Sri SAI RAM ENGINEERING COLLEGE
An Autonomous Institution
West Tambaram, Chennai - 44
www.sairam.edu.in

ARTIFICIAL INTELLIGENCE AND DATA SCIENCE NEWSLETTER

April 2023, Volume 2, Issue 5

EDITORIAL BOARD

Vision / Mission of College

Vision

To emerge as a “Centre for excellence” offering Technical Education and Research Opportunities of very high standards to students, develop the total personality of the individual, and instil high levels of discipline and strive to set global standards, making our students technologically superior and ethically strong, who in turn shall contribute to the advancement of society and humankind.

Mission

We dedicate and commit ourselves to achieve, sustain and foster unmatched excellence in Technical Education. To this end, we will pursue continuous development of infrastructure and enhance state-of-the art equipment to provide our students a technologically up-to date and intellectually inspiring environment of learning, research, creativity, innovation and professional activity and inculcate in them ethical and moral values.

Quality Policy

We at Sri Sairam Engineering College are committed to build a better nation through Quality Education with team spirit. Out students are enabled to excel in all values of Life and become Good Citizens. We continually improve the System, Infrastructure and Services to satisfy the Students, Parents, Industry and Society.

VISION / MISSION OF DEPARTMENT

Vision

To emerge as a “Centre of Excellence in the field of Artificial Intelligence and Data Science”, The Department is committed to inculcate discipline, offering best Technical Education and Research Opportunities and ethically strong to meet the global challenges, who in turn shall contribute to the advancement and welfare of the society.

Mission

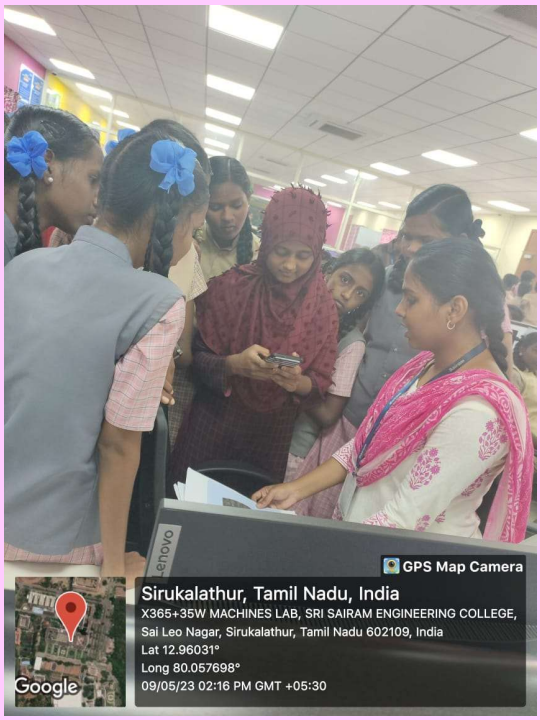
- To produce students with a sound understanding of the fundamentals of the theory and practise of Artificial Intelligence, Machine Learning and Data Science.
- To enable students to become leaders in the Industry and Academia Nationally as well as Internationally.
- To meet the pressing demands of the nation in the areas of Artificial Intelligence and Data Science.

EPITOME OF OUR MISSION

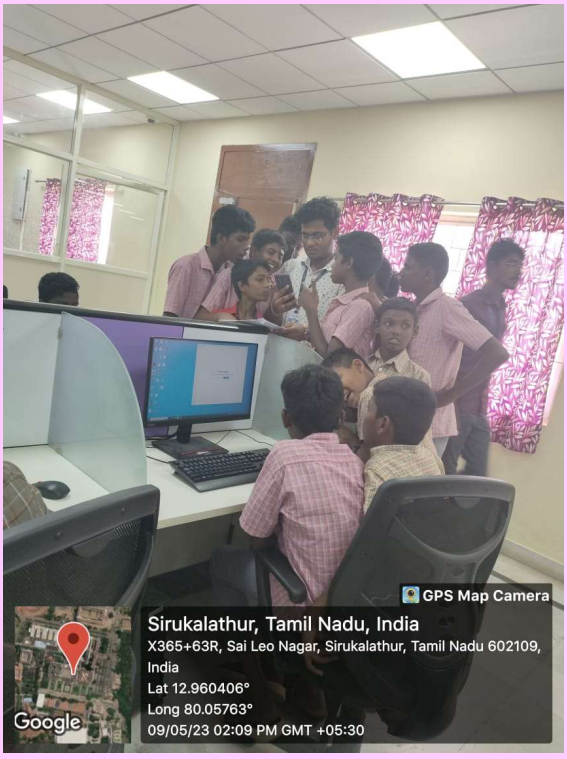
The Department of Artificial Intelligence and Data Science emerged in the year 2020 in Sai Ram Institutions with the intake of exiguous students. It has now evolved quintessentially with an admirable admission of about 60 aspiring students in 2020, 120 in 2021, 180 in 2022 and gradually increasing each year, joining hands with a dedicated team of erudite faculty.

