



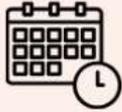
**THE STANDARD FIREWORKS RAJARATNAM COLLEGE FOR WOMEN (Autonomous),
SIVAKASI.**

(Affiliated to Madurai Kamaraj University, Re-accredited with 'A+' Grade by NAAC,
College with Potential for Excellence by UGC & Mentor Institution under UGC PARAMARSH)

DEPARTMENT OF PSYCHOLOGY

ALUMNAE GUEST LECTURE
(Sponsored by S.F.R College Alumnae Association)
on

STRESS MANAGEMENT TECHNIQUES



**10th March
2026
1.30pm -3.30pm**

RESOURCE PERSON



**A7,
SFR COLLEGE,
SIVAKASI.**

S.V. SWASTHIKA

B.Sc., MA in Psychology, IGNOU, Delhi, (Expected: June 2027).,
DTP., DBM., Cert. Speech Therapy., Adcert. School Counsellor.

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Tmt. Thilagavathy Ravindran
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Tmt. Aruna Ashok
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