



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University)
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited
think • innovate • transform



2023-2024



**PROGRAMMES CONDUCTED
FOR THE COUNSELING**

LIST OF PROGRAMMES FOR THE ACADEMIC YEAR 2023-2024

Sl. No	Date	Topic	No. of Participants Attended		
			Female	Male	Total
1.	22.06.2023	‘The Power of Your Mind’ (Induction Program) Department of Engineering.	67	246	313
2.	23.06.2023	‘The Power of Your Mind’ (Induction Program) Department of Commerce.			
3.	26.06.2023	‘The Power of Your Mind’ (Induction Program) F.H.S.M.	59	18	77
4.	27.06.2023	‘The Power of Your Mind’ (Induction Program) Department of Computer Science Application.	-	-	239
5.	28.06.2023	‘The Power of Your Mind’ (Induction Program) Department of Computer Science	-	-	239
6.	04.08.2023	Dream Your Dream, IV Arch	18	20	38
7.	10.08.2023	Communication Skill, I B. Tech., Bio	25	27	52
8.	11.08.2023	You are an Architect of Your Life, I B. Arch. (Induction Program)	17	20	37
9.	16.08.2023	The Power of Your Mind, I. M.B.A (Induction Program) Department of Management Studies.	-	-	181
10.	17.08.2023	Communication Skill - Establishing Eye Contact, I. B. Tech, Bio Tech	18	27	45
11.	30.08.2023	Gender Sensitization, I BCA	46	11	57
12.	26.09.2023	Gender Awareness & Psycho-social Well Being II B. Arch, ICC (Internal Complaint Committee)	30	12	42
13.	05.10.2023	What Is Tobacco? II B. Tech Bio Tech	23	32	55
14.	09.11.2023	What is Perception? I. B. Tech, Bio Tech	24	33	57
15.	23.11.2023	Mind over Matter! II B. Tech EEE	3	15	18
16.	14.03.2024	Mutual Respect	-	-	35
17	06.04.2024	Wellbeing of the Adolescents	11	34	45
18	17.04.2024	Drug Awareness	-	-	57

COUNSELLING

Periyar Nagar, Vallam, Thanjavur - 613 403, Tamil Nadu, India
Phone: +91 - 4362 - 264600 Fax: +91- 4362 - 264660
Email: counselor@pmu.edu Web: www. pmu.edu

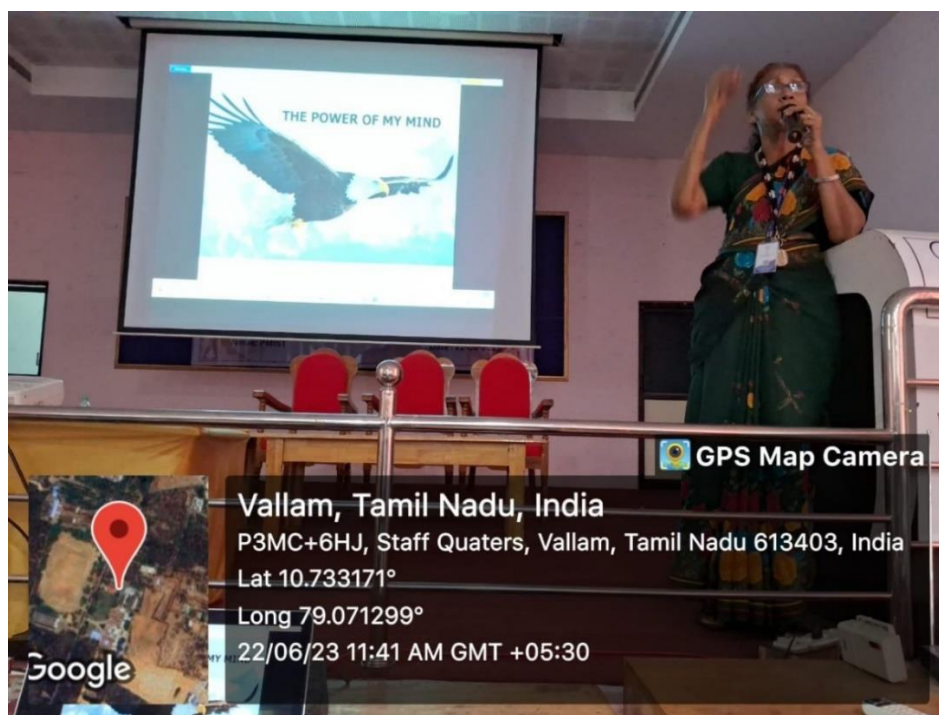


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Programme No.	01	Topic of the programme	The Power of Your Mind
Date	22.06.2023	Resource Person	Dr. Antony Lilipushpum, Counselor , PMIST.



Mr.D.Keerthivasan introduced a counsellor and students



(Counsellor speaking on the topic, ‘The Power of Your Mind’)

Dept All branches of Engineering.

Students/No of Students: I year B. Tech, students/.

Mind power is composed of our attention, our mental images and our thoughts. Thoughts are energy. Though subtle and invisible, they can affect reality. Just like the wind, which is invisible, but can be powerful, so are your mind and thoughts. Our minds are the most powerful tool that we can harness for all levels of success in life. Our thoughts shape who we are and who we will become, as well as influencing our physical well-being and our emotional state. The power of the mind is a tool we are still discovering and just beginning to unleash, include positive affirmations in your self-talk rather than put-downs. We must avoid things that trigger negative thoughts.

DEPARTMENT OF BIOTECHNOLOGY
DEEKSHARAMBH - STUDENT INDUCTION PROGRAMME 2023
YEAR / SEM : 1 / 1 Batch:2023-2027
HOURLY ATTENDANCE SHEET

Sl. No	Reg. No.	Name of the Student	Wednesday				Thursday				Friday			
			21/06/2023				22/06/2023				23/07/2023			
23		Rithika	/	/	/	/	/	/	/	/	/	/	/	/
24		Subhiksha .P.S	/	/	/	/	/	/	/	/	/	/	/	/
25		Nishmaparveen .J	a	a	a	a	a	/	/	/	/	a	a	a
26		Arivumuthalvan .T.P	/	/	/	/	/	/	/	/	/	/	/	/
27		Abdul fawaz .A	/	/	/	/	/	/	/	/	/	/	/	/
28		Monishvarma .M	/	/	/	/	/	/	/	/	/	/	/	/
29		Anjali .V	/	/	/	/	/	/	/	/	/	/	/	/
30		Sabarish .N	/	/	/	/	/	/	/	/	/	/	/	/
31		Vishal .R	/	/	/	/	/	/	/	/	a	a	a	a
32		SanthoshKottish .K.,S	/	/	/	/	/	/	/	/	/	/	/	/
33		Dharshini .M	/	/	/	/	/	/	/	/	/	/	/	/
34		Sandhya .S	/	/	/	/	/	/	/	/	/	/	/	/
35		Brindhasri .P	x				/	/	/	/	/	/	/	/
36		Akash	x				/	/	/	/	/	/	/	/
37		Nithyasri.												
38		Sriram .B												
39		Aganthika												
Total			35	39	33	33	35	35	35	35	35	35	35	35
No. of present			32	32	32	32	34	34	34	34	34	32	32	32
No. of Absent			01	01	01	01	01	01	01	01	01	03	03	03

SIP Co-ordinator HoD/Prof.

Deeksharambh – Student Induction Programme
SIP 2023-24
Department Of Mechanical Engineering

Sl. No.	Dept.	Admission Number	Name	Day 1				Day 2				Day 3				Day 4				Day 5			
				21/06/23				22/06/23				23/06/23				26/06/23				27/06/23			
				Wednesday				Thursday				Friday				Monday				Tuesday			
				1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
1	Mech	152023001	RISHIRAJ M	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
2	Mech	152023002	SHARABESHVARAN G	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
3	Mech	152023003	VIJAYAN K	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
4	Mech	152023004	SANJAY RAGHUL T	/	/	/	/	/	/	/	/	a	a	a	/	/	/	/	/	/	/	/	
5	Mech	152023005	THIRUMARAN B R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
6	Mech	152023006	MARIANS R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
7	Mech (H)	272023001	BARATH B	/	/	/	/	/	/	/	/	a	a	a	a	a	a	a	a	a	a	a	
8	Mech (H)	272023002	ARVIND M	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
9	Mech (H)	272023003	VISHWANATH B	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
10	Mech (H)	272023004	ROHITH KUMAR M	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
11	Mech (H)	272023005	ASWIN KAMAL S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
12	Mech		VISHU SANJAY	/	/	/	/	/	/	/	/	a	a	a	/	/	/	/	/	/	/	/	
13	Mech(H)		SURESH KUMAR.	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
14	Mech		AKASH. K	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
15	Mech(H)		SURENDER. S	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
Present				13	13	13	13	13	13	13	13	10	11	11	11	12	12	12	12	12	12	12	12
Absent				-	-	-	-	-	-	-	-	03	01	03	03	2	2	2	2	02	02	02	02
Total				13	13	13	13	13	13	13	13	13	14	14	14	14	14	14	14	14	14	14	14
Staff Sign				/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

SIP/TC

HOD
A. PUGAZHANI

**Deeksharambh – Student Induction Programme
SIP 2023-24**

Department Of Aerospace Engineering

Sl. No.	Dept.	Admission Number	Name	Day 1 21/06/23 Wednesday				Day 2 22/06/23 Thursday				Day 3 23/06/23 Friday				Day 4 26/06/23 Monday				Day 5 27/06/23 Tuesday			
				1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
1	Aero	162023004	DEVAN R	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
2	Aero	162023005	IRFAN SHAKEEL R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
3	Aero	162023006	BARNIKA M A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
4	Aero	162023007	HARIHARAN D	/	/	/	/	a	a	a	a	a	a	/	/	/	/	/	/	/	/	/	
5	Aero (H)	172023001	HARI KRISHNAN G	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
6	Aero (H)	172023002	DERSLIN DS	a	a	a	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
7	Aero (H)	172023003	CHRISTY RIYASINI JOAN W	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
8	Aero (H)	172023004	SURIYAN D K	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
9	Aero (H)	172023005	BALA SRI G	a	a	a	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
10	Aero (H)	172023006	MUKESH MUTHURAM G	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
11	Aero (H)	172023007	PREETHIV RAJAN N S	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
12	Aero (H)	172023008	JAYALAKSHMI P	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
13	Aero (H)	172023009	ARCHANA A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
14	Aero (H)	172023010	HARI KRISHNAN SINGH B	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
15	Aero (H)	172023011	PAVITHRA NAIR R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
16	Aero (H)	172023012	KISHOTH YESUDAS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
17			KELVIN JOAN R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
18																							
19																							
20																							
				Present	11	11	11	11	12	13	13	13	13	13	13	14	14	14	14	14	14	14	
				Absent	5	6	6	6	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4
				Total	16	17	17	17	17	17	17	17	17	17	17	17	18	18	18	18	18	18	18
				Staff Sign																			

SIP I/C
A. Mohamed Email

**Deeksharambh – Student Induction Programme
SIP 2023-24**

Department Of Aerospace Engineering

Sl. No.	Dept.	Admission Number	Name	Day 1 21/06/23 Wednesday				Day 2 22/06/23 Thursday				Day 3 23/06/23 Friday				Day 4 26/06/23 Monday				Day 5 27/06/23 Tuesday			
				1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
1	Aero	162023004	DEVAN R	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
2	Aero	162023005	IRFAN SHAKEEL R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
3	Aero	162023006	BARNIKA M A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
4	Aero	162023007	HARIHARAN D	/	/	/	/	a	a	a	a	a	a	/	/	/	/	/	/	/	/	/	
5	Aero (H)	172023001	HARI KRISHNAN G	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
6	Aero (H)	172023002	DERSLIN DS	a	a	a	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
7	Aero (H)	172023003	CHRISTY RIYASINI JOAN W	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
8	Aero (H)	172023004	SURIYAN D K	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
9	Aero (H)	172023005	BALA SRI G	a	a	a	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
10	Aero (H)	172023006	MUKESH MUTHURAM G	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
11	Aero (H)	172023007	PREETHIV RAJAN N S	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
12	Aero (H)	172023008	JAYALAKSHMI P	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
13	Aero (H)	172023009	ARCHANA A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
14	Aero (H)	172023010	HARI KRISHNAN SINGH B	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	a	
15	Aero (H)	172023011	PAVITHRA NAIR R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
16	Aero (H)	172023012	KISHOTH YESUDAS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
17			KELVIN JOAN R	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	
18																							
19																							
20																							
				Present	11	11	11	11	12	13	13	13	13	13	14	14	14	14	14	14	14	14	
				Absent	5	6	6	6	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4
				Total	16	17	17	17	17	17	17	17	17	17	17	18	18	18	18	18	18	18	18
				Staff Sign																			

SIP I/C
A. Mohamed Email

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

STUDENT INDUCTION PROGRAMME (2023-24)- ATTENDANCE

YEAR: I B.Tech ECE BATCH : 2023 - 2027

DATE: 22.06.23

S.No	Register Number	Name	1	2	3	4
ECE Regular : 14						
1.	0132023001	SARATHY M	/	/	/	/
2.	0132023002	AJAY M	/	/	/	/
3.	0132023003	GURUNATHAN S	/	/	/	/
4.	0132023004	DHANUSH KUMAR M	/	/	/	/
5.	0132023005	MOHAMED RASHID M	/	/	/	/
6.	0132023006	ANBUSELVI M	/	/	/	/
7.	0132023007	MOHAMED IDERIS M	/	/	/	/
8.	0132023008	MUHASHIN RAHUMAN M	/	/	/	/
9.	0132023009	ABDUL NASAR A	/	/	/	/
10.	0132023010	YALINI S	/	/	/	/
11.	0132023011	ASWINI S	/	/	/	/
12.	0132023012	THOWBEK ROZHAN M	/	/	/	/
13.	0132023013	SANJAY S	/	/	/	/
14.	0132023014	CHINNAVAN K P	/	/	/	/
ECE with spec. in Robotics and IA : 08						
15.	0262023001	ROHITKANNA B	/	/	/	/
16.	0262023002	BHUVANESHWARI V	/	/	/	/
17.	0262023003	SHAHIDH AHAMED Z	/	/	/	/
18.	0262023004	HARIRAM R	/	/	/	/
19.	0262023005	LOKESH P	/	/	/	/
20.	0262023006	SAJAI G C	/	/	/	/
21.	0262023007	FAZIL AHMED A	/	/	/	/
22.	0262023008	GOWTHAM L	/	/	/	/
ECE with spec. in AI and ML : 32						
23.	0252023001	YOHA LAKSHMI M	/	/	/	/
24.	0252023002	MOHAMED SAMEEN U	/	/	/	/
25.	0252023003	VARSHA GK	/	/	/	/
26.	0252023004	GNANAUDHAYAN S	/	/	/	/
27.	0252023005	JANARANJANI A	/	/	/	/
28.	0252023006	PRAKASH B	/	/	/	/
29.	0252023007	SRIVENKATESWAR S	/	/	/	/
30.	0252023008	SRIRAM K	/	/	/	/

S.No	Register Number	Name	1	2	3	4
31	0252023009	RUKSHANA BEGUM N	/	/	/	/
32	0252023010	SAIRAM B	/	/	/	/
33	0252023011	PRAVEENRAJ S	/	/	/	/
34	0252023012	RAAKESH D	/	/	/	/
35	0252023013	HARIHARAN P	/	/	/	/
36	0252023014	NIKASH B	/	/	/	/
37	0252023015	ARSATH THAHA M	/	/	/	/
38	0252023016	AKSHAYA K S	/	/	/	/
39	0252023017	YOHIDHAA T	/	/	/	/
40	0252023018	ASHIKRAJ K	/	/	/	/
41	0252023019	MAGESH R J	/	/	/	/
42	0252023020	ARUN PRASANTH S	/	/	/	/
43	0252023022	SRIMATHI T	/	/	/	/
44	0252023023	VEERAIYA M	/	/	/	/
45	0252023024	SIYAAM SUNDER S	/	/	/	/
46	0252023025	ARUNCHUNAI NIVETHA G	/	/	/	/
47	0252023026	KIRTIHESWARAN S	/	/	/	/
48	0252023027	POONNRAAGA SHRI S	/	/	/	/
49	0252023028	PRAGADEESH R	/	/	/	/
50	0252023029	ARUNACHALAEESHVARAN M	/	/	/	/
51	0252023030	ASWITHA K	/	/	/	/


