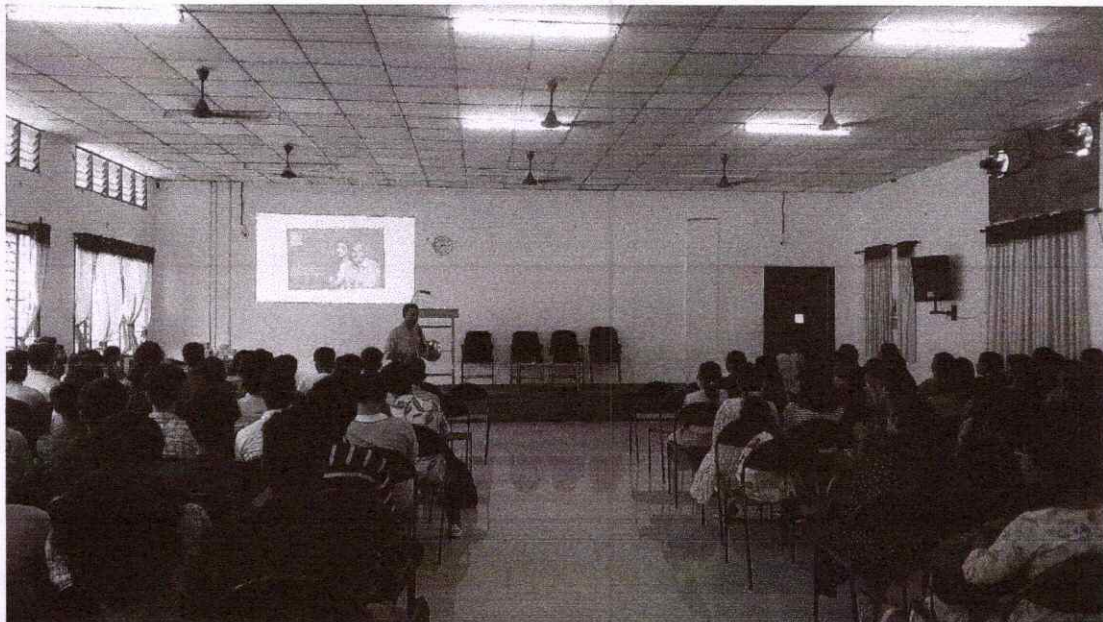


Date:21/09/2023
Venue: Hall No.415

As a part of first year orientation programme Dr. Sebind Kumar (Associate Professor, Psychiatry, Govt. Medical College, Thrissur) conducted a Session on "Stress Management".

The resource person explained different stress management techniques that help to reduce the effects of stress on our body. Some techniques include keep a positive attitude, time management, engage in self-relaxation get enough sleep and exercise on a regular basis and use mindfulness practices. Resource person inspires students by giving examples of well known personalities who overcome their depression and become successful.



**FIRST YEAR
ORIENTATION PROGRAMME 2023**
STRESS MANAGEMENT



Dr. SEBIND KUMAR
ASSOCIATE PROFESSOR, PSYCHIATRY,
GOVT. MEDICAL COLLEGE, THRISSUR.

21-09-2023 (THURSDAY)
HALL NO. 415
2.30 PM TO 3.45 PM



Jose P Therattil

Dr. JOSE P THERATTIL
Principal
Jyothi Engineering College
Cheruthuruthy - 679531


True Copy Attested



S.NO	ACTIVITY	RESOURCE PERSON	DATE
1	SAE AMES Inauguration & Tech Talk	Er. Lakshmi Narayan K MD of metal industries, Shornur	30/10/2023



DEPARTMENT OF MECHANICAL ENGINEERING

 **AMES**

ASSOCIATION OF MECHANICAL ENGINEERING STUDENTS

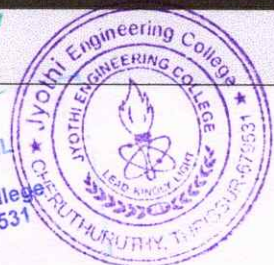
Inauguration

CHIEF GUEST
Mr. LAKSHMINARAYANAN K

@College Auditorium, 2:30pm

**30
OCT**

Jose P
Dr. JOSE P THERATTIL
Principal
Jyothi Engineering College
Cheruthuruthy - 679531



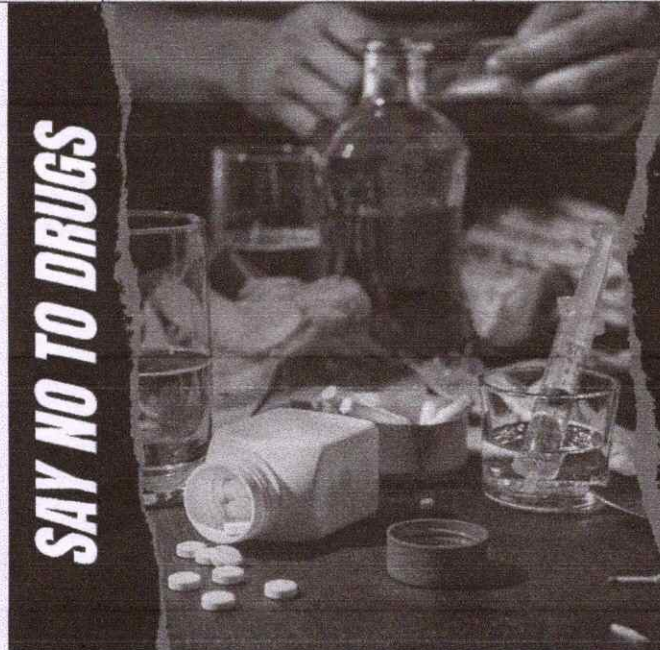
2

Bike rally against drug

Cheruthuruthy Police

30/10/2023

SAY NO TO DRUGS



DEPARTMENT OF MECHANICAL ENGINEERING



**ANTI DRUGS
AWARENESS
BIKE RALLY**

SAEINDIA
Society of Automotive Engineers INDIA
Collegiate Club of Jyothi Engineering College

