



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE
www.sathyabama.ac.in

SCHOOL OF SCIENCE AND HUMANITIES

DEPARTMENT OF PSYCHOLOGY

1.3.3 Number of value-added courses offered during the year 2023-24

Name of the value added courses offered	Duration of course	Number of students enrolled in the year
Personality Development	30 Hours	61
Introduction to Life Skills	30 Hours	64
Conflict Management	30 Hours	64
Emotional Intelligence	30 Hours	62



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

CATEGORY - 1 UNIVERSITY BY UGC



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 17.07.2023 To 08.08.2023 between 3.30 pm to 5.30 pm by **Dr. Parveen Banu.R**, Head of Department of Psychology, Sathyabama Institute of Science and Technology.

It aims at grooming the students through sensitizing them about proper behaviour, socially and professionally, in formal and informal circumstances.

PROGRAM COORDINATOR :

Dr. Parveen Banu R
Head of the Department

Email ID ; psychologyhod@sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

[DEEMED TO BE UNIVERSITY]

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

MODULE TOPIC: PERSONALITY DEVELOPMENT

YEAR: 2023-2024

DATE: 17/07/2023 to 08/08/2023

TIME: 3:30pm to 5:30pm

Name of the value added courses (with 30 or more contact hours) offered	Course Code (if any)	Year of offering	No. of times offered during the same year	Duration of course	Number of students enrolled in the year	Number of students completing the course in the year
Personality Development	NIL	2023	1	30 hours	61	58

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.



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

[DEEMED TO BE UNIVERSITY]

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

CourseContent:

DAY	COURSE	HOURS NEEDED
1,2	PersonalityDevelopment -overview,definitionsofpersonality	2
3,4	Theoriesofpersonality,Psychoanalyticaltheoriesofpersonality	2
5,6	Humanistictheoriesofpersonality,Bodylanguage,Problem-solving,conflictandStressManagement,decision-makingskills	2
7,8	Team-work–Timemanagement,Workethics–Goodmanners andetiquette,Motivation-Conceptofmotivation -Significance	2
9,10	Internaland externalmotives -Importanceofself- motivation, Factorsleadingtode-motivation	2
11,12	Attitude Definition-Factors that determine our attitude, Thebenefitsofapositiveattitude-theconsequencesofanegative attitude	2
13,14	Stepstobuildingapositiveattitude,Confidenceimprovement, Recognitionofone'sownlimitationsanddeficiencies	2
15,16	Handlingyourandotherpeople'sstress,Empowering,motivating andinspiringothers	2
17,18	MajorareasofadjustmentaffectedbyIntelligence,Socio-culturalDeterminantsof adjustment-Family and Educational Determinants	2
19,20	Understandingemotions,Thedifferencebetweenegoandpride	2
21,22	Stepstobuildingapositivepersonality,Definingthedifference betweenaggressive,submissive,andassertivebehaviours	2



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

[DEEMED TO BE UNIVERSITY]

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

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

Programme Co-Ordinator:

Dr. Parveen Banu R

Head and Assistant Professor, Department of Psychology

Sathyabama Institute of Science and Technology, Chennai-Tamil Nadu.

Course Schedule:

Date	Day	Time
17-07-2023	Monday	3.30pm-5.30pm
18-07-2023	Tuesday	3.30pm-5.30pm
19-07-2023	Wednesday	3.30pm-5.30pm
20-07-2023	Thursday	3.30pm-5.30pm
21-07-2023	Friday	3.30pm-5.30pm
24-07-2023	Monday	3.30pm-5.30pm
25-07-2023	Tuesday	3.30pm-5.30pm
26-07-2023	Wednesday	3.30pm-5.30pm
27-07-2023	Thursday	3.30pm-5.30pm
28-07-2023	Friday	3.30pm-5.30pm
31-07-2023	Monday	3.30pm-5.30pm
01-08-2023	Tuesday	3.30pm-5.30pm
02-08-2023	Wednesday	3.30pm-5.30pm
03-08-2023	Thursday	3.30pm-5.30pm
04-08-2023	Friday	3.30pm-5.30pm
07-08-2023	Monday	3.30pm-5.30pm
08-08-2023	Tuesday	3.30pm-5.30pm



