



SATHYABAMA

**INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)**

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www.sathyabama.ac.in

School of Science and Humanities

Department of Psychology

1.3.3 Value Added Courses 2022 -2023

S. No.	Title	Event Dates	No. of Students Enrolled	No. of Students Completed	Page No.
1	Personality Development	15/06/2022 to 02/07/2022	64	60	02
2	Emotional Intelligence	11/07/2022 to 28/07/2022	64	62	08
3	Conflict Management	02/08/2022 to 20/08/2022	64	61	14
4	Introduction to Life Skills	22/08/2022 to 09/09/2022	64	60	20

1. Personality Development



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School of Science and Humanities

Department of Psychology

The Department of Psychology is offering a value-added course on '**Personality Development**' which is a 30 hours program that will be conducted from **15.06.2022 To 02.07.2022** between **3.30 pm to 5.30 pm** by Dr. Parveen Banu.R , Head of Department of Psychology, Sathyabama Institute of Science and Technology.

The objective of the program is to explain the value of emotional and social intelligence for professional success. All the students from various departments can participate and can make use of the opportunity.

Course Objectives:

- To build self-confidence, enhance self-esteem and improve overall personality of the students.
- To develop positive attitude and manage interpersonal relationships.
- The course aims at grooming the students through sensitizing them about proper behaviour, socially and professionally, in formal and informal circumstances.

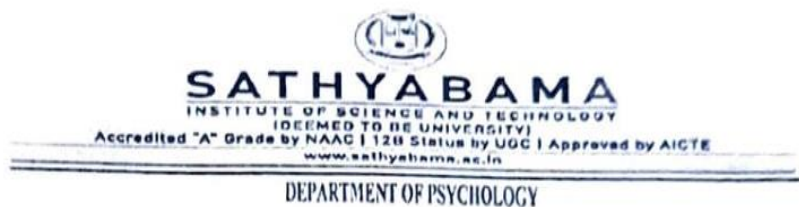
MODULE TOPIC: PERSONALITY DEVELOPMENT

DATE: 15/06/2022 to 02/07/2022 TIME: 3:30pm to 5:30 pm

Course Content:

DAY	COURSE	HOURS
1,2	Personality Development - overview, definitions of personality	2
3,4	Theories of personality, Psychoanalytical theories of personality	2
5,6	Humanistic theories of personality, Body language, Problem-solving, conflict and Stress Management, decision-making skills	2
7,8	Team-work – Time management, Work ethics – Good manners and etiquette, Motivation - Concept of motivation - Significance	2
9,10	Internal and external motives - Importance of self- motivation, Factors leading to de-motivation	2
11,12	Attitude Definition-Factors that determine our attitude, The benefits of a positive attitude -the consequences of a negative attitude	2
13,14	Steps to building a positive attitude, Confidence improvement, Recognition of one's own limitations and deficiencies	2
15,16	Handling your and other people's stress, Empowering, motivating and inspiring others	2
17,18	Major areas of adjustment affected by Intelligence ,Socio-cultural Determinants of adjustment - Family and Educational Determinants	2
19,20	Understanding emotions, The difference between ego and pride	2
21,22	Steps to building a positive personality, Defining the difference between aggressive, submissive, and assertive behaviours	2
23,24	Value of listening, models of communication, barriers to effective listening	2
25,27	Strategies to improve listening, Meaning and measurement of success	3
28-30	Quality of successful person, Obstacles of success	3

List of participants:



STUDENT NAME LIST: Batch 2021-2024

PERSONALITY DEVELOPMENT

Sl. No.	Name	Department	Day 1/2	Day 3/4	Day 5/6	Day 7/8	Day 9/10	Day 11/12	Day 12/13	Day 14/15	Day 16/17	Day 18/19	Day 20/21	Day 22/23	Day 24/25	Day 26/27	Day 28/29	Day 30
1	ABIRAMI.K	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	A
2	AKSHARA A NAIR	Psychology	1	1	1	1	1	1	A	1	1	1	1	1	1	1	1	1
3	AKSHAYA B	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
4	AKSHYA V	Psychology	1	1	1	A	1	1	1	1	1	1	1	1	1	1	1	1
5	AMIRTHA S	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
6	ARAVIND KRISHNA	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
7	B.KAVIYA	Psychology	1	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
8	BENJAMIN BERNARD R	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
9	BEULAH T	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	A	1	1
10	BHARATHI R	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
11	BHUMA VARSHA	Psychology	1	1	1	1	1	1	1	1	1	1	A	1	1	1	1	1
12	CATHRINA G	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
13	CHRISTY AROCKIA JOSHI R	Psychology	1	1	1	1	A	1	1	1	1	1	1	1	1	1	1	1
14	DEEPTHIKA MAHADEVAN	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
15	DHANA SREE M.H	Psychology	1	A	1	1	1	1	1	1	1	1	1	1	1	1	1	1
16	DHANUSH M	Psychology	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1



