

STRESS MANAGEMENT PROGRAM FOR WOMEN

Thu 26.09 - Thu 26.09.2013

Place: KOWKOOR, BOLARUM

Times: 00:00 to 00:00

Category: Our Events

Additional Information:

Report on Domestic Violence and Stress --Management

Makro Foundation in collaboration with YWCA Secunderabad organized a stress management program on 26th September 2013 at Kowkooor, near Bolaram.

Highlight of the program

Ms. Celestina **welcomed all the guests** and participants to the program. She also spoke about the Objective of the program. Ms. Neomi Francis welcomed and thanked everyone for the same.

Ms. Aparna G. Spoke about the **objective of the program**. The objective of the program is Stress Management Program for women.

Mrs G Angela took a session on **Stress Management for women** from Kowkooor Slum in Bolaram.

The session comprised of:What is Stress? Impact of Stress on Women, Reasons for stress emphasizing on Domestic Violence-Physical, emotional,Sexual and Financial violence and how to come out of it. The relationship between violence and stress. Management of stress management.

Feed back: The program is very good and very useful.



Calendar - Event detail

Makro Foundation



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