

**TRINITY COLLEGE FOR WOMEN
(Arts and Science),**

NAMAKKAL – 637 002, TN state

(NAAC A+ / Permanent Affiliation / 2f & 12b status / AISHE / NIRF /
ARIIA / NDLI / SWAYAM-NPTEL / UBA)

UNNAT BHARAT ABHIYAN CELL

**CONDUCTS A PROGRAMME ON “STRESS MANAGEMENT
FOR EMPLOYEES OF THE SALEM COOPERATIVE SUGAR
MILLS LTD., PETTAPALAYAM VILLAGE, MOHANUR,
NAMAKKAL DISTRICT”**

Presidential Address

MRS. K.R. MALLIKA, MANAGING DIRECTOR/DRO
THE SALEM COOPERATIVE SUGAR MILLS LTD.,
MOHANUR – 637 015, NAMAKKAL DISTRICT

Name of the Resource Person

DR. ARASUPARAMESWARAN, DIRECTOR – ACADEMIC
TRINITY COLLEGE FOR WOMEN, NAMAKKAL – 637 002

Event is organized by

MRS. R. NAVAMANI,
UBA REPRESENTATIVE – PETTAPALAYAM VILLAGE
TRINITY COLLEGE FOR WOMEN, NAMAKKAL – 637 002.

**AUGUST
2023
@ 3PM**

29

**VENUE:
AUDITORIUM,
SCSML, MOHANUR**

STRESS MANAGEMENT PROGRAMME THROUGH THE UBA CELL:

The Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal, organised a programme with the title "Stress Management for Employees of the Salem Cooperative Sugar Mills Ltd., Pettapalayam village, Mohanur, Namakkal District" on August 29, 2023.

Mrs. K.R. Mallika, Managing Director, The Salem Cooperative Sugar Mills Ltd., Mohanur, Namakkal District, presided over the program.

Dr. Arasuparameswaran, Director, Academic, Trinity College for Women, Namakkal, was the special invitee.

He spoke about the importance of managing stress during troubled times. Worry and disquietude are with each and every one. Without anxiety, we could not survive in this world. You should remove your worries and strengthen your mind, he stated.

Mrs. R. Navamani, UBA village representative of Pettapalayam, arranged the program.

Mr. Aravindan, Labour Welfare Officer, SCSML, and Mrs. D. Prabha, Representative of UBA, adopted the village of Tholur, and more than 150 employees of the sugar mills benefited through this programme.