DEPARTMENT EVENTS

AR/VR Demonstration Report at LMES Incubation Centre, Sri Sairam Engineering College



This report presents an overview of the AR/VR demonstration event held at the LMES Incubation Centre, Sri Sairam Engineering College. The event was organised by Sudharshan, a senior from the 3rd year AI&DS (Artificial Intelligence and Data Science) program. The demonstration aimed to showcase the capabilities and applications of Augmented Reality (AR) and Virtual Reality (VR) technologies.Introduce participants to the concepts and potential of AR/VR technologies.Demonstrate real-world applications of AR/VR in various industries and domains.Showcase the capabilities and benefits of AR/VR in education, healthcare, entertainment, and other fields.Provide hands-on experience with AR/VR devices and software.



The participants were provided with an overview of AR/VR technologies, their underlying principles, and their potential applications.Organizers from the Sri SaiRam Siddha and Ayurveda College team conducted live demonstrations of AR/VR devices and showcased immersive experiences related to medicine, therapy, and healthcare.The organisers facilitated interactive sessions to address questions, discuss potential use

cases, and encourage participants to share their thoughts and ideas on AR/VR technology.

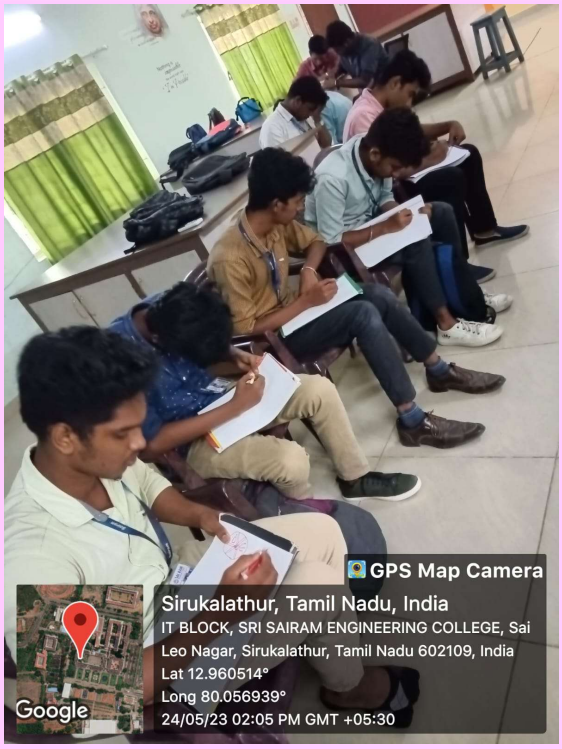
Participants gained a comprehensive understanding of AR/VR technologies, their potential applications, and their impact on various industries.The live demonstrations highlighted the practical applications of AR/VR in healthcare, medicine, and therapy, inspiring participants to explore similar interdisciplinary projects.Participants developed proficiency in operating AR/VR devices and software, providing them with a solid foundation for future exploration and innovation.

The AR/VR demonstration event organised by Sudharshan at the LMES Incubation Centre proved to be an informative and engaging experience for the participants. The event successfully achieved its objectives of introducing participants to AR/VR technologies, showcasing their applications, and providing hands-on experience.

Hands on Training on Design Thinking for Idea Lab

We are excited to announce that the Department of Artificial Intelligence and Data Science in association with AICTE - IDEA LAB is organizing a hands-on training on Design Thinking for Idea Lab. The training will take place from May 24, 2023, to May 30, 2023, at the Innovation Cell & Smart Class 1.

The training will feature Dr. Swagata Sarkar, the Head of Department of Artificial Intelligence and Data Science, as the resource person. As an expert in the field, Dr. Sarkar will guide



participants through the process of Design Thinking, a powerful problem-solving approach used by successful companies worldwide.

During the training, participants will learn how to use Design Thinking to generate innovative ideas, solve complex problems, and improve existing products or services. They will also get hands-on experience in applying Design Thinking tools and techniques, such as empathizing with users, defining the problem, ideating, prototyping, and testing.

The training is open to all interested individuals, including entrepreneurs, innovators, students, and professionals from various fields. Participants will receive a certificate of completion at the end of the training.

