



Bangalore Branch of SIRC of the ICAI

Southern India Chartered Accountant Students Association (SICASA)

“Mental Health for Success”

A unique Program to build students skill sets

on 22nd September 2018, Saturday

Time: 10.00 am to 5.30pm at ICAI Bhavan Sub Branch Race Course Road Bangalore

| Timings | Particulars | Speakers |
|----------------------|--|--|
| 9.00 am to 10.00 am | Registration | |
| 10.00 am to 10.30 am | Inauguration | Chief Guest CA Raghunatha S R Bangalore |
| | Topic: Emotional Intelligence, Planning and prioritization, Goal setting, study skills, stress management, mental health, psychological well-being, personal boundaries, self-confidence and will-power. (Activity Based Program) | Jestalaxmi B. Counselling psychologist and Life skills trainer |
| 1.30 to 2.30 | Lunch Break | |
| 2.30Pm to 4.00Pm | Session continues | |
| 4Pm to 4.15Pm | Tea Break | |
| 4.15 pm to 5.30 pm | Session continues | |

Objective:

- To get trained on handling the stress- Especially during exams
- To learn about the mental health

Registration fee : Rs. 150/- *(Seats limited 50 students only)* Please contact for Registration Mrs. Manjula , Tel : 080 - 30563547 **Offline Payment:** Cheque in favour of “Bangalore Branch of SICASA” Payable at Bangalore **For Online Payment:** Visit us: www.bangaloreicai.org : E-mail : blrsicasa@icai.org

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