

St.Mary's College (Autonomous) Thoothukudi

IQAC

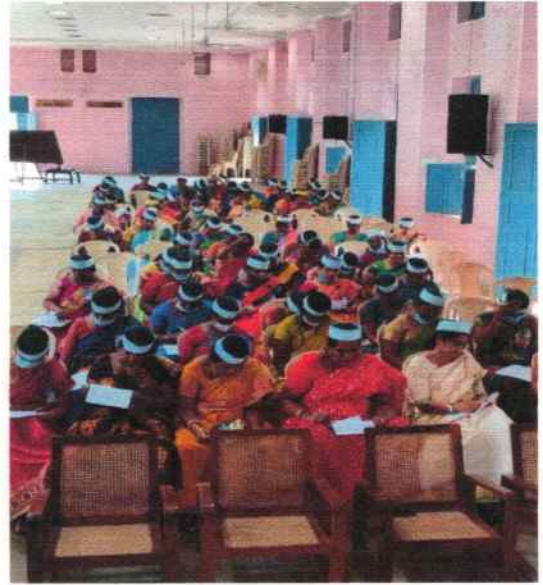
➤ **Invitation**

The poster features a central rainbow-colored oval background. At the top left is the college crest, and at the top right is the IQAC logo. The text is arranged as follows:

- St. Mary's College (Autonomous) Thoothukudi
Re-accredited with A+ Grade by NAAC
- Department of Psychology, IQAC & Counselling Forum
- Jointly Invite the Faculty to the
- RESTORATIVE MIND SPA**
- On 19.11.2021 @ 11.40 A.M.
- Venue: Auditorium
- With the Best Wishes
- Rev. Sr. Flora Mary, Secretary
- Rev. Dr. Sr. A.S.J. Lucia Rose, Principal
- Rev. Sr. Josephine Jeyarani, Director, SSC

The poster is decorated with a vertical column of ten colorful emojis on both the left and right sides, including expressions like laughing, smiling, and kissing.

➤ Photos



➤ **Certificate**



➤ **Report**

The department, along with IQAC and Counselling Forum, organized a Stress Awareness program for the entire teaching faculty on 19.11.2021 at the auditorium named Mind Spa. As per the name, the program included stress awareness and stress reduction activities that truly had the relaxing impact similar to that of visiting a spa. All the staffs enjoyed the program thoroughly.

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

Lucia Rose
Principal
St. Mary's College (Autonomous)
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