

Stress Management for St. Maria Institution

Wed 08.09.2010

Place: Hyderabad
Times: 00:00 to 00:00
Category: Our Events
Additional Information:

Stress Management Program at Government Junior College for Intermediate Students and St. Maria High School.

Session I: Introduction

The meeting started with a round of Introduction about Makro Foundation-its goal and objectives. Followed by an Introduction of resource person and the other guests present by Ms. Aparna G. Adhikari-Operations Manager Makro Foundation

Session II

After introduction Mrs Angela David started a session with an introduction to psychology, stress and difference between psychologist and psychiatrist.
Her session started with lots of examples and stories of stress situations, followed by stress scale with few students, and its interpretation, followed by summing up on Stress definition, symptoms of stress, causes of stress.

Session III-Techniques of Stress Management

Conclusion

The workshop ended with vote of thanks and the participants were very happy to receive this session on stress.Suicide Prevention helpdesk number was publicised.

8/9/2010 10:00 am Stress Management for Government Junior College for Intermediate Students
8/9/2010 2:00 pm-5:00 pm Session on Stress Management for Government Junior College for Intermediate Students and 10 faculty

Calendar - Event detail

Makro Foundation

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