Guest Lecture on Placement

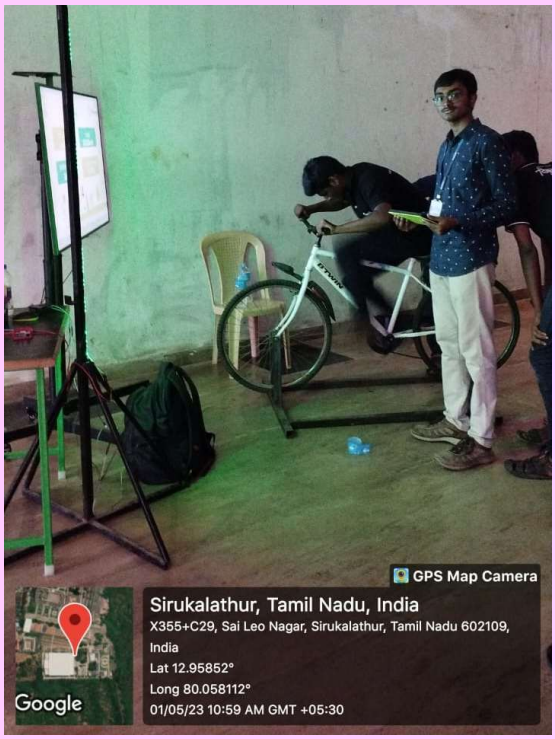
We are pleased to announce that the Department of Artificial Intelligence and Data Science in association with IEEE is organizing a guest lecture on placement. The lecture will take place on May 27, 2023, from 6:30 pm to 7:00 pm and will be conducted in offline mode.

The guest speaker for the lecture is Ms. Brindha C., a Senior Technical Lead at HCL Technologies. Ms. Brindha has extensive experience in the IT industry and has been instrumental in the recruitment and placement of numerous candidates in top companies.

During the lecture, Ms. Brindha will share her insights and expertise on the current job market, the skills and qualities that employers look for in candidates, and the best practices for preparing for job interviews and placement exams.

This guest lecture is a valuable opportunity for students, job seekers, and professionals to learn from a seasoned industry veteran and gain practical tips and strategies for succeeding in their careers.

Adutha Elaku – Empowering the future Generation



We are pleased to present a report on the event "Adutha Elaku," organized by Sri Sairam Engineering College, Chennai, on May 1. Adutha Elaku aimed to provide free career guidance to students from classes 10th and 12th, equipping them with the knowledge and insights necessary to make informed decisions about their future careers.

The event, held at Sri Sairam Engineering College, brought together a team of dedicated professionals, educators, and mentors who volunteered their expertise to guide the students on their educational and career paths. The theme of the event revolved around empowering the future generation and enabling them to explore various career options.

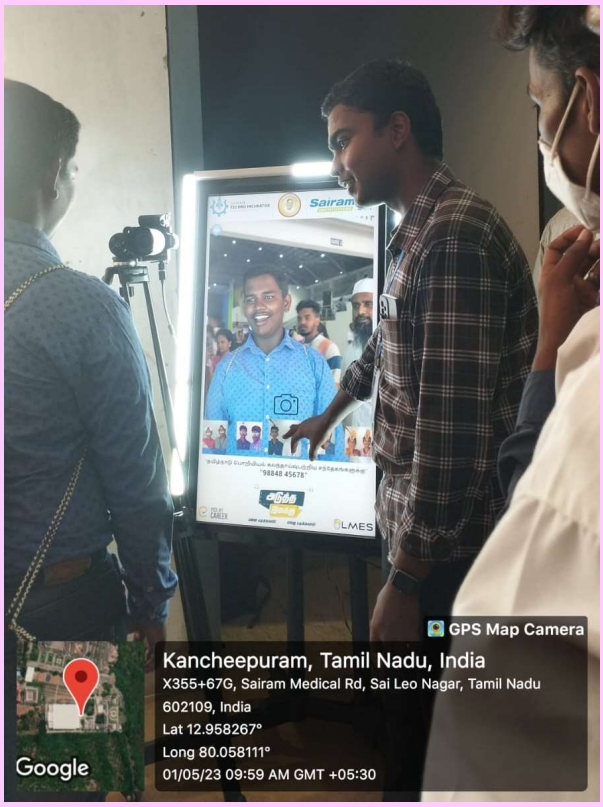
The Adutha Elaku event was structured to ensure that each student received personalized attention and guidance. The organizers had meticulously curated sessions and workshops that covered a wide range of career opportunities, from engineering and medicine to arts,

commerce, and emerging fields such as artificial intelligence and data science.

