

CIT SANDWICH POLYTECHNIC COLLEGE
COLIMBATORE-641014.

FACULTY DEVELOPMENT PROGRAMME 2021-2022

A One Day Faculty Development Programme on ‘Stress Management’ will be conducted in our institute on 28-01-2022.

All the faculty members are invited to attend the programme.

Programme schedule will be e-circulated later.

Lunch will be provided for all the teaching and non-teaching staff.

Circulation:

All Faculty Members

Co-ordinator – 1. Mr.A.Vijayakumar
2.Mrs.K.Sridevi,
3. Mr.M.Rajesh



**C I T SANDWICH POLYTECHNIC COLLEGE
COIMBATORE-14.**

**One Day
FACULTY DEVELOPMENT PROGRAMME
On “Stress Management”**

28th January 2022

Venue: Conference Hall

Prayer Song

Welcome Address

9.30 am

Sri. A. VIJAYAKUMAR

**Head of the Department
Dept. of Mechanical Engg. (Sandwich)**

Presidential Address

9.40 am

Dr. R. RENUGA

**Principal
CIT Sandwich Polytechnic College
Coimbatore**

**‘Stress Management’
an Activity based
Programme...**

10.00 am to 1.00 pm

Mr. CHRISTOPHER

**Convenor
Team @sportsvillage Foundation**

Lunch

1.00 pm to 2.00 pm

Yoga Hall

Vote of thanks

2.30 pm

**Sri. M. RAJESH,
Lecturer/Mathematics**

National Anthem

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ONE DAY FCULTY DEVELOPMENT PROGRAMME

The one day faculty development programme on “**Stress Management**” was held on **28.01.2022** in CIT SPC conference hall. The Faculty development programme started with invocation prayer by Smt. M.Nithyakalyani, Lecturer/Physics, and Smt.K.Krishnaveni, Lecturer/ECE.





Mr.Christopher, Christo fitness club, is the convener of the programme.

The **welcome address** was delivered by **Sri.A.Vijalumar, HOD/I/C,Mech.(Sandwich)** and followed by the **presidential address** by the respected **principal Dr.R.Renuga**.





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COIMBATORE-14

FACULTY DEVELOPMENT PROGRAMME

ON

STRESS MANAGEMENT

28.01.2022

VENUE: CONFERENCE HALL



C.I.T. SANDWICH POLYTECHNIC COLLEGE



A part of the participants.



Mr. Christopher and his team conducted various stress Management events and team building events for all teaching and non-teaching staffs. The program was fun and made each other to mingle together.





A delicious lunch was provided to all participants and staffs. Afternoon session is ended with getting feedback from participants.



The convener was honoured by providing honorarium.

Sri.M.Rajesh, Lecturer/Mathematics, delivered the vote of thanks.

The function was came to an end with the national anthem.



Expenses Incurred for conducting One Day Faculty Development Programme on ‘Stress Management’ on 28-01-2022.

S.No.	Description	Invoice/Bill No. & Date	Amount
1	Tea & Snacks – 80 Nos.	Sree Krishna Bakery 28-1-22	1000.00
2	Lunch - 85 Nos.	Mamu Biriyani Catering Servics, No.32, 28-1-22	11000.00
3	Honorarium to the Convener	Christo Fitness Club, Voucher 28-1-22	5000.00
Total			17000.00