DEPARTMENT OF PSYCHOLOGY

40	MERCITA ISEBELL	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
41	MOHAMMAD ZAYYAN ANWAR	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
42	MUTHAMIZH SELVI R	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
43	NISHANTHI M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
44	PAVITHRA K	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/	A
45	PETCHI M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
46	POOJA K B	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
47	PRATHIBA K	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
48	PRIYANKA S	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A

R. Paul
Dept. Of Psychology
SATHYABAMA Institute Of Science & Technology
(Deemed to be University)
Jeppiaar Nagar, Rajiv Gandhi Salai
Chennai - 600 119.

Course Outcomes:

1. Students will exhibit the following skill sets:
 - i. ➤ Self-Development Skills
 - ii. ➤ Interpersonal Skills
 - iii. ➤ Thinking and Problem-Solving Skills
 - iv. ➤ Personality and image building
 - v. ➤ Right Body Language
 - vi. ➤ Effective Communications
2. Students will possess the personality development techniques.

3. Students will possess knowledge about leadership.
4. Students will be able to acquire the skills to manage time and relationship.



2. Emotional Intelligence



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School of Science and Humanities
Department of Psychology

The Department of Psychology is offering a value-added course on 'Emotional Intelligence' which is a 30 hours program that will be conducted from 11.07.2022 To 28.07.2022 Between 3.30pm to 5.30pm by Dr. Kalaivanan S, Assistant Professor, Department of Psychology, Sathyabama Institute of Science and Technology.

The objective of the program is to explain the value of emotional and social intelligence for professional success. All the students from various departments can participate and can make use of the opportunity.

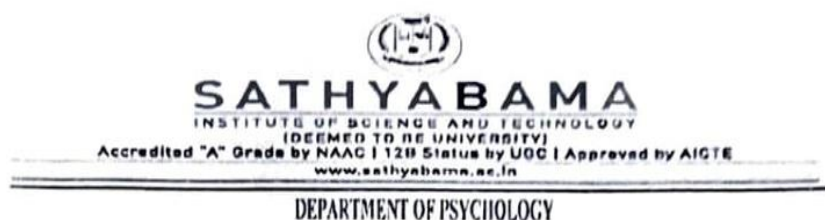
Course Objectives:

- Introduce concept of emotional intelligence.
- Understand models and components of emotional intelligence.
- Understand the significance of emotional intelligence in self-growth and building effective relationships.
- Identify the measures of emotional intelligence.

Course Content:

DAY	COURSE	HOURS
1,2	Nature and Significance of emotional intelligence, Models of emotional intelligence: Ability, Trait and Mixed	2
3,4	Building blocks of emotional intelligence, self-awareness	2
5,6	Self-management, social awareness	2
7,8	Relationship management, identification and knowledge of one's strengths	2
9,10	Emotional management, Empathy	2
11,12	Effective communication, collaboration and team work	2
13,14	Conflict management, Cultivating Emotional Intelligence	2
15,16	Body and mindfulness, leadership	2
17,18	Attributes of emotional intelligence, Emotional intelligence and job satisfaction	2
19,20	Self-efficacy and emotional intelligence, IQ or EQ - importance	2
21,22	Emotional Intelligence Measures – A systematic Review	2
23,24	Emotional intelligence and transformational leadership among leaders	2
25,27	Emotional intelligence and academic success, emotional intelligence and decision-making effectiveness	3
28-30	Research about emotional intelligence on generations	3

List of participants:



STUDENT NAME LIST: Batch 2022-2025

EMOTIONAL INTELLIGENCE

Sl. No.	Name	Department	Day 1/2	Day 3/4	Day 5/6	Day 7/8	Day 9/10	Day 11/12	Day 12/13	Day 14/15	Day 16/17	Day 18/19	Day 20/21	Day 22/23	Day 24/25	Day 26/27	Day 28/29	Day 30/31
1	AYESHA SIDDIQIA N	Psychology	/	/	A	/	/	/	/	A	/	/	/	/	/	/	/	/
2	BARATH VIGNESH S	Psychology	/	/	/	/	A	A	A	A	A	A	A	A	A	A	A	A
3	BHARATHI R	Psychology	/	A	/	/	/	/	/	/	/	/	/	/	/	A	/	/
4	DAFRIN HENCY S	Psychology	/	/	/	/	A	/	/	/	/	/	/	/	/	/	/	/
5	DANIEL GIDEON YOGESH	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	A	/	/
6	DEEPA DHARSHINI S	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
7	K DHANUSHIYA	Psychology	/	/	/	/	/	/	/	/	/	A	/	/	/	/	/	/
8	DHAYA JAYAKRISHNAN	Psychology	/	/	/	/	/	A	/	A	/	/	/	/	A	/	/	/
9	DIPIKA R	Psychology	/	/	/	/	/	/	/	/	A	/	/	/	/	/	/	/
10	ELANGOVAN S R	Psychology	/	/	/	/	/	/	A	/	/	/	/	/	/	/	/	/
11	GOPICA A	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
12	GOVARTHANAN P	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
13	HAYDEN CURRIE	Psychology	/	/	/	/	/	/	/	/	/	/	/	A	/	/	/	/
14	HEMALOCHANI L	Psychology	/	/	A	/	/	/	/	/	/	/	/	/	/	A	A	A
15	INDIRA M	Psychology	/	/	/	/	/	/	/	/	A	/	/	/	/	/	/	/
16	JOANN SAHANA JOHNSON	Psychology	/	/	/	/	/	A	/	/	/	/	/	/	/	/	/	/
17	KARTHIKAA A	Psychology	/	/	/	/	/	/	/	/	A	A	/	/	/	/	/	/
18	T KAVIYA	Psychology	/	/	A	A	A	A	A	A	A	A	A	A	A	A	A	A



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19	KAVYA KESAVAN	Psychology	/	/	/	A	A	/	/	/	/	/	/	/	/	/
20	KEERTHANA S	Psychology	/	/	/	/	/	/	/	A	A	/	/	/	/	/
21	LAVANYA V	Psychology	/	A	/	/	/	/	A	/	/	/	/	A	/	A
22	LOGESWARI S	Psychology	/	/	/	/	/	A	/	A	/	A	/	/	A	/
23	MAHALAKSHMI K	Psychology	/	/	A	A	A	A	/	/	/	/	/	/	/	/
24	MAHALAKSHMI V	Psychology	/	/	/	/	/	/	A	/	A	/	/	/	/	A
25	MAHIMA R M	Psychology	/	/	/	/	A	A	/	/	/	/	/	/	/	/
26	MANGALA SHYAMALA S	Psychology	/	/	/	/	/	/	A	/	A	/	/	/	/	/
27	MOHAMED SAFWAAN	Psychology	/	A	/	/	/	/	/	A	/	A	/	A	/	/
28	MOHAMMED ANASH S	Psychology	/	/	/	/	A	A	A	A	A	A	A	A	A	A
29	MONICA DCRUZ	Psychology	/	/	/	/	/	/	A	A	/	/	/	/	/	/
30	MONISHA S	Psychology	/	/	/	/	/	/	A	A	A	A	/	/	/	/
31	MUKESH S	Psychology	/	/	/	/	/	/	/	A	/	/	/	/	/	A
32	NAMITHA S	Psychology	/	/	/	/	/	/	/	A	/	/	/	/	/	A
33	NIKASHINI G	Psychology	/	A	/	A	/	/	/	/	/	/	/	/	/	/
34	PADMA PRIYA A	Psychology	/	/	/	/	/	/	/	/	/	A	/	/	/	/
35	POOJA LAKSHMI S	Psychology	/	/	A	/	A	/	A	/	/	/	/	/	/	/
36	PRIYADARSHINI V	Psychology	/	/	/	/	/	/	/	A	/	/	/	/	/	/
37	RAGINI.B	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	A	A
38	E RAKSHITHA	Psychology	/	/	/	/	/	/	/	/	/	/	/	A	A	A
39	RANJANI M	Psychology	A	/	/	/	/	/	/	A	/	A	/	A	/	/
40	RITIKA	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/
41	ROOPA S	Psychology	/	/	/	/	/	/	/	/	/	/	A	A	/	/
42	ROSELIN MARY J	Psychology	/	/	/	/	/	/	A	/	A	/	/	/	/	A
43	SACHIN SRE	Psychology	/	/	/	/	A	A	A	/	/	/	/	/	/	/