The event commenced with an inspiring keynote address, setting the tone for the day's activities. The students were then divided into smaller groups, allowing for more focused discussions and interactions with the experts. Throughout the day, the students had the opportunity to engage in one-on-one discussions, participate in panel discussions, and attend informative sessions.

The experts and mentors at Adutha Elaku went above and beyond to address the students' concerns and provide guidance tailored to their individual interests and aptitudes. They discussed various aspects of each career field, including academic requirements, job prospects, and growth opportunities. The students were encouraged to ask questions and seek clarification, ensuring a comprehensive understanding of each career option.

The event also featured interactive activities such as career quizzes, aptitude tests, and career counseling sessions, which allowed the students to gain a better understanding of their strengths and interests. These activities not only made the event engaging but also enabled the students to explore different career paths and make well-informed decisions.



The organizers, Sri Sairam Engineering College, are to be commended for their commitment to the development and empowerment of the future generation. By hosting Adutha Elaku, they have provided a platform for students to access valuable career guidance and make informed choices about their educational journeys.

The impact of Adutha Elaku was evident in the enthusiasm and gratitude expressed by the participating students. Many of them left the event with a renewed sense of purpose and clarity about their future career paths. The event played a crucial role in shaping their perspectives and providing them with the necessary guidance to excel in their chosen fields.

We extend our heartfelt appreciation to the organizers, mentors, and volunteers who dedicated their time and expertise to make Adutha Elaku a resounding success. Their selfless efforts have undoubtedly made a positive impact on the lives of the students who attended the event.

As we conclude this report, we emphasize the significance of events like Adutha Elaku in shaping the future of our youth. By providing free career guidance and mentorship, Sri Sairam Engineering College has exemplified its commitment to the holistic development of students and their journey towards successful careers.

STUDENT ACHIEVEMENTS

Anna University Chess Zonal Tournament: Swetha Balaji Emerges Victorious

We are thrilled to bring you the latest update from the world of chess and artificial intelligence. In an exciting turn of events, the prestigious Anna University recently organized a Chess Zonal Tournament in collaboration with the Sri Sairam Institute of Technology. The tournament witnessed fierce competition, with students from various departments showcasing their strategic skills on the chessboard.

The event, held on December 4th, 2022, garnered immense attention and enthusiasm from chess enthusiasts and the academic community alike. With players exhibiting exceptional talent and analytical prowess, the tournament proved to be a captivating experience for everyone involved.

We are delighted to announce that Swetha Balaji, a remarkable student from the Artificial Intelligence and Data Science department, emerged as the winner of the tournament. Swetha demonstrated exceptional skill, composure, and an unrivaled understanding of the game throughout the competition, ultimately securing the top position.

Swetha's victory is a testament to the remarkable talent and dedication within the AI and Data Science department at Anna University. Her strategic thinking and ability to navigate complex chess positions made her a formidable opponent for her competitors.

The Sri Sairam Institute of Technology, located in Chennai, provided an excellent venue for the tournament. The state-of-the-art facilities and

supportive environment created the perfect atmosphere for the participants to showcase their chess prowess.

The Chess Zonal Tournament at Anna University not only promoted healthy competition and camaraderie among the students but also emphasized the significance of intellectual engagement and critical thinking, essential attributes for success in the field of artificial intelligence.

We extend our heartfelt congratulations to Swetha Balaji for her remarkable achievement in the tournament. Her victory serves as an inspiration to aspiring chess players and students pursuing AI and Data Science. We commend Anna University and the Sri Sairam Institute of Technology for organizing a successful event that encourages the development of strategic thinking skills among the student community.

As we celebrate Swetha's triumph, let us also acknowledge the immense potential that lies at the intersection of artificial intelligence and the world of chess. Chess has long been considered a testbed for AI algorithms and machine learning models, and this tournament stands as a testament to the exciting possibilities in this domain.

BuzzOnEarth-CKC Climate Hackathon

We are excited to share the highlights of the CKC Climate Hackathon, a groundbreaking event organized by the esteemed Indian Institute of Technology (IIT) Kanpur. The hackathon, which took place from April 17th to 19th, aimed to harness the potential of India's youth to address pressing climate challenges and foster sustainable solutions.
Under the guidance of Dr. Swagata Sarkar, the Head of the Artificial Intelligence department, and Dr. Thanuja from the Science department, a team of enthusiastic students from Sri Sairam Engineering College participated in the hackathon under the team name "Envicom." The team members are:

1. Anantha Narayanan R
2. Harini V
3. Kamaleshwar V
4. Krithik Raghav V
5. Sakthisree K
6. Surya Praksha P K

brought their expertise in Artificial Intelligence and Data Science to tackle climate-related issues.

