Sri Adichunchanagiri College of Arts and Commerce Nagamangala-571432, Mandya Dist.

YOUTH RED CROSS UNIT CIRCULAR

Date :- 05-08-2019

This is to inform all students that the Red Cross Club of SAC College has decided to **Stress in Health and Disease Program** organize on 07/08/2019 from 11:00 p.m. to 1:30 p.m. at College Campus. I hereby inform All the students & staff members are requested to participate in the program

Convenor Indian Red Cross Wing SAC College Nagamangala - 571 432 PRINCIPAL
PRINCIPAL
Sri Adichunchanagiri Colle
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

Sri Adichuchanagiri College of Arts and Commerce

Nagamangala, Mandya District-571432

YOUTH RED CROSS UNIT

Stress in Health and Disease

Date: 08-07-2019

Nowadays, stress is a common problem in modern life. Stress is a basic thing of everyday life and there is no way to escape. Stress defines when the body did not give any specific reaction .Psychologist describe stress tension experienced on individual over a period of time which spoils the aptitude of the singular to accomplish his part.

Stress able to create bodily or mentor indications and stress can be engendered by pressure also problem in work environment and individuals lifestyle. The heavy pressures in our life are often linked to different kinds of diseases, we work you him pressure stress we work under it we are driven by it we suppress it we deny it and try to escape it.

On 08 July 2019 B.K. Pranesh Sarvodaya Retreat Center Mysore delivered a lecture on stress free life and holistic heal that 3 p.m. for degree students.



Principal
Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571 432, Mandya Dist.

Sri Adichunchanagiri College of Arts and Commerce

Nagamangala-571432, Mandya Dist.

YOUTH RED CROSS UNIT

Stress in Health and Disease Program

Date :- 07/08/2019

| | UA III-III I | |
|-------------|---------------------|-------------------------|
| 8 | SAHA NA. H | Sahana H. |
| (2) | Sindhee. S | Sendher. S |
| 3 | davelafab | dalochob |
| | Puysma cv | Paysua cv |
| Ē | Thesamerine T.A | The Surveying T.A |
| | wwshitha. n.g | lovelshitto mig |
| D | Kavya S.D | Kavya S.D |
| 8 | Bindu. S.R | Bindu.S.R. |
| (4) | Coethak | yeetha K |
| lo | 39 ndhu V. by | Sincher V. by |
| (ii) | Amouthou | Amorotha |
| (2) | Ransitha Do | Randitha D.C |
| (B) | Geetha A.R | Geetla A.R |
| (4) | monistaic | Geotla A.R monista.C |
| 18 | 020270-B | T.22 270 - 29 |
| Œ | SANSAY BY | Soufey By |
| 177 | Ohosanendsa Poarada | Dharanendoa Powad Kn |
| 8) | Chaunakestara.43 | Chouse |
| 19) | multhy, min | multhy, mid |
| 20) | Bharath Ch | Bharoth.C.h |
| 28 | Sudhakara BAN | Reflore B.N. |
| | | 10 |

| 22 | 32° T. P | | DIEST.P. |
|----------|--------------------|-------------------|---------------------------------------|
| 23 | Navien. B.M | | Navee B.M |
| 24 | ShaShikumara M.H. | | Shashikumara Min |
| 25 | Ginish. M. Kadakol | | G.M.Kadakol |
| 26 | Shashidhara. G.B | | Shashi |
| 27. | Parankermat. KD. | | Pavanhan |
| 38 | Chandrashekhor K.5 | | and |
| 28 | Rangamatia. S | | Powe |
| 29 | Juvena | L 12 MANAZ | Sarchal 192 |
| | 528-14-1 | - Urbrig | 3 |
| | mather 1 | | +32 |
| - V | July 676 | VO Deworker | PRINCIPAL Adichunchanagiri College |
| | THERMAN | | of Arts and Commerce |
| 100 | d agailteen) | Nag | amangala-571 432, Mandya Dist. |
| | Q. S. Marine A. | a supposit | D |
| | REAL PROPERTY. | A 1 0 0 13 | 30 |
| | M own mil | ত কৰ্মক | (b) |
| 1 | St. alle Vil | E.V offme | 50 |
| | 12/10/00 PM | છીકારમાંન | Û) |
| 201 | Pamaeth | STAR REGAR | |
| 3.7 | (120 to a | gootha of C | |
| 0.00 | Zuriam, | Dra Linam | (8) |
| 0 | | Tetturing 18 | |
| _ yu E | Just a - | PO VARNAR | 90 |
| a office | Marin Carlo | O promotion for a | (#) |
| | ALTER O | Chammatellanus | (3) |
| hat. | A REGION | Som Let Blum | (N |
| l d | Distroical | Broxects. L | (04) |
| _M,A | | id Program Post | |
| | | | |
| | | 4 | |