



## **SRI RAMACHANDRA UNIVERSITY - ALUMNI ASSOCIATION**

### **REPORT ON STRESS MANAGEMENT**

Sri Ramachandra Alumni Association organized Stress Management program on 9<sup>th</sup> October 2017 at the University Auditorium for the final year MBBS and Dental Students. Dr.Kannan Gireesh (Alumnus MBBS 1998-1999, M.D Psychiatry 2005-2006 batch) Founder of Live Life Foundation, Chennai was invited as a special invitee to give a talk on soft skills programme. Around 520 students from Medical and Dental College attended and they had an interactive session with the invitee regarding how to reduce the stress during their examinations.



Dr.Deepa Parvathi, Treasurer delivered the Welcome Address.



Dr.Koushik Muthuraja.M, Secretary delivered the Key note address.



Dr. P.V.Vijayaraghavan, Vice Chancellor honoured the speaker with a memento



Dr.Kannan Gireesh, addressing the Gathering



Interactive session with the students