

**St.Mary's College (Autonomous) Thoothukudi**

**IQAC**

➤ **Invitation**

**St. Mary's College (Autonomous)**  
Re-accredited with 'A+' Grade by NAAC (4<sup>th</sup> Cycle)  
Thoothukudi-628001, Tamil Nadu

**Internal Quality Assurance Cell**  
Organises an Orientation Programme for the  
faculty on  
*Managing Stress and Staying Positive*

**Resource Person**  
**Mr. DEEK PARASSINI**  
Life Is All Positive (LIAP) Foundation  
Abu Dhabi

**With Best Wishes from**  
**Rev. Sr. Flora Mary**  
Secretary  
**Presided by**  
**Dr. Sr. A.S.J. Lucia Rose**  
Principal

**Organising Committee**  
Dr. B. Serena Margaret  
Dr. Sr. A. Arokia Jenecius  
Alphonse  
Dr. S. Euchrista Immaculate  
Sylvia  
Dr. S. Beulah Jerlin  
Ms. S.M. Rojapoo  
Dr. A. Nirmala Shirley  
Dr. C. Zozimus Divya Lobo  
Dr. T. Priyanka

**Date: 02.12.2021**  
**Time : 02.00 pm IST**  
**Venue: Auditorium**

➤ **Certificate**



➤ **Report**

IQAC organised an Orientation Programme on “Managing Stress and Staying Positive” on 2<sup>nd</sup> 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. Serena Margaret*  
**IQAC Coordinator**  
**IQAC Co-ordinator**  
**St. Mary's College (Autonomous)**  
**Thoothukudi**

*Lucia Rose*  
**Principal**  
**St. Mary's College (Autonomous)**  
**Thoothukudi-628 001.**