

**PAAVAI COLLEGE OF ENGINEERING**  
**DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING**  
**SOFT SKILLS PROGRAMME ON “HOW TO RELIEVE FROM STRESS”**  
**Held on 4.11.2023**

**EVENT REPORT**

Title of the Event : Soft Skill Program on "**How to Relieve from Stress**"  
Date of the Event : 04.11.2023  
Number of participants : 100  
Resource Person Details : Ms.A.Srilekha,  
Application Supporting Engineer,  
HCL Company, Chennai.  
Co-Ordinator : Mr. D. Saravanan,  
Professor,  
Department of Electrical and Electronics Engineering,  
Paavai College of Engineering,  
Pachal, Namakkal.  
Venue : Pragati Hall.

**Event Description:**

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

**A GLIMPSE OF THE EVENT**



**Soft Skill Program on "How to Relieve from Stress"-04.11.2023**