

**D.K.M College For Women Autonomous,Vellore**

**Department of Physics**

**Carrier Guidance and Stress Management**



**D.K.M . COLLEGE FOR WOMEN**  
Autonomous,  
Vellore - 632001  
**Department of Physics**

**Welcome to  
Guest Lecture Programme  
on  
Carrier Guidance and Stress  
Management  
21-12-2017**

**KEY NOTE ADDRESS BY  
P. SUNDAR RAJ, MSW, M.Sc. Psychology  
Project Coordinator in UHET,  
VIT University, Vellore**

Guest lecturer program on Carrier guidance and Stress  
Management was organized by Department of Physics on 22.12.17.



Dr.P.Sundar Raj, Project co-coordinator, VIT University, acted as resource person and gave valuable lecture on stress management. He also motivated students to do higher education and to attend competitive exams. All I Chemistry and mathematics students participated in the program.



He spoke various informative things

- Opportunities for students after their under graduate
- Scope of their degree for higher education and job
- Bank loans which students can avail and its Procedure
- Group exams which can be done during their course and its preparatory methods

Students were motivated with its Speech and their doubts were also clarified after the programs. Program ended with feedback session.