DEPARTMENT OF PSYCHOLOGY

44	SAKINA AHMED	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/
45	SAKTHIVEL R	Psychology	/	A	/	/	/	/	/	A	/	/	/	/	/	/
46	SANDHIYA G	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/
47	SHANMUGASAKTHI S	Psychology	/	/	/	A	A	A	/	/	/	/	/	/	/	/
48	SHRI DHARSHINI R	Psychology	/	/	/	/	/	/	A	/	A	/	A	/	/	/

R. Paul
 Dept. Of Psychology
 SATHYABAMA Institute Of Science & Technology
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 Chennai - 600 079

Course Outcomes:

1. To introduce aspects of Emotional Intelligence.
2. To explain the importance of the Psychoanalytical Theory of Personality.
3. To enhance social skill development training program.
4. To give knowledge about Research on emotional intelligence in generations



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CERTIFICATE Of Appreciation

This is to certify that Mr/Ms. **BHARATHI R** student of Psychology department
has successfully completed the 30 hours Value added course on "Emotional
Intelligence" organized by the Department of Psychology, School of Science &
Humanities, Sathyabama Institute of Science & Technology, Chennai from 11.07.2022 To
28/07/2022

DR. KALAIVANAN
PROGRAM COORDINATOR
ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHOLOGY

DR. PARVEEN BANU.R
HEAD OF THE DEPARTMENT
DEPARTMENT OF PSYCHOLOGY

3. Conflict Management



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School of Science and Humanities
Department of Psychology

The Department of Psychology is offering a value-added course on 'Conflict Management' which is a 30 hours program that will be conducted from 02.08.2022 To 20.08.2022 Between 3.30pm to 5.30pm by Dr. Kalaivanan S, Assistant Professor, Department of Psychology, Sathyabama Institute of Science and Technology.

The objective of the program is to explain the value of emotional and social intelligence for professional success. All the students from various departments can participate and can make use of the opportunity.

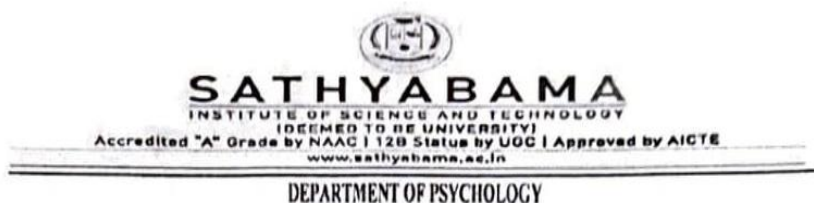
Course Objectives:

- Identify the causes and sources of conflict.
- Develop active listening skills to better understand others' perspectives.
- Enhance verbal and nonverbal communication techniques
- Explain the role of emotional intelligence in conflict resolution

Course Content:

DAY	COURSE CONTENT	HOURS NEEDED
1,2	Introduction to Conflict Management	2
3,4	Types of Conflicts	2
5,6	Conflict Resolution Styles	2
7,8	Communication Skills	2
9,10	Negotiation Techniques	2
11,12	Mediation and Facilitation	2
13,14	Conflict Resolution Models	2
15,16	Managing Difficult Conversations	2
17,18	Conflict Management in Teams and Organizations	2
19,20	Conflict Resolution Strategies	2
21,22	Ethical Considerations	2
23,24	Personal Conflict Management Plan	2
25,27	Conflict Management in Leadership	3
28-30	Conflict Management Tools and Resources	3

List of participants:



