

**2018-2019**

**BHARATH COLLEGE OF SCIENCE AND  
MANAGEMENT**

THANJAVUR-613005, TAMILNADU

**REGISTRATION FORM  
Two days FDP  
on  
STRESS MANAGEMENT**

Name :  
Gender : Male/Female  
Institution :  
Address :  
Mobile :  
Contact number :  
Email-id :

**Category**

1. Research Scholar   
2. Faculty   
3. Industrial delegates   
4. PG Student

DATE :

Place :

Signature



**ORGANIZING COMMITTEE**

**Chief Patron**

**Mrs.G.PUNITHA GANESAN M.A.**,  
Secretary, Bharath College of Science &  
Management, Thanjavur.

**Patron**

**Dr.T.VEERASAMY M.A., M.Phil., P.hD.**,  
Principal Bharath College of Science &  
Management

**Organizing Chair**

Prof **N.RAAJARAJESWARI M.Sc., M.Phil.**,  
HOD, PG Dept of IT

Prof **P.SUBA M.Sc., M.Phil., B.Ed., NET, SLET**,  
HOD, PG & Research Dept of N&D

**Organizing Coordinators**

**Department of Information Technology**  
Prof. **P. SANGEETHA, M.Sc., M.Phil.**,  
Assistant Professor  
Prof. **S.KRISHNAVALLI, MCA., M.Phil.**,  
Assistant Professor

**Department of Nutrition & Dietetics**  
Prof. **R.RADHIKA, M.Sc., M.Phil., PGDCDT**  
Assistant Professor  
Prof. **T.S.DHANAPRIYA, M.Sc.**,  
Assistant Professor

**BHARATH COLLEGE OF SCIENCE  
AND MANAGEMENT**

(UGC Recognized 2 (f) & 12 (B) Institution)  
(Affiliated to Bharathidasan University, Tiruchirappalli)

**Thanjavur-613005, Tamilnadu, India**

Phone: 04362 - 227937, 228081

[www.bharathcollege.edu.in](http://www.bharathcollege.edu.in)

[bharathcollege@gmail.com](mailto:bharathcollege@gmail.com)



Organized By

**PG DEPARTMENT OF INFORMATION  
TECHNOLOGY**

&

**PG & RESEARCH DEPARTMENT OF  
NUTRITION AND DIETETICS**

## About the College

Bharath College of Science and Management affiliated to Bharathidasan University, Tiruchirappalli is functioning from the academic year 2000-2001. Bharath College is a self - financing college run by K. Nadimuthu Memorial Educational Trust and sanctioned by the Government of Tamilnadu vide G.O.No.168, Higher Education dt. 30.05.2000.

To promote patriotism in the young minds of our students, the college has been rightly named as Bharath College of Science and Management.

## About the Departments

The Departments of Computer Science and Information Technology and was started in the year 2001. The academic activities of the departments are centered on teaching, seminar, workshops, etc. completing a degree in Information Technology from ETSU gives you a sense of accomplishment, career satisfaction and endless possibilities. The department strives to impart knowledge and enlighten the students in all possible avenues.

The Department of Computer Applications strive for strengthening the students to build a prosperous society and

also contribute to the IT fields by conducting seminar most frequently. These departments have excellence by securing top ranks in the university and also our students got placement in various companies. At present we have a good team of faculty members dedicated to the cause of higher education.

The Department of Nutrition and Dietetics was kick – started in the year 2000 with the aim of training students with the capability in the field of Health and Food industry. It bloomed into Post Graduate department with M. Sc., Food Service Management and Dietetics in 2003 and the M. Phil., Food Service Management and Dietetics program was established in 2007. The growth of this department is an exciting in inspiring one with many hall marks of academic excellence in teaching, research and community reach programs.

## About the FDP

Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event.

Use guided meditation. Guided meditation is a great way to distract yourself from the stress of day-to-day life, Practice deep breathing, maintain physical exercise and good nutrition, manage social media time, connect with others.

## Programme Schedule

**Day 1: 09.05.2019**

### REGISTRATION

### INAUGURATION

SESSION1: Critical Thinking and Problem Solving

SESSION 2: Mental Stress strategies

**Day 2: 10.05.2019**

SESSION 1: Stress Management at Work palace and Home

SESSION 2: Time Management Tips

SESSION 3: Using Positive Energy of Stress

### VALIDATION



# BHARATH COLLEGE OF SCIENCE AND MANAGEMENT

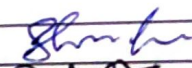
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Sponsored by K. Nadimuthu Memorial Educational Trust  
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☎ Off : 04362 - 227937, 228081 - Fax : 04362 - 227185  
E-Mail : bharathcollege@gmail.com - Website : www.bharathcollege.edu.in

## FACULTY DEVELOPMENT PROGRAMME

Circular

Date:06.05.2019

To  
All the Department HOD's  
Dear Sir/Madam  
Three days Faculty Development Programme titled "Stress Management" scheduled on 09.05.2019 and 10.05.2019. All heads of the department and faculty members are requested to attend the programme without fail.

S.NO	DEPARTMENT	HOD SIGNNATURE
1	TAMIL	
2	ENGLISH	A. N. Duff
3	BUSINESS ADMINISTRATION	H. Anand
4	COMMERCE	B. D. Sathya
5	BIOTECHNOLOGY	J. J.
6	FASHION TECHNOLOGY	V. K. S.
7	MATHEMATICS	K. K. P.
8	INFORMATION TECHNOLOGY	A. P. P.
9	COMPUTER SCIENCE	M. V.
10	COMPUTER APPLICATION	R. S.
11	NUTRITION & DIETETICS	R. S.
12	VISUAL COMMUNICATION	P. S.
13	PHYSICS	S. S.
14	HOTEL MNGEMENT	S. S.
15	MBA	P. S.



