

**DKM COLLEGE FOR WOMEN-
AUTONOMOUS- VELLORE-1**



**REPORT ON GUEST LECTURE
MEETING ON
STRESS MANAGEMENT**

ORGANISED BY

**PG & RESEARCH DEPARTMENT OF
COMMERCE WITH COMPUTER
APPLICATION**

DATE: 21.12.16

INVITATION

D.K.M COLLEGE FOR WOMEN (AUTONOMOUS) VELLORE

DEPARTMENT OF COMMERCE

CORDIALLY INVITES YOU TO

**GUEST LECTURE ON
STRESS MANAGEMENT**

DATE : 21-12-2016 (WEDNESDAY)

TIME : 4.00 P.M – 5.45 P.M

RESOURCE PERSON

PROF. THENDRALARASI. A., M.Sc PSYCHOLOGY., (Ph.D)

HEAD AND ASST PROF IN PSYCHOLOGY & STUDENT COUNSELLER

D.K.M. COLLEGE FOR WOMEN

VELLORE-1

**BY
STAFF & STUDENT
DEPARTMENT OF COMMERCE (EVE)**

REPORT

Guest Lecture on Stress management is conducted on 21.12.2016 at 3.00 P.M . The programme has presided over By Dr.P.N.Sudha, Principal, D.K.M College, Vellore.

Mrs.A.Thendralarasi, Head and Assistant Professor in Psychology is the resource person of the day. She briefly explained about the coping strategies of reducing stress and learning healthier ways to manage the stress.

Miss.Vijayanirmala, Head and Assistant Professor in commerce has welcomed the gathering our resource person addressed the gathering on the topic “Stress Management”.

Nearly 300 students from I, II, III B.Com and I M.Com , I, II B.Com (CA) were participated in the programme.

PHOTOS

