

## SRI SARADA COLLEGE FOR WOMEN

(Reaccredited with 'A' Grade by NAAC)
Affiliated to Manonmaniam Sundaranar University
A Branch of Ramakrishna Tapovanam, Tirupparaithurai
Ariyakulam, Tirunelveli Thoothukudi-High Road, Maharaja Nagar Post
TIRUNELVELI- 627 011



## **Internal Quality Assurance Cell(IQAC)**

&

## **Training and Development Cell**

Cordially invites you for the

## on STRESS MANAGEMENT

Resource Person Mr. Celestine Paulraj, CSR Lead, Chennai

Venue : Seminar Hall

Date :14.09.2018

Time : 10.00 a.m to 01. 30 p.m