The CKC Climate Hackathon received an overwhelming response from students across the country, with hundreds of teams competing to secure a spot in the finals. After rigorous evaluation, Envicom emerged victorious in the preliminary round, securing their place among the top 14 teams in India. This achievement alone speaks volumes about the dedication, knowledge, and innovative thinking of the team members.

Throughout the hackathon, the participants were presented with complex climate challenges and were tasked with developing solutions that were technologically advanced, sustainable, and scalable. The atmosphere at IIT Kanpur was brimming with excitement and a spirit of collaboration as like-minded individuals united to tackle the urgent need for climate action.

Envicom's project aimed to leverage Artificial Intelligence and Data Science to monitor and predict the impact of deforestation on local ecosystems. Their solution showcased an impressive integration of cutting-edge technologies, utilizing satellite imagery, machine learning

algorithms, and data analytics to provide actionable insights for conservation efforts.

While Envicom's journey in the CKC Climate Hackathon was commendable, they unfortunately fell short of securing the winning position in the finals. However, their participation and efforts deserve praise and recognition. They have demonstrated a deep commitment to addressing climate change and have undoubtedly contributed valuable ideas to the pool of solutions aimed at creating a sustainable future.

The CKC Climate Hackathon not only provided an opportunity for participants to showcase their technical skills but also fostered a sense of responsibility and urgency towards climate action. It encouraged collaboration, interdisciplinary thinking, and innovative problem-solving among India's youth, paving the way for a more sustainable and resilient future.

We extend our warmest congratulations to the members of Envicom for their outstanding performance and commend their dedication to making a positive impact on the environment. We also express our gratitude to IIT Kanpur for organizing such a transformative event that empowers the youth to lead the charge in combating climate change.

Let us remember that it is not just about winning competitions but about the collective effort and determination to address the challenges our planet faces. The participation of Envicom in the CKC Climate Hackathon is a testament to the passion and potential within the youth to create meaningful change.

Cloud Computing Workshop at CEG

ABACUS'23, the annual technical symposium organized by CSEA, College of Engineering, Guindy, aims to provide students with a platform to showcase their technical skills and gain knowledge from industry experts. As part of ABACUS'23, a workshop on Cloud Computing was conducted on May 5, 2023. The workshop aimed to introduce participants

CERTIFICATE

OF PARTICIPATION

This is to certify that Mr/Ms Nidharshana of Sri Sairam Engineering College (2nd year) has participated in the **Cloud Computing Workshop** as part of Abacus'23 organised by CSEA, College of Engineering Guindy, Anna University on May 5, 2023.

President CSEA

Chairperson CSEA

to the concepts and practical applications of cloud computing. This report provides an overview of the workshop and highlights the participation of three students from the Department of Artificial Intelligence and Data Science, Sri Sairam Engineering College, who received certificates of participation.The workshop saw active participation from three students from the Department of Artificial Intelligence and Data Science, Sri Sairam Engineering College. The participants' names and the certificates they received are as follows:

Nidharshana - Certificate of Participation
Akash B - Certificate of Participation
Sanjaie Shelton - Certificate of Participation

CERTIFICATE

OF PARTICIPATION

This is to certify that Mr/Ms Akash B of Sri Sairam Engineering College (2nd year) has participated in the **Cloud Computing Workshop** as part of Abacus'23 organised by CSEA, College of Engineering Guindy, Anna University on May 5, 2023.

President CSEA

Chairperson CSEA

The Cloud Computing Workshop was designed to provide a comprehensive understanding of cloud computing and its applications in modern technology. The workshop covered the following key topics:
Introduction to Cloud Computing: The participants were introduced to the fundamentals of cloud computing, including its definition, benefits, and various service models, such as Infrastructure as a Service (IaaS), Platform as a Service (PaaS), and Software as a Service (SaaS).
Cloud Computing Architecture: The workshop covered the architectural components of cloud computing, including virtualization, resource

CERTIFICATE

OF PARTICIPATION

This is to certify that Mr/Ms Sanjaie Shelton of Sri Sairam Engineering College (2nd year) has participated in the **Cloud Computing Workshop** as part of Abacus'23 organised by CSEA, College of Engineering Guindy, Anna University on May 5, 2023.

President
CSEA

Chairperson
CSEA

pooling, and scalability. Participants gained insights into the underlying infrastructure that enables cloud services.

Cloud Service Providers: An overview of popular cloud service providers like Amazon Web Services (AWS), Microsoft Azure, and Google Cloud Platform (GCP) was presented. The participants learned about the features and offerings of each provider and their suitability for different applications.

