

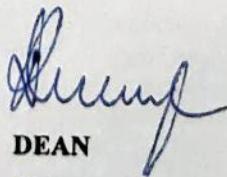
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44	2101ME13102	Sheik abdulla.A	MECH
45	2101ME13103	N. EJAAS	MECH
46	2101ME13105	A.bharathidhasan	MECH
47	2101ME13106	R.Karthik Raja	MECH
48	2101ME13107	J.praveen	MECH
49	2101ME13109	A.AJMAL HUSSAIN	MECH
50	2101ME13110	K.HARI HARAN	MECH
51	2101ME13111	E DIVIJ SHANOON	MECH
52	2101ME13112	V.yashwanth	MECH
53	2101ME13113	VIGNESH. M	MECH
54	2101ME13114	V.vignesh	MECH
55	2101ME13115	PADMANABHAN.M	MECH
56	2101ME13116	Ganesan.n	MECH
57	2101ME13117	SURYA S	MECH
58	2101ME13118	M.Fahim Akthar	MECH
59	2101ME13119	S VIJAYARAJAGOPAL	MECH
60	2101ME13120	A.Arivudurai	MECH
61	2101ME13121	R Subash chandar	MECH
62	2101ME13122	K.A.BALAMURUGAN	MECH
63	2101ME13123	VETRIVEL. D	MECH
64	2101ME13124	S.M.ADHITHYAN	MECH
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79	1901CV1015	GOKUL.M	CIVIL
80	1901CV1016	GURUVIGNESH G	CIVIL
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140	1901EC1004	M. RAJ KUMAR	ECE

141	1901EC1005	P. GOKULA KRISHNAN	ECE
142	1901EC1006	M. F. AHMED RAMEEZ	ECE
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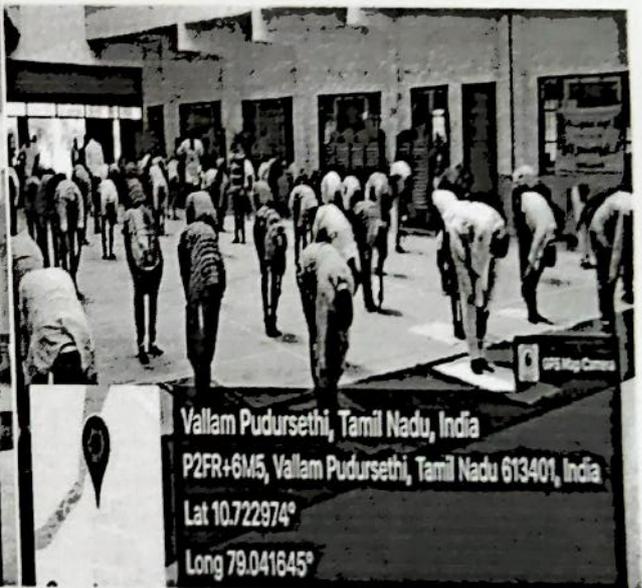
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217	2101CV13111	NIVETHAN.M	CIVIL
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225	2001EC1809	BALAKRISHNAN M.	ECE
226	2001EC1810	PALANIAPPAN A.	ECE
227	2001EC1811	KARTHIKRAJA S.	ECE
228	2001EC1812	BASKAR S	ECE


COORDINATOR


DEAN

DEAN
School of Engineering and Tech.
Ponnalyah Ramajayam Institute of
Science and Technology (PRIST)
Deemed to be University
Vailam, Thanjavur-613 403.

LIFE SKILLS-YOGA AND PHYSICAL FITNESS



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Department of Mechanical Engineering
Ponnaiyah Ramalayam Institute of
Science & Technology (PRIST)
(Institution Deemed to be University
U/s 3 of the UGC Act 1956)
THANJAVUR - 613 403, TAMIL NADU.

PRIST DEEMED TO BE UNIVERSITY
SCHOOL OF ENGINEERING & TECHNOLOGY
YOGA AND PHYSICAL FITNESS
YEAR(2022-2023)

ATTENDANCE

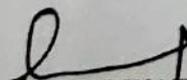
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1	1901ME1004	SHIEK FARGHAN J	MECH	Shiek
2	1901ME1005	VIGNESH.K	MECH	Vignesh
3	1901ME1006	SAI GOWTHAM P	MECH	Sai Gowtham
4	1901ME1007	MUKUNDAN K	MECH	Mukundan
5	1901ME1008	MOHAMED NIFAN M	MECH	Mohamed Nifan
6	1901ME1009	YOGESHWARAN.P.L	MECH	Yogeshwaran
7	1901ME1010	VISWANATH.K	MECH	Viswanath
8	1901ME1011	VIGNESHWARAN S	MECH	Vigneshwaran
9	1901ME1012	MANIKANDAN.V	MECH	Manikandan
10	1901ME1013	DINESH K	MECH	Dinesh
11	1901ME1014	RAJAVARMAN R	MECH	Rajavarmann
12	1901ME1015	ABDUL RAHMAN A	MECH	Abdul Rahman
13	1901ME1016	RAJESHKUMAR K	MECH	Rajeshkumar
14	1901ME1017	LAKMAN.K	MECH	Lakman
15	1901ME1018	AJITH .A	MECH	Ajith
16	1901ME1019	AJITH. M	MECH	Ajith
17	1901ME1020	AJITH KUMAR .G	MECH	Ajith
18	1901ME1021	AMALA ROOPAN .A	MECH	Amala
19	1901ME1022	AMIRTHA SAYEE .M	MECH	Amirtha
20	1901ME1023	ANISH KUMAR .C	MECH	Anish
21	1901ME1024	ARAVINDHAN .V	MECH	Aravindhann
22	1901ME1025	BALAKUMARAN R	MECH	Balakumaran
23	1901ME1026	CHINRAJ .M	MECH	Chinraj
24	1901ME1027	EASVAR PRASAD K.R	MECH	Easvar
25	1901ME1028	ELAMARAN .S	MECH	Elamaran
26	1901ME1029	HARIKRISHNAN V	MECH	Harikrishnan
27	2001ME13101	SYED THAMJITH S	MECH	Syed Thamjith
28	2001ME13102	VICTOR AKASH.V	MECH	Victor Akash
29	2001ME13103	ANANTHA NAGARAJAN A	MECH	Anantha
30	2001ME13105	ARAVINTH T	MECH	Aravinth
31	2001ME13106	GOKULAKRISHNAN S	MECH	Gokulakrishnan
32	2001ME13107	NILAVAN M	MECH	Nilavan
33	2001ME13108	SIVA ARAVIND D	MECH	Siva Aravind
34	2001ME13109	ADITHIYAN M	MECH	Adithyan
35	2001ME13110	RAJKUMAR G	MECH	Rajkumar
36	2001ME13111	ABINASH P	MECH	Abinash
37	2001ME13112	PRADHAP M	MECH	Pradhapp
38	2001ME13114	MARAN.M	MECH	Maran
39	2001ME13115	MOHAMAD JAVID. J	MECH	Mohamad Javid
40	2001ME13116	MOHAMED ASRAF ALI .G	MECH	Mohamed Asraf
41	2001ME10101	ABIMANYU S	MECH	Abimanyu
42	2001ME10102	B.AKASH	MECH	Bakash

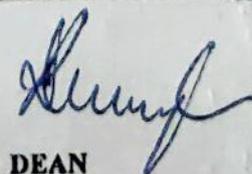
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45	2101ME13103	N. EJAAS	MECH	Ejaas
46	2101ME13105	A.bharathidhasan	MECH	Bharathi
47	2101ME13106	R.Karthik Raja	MECH	Karthik
48	2101ME13107	J.praveen	MECH	Praveen
49	2101ME13109	A.AJMAL HUSSAIN	MECH	Ajmal
50	2101ME13110	K.HARI HARAN	MECH	Hariharan
51	2101ME13111	E DIVIJ SHANOON	MECH	Divij
52	2101ME13112	V.yashwanth	MECH	Yashwanth
53	2101ME13113	VIGNESH. M	MECH	Vignesh
54	2101ME13114	V.vignesh	MECH	Vignesh
55	2101ME13115	PADMANABHAN.M	MECH	Padmanabhan
56	2101ME13116	Ganesan.n	MECH	Ganesan
57	2101ME13117	SURYA S	MECH	Surya
58	2101ME13118	M.Fahim Akthar	MECH	Fahim
59	2101ME13119	S VIJAYARAJAGOPAL	MECH	Vijayarajagopal
60	2101ME13120	A.Arivudurai	MECH	Arivudurai
61	2101ME13121	R Subash chandar	MECH	Subash
62	2101ME13122	K.A.BALAMURUGAN	MECH	Balamurugan
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207	2001CV10103	VASANTH .S	CIVIL	Vasanth
208	2001CV10105	KANI KUMAR. A	CIVIL	Kani Kumar
209	2001CV10106	AJAY .A	CIVIL	Ajay
210	2001CV10107	VIGNESHWARAN .P	CIVIL	Vigneshwaran
211	2001CV10108	KIRAN. S	CIVIL	Kiran
212	2001CV10109	SRI HARISH.M	CIVIL	Sri Harish
213	2101CV13101	SIVABHARATHLA	CIVIL	Sivabharathla
214	2101CV13102	ARAVIND RAJ.M	CIVIL	Aravind Raj
215	2101CV13104	JONATHINFAANT.B	CIVIL	Jonathinfaant
216	2101CV13110	VENKATESH.K	CIVIL	Venkatesh
217	2101CV13111	NIVETHAN.M	CIVIL	Nivethan
218	2101CV13112	AKILAN.V	CIVIL	Akilan
219	2101CV13113	VEERASEKAR.R	CIVIL	Veerasakar
220	2101CV13114	THIRUSELVAM.M	CIVIL	Thiruselvam
221	2001EC1805	VENKATESH	ECE	Venkatesh
222	2001EC1806	T NALLASIVAN	ECE	T Nallasivan
223	2001EC1807	P RAJENDRAN	ECE	P Rajendran
224	2001EC1808	ASHOK S	ECE	Ashok S
225	2001EC1809	BALAKRISHNAN M.	ECE	Balakrishnan
226	2001EC1810	PALANIAPPAN A.	ECE	Palaniappan
227	2001EC1811	KARTHIKRAJA S.	ECE	Karthikraja
228	2001EC1812	BASKAR S	ECE	Baskar


COORDINATOR


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Feedback form

[?] 400

SCHOOL OF ENGINEERING & TECHNOLOGY

DEPARTMENT OF MECHANICAL ENGINEERING

Kindly fill the feedback form for the Life skills-Yoga and Physical fitness

* Required

1. Name of the student * [?]

Enter your answer

2. Department * [?]

Enter your answer

3. College Name * [?]

Enter your answer

4. Mail ID * [?]

Enter your answer

5. Whats app number * [?]

Enter your answer

6. Student's-Year [?]

IV

III

II

I

7. What is your overall assessment of the event? (1-Insufficient & 5- Excellent) * [?]

1	2	3	4	5
---	---	---	---	---

8. Workshop Venue was comfortable? * [?]

Yes

No

9. How was the Presentation? * [?]

Enter your answer

10. How was the Technical Session? * [?]

Enter your answer

11. Knowledge and information gained from participation at this event (1- Insufficient & 5- Excellent) *

1	2	3	4	5
---	---	---	---	---

12. The workshop content was:(1-Insufficient & 5- Excellent) *

1	2	3	4	5
---	---	---	---	---

13. Future comments or suggestion *

Enter your answer

Submit

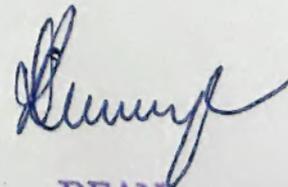
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Feedback QR code:



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Sample Feedback Responses from the participants.

The objective of the Yoga and Physical fitness was achieved. The overall session discussion benefitted the Students. This Yoga and Physical fitness would help the participants to program in an effective way .

ID	Name of the Student	Department	College Name	What is your overall assessment of the event? (1- Insufficient & 5- Excellent)	Works hop Venue was comfortable?	How was the Presentation?	How was the Technical Session?	Knowledge and information gained from participation at this event (1- Insufficient & 5- Excellent)	The work shop content was (1- Insufficient & 5- Excellent)	Future comments or suggestion
3	Mohammad Iqbal M	Mechanical	Prist university	5	Yes	Nice	Good	5	5	Good
2	S. Lenin Kumar	Mechanical Engineering	PRIST deemed to be university	5	Yes	Very nice	Very super	5	5	Nil
3	Vedha S	Mechanical Engineering	PRIST deemed to be university	5	Yes	Good	The technical session was very nice	4	4	The time was insufficient
3	Kishore S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Excellend	4	4	Very impartan speech and enjoy mend the class and good explain the voice
3	P.Dhinalcaran	Mechanical engineering	PRIST deemed to be university	5	Yes	Well	Good	5	5	Continue this method.
3	DINESH K	Mechanical	PRIST deemed to be university	4	Yes	Informative	Nice one	4	4	Informative session
3	P. S. Dhivyakumar	Mechanical department	PRIST deemed to be university	5	Yes	Good	Much better	5	4	Can be conduct other day
4	Ponnarasas	Mechanical Engineering	PRIST deemed to be university	4	Yes	Good	Brity good	4	3	Nothing
4	Abishkar	Mech	PRIST deemed to be university	2	Yes	Normal	Normal	2	1	good
4	AJAY A	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Useful	5	5	Nothing
5	Ajmal Hussain A	Mechanical	PRIST deemed to be university	3	Yes	Nil	Nil	3	3	Nil
5	KEERTHI VASAN R	MECHANICAL	PRIST deemed to be university	5	Yes	Excellent	Excellent	5	5	Excellent
5	Manojkumar R	Mechanical department	PRIST deemed to be university	3	Yes	Good	Good	3	3	Improvement in practice method
5	Praveenkumar R	Mechanical department	PRIST deemed to be university	4	No	Good	Good	3	3	Good
5	Manojkumar R	Mechanical department	PRIST deemed to be university	1	Yes	Good	Good	1	1	good technical session
5	ABDULHAKKIM S	Mechanical engineering	PRIST deemed to be university	5	Yes	Good	Very nice	5	5	Nothing
6	HEMANATHAN E	MECHANICAL ENGINEERING	PRIST deemed to be university	4	Yes	Nice	Good	4	5	Nil



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SCHOOL OF ENGINEERING AND TECHNOLOGY

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

YOGA DAY



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DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

This is to inform all II Year students that the on **YOGA DAY** be commenced from 21.06.2023. Hence requesting all the registered students to attend the yoga classes without fail.

Branch name	Year	Course offered
B.TECH - CSE	II-CSE	YOGA DAY

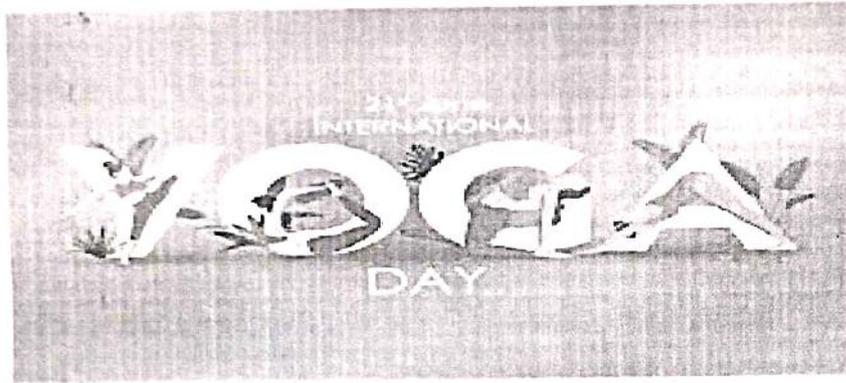

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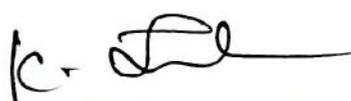


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International Yoga Day 2023 Theme: The 9th edition of Yoga Day is being celebrated with great enthusiasm all over the globe. International Yoga Day on June 21, celebrates the ancient practice of yoga and its global significance. Established by the United Nations, this day aims to raise awareness about the physical, mental, and spiritual benefits of practising yoga. With millions of people around the world participating in various yoga activities and events, International Yoga Day serves as a reminder of the universal appeal and transformative power of this ancient practice.



International Yoga Day 2023 is celebrated every year on **June 21st** to promote the numerous benefits of practicing yoga. The chosen date coincides with the summer solstice, the longest day of the year in the Northern Hemisphere. This day serves as a platform to raise awareness about the holistic approach to well-being that yoga offers. It highlights the importance of finding balance in our fast-paced, modern lives and encourages physical, mental, and spiritual harmony. Yoga fosters mindfulness, stress reduction, and overall health and vitality. In its **9th edition**, this year's International Day of Yoga will be led by Prime Minister Narendra Modi at the UN Headquarters on June 21st. This marks the first time a yoga session will be conducted by the Prime Minister at this location.


