



**SEETHALAKSHMI RAMASWAMI COLLEGE**

**(Autonomous)**

**Affiliated to Bharathidasan University**

**Tiruchirappalli**

*Accredited with A+ by NAAC (4<sup>th</sup> Cycle)*



***DEPARTMENT OF HOME SCIENCE***

*Guest Lecture*  
*on*

*Stress Management Focusing on Adolescent*  
*Mental Health*

**Resource Person**

**Dr.S.Sivaraman,**  
**Professor and Head**  
**Department of Psychiatry**  
**Trichy SRM Medical College Hospital & Research Centre**  
**Trichy**

**Date: 04.01.2023**

*Venue: Vidhya Ganapathi Hall*