Class Incharge


HOD/ECE

**DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
STUDENT INDUCTION PROGRAMME**

DAILY ATTENDANCE

DATE: 23-6-23

VENUE: EINSTEIN HALL

THE POWER OF YOUR MIND

RESOURCE PERSON: DR.LILY PUSHPAM

SL.NO	REG.NO.	NAME	DAY 3
1	122023001	NAUFA M	P
2	122023002	TAMIL SELVI A	P
3	122023003	NIRANJAN S	P
4	122023004	THENRAL S	P
5	122023005	ABBAS BHATUSHA S	P
6	122023006	NITHEESWARAN R	P
7	122023007	THRISHA M	P
8	122023008	KEERTHANA C	P
9	122023009	GOWTHAM K	P
10	122023010	HABIB RAHMAN A	P
11	122023011	SANTHOSHRAM M N	P
12	122023012	BINIT B	P
13	122023013	JAYAVARSHINI A	P
14	122023014	DHAYANITHI V	P
15	122023015	ANANDH R	P
16	122023016	THANIGAVEL BALAJI	P
17	122023017	DHARSHANA S	P
18	122023018	RASHMIKA K	P
19	122023019	SRIARTHI P	P
20	122023020	P.MUTHUSELVAN	P
21	122023021	SENTHIL VEL K	P
22	122023022	BARANI RAO K	P
23	122023024	MADHANKUMAR U	P
24	122023025	MOHAMED SIRAJUTHEEN H	P
25	122023026	MOHAMED JAVEEDH A	P
26	122023027	BARATH M	P
27	122023028	SONA M	P
28	122023029	ABISHEK E	P
29	122023030	NANDHA R	P
30	122023031	THARANI V	P

31	122023032	RADHIKA T A	P
32	122023033	VISHNUDEVI G	P
33	122023034	MOHAMED AASATH M	P
34	122023035	MANORANJAN B G	P
35	122023036	SHIYAMALA R	P
36	122023037	SAKTHI SRI R	A
37	122023038	SATHANA G	P
38	122023039	ARIVUSELVAN A	P
39	122023040	KABISHA S	A
40	122023041	RAGUL R	P
41	122023042	ASIYAN S	A
42	122023043	NAGAESHWARAN R	A
43	122023044	HARIHARAN R	P
44	122023045	JAYAKRISHNA S	P
45	122023046	MOHAMED JAWITH J	P
46	122023047	JENIFER R	P
47	122023048	BALAKRISHNAN P	P
48	122023049	GOWSALYA M	P
49	122023051	BASKARAVALLI D	P
50	122023052	SIVA V	A
51	122023053	DINESH KUMAR K	A
52	122023054	FAHAD FIRNAAS M	A
53		T. ASHNI	A
54		S. MALAVIKAA	A
55		M. JESIRA BANU	A
56	192023001	MOHAMED SULTHAN S	P
57	222023002	E RACHEL	P
58	192023003	GURUMOORTHY R	P
59	222023005	DHARSHITHA M	P
60	222023004	RAVINA R	P
61	222023009	FATHIMA SAFRIN M	P
62	222023016	AFRIDHA SHAHEEN S	P
63	222023022	KANNIGA PARAMESWARI B	P
64	222023025	HARENI S	P
65	222023027	PRAVIN T L	A
66	222023028	PRIYADHARSHINI S	P

67	222023036	ASWINA A	P
68	222023038	ANUPRIYA G	P
69	222023040	ABISHEK J	P
70	222023042	LAKSHMI PRABA M	P
71	222023045	ABARNA S	P
72	222023047	BEBIN RENIOUS R	P
73	222023048	MOHAMED JAHIDH J	P
74	222023049	ELAKKIYA S	P
75	192023050	RATHISRI R	P
76	192023051	ALAN CHRIST C	P
77	192023052	RINISHA E A	P
78	192023053	GOKUL M	P
79	192023054	TAMILSELVAN K	P
80	192023056	MOHAMED ARFAAZ KHAN F	P
81	192023057	SOWBARNIKA SANKARALINGAM	P
82	192023058	INIYAN P	P
83	192023059	RAJA RISHI	P
84	192023060	KANAKA MALAR	P
85	192023061	Srilakka	P
86	192023062	Ashwini	P
87	192023063	A Nivetha	P
88	192023064	Thibaa Rishi	P
89	202023001	RAGUL R	P
90	202023002	ASLAM BASHA A	P
91	202023003	CHITRA T	P
92	202023004	VAISHNAVI E	P
93	202023005	KEVIN NATHANEAL F	P
94	202023007	HARISH PRASANTH P R	P
95	202023008	RAJANITHEESHWAR S	P
96	202023009	NIVETHA T	P
97	202023010	RAM PRASATH V	P
98	202023011	VIMAGAN M	P
99	202023013	RAJESH KANNA K	P
100	202023014	ABIRAMI M	P
101	202023015	GAYATHRI G	P
102	202023016	ARUTHA J G	P

103	202023017	ALAYSIA E A	P
104	202023018	DHARSHAN R	A
105	202023019	A. ANISHA ANUTH	P
106	202023020	KIRUTHIKA R	P
107	202023021	SHRI NITHI C	P
108	202023022	RISHI KUMARAN J	P
109	202023023	PRASANNA L	P
110	202023024	AKASH S	P
111	202023025	MANO SAKTHI T	P
112	202023026	MANOJRAJ G	P
113	202023027	ARIGNAR ANNA R	P
114	202023028	ABINAYA A	P
115	202023029	NAVEEN M	P
116	202023030	MATHIMANI T	P
117	202023031	AMUTHAN B	P
118	222023003	SHANMUGAPRIYA J	P
119	222023005	PUNALYA N	P
120	222023006	KAVIN D	P
121	222023007	SANJAY KUMAR S	P
122	222023008	AARTHI K	P
123	222023010	VIMAL S	P
124	222023011	DESHMA N	P
125	222023012	MOHAMED IRFAN A	P
126	222023014	MATHESH RAJ R	P
127	222023015	SRILEKA S	P
128	222023017	SIVASARAVANAN S	P
129	222023018	MEHAR ALI A	P
130	222023020	BALA YOSHINI B L	P
131	222023023	GAYATHRI D	P
132	222023024	A.ALAN BILGATES	P
133	222023026	AGASH M	P
134	222023030	KAUSHIK T	P
135	222023031	CHANAKYA S	P
136	222023032	JOSHVA B	P
137	222023033	SUMAN S	P
138	222023034	VISHAL M	P

139	222023035	SATHISH RAO S	P
140	222023039	HARISH K	P
141	222023041	SAKTHISWARAN R	P
142	222023043	HARIHARAN K	P
143	222023044	KUDIYARASU R	P
144	222023046	RAGUL I	P
145	222023050	VISHNU GANESH S	P
146	222023051	NIMITHA L	P
147	222023052	NAVEEN RAJ G	P
148	212023001	GAJA PRIYA J	P
149	212023002	SURYA R	P
150	212023003	SHARIFAH ATHAR M	P
151	212023004	HARINI SANKARA VADIVU S	P
152	212023005	BALAGURU S	P
153	212023006	TASEEFA F	P
154	212023008	NIVAS M	P
155	212023009	DEEPAK P	P
156	212023010	MUTHU DHEPISHKA M	P
157	212023012	HARIKRISHNAN T	P
158	212023013	BALASINGAM B	P
159	212023014	REMUS ROYAN N	P
160	212023015	SAI VISHNU D	P
161	212023016	ASHIF REHAN A	P
162	212023017	MATHAN RAJ	P
163	212023018	JAYAVEERAN P	P
164	212023019	DANIEL ALEX R	P
165	212023020	MOHAMED H	P
166	212023021	GIRI R	P
167	212023022	SRI PRIYADHARSHINI	P
168	212023023	GOBIHA M	P
169	212023024	SANJAI T	P
170	212023025	BRINDHAVANAN S	P
171	212023026	ABDUL HAFOOR A	P
172	212023027	THULASIDHARAN M	P
173		AYSHA PRAVEEN	P
174		BARANIKA S	A
175		BHARATH S	P
176		LAKSHANAA B	P
177		BEBIN RENIOUS	P

D. A. Lilypushpam

Ms. D. Antony Lilypushpam
Counsellor - PMIST

Sheet1

A	B	C	D	E	F	G	H
DEEKSHARAMBH - STUD							
SL NO	NAME	Day 1/ 21.06.23	Day 2/ 22.06.23	Day 3/ 23.06.23	Day 4/ 26.06.23	Day 5/ 27.06.23	Day 6/ 28.06.23
1	MOHAMED RASEEN	/	/	/	/	/	/
2	SAJITH AHAMED S	/	/	/	/	/	/
3	THULASI S	/	/	/	/	/	/
4	SILJAN R	/	/	/	/	/	/
5	RIYASKHAN M	/	/	/	/	/	AB
6	KISHOR K	AB	/	/	/	/	/
7	DINESH R	/	/	/	/	/	/
8	AJHAR JAMAL	/	AB	/	/	/	/
9	TILAK E	/	/	/	/	/	/
10	NAVEEN B	AB	AB	AB	AB	AB	AB
11	AJAY S	/	/	/	/	/	AB
12	SAROJINI S	/	/	/	/	/	/
13	ARAVINDH KUMAR S	/	/	/	/	/	/
14	SANGAVI S	/	/	/	/	/	/
15	SAKTHIVEL S	/	/	/	/	/	/
16	SIVARAMAN M	/	/	/	/	/	/
17	ARBUTHARAJA R	/	/	/	/	/	/
18	BOOBALAN M	/	/	/	/	/	AB
19	MOHAMED YAHYA M	/	/	/	/	/	/
20	AKILAN B	AB	/	/	/	/	/
21	KARTHIKEYAN S	/	/	/	/	/	/
22	ABISHEK A	/	/	/	/	/	/
	NO. PRESENT	18	20	21	21	21	18
	NO. ABSENT	4	2	1	1	1	4
	TOTAL	22	22	22	22	22	22

D. Antony Lilypushpan

Ms. D. Antony Lilypushpan
Counsellor - PMIST

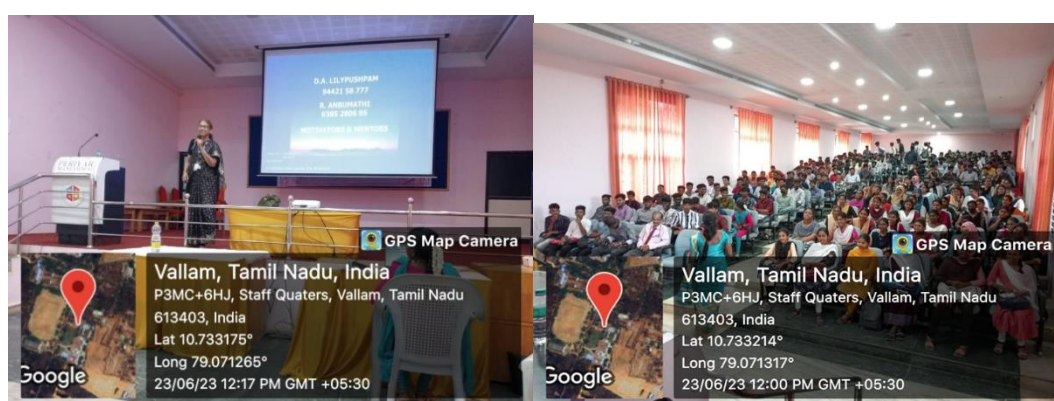
COUNSELLING

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**PERIYAR
 MANIAMMAI**
 INSTITUTE OF SCIENCE & TECHNOLOGY
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Programme No.	02	Topic of the programme	The Power of Your mind
Date	23.06.2023	Resource Person	Dr. Antony Lilipushpum, Counselor , PMIST.



(Counsellor speaking on the topic, ‘The Power of Your Mind’)

Dept	Commerce
Students:	All branches of Commerce department.

It was explained to them how to access the potential of the subconscious mind. Accessing our subconscious mind can make us happier and wiser. Whereas fear is an emotion that troubles us throughout our lives. When we were young, we were fearful. False thoughts are the cause of fears. We challenge these fears by challenging our thoughts. Let the unconscious realm influence our life, but do not force the unconscious realm to help you. We should avoid utilizing forced beliefs. Using real beliefs allows the unconscious mind to turn these beliefs into a reality. Forcing things to happen only works within the conscious realm. Relax and have faith in the notion that the unconscious mind will work for you. You must maintain this relaxed approach even when results are not instant.

Attendance

S.No	Register Number	Student Name
1	124012153878	AADHAVAN K
2	124011153879	ABARNA P
3	124012153881	ALDRIN RONALDO M
4	124012153882	ANDRO A
5	124012153883	ARUN K
6	124012153884	ARUN KUMAR S
7	124011153885	ASWINI M
8	124011153886	ATCHAYAA K
9	124012153887	BALAGURU K
10	124012153888	DEVA DHARSHAN B
11	124012153889	HARIHARAN M
12	124012153890	HARIKRISHNAN R
13	124012153891	JACCOB DANIEL A
14	124012153892	JASLIM HAMEED J
15	124012153893	JEEVA G
16	124011153894	KARUNIYA J
17	124012153895	KUMARAN M
18	124011153896	LAVEENA K
19	124012153897	MANIKANDAN J
20	124012153898	MANIKANDAN R
21	124012153899	MANIKANDAN T
22	124012153900	MOHAMED AASATH A
23	124012153901	MOHAMED ASIF M
24	124012153902	MOHAMED FARJITH P
25	124012153903	MOHAMED ISHAK M
26	124012153904	MOHAMED RILWAN J
27	124012153905	MOHAMED YAHYA S
28	124012153906	MUKESH KANNAN R
29	124012153907	NAVEEN B
30	124012153909	PARTHIBAN M
31	124012153910	PRASANTH S
32	124012153911	PRAVEEN N
33	124012153912	PRAVEENKUMAR K
34	124012153913	PRIYAN K
35	124012153914	RAJASURENDHAR J
36	124012153915	ROKESH B
37	124012153916	RUPAN S
38	124012153917	RUTHRAMOORTHY R

39	124011153918	SAHANA S
40	124012153919	SANTHOSH G
41	124012153920	SANTHOSH M
42	124012153921	SANTHOSH R
43	124012153922	SANTHOSH B
44	124012153923	SARAN R
45	124012153924	SEFRI A
46	124012153925	SENTHIL KUMAR S
47	124011153926	SHARON ASHLEY S
48	124012153928	SIVA M
49	124012153929	SIVA SRIRAM A
50	124012153930	SNEHAN M
51	124012153931	SRIRAM R
52	124012153932	SRIRAM S
53	124012153933	SUBHASHINI S
54	124012153934	THILIPAN S
55	124012153935	THIRUMURUGAN E
56	124012153936	TITTO G
57	124012153937	VISHAL M
58	1240121531000	NARESH KUMAR R
59	1240121531001	AYYANAR E
60	124012153939	AADHI M
61	124012153940	AAKASH G
62	124011153941	AARADHANA B
63	124012153942	ABINASH P
64	124012153943	ABINESH M
65	124012153944	AKASH P
66	124012153945	AMRISH S
67	124012153946	ARUN KUMAR G
68	124011153947	ASHIKA I
69	124012153948	BHARANI R
70	124012153949	CHARAN B
71	124012153950	DINESH KARTHIK J
72	124012153951	DINESH KUMAR R
73	124012153952	ELAMPARUTHI A
74	124012153953	GOKUL K
75	124012153954	GURUPRASAD R
76	124012153955	HARI HARAN M
77	124012153956	HARIPRASATH N
78	124012153957	HARIRAM M
79	124012153958	IRFAN AHAMED M
80	124012153959	IYAPPAN T
81	124012153960	JAGADEESHWARAN C
82	124012153961	KALAI RAJA CHOLAN M

