



# FATIMA COLLEGE

(Autonomous)

*Affiliated to Madurai Kamaraj University*  
*Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle - IV)*  
Mary Land, Madurai - 625018, Tamil Nadu

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## AICUF(Shift I)

<b>Title</b>	: Guest Lecture – Stress Management
<b>Date</b>	: 17.03.2022
<b>No. of Participants</b>	: 64
<b>Chief guest</b>	:Mr.R.Hari Krishnan, Programme Coordinator, heartfulness Institute, Madurai.
<b>Focus on</b>	:To make students know about the importance of Yoga and meditation to be stress free
<b>Outcome</b>	:All the first and second year UG AICUF students were assembled in MBH for the Part V activity. The chief guest of the day was Mr.R.Hari Krishnan, Programme Coordinator, heartfulness Institute, Madurai. He insisted about the importance of Yoga and meditation to be stress free. He taught some yoga practices to the students. They all asked some question regarding stress management and yoga. He said that if you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think.

And the following has been given as a tip for stress free

- Keep a positive attitude.
- Accept that there are events that you cannot control.



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- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn to manage your time more effectively.
- Set limits appropriately and say no to requests that would create excessive stress in your life.
- Make time for hobbies and interests.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress. Drugs and alcohol can stress your body even more.
- Seek out social support. Spend enough time with those you love.

Students have known how to be free from all stressed situations through some meditations and yoga practices

**Photo:**





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## Invitation:



**FATIMA COLLEGE (AUTONOMOUS)**  
COLLEGE WITH POTENTIAL FOR EXCELLENCE  
RE-ACCREDITED WITH 'A' GRADE BY NAAC (III CYCLE)  
74<sup>th</sup> RANK IN INDIA RANKING 2020 (NIRF) BY MHRD  
MARY LAND, MADURAI - 625018, TAMIL NADU

**AICUF**

organizes a Guest Lecture  
on  
**STRESS MANAGEMENT**

**Resource Person**  
MR.R.HARIKRISHNAN  
Programme Coordinator  
Heartfulness Institute  
Madurai - 18

on  
**March 17<sup>th</sup> 2022 @ 2.00 p.m.**  
**Venue : MBH**

ALL ARE CORDIALLY INVITED



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## List of Participants:

S.NO	Register Number	Name
1.	2020H05	ANGELO LANCIA J
2.	2020H19	HEIDY HARRISH MARIYAA A
3.	2020H50	SNEHA A
4.	2020H53	SWEETY WINSHEEBA T
5.	2020E16	GOPIKA C
6.	2020E62	VIDHYA M
7.	2020S01	AAFRIN M
8.	2020L21	GEETHA LURTHU MARY J
9.	2020L22	GIRIJHA R
10.	2020L50	RENE VALENTINA SALATH V
11.	2020L69	SWETHA TERES U
12.	2020T16	JERMIN REJI S
13.	2020T60	ANNAL MERLIN S
14.	2020P01	ABARNA J
15.	2020C13	FERMI E
16.	2020C26	JOSE A
17.	2020C50	YASHINI R
18.	2020Z12	KANAGA RANI B
19.	2020Z23	PREETHI M
20.	2020N30	SHENBAGA MALLIKA S
21.	2020N31	SHERLIN SHILVIA A
22.	2020B08	CELSIA R
23.	2020B09	DELPHIN SUKI S
24.	2020B13	JANANI JOEL R
25.	2020B19	KHUSHI CHANDA M
26.	2020B23	MARTIN VISHALI J
27.	2020B25	MUHSINA BARVEEN A
28.	2020B28	NAGAVATHSHAA N
29.	2020B29	NAHITHA PARVEEN J
30.	2020B31	NARMATHA S
31.	2020B35	RISHIKA SREE RK
32.	2020A07	ANNIE ANGEL P
33.	2020A08	ANRO NISHA E
34.	2020A17	BELCIA P
35.	2020A23	EVANGELIN EMIMA T
36.	2020A26	GOWRI P
37.	2020A64	STEPHINA M
38.	2021H02	ANTONY JEYA MONICA S



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39.	2021H36	TEENA MEKLIN I
40.	2021E12	GAYATHRI A
41.	2021E19	KEERTHANA S
42.	2021E34	ROHINI B
43.	2021E45	SUJEETHA S
44.	2021S38	HARIPRIYA N
45.	2021L04	ANANCIA JESIKA A
46.	2021L37	SEENIYAMMAL NIRISHA A
47.	2021T13	HEMALATHA M
48.	2021T15	JERMAN VINONCIYA S
49.	2021M19	JERLIN JOSHI A
50.	2021M25	MAHALAKSHMI A
51.	2021M31	MUTHU MEENA A
52.	2021M58	YOHAVI R
53.	2021M68	LAKSHMI J
54.	2021P07	CYNTHIAA L
55.	2021P12	JASMINE SAHAY OVIYA S
56.	2021P35	SHARINA JOE KATHRIN A
57.	2021P47	KAVIYA M
58.	2021C10	DINA MAGLIN G
59.	2021B01	AKSHAYA M
60.	2021B12	CATHEREN CHRISTINA A
61.	2021B15	DHIVYA S
62.	2021B23	JOE MARTINA A
63.	2021B36	RENISHA J S
64.	2021A18	FEMI NISHA R

Signature of the Coordinator