

University Of Mysore

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

YOUTH RED CROSS UNIT




CIRCULAR

Date :- 24-07-2019

This is to inform all students that the Red Cross Club of SAC College has decided to **Pressure in our Life Program** organize on 26/07/2019 from 11:30 p.m. to 1:30 p.m. at Principal chamber. I hereby inform the all staff members are requested to participate in the program


Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.

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

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Pressure in Our Life

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. Psychologists 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 mental 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.

We become victims for it. We feel it in our chest our stomach churns our palms, we get sweat and all of us are squeezed by it today. On 26-07-2019 C.B. Mohankumar from acupressure care system Bangalore, spoke about pressure in our life and care system. It was a very so interesting programme and our staff members enjoyed the programme well.


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





Pressure in Our Life, date: 26-07-2019



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Pressure in our Life Program

Date :- 26/07/2019

| | | |
|-----|----------------|----------------|
| 1) | Tejaswree B.V | Tejaswree B.V |
| 2) | Reeksha K.L | Reeksha K.L |
| 3) | Priyanka.S | Priyanka.S |
| 4) | Yashodha K.R | Yashodha K.R |
| 5) | priyanka T.N | priyanka T.N |
| 6) | Ranjitha K.R | Ranjitha K.R |
| 7) | Yashaswini K.V | Yashaswini K.V |
| 8) | Sahana, B.E | Sahana. B.E |
| 9) | Sahana .P.B | Sahana .P.B |
| 10) | Prema. K | Prema. K. |
| 11) | Ranjitha .B.P | Ranjitha .B.P |
| 12) | Ramashree M.S | Ramashree M.S |
| 13) | Varalakshmi CA | Varalakshmi CA |
| 14) | Reshma R.S | Reshma R.S |
| 15) | Balaji .m | Balaji .m |
| 16) | varshitha .K.T | varshitha K.T |
| 17) | Nithya .M.P | Nithya .M.P. |
| 18) | Nisarga .K.N | Nisarga .K.N |
| 19) | Sowndarya K.S. | Sowndarya K.S. |
| 20) | Shobha .T | Shobha .T |
| 21) | Sahana .D.S | Sahana .D.S |