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

List of participants:



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

Department of Psychology Value Added Course

Personality Development

S.No	Name	Department	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	AKELA RASHETHA N	Psychology	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
2	AMIRTHAVARSHNI A	Psychology	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	ANUSHYA A	Psychology	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P
4	ASHIN JENISHA R	Psychology	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	P	P	P
5	ASMETA LENIN	Psychology	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
6	AYESHA SIDDIQIA N	Psychology	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P
7	BARATH VIGNESH S	Psychology	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P
8	BHARATHI R	Psychology	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P
9	DAFRIN HENCY S	Psychology	A	A	P	A	A	A	P	A	A	A	P	P	A	A	A	A	P	P	P
10	DANIEL GIDEON YOGESH	Psychology	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
11	DEEPA DHARSHINI S	Psychology	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P
12	K DHANUSHIYA	Psychology	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	A	P	P
13	DHAYA JAYAKRISHNAN	Psychology	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
14	DIPIKA R	Psychology	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P
15	ELANGO VAN S R	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
16	GOPIKA A	Psychology	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE
www.sathyabama.ac.in



SATHYABAMA

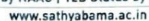
INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

17	GOVARTHANAN P	Psychology	A	A	A	P	A	P	P	A	P	A	A	A	P	A	A	A	A	P	A
18	HAYDEN CURRIE	Psychology	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P
19	HEMALOCHAN L	Psychology	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P
20	INDIRA M	Psychology	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
21	JOANN SAHANA JOHNSON	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
22	KARTHIKAA A	Psychology	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P
23	T KAVIYA	Psychology	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P
24	KAVYA KESAVAN	Psychology	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
25	KEERTHANA S	Psychology	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
26	LAVANYA V	Psychology	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
27	LOGESWARI S	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	MAHALAKSHMI K	Psychology	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
29	MAHALAKSHMI V	Psychology	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
30	MAHIMA R M	Psychology	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P
31	MANGALA SHYAMALA S	Psychology	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P
32	MOHAMED SAFWAAN	Psychology	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	MOHAMMED ANASH S	Psychology	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
34	MONICA DCRUZ	Psychology	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
35	MONISHA S	Psychology	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
36	MUKESH S	Psychology	A	A	P	P	P	A	P	P	P	P	A	A	A	P	P	A	P	A	A
37	NAMITHA S	Psychology	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P
38	NIKASHINI G	Psychology	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P
39	PADMA PRIYA A	Psychology	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P
40	POOJA LAKSHMI S	Psychology	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P



www.sathyabama.ac.in																				
41	PRIYADARSHINI V	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
42	RAGINI B	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	E RAKSHITHA	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
44	RANJANI M	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	RIITIKA	Psychology	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P
46	ROOPA S	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P
47	ROSELIN MARY J	Psychology	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P
48	SACHIN SRE DEV SHANMUGAVEL	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	SAKINA AHMED	Psychology	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P
50	SAKTHIVEL R	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
51	SANDHIYA G	Psychology	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	A	P
52	SHANMUGASAKTHI S	Psychology	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P
53	SHRI DHARSHINI R	Psychology	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P
54	SOWMIYA S	Psychology	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P
55	REENITHI S M	Psychology	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P
56	SREYA CHANDRAN P S	Psychology	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P
57	SRI SHA JAYAPRAKASH	Psychology	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P
58	A SUMIRA BANU	Psychology	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P
59	VAMIKA DEVI L	Psychology	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
60	R YUGABHARATHI YUVADHARSHINI M	Psychology	P	P	A	A	P	P	A	P	P	P	P	P	P	P	A	P	P	P
61		Psychology	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P

2. *Dr. Araveen Barua*
Dept. Of Psychology
SATHYABAMA Institute Of Science & Technology
(Deemed To be University) *
Jeppiaar Nagar, Rajivgandhi Salai,
Chennai - 600 119.

- 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.



One in six people are aged 10-19 years. Adolescence is a unique and formative time (WHO).

Globally, it is estimated that 1 in 7 (14%) 10-20 year-olds experience mental health conditions, yet these remain largely unrecognized and untreated.

