

REPORT ON STRESS MANAGEMENT (01.06.2020)

Lady Willingdon Institute of Advanced Study in Education organized a National Level Webinar on the topic of “Stress Management and Coping for self” under the resource expert Dr. Judy Drace Andrews, Associate Professor on 01.06.202 at 3.00pm organized by our honorable principal Dr. M. S, Thillainayaki.

**LADY WILLINGDON INSTITUTE
OF ADVANCED STUDY IN EDUCATION**

Organizing a

NATIONAL LEVEL WEBINAR

**STRESS MANAGEMENT AND
COPING FOR SELF**

Resource Expert

Dr. Judy GRACE ANDREWS
*Associate Professor & HOD, Research Cell
Mandhi Shikshan Bhawan's
Smt. Surajba College of Education
Juhu, Mumbai.*

Organized by

Dr M S THILLAINAYAKI
Principal

01-06-2020 at 3.00 pm