

RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

(Accredited with 'A' Grade by NAAC)

(Sponsored by Sri Balaji Educational and Charitable Public Trust)

Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

03 October 2019,

Puducherry

From

Mr. P. Tamilselvan,
Assistant Professor (Stage-II),
Department of ECE,
Rajiv Gandhi College of Engineering and Technology,
Puducherry

To

The Principal,
Rajiv Gandhi College of Engineering and Technology,
Puducherry

Through proper channel,

Respected Sir,

Sub: - Request for permission to conduct a one-day seminar on "Mental Health for Young Entrepreneurs" for Final year students-Reg.

We have planned to conduct a one-day seminar on the topic "Mental Health for Young Entrepreneurs." on 10/10/2019. I will be incharge of the seminar. The aforementioned seminar will be offered to the Final Year students of the ECE Department.

I kindly request you to grant permission to conduct this program. Enclosed are the details of the seminar for your perusal and approval.

Forwarded to Principal

B. S. S.

Thanking you,



Yours sincerely,

Mr. P. Tamilselvan
Event Coordinator

Dr. E. VIJAYAKRISHNA RAPAKA
B.Tech. (Mech.), M.Tech.(Energy), Ph.D. (IIT Madras)
M.I.S.T.E., F.I.I.P.E., M.C.S.I M.C.I.I.,
PRINCIPAL
Rajiv Gandhi College of Engineering & Technology
Pondy - Cuddalore Main Road,
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RG CET/ECE/2019-20/ODD/21

Date: 04/10/19

Department of Electronics and Communication Engineering

CIRCULAR


This is to inform that one-day seminar on the topic "Mental Health for Young Entrepreneurs" will be conducted on 10.10.2019 in our campus at Seminar hall for Final Year ECE Students. The seminar addresses stress management, resilience, and mental well-being, crucial for young entrepreneurs to sustain productivity and innovation. All the Final Year ECE students are advised to attend the seminar.



B. S. S.
HOD/ECE

Copy to:

Department Circular file


Dr. E. VIJAYAKRISHNA RAPAKA
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M.I.S.T.E., F.I.I.P.E., M.C.S.I.M.C.I.I.,
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Kirumampakkam, Puducherry - 607 402.

**YOU ARE
INVITED**



RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

**DEPARTMENT OF ELECTRONICS AND
COMMUNICATION ENGINEERING**

**ONE DAY SEMINAR
ON**

MENTAL HEALTH FOR YOUNG ENTREPRENEURS

Date

10 October 2019

Venue

Seminar Hall, RGCET

RESOURCE PERSON

Dr. S. Karthick, MBBS, MD Psychiatry,
MGMCRI, Puducherry

EVENT COORDINATOR

Mr. P. Tamilselvan,
Assistant Professor (Stage - II) / ECE

HEAD OF THE DEPARTMENT

Dr. B. Shoba

VICE PRINCIPAL

Dr. K. Ayyappan

PRINCIPAL

Dr.E. Vijayakrishna Rapaka

**THANK
YOU**

ony
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Randy - Giddalore, Madhavaram



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Report : Seminar on Mental Health for a Young Entrepreneur

Name of the Department	Department of Electronics and Communication Engineering
Name of the Event Organized	"Mental Health for a Young Entrepreneur"
Date of the Event Organized	10/10/2019
Time	9.00 am – 4.00 pm
No. of participants	63
Name of the Chief Guest / Speakers	Dr. S. Karthick, MBBS, MD Psychiatry, MGMCRI ,Puducherry
Venue	Seminar Hall, Administrative Block

Seminar Objectives:

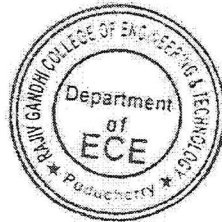
1. To raise awareness about the importance of mental health in entrepreneurship.
2. To provide practical tools and techniques for managing stress and maintaining mental well-being.
3. To create a supportive environment for discussing mental health issues.