83	124012153962	KANDASAMY R
84	124012153963	KANNARASAN M
85	124011153964	KANNIYAMMAL E
86	124012153965	KARTHIKEYAN J
87	124011153966	KIRUBAKRISHNI R
88	124012153967	KISHOR M
89	124012153968	LOGESH R
90	124012153969	MADHAN M
91	124012153970	MANJUNATHAN R
92	124012153971	MANOJKUMAR R
93	124012153972	MEENOJ KUMAR M
94	124012153973	MOHAMED HASAN S
95	124012153974	MOHAMMAD ASEEM J
96	124012153975	MOHAMMED VASEEM A
97	124012153976	MUGUNDHAN S
98	124012153977	MUKESH S
99	124011153978	NANDHITHA J
100	124012153980	NOORUL FAHIM R
101	124012153981	RAJKUMAR J
102	124011153982	RAMYA D
103	124012153983	SAMBATHKUMAR S
104	124012153984	SANTHOSH P
105	124012153986	SIVA R
106	124012153987	SRI BALAJI RS
107	124012153988	SUBRAMANIYAN N
108	124011153989	SUSMITHA A
109	124011153990	UVASRI S
110	124012153991	VASEETHIRA VARMA S
111	124012153992	VENKATESHWARAN J
112	124012153993	VIGNESH S
113	124012153994	VISHAL E
114	124012153995	VISHAL R
115	124012153996	VISHAL RAJAN T
116	124012153997	VISHNU K P
117	124011153999	ENIYA J V
118	124012171185	AASHIK AHAMED V
119	124012171186	ABISHEK V
120	124012171187	ADALF
121	124011171188	AFRIN FATHIMA S
122	124012171189	AHAMED FAJJEEN A
123	124011171190	ANISHA NIHAR S
124	124011171191	ARCHANA M
125	124011171192	ASMIYA SAHEEN M
126	124011171193	BHUVANESHWARI R

127	124011171194	DIVYADHARSHINI A
128	124012171195	FAHEEM Z
129	124012171196	GURU PRAGATHEESH B
130	124012171197	HARIHARAN M
131	124011171198	HARINI A S
132	124012171199	HARISH K
133	124011171200	HARISHA DILFAR H
134	124012171201	HARRISH R S
135	124012171202	IMRAN KHAN I
136	124011171203	JAQULINE RANI D
137	124012171204	JAYAVIGNESH S
138	124012171205	KADHAR BATCHA M
139	124012171206	KARAN RAJ S
140	124011171207	KEERTHANA S
141	124011171208	LAVANYA L
142	124011171209	MAHAA SRI U K
143	124011171211	MAHMUDHA JASMINE K
144	124012171212	MARIA VICTOR L
145	124011171213	MATHIYOLI P
146	124011171214	MAYURI P
147	124012171215	MOHAMED ABDULLA N
148	124012171216	MOHAMED AFRATH S
149	124012171217	MOHAMED ASHIK M
150	124012171218	MOHAMED ATHIL A
151	124012171219	MOHAMED FASIL M
152	124012171220	MOHAMED HANIFA M
153	124012171221	MOHAMED IRFAN M
154	124012171222	MOHAMED SHADIQ BATCHA A
155	124012171223	NIVESH J
156	124012171224	PARTHASARATHI S
157	124011171225	REHANA BANU I
158	124012171226	SAAJID S
159	124011171227	SALIHA SAMEEM U
160	124012171228	SHALMAN PASHIN K
161	124012171229	SANJAY R
162	124011171230	SANOFAR M
163	124012171231	SANTHOSH K
164	124012171232	SANTHOSH KUMAR M
165	124012171233	SANTHOSH S
166	124012171234	SANTHOSH KUMAR K
167	124011171235	SATHYA LAKSHMI P
168	124012171236	SENTHIL NATHAN A
169	124011171237	SINTHANA S

170	124011171238	SWATHI S
171	124012171239	SYED AHMED K M
172	124012171240	SYED SHAHID HUSSAIN S F
173	124012171241	THARUN K
174	124011171242	THIVAKAR K
175	124011171243	THOWFIKA RASHITHA M
176	124012171244	UGESHWARAN K
177	124012171245	VARANKUMAR G
178	124011171246	VINOTHINI R
179	124012171247	VISHWA S
181	124011170212	BHARATHI S
182	124012170213	DHINESH KUMAR S
183	124012170214	DIVAKAR M
184	124012170215	FASITH AHAMED M
185	124012170216	FAZUL RAHMAN M
186	124012170217	HARISHKUMAR R
187	124011170218	HEMAVARSHA R
188	124011170219	JEGADHEESWARI K
189	124012170220	JOHN TERIMISE M
190	124011170221	JOTHIKA K
191	124011170222	LAVANYA B
192	124012170223	MOHAMED SHARIF T
193	124012170224	MOHAMED YAHOOOF M
194	124012170225	MOHAMED SUAIB M
195	124012170226	MOHAMMED UZAIR J
196	124011170227	RAHINI R
197	124012170228	RISHIKESAN K
198	124012170229	SAI PRASATH S
199	124012170230	SAISARAN V R
200	124012170231	SANJAY D
201	124012170232	SARAN KUMAR M
202	124012170233	SARAN S
203	124012170234	SADHAM HUSSAIN H
204	124011170235	SIVAKAMI K
205	124012170236	SIVAPRAKASAM T
206	124012170237	THIRUMURUGAN A
207	124012170238	TIRUMARAN G
208	124012170239	VISHAL G
209	124012170240	VISHWA S
210	124012170241	YASIK RAJA I
212	124011180060	AAYESHA SIDDHIKHA M
213	124012180061	ABDUL AZEEZ S M F
214	124011180062	AFROSE A
215	124011180063	ALIYA DHASNIM F

216	124012180064	AROCKIA ANTONY REX X
217	124012180065	ARUL JOTHI V
218	124011180066	ATCHAYA T
219	124012180067	AZHAGESAN A
220	124012180068	BARANIDHARAN D
221	124011180069	BHAVADARINI G
222	124011180070	BHAVAHARINI G
223	124011180071	DEEPIKA V
224	124011180072	DHANASRI B
225	124011180073	DHANUJA R
226	124012180075	DURAICHITHAMBARAM V N
227	124012180076	ESHWAR C
228	124011180077	FASHEELA TAHFEEN M
229	124011180078	GAYATHRIDEVI G
230	124011180079	GRACY S
231	124011180080	HARIMAHALAKSHMI R
232	124011180081	HARINEE G
233	124012180082	HARISHKUMAR R
234	124012180083	HARISH R
235	124012180084	JANIK RAO P
236	124012180085	KABILAN G
237	124012180086	KAILASH M
238	124012180087	KAILASH RAJ R
239	124011180088	KANIGA K
240	124012180089	KEERTHI AKASH V M
241	124011180090	KEERTHIKA S
242	124011180091	KIRUTHIKA M
243	124011180092	MADHUMITHA S
244	124011180093	MENAKA GANDHI S
245	124012180094	MOHAMED AJMAL KHAN M
246	124012180095	MOHAMED RIYAS M
247	124012180096	MOHAMED SALEEM M
248	124012180097	NAVEEN P
249	124012180098	NIRANJAN M
250	124012180100	NIZAL JAFFER.A
251	124011180101	PARKAVI M
252	124012180102	PRAVEEN F
253	124012180103	PRITHIV C
254	124011180104	REEMA NACHIYA B
255	124011180105	RENUGA DEVI A B
256	124011180106	RITHIKA B
257	124012180107	ROHITH R
258	124011180108	RUBA V
259	124012180111	SANTHOSH S

260	124011180112	SASIVARTHINI B
261	124012180113	SENTHALIRAN R
262	124012180114	SENTHILNATHAN C
263	124012180115	SIVAGURUMOORTHY K
264	124012180117	SUNDAR A
265	124012180119	THAMEEM J
266	124012180120	THANJAI R
267	124012180121	THIYAGAVAN T
268	124012180122	UDHAYA S
269	124011180123	VARSHA V
270	124011180124	VARSHINI E
271	124012180127	NARENDHIRAN S
272	124012083032	ABDUL RAHEEM M
273	124012083033	AKASH K
274	124011083034	AKILA G
275	124012083036	ARUN MOZHI S M
276	124012083037	BALAJI K
277	124012083038	BHARATHRAJ M
278	124012083039	DEEPAN G
279	124011083040	DEEPIKA P
280	124012083041	DEVANATHAN M
281	124012083042	GOKUL V
282	124012083043	GOKULNATH R
283	124012083044	GUNA S
284	124012083046	HARSHAVARDHAN T
285	124011083047	HELAN FEMINA E
286	124011083048	HEMA PRIYA R
287	124012083049	JAITHILAGAN M
288	124012083050	JASIM AKDHAR J
289	124012083051	JEYA BALAJI K
290	124012083052	JEYANTHAN S
291	124011083053	LOGASHRI M
292	124012083054	LOGESHWARAN D
293	124012083055	MANI MARAN K
294	124012083056	MATHAN RAJ R
295	124012083057	MOHAMED ASLAM S A
296	124012083058	MOHAMED MUQSITH H M
297	124012083059	MOHAMED YUSUF M
298	124011083060	NANDHINI P
299	124012083061	NAVEEN B
300	124012083062	PRADEEP S
301	124012083063	PREM KUMAR S
302	124012083064	PRITHIVRAJ T
303	124011083065	PRIYADHARSHINI S

304	124012083066	RAJA BEERMOHAMED B
305	124011083067	REEMA YASMEEN A
306	124011083068	RESHMA S
307	124012083069	SAICHARAN T
308	124011083070	SANTHIYA G
309	124012083071	SANTHOSH M
310	124012083072	SARAVANA KUMAR S
311	124012083073	SARAVANARAJ M
312	124012083074	SIJU JOSE C
313	124012083075	SIRAJUDEEN J
314	124012083076	SRI PRANAV S
315	124012083077	SRINIVASAN M S
316	124012083078	SUDEEP SURESH S
317	124011083079	SWEDHA B
318	124012083080	THRISHANTH K
319	124011083081	VERONICA M
320	124011083082	VINCY DIYANA A
321	124012083083	YUKESH S
322	124012083084	ABISHEK.S
323	124011083086	VISHNUPRIYA S
324	124012083087	VISHAL S

D. Antony Lilypushpam

**Ms. D. Antony Lilypushpam
Counsellor - PMIST**

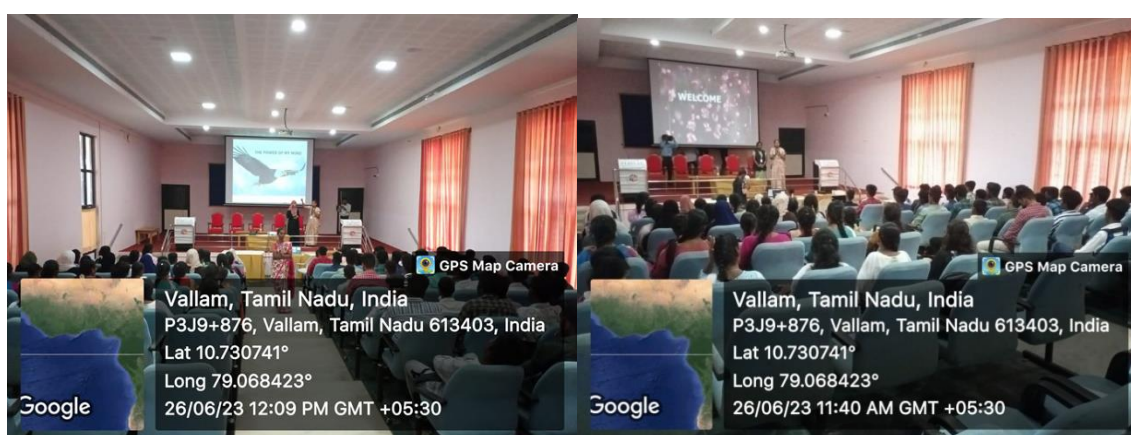
COUNSELLING

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Programme No.	03	Topic of the programme	The Power of Your Mind (F.H.S.M)
Date	26.06.2023	Resource Person	Dr. Antony Lilipushpum, Counselor , PMIST.



(Counsellor speaking on the topic, ‘The Power of Your Mind’)

Dept	F.S.H.M.
Students:	First year undergraduates.

It was explained to them that the mind power is composed of our attention, our mental images and our thoughts. Thoughts are energy. Our thoughts shape who we are and who we will become, as well as influencing our physical well-being and our emotional state. The power of the mind is a tool we are still discovering and just beginning to unleash, include positive affirmations in your self-talk rather than put-downs. We must avoid things that trigger negative thoughts, like scrolling through social media. We challenge fears by challenging our thoughts. Using real beliefs allows the unconscious mind to turn these beliefs into a reality. Forcing things to happen only works within the conscious realm. Relax and have faith in the notion that the unconscious mind will work for you.

Attendance for BBA 1st Year.

REG. NO	NAME	Day 4/26.06.23
BBA_LSCM		
1	DURAIKANNAN C	A
2	MOHAMED ASBAK S	P
3	MOHAMMED UMAR	P
4	FAHIYA FATHIMA S	P
5	HEMNATH P	P
6	MOHAMED FARHAN.H	P
7	ABDUL KAREEM M	P
8	TEENUDIVYADHARSHINI T	P
9	BAWAMYDEEN M	P
10	ALREEFATH A	P
11	MOHAMED KASIM	P
12	SURIN R	P
13	IRFAN PADHAN M	P
14	MOHAMED IRFAN. M	P
15	ABDUL HAKKIM J	P
16	GULAM MYDEEN J	P
17	MOHAMED ASIK A	P
18	MOHIT GANEASAN	P
19	ABDULLAH A	P
20	MOHAMED IRFAN B	P
21	MOHAMED TARRIQ	P
22	MOHAMED FARHAN	A
23	YASMIN A	P
24	S DANYA	P
25	SAKTHIVEL R	P
26	VASUMITHA SOWBARNIKHA G	P
27	ANITHA M	P
28	DHARANI SRI S	P
29	VAIBHAV S	P
30	AKILAN J	LATE AD
31	VISHVESHWARAN	LATE AD

D. A. Lilly Pushpam

Ms. D. Antony Lillypushpam
Counsellor - PMIST

BBA_HOSPITALITY MANAGEMENT		
1	EZHIL B	P
2	THANARAJ R	P
3	SHABANA SAFRIN	P
4	ASWINI PRIYA C	P
5	REMAS MJ	P
6	SAFIYA SARA	P
7	G.GOMAKILAN	P
8	PADMAVATHI	P
9	MUGUNTHAN R	P
10	SUJITH KUMAR VR	LATE AD
11	FAYAZ MOHAMMED	LATE AD
BBA_DIGITAL MARKETING		
1	ANBUHELVAN. R	P
2	HADIL NASEEN	P
3	THIRUMALAI KANTH R	P
4	KAVIYARASAN S	A
5	ABDUL LATHEEF S	P
6	MATHAN RAJ R	P
7	MOHAMMED SAMEER	P
8	KISHORE S	A
9	HABEEB RAHMAN	P
10	PRAKASH RAJ	P
11	ROSARIO	A
12	AJAY B	LATE AD
13	RAJESH R	LATE AD
14	G. RAMANA	LATE AD
15	MOHAMMED ASIM	LATE AD

BBA_(GENERAL)		
1	SAFEEYA J	P
2	THASLIMA NASRIN	P
3	ROSHINI	P
4	CHINNA DURAI K	A
5	INDIRA LAKSHMI V	P
6	NAVEENA	A
7	ENIYAN S	P
8	DHARSAN KUMAR S	P
9	POORVA RAGAVAN S	P
10	RAJKUMAR R	P
11	KEERTHANA R	P
11	KIRANSUNDAR R S	P
12	MATHAN KUMAR S	P
13	HARIHARA SUDHAN B	A
14	VEERAMMAL N	A
15	VISHWA A	P
16	SATHYA R	P
17	SHYAMALADEVI R	A
18	THANGARAJ S	A
19	MOHAMED RAFIYULSATH S	P
20	RAKSON RAJ M	P

D. Antony Lilypushpam

Ms. D. Antony Lilypushpam
Counsellor - PMIST

COUNSELLING

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Programme No.	04	Topic of the programme	The Power of Your Mind
Date	27.06.2023	Resource Person	Dr. Antony Lilipushpum, Counselor , PMIST.



