



St. JOSEPH'S COLLEGE (AUTONOMOUS)

Accredited at A⁺⁺ Grade (Cycle IV) by NAAC.
Special Heritage Status College awarded by UGC.
College with Potential for Excellence by UGC.
25th Rank in NIRF 2024
Tiruchirappalli - 620 002.

ASSOCIATION OF BCOM HONOURS

----- cordially invite you for the -----

Workshop On HOLISTIC WELLNESS

Welcome Address

Mr. ASHOK R

Association President & Assistant Professor, BCom Honours

Felicitations

Dr. F. R. ALEXANDER PRAVIN DURAI

Head, Department of BCom Honours
Vice Principal - Shift I (Academics)

Vote of Thanks

Mr. G. PRABHAKARAN

Association Vice-President & Assistant Professor, BCom Honours

19.02.2025 | 9.15AM | JUBILEE HALL | WEDNESDAY

Session I: 09:20 A.M.

Mind, Body and Soul

Dr. M. S. MADHAVACHARI

Assistant Professor, Department of Sanskrit

Session II: 10:00 A.M.

Stress Management

Dr. J. MICHAEL RAJ

Assistant Professor, Department of HRM

Session III: 11:15 A.M.

Hobbies

Dr. X. MERCY ANGELINE

Librarian, Arrupe Library

Session IV: 12:15 P.M.

Emotional Well Being & Intelligence

Rev. Dr. EMMANUEL AROCKIAM SJ

Director, Arrupe Library