

SESSION ON STRESS MANAGEMENT

REPORT

On 5th November 2024 , Department of management studies , conducted a session on “stress management” for first year students.

- Time: 1.30 PM to 2.30 PM
- Duration: one hour
- Location: college seminar hall
- **Resource person: Fathima Saeeda (consultant psychologist)**
- Number of participants: 46

Objective of the session:

- Equip participants with effective techniques to manage stress and improve overall well being.
- Equip the participants effective examination preparation tips.

Agenda :

- Introducing stress management
- Relaxation techniques- deep breathing, progressive muscle relaxation
- Time management
- Mindfulness and meditation

The stress management session was well received by participants , providing valuable insights and practice techniques to manage stress.

Programme:

- Inauguration : Dr. Majeesh T , principal
- Presidential address: Muhammad Anzeer k k , Head of the department
- Welcome: Haritha p , Assistant professor
- Felicitation : Aswathi k, Assistant professor
- Felicitation: shabana , Assistant professor