(Counsellor speaking on the topic, ‘The Power of Your Mind’)

Students :	B.C.A, First year (Regular & Shift –II)
Speaker :	Counsellor, PMIST

It was explained to them how to access the potential of the subconscious mind. Accessing our subconscious mind can make us happier and wiser. Fear is an emotion that troubles us throughout our lives. When we were young, we were fearful. False thoughts are the cause of fears. We challenge these fears by challenging our thoughts. Let the unconscious realm influence our life, but do not force the unconscious realm to help you. We should avoid utilizing forced beliefs. Using real beliefs allows the unconscious mind to turn these beliefs into a reality. Forcing things to happen only works within the conscious realm. Relax and have faith in the notion that the unconscious mind will work for you. You must maintain this relaxed approach even when results are not instant.

Attendance

S.No	Register Number	Student Name
1	1240121521449	AAKASH M
2	1240121521450	AAKASH S
3	1240111521451	ABARNA N
4	1240121521452	ABDUL LASHA B
5	1240121521453	ABISHEK A
6	1240111521454	ABITHA B
7	1240111521455	AFSHAN PARVEEN M
8	1240121521456	AJAI K
9	1240121521457	BHARANI M
10	1240121521458	BHARANI TARAN M
11	1240111521459	BHAVADHARANI S
12	1240121521460	DARUN S
13	1240121521461	DHANAPRAKASH G
14	1240111521462	GOWRI A
15	1240121521463	HAREESH BALAMURUGAN M
16	1240121521464	HARIHARAN M
17	1240111521465	HARINI .S
18	1240111521466	JESIMA M R
19	1240121521467	JESSEL AROK GIFTSON C
20	1240121521468	KAILASH RAJ S J
21	1240111521469	KANNIGAA M
22	1240111521470	KAVIYA R
23	1240121521471	KEERTHIVASAN P
24	1240121521472	LOGESHKUMAR S
25	1240111521473	MADHUMITHA S
26	1240111521474	MAHILA S
27	1240111521475	MANASHA S
28	1240121521476	MANIKANDAN K
29	1240121521477	MOHAMED IBRAHIM A
30	1240111521478	NAVYA R
31	1240121521479	NITHISH K
32	1240121521480	PARTHIBAN S
33	1240111521481	PAVITHRA R
34	1240121521482	PRADEEP P
35	1240121521483	PRAVEEN KUMAR S

36	1240111521484	PRIYANGA R
37	1240121521485	RAKESH R
38	1240121521486	RISFA AFREEN M
39	1240111521487	RIYA B
40	1240111521488	SABARI SRINITHI M
41	1240121521489	SAMUVEL V
42	1240121521490	SANJAY R
43	1240121521491	SANTHOSH S
44	1240121521492	SANTHOSH R N
45	1240121521493	SARATHKUMAR N
46	1240121521494	SASIDHARAN M
47	1240121521495	SIVABALAN B
48	1240121521496	SRI GOKULA KRISHNAN
49	1240121521497	SURIYA R
50	1240111521498	SWATHI K
51	1240111521499	THEJA SREE S
52	1240121521500	THULASI G
53	1240111521501	VAAFIRA BANU M
54	1240121521502	VARUN C
55	1240121521503	VIGNESH H
56	1240121521504	VIMALRAJ B
57	1240121521505	VISHNU PRAKASH A
58	1240121521506	VISHNUPRIYAN G
59	1240121521507	YOGESH T
60	1240111521508	YOGESHWARI R
61	1240111521509	AAYISHA BEGAM AS
62	1240121521510	ABDUL SALAM M
63	1240111521511	ABIRAMI K
64	1240121521512	ABISHEK C
65	1240121521513	AJAY S
66	1240121521514	AKASH M
67	1240121521515	AKILAN K
68	1240121521516	AMARESH J
69	1240121521517	BHARATHAN B
70	1240121521518	BHARATHAN M
71	1240111521519	DHIVYADHARSHINI M
72	1240111521520	FARVEENA SHAHANA .S
73	1240111521521	FATHILA AFRIN J
74	1240111521522	GAYATHRI P
75	1240121521523	HARI D
76	1240111521524	HASEEBA THASLEEM M
77	1240121521525	JAGADEESHWARAN C

78	1240111521526	JANANI S
79	1240111521527	JESMITHA V
80	1240111521528	JOSHITA M K
81	1240121521529	KATHIR S
82	1240121521530	KIRUTHIK N N
83	1240111521531	KOWDILYA C
84	1240111521532	LATHIKA R
85	1240121521533	MANIBHARATHI S
86	1240121521534	MATHESH R
87	1240121521535	MOHAMED ASIM A
88	1240121521536	MOHAMED HAJI H
89	1240121521537	MOHAMED SHABEEK S
90	1240121521538	MOHAMMED NOORULLA J
91	1240121521539	MOHAN T
92	1240121521540	MUTHU A
93	1240121521541	NAVEEN KUMAR G
94	1240111521542	NIDHILA R
95	1240121521543	NILAVAN C
96	1240121521544	PALANIVEL RAJAN P
97	1240121521545	PRABAKARAN M
98	1240121521546	PRADEEP B
99	1240121521547	PRAJAPATHI M
100	1240121521548	RAGAVAN R
101	1240111521549	RAJASRI M
102	1240111521550	RAMA C
103	1240111521551	RESMA ADNAN.S
104	1240111521552	ROSHINI C
105	1240111521553	RUBIKA S
106	1240121521554	SABITH STANLY M
107	1240111521555	SAKTHI PRIYA M
108	1240111521556	SANDHIYA P
109	1240121521557	SANGILIMUTHU M K S
110	1240121521558	SARKESH S
111	1240121521559	SHAHULFAYAZ M
112	1240121521560	SHEIK ABDUL KADER M
113	1240121521561	SHAKTHI M
114	1240121521562	SRIRAM R
115	1240111521563	SUBASHINI S
116	1240121521564	SUGANES P
117	1240111521565	THENDRAL S
118	1240121521566	VETRIVEL G
119	1240121521567	VISHWA R
120	1240121521568	VISHWA V
121	1240111521569	ABITHA KUJALAMBAL S

122	1240121521570	ABUBACKER SIDDIQUE A
123	1240111521572	AKALYA R
124	1240111521573	AKSHAYA V
125	1240121521574	ANBU SELVAN M
126	1240121521575	ARISH ROSE V
127	1240121521576	ARUNKUMAR R K
128	1240111521577	DANYA SRI M K
129	1240121521578	DINESH J
130	1240121521579	ELANGAVI T
131	1240121521580	FARITH ASLAN R
132	1240111521581	FEMINA PARVEEN J
133	1240111521582	GAJALAKSHMI B
134	1240111521583	GAYATHRI M
135	1240111521584	HAJITHA HARINI SHREE S
136	1240121521585	HARIHARA PUTHIRAN S
137	1240111521586	HARINI A
138	1240111521587	HARINI SRI M
139	1240121521588	HARIPRASANA R
140	1240121521589	KALAIVANAN A
141	1240121521590	KANIKUMAR B
142	1240121521591	KEERTHIRAJAN M
143	1240111521592	LOGASRI S
144	1240111521593	MAHASRI S
145	1240121521594	MAHAVENUS V
146	1240111521595	MARIYA TESTA A
147	1240121521596	MARTIN KENNEDY A
148	1240121521597	MOHAMED ADHIL T
149	1240121521598	MOHAMED FAISAL B
150	1240121521599	MOHAMED FARIS S
151	1240121521600	MOHAMED NAFIL S
152	1240121521601	MUKESH L
153	1240111521602	NANDHINI P
154	1240121521603	NAZURUDEEN S
155	1240121521604	NITHISH R
156	1240121521605	PARTHA SARATHI T
157	1240121521606	PRAVEEN V
158	1240111521607	RAHINA MIRZHA A
159	1240121521608	RAKESH G
160	1240111521609	RANJITHA P
161	1240121521610	RASHEED AHAMED B
162	1240111521611	RATHNA M
163	1240121521612	SABARISH G
164	1240111521613	SAKTHI HARINI L
165	1240121521614	SANTHOSH P

166	1240121521615	SARAN K
167	1240111521616	SEBASTINA S
168	1240121521617	SELVAM P
169	1240121521618	SHAM SARATH W
170	1240111521619	SHAM SHANTHI V
171	1240121521620	SIVAKUMAR A
172	1240121521621	SIVANESH S
173	1240111521622	SNEGA R
174	1240121521623	VENGATESH PRASATH G
175	1240111521624	VIDHYA SRI M
176	1240121521625	VINOTH S
177	1240121521626	VISHAL S
178	1240111521627	VIVEKKA A
179	1240121521628	YOKESH R
180	1240121521631	RUBAN Y
181	124011081062	AJITHA M
182	124012081063	ANUSHBABU NS
183	124012081064	AYYAPPAN S
184	124012081065	CHANDRU S
185	124012081066	DESIKAN J
186	124012081067	DHAMODHARAN U P
187	124011081068	DHANUSHRI M
188	124012081069	DHINAKARAN M
189	124012081070	ELAVARASAN M
190	124012081071	GANESH T
191	124011081072	GAYATHRI S
192	124012081073	GOKULAKANNAN G
193	124012081074	IRFAN M
194	124011081075	JASWANTH R
195	124011081076	JAYASRI U
196	124012081077	JEEVA S
197	124012081078	KASIRAM M
198	124011081079	KAVYA DHARSHINI S
199	124012081080	MADHAVAN G
200	124012081082	MOHAMED NASRATH H
201	124012081083	MOHAMED FASHAL M
202	124012081084	MOHAMED ABDULLA F
203	124012081085	MOHAMED ASARUDEEN M
204	124012081086	NIGIL ADHIDHYA R
205	124011081087	NITHYA SRI T
206	124012081088	PONNAR A
207	124012081089	PRADEEP K
208	124011081090	PREETHI S
209	124012081091	RAJAPRIYAN A

210	124011081092	RASITHA BANU J
211	124012081093	RENGASAMY M
212	124012081094	SAKTHIESWARAN S
213	124012081095	SANJAY POOSHAN S
214	124012081096	SANTHOSH S
215	124012081097	SATHIYABARAN P
216	124012081098	SHALINI G
217	124012081099	SHEIK ABDULLA M
218	124012081100	SOWNTHARYAN M
219	124011081101	SRADHA S
220	124012081102	SREE PRIYAN A
221	124012081103	SRI BALAJI T
222	124012081104	SUGANESH KUMAR S
223	124012081105	THARUNPRAKASH A
224	124012081106	THAVAKKAL BATCHA M
225	124012081107	THIRAVIDASELVAN S
226	124012081108	VELVIDHAN K
227	124012081109	VENGATESH M
228	124012081110	VENGATESHWARAN P
229	124012081111	VENKATESAN P
230	124012081112	VISHAL S
231	124012081113	VISHAL S
232	124012081114	VISHNU S
233	124012081115	VISHNUPRAKASH C
234	124012081116	YOGESWARAN R
235	124012081117	YOKESH M
236	124012081118	YUSUF SYED J
237	124012081120	THARUN PRASANNA M
238	124012081121	THIRUMURUGAN V
239	124011081122	PRIYADHARSHINI.Y

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Programme No.	05	Topic of the programme	“The Power of Your Mind”
Date	28.06.2023	Resource Person	Dr. Antony Lilipushpum, Counselor , PMIST.



Counselor explained the concept of a "growth mindset,"



(Counsellor speaking on the topic, ‘The Power of Your Mind’)

Dept	Computer Science
Students:	I B. Sc. All branches

Counsellor explained to them that the mind power is composed of our attention, our mental images and our thoughts. Thoughts are energy. Our thoughts shape who we are and who we will become, as well as influencing our physical well-being and our emotional state. The power of the mind is a tool we are still discovering and just beginning to unleash, include positive affirmations in your self-talk rather than put-downs. We must avoid things that trigger negative thoughts, like scrolling through social media. We challenge fears by challenging our thoughts. Using real beliefs allows the unconscious mind to turn these beliefs into a reality. Forcing things to happen only works within the conscious realm. Relax and have faith in the notion that the unconscious mind will work for you.

Attendance

S.No	Register Number	Student Name
1	124012173061	ABDUL MAZEETH M
2	124012173062	ABDUL WAHEED M
3	124012173063	ABISHEK S K
4	124012173064	AHAMED AADHIL J
5	124012173065	AHAMED ARSATH M
6	124012173066	AJAY ANTONY RAJ M
7	124012173067	AJMEER YAASIN K
8	124012173068	ALLEN GEO G
9	124011173069	ABARNA DEVI M
10	124012173071	DHINESH R
11	124012173072	ESWARAN A
12	124011173073	HARINI P
13	124012173074	HARISH M
14	124012173075	HARISH K A
15	124011173076	HARISHMA S
16	124012173077	HARISWARAN B
17	124012173078	JAGADHESE K
18	124012173079	KATHIRVEL S
19	124012173080	LAKSHMI NARAYANAN R
20	124012173081	LOGAESH J K
21	124012173082	LOKESH BALA T
22	124012173083	MADHAN PRASATH S
23	124011173084	MADHUSRI K
24	124012173085	MEERAN AHAMED I
25	124012173086	MOHAMED ASIM M
26	124012173087	MOHAMED HATHIM A
27	124012173088	MOHAMED RASIK R
28	124012173089	MOHAMED SULAIMAN A
29	124012173090	MOHAMED HASAN M
30	124012173091	MOHAN S
31	124011173092	NANTHEKHA M
32	124012173093	NAVEEN RAJA K
33	124011173094	NISHMITHA SRI G

34	124011173095	PRIYADHARSHINI C
35	124011173096	RAJESHWARI D
36	124012173097	RAKESH N
37	124011173098	RINAL RIFAYA R
38	124012173099	ROHAN R
39	124011173100	SAMEENA JASMINE S
40	124011173101	SAMRIHA JASMIN S
41	124011173102	SANTHIYA T R
42	124012173103	SARAVANAN D
43	124011173104	SARUMATHI A
44	124012173105	SERAN K
45	124011173106	SHALINI A
46	124011173107	SHRUTHIKA B
47	124011173108	SOWNTHARIYA M
48	124011173109	SUBASRI G
49	124011173110	SUGABHARATHI N
50	124011173111	SUMAIYA BANU J
51	124012173112	THIRAVIAN R
52	124011173113	VAISHNAVI E
53	124011173114	VAISHNAVI J
54	124011173115	VARSHINI S V
55	124012173116	VIJAY V
56	124012173117	VIJAY SV
57	124012173118	VINOTH A S
58	124012173119	VISHWA D
59	124012173120	VISHWA S
60	124012173121	YASAR ARAFATH N
61	124012157218	ABDUL BASITH B
62	124012157219	ABISHEK E
63	124012157220	AHMAD A
64	124012157221	AJAY KUMAR K J
65	124012157222	AKASH A
66	124012157223	ANIRUTHAN D P
67	124012157224	ARAVIND B
68	124012157225	BHARATHI THOLLKAPPIYAN R
69	124011157226	DANUSHIYA MARY X
70	124011157227	FARIEY WENONA R
71	124011157228	FAYISHA H
72	124012157229	GUNALAN U
73	124012157230	JEEVASAGAR D

74	124011157231	KARTHIKA M
75	124012157232	LIVIN BENEDICT C
76	124011157233	MEENATCHI A
77	124012157234	NAVEEN RAJ V
78	124012157235	PAUL STEVE JUANIAN R
79	124012157237	PRAVEEN RAJA A M B
80	124012157238	RAGHUL R
81	124012157239	SIVARAJESH R
82	124012157240	SRIPRIYADHARSHAN M
83	124012157241	SUDHAN S
84	124012157242	SURIYA PRAKASH V
85	124012157243	THULASI RAMAN K
86	124012157244	VASANTH C
87	124012157245	VIGNESH V
88	124012157246	VINISH M S
89	124011157247	VINOTHINI M
90	124012157248	YOGESWARAN R
91	124012169532	AADITHYA B
92	124012169533	ABDUL RAHMAN G
93	124012169535	AKASH S
94	124012169536	ANBARASAN S
95	124012169537	ARAVIND S
96	124012169538	ARIVALAN S
97	124012169540	ASHWIN A
98	124012169542	BHARATHI M
99	124011169544	DHARSHINI V
100	124012169547	GANANATHAN R
101	124012169549	HARIKRISHNA S
102	124012169552	JERUL J
103	124011169554	KARUNYA T
104	124012169557	KURALARASAN A
105	124012169559	MANICKAVASAGAM M
106	124012169562	MOHAMMED AASHIK M
107	124012169563	MOHAMED HASHIK M
108	124012169564	MOHAMMED YUSUF M
109	124012169565	MOHAMED BILAL M
110	124012169566	MUTHUVEL J
111	124012169568	NAVEENKUMAR S
112	124012169569	NITHISH KUMAR M
113	124012169571	NIVETHA S

