

## **Stress Management**

Thu 10.09.2009

*Place:* Hyderabad  
*Times:* 12:45 to 02:25  
*Category:* Our Events  
*Additional Information:*

**On 10th September 09** the occasion of World Prevention of Suicide Day, Makro Foundation in collaboration with Hyderabad Academy of Psychology organized an orientation program for the students of Rishi College at Himayathnagar, Hyderabad. It was the first program of MaFo in this direction.

**The Objective of the program** was to raise education about Stress, and how to manage it effectively.

**Resource person:** Dr Diana Monteiro, Director-Hyderabad Academy of Psychology (HAP) and Ms. Aarathi Selvan, Associate Director- HAP.

**Session Brief :** The program started with a round of Introduction about Makro Foundation-its goal and objectives, introduction of resource person and guests. Session with an introduction to psychology, stress and difference between psychologist and psychiatrist. Stress was defined and stress scale -questionnaire was administered. Session on Techniques of Stress Management—what is stress, how to identify stress, symptoms of stress, how to manage stress, techniques of stress management.

### **Outcome :**

- 55 students and 5 faculty members were oriented on stress management and techniques of stress management
- Innovative program for the college as first time any such session was organized for students by any organization.

**The Guests for the Occasion were:** □ □ □

## Calendar - Event detail

Makro Foundation

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- Ms. Sreevalli Nidadavolu Director, Makro Care
- Mr. S. Adinarayan-Principal Rishi Degree College
- Mr. S. Javed, Communication Manager-Makro

**Feedback:** Session was informative, interactive and useful. Resource person were good

**Photos:** [click here](#)

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Print date: Sat 20.04.2024

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