Cloud Deployment Models: The workshop discussed different deployment models of cloud computing, including public cloud, private cloud, hybrid cloud, and community cloud. Participants understood the advantages and considerations associated with each model.

Hands-on Exercises: Practical sessions were conducted to provide participants with hands-on experience in utilizing cloud platforms. They were guided through setting up virtual machines, deploying applications, and managing cloud resources.

Security and Privacy: The importance of security and privacy in cloud computing was emphasized. Participants learned about various security measures and best practices to protect data and ensure compliance with regulations.

Emerging Trends in Cloud Computing: The workshop concluded with an exploration of emerging trends in cloud computing, such as serverless computing, edge computing, and containerization. Participants gained insights into the future prospects and advancements in the field.

The Cloud Computing Workshop conducted as part of ABACUS'23 was highly informative and beneficial for the participants from the Department of Artificial Intelligence and Data Science, Sri Sairam Engineering College. They gained a strong foundation in cloud computing concepts, practical experience in utilizing cloud platforms, and an understanding of emerging trends in the field. The CSEA, College of Engineering, Guindy, is commended for organizing this workshop and providing students with valuable insights into the world of cloud computing.

Agri Pulse 1.0 – A Business Proposal

We are thrilled to announce that Soumil, Prabhakaran, Parasuram, and Livisha have won 3rd place in the business proposals for agriculture theme in AGRI PULSE 1.0! Congratulations to them on their impressive accomplishment.

Their hard work, dedication, and vision for the agriculture industry have truly paid off with this recognition. We are proud to have them as part of our community and are confident that they will continue to achieve great things in the future.

We would like to take this opportunity to thank all the participants for their contributions and efforts in making AGRI PULSE 1.0 a successful event. Your enthusiasm and passion for agriculture have been inspiring to us all.

Once again, congratulations to Soumil, Prabhakaran, Parasuram, and Livisha on their well-deserved win. We wish them all the best in their future endeavors.

UBA Xtard Ideathon Event

This report provides an overview of the UBA Xtard Ideathon Final event held at Steve Jobs Hall, Sri Sairam Engineering College. The event was organised by Unnat Bharat Abhyan (UBA) with the objective of fostering innovation and entrepreneurial spirit among students. Provide a platform for students to showcase their innovative ideas and solutions to real-world problems. Encourage entrepreneurship and promote a culture of innovation among students. Facilitate networking and collaboration between students, industry experts, and mentors.

Recognize and reward outstanding ideas with the potential for societal impact.

Each participating team presented their innovative ideas, outlining the problem they aimed to solve, their proposed solution, and its potential impact.Teams received

guidance and support from industry experts and mentors, who provided valuable insights to refine their ideas and enhance their presentation skills.Judges and audience members engaged in interactive question-and-answer sessions, allowing teams to address queries and showcase

their in-depth understanding of their respective projects.Panels consisting of industry experts and faculty members discussed emerging trends, challenges, and opportunities in the startup ecosystem, inspiring participants and offering valuable insights.The event concluded with an award ceremony to recognize and appreciate the top-performing teams based on their presentations, innovation, potential impact, and feasibility.

Over 20 teams from various disciplines and colleges attended the event.Each team comprised a diverse group of students with expertise in different areas,

fostering interdisciplinary collaboration.Students from Sri Sairam Engineering College and other participating colleges showcased their innovative ideas and solutions.

The event stimulated students' innovation and creativity, encouraging them

to think critically and propose unique solutions to pressing societal problems.Participants developed an entrepreneurial mindset by refining their ideas, considering market feasibility, and exploring potential commercialization avenues.The event facilitated networking and collaboration among students, industry experts, and mentors, creating opportunities for future partnerships and mentorship.Students honed their problem-solving skills through research, analysis, and designing practical solutions for real-world challenges.Outstanding ideas received recognition, appreciation, and awards, motivating participants to further pursue their entrepreneurial endeavours.

The UBA Xtard Ideathon Final at Sri Sairam Engineering College successfully achieved its objectives of fostering innovation, entrepreneurship, and collaboration among student participants.

IDEX Internship

We are thrilled to announce that sixteen of our students have been selected for the prestigious Innovate4Defence - Internship 2023 program, which is part of the Innovation for Defence Excellence (IDEX). This is a remarkable achievement for all of them, and we extend our heartfelt congratulations to each of them.