114	124012169573	SAKTHI SUNDAR S
115	124012169574	SAKTHIVEL G
116	124011169575	SANGAVI K
117	124011169576	SANGEETHA S
118	124012169578	SHAFIN AHAMED J
119	124012169583	SUNDARESWARAN K
120	124012169586	VIGNESHWARAN A
121	124012169588	VIMAL A C
122	124012169592	ADITHYA S
123	124012169593	AKASH B
124	124012169600	DHARMIK PATEL K
125	124012169605	GOKUL P S
126	124012169606	GOKUL V
127	124012169607	HARI KRISHNAN D
128	124012169608	HARISH R
129	124011169609	HEMA S
130	124012169610	HEMNATH S
131	124012169614	JOSHVA B
132	124012169615	KANISH KUMAR M
133	124012169617	KESAVAN B
134	124011169618	LOGAPRIYA S
135	124011169619	MALATHI S
136	124012169620	MOHAMED AHDNAAN M
137	124012169622	MOHAMED HUSSAIN A
138	124011169624	MOULIKA R
139	124012169627	PURUSHOTHAMAN P
140	124012169628	RAJ KUMAR V
141	124012169629	RAMANAN R
142	124012169631	SABESH B
143	124012169636	SANTHOSH PRIYAN M
144	124012169639	SATHIR ALI S
145	124012169641	SENGUTTUVAN N
146	124012169643	SIVA KUMARAN R
147	124012169644	SIVA RUBAN T
148	124011169645	SIVARANJINI M
149	124012169648	VIGNESHWARAN S
150	124012169651	BALAGANESH.S
151	124012169531	AADHITHYA R
152	124011169534	ABINAYA V
153	124012169539	ASHIF DEEN A

154	124012169541	BENNY HINN G
155	124012169545	DHARUN R
156	124011169546	ELAKKIYA PRIYA A
157	124011169548	GUNASHREE G J
158	124012169550	HARISH KUMAR B
159	124012169551	JAYA SURYA J
160	124011169553	KAMALI A
161	124012169558	LOKESHPATHI K
162	124012169560	MANOJKUMAR S
163	124012169561	MOHAMED APSATH KHAN S
164	124011169570	NIVEDHA S
165	124012169572	RAMPRASATH V
166	124012169577	SANJAY J
167	124011169579	SHANMATHI J
168	124011169580	SIVAKAMI G
169	124012169581	SIVAGURU B
170	124011169582	SIVARANJINI R
171	124011169584	THIRUMALINI T
172	124012169587	VIKRAM R
173	124012169589	VISHAL S
174	124012169590	YOGESH B
175	124012169591	AAMIR HUSSAIN H
176	124012169594	ARUN KUMAR B
177	124012169595	AVINASH M
178	124012169596	BALAJI M
179	124011169597	CHITRA A
180	124012169598	DEEPAK S
181	124012169599	DEVARAJ A
182	124012169601	DIVAGAR J
183	124011169602	ELAKKIYA K
184	124012169603	ELANCHEZHIAN K
185	124012169611	IMTHIYAS M
186	124012169612	INBATAMILAN T
187	124012169613	JEEVANANTHAM M
188	124012169616	KANNAN M
189	124012169621	MOHAMED ALI SAIFUDEEN M
190	124012169623	MOHAMED NASEEM N
191	124012169625	NAVEEN KUMAR R
192	124012169626	OMAR H

193	124012169630	RADHA KRISHAN P
194	124012169632	SAKTHI AKASH S M
195	124012169633	SANADH ASLAM J
196	124012169634	SANJAY R
197	124012169635	SANTHOSH G
198	124012169637	SANTHOSH V
199	124012169638	SARATHI B
200	124012169640	SELVAKUMARAN S
201	124012169642	SHAMEER AHAMED M
202	124012169646	SUBASH B
203	124012169647	SUGANTHAN G
204	124012169649	VIMAL K
205	124012169650	YOGESH KUMAR D
206	124011169652	PRIYADHARSHINI. G. M
207	124012169653	SANTHOSH KUMAR M
208	124012169656	LAKSHMI PRAKASH S K
209	124012169657	MANOJ M J
210	124012179031	AMMAR N
211	124011179032	AMRIDHAA G R
212	124012179033	ANTONY RAJ S
213	124012179034	BHARATH G
214	124012179035	DEEKSHITH A V
215	124011179036	DHANUSRI CS
216	124011179037	DHARSHINI.S
217	124012179038	DHARUN M
218	124012179039	DHILEEPAN P
219	124012179040	DHIVAAN K
220	124012179041	DINESH M
221	124012179042	ESHWARAN. M
222	124012179043	FARHAAN GANI M
223	124011179044	FIRTHOUSE BEGUM M
224	124012179045	GOKUL VARSHAN J
225	124012179046	GUNAL M
226	124012179047	HARI KRISHNAN K
227	124012179048	HARIHARAN S
228	124012179049	HARISH M
229	124012179050	HASAN MOHAMED U
230	124012179051	JEEVAN S
231	124011179052	KANIGASRI J
232	124011179053	KASHISH V

233	124012179054	KISHOREKUMAR C
234	124012179055	LISUTHAN S
235	124012179056	LOKESHWARAN D
236	124012179057	MADHAVAN A
237	124012179058	MAHMOOD HAMDAN L
238	124012179059	MOHAMED FAHIM S
239	124012179060	MOHAMED IRFAN H
240	124012179061	NAVEEN G
241	124012179062	NAVEEN SAKTHIVASAN C
242	124011179063	NITHIYASREE S
243	124012179064	PAVENTHAN.S
244	124012179065	RAJKUMAR S
245	124012179066	RANJITH U
246	124012179067	ABISHEK R K
247	124011179068	SAJINA BANU F
248	124012179069	SARAVANAN K
249	124012179070	SARAVANAN S
250	124012179071	SATHISH KUMAR G
251	124012179072	SATHISH N
252	124012179073	SIVARAJ P
253	124012179074	SIVASAKTHI R
254	124012179075	SIVAGANESH R
255	124011179076	SIVARANJANI S
256	124011179077	SIVASHINI P
257	124011179078	SRILEKHA SUNIL S
258	124012179079	SRINIVAS S
259	124011179080	SRIRAM S
260	124012179081	SUBASH CHANDRA BOSE V
261	124011179082	SUHA ARIFA M
262	124012179083	THIRUMULLAI H
263	124012179084	VASAN M
264	124012179085	VISHNU PRIYAN S
265	124012179086	VISHNU VARTHAN J
266	124011179087	YAZHINI L
267	124012179088	YUVARAJ A
268	124011179089	YUVARANI B
269	124012179090	UDHAYA PRAKASH G
270	124012179031	AMMAR N
271	124011179032	AMRIDHAA G R
272	124012179033	ANTONY RAJ S

273	124012179034	BHARATH G
274	124012179035	DEEKSHITH A V
275	124011179036	DHANUSRI CS
276	124011179037	DHARSHINI.S
277	124012179038	DHARUN M
278	124012179039	DHILEEPAN P
279	124012179040	DHIVAAN K
280	124012179041	DINESH M
281	124012179042	ESHWARAN. M
282	124012179043	FARHAAN GANI M
283	124011179044	FIRTHOUSE BEGUM M
284	124012179045	GOKUL VARSHAN J
285	124012179046	GUNAL M
286	124012179047	HARI KRISHNAN K
287	124012179048	HARIHARAN S
288	124012179049	HARISH M
289	124012179050	HASAN MOHAMED U
290	124012179051	JEEVAN S
291	124011179052	KANIGASRI J
292	124011179053	KASHISH V
293	124012179054	KISHOREKUMAR C
294	124012179055	LISUTHAN S
295	124012179056	LOKESHWARAN D
296	124012179057	MADHAVAN A
297	124012179058	MAHMOOD HAMDAN L
298	124012179059	MOHAMED FAHIM S
299	124012179060	MOHAMED IRFAN H
300	124012179061	NAVEEN G
301	124012179062	NAVEEN SAKTHIVASAN C
302	124011179063	NITHIYASREE S
303	124012179064	PAVENTHAN.S
304	124012179065	RAJKUMAR S
305	124012179066	RANJITH U
306	124012179067	ABISHEK R K
307	124011179068	SAJINA BANU F
308	124012179069	SARAVANAN K
309	124012179070	SARAVANAN S
310	124012179071	SATHISH KUMAR G
311	124012179072	SATHISH N
312	124012179073	SIVARAJ P

313	124012179074	SIVASAKTHI R
314	124012179075	SIVAGANESH R
315	124011179076	SIVARANJANI S
316	124011179077	SIVASHINI P
317	124011179078	SRILEKHA SUNIL S
318	124012179079	SRINIVAS S
319	124011179080	SRIRAM S
320	124012179081	SUBASH CHANDRA BOSE V
321	124011179082	SUHA ARIFA M
322	124012179083	THIRUMULLAI H
323	124012179084	VASAN M
324	124012179085	VISHNU PRIYAN S
325	124012179086	VISHNU VARTHAN J
326	124011179087	YAZHINI L
327	124012179088	YUVARAJ A
328	124011179089	YUVARANI B
329	124012179090	UDHAYA PRAKASH G

D. Antony Lilypushpam

**Ms. D. Antony Lilypushpam
Counsellor - PMIST**

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Programme No.	06	Topic of the programme	Dream Your Dream
Date	04.08.2023	Resource Person	Dr. Antony Lilipushpum, Counselor , PMIST.



(Counsellor speaking on the topic, ‘Dream Your Dream’)

Dept. Architect

Students: IV Arch

It was explained to them that closing our eyes is like opening a door into our inner world. Dreaming in our mind about our academic success helps us to reach our goal. your subconscious thoughts. The first step in achieving our dream is getting specific about what

we want to achieve. For example, rather than saying “I want to get good marks,” we should try something more specific such as “I want to increase my mark to up to 10 in the next three months.” Make sure your goals are clear, concise, and aligned with our vision.

Department: Arch Batch/Section: 2020-2025/B

No of Students: 38

04/08/2023 / Friday
3:00 PM to 4:00 PM

S.No	Register Number	Name	
1.	120011001843	ANUTHRA R N	a
2.	120012001844	ARBHAJ KHAN I	/
3.	120012001845	ARISTO FRANCKLIN A	/
4.	120012001846	BASHEER AHAMED F	/
5.	120011001847	BATTULA SAI VRUSHASWINI	/
6.	120011001848	BHUVANA G	a
7.	120011001850	BOKKA LAHARI	a
8.	120011001851	DEVASENA M	a
9.	120012001852	DHEEPAN M	a
10.	120012001853	DINAGAR ALWIN S	/
11.	120012001854	GADIPALLI VIGNESH	/
12.	120011001855	HARSHAVARTHINE S R	/
13.	120011001856	IRFHANA BANU P	a
14.	120011001857	JAYAHARINI M	/
15.	120011001858	KEERTHANA P	a
16.	120011001859	KIRUTHIKA E	/
17.	120011001860	LAKAVIYA A	a
18.	120012001861	MARAN E	a
19.	120012001862	MOHAMED ADIL P A	/
20.	120012001863	MOHAMED AJMAL P S	/
21.	120012001864	NANDA KUMAR J	a
22.	120012001865	NANDHA GOPAL R	a
23.	120012001866	NAVEENKUMAR A	a
24.	120012001867	PRASANTH V	/
25.	120011001868	RATHNA V	a
26.	120011001870	SAKTHIKA S A	a
27.	120012001871	SANJAY S	a
28.	120012001872	SANTHOSH R	/
29.	120012001873	SHIYAM SUNDHAR K P	/
30.	120011001874	SIVAGAMI G	a
31.	120012001875	SUDHARSAN R	/
32.	120012001876	SURYA D	/
33.	120011001877	SUSANNA IDAYA J	a
34.	120011001878	SWETHA V	a
35.	120011001879	VIJAYA SRI A	/
36.	120011001880	VIJAYALAKSHMI R	/
37.	120011001881	YAZHINI S	a
38.	120012001882	YOKESHVARAN M	a

Girls - 7 CPJ
Boys - 11 CPJ
Total = 18 CPJ

D. Antony Lilypushpam

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Programme No.	07	Topic of the programme	Communication Skill
Date	10.08.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.



(Activity on Eye to Eye Contact in ‘Communication’)

Dept.	Bio Technology
Students:	I B. Tech Bio

Eye contact during a conversation is vital. Good eye contact is an important display of honesty during a conversation. The eyes are a central part of nonverbal communication. They show a range of emotions that words won't always speak. And honesty can help two people build trust. Once you establish eye contact, maintain or hold it for 4-5 seconds. It shows attentiveness and interest in what is being said. Eye contact is similar to a conversation; it goes back and forth between those individuals who are engaged in a discussion, dialogue, or chat. Eye contact plays an important role in any conversation.

10/02/2023 - Thursday

11.00 A.M To 12.00 A.M

Department: Bio-Tech

Total = 58

Boys - 29 CP : A C D

Girls - 29 CP : A C D

Batch/Section: 2023-2027/A

No of Students: 30

S.No	Register Number	Name	
1.	123011101505	AGANTHIKA S	/
2.	123011101506	AISHWARYA S	/
3.	123012101507	AKASH K	/
4.	123011101508	ATCHAYA P	/
5.	123011101509	CRIZPINE CHINTAAMANI G	/
6.	123011101510	DHANIYA SRI S	/
7.	123011101511	DHARSHINI R	
8.	123011101512	DHARSHINI R	
9.	123012101513	GURUBALAN S	/
10.	123011101514	HARISHREEMA V	a
11.	123011101515	JAGAPRIYA L	
12.	123011101516	KALAIVAANI M	/
13.	123012101517	KATHIRAVAN R	/
14.	123012101518	MANIVEL P	/
15.	123011101519	NAVEDHINI N	/
16.	123011101520	NITHIYASRI A	/
17.	123011101521	PONSAKTHI M	/
18.	123011101522	PRABANJANA CHELSEA V	/
19.	123012101523	PRAKASHRAJ S	/
20.	123012101524	PRAVEEN P	/
21.	123011101525	PRIYADHARSHINI S	/
22.	123011101526	SANDHIYA S	/
23.	123012101527	SELVAKUMAR V	/
24.	123011101528	SHRI YOGA PRIYA S	a
25.	123011101529	SIVARANJANI S	/
26.	123011101530	SOWBARNIKA R	a
27.	123012101531	SUNDARESAN V	/
28.	123012101532	SURENDAR M	a
29.	123012101533	THANGARAJ S	/
30.	123011101534	VAIRAMALAR B	/

Sri hari K.C	/
ABDul Fawaz.A	/
Akshadashwari.S	/
Akshara.M	/
Anjali.V	/
Arivu muthalvan.T.P	/
Brindhasri.p	/
Dharshini.G	/
Dharshini.M	/
Divyabharathi.R	/
Javanya Gajendren.	/
Makizh.S	/
Mohamad Basheer.S	/
Monish varma.M	/
Nisha praveen.J	/
Nityasi.S	/
Pavithra.P	a
Rethika.R	/
Saif Karthiga.L	/
Sabarish.W	/
Santhosh Kotish.K.S	/
Subiksha P.S	/
Theenagan.S	/
Vishal.R	/

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Programme No.	08	Topic of the programme	You are an Architect of Your Life.
Date	11.08.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.





