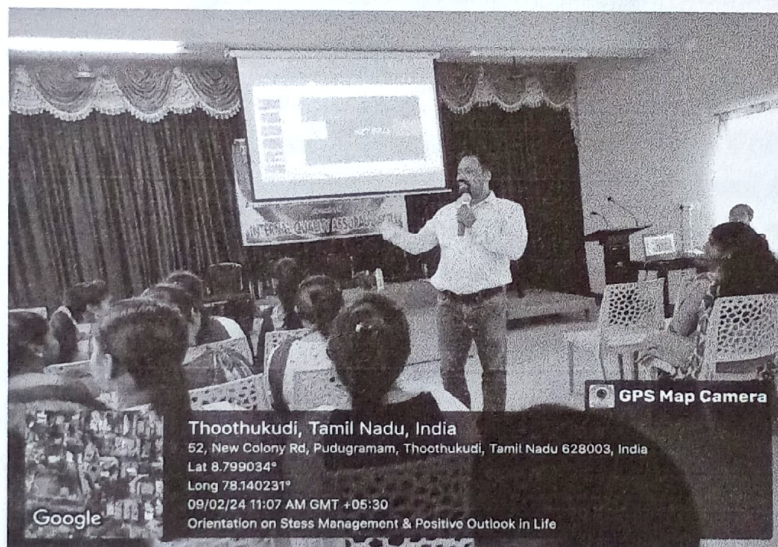


## ORIENTATION PROGRAMME ON STRESS MANAGEMENT AND POSITIVE OUTLOOK IN LIFE

On Feb 9<sup>th</sup> 2024, the IQAC and the Tuticorin Diocesan youth commission collaborated to organize an orientation on stress management and cultivating a positive outlook in life. The event commenced with a melodious prayer songs sung by the college choir, invoking divine blessing upon the gathering. Dr.Sr.Rubha the esteemed secretary and principal of the institution delivered a warm welcome address, setting a tone of inclusively and gratitude for the occasion. Following the enlightening speech and reflections, Ms.Monisha a student from III B.COM graciously extended the vote of thanks, expressing heartfelt appreciation to all participants and contribution Rev.Fr.Ranjith kumar introduced the guest to the crowd. The session felicitated by Rev.Dr.Fr.Kingston kudalanu was attended by 104 final year students. Through engaging discussions and practical strategies, Rev.Dr.Fr.Kingston kudalane impressed the students with insights into managing stress and fostering a positive mindset. The session aimed to equip student with tools to navigate the challenges they may face in their academic and personal life.



*[Signature]*  
09/02/2024

**IQAC CO-ORDINATOR**

**IQAC CO-ORDINATOR**  
**HOLY CROSS HOME SCIENCE COLLEGE**  
**THOOTHUKUDI-628 003.**

*[Signature]* 9/2/24

**PRINCIPAL**

**PRINCIPAL**  
**HOLY CROSS HOME SCIENCE COLLEGE**  
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