  
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## FACULTY DEVELOPMENT PROGRAMME- SCHEDULE

### 2018-2019

### STRESS MANAGEMENT

DATE AND DAY	9.00AM-10.00AM	10.00AM - 10.30AM	BREAK	11.30AM-1.00PM	LUNCH	2.30PM TO 4.00 PM
09.05.2019 THURSDAY	Registration	Inaugural session		Critical Thinking & Problem Solving (Dr.Sami Sathya Moorthy Asst Prof ,Dept of Tamil Raja Sarafoji College Thanjavur)		Mental - stress strategies (Dr.S.Amilan Head ,Dept of Commerce Pondicherry University, Kaaraikal Campus )
10.05.2019 FRIDAY	Stress Management at Work &Home Place (Dr.S.Akash Dept of English BDU Constituent College Thirukattupalli)			Time - Management Tips (Dr.K.Saravanan Asst Prof , Dept of Zoology , Govt. Arts College Kumbakonam)		Using Positive Energy of Stress (P.Subathra B.Ed Principa Thanjavur)



*[Signature]*

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## **Report on Faculty Development Program 2018-2019**

### **STRESS MANAGEMENT**

From 09.05.2019 and 10.05.2019 the college hosted two days FDP on “STRESS MANAGEMENT”. The FDP experienced an over whelming response from Faculty members and aspiring researchers. A total of 40 participations registered. During this Event, experts form college guided the Participations on various aspect of research work. Also, the queries of the participants were well addressed by the speakers. During these two days programme there were five sessions followed by participant’s feed back and quiz. The participants found this FDP quite beneficial. The FDP was full of Knowledge and the session was very informative for all. The explanations given by resources persons were high informative. Many participants also requested to arrange similar FDPs in the future. The certificate was also issued to the participants was successfully completed the programme.



## Photos on FDP



A handwritten signature in green ink, likely belonging to the Principal.

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# BHARATH COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR-5

(UGC Recognized 2(f) & 12(b) Institution)

Affiliated to Bharathidasan University, Thiruchirapalli.

THANJAVUR-5

## FACULTY DEVELOPMENT PARTICIPANTS LIST

DATE: 09.05.2019 to 10.05.2019

DAY:02


S.NO	PARTICIPANTS NAME	NAME OF THE COLLEGE	SIGNATURE
1	Dr.Sadhanandam	Bharath college of science and Management	
2	Dr. N.Sudha	Bharath college of science and Management	
3	Dr.P.Kavitha	Bharath college of science and Management	
4	Dr.B.Amuthachitra	Bharath college of science and Management	
5	Dr.K.Maheshwari	Bharath college of science and Management	
6	Dr.M.Sivarajani	Bharath college of science and Management	
7	Dr.P.Vijayakumar	Bharath college of science and Management	
8	Ms. T . Saranya	Maruthu pandiyar college	
9	Ms.A.Nafees sultana	Bharath college of science and Management	
10	Ms.R.Dhanappriya	Bharath college of science and Management	
11	Ms.Sharmila meston vinoth	Bharath college of science and Management	
12	Mr.R.Rajesh	Bharath college of science and Management	
13	Ms.M.Nalini	Bharath college of science and Management	
14	Dr. V.Rajendran	Bharath college of science and Management	
15	Ms.S.Pratheeba	Bharath college of science and Management	
16	Ms.M.Kalaiselvi	Bharath college of science and Management	
17	Ms.R.Vidhya	Bharath college of science and Management	
18	Mr.P.Surendhar	Bharath college of science and Management	
19	Ms.P.Kanimozhi	Bharath college of science and Management	
20	Ms.K.Unnamalai Eshwari	Bharath college of science and Management	
21	Ms.S.Vinotha	Bharath college of science and Management	





22	Mrs.G.Gomathi	Sengamala thayar Educational trust women's college, ,Mannargudi.	G. Gomathi
23	Dr.R.D. Sathya	Bharath college of science and Management	R. D. Sathya
24	Dr.S.Prabhu	Bharath college of science and Management	S. Prabhu
25	Ms.H.Bama	Bharath college of science and Management	H. Bama
26	Ms.K.Aruna	Bharath college of science and Management	Aruna.K
27	Dr.P.Kumaraswamy	Bharath college of science and Management	P. Kumaraswamy
28	Ms.N.Vanitha	Bharath college of science and Management	N. Vanitha
29	Mr.F.Jesuraj	Bharath college of science and Management	Jesuraj. F
30	Ms.R. Vanathi	Bharath college of science and Management	R. Vanathi
31	Mr.T.M. Premnath	Bharath college of science and Management	T. Premnath
32	Mr.K.Rathinavel pandiyan	Bharath college of science and Management	K. Rathinavel
33	Ms.L.Arokia malar	Bharath college of science and Management	L. Arokia malar
34	Mrs.R. Vijayalakshmi	Sengamala thayar Educational trust women's college, ,Mannargudi.	R. Vijayalakshmi
35	Mrs.P.Suba	Bharath college of science and Management	P. Suba
36	Mrs.R.Radhika	Bharath college of science and Management	R. Radhika
37	Ms.Stella Mary	Bharath college of science and Management	Stella Mary
38	Ms.J.Dhivyadharshini	Bharath college of science and Management	J. Dhivyadharshini
39	Ms.P.Vaishnavi	Bharath college of science and Management	P. Vaishnavi
40	Ms.N.Ganga Devi	Bharath college of science and Management	N. Ganga Devi



  
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