(Counsellor speaking on the topic, ‘You are an Architect of your Life’)

Dept.	Architect
Students:	I B. Arch

Our framework for personal success is how we become the architect of our life. Building, something without a framework, may not stand the test of time. And so will your life. No matter how old we are, we are an old house. And to renovate our self, we need an architect. That architect is our self. we are the architects of our own lives. With every goal we set and every choice we make we are in essence drawing out the floor plan of our dream life we want to build. As we take action and move ahead and accomplish the goals we set we are building up the walls of our dream life. “I am the architect of my own self, my own character and destiny. It is no use whingeing about what I might have been, I am the things I have done and

nothing more. We are all free, completely free. We can each do any damn thing we want. Which is more than most of us dare to imagine.” - Jean-Paul Sartre

Department: Arch

Batch/Section: 2023-2028/A

No of Students: 37

11/08/2023
Friday
I. Arch-tech
SIP- Programme
Time: 11.00 AM To
11.50 AM

S.No	Register Number	Name	
1.	123011001967	AKCHYA M	/
2.	123012001968	DEVAGANESH S	/
3.	123011001969	DHANAMANI E	/
4.	123011001970	DIVYA M	/
5.	123012001971	GNANESWARAN S	/
6.	123011001972	HARSHINI A	/
7.	123011001973	HELIS FRIKA A	/
8.	123012001974	IHSAAN IBRAHIM M	/
9.	123011001975	JANANI J	/
10.	123011001976	KAMALIKA S	/
11.	123012001977	KAVIN SUNDER B	/
12.	123011001978	KESHIKA A	/
13.	123011001979	KUTTAL YAZHINI P	/
14.	123012001980	LAYOLA JAMES B	/
15.	123011001981	MANISHA G	/
16.	123011001982	MEJULA BOBBY WILLIAM M	/
17.	123012001983	MOHAMED SHAMEEM M	/
18.	123012001984	MOHAMMED SHAKIL S	/
19.	123011001985	NAAFILA B	/
20.	123011001986	PRARTHANA M	/
21.	123011001987	PRITHIKA SHREE K K	/
22.	123012001988	RAGUL P	/
23.	123011001989	RAKSHNA J	/
24.	123011001990	RECHUKADEVI M	/
25.	123011001991	RESEKA THILLAI V	/
26.	123011001992	SANGEETHA M	/
27.	123012001993	SANJAI BIRABU P	/
28.	123012001994	SHABEER AHAMED S	/
29.	123011001995	SHAFARNA S	/
30.	123011001997	STHUTHI KIRUBA R	/
31.	123012001998	SUJITH P	/
32.	123012001999	SYED THAMEEZUDEEN J	/
33.	1230120011000	VALLARASU A G	/
34.	1230120011001	VETRIVECAN K R	/
35.	1230120011002	VINOTHAGAN N	/
36.	0012023037	JACIYA BEGUM S	/
37.	0012023038	S.NAWINKRISHNA	/

Total Number of students - 37 Boys - 17
Girls - 19

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Programme No.	09	Topic of the programme	The Power of My Mind
Date	16.08.2023	Resource Person	Dr. Antony Lilipushpum, Counselor , PMIST.



Counselor explains a student power



(Counselor speaking on the topic, ‘The Power of My Mind’)

Dept.	Management Studies
Students:	I M.B.A.

Counsellor explained to them that the mind power is composed of our attention, our mental images and our thoughts. Thoughts are energy. Our thoughts shape who we are and who we will become, as well as influencing our physical well-being and our emotional state. The

power of the mind is a tool we are still discovering and just beginning to unleash, include positive affirmations in your self-talk rather than put-downs. We must avoid things that trigger negative thoughts, like scrolling through social media. We challenge fears by challenging our thoughts. Using real beliefs allows the unconscious mind to turn these beliefs into a reality. Forcing things to happen only works within the conscious realm. Relax and have faith in the notion that the unconscious mind will work for you.

16-08-2023
11:00 AM to 12:45 PM

(A)

S.No	Register Number	Name	09-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug
1	4032031173	ELAVARASAN S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	4032031174	MAHASRI V	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	4032031175	NISHA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	4032031176	SIHIANI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	4032031177	AKAI YA TI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	4032031178	MANSI L MAR S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	4032031179	SAIRAM K	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	4032031180	ABINATHAN S V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	12301403852	AARTHI I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	12301403853	ANANCAJMAN M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	12301403854	ANDREW ARUNPRASATH G	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	12301403855	ARAVIND M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	12301403856	ARUN A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	12301403857	ASHOK KUMAR T	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	12301403858	BHUVANESHWARI M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	12301403859	DESIKAN P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	12301403860	DEVADARSINI B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	12301403861	DHANI SHIRAJ S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	12301403862	DHARANI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	12301403863	DHARSHINI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	12301403864	DHARSHINI T	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	12301403865	DIVYALAKSHMI D	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	12301403866	DURGA DEVI A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	12301403867	DURGA DEVI P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	12301403868	GHNASUNDIARAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	12301403869	GHOSHINI VISHI B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	12301403870	HARIPRASAN H S	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	12301403871	ISWARYA LAKSHMI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	12301403872	JERIN RINI P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	12301403873	JAYALATHARNA B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	12301403874	JYESH WADAN P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	12301403875	KARTHIKA T	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	12301403876	KRISHNA S P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	12301403877	KRISHNA S P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	12301403878	MEENAKSI S P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	12301403879	MUHAMMAD AASIF M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	12301403880	NAIRU DIVYADHARSHINI PRITHVIRAJ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	12301403881	NANTHANA V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	12301403882	NEELASH C	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	12301403883	PARUK SIBI I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	12301403884	PRASANNA L	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	12301403885	PREETHIGA T	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	12301403886	PRISADHARSHINI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	12301403887	PUSAZHANTHA A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	12301403888	RAJARANJAN P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	12301403889	RAMNATH K	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	12301403890	RAMYA DEVI R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	12301403891	RAMYA B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	12301403892	RAMYA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	12301403893	RANJANI K	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	12301403894	REKSHITHA B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	12301403895	SABARITHI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	12301403896	SATHYAPRIYA NE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	12301403897	SETHURAM S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	12301403898	SETU MVA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	12301403899	SUGANYA S	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	12301403900	SUMATHI KAVUTHA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	12301403901	SURENDEHAR R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	12301403902	SUSMITHA M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	12301403903	TADASEENA T	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	12301403904	THIRUASHI V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	12301403905	THIRAYADHARANI B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	12301403906	VANDHANA DE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	12301403907	VANISHA M	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	12301403908	VINAYAKH R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	12301403909	VINAYAKH R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	12301403910	VIRI THAMMATHA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
68	12301403911	VISHVANI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

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CBJ

1st MBA (B SEC) III (16) 17 18 22

1	123011403912	AARTHI G	/	/	/	/	/	/	/	/	/
2	123011403913	ABINAYA S	/	/	/	/	/	/	/	/	/
3	123012403914	ABINESH M	/	/	a	/	a	/	/	/	/
4	123011403915	ABIRAMI S	/	/	a	/	/	/	/	/	/
5	123011403916	ABIRAMI V	/	/	a	/	/	/	/	/	/
6	123011403917	ABISHA S	/	/	/	/	/	/	/	/	/
7	123012403918	ABISHEIK R	/	/	/	/	/	/	/	/	/
8	123012403919	AJAY KUMAR A	/	/	/	/	/	a	/	/	/
9	123012403920	ALAGESH P	/	/	a	a	/	/	a	/	/
10	123011403921	BHUVANESWARI C	/	/	/	a	/	/	/	/	/
11	123011403922	BOUSIKA S	/	/	/	/	/	a	/	/	/
12	123012403923	CHANDRU R	a	/	a	a	a	a	a	a	a
13	123011403924	DHARANI R	/	/	/	/	/	/	/	/	/
14	123011403925	GAYATHRI S	/	/	/	/	/	/	/	/	/
15	123011403926	GOWTHAMI N	/	/	a	a	/	/	/	/	/
16	123012403927	GUHAN S	a	/	/	/	/	/	/	/	/
17	123011403928	HARSHITHA B	/	/	/	/	/	/	/	a	/
18	123011403929	KANNAGAPRIYA P	/	/	/	/	/	/	a	/	a
19	123012403930	KARTHIK RAJA G	/	/	/	/	/	/	/	/	/
20	123012403931	KARUNAKAR J	/	/	/	/	/	/	/	/	/
21	123011403932	KEERTHANA M	/	/	/	/	/	/	/	/	/
22	123011403933	KEERTHIKA R	/	/	/	/	/	/	/	/	/
23	123011403934	KESHMA G	/	/	/	/	/	/	/	/	/
24	123011403935	KIRUBASRI K	a	/	a	a	a	/	a	/	/
25	123011403936	KIRUTHIKA K	/	/	/	/	/	/	/	/	/
26	123011403937	KRISHNAVENI S	/	/	/	/	/	/	/	/	/
27	123011403938	MARY IMMACULATE P	/	/	/	/	/	/	/	/	/
28	123011403939	MEENATCHI SUNDARI R	/	/	a	a	a	/	a	/	/
29	123011403940	MEHARAJ BANU M	/	/	/	/	/	/	a	/	/
30	123011403941	MENAGAPRIYA S	/	/	/	/	/	/	/	/	/
31	123012403942	MOHAMED AASHIQ A	/	/	a	/	/	/	a	/	/
32	123012403943	MUKESH KUMAR J	/	/	/	/	/	/	/	/	/
33	123011403944	MUSKAN KUMARI P	a	/	/	/	/	/	/	/	/
34	123011403945	OVIYA A	/	/	/	/	/	/	/	/	/
35	123012403946	PRAVEEN P	/	/	/	/	/	a	a	/	/
36	123011403947	PRIYADHARSHINI J	/	/	/	/	/	/	/	/	/
37	123011403948	PRIYADHARSHINI K	/	/	/	/	/	/	/	a	/
38	123012403949	RAGUL M	/	/	/	/	/	/	/	/	/
39	123012403950	RAMJI S	/	/	/	/	/	/	/	/	/
40	123012403951	SAJITH ALI S	/	/	/	/	/	a	a	/	/
41	123012403952	SAMUEL S	/	/	/	/	/	a	a	/	/
42	123012403953	SANTHOSH R	/	/	a	/	/	/	a	/	/
43	123012403954	SARAN B	/	/	/	/	/	/	/	/	/
44	123012403955	SARANESH KUMAR G	/	/	/	/	/	/	/	/	/
45	123012403956	SENTHILKUMAR V	/	/	/	/	/	/	/	/	/
46	123011403957	SHANMUGA PRIYA S	/	/	a	/	/	a	/	/	/
47	123012403958	SHIYAM RISHI J	/	/	/	/	/	/	/	/	/
48	123012403959	SIVARAMAN R	/	/	/	/	/	/	/	/	/
49	123012403960	SUJEETH SM	/	/	a	/	/	/	/	/	/

50	123011403961	SUJITHA V S		/	.	/	a	/	/	/	
51	123011403962	SWETHA R		/		/	/	/	/	/	
52	123012403963	THANISH J		/	/	/	/	/	/	/	
53	123012403964	THARANI R S		a	/	a	/	a	/	/	
54	123011403965	VARSHA V		/	/	/	/	/	/	/	
55	123012403966	VEERAPANDIYAN K		a	.	a	a	a	a	/	
56	123012403967	VENKATESH S		a		a	a	/	a	/	
57	123012403968	VENUGOPAL M		/		a	/	/	a	/	
58	123012403969	VIJAY R		/	/	a	/	/	a	/	
59	123012403970	VIJAYA SUNDAR M		/		/	/	/	/	/	
60	123012403971	YOGESH A		a		/	a	.	a	/	

P51
29

D. Antony Lilypushpam

Ms. D. Antony Lilypushpam
Counsellor - PMIST

(c)

I MBA C SECTION

S NO	REGISTER NUMBER	NAME	9/8	10/8	11/8	14/8	16/8	17/8	19/8
1	1230124031000	ABSALUR RAHIM K	/	/	a	/	/	/	/
2	1230114031000	SANOFAR JAHAN S	/	/	/	/	/	/	/
3	1230114031001	SATHIYADEVI N	/	/	/	/	/	/	/
4	1230114031001	DEEPIKA S	/	/	/	/	/	/	/
5	1230114031002	SNEKA A	/	/	/	/	/	/	/
6	1230124031002	NIHAL AHAMED N	/	/	a	a	/	/	a
7	1230124031003	SRIKANTH R	/	/	/	/	/	/	a
8	1230114031003	RUTHRA SRIN	/	/	/	/	/	/	/
9	1230124031004	SRIVEERA T	/	/	a	a	/	/	a
10	1230124031004	SAMINATHAN K	/	/	/	/	/	/	/
11	1230114031005	SUBASRI R	/	/	/	/	a	a	/
12	1230124031005	SRIKANTH M	/	/	a	a	/	a	a
13	1230114031006	SUJITHA A	/	/	/	/	/	la	/
14	1230124031007	SURENTHIRAN G	/	a	a	/	/	/	/
15	1230114031008	SWADHI R	/	/	/	a	/	/	a
16	1230114031009	VAISHNAVI G	/	/	/	/	/	/	/
17	1230124031010	VIGNESH P	/	/	a	/	/	/	/
18	1230114031011	VIJAY ALAKSHMI J	/	/	a	/	/	/	/
19	1230124031012	VIKKY M	/	a	a	/	/	a	a
20	1230114031013	VISHNU PRIYA M	/	/	/	/	/	/	/
21	1230114031014	YALINI DEVI B	/	/	/	/	/	/	/

22	1230114031015	YAMUNA R	/	/	/	/	/	/	/
23	1230124031016	YOKESH S	a	a	a	/	/	/	/
24	123011403972	ABARNA S	/	a	a	/	/	/	/
25	123012403973	ABDUL RAZAK S	/	/	a	/	/	/	/
26	123011403974	ABINAYA S	/	/	/	/	/	/	/
27	123011403975	ANANTHAHARINI M	/	/	/	/	/	/	/
28	123011403976	ANBUSELVI M	/	/	/	/	/	/	/
29	123012403977	ASRAF ALI Z	/	/	a	/	/	/	/
30	123012403978	BHARATH J	/	a	/	/	/	/	/
31	123011403979	CHANDRA BIRUNDHA S	/	/	/	/	/	/	/
32	123011403980	DEIVAYANI M	/	/	/	/	/	/	/
33	123011403981	GAYATHIRI P	/	/	/	/	/	/	/
34	123011403982	HARINI S	/	/	/	/	/	/	/
35	123012403983	ISMAIL MEERA A	/	/	a	/	/	/	/
36	123012403984	JAILAN S	a	/	/	/	/	/	/
37	123011403985	JASREEN J	/	/	/	/	/	/	/
38	123011403986	JAYA KARUNYA J	/	/	/	/	/	/	/
39	123011403987	JEEVA JOTHI S	/	/	/	/	/	/	/
40	123011403988	JYASHIRI R V I	/	/	/	/	/	/	/
41	123011403989	KAMALIK	/	/	/	/	/	/	/
42	123012403990	KRISHNA RAJK	/	/	/	/	/	/	/
43	123012403991	KRISHNA SUDHARSAN S	/	/	/	/	/	/	/
44	123011403992	LAVANYA S	/	/	a	/	/	/	/
45	123012403993	MAAMANNAN L	/	/	a	/	/	/	/

46	123012403994	MADHAVAN R	/	/	/	/	/	/	/
47	123012403995	MOHAMED ASEF PM	/	/	/	/	/	/	/
48	123012403996	MOHAMED FUROSEKHAN J	/	/	a	/	/	/	/
49	123012403997	NAVEEN KUMAR T	/	a	a	/	/	/	/
50	123011403998	RISHIKA R	/	/	a	a	a	/	/
51	123012403999	SAKTHIMANI I	/	/	/	/	/	/	/
52		Prathapa	/	/	/	/	/	/	/
53		Aravindhan S	/	/	/	/	/	/	/
54		Akshay V	/	/	/	/	/	/	/

D. A. Lilypushpam

**Ms. D. Antony Lilypushpam
Counsellor - PMIST**

COUNSELLING

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Programme No.	10	Topic of the programme	Communication Skill - Establishing Eye Contact
Date	17.08.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.