Here are the names of the students who have been selected for this prestigious program:

1. Geet Malika.R - 2nd year/civil
2. Abdul Azeez.P - 2nd year/EIE
3. Ramakrishnan.S - 2nd year/ECE
4. Shreya.k - 2nd year/ ECE
5. Franklin Charles.S - 2nd year/ECE
6. Soumiya.M - 3rd year/ EEE
7. Sakthisree.K - 2nd year/AI&DS
8. Sudharsan.S C - 3rd year/ AI&DS
9. Pavithra.R - 3rd year/M.tech CSE
10. Harini.V - 2nd year/ AI&DS
11. Nivedhitha.M - 2nd year/EEE
12. Nawin viswajith - 2nd year/AI&DS
13. Adharsh.V - 3rd year/AI&DS
14. Krithikraghav.V - 2nd year/AI&DS
15. Bramarambika. P - 2nd year/ AI&DS
16. Kamaleshwar. V - 2nd year/ AI&DS

We are incredibly proud of our students for their hard work, dedication, and commitment

Intel Internship

Harish, Sushmitha, Sanjay, and Poorna. They undertook roles in data analysis, software development, hardware design, and AI research. The internship involved hands-on projects, collaboration, learning opportunities, and mentorship. The students gained technical proficiency, industry exposure, collaboration skills, problem-solving abilities, and adaptability. Harish focused on data analysis and machine learning, Sushmitha contributed to software development, Sanjay worked on hardware design, and Poorna assisted the AI research team. Overall, the students found the internship valuable, expanding their knowledge and skills in their respective domains. The experience broadened their understanding of industry practices and applied their academic knowledge to real-world scenarios.

STAFF ACHIEVEMENTS

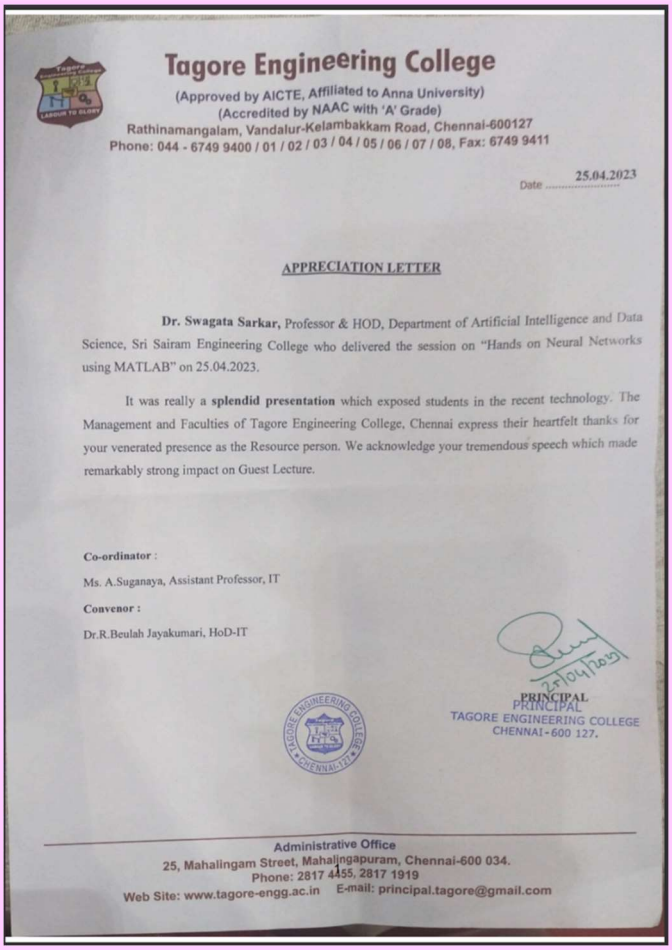
Appreciation Letter – Tagore Engineering College

Dr. Swagata Sarkar's Session on "Hands on Neural Networks using MATLAB

We are delighted to share a report on the session conducted by Dr. Swagata Sarkar, Professor & Head of the Department of Artificial Intelligence and Data Science at Sri Sairam Engineering College. The session, titled "Hands on Neural Networks using MATLAB," took place on April 25, 2023, and left an indelible impression on the participants.

Dr. Swagata Sarkar's session was organized by the Management and Faculties of Tagore Engineering College, Chennai, who expressed their gratitude for her presence as the esteemed resource person. The session aimed to provide students with practical knowledge and hands-on experience in the field of neural networks, using the powerful MATLAB software.

The session began with Dr. Sarkar's warm welcome and an overview of the importance of neural networks in various applications of artificial intelligence and data science. She then dived into the core concepts of neural networks, explaining the architecture, activation functions, and the training process.



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Date 25.04.2023

APPRECIATION LETTER

Dr. Swagata Sarkar, Professor & HOD, Department of Artificial Intelligence and Data Science, Sri Sairam Engineering College who delivered the session on "Hands on Neural Networks using MATLAB" on 25.04.2023.