Seminar Schedule:


Date	Time	Topics covered
10/10/2019	9.00 am – 9.30 am	Identifying Mental Health Challenges
	9.30 am – 10.30am	Strategies for Maintaining Mental Health
	10.30 am – 10.45 am	Tea Break
	10.45 am – 11.45 am	Building a Support System
	11.45 am – 12.30 pm	Interactive Workshop
	12.30 pm – 1.30 pm	Lunch Break
	1.30 pm – 2.15 pm	Case studies of entrepreneurs dealing with mental health challenges
	2.15 pm – 3.00 pm	Building resilience and coping mechanisms
	3.00 pm – 3.15 pm	Tea Break
	3.15 pm – 4.00 pm	Techniques for stress management and relaxation

A one day seminar on the topic “Mental Health for a Young Entrepreneur” was organized by the department of ECE for the IV year ECE students on 10/10/2019. Dr. S. Karthick, MBBS, MD Psychiatry, MGMCRI, Puducherry, was the invited speaker for the seminar. This seminar was crafted to provide A mentally healthy young entrepreneur is better equipped to overcome challenges, seize opportunities and create a sustainable and thriving environment and will pave the way for greater innovation, productivity, and success in the long run The target participant for the workshop was Second Year ECE department students. A total of 63 students attended the seminar.


Event Incharge




Head of the Department


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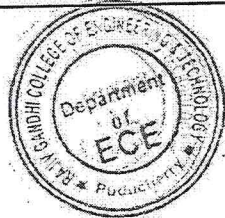
Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

Department of Electronics and Communication Engineering

List of Students Enrolled

Name of the Seminar: Mental Health for a Young Entrepreneur

S.No	Register Number	Name	Year/Sem	Department
1	16TC0501	AKASH R	IV / VII	B.Tech ECE
2	16TC0502	AKSHAYA K	IV / VII	B.Tech ECE
3	16TC0504	AKSHAYA N	IV / VII	B.Tech ECE
4	16TC0506	ARAVIND V	IV / VII	B.Tech ECE
5	16TC0507	ARUNKUMAR P	IV / VII	B.Tech ECE
6	16TC0508	ASHUTOSH KUMAR	IV / VII	B.Tech ECE
7	16TC0509	ASHWINE RAM S	IV / VII	B.Tech ECE
8	16TC0510	ASWANDHAN R	IV / VII	B.Tech ECE
9	16TC0511	BIJAY SHARMA G	IV / VII	B.Tech ECE
10	16TC0512	CHARANYA B	IV / VII	B.Tech ECE
11	16TC0513	DEVASANGEETHAN D	IV / VII	B.Tech ECE
12	16TC0514	DEVAYANI P	IV / VII	B.Tech ECE
13	16TC0515	DHINESH M	IV / VII	B.Tech ECE
14	16TC0516	DHIVYA BHARATHI D	IV / VII	B.Tech ECE
15	16TC0517	DINESH T	IV / VII	B.Tech ECE
16	16TC0518	DIVYA BHARATHI T	IV / VII	B.Tech ECE
17	16TC0519	DURAIVELAN M	IV / VII	B.Tech ECE
18	16TC0520	FARZANA PARVEEN M	IV / VII	B.Tech ECE
19	16TC0521	GANESARAJA N	IV / VII	B.Tech ECE



