



Estd. 1964

YOUTH RED CROSS **NESAMONY MEMORIAL CHRISTIAN COLLEGE**

(91ST Position in National Rankings 2022 for Colleges by NIRF)

MARTHANDAM-629 165, KANNIYAKUMARI DISTRICT

(Reaccredited with 'A' grade by NAAC)



SEMINAR ON **STRESS MANAGEMENT AND LIFE SKILLS FOR YRC VOLUNTEERS**

Date : 27-09-2022 Tuesday Time : 10.15 AM Venue : Seminar Hall-II

Resource Persons

Mr. S. KRISHNA MOORTHY, M.Sc., (Psy), M.S.W.,
(Psychological Counselor & Soft Skill Trainer)

Mr. E. BLITHE SUDHAR
(State Trainer, IRCS, TN Branch, Chennai)

Dr.T.Vinod Kumar
Correspondent-Secretary

Dr.K.Paul Raj
Principal

Dr.P.C.Jose Paul
Programme Officer