DEPARTMENT OF PSYCHOLOGY

STUDENT NAME LIST: Batch 2020-2023

CONFLICT MANAGEMENT

S.No	Name	Department	Day 1/2	Day 3/4	Day 5/6	Day 7/8	Day 9/10	Day 11/12	Day 12/13	Day 14/15	Day 16/17	Day 18/19	Day 20/21	Day 22/23	Day 24/25	Day 26/27	Day 28/29	Day 30
1	AAFREEN MALEEHA. S	Psychology	/	/	/	/	A	A	/	/	/	/	/	/	/	/	/	/
2	ADHMIKA. S	Psychology	/	/	A	/	/	/	/	/	/	/	A	/	/	/	/	A
3	AKRAM JAVID. N	Psychology	/	/	/	/	/	/	A	/	A	/	/	/	/	/	/	/
4	AKSHITA SRINIVASAN	Psychology	/	/	/	A	A	/	/	/	/	/	/	/	/	/	/	/
5	ALLA LASYA REDDY	Psychology	/	/	/	/	/	/	/	A	/	/	/	/	A	/	/	/
6	ANARGHYA MAHIDHER	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
7	ASHA MOL. R.B	Psychology	/	/	/	/	/	/	/	/	A	/	/	/	/	/	/	/
8	ATCHAYA. K	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
9	AYESHA SIDHIQUA. N	Psychology	/	/	/	/	/	/	/	A	/	/	/	/	/	/	A	/
10	BEULAH TANYA. M	Psychology	/	/	/	/	/	A	A	/	/	/	/	/	/	/	/	/
11	BHUVANESHWARI. S	Psychology	/	/	/	A	A	/	/	/	/	/	/	/	/	/	/	/
12	CHEBROLU. GAYATHRI SAISRI SARANYA	Psychology	/	/	/	/	/	/	/	/	/	A	/	/	/	/	/	/
13	DEEBIGA S	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
14	DEEPTHI JOYCE. P	Psychology	/	/	/	/	/	/	/	/	/	/	A	/	/	/	/	/
15	DHARSANA NAACHIYAR. M	Psychology	/	A	/	/	/	A	/	/	A	/	/	/	/	/	/	/
16	DIVYA. M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
17	GEETHA. P	Psychology	/	/	/	A	A	A	A	A	A	A	A	A	A	A	A	A
18	GEETHA PRIYA. P	Psychology	/	/	/	/	/	/	/	A	/	/	/	/	/	/	/	/



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20	HARITHA SHREE. G	Psychology	/	/	A	A	/	/	/	/	/	A	/	/	/	/	/
21	HEMALATHA. R.R	Psychology	/	/	/	/	/	/	/	/	A	A	/	/	/	/	/
22	INFANT REMILAN. J	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
23	JUHIE VIVEK	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
24	KADHIJA . J	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
25	KALEESWARI. R	Psychology	/	A	/	/	/	/	/	A	/	/	/	/	/	/	/
26	KATHIJATHULRABIYA. N	Psychology	/	/	/	/	/	A	/	A	/	/	/	/	/	/	/
27	KAVITHA . M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
28	KIRTI PAWAR	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
29	LALITHA. H	Psychology	/	/	/	A	A	/	/	/	/	/	/	/	/	/	/
30	LAVANYA. U	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
31	MATHINILA. M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
32	MEGHA SRI. D	Psychology	/	/	/	/	/	/	/	A	/	/	/	A	/	/	/
33	MOHAN . K	Psychology	/	/	/	/	A	/	/	/	/	/	/	/	/	/	/
34	NAVA JOTHY. P	Psychology	/	/	/	/	/	A	/	/	/	/	/	/	/	/	/
35	NEHA. U	Psychology	/	/	A	/	/	/	/	/	/	/	/	/	/	/	/
36	NEHA. V	Psychology	/	A	/	/	/	/	/	/	/	/	/	/	/	/	/
37	NIKITHA. C	Psychology	/	/	/	/	A	/	/	/	/	/	/	/	/	/	/
38	NISHAA. V	Psychology	/	/	/	/	/	/	A	/	/	/	/	/	/	/	/
39	NIVETHA. G	Psychology	/	/	/	A	/	/	/	/	/	/	/	/	/	/	/
40	NIVETHITHA. M	Psychology	/	/	/	A	/	/	/	/	/	/	/	/	/	/	/
41	NIVETHITHA. M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
42	PADMAPRIYA . V	Psychology	/	A	/	/	A	/	/	A	/	/	/	/	/	/	/
43	PARVATHY. M NAMBIAR	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/