me

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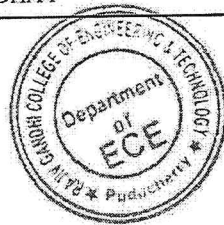
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S.No	Register Number	Name	Year/Sem	Department
20	16TC0522	GOKULAN V	IV / VII	B.Tech ECE
21	16TC0523	GOPALAKRISHNAN N	IV / VII	B.Tech ECE
22	16TC0524	GUNALAKSHMI S	IV / VII	B.Tech ECE
23	16TC0525	HARIPRIYA V.G	IV / VII	B.Tech ECE
24	16TC0526	INDHUMATHY K	IV / VII	B.Tech ECE
25	16TC0527	IYYANAR J	IV / VII	B.Tech ECE
26	16TC0528	KARTHIKEYAN P	IV / VII	B.Tech ECE
27	16TC0529	KARTHIGA N	IV / VII	B.Tech ECE
28	16TC0530	KIRUBAKARAN T	IV / VII	B.Tech ECE
29	16TC0531	KIRUTHIKA A	IV / VII	B.Tech ECE
30	16TC0532	MATHESHWARAN S	IV / VII	B.Tech ECE
31	16TC0533	MEENA S	IV / VII	B.Tech ECE
32	16TC0536	MYTHILI S	IV / VII	B.Tech ECE
33	16TC0538	NANDHINI P	IV / VII	B.Tech ECE
34	16TC0539	NARMATHA U	IV / VII	B.Tech ECE
35	16TC0540	NASHREEN FAHINA S	IV / VII	B.Tech ECE
36	16TC0541	NEELAAMPARI P	IV / VII	B.Tech ECE
37	16TC0542	NETHRA K	IV / VII	B.Tech ECE
38	16TC0543	NIVEDHA P	IV / VII	B.Tech ECE



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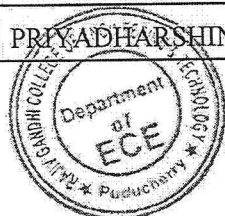
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S.No	Register Number	Name	Year /Sem	Department
39	16TC0544	PAVITHIRA B	IV / VII	B.Tech ECE
40	16TC0545	PRASANNA KUMAR E	IV / VII	B.Tech ECE
41	16TC0546	PRAVEEN M	IV / VII	B.Tech ECE
42	16TC0547	PRITHA U	IV / VII	B.Tech ECE
43	16TC0548	PRIYADHARSHINI K	IV / VII	B.Tech ECE
44	16TC0549	PRIYADHARSHINI N	IV / VII	B.Tech ECE
45	16TC0550	PUNITHA D	IV / VII	B.Tech ECE
46	16TC0552	RAMAKRISHNAN E	IV / VII	B.Tech ECE
47	16TC0553	RAVI SANKAR T	IV / VII	B.Tech ECE
48	16TC0554	REETHU S	IV / VII	B.Tech ECE
49	16TC0556	SARANYA P	IV / VII	B.Tech ECE
50	16TC0557	SARAVANAN M	IV / VII	B.Tech ECE
51	16TC0558	SATHESH A	IV / VII	B.Tech ECE
52	16TC0559	SHANMATHY U	IV / VII	B.Tech ECE
53	16TC0560	SITHARANJAN S T	IV / VII	B.Tech ECE
54	16TC0561	SUNITHA M	IV / VII	B.Tech ECE
55	16TC0562	SURIYA DEVAN C	IV / VII	B.Tech ECE
56	16TC0563	THAMIZHSELVAN R	IV / VII	B.Tech ECE
57	16TC0564	THIRIPURASUNDARI @ THENMOZHI E	IV / VII	B.Tech ECE
58	16TC0566	VIDHYA S	IV / VII	B.Tech ECE
59	16TC0567	VINU B	IV / VII	B.Tech ECE
60	16TC0568	YAMUNA P	IV / VII	B.Tech ECE
61	16TCL006	PRIYADHARSHINI R	IV / VII	B.Tech ECE



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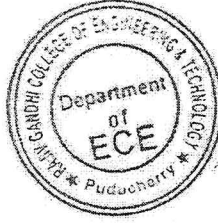
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62	16TC1227	VIGNESH T	IV / VII	B.Tech ECE
63	16TE0406	DINESH S	IV / VII	B.Tech ECE
Total Enrolled Students			63	


Event Incharge




Head of the Department


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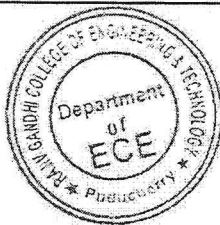
Department of Electronics and Communication Engineering