WELCOME FRESHERS



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE
www.sathyabama.ac.in

SampleCertificates





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

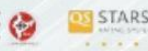


SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

CATEGORY - 1 UNIVERSITY BY UGC



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 21.08.2023 To 12.09.2023 between 3.30 pm to 5.30 pm by *Mr. Sathish Kumar, Asst. 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 this opportunity.

PROGRAM COORDINATOR,

Mr. Sathish Kumar. S, Asst. Professor

Email:

sathishkumar.s.psychology@sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

[DEEMED TO BE UNIVERSITY]

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

MODULE TOPIC: INTRODUCTION TO LIFE SKILLS

YEAR: 2023-2024

DATE: 21/08/2023 to 12/09/2023

TIME: 3:30 pm to 5:30 pm

Name of the value added courses (with 30 or more contact hours) offered	Course Code (if any)	Year of offering	No. of times offered during the same year	Duration of course	Number of students enrolled in the year	Number of students completing the course in the year
Introduction to Life Skills	NIL	2023	1	30 hours	64	61

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.



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

[DEEMED TO BE UNIVERSITY]

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

CourseContent:

DAY	COURSECONTENT	HOURS NEEDED
1,2	Self-AwarenessandSelf-Discovery	2
3,4	EffectiveCommunication	2
5,6	TimeManagementandOrganization	2
7,8	StressManagementandResilience	2
9,10	CriticalThinkingandProblem-Solving	2
11,12	EmotionalIntelligence	2
13,14	ConflictResolutionandInterpersonalSkills	2
15,16	FinancialLiteracy	2
17,18	HealthandWellness	2
19,20	GoalSettingandAchievement	2
21,22	NetworkingandSocialSkills	2
23,24	DigitalLiteracyandOnlineSafety	2
25,26,27	PersonalBrandingandPresentationSkills	3
28-30	ReflectionandSelf-Improvement	3

ProgrammeCo-ordinator:

Mr. Sathish Kumar

SAssistant

Professor,DepartmentofPs

ychology,

SathyabamaInstituteofScienceandTechnology,C

hennai-Tamil Nadu.



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

CourseSchedule:

Date	Day	Time
21-Aug-23	Monday	3.30pm-5.30pm
22-Aug-23	Tuesday	3.30pm-5.30pm
23-Aug-23	Wednesday	3.30pm-5.30pm
24-Aug-23	Thursday	3.30pm-5.30pm
25-Aug-23	Friday	3.30pm-5.30pm
26-Aug-23	Saturday	3.30pm-5.30pm
28-Aug-23	Monday	3.30pm-5.30pm
29-Aug-23	Tuesday	3.30pm-5.30pm
30-Aug-23	Wednesday	3.30pm-5.30pm
31-Aug-23	Thursday	3.30pm-5.30pm
01-Sept-23	Friday	3.30pm-5.30pm
02-Sept-23	Saturday	3.30pm-5.30pm
04-Sept-23	Monday	3.30pm-5.30pm
05-Sept-23	Tuesday	3.30pm-5.30pm
07-Sept-23	Thursday	3.30pm-5.30pm
08-Sept-23	Friday	3.30pm-5.30pm
09-Sept-23	Saturday	3.30pm-5.30pm
11-Sept-23	Monday	3.30pm-5.30pm
12-Sept-23	Tuesday	3.30pm-5.30pm



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

List of participants:



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

Department of Psychology Value Added Course

Introduction to Life Skills

S.No	Name	Department	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	ABIRAMI K	Psychology	/	/	A	/	/	/	A	/	/	/	/	/	/	/	/	/	A	/	/
2	AKSHARA A NAIR	Psychology	/	/	/	/	/	A	/	/	/	/	/	/	/	/	/	/	/	A	/
3	AKSHAYA B	Psychology	/	A	/	/	A	/	/	/	/	/	/	/	/	/	/	/	/	/	/
4	AKSHYA V	Psychology	/	/	A	/	/	/	A	/	/	A	/	/	/	/	/	/	/	/	/
5	AMIRTHA S	Psychology	/	/	/	/	A	/	/	/	A	/	/	/	/	/	/	A	/	/	/
6	ARAVIND KRISHNA	Psychology	A	/	/	A	/	/	/	/	/	/	A	/	/	/	A	/	/	/	A
7	B.KAVIYA	Psychology	/	A	/	/	A	/	/	A	/	/	/	/	/	/	/	/	/	A	/
8	BENJAMIN BERNARD R	Psychology	/	/	/	/	/	A	A	/	/	/	/	/	/	A	/	/	/	/	/
9	BEULAH T	Psychology	/	/	/	A	/	/	/	/	/	/	/	/	A	/	/	/	/	/	/
10	BHARATHI R	Psychology	/	A	/	/	/	/	/	A	/	A	/	/	/	/	/	A	/	/	/
11	BHUMA VARSHA	Psychology	A	/	A	/	A	/	/	A	/	/	/	/	/	/	/	/	/	/	/
12	CATHRINA G	Psychology	/	/	/	/	/	/	A	/	/	/	A	/	/	/	/	/	/	/	/
13	CHRISTY AROCKIA JOSHI R	Psychology	/	/	A	A	/	A	/	/	A	/	/	/	/	P	A	/	/	/	/
14	DEEPTHIKA MAHADEVAN	Psychology	/	/	/	/	/	/	/	/	A	A	/	/	A	/	/	A	/	/	/
15	DHANA SREE M.H	Psychology	A	A	/	/	/	/	A	/	/	/	/	/	/	/	/	/	/	A	/
16	DHANUSH M	Psychology	/	/	A	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	A
17	EZHILARASI S	Psychology	/	/	/	A	/	/	A	/	/	/	/	/	/	A	A	/	/	/	/

[illegible]

SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE
www.sathyabama.ac.in

[illegible]



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

		SATHYABAMA															
		INSTITUTE OF SCIENCE AND TECHNOLOGY															
		(DEEMED TO BE UNIVERSITY)															
		Accredited "A++" Grade by NAAC 12B Status by UGC Approved by AICTE															
		www.sathyabama.ac.in															
60	YAKCHANA C	Psychology	/	A	/	/	/	/	/	/	/	/	/	/	/	/	/
61	YAZHINI R	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
62	YOGAVARSHA S	Psychology	/	/	A	/	/	/	/	/	/	/	/	/	/	/	/
63	LINCY T	Psychology	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
64	PREETHI S	Psychology	/	/	/	A	/	/	/	/	/	/	/	/	/	/	/

S. Sathish Kumar S.
 (Mr. Sathish Kumar S.)
 Dept. Of Psychology
 SATHYABAMA Institute Of Science & Technology
 (Deemed To be University)
 Jeppiaar Nagar, Rajiv Gandhi Salai,
 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.



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

PHOTOS





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

SampleCertificates





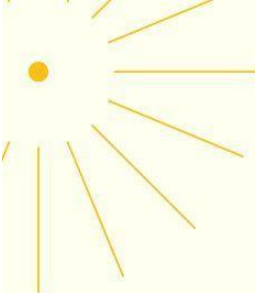
SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)
CATEGORY - 1 UNIVERSITY BY UGC



SCHOOL OF SCIENCE AND HUMANITIES

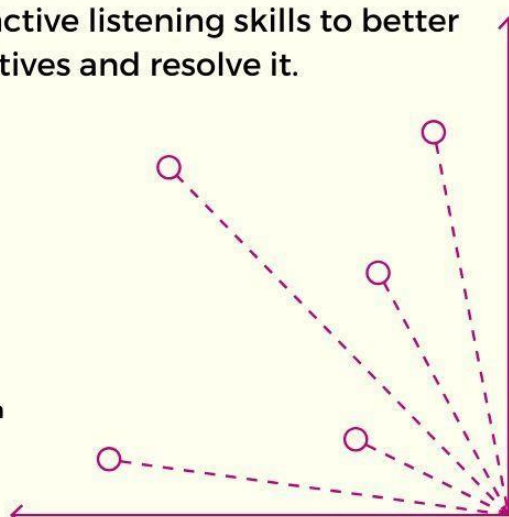
DEPARTMENT OF PSYCHOLOGY

The Department of Psychology is offering a value-added course on '**Conflict Management**' which is a 30 hours program that will be conducted from 03.10.2023 To 24.10.2023 between 3.30 pm to 5.30 pm by **Dr. Kalaivanan S.**, Assistant Professor, Department of Psychology, Sathyabama Institute of Science and Technology. The objective of this course is to develop active listening skills to better understand others' perspectives and resolve it.

