

PSN ENGINEERING COLLEGE

Melathediyoor, Palayamkottai Taluk, Tirunelveli District, Pin - 627 152.

(Approved by AICTE and Affiliated to Anna University)

An ISO 9001 : 2015 Certified Institution

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REPORT ON LIFE SKILL PROGRAM

Name of the Program	Life skill Program
Conducted on	Nov 1 st to Nov 7 th 2022 (6days)
Duration	3 Hrs /Day
Venue	PSNEC Seminar Hall
Number of participates	158
Dept/Year/Semester	S&H Department /I/ I
Resource Person	Mr .R.Ganeshan, Heartfulness Tranier ,Heartfulness Insitute,India.
Objective of the Program	To Motivate the students with life oriented skills

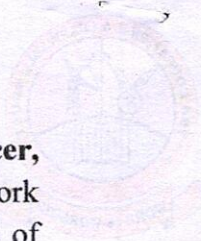
The Program started on 01.11.22 at 01.15 p.m with the welcome addressed by **Dr.G.Sathish Pandian** .The first day our chief Guest **Mr.R.Ganeshan, trainer ,Heartfulness Insitute, India** spoke about the Technic & Benefits of meditation and the technique of rejuvention through cleaning the heart/mind.

The next session started on 02.11.22 at 01.15 p.m by **M.Manikam, Retd Assistant Commissioner of Police, Tranier, Heartfulness Insitute,India** spoke about the removing unwanted thoughts and maintaing the inner connection through day and night and discover the benefit of optimism and positive attitude and how do you actually come to belive in yourself?

Mr.Rajathirmani, Retd Professor, Chennai, Heartfulness trainer, Heartfulness insitute, India, started the next session on 03.11.22 at 01.15p.m by talked about the objective of relation between success & excellence and Identify your biggest “time stealers” which reduce your productivity stop them from stopping you.

The next session started on 04.11.22 at 01.15p.m by **Mrs.B.Thiripura Sundari, Trainer, Heartfulness Insitute,India** discusse about the objective of how to understand, persuade, influence and improve relationships through effective communication? And what is needed to get along with other?.

Ms. T.Jothi, Practicer, Heartfulness Insitute, India, talked about the objective of how to adjust your communication with others without being controller by your emotions? And identify your goals, prepare a plan to achieve those and how to be an effective member in a team? on 05.11.22 at 01.15p.m



The next session started on 07.11.22 at 01.15p.m with **S.Sethu Ramakrishnan, LIC Officer, Practicer, Heartfulness Insitute, India**, Delivered the title of leadership perspectives and work life balance. Finally the vote of thanks was expressed by S.Sunderjohn Thinakaran, HOD of S&H department.

REPORT ON THE SKILL PROGRAM

Name of the Program	Life Skill Program
Conducted on	Nov 7 to Nov 10, 2022 (4 days)
Duration	3 Hrs/Day
Venue	PSN Seminar Hall
Number of participants	128
Days of the week	2&3 Octomber, 11
Resource Person	Mr. R. Ganesan, Heartfulness Institute, Heartfulness Institute, India
Objective of the Program	To motivate the students with life oriented skills

The program started on 07.11.22 at 01.15 p.m. with the welcome address by Dr. G. Sathya Prasad. The first day our chief Guest Mr. S. Sethu Ramakrishnan, LIC Officer, Practicer, Heartfulness Institute, India spoke about the "Leadership & Benefits of meditation and the importance of meditation through clearing the heartmind."