Attendance Sheet

Year / Semester: IV/VII

Name of the Program: Seminar on Mental Health for a Young Entrepreneur

S.No	Register Number	Name	10/10/2019
1	16TC0501	AKASH R	P
2	16TC0502	AKSHAYA K	P
3	16TC0504	AKSHAYA N	P
4	16TC0506	ARAVIND V	P
5	16TC0507	ARUNKUMAR P	P
6	16TC0508	ASHUTOSH KUMAR	P
7	16TC0509	ASHWINE RAM S	P
8	16TC0510	ASWANDHAN R	P
9	16TC0511	BIJAY SHARMA G	P
10	16TC0512	CHARANYA B	P
11	16TC0513	DEVASANGEETHAN D	P
12	16TC0514	DEVAYANI P	P
13	16TC0515	DHINESH M	P
14	16TC0516	DHIVYA BHARATHI D	P
15	16TC0517	DINESH T	P
16	16TC0518	DIVYA BHARATHI T	P



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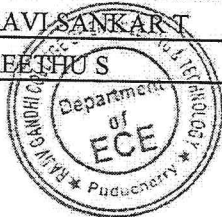
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S.No	Register Number	Name	10/10/2019
17	16TC0519	DURAIVELAN M	P
18	16TC0520	FARZANA PARVEEN M	P
19	16TC0521	GANESARAJA N	P
20	16TC0522	GOKULAN V	P
21	16TC0523	GOPALAKRISHNAN N	P
22	16TC0524	GUNALAKSHMI S	P
23	16TC0525	HARIPRIYA V.G	P
24	16TC0526	INDHUMATHY K	P
25	16TC0527	IYYANAR J	P
26	16TC0528	KARTHIKEYAN P	P
27	16TC0529	KARTHIGA N	P
28	16TC0530	KIRUBAKARAN T	P
29	16TC0531	KIRUTHIKA A	P
30	16TC0532	MATHESHWARAN S	P
31	16TC0533	MEENA S	P
32	16TC0536	MYTHILI S	P
33	16TC0538	NANDHINI P	P
34	16TC0539	NARMATHA U	P
35	16TC0540	NASHREEN FAHINA S	P
36	16TC0541	NEELAAMPARI P	P
37	16TC0542	NETHRA K	AB
38	16TC0543	NIVEDHA P	P
39	16TC0544	PAVITHIRA B	P
40	16TC0545	PRASANNA KUMAR E	P
41	16TC0546	PRAVEEN M	P
42	16TC0547	PRITHA U	P
43	16TC0548	PRIYADHARSHINI K	P
44	16TC0549	PRIYADHARSHINI N	P
45	16TC0550	PUNITHA D	P
46	16TC0552	RAMAKRISHNAN E	P
47	16TC0553	RAVI SANKAR T	P
48	16TC0554	REETHU S	P



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49	16TC0556	SARANYA P	P
50	16TC0557	SARAVANAN M	P
51	16TC0558	SATHESH A	P
52	16TC0559	SHANMATHY U	P
53	16TC0560	SITHARANJAN S T	P
54	16TC0561	SUNITHA M	P
55	16TC0562	SURIYA DEVAN C	P
56	16TC0563	THAMIZHSELVAN R	P
57	16TC0564	THIRIPURASUNDARI @ THENMOZHI E	P
58	16TC0566	VIDHYA S	P
59	16TC0567	VINU B	P
60	16TC0568	YAMUNA P	P
61	16TCL006	PRIYADHARSHINI R	P
62	16TC1227	VIGNESH T	P
63	16TE0406	DINESH S	P
Total Number of Students			63
Total Students Absent			01
Total Students Present			62


Event Incharge




Head of the Department


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Feedback Form

Seminar Title: _____

Date: _____ Venue: _____

Name: _____ Register No. _____ Year/Sem.: _____

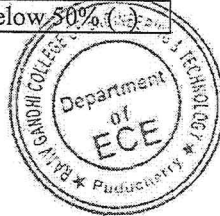
THE DESIGN OF THE SEMINAR

- A. Were objectives of the course clear to you? Y / N
- B. The seminar contents met with your expectations
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- C. The lecture sequence was well planned
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- D. The contents were illustrated with adequate examples
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- E. The level of the seminar was too high
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- F. The seminar contents compared with your expectations was too theoretical
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- G. The seminar exposed you to new knowledge and practices
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