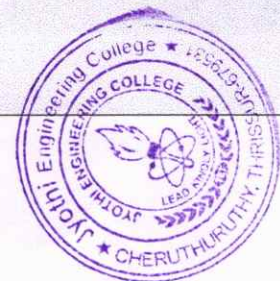
Jyothi
Engineering College

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Dr. Jose P Therattil
Dr. JOSE P THERATTIL
Principal
Jyothi Engineering College
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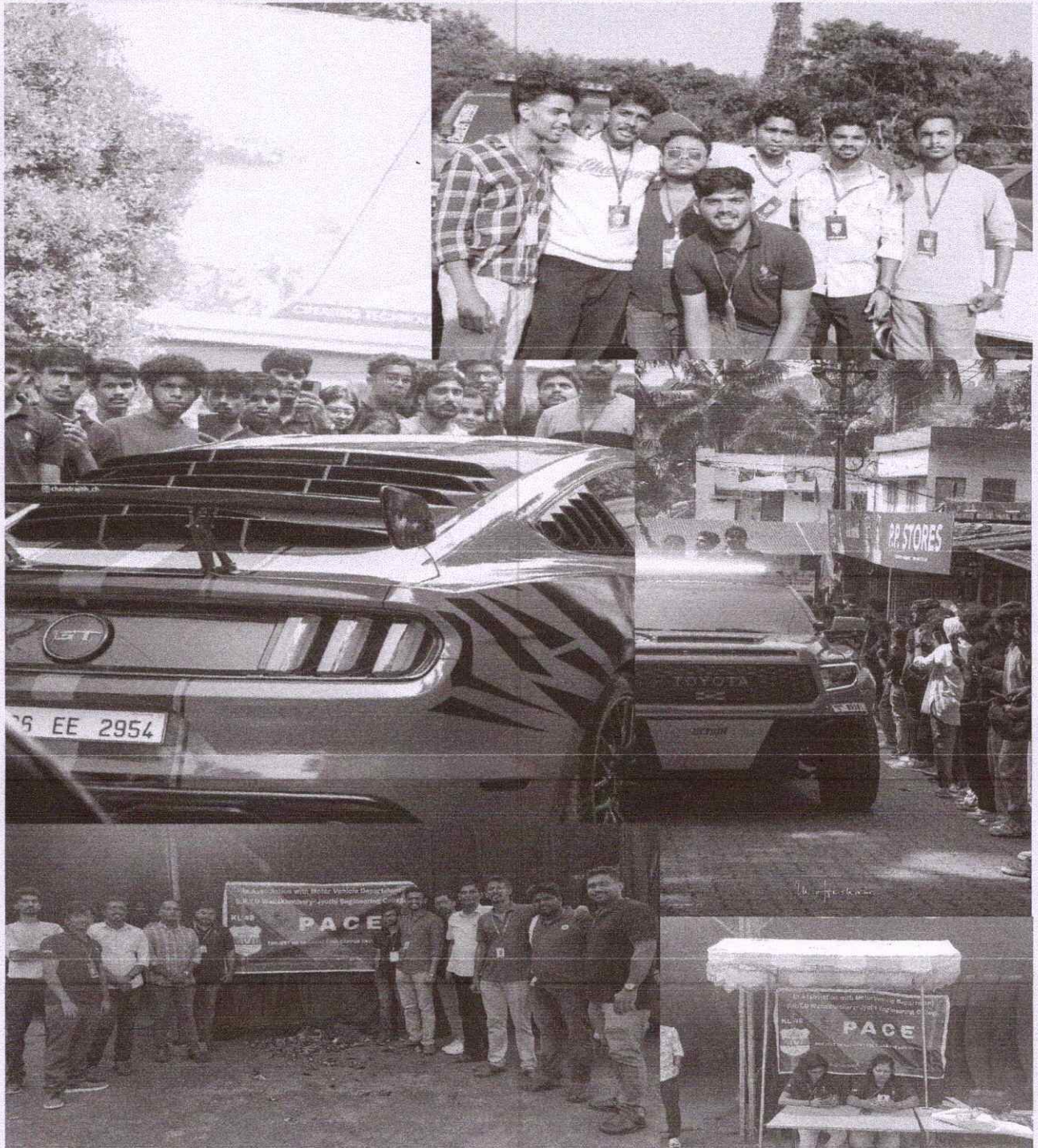


3

One day Motoexpo

MVD Wadakanchery

11/11/2023



Jose P
DR. JOSE P THERATTIL
Principal
Jyothi Engineering College
Cheruthuruthy - 679531



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