# **SESSION ON STRESS MANAGEMENT**

## **REPORT**

On 5<sup>th</sup> 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.

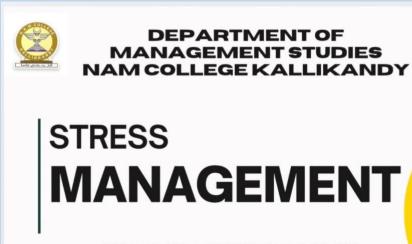
#### Agenda:

- 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



ON 5-11-2024 TUESDAY @ 1.30 PM VENUE:SEMINAR HALL







