

26/01/2022- COVID - 19 & STRESS BUSTERS

A Webinar was organized by the Department of Social Work, Mercy College on the topic "COVID - 19 & STRESS BUSTERS". Ms. Deepa Nair, Consultant Psychiatrist, Thangam Hospital of PMRC, Palakkad was the resource person for the session. There were around 60 participants.

The poster features a background image of a person wearing a black face mask. At the top center is the Mercy College Palakkad logo, which is a blue shield with a cross and the motto 'DARE & HOPE'. The text 'DEPARTMENT OF SOCIAL WORK' and 'MERCY COLLEGE PALAKKAD' is displayed in a gold, serif font. The main title 'COVID -19 & STRESS BUSTERS' is in a large, bold, black sans-serif font. In the bottom left, it says 'Join our webinar' in a bold, dark red font, followed by the Google Meet link 'meet.google.com/vro-hevf-jpg' in a smaller, italicized black font. The date and time 'Date: 26/01/2022' and 'Time: 3.30 PM' are in a bold black font. On the right side, under the heading 'RESOURCE PERSON:', is a small portrait of Dr. Deepa Nair, a woman with dark hair wearing a light-colored shirt. Below her photo, her name and credentials are listed in a bold black font.

DEPARTMENT OF SOCIAL WORK
MERCY COLLEGE PALAKKAD

**COVID -19
&
STRESS BUSTERS**

Join our webinar
meet.google.com/vro-hevf-jpg

Date: 26/01/2022
Time: 3.30 PM

RESOURCE PERSON:



DR. DEEPA NAIR
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