PROGRAM COORDINATOR :

DR. KALAIVANAN S
ASSISTANT PROFESSOR

EMAIL ID : kalaivanan.psychology@sathyabama.ac.in





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

**MODULE TOPIC: CONFLICT
MANAGEMENT** YEAR: 2023-2024

DATE: 03/10/2023 to 24/10/2023

TIME: 3:30 pm to 5:30 pm

Name of the value added courses (with 30 or more contact hours) offered	Course Code (if any)	Year of offering	No. of times offered during the same year	Duration of course	Number of students enrolled in the year	Number of students completing the course in the year
Conflict Management	NIL	2023	1	30 hours	64	62

Course Objectives:

- Identify the causes and sources of conflict.
- Develop active listening skills to better understand others' perspectives.
- Enhance verbal and non-verbal 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



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

9,10	NegotiationTechniques	2
11,12	MediationandFacilitation	2
13,14	ConflictResolutionModels	2
15,16	ManagingDifficultConversations	2
17,18	ConflictManagementinTeamsand Organizations	2
19,20	ConflictResolutionStrategies	2
21,22	EthicalConsiderations	2
23,24	PersonalConflictManagementPlan	2
25,27	ConflictManagementin Leadership	3
28-30	ConflictManagementToolsandResources	3

ProgrammeCo-ordinator:

Dr. Kalaivanan

SAAssistantProfessr,

DepartmentofPsychology,

SathyabamaInstituteofScienceandTechnology,C

hennai-Tamil Nadu.

CourseSchedule:

Date	Day	Time
3-10-2023	Tuesday	3.30pm -5.30 pm
4-10-2023	Wednesday	3.30pm -5.30 pm
5-10-2023	Thursday	3.30pm -5.30 pm
6-10-2023	Friday	3.30pm -5.30 pm
7-10-2023	Saturday	3.30pm -5.30 pm
9-10-2023	Monday	3.30pm -5.30 pm
10-10-2023	Tuesday	3.30pm -5.30 pm
11-10-2023	Wednesday	3.30pm -5.30 pm

[illegible]

SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

[illegible]

- 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.



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

Photo:





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

SampleCertificates





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

CATEGORY - 1 UNIVERSITY BY UGC



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 08.01.2024 to 03.02.2024 between 3.30 pm to 5.30 pm by **Dr. Kalaivanan, Asst Professor**, department of Psychology.

Sathyabama Institute of Science and Technology.

The objective of the program is to develop students' ability to recognize, understand, and manage their own emotions, as well as to empathize with others, enhancing interpersonal relationships, decision-making, and leadership skills in both personal and professional contexts.

PROGRAM COORDINATOR:

Dr. Kalaivanan, Asst Professor

Email: kalaivananpsychology@sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

MODULE TOPIC: EMOTIONAL INTELLIGENCE

YEAR: 2023-2024

DATE: 08/01/2024 to 03/02/2024

TIME: 3:30 pm to 5:30 pm

Name of the value added courses (with 30 or more contact hours) offered	Course Code (if any)	Year of offering	No. of times offered during the same year	Duration of course	Number of students enrolled in the year	Number of students completing the course in the year
Emotional Intelligence	NIL	2024	1	30 hours	62	59

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.



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

CourseContent:

DAY	COURSE	HOURS NEEDED
1,2	NatureandSignificanceofemotionalintelligence,Modelsof emotionalintelligence:Ability,Trait andMixed	2
3,4	Buildingblocksofemotionalintelligence,self-awareness	2
5,6	Self-management,socialawareness	2
7,8	Relationshipmanagement,identificationandknowledgeofone's strengths	2
9,10	Emotionalmanagement,Empathy	2
11,12	Effectivecommunication,collaborationandteamwork	2
13,14	Conflictmanagement,CultivatingEmotionalIntelligence	2
15,16	Bodyandmindfulness,leadership	2
17,18	Attributesofemotionalintelligence,Emotionalintelligenceand jobsatisfaction	2
19,20	Self-efficacyandemotionalintelligence,IQorEQ-importance	2
21,22	EmotionalIntelligenceMeasures–AsystematicReview	2
23,24	Emotionalintelligenceandtransformationalleadershipamong leaders	2
25,27	Emotional intelligence and academic success, emotional intelligenceanddecision-makingeffectiveness	3
28-30	Research aboutemotionalintelligenceongenerations	3



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

ProgrammeCo-ordinator:

Dr.KalaivananSAssistant
Professor,DepartmentofPs
ychology
SathyabamaInstituteofScienceandTechnology,C
hennai-Tamil Nadu.

