

Stress Management Session -World Suicide Prevention Week 12

Sat 01.09 - Sat 01.09.2012

Place: Vikarabad, RR District

Times: 00:00 to 00:00

Category: Our Events

Additional Information:

Session on1st September 2012 at Vikarabad [Report](#) 

Date	Time	Program	Speaker/Resource Person/Guest
1/9/2012	10:00	Suicide Prevention Program	Ma Schools, 66 Colleges of Vikarabad, 44 and 13 suicide prevention

The session started with a round of Introduction of Guests, Faculty members. Followed by an Introduction about Makro Foundation-its goal and objectives by Resource Persons.

Session on Stress Management

1. What is Stress?
 2. How to identify stress
 3. Symptoms of Stress
 4. Tips to manage stress
 5. Symptoms of Depression and what one should do if they find any one
- Conclusion: This session concluded with Open House for questions and answers and summarization with handouts.

Print date: Thu 25.04.2024

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