

# PROVIDENCE WOMEN'S COLLEGE CALICUT-09



Department of  
POLITICS AND  
INTERNATIONAL RELATION

Workshop On

## STRESS MANAGEMENT



**DR.PRAJEESH PALANTHARA**

Director & Chief Psychologist  
Trust Centre for Mindful Living  
Ernakulam

26 July 2022  
Tuesday

Auditorium  
1:30pm

# **STRESS MANAGEMENT**

Date: 26th July 2022

Time: 1:30pm to 4:00pm

An interactive session was conducted by the Department of Politics and International relations, Providence women's college on 26th July 2022 at college auditorium from 1:30pm to 4:00pm. The chief guest of the day was Dr.PRAJEESH PALANTHARA Director & Chief Psychologist, Trust Centre for Mindful Living, Ernakulam. The session was accompanied by the Pg students of the Physics department.

We started our program with a prayer by Sreenandha. Abani S Chembatta invited Gayathri. N for the welcome address. Introduction of the guest was by Anamika Valasan. An interactive session was led by Dr. Prajeesh Palanthara. He made us understand different types of

stress and also how to manage stress. It was a very informative class which helped us to overcome our issues due to stress. It helped us to get a proper diet and an appropriate schedule. Then Jumana Haseen delivered a vote of thanks and the session came to an end.

# Workshop on "Stress Management"

Resource person : Dr. Prajeesh Palanthara.

Sl. No	Name	Signature	Sl. No	Name	Signature
1	Gayathri N		26	Aliin Shaju @Ali	
2	Abhinis chembatta		27	Athira Sreedharan VM	
3	Anamika Valsara		28	Fathima Sajitha Pk	
4	Jasmin T.T		29	Ancena Vincent	
5	Sreenandha C.V.				
6	NISMA NASAR				
7	Jumana Haseen C.V				
8	Sara Kamal P.P				
9	Nayan Therasa				
10	Nandana Gireesh				
11	Fathima Shurook. Mik				
12	Fathima Sulfath .T				
13	Azchara parvalhi				
14	Mushrija				
15	SREESLIMA K.K				
16	FATHIMA SHAHZADA				
17	Anagha-p				
18	Anjitha -p				
19	Gayathri .G				
20	Keshava .P				
21	Shahana .V				
22	Bharma .CP				
23	Ksabell Mariya James				
24	Vismaya Tomy				
25	Sneha Sunil				

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ASSISTANT PROFESSOR & HEAD  
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