



**YOUTH RED CROSS SOCIETY  
LOYOLA COLLEGE(AUTONOMOUS)  
CHENNAI - 600034**



ORGANIZING WEBINAR ON

# **HOW TO OVERCOME STRESS DURING THIS PANDEMIC ?**

|Date- 29/8/2021| |Time-11am to 12pm|  
|Platform-Gmeet|

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**CHIEF GUEST:**

**REV. FR. V PRADEEP CHRISTOPHER**

**M.SC., M.PHIL.  
DEAN OF SCIENCE,  
CHRIST COLLEGE, KILACHERY.**

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**DR. B RUBAN RAJA  
PROGRAM OFFICER SHIFT-1**

**PROF. M D ANANDA RAJ  
PROGRAM OFFICER SHIFT - 2**