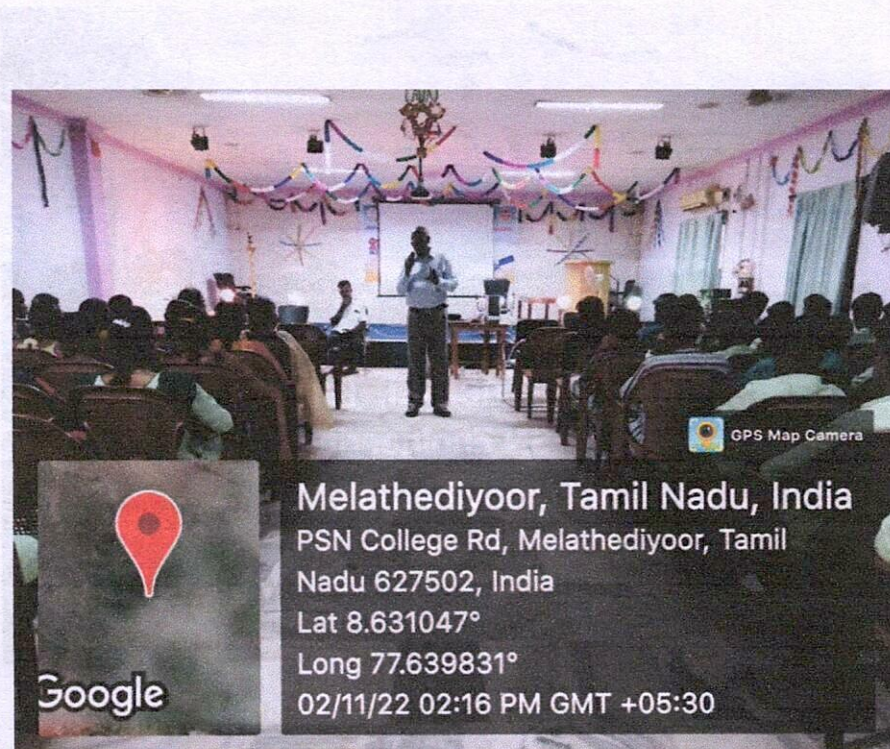
The next session started on 08.11.22 at 01.15 p.m. by Mr. Manikam, Rtd. Assistant Commissioner of Police, Trainer, Heartfulness Institute, India spoke about the "Improving thoughts and actions the inner connection through 'Jas' and 'Nadar' and the benefit of optimism and positive attitude and how do you actually come to believe in yourself?"

Mr. Rajeshwari, Rtd. Professor, Chemist, Heartfulness Institute, India started the next session on 09.11.22 at 01.15 p.m. by talked about the objective of relation between success & excellence and "Identify your highest 'Jas' states" which reduce your productivity and then from stopping you."

The next session started on 10.11.22 at 01.15 p.m. by Mr. S. Thirugan, Sudder, Trainer, Heartfulness Institute, India spoke about the objective of how to understand, recognize, influence and improve relationships through effective communication, and what is needed to get along with others."

Mr. T. Indu, Practicer, Heartfulness Institute, India talked about the objective of how to adjust your communication with others without being controlled by your emotions, and identify your goals, prepare a plan to achieve those and how to be an effective member in a team, on 07.11.22 at 01.15 p.m.

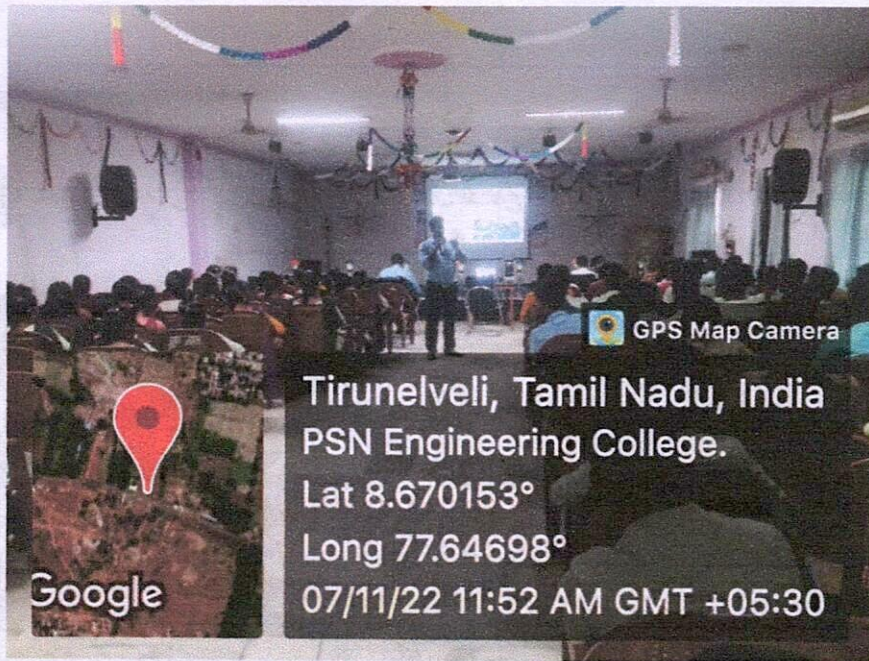
The photo copies of the program:



Mr.M.Manikam delivered to the removing unwanted thoughts and maintaing the inner connection through day



Heartfulness trainers spokes improves students life skill



Mr.S.Sethu Ramakrishnan Speakes about leadership perspectives



Summary:

1. The life skill program for first year students conducted on Nov 1st and 7th Nov 2022 @ seminar hall of PSNEC.
2. Students get motivated with skills which will improve leadership perspectives and work life balance

A. Pr...
INCHARGE

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10/11/22
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