



LOYOLA COLLEGE

(AUTONOMOUS)  
2022-2023



The Management, Dean of Women Students and  
Women Students of Loyola College cordially Invite you to

*A Seminar on*

# Developing Resilience and Healthy Coping Skills



Dr. A. Nirmala,  
Former Principal and Secretary,  
Ethiraj College for Women

**09.01.2023**

**LS HALL**

**11:30am - 1:15pm**

Dr Annam Ragamalika  
DEAN OF WOMEN STUDENTS  
(SHIFT -I)

Dr Arockia Anto Anita. S  
DEAN OF WOMEN STUDENTS  
(SHIFT -II)