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DEPARTMENT OF PSYCHOLOGY

44	PATRINA HARIM. S	Psychology	/	/	/	/	/	/	A	/	A	A	/	/	/	/	/
45	POOJASRI. D	Psychology	/	A	/	/	/	/	A	/	/	/	A	/	/	/	/
46	RAJ. S.M	Psychology	/	/	/	/	/	/	/	/	/	/	/	A	A	A	A
47	ROSHNI. D.R	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/	/
48	SANDHIYA. G	Psychology	/	A	A	A	/	/	/	/	/	/	/	/	/	/	/
49	SANGEETHA. T	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/	/
50	SHARMILA. M	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/	/
51	SHRADHA. V	Psychology	/	A	A	/	/	/	/	/	/	/	/	/	/	/	/
52	SREENIJA. T	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
53	SRI VARSHINI HARIKA . D	Psychology	/	/	/	/	/	A	A	A	/	/	/	/	/	/	/
54	SRISHA. D	Psychology	/	A	/	/	A	/	A	/	/	/	/	/	/	/	/
55	SRIVARSHINI. S	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
56	STEFY NICHOLAS C	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
57	SUBBARAJ PRIYADARSHINI	Psychology	/	A	A	A	A	A	A	/	/	/	/	/	/	/	/
58	SUBIDSHA. J	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
59	SUJA. P	Psychology	/	/	/	/	A	/	/	/	/	/	/	/	/	/	/
60	SUJETAA. S	Psychology	/	A	A	A	A	A	A	A	A	A	A	A	A	A	A
61	SWETHA . S.P	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
62	SYED SAKINA FATHIMA	Psychology	/	/	A	/	/	/	/	/	/	/	/	/	/	/	A
63	TAMILSELVAN. A	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
64	VISHALI. S	Psychology	/	A	A	/	/	/	/	/	/	/	/	/	/	/	/
65	SUSMITHA. D	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

P. Ramesh
Dept. Of Psychology
SATHYABAMA Institute Of Science & Technology
(Deemed to be University)
Jeppiaar Nagar, Rajivgandhi Salai
Chennai - 600 077

Course Outcomes:

- To analyze the strengths and weaknesses of each strategy.
- To explore principled negotiation and win-win strategies.
- To promote empathy and perspective-taking for better understanding
- To explore the importance of fairness, respect, and integrity in resolving conflicts.



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CERTIFICATE Of Appreciation

This is to certify that Mr/Ms. POOJASRI .D student of Psychology department has successfully completed the 30 hours Value added course on "Conflict Management" organized by the Department of Psychology, School of Science & Humanities, Sathyabama Institute of Science & Technology, Chennai from 02.08.2022 To 20.08.2022

DR. KALAIVANAN
PROGRAM COORDINATOR
ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHOLOGY

DR. PARVEEN BANU.R
HEAD OF THE DEPARTMENT
DEPARTMENT OF PSYCHOLOGY

4. Introduction to Life Skills



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School of Science and Humanities
Department of Psychology

The Department of Psychology is offering a value-added course on 'Introduction to life skills' which is a 30 hours program that will be conducted from 22.08.2022 To 09.09.2022 Between 3.30pm to 5.30pm by Dr. Parveen Banu.R , Head of Department of Psychology, Sathyabama Institute of Science and Technology.

The objective of the program is to explain the value of emotional and social intelligence for professional success. All the students from various departments can participate and can make use of the opportunity.

Course Objectives:

- Develop an understanding of emotions, their impact, and how to manage them effectively.
- Develop skills to identify problems, analyze situations, and formulate effective solutions.
- Understand the importance of physical activity, nutrition, and sleep for overall well-being.
- Develop skills for building and maintaining positive relationships with peers, family, and colleagues.