CourseSchedule:

Date	Day	Time
08/01/2024	Monday	3.30pm -5.30 pm
09/01/2024	Tuesday	3.30pm -5.30 pm
10/01/2024	Wednesday	3.30pm -5.30 pm
11/01/2024	Thursday	3.30pm -5.30 pm
12/01/2024	Friday	3.30pm -5.30 pm
19/01/2024	Friday	3.30pm -5.30 pm
20/01/2024	Saturday	3.30pm -5.30 pm
22/01/2024	Monday	3.30pm -5.30 pm
23/01/2024	Tuesday	3.30pm -5.30 pm
24/01/2024	Wednesday	3.30pm -5.30 pm
25/01/2024	Thursday	3.30pm -5.30 pm
27/01/2024	Saturday	3.30pm -5.30 pm
29/01/2024	Monday	3.30pm -5.30 pm
30/01/2024	Tuesday	3.30pm -5.30 pm
31/01/2024	Wednesday	3.30pm -5.30 pm
01/02/2024	Thursday	3.30pm -5.30 pm
02/02/2024	Friday	3.30pm -5.30 pm
03/02/2024	Saturday	3.30pm -5.30 pm



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

List of participants:



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE
www.sathyabama.ac.in

Department of Psychology
Value Added Course

Emotional Intelligence

S.No	Name	Department	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	ABINAYA P	Psychology	A	P	P	P	P	A	P	P	A	P	A	A	P	P	P	P	P	P	P
2	ABRINA	Psychology	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
3	FERNANDO B	Psychology	A	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A
4	AKSHAYA R	Psychology	P	A	P	P	P	A	P	P	A	A	P	P	P	P	A	A	P	P	P
5	AMIRTHAVARSHINI M	Psychology	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P
6	ANANDHA VARSHINI S	Psychology	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P
7	ANJALI J	Psychology	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
8	DIYA SARAVANAN	Psychology	P	A	A	P	P	P	P	P	P	P	A	A	A	P	A	P	P	P	P
9	HEMAMALINI P	Psychology	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P
10	JASMINE I	Psychology	P	P	A	A	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P
11	KUMARI SRI L	Psychology	P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P
12	LAKSHA V	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	LATHIFFA A R	Psychology	P	P	A	P	P	A	A	P	P	P	P	P	A	A	P	P	P	P	P
14	M THANU SRI	Psychology	A	A	A	A	A	A	A	A	P	A	A	A	A	A	A	A	A	A	A
15	MEERA R	Psychology	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P
16	NEHARIKA R	Psychology	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P
17	R. KAAVIYASRI	Psychology	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	REETHIKA R	Psychology	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P

[illegible]



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

62	RANI GUMMA SRI SUBSHA LEON	Psychology	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	A	A
----	----------------------------------	------------	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---


Dept. Of Psychology
SATHYABAMA Institute Of Science & Technology
(Deemed To be University) -
Near Nagar, Rajiv Gandhi Salai,
Chennai - 600 119.

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



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)

Accredited "A" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

www.sathyabama.ac.in

Photo:





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in





SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

Accredited "A++" Grade by NAAC | 12B Status by UGC | Approved by AICTE

www.sathyabama.ac.in

SAMPLE CERTIFICATE



SATHYABAMA
INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)
CATEGORY - 1 UNIVERSITY BY UGC



CERTIFICATE OF APPRECIATION

THIS IS TO CERTIFY THAT MR/MS,

Yuvaree. S

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 08.01.2024 To 03.02.2024



Dr. Kalaivanan S.
PROGRAM COORDINATOR
ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHOLOGY