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INSTITUTE OF SCIENCE & TECHNOLOGY
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PROGRAMME REPORT ON

Guest Lecture-Stress and Time Management: Success through Failure

Resource Person

**Dr.M.Ancheeswari Assistant Professor, Department of Civil
Engineering, Anna University Regional Campus, Madurai**

Organized by

CIVIL- PMIST



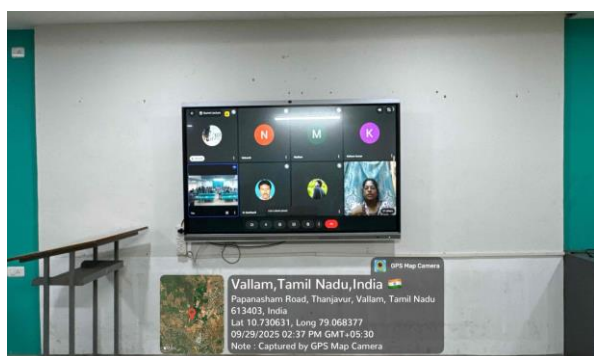
PERIYAR MANIAMMAI INSTITUTE OF SCIENCE & TECHNOLOGY

Periyar Nagar, Vallam, Thanjavur - 613403
Tamil Nadu, INDIA

FACULTY OF TECHNOLOGY

Department of Civil Engineering

Special Lecture	Experts / Guest Speaker	Beneficiaries
Stress and Time Management: Success through Failure	Dr.M.Ancheeswari Assistant Professor, Department of Civil Engineering, Anna University Regional Campus, Madurai.	IV year III Year and II Year
Date / Period: 29.09.2025 Time: 2.30 p.m. to 4.00 p.m.		53
Report / Summary / Key points discussed: Stress and time management are critical skills for personal and professional success. The speaker mentioned that stress typically results from overwhelming demands and poor time management. She emphasized that effective time management involves planning and organizing one's activities to minimize stress and maximize productivity.		



An insightful guest lecture in through virtual platform.



Students participation in the virtual guest lecture session.



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Guest Lecture on

STRESS AND TIME MANAGEMENT: SUCCESS THROUGH FAILURE



Dr. M. ANCHEESWARI

ME., Ph.D., PG Dip (Counselling Psychology)

Assistant Professor

**Department of Civil Engineering,
Anna University Regional Campus Madurai
Alumni (Batch 2001 - 2005)**



29.09.2025



02:30 PM



VALLUVAR HALL

Department of Civil Engineering
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Convenor
Dr. S. Senthamil Kumar, Professor
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Co-ordinator
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Guest Lecture

Stress and Time Management: Success through Failure

on 29.9.2025

Attendance-Participants

S.No	Reg Number	Name	Year	Signature
1.	1220120111159	ASURUTHEEN-A	IV	A. Asuruthen
2.	123012061717	HARI HARAN.N	IV	N. Haran
3.	1220120111169	Vikresh.P	IV	P. Vikresh
4.	123012061710	V. ABDUL KALAM	IV	V. Abdul Kalam
5.	123012061716	K. Diwakar	IV	K. Diwakar
6.	1220120111162	S. Harisha Raj	IV	S. Harisha Raj
7.	1220120111160	Avinash.R	IV	Avinash.R
8.	1220120111165	Santhosh.M	IV	M. Santhosh
9.	1220120111161	BALAJI.S	IV	S. Balaji
10.	123012061711	M. Abishek	IV	M. Abishek
11.	123012061720	V. Mohamed Janith	IV	V. Mohamed Janith
12.	123012061719	B. Lokeshvaran	IV	B. Lokeshvaran
13.	123012061721	B.M VIKESH	IV	B.M VIKESH
14.	1220120111163	M. kabil prasad	IV	M. Kabil Prasad
15.	123012061727	G.T.GOVINDAN	IV	G.T. Govindan
16.	122011016284	M. RUTHIKSHA	IV	M. Ruthiksha
17.	1220110111166	SARA LAMIS NAZEER AHMED	IV	S. Lamis Nazeeq Ahmed
18.	1220120111164	M. Mohamed Azeem	IV	M. Mohamed Azeem
19.	123011061718	M. KAMALIVARSINI	IV	M. Kamalivarsini
20.	123012061712	R. Boobesh	IV	R. Boobesh
21.	123012061725	R. Santhosh Kumar	IV	R. Santhosh Kumar
22.	123012061726	M. DURAIMURUGAN	IV	M. Duraimurugan

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Dr. S. J. Princes Rosaline
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Guest Lecture

Stress and Time Management: Success through Failure

on 29.9.2025

Attendance-Participants

S.No	Reg Number	Name	Year	Signature
23.	1230120111179	Suman kumar. S	III rd	S.S.
24.	123012018001	S.Kishore Kumar	III rd	S.Kishore
25.	1230120111182	BHUVANESWARAN R	III	P. Bhuvan
26.	1230120111181	SYED NOOR JAVID S.F	III	Syed Noor
27.	123011018002	VEDHAVALLI	III	V. Vedha
28.	123011018003	ABARNA . K. A	III	A. Barina
29.	124012061732	Gowtham . A	III	G. Gowtham
30.	123012018004	Arav. M	"	A. Arav
31.	124012061736	MADHUBALAN . R	III	M. Madhu
32.	1230110111177	Sagana Shreen	III	S. Sagana
33.	1230110111178	SUDHEKSHA K	III	S. Sudhe
34.	125012061749	SIVAPRIYAN . S	II	S. Sivapriya
35.	125012061750	Sethan kumar . S	II	S. Sethan
36.	125012061748	Nishanth . R	II	N. Nishanth
37.	125012061746	Manase . R	II	M. Manase
38.	125012061745	Madhan kumar . J	II	M. Madhan
39.	1240120111191	MA Muthu	II	M. Muthu
40.	1240120111188	Jaseer . Ali . J	II	J. Jaseer
41.	125012061742	AARYA . M	II	A. Arya
42.	1240120131223	Praneshwar	II	P. Pranesh
43.	1240120111183	Arjun . B	II	A. Arjun
44.	1240120111193	SHIRAM . S	II	S. Shiram

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on 29.9.2025

Attendance-Participants

[illegible]

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