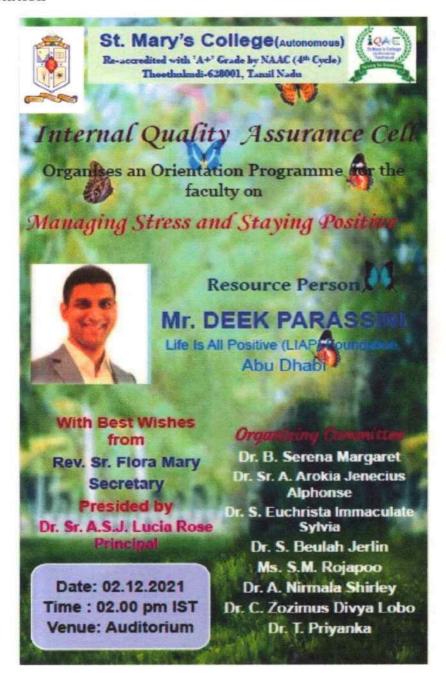
St.Mary's College (Autonomous) Thoothukudi IQAC

> Invitation



Certificate



> Report

IQAC organised an Orientation Programme on "Managing Stress and Staying Positive" on 2nd December 2021. Mr. Deek Parassini, Founder, Life is All Positive (LIAP), Abu Dhabi addressed the faculty on the stress-free ways of handling the millennial learners and the significance of having a positive outlook. The interactive session was vibrant with a lot of questions from the faculty on the learner centred ambience which were precisely addressed by the resource person. 159 faculty participated in the orientation programme.

B. Screna Margaret

IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

Lucia Rose

Principal
St. Mary's College (Autonomous)
Thoethukudi-628 001.