Course Content:

DAY	COURSE CONTENT	HOURS NEEDED
1,2	Self-Awareness and Self-Discovery	2
3,4	Effective Communication	2
5,6	Time Management and Organization	2
7,8	Stress Management and Resilience	2
9,10	Critical Thinking and Problem-Solving	2
11,12	Emotional Intelligence	2
13,14	Conflict Resolution and Interpersonal Skills	2
15,16	Financial Literacy	2
17,18	Health and Wellness	2
19,20	Goal Setting and Achievement	2
21,22	Networking and Social Skills	2
23,24	Digital Literacy and Online Safety	2
25,26,27	Personal Branding and Presentation Skills	3
28-30	Reflection and Self-Improvement	3

List of participants:



DEPARTMENT OF PSYCHOLOGY STUDENT NAME LIST: Batch 2020-2023

LIFE SKILLS MANAGEMENT

S.No	Name	Department	Day 1/2	Day 3/4	Day 5/6	Day 7/8	Day 9/10	Day 11/12	Day 13/14	Day 15/16	Day 17/18	Day 19/20	Day 21/22	Day 23/24	Day 25/26	Day 27/28	Day 29/30
1	AAFREEN MALEEHA. S	Psychology	/	/	/	/	A	A	A	/	/	/	/	/	/	/	/
2	ADHMIKA. S	Psychology	/	/	A	/	/	/	/	/	/	/	/	/	/	/	/
3	AKRAM JAVID. N	Psychology	/	/	A	/	/	/	/	/	A	/	/	/	/	/	/
4	AKSHITA SRINIVASAN	Psychology	/	/	/	/	/	A	/	/	/	/	/	/	/	/	/
5	ALLA LASYA REDDY	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
6	ANARGHYA MAHIDHER	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
7	ASHA MOL. R.B	Psychology	/	/	/	A	/	/	/	/	/	/	/	/	/	/	/
8	ATCHAYA. K	Psychology	/	/	/	/	/	A	/	/	/	/	/	/	/	/	/
9	AYESHA SIDHIQUA. N	Psychology	/	/	A	/	/	/	/	/	/	/	/	/	/	/	A
10	BEULAH TANYA. M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
11	BHUVANESHWARI. S	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	A	/
12	CHEBROLU. GAYATHRI SAISRI SARANYA	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/	A
13	DEEBIGA S	Psychology	/	A	/	/	/	/	/	/	/	/	/	/	/	/	/
14	DEEPTHI JOYCE. P	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
15	DHARSANA NAACHIYAR. M	Psychology	A	/	/	/	/	/	/	/	/	/	/	/	/	/	/
16	DIVYA. M	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
17	GEETHA. P	Psychology	A	/	A	A	/	/	/	/	A	/	/	/	/	/	/
18	GEETHA PRIYA. P	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
19	HAAMID S.A.	Psychology	A	/	/	A	A	A	A	A	A	A	A	A	A	A	A

DEPARTMENT OF PSYCHOLOGY

45	POOJASRI. D	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	A
46	RAJ. S.M	Psychology	/	/	/	/	/	A	A	A	/	/	/	/	/	/
47	ROSHNI. D.R	Psychology	/	A	A	A	A	A	A	A	A	A	A	A	A	A
48	SANDHIYA. G	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/
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53	SRI VARSHINI HARIKA. D	Psychology	A	A	A	A	A	A	A	A	A	A	/	/	/	/
54	SRISHA. D	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	A
55	SRIVARSHINI. S	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	A
56	STEFY NICHOLAS C	Psychology	A	A	/	/	/	/	/	/	/	/	/	/	/	/
57	SUBBARAJ PRIYADARSHINI	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/
58	SUBIDSHA. J	Psychology	/	/	/	/	/	/	/	/	/	/	/	A	A	/
59	SUJA. P	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	A	/
60	SUJETAA. S	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/
61	SWETHA. S.P	Psychology	A	A	/	/	/	/	/	/	/	/	/	/	/	/
62	SYED SAKINA FATHIMA	Psychology	A	A	A	A	/	/	/	/	/	/	/	/	/	/
63	TAMILSELVAN. A	Psychology	/	/	/	/	/	A	A	/	/	/	/	/	/	/
64	VISHALI. S	Psychology	A	A	A	/	/	/	/	/	/	/	/	/	/	/
65	SUSMITHA. D	Psychology	A	A	/	/	A	/	/	/	/	/	/	/	/	/


 Dept. Of Psychology
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 Chennai - 600 119.

Course Outcomes:

- To enhance self-awareness to recognize personal strengths, weaknesses, and areas for growth.
- To apply problem-solving techniques to real-life scenarios and challenges
- To understand the importance of balancing personal, academic/professional, and leisure activities.
- To gain a basic understanding of personal finance, including budgeting, saving, and managing expenses.

