

**PG DEPT. OF COUNSELLING PSYCHOLOGY  
& COUNSELLING CENTER**



**St. Joseph's College (Autonomous), Trichy - 02**

**A SEMINAR ON**

# **Freedom from STRESS**

**for the Department of  
BIO-CHEMISTRY**

**FELICITATION**

**Rev. Dr. M. Arockiasamy Xavier, S.J.**

Principal

**RESOURCE PERSON**

**Rev. Dr. Emmanuel Arockiam, S.J.**

Head, Dept. of Counselling Psychology

**TIME: 9:30 A.M. – 11:30 A.M.**



**18th AUGUST 2022**  
**Venue: Commerce AV Hall**

**Registration Fee: Rs. 20**