(Counsellor speaking on the topic, ‘Communication Skill-Establishing Eye Contact’)

Dept.	Bio-Technology
Students:	I B. Tech. Bio

Eye contact during a conversation is vital. Good eye contact is an important display of honesty during a conversation. The eyes are a central part of nonverbal communication. They show a range of emotions that words won't always speak. And honesty can help two people build trust. Once you establish eye contact, maintain or hold it for 4-5 seconds. It shows attentiveness and interest in what is being said. Eye contact is similar to a conversation; it goes back and forth between those individuals who are engaged in a discussion, dialogue, or chat. Eye contact plays an important role in any conversation.

Department: Bio-Tech

No of Students: 30

Batch/Section: 2023-2027/A

17/08/2023

Thursday

11:00 A.M to

12:00 A.M

S.No	Register Number	Name	P/A
1.	123011101505	AGANTHIKA S	/
2.	123011101506	AISHWARYA S	/
3.	123012101507	AKASH K	/
4.	123011101508	ATCHAYA P	/
5.	123011101509	CRIZPINE CHINTAAMANI G	/
6.	123011101510	DHANIYA SRI S	/
7.	123011101511	DHARSHINI R G ₁	/
8.	123011101512	DHARSHINI R M	/
9.	123012101513	GURUBALAN S	/
10.	123011101514	HARISHREEMA V	/
11.	123011101515	JAGAPRIYA L	/
12.	123011101516	KALAIVAANI M	/
13.	123012101517	KATHIRAVAN R	/
14.	123012101518	MANIVEL P	/
15.	123011101519	NAVEDHINI N	/
16.	123011101520	NITHIYASRI A	/
17.	123011101521	PONSAKTHI M	/
18.	123011101522	PRABANJANA CHELSEA V	/
19.	123012101523	PRAKASHRAJ S	/
20.	123012101524	PRAVEEN P	/
21.	123011101525	PRIYADHARSHINI S	/
22.	123011101526	SANDHIYA S	/
23.	123012101527	SELVAKUMAR V	/
24.	123011101528	SHRI YOGA PRIYA S	/
25.	123011101529	SIVARANJANI S	/
26.	123011101530	SOWBARNIKA R	/
27.	123012101531	SUNDARESAN V	/
28.	123012101532	SURENDAR M	/
29.	123012101533	THANGARAJ S	/
30.	123011101534	VAIRAMALAR B	/

Total = 52

Boys - 19CPJ; ACJ

Girls - 31CPJ; ACJ

Sivhari KC	/
Abdul Fawza A	/
Abelardeshumis	/
Akshara M	/
Anjali V	/
Arivu Mohakhan TP	/
Archeri P	/

Divyakanthi	/
Jayanya Gajatharan	/
Ma Kail S	2
Mohamed Bashaas	/
Masha vanam M	/
Nelma Pradeep J	/
Nithya S	/
Parvathi P	2

D. Antony Lilypushpam

Ms. D. Antony Lilypushpam
Counsellor - PMIST

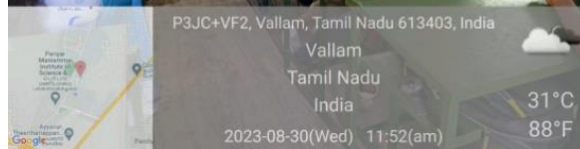
COUNSELLING

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Programme No.	11	Topic of the programme	Gender Sensitization
Date	30.08.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.



(Counsellor speaking on the topic, ‘Gender Sensitization’)

Dept.	Computer Science Application
Students:	I B.C.A

Gender awareness-raising in educational set- up, at workplace and in society can eliminate gender-based prejudice and thereby change stereotyped working cultures as regards to the roles and abilities of women and men, including attitude towards women. Gender sensitization is a strategy to improve the quality of public policies, programs and projects, ensuring a more efficient allocation of resources. The following points were highlighted: Combating gender stereotypes and, Gender issues in inequality, infanticide, discrimination and harassment. Better results mean increased well-being for both women and men, and the creation of a more socially just and sustainable society.

Webinar on Gender Sensitization

Year/Class/Sec: I-BCA-A

Date: 30.8.2023

Academic Year: 2023-2024

Sem: I

Batch - 2023-2024

S.No	REG NO	NAME	Signature of the Participants
1	1230121521266	ABDULLA M	M. Abdulla M
2	1230121521267	AJAY J	J. Ajay
3	1230121521268	AKASH M	M. Akash
4	1230121521269	AMOSH TARIMICE A	A. A. A
5	1230111521270	ANUSRI K	K. Anusri
6	1230111521271	ARTHI S	S. Arthi
7	1230111521272	ARTHY R	R. Arthy
8	1230121521273	ARUN S	S. Arun
9	1230121521274	ASHIF MUSSAIN M	M. Ashif Mussain
10	1230121521275	BALAMURUGAN S	S. Balamurugan
11	1230121521276	BARATH P	- ABSENT -
12	1230121521277	BHUVANESHMS	S. Bhuvaneshms
13	1230111521278	BHUVANESHWARI A S	A. S. Bhuvaneshwari
14	1230121521279	CHRISTO JOVAL P	P. Christo Joval
15	1230121521280	CHRISTOPHER M	M. Christopher
16	1230121521281	DEEPAN J	J. Deepan
17	1230111521282	GAYATHRI R	R. Gayathri
18	1230121521283	GOPINATH S	S. Gopinath
19	1230121521284	GOVINDHARAJAN P	P. Govindharajan
20	1230121521285	HARI SAKTHI S I	S. I. Hari Sakthi
21	1230121521286	JAFRIL THASTHAHR J	J. Jafрил Thasthaar
22	1230121521287	JAI SANJAY V	V. Jai Sanjay
23	1230111521288	JAYA SHREE M	M. Jaya Shree
24	1230121521289	JOSEPH INFANT RAJ A	A. Raj Infant Joseph
25	1230121521290	KAMESH K	K. Kamesh
26	1230121521291	KARKAVEL K	K. Karkavel
27	1230121521292	KATHIRAVAN K B	B. Kathiravan
28	1230111521293	KIRUTHIKA M	M. Kiruthika
29	1230121521294	KISHORE S	S. Kishore
30	1230121521295	LOKESHWARAN M	M. Lokeshwaran

31	1230121521296	MANIKANDAN M	M. Mani
32	1230111521297	MATHIVADHAN S	S. Mathivadhan
33	1230111521298	MATHUMITHA M	M. Mathumitha
34	1230121521299	MOHAMED FAISAL S	S. Mohamed Faisal
35	1230121521300	MOHAMED SHARIF J	J. Mohamed Sharif
36	1230121521301	MOHAMED UMAR M	M. Mohamed Umar
37	1230121521302	MUKESH R	R. Mukesh
38	1230121521303	NANDHA	N. Nandha
39	1230111521304	PANDEESWARI D	D. Pandeeswari
40	1230121521305	PARAMESHWARAN T	T. Parameshwaran
41	1230121521306	PARTHASARATHI R	R. Parthasarathi
42	1230121521307	PRAGADEESH S	S. Pragadeesh
43	1230121521308	PRAVIN KUMAR T	T. Pravin Kumar
44	1230121521309	PREMKUMAR S R	R. Premkumar
45	1230121521310	PREMKUMAR V	V. Premkumar
46	1230121521311	PUNITHAN T	T. Punithan
47	1230121521312	RAGUL KUMAR A	- ABSENT -
48	1230121521313	RAGUL R	R. Ragul
49	1230121521314	RIHAMAHAMED S	S. Rihamahamed
50	1230121521315	SAKTHI M	M. Sakthi
51	1230121521316	SANJAY M	M. Sanjay
52	1230121521317	SANJAYKUMAR S	S. Sanjaykumar
53	1230121521318	SANTHOSH S	S. Santhosh
54	1230121521319	SARAVANABAVAN N	N. Saravanabavan
55	1230121521320	SERASURIYAVEL S	S. Serasuriyavel
56	1230121521321	SHAHUBAR SATHIK N	N. Shahubar Sathik
57	1230121521322	SHANMUGAMANI K	K. Shanmugamani
58	1230111521323	SINDHUJA S	- ABSENT -
59	1230111521324	SUHAIMA M	M. Suhaima
60	1230121521325	VIGNESHWARAN S	S. Vigneshwaran

No. of Girls : 11
 No. of Boys : 46
 Total : 57

Dr. P. Rangaswami
 Coordinator
 30/8/2023
 (P. Rangaswami)

HOD/CSA
 (Dr. D. Ruby)

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Programme No.	12	Topic of the programme	Gender Awareness & Psycho-social Well Being
Date	26.09.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.

Brochure

The brochure features several accreditation logos at the top: 'INDIA'S BEST COLLEGE' (No. 26), 'No.18', 'No.16', and the Periyar Maniammai Institute of Science & Technology logo. The main title is 'Gender Awareness & Psycho-social Well Being'. Below the title, it says 'Mental Health Matters..' with an illustration of a group of people. The event details are: Tuesday, Date: 26/09/2023, Time: 11.30 AM - 12.40 PM, Venue: Arch 110. A circular portrait of the speaker, Ms. Antony Lilipushpum, is shown. Her credentials are listed as M.A., M. Phil. (NIMHANS), Counselor. At the bottom, the organizers are listed: Convenor Ar.V.S.Kavitha (Dean/FAP), Co-Convenor Ar.K.Jasmine Vidhya (HoD/Arch), and Co-ordinator Ar.R.Kalaivani (Assistant Professor). A 'LET'S TALK ABOUT MENTAL HEALTH' logo is also present.



Students had a valuable interaction with a counselor regarding psycho-social well-being.



(Counsellor speaking on the topic, ‘Gender Awareness & Psycho-social Well Being’)

Dept.	Architect
Students:	II B.Arch

Gender is an important factor in the psychosocial wellbeing in of a person. Women in our country are exposed to various cultural suppressions almost in all areas of their life. The common gender issues such as sexual abuse, domestic violence, child marriage, trafficking, female infanticide lead them to high levels of anxiety, depression, psychosomatic disorders, and increased number of suicides and intermittently murders. The POSH Act is a legislation enacted by the Government of India in 2013 to address the issue of sexual harassment faced by women in the workplace. The Act aims to create a safe and conducive work environment for women and provide protection against sexual harassment. It was explained to them that how psychosocial factors are associated with mental health, emotional health, social health.

Attendance

S.No	Register Number	Student Name
1	122012001922	ABDUL KALAAM A B
2	122012001923	ABDUL RAHMAN S
3	122012001924	AHAMED RAZA A

4	122012001925	AKASHBHARATHI V
5	122012001926	ARUNMOZHI VARMAN K
6	122012001927	BHARATH R
7	122011001928	BRAHATHEESVARI R
8	122012001929	DEEPAKKUMAR T
9	122011001930	DENCY DIANA P
10	122012001931	DHARANITHARAN S B M
11	122012001933	DHARUN KUMAR P
12	122012001934	INDHIRAN V
13	122012001935	JOE PRINCE L
14	122012001936	KABILAN A R
15	122012001937	MANIVANNAN S
16	122011001939	MEENADAKSHINI S
17	122012001940	MICHEAL RABIN A
18	122011001941	MISBHA A
19	122012001942	MOHAMMED ASLAM A
20	122011001943	NASHA FIRDOUS S
21	122011001944	NIVETHA A
22	122011001945	NIVETHA P
23	122012001946	PRAVEEN S
24	122012001947	RAKESH A
25	122012001948	ROHIT SAMUEL B
26	122011001949	SAHANA S
27	122011001950	SAKTIESWARI S
28	122011001951	SHERIN NACHIYA B
29	122012001952	SIVANESH L
30	122012001953	SRIRAM S
31	122011001954	SUBHIKSHA S
32	122012001955	SUDHARSAN R
33	122011001956	SWASTIKA D
34	122012001957	THAWFEEQ A
35	122012001958	THILEEPAN A G
36	122012001959	TIM MANFRED K
37	122012001960	VISHWA R
38	122012001961	VIVEHANANDHAHN M
39	122011001962	ZAITHOON SHAHANI J S
40	122011001963	THIRUVEMPAVAI J
41	122012001965	DHAMODARAN B
42	122012001966	SRIDHAR E

D. Antony Lilypushpam

**Ms. D. Antony Lilypushpam
Counsellor - PMIST**

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Programme No.	13	Topic of the programme	What is Tobacco?
Date	05.10.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.



(Counsellor speaking on the topic “What is Tobacco?”)

Dept.	Bio Technology
Students:	II B. Bio

It was explained to them that we all know that tobacco is a plant but we may not know that tobacco contains nicotine, a highly addictive chemical. The leaves of the plant are processed and made into tobacco products. Tobacco products are a leading cause of many cancers, heart disease and chronic obstructive pulmonary disease. Tobacco use [kills more than 8 million people](#) every year. The simple answer to “What is tobacco?” doesn’t tell the whole story. In reality, tobacco is more than just a plant. Because its addictive nature has been commodified by transnational corporations and funds the profits of a massive industry, it’s become the cause of a global epidemic, killing millions every year and causing severe illness and hardship to many others.

Attendance

S.No	Register Number	Student Name
1	123011101505	AGANTHIKA S
2	123012101507	AKASH K
3	123011101508	ATCHAYA P
4	123011101509	CRIZPINE CHINTAAMANI G
5	123011101511	DHARSHINI R
6	123012101513	GURUBALAN S
7	123011101514	HARISHREEMA V
8	123011101516	KALAIVAANI M
9	123012101517	KATHIRAVAN R
10	123012101518	MANIVEL P
11	123011101519	NAVEDHINI N
12	123011101520	NITHIYASRI A
13	123011101521	PONSAKTHI M
14	123011101522	PRABANJANA CHELSEA V
15	123012101523	PRAKASHRAJ S
16	123012101524	PRAVEEN P
17	123011101525	PRIYADHARSHINI S
18	123011101526	SANDHIYA S
19	123012101527	SELVAKUMAR V
20	123011101528	SHRI YOGA PRIYA S
21	123011101529	SIVARANJANI S
22	123011101530	SOWBARNIKA R
23	123012101531	SUNDARESAN V
24	123012101532	SURENDAR M
25	123012101533	THANGARAJ S
26	123011101536	AKILANDESHWARI S
27	123012101537	ABDUL AKBAR M
28	123012101539	THIRISARAN V
29	123012104001	ABDUL FAWAZ A
30	123011104003	AKSHARA M
31	123011104004	ANJALI V
32	123012104005	ARIVU MUTHALVAN T P
33	123011104006	BRINDHASRI P
34	123011104007	DHARSHINI G
35	123011104008	DHARSHINI M

36	123011104009	DIVYABHARATHI R
37	123011104010	LAVANYA GAJENDRAN
38	123012104011	MAKIZH S
39	123012104012	MOHAMED BASHEER S
40	123012104013	MONISH VARMA M
41	123011104014	NISMA PARVEEN J
42	123011104015	NITHYASRI S
43	123011104016	PAVITHRA P
44	123011104017	RITHIKA R
45	123011104018	SAAI KARTHIGA L
46	123012104019	SABARISH N
47	123012104020	SANTHOSH KOTISH K S
48	123011104022	SUBIKSHA P S
49	123012104023	THEENESAN S
50	123011104024	VAIRAMALAR B
51	123012104025	VISHAL R
52	123012104027	SRIHARI K C
53	123012104028	RAKESH B
54	123011104029	BALA BHARATHI E
55	123012104030	SACHIN N

D. Antony Lilypushpam

Ms. D. Antony Lilypushpam
Counsellor - PMIST

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Programme No.	14	Topic of the programme	What is Perception?
Date	05.10.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.



(Counsellor speaking on the topic, “What is Perception?”)

