

Impact of Stress on Women

Mon 08.03.2010

Place: Secunderabad

Times: 00:00 to 00:00

Category: Our Events

Additional Information:

Impact of Stress amongst Women- Program on International Women's Day

Resource Person: Mrs. Angela David-Individual Consultant

Makro Foundation organized a program on Impact of Stress amongst Women on the occasion of International Women's Day 2010 with the Teachers of Hill Street School.

Objective: Session on Impact of Stress amongst women and role of Makro Foundation.

Introduction

The resource person Mrs. Angela David was introduced to the participants. She started her session with an overview of general scenario of women of India in general -their roles, and problems faced by them. The different stress a woman goes through causes and their impact on mental and emotional health.

Conclusion

As stress bustors some practical tips was provided on stress management, and concluded with a technique of meditation and deep breathing. The session concluded with positive affirmations and ositive thoughts that every women could recite whenever feeling upset, "*I am the divine expression of life." I am here for a purpose, I deserve good in life--good relations, live happily.*"

Impact:

The participants were very happy with the session and have requested for a follow up. After the session-- Pamphlets and stress management handouts were provided to each participant along with pens as gifts. On the occasion of International Women's Day the Department of Women and Child Welfare -State Government organized a state level program in Hari Hara Kala Bhavan. Outreach of team of MaFo on suicide prevention help desk helped covering **200** women representatives of different women organization.

Photos: [click here](#)

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