

Wed 05.09 - Wed 05.09.2012

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

Report

5/9/2012	200	200	Education Progress Score	Depression	Master of Education	2012 National Health Teacher's Association	Should Be a High
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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.

Conclusion: This session concluded with Open House for questions and answers and summarization with handouts.

Print date: Sat 27.04.2024

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