

cordially invites you to a talk on

Stress Management & Wellness Programme

by

K Prasad

Founder Director
Ignite 101 & The Brown Bread Company

C V Subba Rao

Honorary Treasurer, MMA
Deputy Managing Director, Sanmar Shipping Ltd

will preside

at 6.00 pm on Friday, 25 May 2018

at **MMA Management Center**
New No.240, Pathari Road (Off Anna Salai), Chennai-6

Complimentary for MMA Members/Invitees

High Tea: 5.30 pm
Programme Overleaf

Lecture

Lecture



5.30 pm Registration & High Tea

6.00 pm Welcome Address

Gp Capt R Vijayakumar (Retd), VSM
Executive Director
Madras Management Association

6.05 pm Chairman's
Opening Remarks

C V Subba Rao
Honorary Treasurer, MMA
Dy Managing Director, Sanmar Shipping Ltd

6.15 pm Address by the
Speaker

K Prasad
Founder Director, Ignite 101 &
The Brown Bread Company

7.00 pm Q & A Session

7.15 pm Chairman's
Closing Remarks

C V Subba Rao

7.20 pm Vote of Thanks

Programme

Programme