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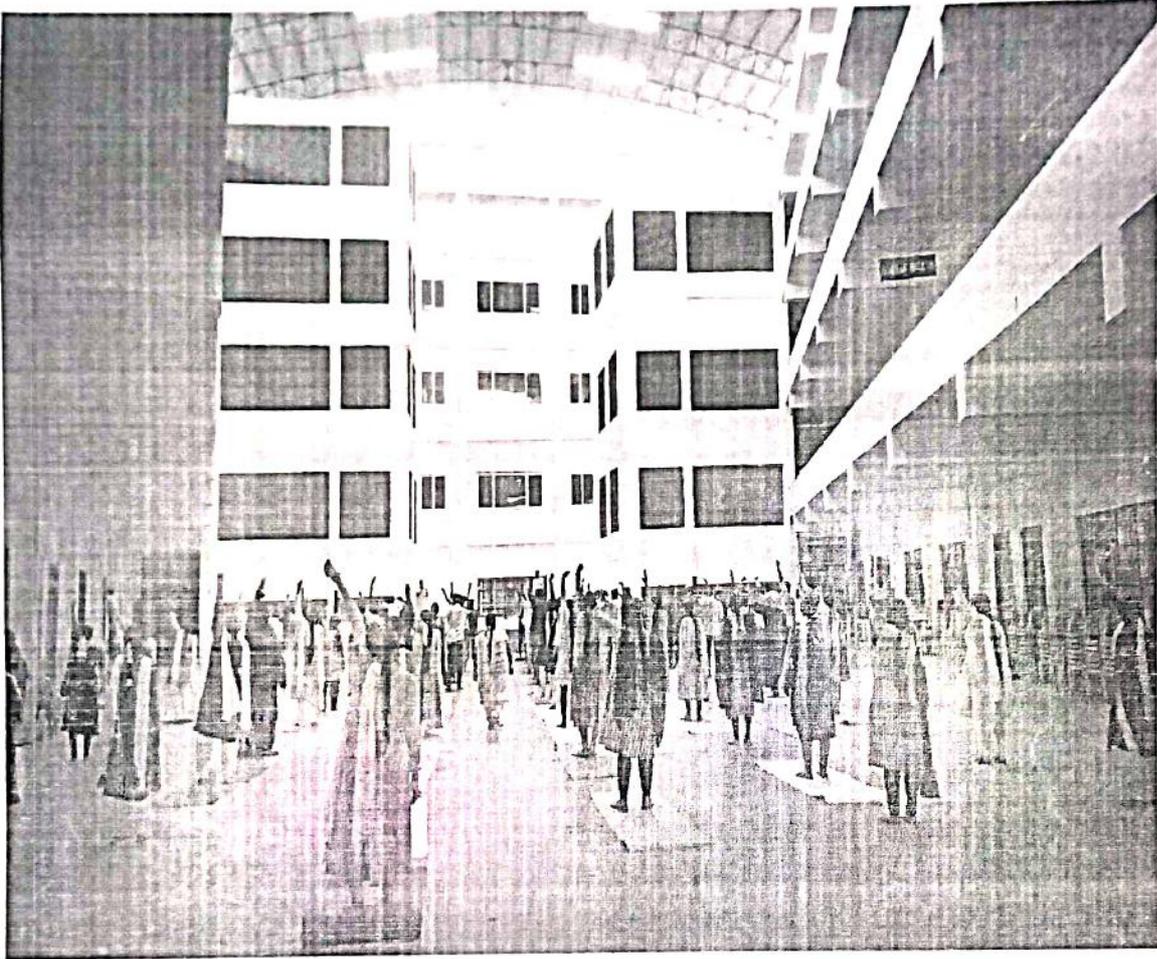
S.NO	REG. NO	NAME OF THE STUDENTS	STUDENT SIGNATURE
1.	2001CE10101	NIRANJAN. I	[Signature]
2.	2001CE10102	BALAKRISHNAN. S	[Signature]
3.	2001CE10103	M. MANOTHAN	[Signature]
4.	2001CE10105	MUSTHAK HUSSAIN. J	[Signature]
5.	2001CE10106	THIYAGU. S	[Signature]
6.	2001CE10107	NAVEEN. R	[Signature]
7.	2001CE10108	ASHVANTHAN. J.P	[Signature]
8.	2001CE10109	THANOOSHWARAN. R	[Signature]
9.	2001CE10110	NISHANTH. M.R	[Signature]
10.	2001CE10111	BHUVANESH. K	[Signature]
11.	2001CE10112	MAHESHKUMAR	[Signature]
12.	2001CE10201	SUBIKSHA. S	[Signature]
13.	2001CE10202	RAJASHREE	[Signature]
14.	2004CE10101	DEV AKASH. S	[Signature]
15.	2004CE10102	MOHAMED ABDUL KALAM	[Signature]
16.	2004CE10104	M. HARIHARAN	[Signature]
17.	2101CE13101	AYYAPPAN DEEPAK PETHAIAH. P.M	[Signature]
18.	2101CE13102	BALAMURUGAN. S	[Signature]
19.	2101CE13103	SANJAY KANNAH	[Signature]
20.	2101CE13104	PRASANNA NARAYANAN. S	[Signature]
21.	2101CE13105	SIVAKUMARAN.V	[Signature]
22.	2101CE13129	VIGNESH.B	[Signature]
23.	1901CE1008	DEENADAYALAN.A	[Signature]
24.	2101CE1001	MOHAMED JAVID.M	[Signature]
25.	2101CE1002	SHAHEEN S	[Signature]
26.	2101CE1003	MOHAMED HISJAM.P	[Signature]
27.	2101CE1004	AJAY KUMAR.S	[Signature]
28.	2101CE1006	HARI HARAN B	[Signature]
29.	2101CE1007	APARNA.R	[Signature]
30.	2101CE1008	MOHAMED SIDDIK.S	[Signature]
31.	2101CE1009	ANJANA DEVL.S	[Signature]
32.	2101CE1010	SHRI JANANI	[Signature]
33.	2101CE1011	GOVINDHA RAJ.J	[Signature]
34.	2101CE1012	KARTHIKEYAN.N	[Signature]
35.	2101CE1013	VARUN.M	[Signature]
36.	2101CE1602	VAIRARAMANATHAN.V	[Signature]
37.	2101CE1501	HARI PRASAD.R	[Signature]
38.	2101CE1615	SYED THAMEEM ASHIK Z.	[Signature]
39.	2101CE1617	DINESH. L	[Signature]
40.	2101CE1620	HARIHARAN. K	[Signature]
41.	2101CE1014	MOHAMED HAJA.M	[Signature]
42.	2101CE1015	DEVL.S	[Signature]

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School of Arts and Science
Department of Physics

CIRCULAR

PRIST/A&S/PHY/22-23/03.3

Date: 10.08.2022

It is hereby informed that the department is organizing a Program on “Yoga and Exercises” on August 20, 2022, in the Seminar Hall, Physics. All the students and faculty members are requested to attend without fail.

HOD

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DEAN

**Dean
School of Arts & Science
Ponnaiyah Ramajayam Institute of
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Copy to:

1. Dean –School of Arts and Science
2. Members of all faculties
3. Registrar Office
4. File copy



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School of Arts and Science

Department of Physics

Cordially invite the Dean, Faculties and Students to the "Yoga and Exercises"

Resource person

Dr. K. Karthikeyan

Physical Director

PRIST Deemed to be University

Vallam, Thanjavur

Date: 20.08.2022

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Department of Physics

A REPORT ON THE SEMINAR 20.08.2022

Topics: "Yoga and Exercises"

Department of Biochemistry, Ponnaiyah Ramajayam Institute of Science & Technology (PRIST), organized a one-day seminar on "Yoga and Exercises" on August 20, 2022 in Seminar Hall-I. The seminar focused on health issues.

The dignitaries on the Dias were, Dr. L. CHINNAPPA, Ph.D., Dean, School of Arts and Science, Dr. DR. K. SARITHA, Professor and Scientist, DR. C.YOGAMBAL, DR. M. SIVANANTHAM, DR.S.SUBASHCHANDRABOSE, Assistant Professor, Ponnaiyah Ramajayam Institute of Science and Technology. The programme started at 11:30 am with the welcome address by **DR. S. SUBASHCHANDRABOSE**, Department of Physics. Dr. L. CHINNAPPA, Dean, School of Arts and Science delivered an Inaugural address about the seminar.

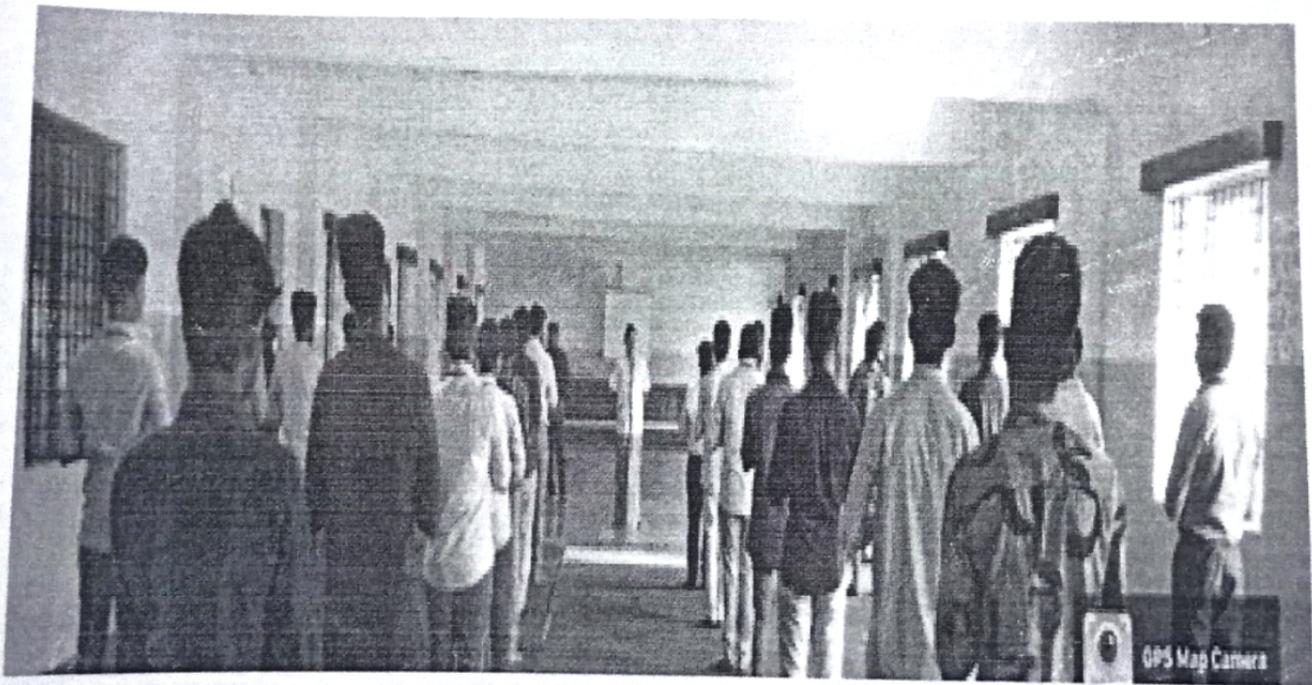
Dr. K. Karthikeyan, Physical Director deliver the **Yoga and Exercises**. Finally, **DR. N. NISHA BANU**, Assistant Professor, Department of Physics delivered a vote of thanks.

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School of Arts and Science
Department of Physics
"Yoga and Exercises"
ATTENDANCE LIST

S.No	Student Name	Signature
1.	P. Pavamani	Pavin
2.	L. Venkatesh	Venki
3.	M. Mugil	Mugi
4.	S. Senthru	Sen
5.	R. ESakki Raja	Rufe.
6.	S. Vijayan	SV
7.	B. Muthuraman	BM
8.	V. Balaji	VB
9.	A. Suroiya	AS
10.	S. Kalai Vasan	Kalasan
11.	D. Sugan	Sugan
12.	B. Paranjothi	Joethi
13.	A. Suriya Prakash	AS
14.	S. Tharun	Tharun
15.	R. Madhavan	RM
16.	V. Arunkuman	AR
17.	S. vishwanathan	vishwanathan
18.	R. Uopalsamy	Res
19.	S. Bhuvanesh Kumar	Bhuvanesh
20.	A. vijay	VJ
21.	S. Aravindh Kumar	Aravindh
22.	J. Keerthi Vasan	Keer
23.	K. Flexi Bharath	Flexi
24.	K. Ruban	KR

26.	D. Kameshwaran	DK
27.	J. Srinithiya	Sri
28.	E. Suganya	ES
29.	B. Yogesh	Yogi
30.	S. Seelaz parhana	Sarhana
31.	S. Bakiyalakeshmi	Beki
32.	C. Bala sundari	Sundhari
33.	A. Durga	Durga
34.	V. Praveen kumar	Praveenkumar
35.	C. Subbulakeshmi	Lakeshmi
36.	S. Siva	S
37.	A. Malai	Malai
38.	E. Madhan kumar	Estk
39.	G. Kavya	Kuf
40.	T. Venugopal	Venu
41.	K. Mathavan	Mathavan
42.	V. Hari prasath	prasath
43.	J. Manikandan	Mani
44.	M. Sivaraaju	Manj
45.	(2) - Arun	Arun
46.	K. Ranjith kumar	Kumar
47.	T. Pragadeesh	Ta

M. S. Suman

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SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF MATHEMATICS

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Department Of MATHEMATICS / EVEN /2022-2023

It is hereby informed that the department is organizing a seminar on "LIFE STYLE AND HEALTH" on 06.01.2023. All the students are requested to attend without fail.

TOPIC : LIFE STYLE AND HEALTH

VENUE : CRD - Seminar Hall

RESOURCE PERSON: Dr.poornachandran, yoga Trainer

HOD
H.O.D.

DEPARTMENT OF MATHEMATICS
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- Notice Board
- File
- Circulation to class room

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Dean of Arts & Science
PRIST Deemed to be University
Thanjavur - 613 403, Tamilnad



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S.NO	NAME OF THE STUDENTS	signature
1	A.ABISHEKA	A. Abisheka
2	K.AMBIGASELVI	K. Ambigaselvi
3	L.ANBUSELVI	L. Anbuselvi
4	V.BHAGYALAKSHMI	V. Bhagyalakshmi
5	S.BHAVANI	S. Bhavani
6	K.CHITRA	K. Chitra
7	J.DEVISHREE	J. Devishree
8	T.ESTHER	T. Esther
9	A.FATHIMA	A. Fathima
10	R.GUNAVATHI	R. Gunavathi
11	J.ILAMATHI	J. Ilamathi
12	U.KAVITHA	U. Kavitha
13	T.LATHA	T. Latha
14	E.MEENAKUMARI	E. Meenakumari
15	O.NILAVU	O. Nilavu
16	S.PRAKSHNA	S. Prakashna
17	B.REVATHIKANNAN	B. Revathikannan

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18	N.SUBARNA	N. Subarna.
19	D.SUBBULAKSHMI	D. Subbulakshmi.
20	H.THILAKAVATHI	H. Thilakavathi.
21	K.THIRUSELVI	K. Thiruselvi.
22	L.THANALAKSHMI	L. Than.
23	T.TAMILARASI	T. Tamilarasi.
24	S.VAISHNAVI	S. Vaishnavi.
25	V.VEERAKUMARI	V. Veerakumari.
26	A.ABISHEK	A. Abishek.
27	S.ARUMUGAVIGNESH	S. Arumugavignesh.
28	J.ALAGIRISAMY	J. Alagirisamy.
29	K.BALASUBRAMANIAN	K. Balasubramanian.
30	M.BALAKUMAR	M. Balakumar.
31	N.BALAKRISHNAN	N. Balakrishnan.
32	S.DHARUN	S. Dharun.
33	V.DHARUN KUMAR	V. Dharun Kumar.
34	H.GUNASEKARAN	H. Gunasekaran.
35	I.GUHAN	I. Guhan.
36	A.HARIKRISHNAN	A. Hari Krishnan.
37	P.HARIHARAN	P. Hariharan.
38	Y.JANAKIRAMAN	Y. Janakiraman.

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39	W.JOSHUVA	W. Joshua.
40	G.KUMARAN	G. Kumar
41	V.KUMARASAMY	V. Kumar
42	M.LALITHSELVAN	M. Lalthselvan
43	R.MANOJ KUMAR	R. Manoj.
44	T.MEENATCHISUNDARAM	T. Meen
45	M.MAHARAJAN	M. Mahajan
46	C.NEELAKANDAN	C. Neel
47	R.NEERAJ KUMAR	R. Neeraj Kumar
48	P.PAULPANDIAN	P. Paul
49	S.SUNDARAM	S. Sundaram
50	H.ALAGAR	H. Alagar
51	S.BALASUBRAMANIAN	S. Balasubramanian
52	X.DAVID	X. David
53	V.S.SUBRAMANIAN	V. S. Subramanian
54	K.SRIDHAR	K. Sridhar
55	S.THIRUNAVUKKARASU	S. Thirunavukkarasu
56	P.THIRUMOORTHY	P. Thirumoorthy
57	O.THILAGARATHNA	O. Thilagarathna
58	S.VEERARAJAN	S. Veerarajan
59	S.VIJAYA KUMAR	S. Vijay Kumar

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60	A.ABISHEHA	A. Abisheha
61	K.BALAMBIGA	K. Balambiga
62	G.FATHIMA	G. Fathima
63	A.GUNAVATHI	A. Gunavathi
64	B.LALITHA	B. Lalitha
65	D.LATHA	D. Latha
66	C.SREEJA	C. Sreeja
67	S.SRIKUMARI	S. Srikumari
68	J.THIRUVALARSELVI	J. Thiruvallarselvi
69	R.JANANI	R. Janani
70	BENZAZIR BEGUM A	A. Benzazir
71	T.ANONY MERCY	A. Anonymy
72	T.MEGHANA	T. Meghana
73	M.VINODHINI	M. Vinodhini
74	PRIYADHARSHINI	P. Priyadharshini
75	S.MOHAMED FASHID	S. Mohamed Fashid
76	T.ABDUL AZEEZ	T. Abdul Azeez
77	S.THIYAGARAJAN	S. Thiyagarajan
78	A.RAFIUDEEN	A. Rafiudeen
79	A.JERON JEROLD	A. Jeron
80	K SIVA KARTHICK RAJA	K. Sivakarthick Raja

Dean

School of Arts & Science
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Deemed to be University
Vallam, Thanjavur - 613 403.