THE CONDUCT OF THE COURSE

- A. The lectures were clear and easy to understand
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- B. The teaching aids were effectively used
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- C. The course material handed out was adequate
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- D. The instructors encouraged interaction and were helpful
 1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- E. Were objectives of the seminar realized? Y / N
- F. Please give overall rating of the seminar

90% - 100% ()	60% - 70% ()
80% - 90% ()	50% - 60% ()
70% - 80% ()	below 50% ()



Student Signature

Dr. E. VIJAYAKRISHNA RAPAKA

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Rajiv Gandhi College of Engineering and technology
Department of Electronics and Communication Engineering

Feedback Form

Seminar Title: Mental Health for Young Entrepreneurs
Date: 10/10/19 Venue: Seminar Hall
Name: Duvarvelan M. Register No.: 16T E019
Year / Sem: IV / VII

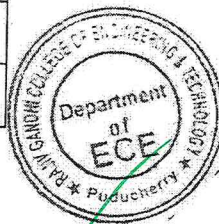
THE DESIGN OF THE SEMINAR

- A. Were objectives of the course clear to you? Y / N
- B. The seminar contents met with your expectations
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- C. The lecture sequence was well planned
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
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- E. The level of the seminar was too high
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- F. The seminar contents compared with your expectations was too theoretical
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- G. The seminar exposed you to new knowledge and practices
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

THE CONDUCT OF THE COURSE

- A. The lectures were clear and easy to understand
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- B. The teaching aids were effectively used
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- C. The course material handed out was adequate
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- D. The instructors encouraged interaction and were helpful
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- E. Were objectives of the seminar realized? Y / N
- F. Please give overall rating of the seminar

90% - 100% <input checked="" type="checkbox"/>	60% - 70% ()
80% - 90% ()	50% - 60% ()
70% - 80% ()	below 50% ()



Duvarvelan M.
Student Signature

Dr. E. VIJAYAKRISHNA RAPAKA
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M.I.S.T.E., F.I.I.P.E., M.C.S.I.M.C.E.L.
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Arumampakkam, Puducherry - 607 402.

Rajiv Gandhi College of Engineering and technology
Department of Electronics and Communication Engineering

Feedback Form

Seminar Title: Mental Health for Young Entrepreneurs
Date: 10/10/19 Venue: Seminar Hall
Name: Meena S Register No.: 16TC0533
Year / Sem: IV / VII

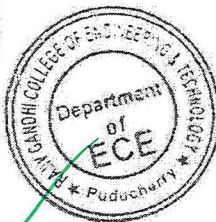
THE DESIGN OF THE SEMINAR

- A. Were objectives of the course clear to you? Y / N
- B. The seminar contents met with your expectations
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- C. The lecture sequence was well planned
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- D. The contents were illustrated with adequate examples
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
- E. The level of the seminar was too high
1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree
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90% - 100% <input checked="" type="checkbox"/>	60% - 70% ()
80% - 90% ()	50% - 60% ()
70% - 80% ()	below 50% ()



Meena S
Student Signature

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Rajiv Gandhi College of Engineering and technology
Department of Electronics and Communication Engineering

Feedback Form

Seminar Title: Mental Health for young Entrepreneurs
Date: 10/10/2019 Venue: Seminar Hall 11
Name: Vinu B Register No.: 16T20567
Year / Sem: IV / VII

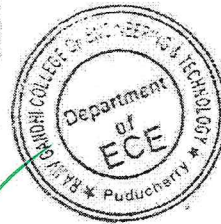
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90% - 100% ()	60% - 70% ()
80% - 90% (<input checked="" type="checkbox"/>)	50% - 60% ()
70% - 80% ()	below 50% ()



B. Vinu
Student Signature

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RAJIV GANDHI COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE and Affiliated to Pondicherry University)

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Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607 403.

Photo Gallery



Dr. S. Karthick presenting a seminar on “Mental Health for Young Entrepreneurs” @ Seminar Hall

anand
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ENGINEERING AND TECHNOLOGY
KIRUMAMPAKKAM, PUDUCHERRY - 607 403.