It was really a **splendid presentation** which exposed students in the recent technology. The Management and Faculties of Tagore Engineering College, Chennai express their heartfelt thanks for your venerated presence as the Resource person. We acknowledge your tremendous speech which made remarkably strong impact on Guest Lecture.

Co-ordinator :
Ms. A.Suganaya, Assistant Professor, IT

Convenor :
Dr.R.Beulah Jayakumari, HoD-IT

25/04/2023
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With her extensive knowledge and expertise, Dr. Sarkar effortlessly guided the participants through the steps of building and training neural networks using MATLAB. She shared valuable insights and tips, ensuring that the students had a comprehensive understanding of the topic.

The hands-on session was particularly engaging, as the participants had the opportunity to work on practical exercises using MATLAB. Dr. Sarkar demonstrated the implementation of neural networks for various tasks, such as classification and regression problems. The students eagerly followed her instructions and actively participated in the exercises, gaining invaluable experience in applying neural networks to real-world scenarios.

The management and faculty members of Tagore Engineering College expressed their heartfelt appreciation for Dr. Swagata Sarkar's impactful session. Her speech not only provided a deep understanding of neural networks but also inspired the students to explore the limitless possibilities of this technology. The participants were enthralled by her expertise and the clarity with which she explained complex concepts.

Dr. Sarkar's session on "Hands on Neural Networks using MATLAB" undoubtedly played a significant role in exposing the students to the latest technology and empowering them with practical skills. Her

valuable contribution to the field of artificial intelligence and data science is evident in her ability to deliver comprehensive sessions that leave a lasting impact.

We extend our heartfelt thanks to Dr. Swagata Sarkar for sharing her knowledge and expertise with the participants of the session. Her dedication to promoting technical education and her remarkable presentation skills have truly made a difference in the lives of aspiring students.

As we conclude this report, we acknowledge the Management and Faculties of Tagore Engineering College for organizing this insightful session. By providing such opportunities to students, they continue to foster an environment of learning and growth.

IITM Workshop

The workshop on Mental Health and Stress Management was conducted at IITM (Indian Institute of Technology, Madras). The objective of the workshop was to create awareness about mental health issues and equip participants with strategies to manage stress effectively. This report provides an overview of the workshop and highlights the participation of two staff members,Delhirani S and Dr. S Parvathi , from Department of Artificial Intelligence and Data Science, Sri Sairam Engineering College.Their participation demonstrated the college's commitment to promoting the well-being of its staff and students.The workshop covered a wide range of topics related to mental health and stress management.

The facilitators provided valuable insights, tools, and techniques to help participants better understand and address mental health issues. Some of the key topics discussed in the workshop included:

Understanding mental health: The workshop began with an overview of mental health, including common mental health disorders, their symptoms, and the impact on overall well-being.

Identifying stressors: Participants learned to identify common stressors in their personal and professional lives. The facilitators emphasized the importance of recognizing and addressing these stressors to maintain good mental health.

Coping strategies: The workshop focused on practical strategies for managing stress. Participants were introduced to various coping mechanisms, including relaxation techniques, mindfulness exercises, and effective time management.

Building resilience: The facilitators emphasized the significance of resilience in dealing with stressful situations. Participants learned strategies to enhance their resilience and bounce back from challenges.

Creating a supportive environment: The workshop emphasized the importance of creating a supportive environment at the workplace and in educational institutions. Participants explored ways to foster a culture that promotes mental well-being and provides necessary support to individuals

The workshop on Mental Health and Stress Management at IITM provided an enriching experience for participants, including Dr. S Parvathi and Delhirani S from Sri Sairam Engineering College. The workshop facilitated increased awareness about mental health issues and equipped participants with practical tools and strategies to manage stress effectively. Their participation demonstrated the college's commitment to the well-being of its staff and students. The knowledge gained from the workshop will contribute to creating a supportive and mentally healthy environment at Sri Sairam Engineering College.

NPTEL Certification

Dr. Swagatha Sarkar has achieved an elite certification in Education for Sustainable Development from NPTEL online certification with an impressive 78% score. Her accomplishment showcases her commitment to promoting sustainable practices and addressing global challenges. Dr. Sarkar's expertise in environmental stewardship, social equity, and economic viability positions her as a catalyst for change. With her newfound knowledge, she can inspire students and integrate sustainable practices into her teaching. This achievement serves as a testament to the effectiveness of online learning platforms and encourages individuals worldwide to pursue specialized knowledge for creating a positive impact. Dr. Sarkar's success highlights the significance of education in shaping a sustainable future.

THANK YOU