Dept.	Bio Tech
Students:	I B. Tech Bio

In social psychology, the term ‘Perception’ refers to the different mental processes that we use to form impressions of other people. This includes not just how we form these impressions, but the different conclusions we make about other people based upon our impressions. It means that your senses have told you that something is there; it could be sight, sound, touch, smell, or taste, or even a gut feeling. It does not indicate that you know anything about the object of perception, whereas understand that you know quite a bit about it. ‘Person perception’ is another study of the cognitive processes involved in categorizing people and their behaviour, forming inferences about their qualities and the causes for their actions

Attendance

S.No	Register Number	Student Name
1	124012101540	ABISHEK P
2	124011101541	AGALYA A
3	124012101542	AKSHYA KRISHNA R S
4	124011101544	ATCHAYA R
5	124011101545	BHAVADHARANI D
6	124011101546	BHAVANA S
7	124011101547	DHARSHINI K
8	124012101548	DHAYANITHI A
9	124012101549	DHIVYA NARAYANAN G
10	124011101550	GIFTA J
11	124012101551	HALITH BUCKER B
12	124011101552	HARINI K R
13	124011101553	HARSHAVARTHINI G
14	124011101554	JAYASHREE S
15	124011101555	KALPANA M
16	124011101556	KAYALVIZHI S
17	124011101558	MAHALAKSHMI G A
18	124012101559	MANOJKUMAR D
19	124012101560	MATHIBHASKARESHWARAN C
20	124012101561	MOHAMMAD RAJA R
21	124012101562	MOHAMED SAFIK M
22	124011101563	NANDITHA
23	124011101564	NIRANJINI M
24	124011101565	NOORA JASMINE S
25	124011101566	POOJHA S
26	124011101567	PRINCIYA MARY X
27	124012101568	RAJABALAJI B
28	124011101569	RENUGA DEVI S
29	124012101570	RUBAN P
30	124012101571	SABARINATHAN I
31	124012101572	SANTHOSHKUMAR T
32	124012101573	SIDHARTH MOHAN
33	124012101574	SIVASARATHI S
34	124011101575	SOWMIYA J
35	124011101576	SRI PADHMAWATHI R
36	124011101577	SRINITHI S
37	124011101578	TANNISKA SHRI R A
38	124011101579	THARAGAI B
39	124012101580	VANCHINATHAN T
40	124012101581	VINESH RAJ E
41	124012101582	YOKESH S
42	124012101583	ATHIHA FEMINA H
43	124012101584	DHAVASEELAN K
44	124011101585	KANISHKA T
45	124011101586	AYESHA AFFRA J

D. A. Lilypushpam

Ms. D. Antony Lilypushpam
Counsellor - PMIST

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Programme No.	15	Topic of the programme	Mind over Matters!
Date	23.11.2023	Resource Person	Dr. Antony Lilipushpum, Counselor, PMIST.



(Counsellor speaking on the topic “Mind over Matters!”)

Dept.	EEE
Students:	II B. Tech

The mind is comprised of non a non-physical substance, While the body is constituted of the physical substance known as matter. Our thoughts, emotions, non-physical matters and the physical body have a profound effect on one another. Thought triggers emotion and emotion triggers the physical body. Setting our mind with positivity is the best way to reach our goal.

Attendance

S.No	Register Number	Student Name
1	123012014492	ABISHEK A
2	123012014494	DINESH R
3	123012014495	KISHOR K
4	123012014496	MOHAMED RASEEN M
5	123012014498	RIYASKHAN M
6	123012014500	SUJAN R
7	123011014501	THULASI S
8	123011014502	AFRAH NAFILA S
9	123012014503	DEEPAK A
10	123011014504	QUEENLIYA P
11	123012014506	CHINNASAMY S
12	123012014507	KABILAN R
13	123012023007	MOHAMED YAHYA M
14	123012023008	SAKTHIVEL S
15	124012064476	DRAVID B
16	124012064477	GOKUL R
17	124012064479	HEDDWYN SARRON P
18	124012064480	SAIRAM A

D. Antony Lilypushpam

Ms. D. Antony Lilypushpam
Counsellor - PMIST

++++++

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Program No	16	Topic of the programme	Mutual Respect
Date	14.03.2024	Resource Person	D. Antony Lilypushpam, Counselor



(Counselor speaking on the topic ‘Mutual Respect’)

Dept.	Mechanical Engg.
Students:	II. B. Tech

"Mutual Respect" is about everyone being valued for who they are. It involves seeing people's unique contributions, recognizing and understanding the differences. The best way to create an environment of mutual respect is to extend respectful behavior on a daily basis. Every time we interact with a person, we must respect them with kindness. We should also

avoid using divisive languages. We should also value their ideas, perspectives with regard for the dignity of a person.

Attendance

S.No	Register Number	Student Name
1	1220120151470	SASTHA S
2	1230120151475	AAKASH K
3	1230120151476	MARLANS R
4	1230120151477	RISHIRAJ M
5	1230120151478	SANJAY B
6	1230120151479	SANJAY RAGHUL T
7	1230120151480	SHARABESHVARAN G
8	1230120151481	SUKY SANJAI K P
9	1230120151482	THIRUMARAN B R
10	1230120151483	VIJAYAN K
11	1230120151484	ADITHYA R
12	1230120151485	ABDUL ADEL M
13	1230120151486	ATHISH S
14	124012065681	ARAVINDH K
15	124012065685	KAMESHWARAN S
16	124012065691	SIVA SURYA M
17	124012065697	VINITH A
18	124012065699	ADITHYAN C
19	123012027001	AAKASH E
20	123012027002	ARVIND M
21	123012027004	BARATH B
22	123012027006	ROHITH KUMAR M
23	123012027007	SUKESH KUMAR K
24	123012027008	SURENDER S
25	123012027009	VISHWANATH B
26	123012027010	PRITHVIRAJ S
27	123012027011	SATHEESH K
28	124012065682	DESMOND JOSEPH J
29	124012065683	HARIHARAN N
30	124012065684	HARIPRASATH K
31	124012065686	KISHORE A
32	124012065687	PARTHASARATHI S
33	124012065688	PRADEEP KANNA M
34	124012065690	RAHUL S
35	124012065692	SRINIVASAVAN S



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Program No	17	Topic of the programme	Wellbeing of the Adolescents
Date	06.04.2024	Resource Person	D. Antony Lilypushpam, Counselor

ADOLESCENCE AND WELL BEING
 Date: 06.04.2024 Time: 12.00 PM Venue: Archimedes Hall, PMIST

Welcome Address
 Ms. VIPINA VIJAYAN
 I - MSW, Department of Social Work, PMIST

Introductory Address
 Dr. S.GNANARAJ
 Assistant Professor,
 Department of Social Work, PMIST

Presidential Address
 Dr. D.RUBY
 Associate Professor & Head,
 Department of Computer Science and Applications,
 PMIST

Special Address
 Ms. ANTONY LILYPUSHPAM, M.A., M.Phil., (NIMHANS)
 Counsellor, PMIST

Vote of Thanks
 Mr. V AKASH
 I - MSW, Department of Social Work, PMIST

FACULTY ADVISOR
 Dr. S. GNANARAJ
 Assistant Professor,
 Department of Social Work,
 PMIST

AGENCY SUPERVISOR
 Mr. V. FRANCIES, MSW, M.Sc (Psy)
 Founder & Counsellor,
 Yashova Anulalayam,
 Pillayarpetti, Thanjavur

PROGRAMME ORGANIZER
 Mr. V.AKASH
 I - MSW,
 Department of Social Work,
 PMIST

Organized by
DEPARTMENT OF SOCIAL WORK, PMIST
 In collaboration with
MIND CLUB, PMIST

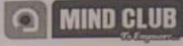




(Counselor speaking on the topic ‘Wellbeing of the Adolescents’)

Department	Software Engg.
Students:	B. Sc., & B.C.A.

Mental and Emotional Health: Adolescents are particularly vulnerable to mental health issues like anxiety, depression, and stress, often due to academic pressures, social challenges, or family dynamics. Promoting resilience, coping skills, and emotional intelligence is essential for mental well-being. Adolescence is a critical time for self-discovery and identity formation. Support in exploring

gender, sexuality, values, and a career aspiration in a non-judgmental environment contributes to a healthy sense of self. Promoting adolescent well-being involves a combination of health education, mental health support, safe environments, and strong social connections, all of which empower young people to grow into healthy, resilient adults.

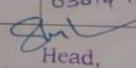
Seminar on

ADOLESCENCE AND WELL BEING

Date : 06.04.2024 Time: 12.00 PM Venue: Archimedes Hall, PMIST

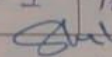
PARTICIPANT ATTENDANCE

S.No	Name	Department & Year	Phone Number	Signature
1.	M. Mathumitha	BCA - I	9544567696	M. Mathumitha
2	R. Gayathri	BCA - I	7397105306	R. Gayathri
3.	M. Kiruthika	BCA - I	9025939036	M. Kiruthika
4.	S. MathiVadhani	BCA - I	9845712306	S. MathiVadhani
5.	S. Ganga Sni	B.Sc (DS)-I	9787025660	S. Ganga Sni
6.	B. Anudhyadani	B.Sc (DS) - I	9597739359	B. Anudhyadani
7.	B. Mahana Parvathi	B.Sc (DS) - I	9159038133	B. Mahana Parvathi
8.	R. Sathishree	B.Sc (DS) - I st	6382822270	R. Sathishree
9.	B. Roshini	B.Sc (DS) - I st	9159669885	B. Roshini
10.	K. Subirika	B.Sc (DS) - I st	9043767705	K. Subirika
11.	RS Archana	B.Sc (DS) - I st	9677452926	RS Archana
12.	J. Aysa Sithika	B.Sc (DS) - I st	8825924029	J. Aysa Sithika
13	K. Harshini	B.Sc (DS) - I	6381499055	K. Harshini


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PARTICIPANT ATTENDANCE

S.No	Name	Department & Year	Phone Number	Signature
14	K. Anusri	BCA-'A' & I	80248764060	K. Anusri
15	R. Anthy	BCA-'K' & I	9585842997	R. Anthy
16	D. Subhasri	BCA - 'B' & I	9047815967	D. Subhasri
17	D. Deepalaxi	BCA-'B' & I	9360959871	D. Deepalaxi
18	L. Priyanka	BCA - 'B' & I	8072733737	L. Priyanka
19	R. Varunavi	BCA - 'B' & I	6381712162	R. Varunavi
20	A.S. Bhuvaneshwari	BCA-'A' & I	9944700903	A.S. Bhuvaneshwari
21	D. PANDEESWARI	BCA-'A' & I	6374123873	D. Panji
22	S.S. Kiranika	BCA-'B'-I	93011321359 8531871596	S.S. Kiranika
23	P. Hema	BCA-'B'-I	8946067771	P. Hema
24	S. Sindhuja	BCA-'B'-I	9188276748	S. Sindhuja
25	V. Karishka	BCA-'B'-I	9043757278	V. Karishka
26	C. Karishka	BCA-'B'-I	6369845331	C. Karishka
27	K. Anu Prema	BCA-'B'-I	8637626930	K. Anu Prema
28	M. Sakthi Sivasubramanian	BCA-'B'-I	7904660800	M. Sakthi Sivasubramanian
29	Shaina S	BCA-'B'-I	7845194157	Shaina S


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S.No	Name	Department & Year	Phone Number	Signature
30	K. TARUNIKA	BCA - I	6383074720	
31	N. Divyatharan	BSC DS	9800636200	
32	K. Kaviprasi	BCA - I	9842838193	
33	G. Mahalakshmi	BCA - I	7010000348	
34	K. Saranya	BCA - I	7060632188	
35	G. Dharshini	BCA - I	6381076652	
36	Atchaya - S	BCA - I	7845492273	
37	P. Dharshni	BCA - I	8637634449	
38	R. PRAGADEESH	AP/CSA	9944902468	
39	M. Gayatri	AP/CSA	6369816665	
40	D. Anitha	Computer	9442158777	
41	Anitha - I.K	MSW	8590921575	
42	Vijaya Vijayan	MSW	9744219959	
43	ARASH - V	MSW	8810380352	
44	ARAVINDA A	MSW	9220102053	
45	D. S. UWARAJ	AP/MSW	9819510028	

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Program No	18	Topic of the programme	Drug Awareness,
Date	17.04.2024	Resource Person	D. Antony Lilypushpam, Counselor



(Counselor speaking on the topic ‘Drug Awareness’)


Dept Software Engg.

Students: I & III B. Sc., CS

Drug awareness is a critical issue and it is a challenge related to drug abuse and its socio-economic consequences. Efforts were taken to raise drug awareness to the students by educating them about the dangers of drug use. & preventive measures were explained. Drug abuse can lead to mental disorders, liver damage, respiratory problems, and even death due to overdose. Drug abuse is prevalent among the youth & it is necessary to educate them on the risks of substance abuse. Prevention through education, law enforcement, and treatment options are key to addressing this complex issue. However, to effectively reduce drug abuse,

there must be a focus on mental health support, social welfare, and continuous community engagement.

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 Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India
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
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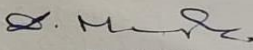
Seminar on
Drug Awareness Programme
 Attendance sheet

Date: 17.04.2024 Time: 11.00 AM Class: I BSc Computer Science (Shift-II) (2023-2026)

SL.NO	REGISTER NUMBER	STUDENT NAME	SIGNATURE
1.	123012082001	Abhishek .F	Abhishek .F
2.	123011082003	Aishwarya .S	Aishwarya .S
3.	123011082004	Aishwarya .S	Aishwarya .S
4.	123012082005	Akash .K	Akash .K
5.	123012082007	Aswini Kumari .E	Aswini Kumari .E
6.	123012082008	Athithya .R	Athithya .R
7.	123012082009	Ravindra .K	Ravindra .K
8.	123012082011	Deepa .D	Deepa .D
9.	123012082012	Deepa .D	Deepa .D
10.	123012082013	Dhemanathika .D	Dhemanathika .D
11.	123012082014	Dhanishini .D	Dhanishini .D
12.	123012082015	Dyanidhi .D	Dyanidhi .D
13.	123012082017	Dineshanya .R	Dineshanya .R
14.	123012082018	Avinthya .D	Avinthya .D
15.	123012082019	Apika .C	Apika .C
16.	123012082020	Flouritha .S	Flouritha .S
17.	123012082021	Flouritha .S	Flouritha .S
18.	123012082022	Jayithi .S	Jayithi .S
19.	123012082023	Jenika .J	Jenika .J
20.	123012082025	Kishore .S	Kishore .S
21.	123012082026	Krishna .K	Krishna .K
22.	123012082027	Manisha .S	Manisha .S
23.	123012082028	Manju .M	Manju .M
24.	123012082029	Mohamed Saif .F	Mohamed Saif .F
25.	123012082031	Mohamed Siddiq .S	Mohamed Siddiq .S
26.	123012082034	Palani Bharathi .K	Palani Bharathi .K
27.	123012082035	Pavithra .N	Pavithra .N
28.	123012082036	Pavan .M	Pavan .M
29.	123012082037	Pavinesh .S	Pavinesh .S
30.	123012082038	Pavithra .S	Pavithra .S
31.	123012082039	Praveen .K .S	Praveen .K .S
32.	123012082040	Radhakrishnan .G	Radhakrishnan .G
33.	123012082041	Rathi .M	Rathi .M
34.	123012082042	Reni .N	Reni .N
35.	123012082043	Rifaya .N	Rifaya .N
36.	123012082044	Saarthosh .R	Saarthosh .R

37.	123012082036	Shahina.S	Shahina.S
38.	123012082047	Shakti.A	Shakti.A
39.	123012082048	Shivarajan.N	Shivarajan.N
40.	123012082050	Sridhar.B	Sridhar.B
41.	123012082051	Surda.P	Surda.P
42.	123012082052	TamilNila.B	TamilNila.B
43.	123012082053	UdhayaKumar.C	UdhayaKumar.C
44.	123012082054	UmaMadheswari.R	UmaMadheswari.R
45.	123012082055	UmairThaufiq.A	UmairThaufiq.A
46.	123012082056	Vignesh.T	Vignesh.T
47.	123012082057	Vivitha.S	Vivitha.S
48.	123012082058	Yuvraj.P.V	Yuvraj.P.V
49.	123012082059	MohamedJasim.M	MohamedJasim.M
50.	123012082060	MohamedKamir.S	MohamedKamir.S
51.	123012082061	Nirvanjan.G.C	Nirvanjan.G.C
52.	123012082062	Priyadharshini.S	Priyadharshini.S
53.	123012082063	PravaliKumar.S	PravaliKumar.S
54.	123012082064	PrasannaSathya.G	PrasannaSathya.G
55.	123012082065	YuvrajGanesan.K	YuvrajGanesan.K
56.	123012082066	Hareem.A	Hareem.A
57.	123012082087	MohamedFAZIL.B	MohamedFAZIL.B


 Programme Coordinator
 Ms. T. Parkavi, AP/SE


 Head /SE
 Dr. D. Magheshkumar