

## **Stress Management for Unreached**

Thu 09.09.2010

*Place:* Ameerpet  
*Times:* 00:00 to 00:00  
*Category:* Our Events  
*Additional Information:*

**Session on Stress Management for students from under privileged background of St. Mary's School at Yusufguda.**

Introduction::

The session started with a round of Introduction of Guests, faculty members. Followed by an Introduction about Makro Foundation-its goal and objectives by Ms. Aparna G. Adhikari-Operations Manager Makro Foundation.

Session II: Session on Stress Management -- One step towards prevention of stress. At first the students were divided into 5 groups of 10 each and they were asked to deliberate on leadership-idea, who is a leader according to them. After the group presentation the Resource Person summarized the presentations and defined and presented the topic of Stress Management through the power point presentation and lots of examples of practical situations and handouts.

- What is Stress?
- How to identify stress
- Symptoms of Stress
- Tips to manage stress

Session III: Open House—

This session was for both girls and their faculty members.

## Calendar - Event detail

Makro Foundation

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Print date: Thu 25.04.2024

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