81	S.SHYAMEDISON	S. Shyamedison
82	A OLIVER	A OLIVER

S. Shyamedison

HOD

H.O.D.

DEPARTMENT OF MATHEMATICS
PRIST DEEMED TO BE UNIVERSITY
THANJAVUR - 613 403

S. Shyamedison

DEAN

Dean of Arts & Science
PRIST Deemed to be University
Thanjavur - 613 403, Tamilnadu



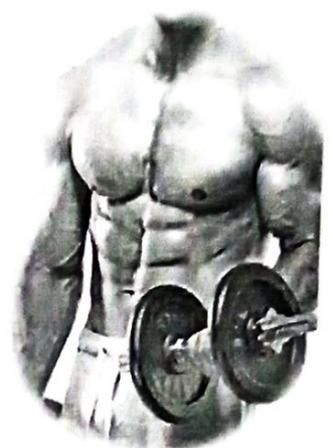
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We cordially invite you to the
ONE DAY SEMINAR ON

“HEALTH AND FITNESS”



Date : 12.08.2022
Time : 11.00a.m
Venue : CRD seminar Hall



Resource Person
Dr. Robert Alexander
Assistant Professor,
A.V.V.M SRI PUSHPAM COLLEGE,
THANJAVUR.

Organized By

School of Arts and Science
Department of Mathematics
PRIST Deemed to be University
Thanjavur, Tamilnadu-613403



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SCHOOL OF ARTS AND SCIENCE
DEPARTMENT OF MATHEMATICS
CIRCULAR

Department Of MATHEMATICS / ODD /2022-2023

It is hereby informed that the department is organizing a seminar on "HEALTH AND FITNESS" on 12.08.2022. All the students are requested to attend without fail.

TOPIC : HEALTH AND FITNESS

VENUE : CRD - Seminar Hall

RESOURCE PERSON: Dr. Robert Alexander (physical education tutor)

A.V.V.M SRI PUSHPAM COLLEGE,
THANJAVUR.

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- Notice Board
- File
- Circulation to class room

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Thanjavur - 613 403, Tamilnadu.



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S.NO	NAME OF THE STUDENTS	signature
1	A.ABISHEKA	A. Abisheka
2	K.AMBIGASELVI	K. Ambigaselvi
3	L.ANBUSELVI	L. Anbuselvi
4	V.BHAGYALAKSHMI	V. Bhagyalakshmi
5	S.BHAVANI	S. Bhavani
6	K.CHITRA	K. Chitra
7	J.DEVISHREE	J. Devishree
8	T.ESTHER	T. Esther
9	A.FATHIMA	A. Fathima
10	R.GUNAVATHI	R. Gunavathi
11	J.ILAMATHI	J. Ilamathi
12	U.KAVITHA	U. Kavitha
13	T.LATHA	T. Latha
14	E.MEENAKUMARI	E. Meenakumari
15	O.NILAVU	O. Nilavu
16	S.PRAKSHNA	S. Prakshna
17	B.REVATHIKANNAN	B. Revathikannan

18	N.SUBARNA	N. Subarna
19	D.SUBBULAKSHMI	D. Subbulakshmi
20	H.THILAKAVATHI	H. Thilakavathi
21	K.THIRUSELVI	K. Thiruseelvi
22	L.THANALAKSHMI	L. Thanalakshmi
23	T.TAMILARASI	T. Tamilarasi
24	S.VAISHNAVI	S. Vaishnavi
25	V.VEERAKUMARI	V. Veerakumari
26	A.ABISHEK	A. Abhishek
27	S.ARUMUGAVIGNESH	S. Arumugavignesh
28	J.ALAGIRISAMY	J. Alagirisamy
29	K.BALASUBRAMANIAN	K. Balasubramanian
30	M.BALAKUMAR	M. Balakumar
31	N.BALAKRISHNAN	N. Balakrishnan
32	S.DHARUN	S. Dharmu
33	V.DHARUN KUMAR	V. Dharmu Kumar
34	H.GUNASEKARAN	H. Gunasekaran
35	I.GUHAN	I. Gahan
36	A.HARIKRISHNAN	A. Hari Krishnan
37	P.HARIHARAN	P. Hariharan

38	Y.JANAKIRAMAN	Y. Janakiraman.
39	W.JOSHUA	W. Joshua
40	G.KUMARAN	G. Kumaran
41	V.KUMARASAMY	V. Kumarasamy.
42	M.LALITHSELVAN	M. Lalithselvan
43	R.MANOJ KUMAR	R. Manoj Kumar
44	T.MEENATCHISUNDARAM	T. Meenatchi Sundaram
45	M.MAHARAJAN	M. Maharajan
46	C.NEELAKANDAN	C. Neelakandan.
47	R.NEERAJ KUMAR	R. Neeraj Kumar.
48	P.PAULPANDIAN	P. Paulpandian
49	S.SUNDARAM	S. Sundaram
50	H.ALAGAR	H. Alagar
51	S.BALASUBRAMANIAN	S. Balasubramanian.
52	X.DAVID	X. David
53	V.S.SUBRAMANIAN	V. S. Subramanian.
54	K.SRIDHAR	K. Sridhar
55	S.THIRUNAVUKKARASU	S. Thirunavukarasu.
56	P.THIRUMOORTHY	P. Thirumorthy
57	O.THILAGARATHNA	O. Thilagarathna

58	S.VEEARAJAN	S. Veerarajan
59	S.VIJAYA KUMAR	S. Vijaya Kumar
60	A.ABISHEHA	A. Abisheka
61	K.BALAMBIGA	K. Balambiga
62	G.FATHIMA	G. Fathima
63	A.GUNAVATHI	A. Gunavathi
64	B.LALITHA	B. Lalitha
65	D.LATHA	D. Latha
66	C.SREEJA	C. Sreeja
67	S.SRIKUMARI	S. Srikumari
68	J.THIRUVALARSELVI	J. Thirumalaseeli
69	R.JANANI	R. Janani
70	BENZAZIR BEGUM A	A. Benzazir Begum
71	T.ANONY MERCY	T. Anony mercy
72	T.MEGHANA	T. Meghana
73	M.VINODHINI	M. Vinodhini
74	PRIYADHARSHINI	Priyadharshini
75	S.MOHAMED FASHID	S. Mohamed Fashid
76	T.ABDUL AZEEZ	T. Abdul Azeez
77	S.THIYAGARAJAN	S. Thyagarajan

78	A.RAFIUDEEN	Ah. Rafiudeen
79	A.JERON JEROLD	A Jeron Jerold
80	K SIVA KARTHICK RAJA	K. Siva Karthick Raja
81	S.SHYAMEDISON	S. Shyamem
82	A OLIVER	A. Oliver
83	M.SASIKUMAR	M. Sasikumaran
84	S.MANIKANDARAJA	S. Manikandaram
85	P.EZHILNATHAN	P. Ezhilnathan

[Handwritten Signature]
HOD

H.O.D.
DEPARTMENT OF MATHEMATICS
PRIST DEEMED TO BE UNIVERSITY
THANJAVUR - 613 403

[Handwritten Signature]
DEAN

Dean of Arts & Science
PRIST Deemed to be University
Thanjavur - 613 403, Tamilnadu.



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DEPARTMENT OF MATHEMATICS

REPORT ON HEALTH AND FITNESS

Department of mathematics conducted Health and fitness on 12.08.2022 to attain the following objectives

Physical Development.

Mental Development.

Social Development.

This programme started with a welcome address by Dr.S.Subramanian, Head of the Department of Mathematics, Dr.L.Chinnappa, Dean of school of arts and science gave special address. Dr.S.Subramanin, Head of the Department of Mathematics gave the Guest Introduction. Dr.Robert Alexander gave a lecture on health and fitness.

Some of his words:

A healthy body and mind are essential to achieve complete wellbeing. If we are healthy, we can resist our bodies from being attacked by germs. Our bodies are really sensitive and therefore, must be handled with necessary precautions. We can develop healthy habits like eating and sleeping on time to boost our overall health. This helps in becoming a healthier version of ourselves. Holistic growth can be achieved if we focus on all the aspects of our health. Such as nutrition, wellness, spirituality, and mental health. There are plenty of exercises that will boost our physical health and help us to become stronger. A stronger body would lead to less fatigue while performing any activity. It is advised that we must exercise for at least 2 hours every day for better health. We can even join fitness classes to take professional help and practice the art of health and wellness in a better way.

HOD.

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PRIST DEEMED TO BE UNIVERSITY
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DEAN

**Dean of Arts & Science
PRIST Deemed to be University
Thanjavur - 613 403, Tamilnadu.**

Requisition Letter

Thanjavur,

06.01.2023

From

Head, Department of English,
PRIST Deemed to be University,
Thanjavur.

To

The Registrar
PRIST Deemed to be University,
Thanjavur.

Respected sir

Sub: Requesting Permission to conduct "Life Skill development programme reg.

Department of English has intended to organize Life skill development programme titled 'Decision making' on 11.01.2023 for the academic year 2022 - 2023. So, we request you to give us permission to conduct the programme.

Thanking you,

Yours faithfully

P. Rajan
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U.S.3 of the UGC Act.1956
THANJAVUR - 613 403, TAMIL NADU



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SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

Date: 09.01.2023

It's here by informed that the Department of English is going to conduct Life skill development programme - titled Decision making on 11.01.2023. We cordially invite you all.

Venue: PRIST- Block Seminar hall

Time: 11.00.AM

Resource person: Mr.S.Rasakumar, Assistant professor of English,
PRIST Deemed to be University

Place: Thanjavur

P. Milovan
HOD

Dean

Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act.1956
THANJAVUR - 613 403, TAMIL NADU.

Dean
School of Arts & Science
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Deemed to be University
Vallam, Thanjavur-613 403.



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**DEPARTMENT OF ENGLISH
CORDIALLY INVITES YOU FOR THE**

LIFE SKILL DEVELOPMENT PROGRAMME

DECISION MAKING

ON

11.01.2023

TIME: 11.00 AM

VENUE: PRIST BLOCK- SEMINAR HALL

RESOURCE PERSON

**MR.S.RASAKUMAR, ASSISTANT PROFESSOR OF ENGLISH,
PRIST DEEMED TO BE UNIVERSITY**

P RESIDENTIAL ADDRESS

DR.L.CHINNAPPA, DEAN OF ARTS AND SCIENCE,

PRIST DEEMED TO BE UNIVERSITY

WITH WARM REGARDS

HEAD, DEPARTMENT OF ENGLISH



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SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

Programme Name: - Life development programme - Decision making

Programme Date: 11.01.2023.

Time: 11.00 AM

Venue: A- Block, Seminar hall.

Dignitaries on Dais

Dr. L. Chinnappa, Director Admission, Dean School of Arts and Science.

Mr. Mr.S.Rasakumar, Assistant professor of English, PRIST Deemed to be University.

Dr. R.Iniyavan, Head the Department of English, Deemed to be University.

REPORT OF THE PROGRAMME:

The programme began with the invocation followed by the welcome address by Dr.R.Iniyavan, Head the Department of English. Mr.S.Rasakumar, Assistant professor of English, PRIST Deemed to be University was the resource person. The programme purpose to develop decision-making skills. Resource person handled the session to enhance an organisation's development and think about its future to improve and environment by gathering information, making available decisions, identifying decision-making methods at the right moment and reaching an effective solution. 173 students actively participated in the activities.

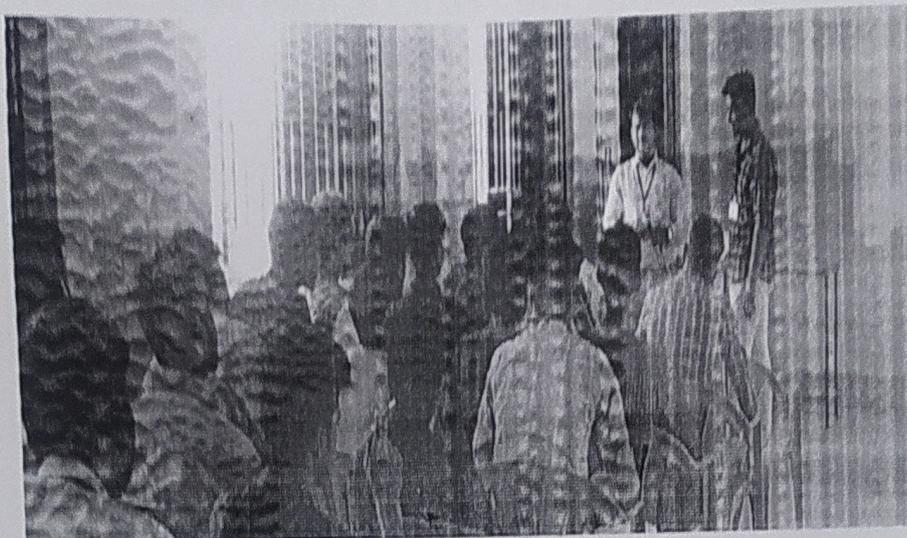
R. Iniyavan
HOD

[Signature]
Dean

Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/S 3 of the UGC Act. 1956
THANJAVUR - 613 403, TAMIL NADU.

Dean
School of Arts & Science
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Deemed to be University
Vareen, Thanjavur-613 403

**LIFE DEVELOPMENT PROGRAMME –
DECISION MAKING -2022-23**



PARTICIPANTS LIST
LIFE DEVELOPMENT PROGRAMME - DECISION MAKING - 2022-23

S.no	Name	Register No	Department	Signature
1	S. ANAND RAJ	2201EN10102	English	S. Anandraj
2	K. KARIKALVALAVAN	2201EN10103	English	K. Karikalvalavan
3	N. DEENADAYALAN	2201EN10104	English	N. Deenadayalan
4	R. ELANDENRAL	2201EN10105	English	R. Elandenral
5	K. HEMAVARMAN	2201EN10106	English	K. Hemavarmann
6	A. MARKANDAYEN	2201EN10107	English	A. Markandayen
7	N. NAVEEN KUMAR	2201EN10108	English	N. Naveen Kumar
8	S. MUKESH KANNAN	2201EN10109	English	S. Mukesh Kannan
9	M. DINESH	2201EN10110	English	M. Dinesh
10	T. SANTHOSH	2201EN10111	English	T. Santhosh
11	S. KARTHICK	2201EN10112	English	S. Karthick
12	M. SIVATHARUN	2201EN10113	English	M. Sivatharun
13	M. VANJINATHAN	2201EN10114	English	M. Vanjinathan
14	D. ANBARASAN	2201EN10115	English	D. Anbarasan
15	M. HARISHWARAN	2201EN10116	English	M. Harishwaran
16	K. KARANSINGH	2201EN10117	English	K. Karansingh
17	R. JAISHANTH	2201EN10118	English	R. Jaishanth
18	M. SURESH	2201EN10119	English	M. Suresh
19	R. V. MALAIYAN	2201EN10120	English	R. V. Malaiyan
20	S. RAJAKUMAR	2201EN10121	English	S. Rajakumar
21	S. RAJADURAI	2201EN10122	English	S. Rajadurai
22	R. ANAND	2201EN10123	English	R. Anand
23	S. MURUGARAJ	2201EN10125	English	S. Murugraj
24	A. SURYA	2201EN10126	English	A. Surya
25	C. SILAMBARASU	2201EN10127	English	C. Silambarasu
26	J. S. DANIEL RAJ	2201EN10128	English	J. S. Daniel Raj
27	A. ANANDHARAJ	2201EN10129	English	A. Anandharaj
28	R. MAHALAKSHMI	2201EN10203	English	R. Mahalakshmi
29	S. DELFI	2201EN10204	English	S. Delfi
30	P. S. JAYASREE	2201EN10205	English	P. S. Jayasree
31	E. DIVYA	2201EN10206	English	E. Divya
32	X. AMALA	2201EN10207	English	X. Amala
33	G. DHIVYA	2201EN10208	English	G. Dhivya
34	R. MADHUVANDHI	2201EN10209	English	R. Madhuvandhi
35	H. RAMYA	2201EN10210	English	H. Ramya
36	P. SANTHINI	2201EN10211	English	P. Santhini
37	A. VENNILA	2201EN10214	English	A. Vennila
38	S. SHARMI	2201EN10215	English	S. Sharmi
39	R. SHALINI	2201EN10216	English	R. Shalini
40	M. JANANI	2201EN10217	English	M. Janani
41	M. JAYAVANAN	2101EN10101	English	M. Jayavanan

