



**KONGUNADU ARTS AND SCIENCE COLLEGE
(AUTONOMOUS)**

**Re-accredited by NAAC with A⁺ Grade - 4th cycle,
College of Excellence – UGC
29th Rank among Colleges in NIRF 2023
Coimbatore - 641 029, Tamil Nadu, India**



DEPARTMENT OF COMPUTER SCIENCE (Aided)

**WORKSHOP ON EMPOWERING YOUNG MINDS :
BUILDING RESILIENCE IN STUDENTS**

**Supported by
DBT STAR COLLEGE SCHEME**

REPORT

Name of the Event	Workshop on Empowering Young Minds : Building Resilience in students
Date	24-08-2023
Time	10.00 A.M
Resource Person With Designation	Mr.P.Nandha Kumar Emotional wellness Coach and Author , Member ICF, International Coach Federation, Coimbatore.
Venue of the Programme	Annai Violet Matriculation and Higher Secondary School ,CBE-29
Objectives of the Programme	• To create awareness about the causes of stress • To educate the students to manage and overcome the stress • To conduct activities to make the students stress free
Outcome of the Programme	• Awareness was created about the reasons and causes of stress • Tips were provided to overcome the stress • Activities were conducted and students participated enthusiastically in all activities.
Number of Beneficiaries with Class	Students: XI and XII students – 80 Total Number of Beneficiaries: 80

Report in detail: The school students numbering 80 attended the workshop. The resource person created awareness about stress and clearly narrated the situations and the circumstances that would create stress in the minds of the students. The following causes of stress and the ways to overcome the stress were well discussed.

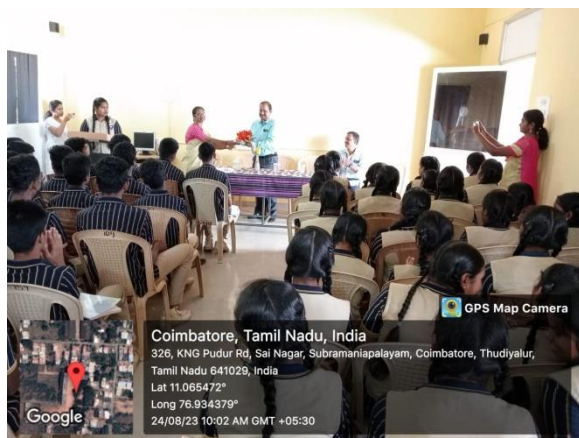
- Academic performance
- Social Situations
- Family Issues
- Trauma
- Big Life Changes
- Peer group influence.

The school students were educated about the following tips to reduce the stress of day-to-day activities.

- Practice guided meditation.
- Exercise.
- Relax Your Muscles.
- Take care of yourself
- Engage in self relaxation
- Deep Breathing.
- Eat Well.
- Take a Break whenever needed.
- Make Time for Hobbies.
- Talk About Your Problems.
- Help others

The resource person conducted many activities in order to make the students free from stress. Activities related to understanding the emotions, environment, situations were practiced using charts, paper and colour pencils. Students enthusiastically participated in all the activities. They admired the Goal Pizza concept very much and it has motivated them to set their future goals. Students enjoyed the circle formation activity very well. Students and teachers opined that the programme was very useful and served the purpose. Students were really benefited by learning effective stress management, which leads to improvement in both mental and physical health .

ENCL: Geotagged photographs



Signature of the Department Coordinator

Signature of the Head of the Department



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DEPARTMENT OF COMPUTER SCIENCE (Aided)

Hands-on-Training-Programme in Python and PHP

**Supported by
DBT STAR COLLEGE SCHEME**

REPORT

Name of the Event	Hands-on-Training-Programme in Python and PHP (for XII Standard students of GreenFields Matriculation School,GN.Mills,Coimbatore-29)
Date	27-12-2023
Time	10.00 A.M
Resource Person With Designation	Department of Computer Science B.Dharshana(211CS008) W.B.Preethi(211CS015)
Venue of the Programme	Lab -VI
Objectives of the Programme	• To teach Python programming language and PHP programming language. • To motivate the students towards Web development. • To evaluate the students through a quiz competition.
Outcome of the Programme	Students learnt about • Advantages and applications of Python language • Syntax of Python • Code examples of Python • Uses of PHP in particular for Website development • Code examples of PHP • Concepts of Python and PHP through Quiz

Number of Beneficiaries	Students: XII Standard students of Green Fields Matriculation School -58
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Report in detail :

The Hands-on Training Programme in Python and PHP for XII Standard Students was a comprehensive initiative aimed at enhancing students' programming proficiency and web development skills. The programme commenced with an intensive introduction to Python programming, covering fundamental concepts such as data types, control structures, and functions. Through practical sessions and coding exercises, students gained hands-on experience in writing Python code and solving real-world problems.

As the programme progressed, students delved into advanced Python topics, including object-oriented programming (OOP) and data manipulation using libraries like NumPy and Pandas. Practical workshops and projects enabled students to apply OOP principles, work with data sets, and explore Python's applications in data analysis and automation.

The second half of the programme focused on PHP programming, introducing students to server-side scripting, database connectivity, and dynamic web development. Students learned how to write PHP scripts, interact with MySQL databases, handle user input through web forms, and create dynamic web pages using HTML and CSS.

Overall, the Hands-on Training Programme in Python and PHP provided students with a solid foundation in programming languages and web development technologies. It empowered them with practical skills, critical thinking abilities, and the confidence to pursue further studies or careers in software development and technology.

