#### 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

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

## Sri Adichuchanagiri College of Arts and Commerce

Nagamangala, Mandya District-571432

#### YOUTH RED CROSS UNIT

#### 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 .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.

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.

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





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

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

# Pressure in our Life Program Date: - 26/07/2019

	Tejashoree B.V	rejassonce B.V
(a)	Ruchetha Kil	Charelotha Kil
3)	Priyanka. S	Priyanka.S
4)	Yashodha ka	Yashadha K.R
5]	priyanlia T.N	priyanka T.N
6	Ramjitha K.R	Panyitha KiR
争	Yashaswini K.V	Yashashini. K.V
<u>8</u>	Sahana, B.E	Sahana. B.E
٩	Sahara P.B	Sahora . p. B
الا	Prema. K	prema. K.
<u>i</u>	Rangitha. B.P.	pangitha. B.P.
12)	Rampashree MJ	Tampaloue M.J
13	Vooralatishriica	vooralaksumi cA
147)	Reshma R.S	Reghma R.S
15)	Palleri . m	Pallovi-m
16)	varshifta. KiT	varshitha kit
17)	Nothya. M.P	Nithya- M.P.
(8)	Nixaiga.k.v	Nisarga.k.N
198	Bowndarya K. S.	Sowndaya k. S.
208	Shobba. T	Sowndarya & S. Shobbla . T
21>	Sahana . D. 3	Parhano. De

<u>ଥ</u> ର .	Vanitha. D.C	vanitha. N.C
23.	Shalini c.m	Shalini C.m
24.	Burhmitha K.S.	Surhmitha. K.S.
25	Withya. A.S	nithya. A.J.
26.	Nesorga. A.M	N980009 a.14.19
27.	Yashasiaini. C. P	Keshaswani C. P
28.	Wedyashoree H	vidyenshore. H
29	Whatsthe .L	produtha. L
30	Sahana. P	Sahana R
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