

PAAVAI COLLEGE OF ENGINEERING
DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING
SOFT SKILLS PROGRAMME ON “COPING CHALLENGES AND SETBACKS”

Held on 13.02.2023

EVENT REPORT

Name of the Event : **Coping Challenges and Setbacks**

Date of the Event : 13.02.2023

Number of participants : 100

Resource Person : Dr.D.Jayanthi,
Professor/ECE,
Gokaraju Rangaraju Institute of Engineering and Technology,
Andhra Pradesh.

Co-ordinator : Mr.N.Mohana sundaram,
Assistant Professor,
Department of Electrical and Electronic Engineering,
Paavai College of Engineering,
Pachal, Namakkal.

Venue : Pragati Hall

Event Description:

"Coping with Challenges and Setbacks" is a resilience-building workshop that empowers participants to navigate obstacles with confidence. Through real-life case studies, interactive discussions, and practical strategies, attendees will learn how to manage stress, bounce back from failures, and turn adversity into opportunities. Ideal for those seeking to strengthen their mental toughness and problem-solving skills.

A GLIMPSE OF THE EVENT



Soft Skills Programme on “Coping challenges and setbacks”-13.02.2023