	K.HARISH	2101EN10102	English	K. Harish
43	B.ASWIN RAJ	2101EN10104	English	B. Aswin Raj
44	M.MANIRAJAN	2101EN10105	English	M. Maniraj
45	R.EMANUEL	2101EN10106	English	R. Emanuel
46	M.AZAR	2101EN10107	English	M. Azar
47	F.BENJAMIN	2101EN10108	English	F. Benjamin
48	M.ARUL LAWERENCE	2101EN10110	English	M. Arul Lawrence
49	G.PRADEEPRAJ	2101EN10111	English	G. Pradeep Raj
50	A.AUGUSTINE	2101EN10112	English	A. Augustine
51	D.NITHESH	2101EN10113	English	D. Nithesh
52	S.VIDHIYASAGAR	2101EN10114	English	S. Vidhiyasagar
53	K. NARAIN	2101EN10115	English	K. Narain
54	K.ABDULKADER	2101EN10116	English	K. Abdulkader
55	J.MOHAMEDABBAS	2101EN10117	English	J. Mohamed Abbas
56	S.AGARAN	2101EN10118	English	S. Agaran
57	G.SOORYAPRAKASH	2101EN10119	English	G. Sooryaprakash
58	B.RANILVARMA	2101EN10120	English	B. Ranilvarma
59	J.PRAGADEESH	2101EN10122	English	J. Pragadeesh
60	R.HARIHARAN	2101EN10123	English	R. Hariharan
61	J.VASANTHKUMAR	2101EN10124	English	J. Vasanthkumar
62	A.JAMEELMOHAMED	2101EN10125	English	A. Jameel Mohamed
63	S.INBAVEL	2101EN10126	English	S. Inbavel
64	S.NANDHAKUMAR	2101EN10127	English	S. Nandhakumar
65	K.YOGITHRAJ	2101EN10128	English	K. Yogithraj
67	D.YUVAN	2101EN10129	English	D. Yuvan
68	T.RUTHRAN	2101EN10130	English	T. Ruthran
69	S.GURUPRASATH	2101EN10131	English	S. Guruprasath
70	A.SAHULAHAMED	2101EN10132	English	A. Sahul Ahmed
71	D.CHRISTOPHER	2101EN10134	English	D. Christopher
72	V.HARSHAVARTHAN	2101EN10135	English	V. Harshavartan
73	L.ASHWINKUMAR	2101EN10136	English	L. Ashwinkumar
74	N.PRANEETSINGH	2101EN10137	English	N. Praneetsingh
75	L.WILSON	2101EN10138	English	L. Wilson
76	N.RAMPRASATH	2101EN10139	English	N. Ramprasath
78	A.MOHAMED IRFAN	2101EN10141	English	A. Mohamed Irfan
79	D.SARAVANAN	2101EN10142	English	D. Saravanan
80	T.THAMARISELVAN	2101EN10143	English	T. Thamariselvan
81	G.RAHUL KANNAN	2101EN10144	English	G. Rahul Kannan
82	A.S.DISHA	2101EN10201	English	A. S. Dishu
83	G.HARINI	2101EN10204	English	G. Harini
84	M.GOKULABHARATHI	2101EN10205	English	M. Gokula Bharathi
85	M. JAYAVANAN	2101EN10101	English	M. Jayavan
86	M.MOHANRAJ	2001EN10101	English	M. Mohanraj
87	M.JULIRAJ	2001EN10102	English	M. Juliraj
88	D.PRADEEP	2001EN10103	English	D. Pradeep
89	X.MANOJPAULSINGH	2001EN10104	English	X. Manoj Paulsingh
90	A.MOHAMEDSHERIF	2001EN10105	English	A. Mohamed Sherif
91	H.HENRY	2001EN10106	English	H. Henry

83	K.YAHUL RAJ	2001EN10107	English	K. Yahul
94	V.SABARIRAJAN	2001EN10108	English	V. Sabarirajan
95	D.PRAVEENKUMAR	2001EN10109	English	D. Praveen
96	R.AADITHYA	2001EN10110	English	R. Aadithya
97	N.RITHVIK	2001EN10113	English	N. Rithvik
98	C.JOSEPH VIJAY	2001EN10114	English	C. Joseph
99	R.SHIKAR	2001EN10115	English	R. Shikar
100	C.FRANKLIN	2001EN10116	English	C. Franklin
101	P.SAMUEL	2001EN10117	English	P. Samuel
102	R.SRIPRITHA	2001EN10201	English	R. Sripritha
103	J.RAJASREE	2001EN10202	English	J. Rajasree
104	J.LAKSHMI PRIYA	2001EN10203	English	J. Lakshmi Priya
105	G.RESHMA	2001EN10204	English	G. Reshma
106	G.KAVYA	2001EN10205	English	G. Kavya
107	S.ABINAH BINTH SHAIK	2001EN10206	English	S. Abinah Bintah Shaik
108	R. DIVYA	2001EN10209	English	R. Divya
109	S. VARSHA	2001EN10210	English	S. Varsha
110	K. KOWSALYA	2001EN10211	English	K. Kowsalya
111	T.VINOSREE	2001EN10212	English	T. Vinosree
112	N.JANANI	2001EN10213	English	N. Janani
113	G. DEEPIKA	2001EN10214	English	G. Deepika
114	R. PRANISRI	2001EN10215	English	R. Pranisri
115	G. CHARULATHA	2001EN10216	English	G. Charulatha
116	P.SOUNDARYA	2001EN10217	English	P. Soundarya
117	M.JAMUNA	2001EN10218	English	M. Jamuna
118	M.BENAZIRBEGAM	2001EN10220	English	M. Benazir Begam
119	S.CHANTHRALEKA	2001EN10221	English	S. Chanthraleka
120	R.PRATHIBHA	2001EN10222	English	R. Prathibha
121	A.RAKINI	2001EN10223	English	A. Rakini
122	A.AROCKIA JENNIFER	2001EN10224	English	A. Arockia Jennifer
123	V.SHANTHI	2001EN10225	English	V. Shanthi
124	S.SUGANYA	2001EN10228	English	S. Suganya
125	J.DEPTHISHA	2001EN10229	English	J. Depthisha
126	V.MATHAN KUMAR	2202EN10101	English	V. Mathan Kumar
127	S.ABDUL RAHMAN	2202EN10102	English	S. Abdul Rahman
128	S.ASWIN RAJ	2202EN10103	English	S. Aswin Raj
129	S.MUKILAN	2202EN10104	English	S. Mukilan
130	M.SURESHKUMAR	2202EN10105	English	M. Sureshkumar
131	M.MUTHUPANDI	2202EN10106	English	M. Muthupandi
132	M.CHELLAMUTHU	2202EN10107	English	M. Chellamuthu
133	M.RAMKUMAR	2202EN10108	English	M. Ramkumar
134	B.SATHYAMOORTHY	2202EN10109	English	B. Sathyamoorthy
135	S.PRIYADHARSHINI	2202EN10201	English	S. Priyadharsini
136	R.KAVIYA	2202EN10203	English	R. Kaviya
137	M.PRIYANKA	2202EN10204	English	M. Priyanka
138	R.ANBARASI	2202EN10205	English	R. Anbarasi
139	A.VINCIYA	2202EN10206	English	A. Vinciya
139	T.EZHILARASI	2202EN10207	English	T. Ezhilarasi

141	DEEPIKA .S	2202EN10208	English	S. Deepika
142	V.DHANALAKSHMI	2202EN10209	English	V. Dhanalakshmi
143	M.VIJAYAPOORANI	2202EN10210	English	M. Vijayapoorani
144	I.KEERTHANA	2202EN10211	English	I. Keerthana
145	V.MATHAN KUMAR	2202EN10101	English	V. Mathan Kumar
146	S.ABDUL RAHMAN	2202EN10102	English	S. Abdul Rahman
147	S.ASWIN RAJ	2202EN10103	English	S. Aswin Raj
148	M.MUTHUPANDI	2202EN10106	English	M. Muthupandi
149	M.CHELLAMUTHU	2202EN10107	English	M. Chellamuthu
150	M.RAMKUMAR	2202EN10108	English	M. Ramkumar
151	S.PRIYADHARSHINI	2202EN10201	English	S. Priyadharshini
152	M.KALPANA	2202EN10202	English	M. Kalpana
153	R.KAVIYA	2202EN10203	English	R. Kaviya
154	M.PRIYANKA	2202EN10204	English	M. Priyanka
155	R.ANBARASI	2202EN10205	English	R. Anbarasi
156	A.VINCIYA	2202EN10206	English	A. Vinciya
157	T.EZHILARASI	2202EN10207	English	T. Ezhilarsi
158	S.DEEPIKA	2202EN10208	English	S. Deepika
159	G.ARUNKUMAR	2102EN10109	English	G. Arunkumar
160	M.VIJAYAPOORANI	2202EN10210	English	M. Vijayapoorani
161	I.KEERTHANA	2202EN10211	English	I. Keerthana
162	R.SANTHOSH	2102EN10101	English	R. Santhosh
163	N.THIRUMENINATHAN	2102EN10102	English	N. Thirumeninathan
164	V.PUGHALENTHI	2102EN10103	English	V. Pughalenti
165	J.SRIRAM	2102EN10104	English	J. Sriram
166	K.SARVESHKUMAR	2102EN10107	English	K. Sarveshkumar
167	B.PRAVEEN	2102EN10108	English	B. Praveen
168	R.SAKTHIVEL	2102EN10112	English	R. Sakthivel
169	S.VIGNESH	2102EN10114	English	S. Vignesh
170	B.AANAND	2102EN10115	English	B. Aanand
171	A.KRISHZHEKA	2102EN10203	English	A. Krishzheka
172	D.RAKSHANI	2102EN10204	English	D. Rakshani
173	RANJITH K M	2101EN30101	English	Ranjith K M
173	NANTHINI V	2101EN30201	English	Nanthini V

Requisition Letter

Thanjavur,

22.09.2022

From

Head, Department of English,
PRIST Deemed to be University,
Thanjavur.

To

The Registrar
PRIST Deemed to be University,
Thanjavur.

Respected sir

Sub: Requesting Permission to conduct "Life Skill development programme reg.
Department of English has intended to organize Life skill development programme -
titled Personal Care on 26.09.2022 for the academic year 2022 - 2023. So, we request you to
give us permission to conduct the programme.

Thanking you,

Yours faithfully

P. Vijayam

Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act. 1956
THANJAVUR - 613 403, TAMIL



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR - 613 403 - TAMILNADU

CIRCULAR

SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF ENGLISH

Date: 23.09.2022

It's here by informed that the Department of English is going to conduct Life skill development programme - titled Personal Care on 26.09.2022. We cordially invite you all.

Venue: PRIST- Block Seminar hall

Time: 10.30.AM

Resource person: Mr.S.Punniyamoorthy, Assistant professor of English,
PRIST Deemed to be University

Place: Thanjavur

P. M. K. S.
HOD

[Signature]

Dean

Dean

School of Arts & Science
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Deemed to be University
Vallam, Thanjavur-613 403.

Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
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THANJAVUR - 613 403, TAMIL NADU.



PRIST
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THANJAVUR - 613403 - TAMIL NADU

DEPARTMENT OF ENGLISH
Cordially invites you for the

Life Skill Development Programme-
Personal Care

on

26.09.2022

Time: 10.30 AM

Venue: A- Block Seminar hall

RESOURCE PERSON

Mr.S.Punniyamoorthy, Assistant professor of English,
PRIST Deemed to be University

PRESIDENTIAL ADDRESS

Dr.L.Chinnappa, Dean of Arts and Sc ience,
PRIST Deemed to be University

With Warm Regards
Head, Department of English



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THANJAVUR - 613 403 - TAMIL NADU

SCHOOL OF ARTS AND SCIENCE
DEPARTMENT OF ENGLISH

Programme Name: - Life Skill Development programme -Personal Care

Programme Date: 26.09.2022. Time: 10.30 AM

Venue: A- Block, Seminar hall.

Dignitaries on Dais

Dr. L. Chinnappa, Director Admission, Dean School of Arts and Science

Mr.S.Punniyamoorthy, Assistant professor of English, PRIST Deemed to be University

Dr. R.Iniyavan, Head the Department of English, Deemed to be University

REPORT OF THE PROGRAMME:

The programme began with the invocation followed by the welcome address by Dr.R.Iniyavan, Head the Department of English. Mr.S.Punniyamoorthy, Assistant professor of English, PRIST Deemed to be University was the resource person. The programme intended to make Self- Care needs among students. Resource person brought out the session to the care of one's own body and include: washing, bowel and bladder management, dressing, eating, personal hygiene, grooming, and sleep. And he gave some tips to get started with self-care such as get regular exercise, eat healthy, make sleep a priority, try a relaxing activity, set goals and priorities, Practice gratitude, focus on positivity and stay connected. 168 students actively participated in the activities.

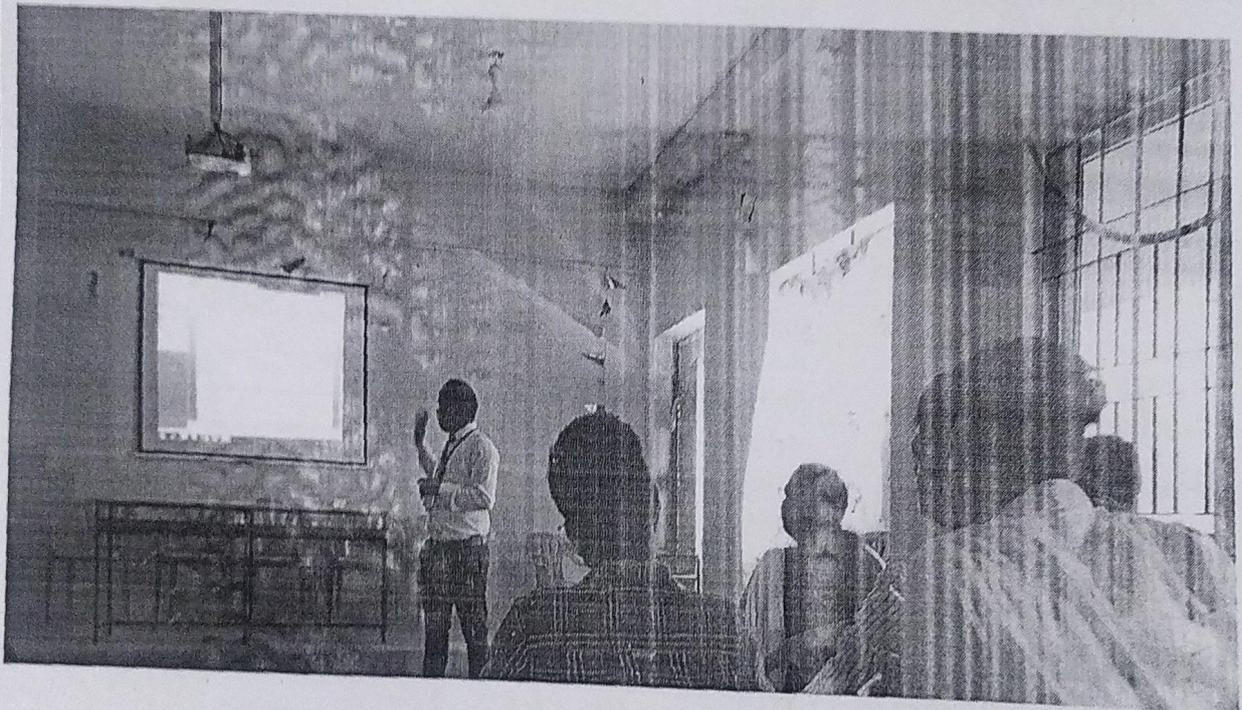
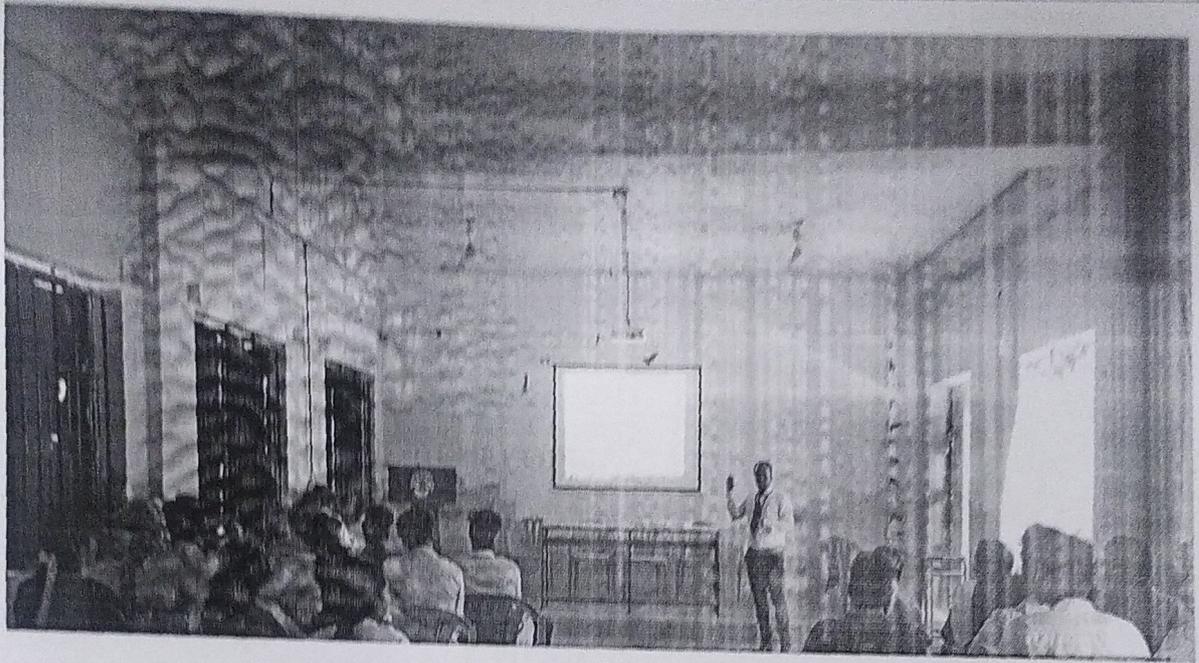
R. Iniyavan
HOD

Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
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U/s 3 of the UGC Act.1956
THANJAVUR - 613 403, TAMIL NADU

Dean

Dean
School of Arts & Science
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Deemed to be University
Vailam, Thanjavur-613 403.

LIFE DEVELOPMENT PROGRAMME -
PERSONAL CARE -2022-23



PARTICIPANTS LIST
LIFE DEVELOPMENT PROGRAMME - PERSONAL CARE - 2022-23

S.No	Name	Register No	Department	Signature
1	S. ANAND RAJ	2201EN10102	English	S. Anand Raj
2	K. KARKAI VALAVAN	2201EN10103	English	K. Karkai Valavan
3	N. DEENADAYALAN	2201EN10104	English	N. Deenadayalan
4	R. FLANDENRAL	2201EN10105	English	R. Flandenral
5	K. JEMAYARMAN	2201EN10106	English	K. Jemayarman
6	A. MARKANDAYEN	2201EN10107	English	A. Markandayen
7	N. NAVEEN KUMAR	2201EN10108	English	N. Naveen Kumar
8	S. MUKESH KANNAN	2201EN10109	English	S. Mukesh Kannan
9	M. DINESH	2201EN10110	English	M. Dinesh
10	T. SANTHOSH	2201EN10111	English	T. Santhosh
11	S. KARTHICK	2201EN10112	English	S. Karthick
12	M. SIVATHARUN	2201EN10113	English	M. Sivatharun
13	M. VANJINATHAN	2201EN10114	English	M. Vanjathan
14	D. ANBARASAN	2201EN10115	English	D. Anbarasan
15	M. HARISHWARAN	2201EN10116	English	M. Harishwaran
16	K. KARANSINGH	2201EN10117	English	K. Karansingh
17	R. JAISHANTH	2201EN10118	English	R. Jaishanth
18	M. SURESH	2201EN10119	English	M. Suresh
19	R. V. MALAIYAN	2201EN10120	English	R. V. Malaiyan
20	S. RAJAKUMAR	2201EN10121	English	S. Rajakumar
21	R. ANAND	2201EN10123	English	R. Anand
22	S. MURUGARAJ	2201EN10125	English	S. Murugaraj
23	A. SURYA	2201EN10126	English	A. Surya
24	C. SILAMBARASU	2201EN10127	English	C. Silambarasu
25	J. S. DANIEL RAJ	2201EN10128	English	J. S. Daniel Raj
26	A. ANANDHARAJ	2201EN10129	English	A. Anandharaj
27	R. MAHALAKSHIMI	2201EN10203	English	R. Mahalakshimi
28	P. S. JAYASREE	2201EN10205	English	P. S. Jayasree
29	E. DIVYA	2201EN10206	English	E. Divya
30	X. AMALA	2201EN10207	English	X. Amala
31	G. DHIVYA	2201EN10208	English	G. Dhivya
32	R. MADHUVANDHI	2201EN10209	English	R. Madhuvandhi
33	H. RAMYA	2201EN10210	English	H. Ramya
34	P. SANTHINI	2201EN10211	English	P. Santhini
35	A. VENNILA	2201EN10214	English	A. Vennila
36	S. SHARMI	2201EN10215	English	S. Sharmi
37	R. SHALINI	2201EN10216	English	R. Shalini
38	M. JANANI	2201EN10217	English	M. Janani
39	M. JAYAVANAN	2101EN10101	English	M. Jayavanan
40	K. HARISH	2101EN10102	English	K. Harish
41	B. ASWIN RAJ	2101EN10104	English	B. Aswin Raj
42	M. MANIRAJAN	2101EN10105	English	M. Manirajan

	R.EMANUEL	2101EN10106	English	
	M.AZAR	2101EN10107	English	
	F.BENJAMIN	2101EN10108	English	
46	M.MARUL LAWERENCE	2101EN10110	English	
47	G.PRADEEPRAJ	2101EN10111	English	
48	A.AUGUSTINE	2101EN10112	English	
49	D.NITESH	2101EN10113	English	
50	S.VIDHIYASAGAR	2101EN10114	English	
51	K. NARAIN	2101EN10115	English	
52	K.ABDULKADER	2101EN10116	English	
53	J.MOHAMEDABBAS	2101EN10117	English	
54	S.AGARAN	2101EN10118	English	
55	G.SOORYAPRAKASH	2101EN10119	English	
56	B.RANILVARMA	2101EN10120	English	
57	J.PRAGADEESH	2101EN10122	English	
58	R.HARIHARAN	2101EN10123	English	
59	J.VASANTHKUMAR	2101EN10124	English	
60	A.JAMEELMOHAMED	2101EN10125	English	
61	S.INBAVEL	2101EN10126	English	
62	K.YOGITHRAJ	2101EN10128	English	
63	D.YUVAN	2101EN10129	English	
64	T.RUTHRAN	2101EN10130	English	
65	S.GURUPRASATH	2101EN10131	English	
67	A.SAHULAHAMED	2101EN10132	English	
68	D.CHRISTOPHER	2101EN10134	English	
69	V.HARSHAVARTHAN	2101EN10135	English	
70	L.ASHWINKUMAR	2101EN10136	English	
71	N.PRANEETSINGH	2101EN10137	English	
72	L.WILSON	2101EN10138	English	
73	N.RAMPRASATH	2101EN10139	English	
74	S.VIKRAM	2101EN10140	English	
75	A.MOHAMED IRFAN	2101EN10141	English	
76	D.SARAVANAN	2101EN10142	English	
78	T.THAMARISELVAN	2101EN10143	English	
79	G.RAHUL KANNAN	2101EN10144	English	
80	A.S.DISHA	2101EN10201	English	
81	G.HARINI	2101EN10204	English	
82	M.GOKULABHARATHI	2101EN10205	English	
83	M. JAYAVANAN	2101EN10101	English	
84	M.MOHANRAJ	2001EN10101	English	
85	M.JULIRAJ	2001EN10102	English	
86	D.PRADEEP	2001EN10103	English	
87	X.MANOJPAULSINGH	2001EN10104	English	
88	A.MOHAMEDSHERIF	2001EN10105	English	
89	H.HENRY	2001EN10106	English	
90	K.YAHUL RAJ	2001EN10107	English	
91	V.SABARIRAJAN	2001EN10108	English	
92	D.PRAVEENKUMAR	2001EN10109	English	

[Handwritten signatures and initials corresponding to the student names in the table, including names like M. Azar, F. Benjamin, M. Marul Lawrence, G. Pradeep Raj, A. Augustine, D. Nithesh, S. Vidhiyasagar, K. Narain, K. Abdulkader, J. Mohamed Abbas, S. Agaran, G. Soorya Prakash, B. Ranil Varma, J. Pragadeesh, R. Hariharan, J. Vasanth Kumar, A. Jameel Mohamed, S. Inbavel, K. Yogithraj, D. Yuvan, T. Ruthran, S. Guruprasath, A. Sahulahamed, D. Christopher, V. Harshavarthan, L. Ashwinkumar, N. Praneetsingh, L. Wilson, N. Ramprasath, S. Vikram, A. Mohamed Irfan, D. Saravanan, T. Thamariselvan, G. Rahul Kannan, A. S. Disha, G. Harini, M. Gokulabharathi, M. Jayavanan, M. Mohanraj, M. Juliraj, D. Pradeep, X. Manoj Paul Singh, A. Mohamed Sherif, H. Henry, K. Yahul Raj, V. Sabarirajan, and D. Praveenkumar.]

94	R.AADITHYA	2001EN10110	English	R. Aadithya
95	N.RITHVIK	2001EN10113	English	N. Rithvik
96	C.JOSEPH VIJAY	2001EN10114	English	C. Joseph Vijay
97	R.SHIKAR	2001EN10115	English	R. Shikar
98	C.FRANKLIN	2001EN10116	English	C. Franklin
99	P.SAMUEL	2001EN10117	English	P. Samuel
100	R.SRIPRITHA	2001EN10201	English	R. Sripritha
101	J.RAJASREE	2001EN10202	English	J. Rajasree
102	J.LAKSHMI PRIYA	2001EN10203	English	J. Lakshmi Priya
103	G.RESHMA	2001EN10204	English	G. Reshma
104	G.KAVYA	2001EN10205	English	G. Kavya
105	S.ABINAH BINTH SHAIK	2001EN10206	English	S. Abinah Bintah Shaik
106	R.DIVYA	2001EN10209	English	R. Divya
107	S.VARSHA	2001EN10210	English	S. Varsha
108	K.KOWSALYA	2001EN10211	English	K. Kowsalya
109	T.VINOSREE	2001EN10212	English	T. Vinosree
110	N.JANANI	2001EN10213	English	N. Janani
111	G.DEEPIKA	2001EN10214	English	G. Deepika
112	R.PRANISRI	2001EN10215	English	R. Pranisri
113	G.CHARULATHA	2001EN10216	English	G. Charulatha
114	P.SOUNDARYA	2001EN10217	English	P. Soundarya
115	M.JAMUNA	2001EN10218	English	M. Jamuna
116	M.BENAZIRBEGAM	2001EN10220	English	M. Benazir Begam
117	S.CHANTHRALEKA	2001EN10221	English	S. Chanthraleka
118	R.PRATHIBHA	2001EN10222	English	R. Prathibha
119	A.RAKINI	2001EN10223	English	A. Rakini
120	A.AROCKIA JENNIFER	2001EN10224	English	A. Arockia Jennifer
121	V.SHANTHI	2001EN10225	English	V. Shanthi
122	S.SUGANYA	2001EN10228	English	S. Suganya
123	J.DEPTHISHA	2001EN10229	English	J. Depthisha
124	V.MATHAN KUMAR	2202EN10101	English	V. Mathan Kumar
125	S.ABDUL RAHMAN	2202EN10102	English	S. Abdul Rahman
126	S.ASWIN RAJ	2202EN10103	English	S. Aswin Raj
127	S.MUKILAN	2202EN10104	English	S. Mukilan
128	M.SURESHKUMAR	2202EN10105	English	M. Suresh Kumar
129	M.MUTHUPANDI	2202EN10106	English	M. Muthupandi
130	M.CHELLAMUTHU	2202EN10107	English	M. Chellamuthu
131	M.RAMKUMAR	2202EN10108	English	M. Ram Kumar
132	B.SATHYAMOORTHY	2202EN10109	English	B. Sathyamoorthy
133	S.PRIYADHARSHINI	2202EN10201	English	S. Priyadharshini
134	R.KAVIYA	2202EN10203	English	R. Kavitha
135	M.PRIYANKA	2202EN10204	English	M. Priyanka
136	R.ANBARASI	2202EN10205	English	R. Anbarasi
137	A.VINCIYA	2202EN10206	English	A. Vinciya
138	T.EZHILARASI	2202EN10207	English	T. Ezhilarasi
139	DEEPIKA.S	2202EN10208	English	S. Deepika
140	V.DHANALAKSHMI	2202EN10209	English	V. Dhanalakshmi
140	M.VIJAYAPOORANI	2202EN10210	English	M. Vijayapoorani

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145	M.RAMKUMAR	2202EN10108	English	M. Ram Kumar
146	S.PRIYADHARSHINI	2202EN10201	English	S. Priyadharsini
147	M.KALPANA	2202EN10202	English	M. Kalpana
148	R.KAVIYA	2202EN10203	English	R. Kaviya
149	M.PRIYANKA	2202EN10204	English	M. Priyanka
150	R.ANBARASI	2202EN10205	English	R. Anbarasi
151	A.VINCIYA	2202EN10206	English	A. Vinciya
152	T.EZHILARASI	2202EN10207	English	T. Ezhilarsi
153	S.DEEPIKA	2202EN10208	English	S. Deepika
154	M.VIJAYAPOORANI	2202EN10210	English	M. Vijayapoorani
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157	V.PUGHALENTHI	2102EN10103	English	V. Pugalenthi
158	J.SRIRAM	2102EN10104	English	J. Sriram
159	D.JAYARAMAN	2102EN10105		D. Jayaraman
160	K.SARVESHKUMAR	2102EN10107	English	K. Sarvesh Kumar
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164	B.AANAND	2102EN10115	English	B. Aanand
165	A.KRISHZHEKA	2102EN10203	English	A. Krishzheka
166	D.RAKSHANI	2102EN10204	English	D. Rakshani
167	RANJITH K M	2101EN30101	English	Ranjith K.M.
168	NANTHINI V	2101EN30201	English	N. Nanthini V.



**PONNAIYAH RAMAJAYAM INSTITUTE OF
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY
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Cordially invites you to the Life skills development program on

Modern Physical Education

Date: 21/06/2023

Venue: Seminar Hall, PRIST Block Thanjavur

Welcome address

Dr. R. Gunasekaran, Dean, School of Education

Presidential Address

Dr. T. V. Christy

Vice Chancellor

Ponnaiyah Ramajayam Institute of Science & Technology [PRIST]

Resource Person

**Dr.V.Shanmuganathan, Principal,
Annai Fatima collage of Education,
Kumbakonam.**

Special Address

Dr. L. Chinnappa M.Sc., M.Phil., PGDCA, Ph.D

Professor and Dean, Arts and Science PRIST

Vote of Thanks

Prof .Mrs.Subhashini, School of Education

HOD

School of Education
Ponnaiyah Ramajayam institute of
Science & Technology (PRIST)
THANJAVUR-613 403.

DEAN

School of Education
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR-613 403.





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**SCHOOL OF EDUCATION
DEPARTMENT OF EDUCATION**
Modern Physical Education
(Life skills Development program)
Circular

20/06/2023

This is to inform all B.Ed., Education students that the Active Listening (language & communication skills development program) for academic year 2022 – 2023 will be conducted by our department. Hence requesting all the students without fail.

DATE&TIME	VENUE	RESOURCE PERSON
21.06.2023 at 10.00 AM	Seminar Hall, PRIST Block Thanjavur	Dr.V.Shanmuganathan- Principal. Annai Fatima Collage of Education,Kumbakonam.


HOD

HOD
School of Education
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403.


Dean

DEAN
School of Education
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403.





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**PRIST UNIVERSITY
School of Education
DEPARTMENT OF EDUCATION**

Modern physical Education

(Life Skill Development Program)

About the Department

The School of Education was established in the year 2008 in our esteemed institution with experienced and efficient faculty members. Since School of Education plays a vital role in all branches of education, all faculty members of our department put all possible efforts to make the future teachers very efficient and excellent in all walks of their career. We are following a wonderful system to achieve this goal as per the advice and guidance from our Chairman, Vice-Chancellor, Registrar, Dean and Managers. Now there are twenty four faculty members and two non-teaching staff in our department. Ten faculties has been awarded Ph.D., and two faculties are pursuing Ph.D., Also the Department of Education acts as the Local Examination Cell and the staff members are un-tiredly working for the smooth functioning of the Department activities.

Our department believes in activity based teaching and students are enhanced by us to improve their language skills. The art of teaching and learning process will lead the students to practice English by constant speaking. Students are being given practice for their progress in career advancement. Our department works tirelessly for PRIST University results and also for professional progression. Training & Placement course and literary club activities are rendered in our university to make the students adorable..

About the Program:

- One day program on 21/06/2023
- The main goals in teaching modern physical education are: To expose children and teens to a wide variety of exercise and healthy activities. Because P.E. can be accessible to nearly all children, it is one of the only opportunities that can guarantee beneficial and healthy activity in children.

Objectives of the Program:

- The main objectives of physical education are to: develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports.
- Regular physical activity is proven to help prevent and manage non communicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

Benefits of this Program:

- Regular engagement in physical activities helps students develop muscular strength, endurance, flexibility, and cardiovascular fitness.
- It also aids in the maintenance of healthy body weight, reduces the risk of obesity, and enhances motor skills and coordination..


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THANJAVUR - 613 403.





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SCHOOL OF EDUCATION

Academic Year 2022 – 2023

PROGRAMME TITLE: Modern Physical Education

(Life skill Development Program)

REPORT OF THE PROGRAM

Modern Physical Education Life Skill Development Program was organized by our Department of Education on 21/06/2023 at Seminar Hall in Prist Black. The program was started at around 10.00 Am. With Tamil Thai Vazhthu and Vendhar Pa sung by our B.Ed students. The purpose of the program students must be having some valuable quality to improve their life skill. Dr.R.Gunasekaran Dean of School of Education has delivered Welcome Address. The Resource person Dr.Shanmuganathan, Principal, Annai Fatima Collage of Education, Kumbakonam. gave a wonderful lecture with Power point presentation and our Hon'ble Vice chancellor Dr. Christy, and Dean School of Education Dr. R. Gunasekaran gave a very impressive motivational speech, and gave some technical key notes to the students. The program ended with Vote of Thanks given by Mrs.T.Subhashini, Assistant Professor of School of Education. Students making the program grand success.


HOD

HOD
School of Education
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403.


DEAN

DEAN
School of Education
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403.





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**SCHOOL OF EDUCATION
DEPARTMENT OF EDUCATION
Modern Physical Education**

(Life skill Development Program)
Student Attendance

Date-21/06/2023

S.No	NAME	SIGNATURE
1	D.Aadhavan	D. Aadhavan
2	B.Saranya	B. Saranya
3	A.Ramkumar	A. Ramkumar
4	G.Paulabraham	G. Paulabraham
5	B.L.Shobika	B.L. Shobika
6	C.Rajapriya	C. Rajapriya
7	A.V.YaZini	A.V. Yazini
8	A.Bakrudeenali Ahamed	A. Bakrudeenali Ahamed
9	R.Arunkumar	R. Arunkumar
10	M.Mano Priya	M. Mano Priya
11	S.Meenambigai	S. Meenambigai
12	N.Abirami	N. Abirami
13	S.Dharshini	S. Dharshini
14	K.Maragatha meena	K. maragatha meena
15	K.Sudha	K. Sudha
16	Saraswathi.C	Saraswathi.C
17	R.Janaki	R. Janaki
18	K.Gayathri	K. Gayathri
19	C.Brindha	C. Brindha
20	M.Tamilselvi	M. Tamilselvi
21	A.Ananthi	A. Ananthi
22	P.Deepika	P. Deepika
23	Karthiyayini.M	Karthiyayini.M
24	B.Priyanka	B. Priyanka
25	C.Sivaranjani	C. Sivaranjani
26	V.Vijayalakshmi	V. Vijayalakshmi
27	G.Jothi	G. Jothi
28	A.Anitha	A. Anitha
29	H.Sasireka	H. Sasireka
30	R.Reka	R. Reka
31	Sheeba.V	Sheeba.V
32	Saranya.V	Saranya.V
33	Nishanthi.V	Nishanthi.V


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33		Valli R
34	R.Valli	Suganya
35	V.Suganya	Briska Selvarani
36	Briska Selvarani	Mahalakshmi
37	M.Mahalakshmi	Bhuvanewari
38	R.Bhuvanewari	Thilakavathi
39	S.Thilakavathi	Dayanamary
40	A.Dayanamary	Mahalakshmi
41	R.Mahalakshmi	Revathy
42	B.Revathy	Loganathan
43	U.Loganathan	Ieshwarya
44	K.S.Ieshwarya	Vijayalakshmi
45	S.Vijayalakshmi	Priya
46	G.Priya	Mohana Priya
47	R.Mohanapriya	Anitha
48	G.Anitha	Gokila
49	K.Gokila	Revathi Priya
50	C.N.Revathi Priya	K.Shanmugapriya
51	K.Shanmugapriya	Pushpavalli
52	R.Pushpavalli	Karthika
53	K.Karthika	B. Kasthuri
54	B.Kasthuri	T.Viji
55	T.Viji	R. Kamala
56	R.Kamala	Durga
57	P.Durga	K. Lekha
58	K.Lekha	D. Rekha
59	D.Rekha	K.Kalpana Devi
60	K.Kalpana Devi	K. Sheela rani
61	K.Sheela rani	S. Alagumozhi
62	S.Alagumozhi	Abinaya
63	B.Abinaya	Nivietha.V
64	Nivietha.V	K.Inbalakshmi
65	K.Inbalakshmi	Sukanya
66	V.Sukanya	Rahavi
67	R.K.Rahavi	Devanathan.C
68	Devanathan.C	C. Kavitha
69	C.Kavitha	P. Gunasundari
70	P.Gunasundari	Priya.G
71	G.Priya	Karthikeyan
72	N.Karthikeyan	G. Anitha
73	G.Anitha	Henaparvin
74	J.Henaparvin	Sivaranjani
75	C.Sivaranjani	M.Tamilarasi
76	M.Tamilarasi	Punitha
77	K.Punitha	L. Mohana
78	L.Mohana	Mahalakshmi
79	G.Mahalakshmi	Matheswari
80	K.Matheswari	Murugesan
81	C.Murugesan	A. Marceline
82	A.Marceline	

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85	K.Parvin degum	Karvin Degum
86	C.Surendar	Surender
87	S.Arthi	Arthi
88	M. Lakshana	Lakshana
89	C.Suganya	Suganya
90	R. Mahalakshmi	Mahalakshmi
91	K.Keerthika	Keethika
92	M. Sudha	M. Sudha
93	M.Kaviya	Kaviya
94	B.Balasundaram	Baldsunbar
95	J.Sidhick	Sidhick
96	A.Usha	Usha
97	S.Suwtha	Suwtha
98	P.Rajeswari	P. Rajeswari
99	G.Praveena	Praveena
100	G.Neelambari	Neelambari
101	Keerthika.K	Keerthika.K
102	F.Irfana shirin	Irfana Shirin
103	Priya.S	Priya.S
104	Nagamani.A	Nagamani.A
105	L.Kaviya	Kaviya
106	R.S.Shalini	Shalini
107	S.Kavithanjali	Kavithanjali
108	R.Rasiya	Rasiya
109	A.Rajapriya	A. Rajapriya
110	G.Krishnaveni	Krishnaveni
111	D.Nithya	D. Nithya
112	D.Gowri	Gowri
113	D.Amutha	Amutha
114	S.Arjun kumar	Arjun kumar
115	S.Indumathi	S. Indumathi
116	R.Arunadevi	Arunadevi
117	A.Sundari	A. Sundari
118	S.Sornamuki	S. Sornamuki
119	S.Devika	Devika
120	R.Praveena	Praveena
121	A.Ponmanimeera	Ponmanimeera
122	T.Jenifer	T. Jenifer
123	B.Ramya	B. Ramya
124	J.Metilda	Metilda
125	F.Margret jenifer	Margret jenifer


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Cordially invites you to the Life skill development program

On

Stress management and Emotional regulation

Date: 18.11.2022 | Time: 10:00 AM

Venue: PRIST BLOCK Seminar Hall

Welcome address

Dr.R. Gunasekaran, Dean, School of Education

Presidential Address

Dr. T. V. Christy

Vice Chancellor

Ponnaiyah Ramajayam Institute of Science & Technology [PRIST]

Introduction to the Chief Guest

Prof .Mrs. R.Vaishnavi, Assistant Professor, School of Education

Resource Person

Dr.G.Sivakumar

Associate Dean of Department of Education

Allagappa University,Karaikudi.

Special Address

Dr. L. Chinnappa M.Sc., M.Phil., PGDCA, Ph.D

Professor and Dean, Arts and Science PRIST

Vote of Thanks

Prof .Mr. T. Selvaraj, School of Education


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SCHOOL OF EDUCATION
DEPARTMENT OF EDUCATION
Stress management and Emotional regulation
(Life skill development program)

Circular

17/11/2022

This is to inform all B.Ed., Education students that the Stress Management and Emotional Regulation (Life skills development program) for academic year 2022 – 2023 will be conducted by our department. Hence requesting all the students without fail.

DATE & TIME	VENUE	RESOURCE PERSON
18.11.2022 at 10.00 AM	Seminar Hall, PRIST Block Thanjavur	Dr. G. Sivakumar – Associate Dean of Department of Education, Allagappa University, Karaikudi.


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PRIST UNIVERSITY
School of Education
DEPARTMENT OF EDUCATION
Stress management and Emotional regulation

(Life Skills Development Program)

About the Department

The School of Education was established in the year 2008 in our esteemed institution with experienced and efficient faculty members. Since School of Education plays a vital role in all branches of education, all faculty members of our department put all possible efforts to make the future teachers very efficient and excellent in all walks of their career. We are following a wonderful system to achieve this goal as per the advice and guidance from our Chairman, Vice-Chancellor, Registrar, Dean and Managers. Now there are twenty four faculty members and two non-teaching staff in our department. Ten faculties has been awarded Ph.D., and two faculties are pursuing Ph.D., Also the Department of Education acts as the Local Examination Cell and the staff members are un-tiredly working for the smooth functioning of the Department activities.

Our department believes in activity based teaching and students are enhanced by us to improve their language skills. The art of teaching and learning process will lead the students to practice English by constant speaking. Students are being given practice for their progress in career advancement. Our department works tirelessly for PRIST University results and also for professional progression. Training & Placement course and literary club activities are rendered in our university to make the students adorable.

About the Programme

- One day program on 18/11/2022
- The stress management meaning is to reduce the negative impacts caused by stress and to improve a person's physical and mental well-being. Stress management may include self-care, managing one's response to stress, and making changes to one's life when in a stressful situation.

Objectives of the Programme

Emotion regulation" is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience.

The emotional appraisal and regulation processes are linked to stress mechanisms. Acute and social stressors lead to the engagement of maladaptive emotion regulation strategies such as worry and rumination. Thus, the chronic use of these strategies might in turn augment the stress response.

Benefits of this Programme:

Why is emotional regulation so important? Aside from the more obvious benefits, such as feeling better in the immediate term, strong emotional regulation skills can also enhance long-term wellbeing, improve performance at work, enrich personal relationships, and even lead to better overall health.

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**SCHOOL OF EDUCATION
DEPARTMENT OF EDUCATION
Stress management and Emotional regulation**

(Life skills development program)

Student Attendance

Date-18/11/2022

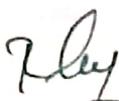
S.No	NAME	SIGNATURE
1	D.Aadhavan	D. Aadhavan
2	B.Saranya	B. Saranya
3	A.Ramkumar	A. Ramkumar
4	G.Paulabraham	G. Paulabraham
5	B.L.Shobika	B.L. Shobika
6	C.Rajapriya	C. Rajapriya
7	A.V.YaZini	A.V. YaZini
8	A.Bakrudeenali Ahamed	A. Bakrudeenali Ahamed
9	R.Arunkumar	R. Arunkumar
10	M.Mano Priya	M. Mano Priya
11	S.Meenambigai	S. Meenambigai
12	N.Abirami	N. Abirami
13	S.Dharshini	S. Dharshini
14	K.Maragatha meena	K. maragatha meena
15	K.Sudha	K. Sudha
16	Saraswathi.C	Saraswathi C
17	R.Janaki	R. Janaki
18	K.Gayathri	K. Gayathri
19	C.Brindha	C. Brindha
20	M.Tamilselvi	M. Tamilselvi
21	A.Ananthi	A. Ananthi
22	P.Deepika	P. Deepika
23	Karthiyayini.M	Karthiyayini M
24	B.Priyanka	B. Priyanka
25	C.Sivaranjani	C. Sivaranjani
26	V.Vijayalakshmi	V. Vijayalakshmi
27	G.Jothi	G. Jothi
28	A.Anitha	A. Anitha
29	H.Sasireka	H. Sasireka
30	R.Reka	R. Reka


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31	Sheeba.V	Sheeba.V
32	Saranya.V	Saranya.V
33	Nishanthi.V	Nishanthi
34	R.Valli	Valli.R
35	V.Suganya	Suganya
36	Briska Selvarani	Briska Selvarani
37	M.Mahalakshmi	Mahalakshmi
38	R.Bhuvanewari	Bhuvanewari
39	S.Thilakavathi	Thilakavathi
40	A.Dayanamary	Dayanamary
41	R.Mahalakshmi	Mahalakshmi
42	B.Revathy	Revathy
43	U.Loganathan	Loganathan
44	K.S.leshwarya	leshwarya.
45	S.Vijayalakshmi	Vijayalakshmi
46	G.Priya	Priya
47	R.Mohanapriya	Mohanapriya
48	G.Anitha	Anitha
49	K.Gokila	Gokila
50	C.N.Revathi Priya	Revathi Priya
51	K.Shanmugapriya	K.Shanmugapriya
52	R.Pushpavalli	Pushpavalli
53	K.Karthika	Karthika
54	B.Kasthuri	B. Kasthuri
55	T.Viji	Viji
56	R.Kamala	R. Kamala
57	P.Durga	Durga
58	K.Lekha	K. Lekha
59	D.Rekha	D. Rekha
60	K.Kalpana Devi	Kalpana Devi
61	K.Sheela rani	K. Sheelarani
62	S.Alagumozhi	S. Alagumozhi
63	B.Abinaya	Abinaya
64	Nivietha.V	Nivietha.V
65	K.Inbalakshmi	Inbalakshmi
66	V.Sukanya	Sukanya
67	R.K.Rahavi	Rahavi
68	Devanathan.C	Devanathan.C
69	C.Kavitha	C. kavitha
70	P.Gunasundari	P. Gunasundari
71	G.Priya	Priya.G
72	N.Karthikeyan	Karthikeyan
73	G.Anitha	G. Anitha
74	J.Henaparvin	Henaparvin
75	C.Sivaranjani	Sivaranjani
76	M.Tamilarasi	Tamilarasi
77	K.Punitha	Punitha
78	L.Mohana	L. Mohana
79	G.Mahalakshmi	Mahalakshmi
80	K.Matheswari	Matheswari
81	C.Murugesan	Murugesan
82	A.Marceline	A. Marceline


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83	L. Augustina nirmal	Augustina nirmal
84	Deepa.S	Deepa.S
85	K. Parvin begum	Parvin begum
86	C. Surendar	Surendar
87	S. Arthi	Arthi
88	M. Lakshana	Lakshana
89	C. Suganya	Suganya
90	R. Mahalakshmi	Mahalakshmi
91	K. Keerthika	Keerthika
92	M. Sudha	M. Sudha
93	M. Kaviya	Kaviya
94	B. Balasundaram	Balasundaram
95	J. Sidhick	Sidhick
96	A. Usha	Usha
97	S. Suwtha	Suwtha
98	P. Rajeswari	P. Rajeswari
99	G. Praveena	Praveena
100	G. Neelambari	Neelambari
101	Keerthika.K	Keerthika.K
102	F. Irfana shirin	Irfana Shirin
103	Priya.S	Priya.S
104	Nagamani.A	Nagamani.A
105	L. Kaviya	Kaviya
106	R.S. Shalini	Shalini
107	S. Kavithanjali	Kavithanjali
108	R. Rasiya	Rasiya
109	A. Rajapriya	A. Rajapriya
110	G. Krishnaveni	Krishnaveni
111	D. Nithya	D. Nithya
112	D. Gowri	Gowri
113	D. Amutha	Amutha
114	S. Arjun kumar	Arjun kumar
115	S. Indumathi	S. Indumathi
116	R. Arunadevi	Arunadevi
117	A. Sundari	A. Sundari
118	S. Sornamuki	S. Sornamuki
119	S. Devika	Devika
120	R. Praveena	Praveena
121	A. Ponmanimeera	Ponmanimeera
122	T. Jenifer	T. Jenifer
123	B. Ramya	B. Ramya
124	J. Metilda	Metilda
125	F. Margret jenifer	Margret jenifer

T. R.

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R. Jay

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SCHOOL OF EDUCATION

Academic Year 2022 - 2023

PROGRAMME TITLE: Stress management and Emotional regulation

(Life skill development program)

REPORT OF THE PROGRAM

Stress management and Emotional regulation Life Skill Development Program was organized by our Department of Education on 18/11/2022 at Seminar Hall in Prist Black. The program was started at around 10.00 Am. With Tamil Thai Vazhthu and Vendhar Pa sung by our B.Ed students. The purpose of the program students must be having some valuable quality to improve their life skill. Dr.R.Gunasekaran Dean of School of Education has delivered Welcome Address. The Resource person Dr.G.Sivakumar, Associate Dean of Alagappa University, Karaikudi. gave a wonderful lecture with Power point presentation and our Hon'ble Vice chancellor Dr. Christy, Dean of Arts & Science Dr. Chinnappa, Dean of Education Dr.R. Gunasekaran gave a very impressive motivational speech, and gave some technical key notes to the students. The program ended with Vote of Thanks given by Mr.T.Selvaraj, Assitant Professor of School of Education. Students making the program grand success.

T. Selvaraj

HOD,

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R. Jayaraman

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SCHOOL OF AGRICULTURE

DATE: 08.12.2022

CIRCULAR

Dear Students, it is proposed to conduct a training programme on "Capacity development & Skill enhancement" for the benefit of our agriculture students. In this programme interested students from all the years can be participated. Those who are interested can register their name to the respective course coordinators.

