

**Stress Management Session in Urdu Medium Institutions-World Suic**

Mon 03.09 - Mon 03.09.2012

*Place:* Old City, Hyderabad*Times:* 00:00 to 00:00*Category:* Our Events*Additional Information:*[Report](#)**SESSION ON STRESS MANAGEMENT IN URDU MEDIUM INSTITUTIONS**

3/9/2012	10:00 am - 2:00 pm	Occupational Seminar on Stress, Depression	Suicide Prevention	Urdu
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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 Makro Foundation.

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, Suicide its Prevention and what one should do if they find any one.
- The Session concluded with Open House for questions, answers and summarization with handouts.

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