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SCHOOL OF AGRICULTURE
NUMBER OF PARTICIPANTS FOR CAPACITY DEVELOPMENT PROGRAMMES

S.No	Name of the course	No. of Participants
1.	Soft skill programme - Landscaping	35
2.	Language & Communication skills – Communication and transfer of technology	45
3.	Awareness of trends in technology – PRA (Participatory Rural Appraisal)	41

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SCHOOL OF AGRICULTURE

PROFILE OF RESOURCE PERSON

S.No	Name of the resource person	Designation	Method of teaching	Remarks
1.	Dr.S.Anuja	Professor, Department of Horticulture, Faculty of Agriculture, Annamalai University.	Field level & Using PPT	Excellent <u>S.Anuja</u>

S.Anuja

Resource Person Signature

Derry

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**SUMMARY OF THE CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT
PROGRAMME – LANDSCAPING**

The capacity development and skill enhancement programme on landscaping is carried out for all the students from 1st year to IVth year. The classes were commenced on 13.12.2022.

- Students gained knowledge on basic principles, components and practices of landscape gardening.
- They learned about the different styles of garden and special features in a garden.
- Students were engaged to design a garden using various tools and techniques.
- They learnt the production technology of cut and loose flower crops.
- The students developed their skill to practice the nursery technique and planting methods of cut and loose flower crops.
- The students can able to practice the landscape designing for various places and can do various horticultural crops.



SCHOOL OF AGRICULTURE

2022

Capacity Development and Skill Enhancement taken by department

Course Title : Landscaping

S. No	Reg.No.	Name of the student	Year	Date & Time
1.	1901AG1039	M.Abinaya	IV Year	13.12.2022 & 4.30 PM to 5.30PM
2.	1901AG1041	T.Arulkumar		
3.	1901AG1043	S.Guruprasath		
4.	1901AG1044	R.Bharathvaj		
5.	1901AG1046	G.Raja		
6.	1901AG1047	K.Vishnu		
7.	1901AG1048	T.Sibiarasan		
8.	1901AG1010	N.Nishanthini		
9.	1901AG1012	A.Dhanseel raj		
10.	1901AG1013	C.Madhan raj		
11.	1901AG1057	R.Varun		
12.	1901AG1058	B.Gowsic		
13.	1901AG1059	P.Gowri rajan		
14.	1901AG1060	S.Muthupraveena		
15.	1901AG1061	A.Pooja		
16.	2001AG10101	S Thirumal	III Year	
17.	2001AG10106	Parasuram S		
18.	2001AG10108	Akash E		
19.	2001AG10109	Vengatesh Enba Sagar S		
20.	2001AG10113	Madheswar K B		

21.	2001AG10114	Mukesh B	
22.	2001AG10116	Muthuselvam M	
23.	2001AG10117	Aadhithya varman R	
24.	2001AG10121	Premnath M	
25.	2001AG10128	Umarfarook F	
26.	2001AG10201	Kaleeswari S	
27.	2001AG10203	Gopika T	
28.	2001AG10205	Yuvashree I	
29.	2001AG10211	Poongodi V	
30.	2001AG10214	Henin shruthi E	
31.	2101AG10103	Thirukameswarar R	II Year
32.	2101AG10104	Sivanath U	
33.	2101AG10201	Gunavazhagi O	
34.	2201AG10107	Vetrivel V	I Year
35.	2201AG10202	Madhumitha C	



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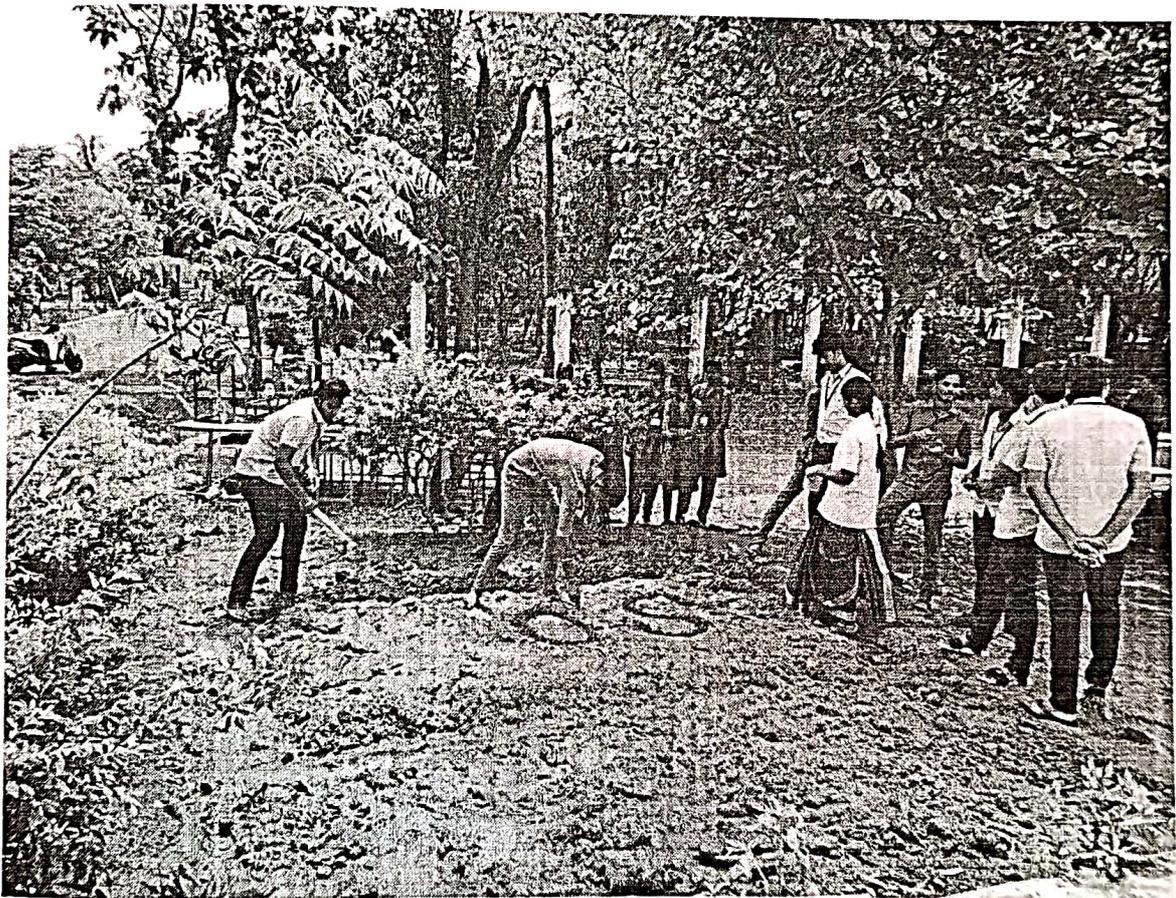


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SCHOOL OF AGRICULTURE

Capacity Development and Skill Enhancement taken by department

Landscaping





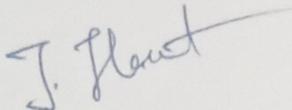
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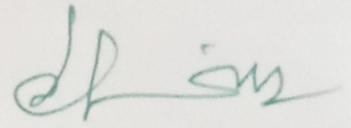
SCHOOL OF ARTS AND SCIENCE
DEPARTMENT OF BIOTECHNOLOGY
CIRCULAR

Date: 25.01.2023

This is to inform you that, Department of Biotechnology going to conduct Yoga and exercises on 25.01.2023 at 10.30 am at RDC Seminal Hall, PRIST Block, Thanjavur. All the students and faculty members are requested to attend the program without fail and make the programme a grand success with your presence and Cooperation.


HOD

Head of the Department
Department of Biotechnology,
School of Arts & Science
Prist Deemed to be University, Thanjavur


DEAN

Dean
School of Arts & Science
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SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF BIOTECHNOLOGY

ACADEMIC YEAR – 2022-2023

PROGRAM: YOGA AND EXERCISES

Date: 25.01.2023

Venue: RDC Seminal Hall, PRIST Block, Thanjavur

Time: 10.30 am

WELCOME ADDRESS

Dr. J. ILAMATHI
HOD & Assistant Professor
Department of Biotechnology
School of Arts and Science

Time : 10.14 am

PRESIDENTIAL ADDRESS

Dr. L. CHINNAPPA,
Dean
School of Arts and Science

Time: 10.30 am

RESOURCE PERSON

Dr. R. KARTHIKEYAN
Director -Physical education
PRIST Deemed to be University

Time : 12 pm

VOTE OF THANKS

Dr. T. VEERAMANI
Assistant Professor
Department of Biotechnology
School of Arts and Science



**PONNAIYAH RAMAJAYAM INSTITUTE OF
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED TO BE UNIVERSITY
U/s 3 of UGC Act, 1956

SCHOOL OF ARTS AND SCIENCE

DEPARTMENT OF BIOTECHNOLOGY

ACADEMIC YEAR – 2022-2023

TITLE OF THE PROGRAM: YOGA AND EXERCISES

Date: 25.01.2023

REPORT OF THE PROGRAM

Yoga and exercises was organized by our Department of Biotechnology on 25.01.2023 at RDC Seminar Hall, PRIST Block. The programme was started at 10.00 am with Tamizh Thai Vazhthu and Venthar Pa Song by our Students. Welcome Address gave by Dr. J. Ilamathi, Head & Assistant Professor, Department of Biotechnology and Presidential address gave by Dr. L. CHINNAPPA, Dean School of Arts and Science, PRIST University. The purpose this Training programmes on higher study and job opportunities were conducted for the UG and PG students to equip them with better educational and career choices. The Resource person Dr. R. KARTHIKEYAN, Director -Physical education, PRIST Deemed to be University, given valuable speech about the students health and their mental health and help them in enhancing their potential. He talked about the importance of the yoga and various mental and physical health benefits. He elaborate the new practices informed the participants about various books and online content of many authors related to the yoga. Resource persons gave various tips for yoga practice. Totally, 102 students participated in this program. At the end of the session, Dr. T. Veeramani, Assistant Professor, Department of Biotechnology thanked the selfless efforts of resource persons and for giving their time to all the departments.



J. Ilamathi
HOD

**Head of the Department
Department of Biotechnology
School of Arts & Science
Prist Deemed to be University**

L. Chinnappa
DEAN

**Dean
School of Arts & Science
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Deemed to be University
Vallam, Thanjavur - 613 403.**



PONNAIYAH RAMAJAYAM INSTITUTE OF
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SCHOOL OF ARTS AND SCIENCE
DEPARTMENT OF BIOTECHNOLOGY

YOGA AND EXERCISES

ACADEMIC YEAR - 2023-2024

STUDENT ATTENDANCE

25.01.2023

S. NO	NAME OF THE STUDENT	SIGNATURE
1.	T MEGHANA	T Meghana
2.	M VINODHINI	M Vinodhini
3.	PRIYADHAISHINI	Priyadhaishini
4.	ARUNA A	Aruna A
5.	THARANID	Tharanid
6.	M ABINAYA	M Abinaya
7.	R KANNIYAMMA	R Kanniyamma
8.	G KARTHIKA	G Kartika
9.	E KAVINESAKI	E Kavinesaki
10.	G MEENA	G Meena
11.	P NITHYA	P Nithya
12.	M RAMYA	M Ramya
13.	M SATHYAVATHI	M Sathyavathi
14.	K REVATHI	K Revathi
15.	KANIK	Kanik
16.	LAVANYAJ	Lavanyaj
17.	LALAITHA S	Lalaitha S
18.	PARVATHI H	Parvathi H
19.	HARINI K	Harini K
20.	HARSHITHA D	Harshitha D
21.	KANMANI V	Kanmani V
22.	VINO L	Vino L
23.	S SHYAMEDISON	S Shyam Edison
24.	A OLIVER	A Oliver
25.	M SASIKUMAR	M Sasikumar
26.	S MANIKANDARAJA	S Manikandaraja
27.	PEZHILNATHAN	Pezhilnathan

28.	M.THIRUMURUGAN	Thirum
29.	T.KISHORE	T.Kishore
30.	J.DHARANIKA	J.Dharanika
31.	G.MONIKA	G.Monika
32.	M.NIVETHITHA	M.Nivethitha
33.	C JOHNSINA	C.Johnsina
34.	R SATHIYA PRIYA	R.Sathiya Priya
35.	M.GAYATHRI	M.Gayathri
36.	M.FASEEHA	M.Faseeha
37.	J GOWSALYA	J.Gowsalya
38.	S KIRUTHIKA	S.Kiruthika
39.	R.RAGAVI	R.Ragavi
40.	S.VISALI	S.Visali
41.	B.PAVITHA	B.Pavitha
42.	A.LAVANYA	A.Lavanya
43.	T.ANU	T.Anu
44.	R.NITHIYA	R.Nithiya
45.	D.KARNIGA	D.Karniga
46.	R.ABIRAMI	R.Abirami
47.	R.SWATHI	R.Swathi
48.	M.MANJARI	M.Manjari
49.	J.SUPRIYA	J.Supriya
50.	Y. DHARSHINI	Y.Dharshini
51.	J.TAMIZHBHARATHI	J.Tamizhbarathi
52.	R.GUNASEELI	R.Gunaseeli
53.	S.VINOTHINI	S.Vinothini
54.	E.VINOTHA	E.Vinotha
55.	VAIDEESHWARI.K	Vaideeshwari.K
56.	YASOTHA.S	Yasotha.S
57.	PARKAVI.S	Parkavi.S
58.	ATCHAYA.B	Atchaya.B
59.	DHIVYA.M	Dhivya.M
60.	MOHANA PRIYA.P	Mohana Priya.P
61.	SRIPRIYA.P	Sripriya.P
62.	YUVARAJ. N	Yuvaraj.N
63.	ANJUGAM. G	Anjugam.G
64.	SIVANKUMAR D	Sivankumar D
65.	SWATHI S	Swathi S
66.	GAYATHRI D	Gayathri D
67.	MONISHA P	Monisha P
68.	KALAI SELVI V	Kalai Selvi V
69.	SNEHA A	Sneha A
70.	SOWMIYA A	Sowmya A
71.	REVATHI S	Revathi S
72.	RADHIKA S	Radhika S

73.	PRIYANKA P	Priyanka
74.	ANANTHI A	Ananthi
75.	SNEHA L	Sneha
76.	BABY SHALINI K	Baby Shalini
77.	RANJITHA A	Ranjitha
78.	KRITHIKA M	Krithika
79.	SWETHA K	Swetha
80.	VARADHARAJAN R	Varadharajan
81.	TAMIL ARASI R	Tamil Arasi
82.	JOHN PAUL R	John Paul
83.	SOUNDARYA M	Soundarya
84.	NITHIKA N	Nithika
85.	BHUVANA K	Bhuvana
86.	SUSMITHA S	Susmitha
87.	SHYAMALA R	Shyamala
88.	DIVYA A	Divya
89.	IMRAN UL HASSION	Imran
90.	A.SINDURANI	Sindurani
91.	J.JESSY	Jessy
92.	K.MERLIN	Merlin
93.	L.LALITHA	Lalitha
94.	S.SUMITHA	Sumitha
95.	L.JINNY	Jinny
96.	H.HEMA	Hema
97.	R.LOGITHA	Logitha
98.	K.ROBIKA	Robika
99.	K.MANIMOZHI	Manimozhi
100.	S.GOKUL RAJ	Gokul Raj
101.	A.SUKANYA	Sukanya
102.	S. HEMALADEVI	Hemaladevi

J. J. Jessy
HOD

Head of the Department
Department of Biotechnology
School of Arts & Science
Prist Deemed to be University, Thanjavur

[Signature]

DEAN

Dean
School of Arts & Science
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School of Arts and Science

Department of Biochemistry

CIRCULAR

PRIST/A&S/BC/22-23/13

Date: 31.01.2023

It is hereby informed that the department is organizing a seminar on "Clean society" on January 31, 2023, in the Seminar Hall, Biochemistry. All the students and faculty members are requested to attend without fail.

HOD

Head of the Department
Department of Biochemistry
School of Arts & Science
PRIST Deemed to be University
Thanjavur-613 403

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SCHOOL OF ARTS AND SCIENCE

Department of Biochemistry

One Day seminar on "Clean society"

Agenda

Date: 31.01.2023

Time 10.00 am

- 10.00 Am Welcome address : **Dr.T.Veeramani**
Associate Professor
Department of Biotechnology
- 10.10 Am Inaugural address : **Dr.L.Chinnappa**
Dean, School of Arts and Science
Ponnaiyah Ramajayam Institute of Science and
Technology
- 10.20 Am Guest Introduction : **Dr.R.Sathya**
Assistant Professor,
Department of Microbiology
- 10.25 Am Invited Talk : **Dr.S.Sathishkumar**
Assistant Professor,
Department of Biochemistry,
Topic: "Clean society"
- 11.30 Am Vote of Thanks : **Dr.N.Mahalakshmi**
Assistant Professor,
Department of Microbiology

Organizer: Dr.S.Ambiga

Head of the Department
Department of Biochemistry
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School of Arts and Science

DEPARTMENT OF BIOCHEMISTRY

A REPORT ON THE SEMINAR 31.01.2023

Topics: Clean society

Department of Biochemistry, Ponnaiyah Ramajayam Institute of Science & Technology (PRIST), organized a one-day seminar on "Clean society" on January 31, 2023 in Seminar Hall-I. The seminar focused on Clean society.

The dignitaries on the dias were Dr. L. CHINNAPPA, Ph.D., Dean, School of Arts and Science, Dr.S.Sathishkumar, Assistant Professor, Department of Biochemistry, Dr. A.BAKRUDEEN ALI AHMED, Ph.D., Professor and Scientist, Dr. S. AMBIGA, Ph.D., Head, Department of Biochemistry, Dr.N.Gnanasekaran, Assistant Professor, Dr.T.Veeramani, Associate Professor, Department of Biotechnology, Dr.R,Sathya, Assistant Professor, Department of Microbiology, Ponnaiyah Ramajayam Institute of Science and Technology. The programme started at 10:00 am with the welcome address by Dr.T.Veeramani, Ph.D., Dr. L. CHINNAPPA, Ph.D., Dean, School of Arts and Science delivered an Inaugural address about the seminar. Dr.Bakrudeen Ali Ahmed, Assistant Professor, PRIST University delivered the Felicitation about the seminar.

Dr.S.Sathishkumar, Assistant Professor, gave lecture about cleanliness, we have all heard of the saying cleanliness is next to Godliness, which means it is in clean places that God resides. Many would like to keep their houses clean but throw their household waste into the streets irresponsibly, which is harmful to the environment, cleanliness can be explored on many levels. Personal cleanliness means maintain personal hygiene on day to day basis in the ways like brushing your teeth twice a day, taking bath every day, keeping your hair tidy, making up your bed, cleaning your cupboard, wearing clean clothes by avoiding junk food, tidying up your reading desk and keeping your room clean. It promotes mental clarity; regular handwashing can prevent the spread of infections. A clean environment automatically boosts our self-confidence, cleanliness gives a fresh and good look to our surroundings. After the seminar he interacted with the students and clarified their doubts. Finally, Dr.N.Mahalaskmi, Ph.D., Assistant Professor, Department of Microbiology delivered a vote of thanks.

Head of the Department
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DEPARTMENT OF BIOCHEMISTRY

"Clean society"

ATTENDANCE LIST 31.01.2023

S.No	Name list	
1.	DR. L. CHINMAYAPPA	
2.	D. Vignesh	D. Vignesh
3.	K. Theeruvannan	K. Theeruvannan
4.	V. Aarthi	V. Aarthi
5.	S. Nandhini	Nanathi
6.	N. Siva	N. Siva
7.	N. Jeeva	N. Jeeva
8.	A. Dnyana	Dnyana
9.	P. Devraj	P. Devraj
10.	M. Ajitha	Ajitha
11.	B. Barathaj	B. Barathaj
12.	R. Karthikeyan	R. Karthikeyan
13.	K. Usha	Usha
14.	U. Askash	U. Askash
15.	B. Paritha	Paritha
16.	A. Narendranayagam	A. Narendranayagam
17.	Mythili. T	Mythili
18.	K. Anand	K. Anand
19.	J. Swathi	Swathi
20.	M. Vignesh	Vignesh
21.	K. Madhan Kumar	K. Madhan Kumar
22.	M. Thirumoorthigai	M. Thirumoorthigai
23.	A. K.	A. K.

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Valluvar

24.		
25.	K. Saravananakumar	Saravanan
26.	R. Swetha	Swetha
27.	B. Mohamed Arif	B. Arif
28.	V. Nithya Kumar	V. Nithya Kumar
29.	S. ILLAMATHI	S. Illathi
30.	P. Jasmine	P. Jasmine
31.	K. Sathy	Sathy
32.	M. Kishor	M. Kishor
33.	M. Kogalakshini	M. Kogalakshini
34.	Vandhinathan. M	Vandhinathan
35.	B. Pavithra	Pavithra
36.	J. Saravananakumar	J. Saravananakumar
37.	T. Kaveri	Kaveri T
38.	Abhishek	Abhishek
39.	Ranya. A.	Ranya. A.
40.	V. Jayasri	V. Jayasri
41.	Dr. S. Ramadevi	Dr. S. Ramadevi
42.	M. GANESA	M. Ganesa
43.	S. Thangam Anbari	S. Thangam Anbari
44.	V. Divya	V. Divya
45.	R. Priya	R. Priya
46.	S. Bhuvaneshwari	S. Bhuvaneshwari
47.	M. KARTHICKAN	M. Karthikan
48.	Abhishek. K	Abhishek. K
49.	M. Mohamed Isyan	M. Mohamed Isyan
50.	Kaviraj	Kaviraj


HOD

Head of the Department
Department of Biochemistry
School of Arts & Science
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DEAN
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School of Arts and Science
Department of Biochemistry

CIRCULAR

PRIST/A&S/BC/22-23/03.2

Date: 08.07.2022

It is hereby informed that the department is organizing a seminar on **“The Arts and Science of Relationships: Understanding Human Needs”** on August 10, 2022, in the Seminar Hall, Biochemistry. All the students and faculty members are requested to attend without fail.

HOD

DEAN

Head of the Department
Department of Biochemistry
School of Arts & Science
PRIST Deemed to be University
Thanjavur - 613 403

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SCHOOL OF ARTS AND SCIENCE
Department of Biochemistry

The Arts and Science of Relationships: Understanding Human Needs

Agenda

Date: 28.10.2022 Time 11.30 am

- 11.30 Am Welcome address : Dr.S.Sathishkumar
Associate Professor
Department of Biochemistry
- 11.40 Am Inaugural address : Dr.L.Chinnappa
Dean, School of Arts and Science
Ponnaiyah Ramajayam Institute of
Science and Technology
- 12.00 Pm Guest Introduction: Dr.Bakrudeen Ali Ahmed
Professor,
Department of Biochemistry
- 12.15 Pm Invited Talk : Prof.K.Sathya
Assistant Professor,
Department of Commerce,
Ponnaiyah Ramajayam Institute of
Science and Technology
- Topic: "The Arts and Science of Relationships: Understanding Human Needs"
- 1.30 Pm Vote of Thanks : Dr. Sundaresan
Assistant Professor,
Department of Biochemistry

Organizer: Prof.R.Viswalingam

Head of the Department
Department of Biochemistry
School of Arts & Science
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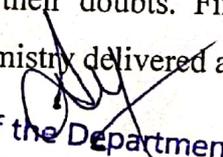
DEPARTMENT OF BIOCHEMISTRY

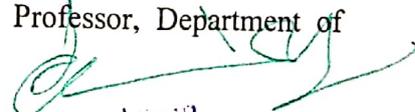
A REPORT ON THE SEMINAR

Topics: The Arts and Science of Relationships: Understanding Human Needs

Department of Biochemistry, Ponnaiyah Ramajayam Institute of Science & Technology (PRIST), organized a one-day seminar on "The Arts and Science of Relationships: Understanding Human Needs" on August 10, 2022 in Seminar Hall-I. The seminar focused on guidance in Communicating effectively in groups. The dignitaries on the dias were Dr. L. CHINNAPPA, Ph.D., Dean, School of Arts and Science, Prof.K.Sathya, Assistant Professor, Department of Commerce, Dr. A.BAKRUDEEN ALI AHMED, Ph.D., Professor and Scientist, Dr. S. AMBIGA, Ph.D., Head, Department of Biochemistry, Dr.S.SATHISHKUMAR, Ph.D., Dr.N.Gnanasekaran, Dr.G.Srithar, Dr.Gunaseelan, Assistant Professor, Ponnaiyah Ramajayam Institute of Science and Technology. The programme started at 11:00 am with the welcome address by Dr.N.Gnanasekaran, Ph.D., Department of Biochemistry. Dr. L. CHINNAPPA, Ph.D., Dean, School of Arts and Science delivered an Inaugural address about the seminar. Dr.S.Ambiga, Head, PRIST University delivered the Felicitation about the conference.

Prof.K.Sathya, Assistant Professor, gave lecture on the Embark on a transformative journey with The Arts & Science of Relationships: Human Needs *course*. Explore the intricate forces shaping human behavior and relationships through psychology, sociology, and anthropology. Enhance self-awareness, communication finesse, and connections with others. Whether you're aiming for professional growth or just curious, invaluable insights for a more fulfilling life. Discover the Strategies and Skills Learning and Development System (SSLD) - a versatile toolkit for everyday and specialized fields like social work and healthcare. Gain wisdom from real-world relationship cases, unlock the SSLD assessment framework, and develop core relationship management skills. Whether for personal or professional reasons, equips you to navigate relationships confidently and skillfully.. She gave detailed list of websites for notes and library resources. After the seminar he interacted with the students and clarify their doubts. Finally, Dr. Gunaseelan, Ph.D., Assistant Professor, Department of Biochemistry delivered a vote of thanks.


Head of the Department
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DEPARTMENT OF BIOCHEMISTRY

ATTENDANCE LIST

S.No	Name list	
1.	Dr. P. Parasakumaran	
2.	K. Dineshkumar	
3.	T. Sivalakumari	
4.	A. Divya	
5.	S. Crokul	
6.	K. SARA WATI	
7.	G. Sundharani	
8.	T. YALINI	
9.	M. Abdul Rahim	
10.	M. Vanethanathan	
11.	B. Abinaya	
12.	E. Yogesh	
13.	P. HAFSHANA HALEEMA	
14.	K. Kanniga	
15.	D. Rohan	
16.	M. Saleem	
17.	Y. Arulan	
18.	P. Krishna	
19.	R. MALINI	
20.	S. Deepika	
21.	C. Zahir	
22.	S. Crokul	
23.	L. SUSOMA	
24.	C. RITIKA	
25.	A. DHIVAKAR	
26.	J. Vasundhara	
27.	Jathiprakash. G.	

Head of the Department
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28.	R. Pragna	R
29.	S. Illemathi	S. Illemathi
30.	YOGALAKSHMI M	YOGALAKSHMI M
31.	G. Divya	G. Divya
32.	G. Sathya Janu	G. Sathya Janu
33.	A. SUNDARESAN	A. SUNDARESAN
34.	G. Sathya Janu	G. Sathya Janu
35.	V. Dineshkumar	V. Dineshkumar

HOD

Head of the Department
 Department of Biochemistry
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PRIST/A&S/BC/22-23/03

Date: 10.06.2022

Sub: Celebration of International Day of Yoga 2022 - reg.

It is informed that international yoga day will be celebrated on 21.06.2022 for the academic year 2022-2023. We invite our Biochemistry students and staff members to join us for a power-packed Yoga session that promises to be energizing, soothing, healing, relaxing and infused with positivity. It's an opportunity for us all to rediscover ourselves and take a significant step towards embracing a positive lifestyle. We kindly request those who are interested to bring their own yoga mats and ensure appropriate attire for the session.

Session Details:

Timings - 10:30 am to 11:30 am

Venue - RDC SEMINAR HALL I


10/6/22
HOD

Head of the Department
Department of Biochemistry
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DEPARTMENT OF BIOCHEMISTRY

Cordially invite The Dean, Faculties and Students to the

INTERNATIONAL YOGA DAY

RESOURCE PERSON

PROF. R. VISWALINGAM

GNANODHYAYAM, MUNICIPAL COLONY

THANJAVUR

Date: 21.06.2022

Head of the Department
Department of Biochemistry
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SCHOOL OF ARTS AND SCIENCE
DEPARTMENT OF BIOCHEMISTRY

INTERNATIONAL YOGA DAY - 2022

- 10.00 am** Welcome address **Dr. S. AMBIGA**
Assistant Professor
Department of Biochemistry
Ponnaiyah Ramajayam Institute of Science and Technology
Vallam, Thanjavur
- 10.20 am** Inaugural address **Dr.L.CHINNAPPA**
Dean
School of Arts and Science
Ponnaiyah Ramajayam Institute of Science and Technology
Vallam, Thanjavur
- 10.40am** Felicitation **Dr.T.V.CHRISTY**
Vice-Chancellor
Ponnaiyah Ramajayam Institute of Science and Technology
Vallam, Thanjavur
- 11.00 am** Guest Introduction **Dr. A. SUNDARESAN**
Assistant Professor
Department of Biochemistry
Ponnaiyah Ramajayam Institute of Science and Technology
Vallam, Thanjavur
- 11.10 am** Invited Talk **Prof. R. VISWALINGAM**
Gnanodhyayam
Municipal Colony, Thanjavur
- 11.55 am** Vote of Thanks **Dr. S. SATHISHKUMAR**
Associate Professor
Department of Biochemistry
Ponnaiyah Ramajayam Institute of Science and Technology
Vallam, Thanjavur
- 
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Department of Biochemistry
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- 
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School of Arts & Science
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Resource person profile

Prof. R. VISWALINGAM working as Assistant Professor, Department of Biochemistry, Ponnaiyah Ramajayam Institute of Science and Technology Vallam, Thanjavur. He teaches yoga to student for past eight years.

REPORT FOR INTERNATIONAL YOGA DAY

Department of Biochemistry, Ponnaiyah Ramajayam Institute of Science & Technology [PRIST], celebrate international yoga day on June 21, 2022 in EDC seminar hall, CRD.

The dignitaries on the dias were Dr. T.V. CHRISTY, M.E., Ph.D, Vice-Chancellor, PRIST University, Dr. L. CHINNAPPA, Ph.D., Dean, School of Arts and Science, Prof. R. Viswalingam, Gnanodhyayam, Municipal Colony, Thanjavur, Dr. S. Ambiga, Head, Department of Biochemistry, Ponnaiyah Ramajayam Institute of Science and Technology

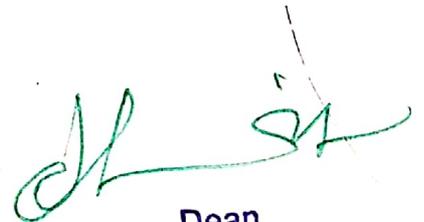
The programme started at 10:00 am with the welcome address by Dr. S. Ambiga, Ph.D., Head, and Department of Biochemistry. Dr. L. CHINNAPPA, Ph.D., Dean, School of Arts and Science delivered an Inaugural address about the yoga day. Dr. T.V. CHRISTY, M.E., Ph.D, Vice-Chancellor, PRIST University delivered the Felicitation about the international yoga day. Prof. R. Viswalingam was deliver importance about Yoga and teaches some simple yoga to the students. Finally Dr. S. Sathishkumar, Assistant Professor, Department of Biochemistry delivered vote of thanks.

No. of. Staffs Participated: 10

No. of. Students Participated: 45



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DEPARTMENT OF BIOCHEMISTRY

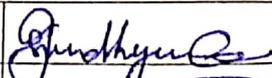
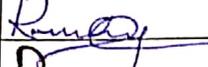
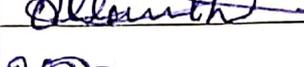
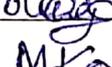
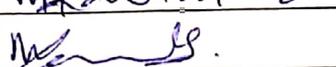
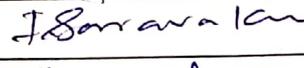
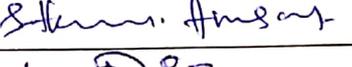
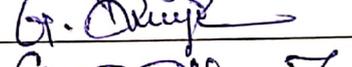
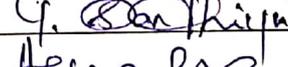
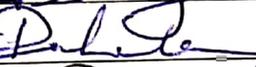
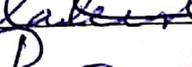
"INTERNATIONAL YOGA DAY"

ATTENDANCE LIST

S.No	Name list	
1.	Dr. J. Neeraman	
2.	Dr. P. Parvitha kumar	
3.	M. Arthu	
4.	S. Amarejan	
5.	Dr. S. Ambige	
6.	B. Abinaya	Abinaya
7.	M. Abdul Rashim	M. Arsh
8.	T. YALINI	T. Y/yo
9.	A. Durga	AD
10.	S. Afsana	Aha
11.	S. Gobil	d. Gobil
12.	K. SARASWATI	Sarath
13.	R. MALINI	M
14.	F. HARSHANA HALEEMA	Harshaleema
15.	M. Saleem	Saleem
16.	J. Vasundara	Vasundara
17.	E. Yogesh	Yogesh
18.	A. DHIVAKAR	Dhivakar
19.	V. Arulan.	Arulan
20.	S. Gobul	Gobul
21.	L. SUSMA	Seel
22.	Ce. Zahir	Zah
23.	K. Krong	Krong
24.	C. RITIKA	Ritika
25.	R. Kousha	Rusha
26.	N. JAIKEERTHANA	Jaikeertana

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27.	B. Sundharan	
28.	M. Vanchinathan	
29.	Jothi Prakash. G.	
30.	R. Priya	
31.	S. Mameethi	
32.	YOGALAKSHIMI M	
33.	KARTHIKEYAN. M.	
34.	GIANESHA. M.	
35.	JOTHI PRAKASH. G.	
36.	SARAVANAKOMAR. I.	
37.	S. Thameem Ansari	
38.	G. Deeya	
39.	G. Sathya Janya.	
40.	A. SUNDARESAN	
41.	K. Dineshkumar	
42.	M. Aarthi	
43.	B. Abinaya	
44.	P. Rebekah	
45.	A.N. SANDHIYA	
46.	Ko. DNIYA	
47.	SANTALI	
48.	B. Praveena	
49.	N. Deepalakshmi	
50.	K. Janya	


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