



DEPARTMENT OF SOCIAL WORK

MERCY COLLEGE, PALAKKAD, KERALA, INDIA- 678006

(NAAC Re-accredited 'A' Grade), Affiliated to the University of Calicut



A Workshop on 'Stress Management'

Venue: Koduvayur

Date: December 29, 2025

A workshop on 'stress management' was conducted by the department of Social Work, Mercy College Palakkad on 29th December 2025. Ms. Fathima V. N, Secretary of Ellora Foundation led the session with the objective of equipping participants with effective coping strategies and techniques to manage stress. The session facilitated an understanding of the causes of stress, its impact on mental and physical health, and the importance of emotional resilience.

Through interactive discussions, relaxation techniques, and practical exercises, trainees gained valuable insights into managing stress and maintaining well-being in personal and professional settings. The session emphasized the significance of self-care and mindfulness in navigating stressful situations, enabling participants to develop healthier coping mechanisms.

The students benefited significantly from Ms. Fathima V. N's expertise, appreciating the practical tools and strategies shared during the session. The interactive nature of the session contributed to a deeper understanding of stress management, empowering participants to prioritize their mental and physical well-being. The program coordinated by Dr. Sr. Sherin Joseph, faculty, Ms. Sunitha A and Ms. Anagha K N, student coordinators.

The Department of Social Work extends its gratitude to Ms. Fathima V. N for sharing her expertise and contributing to the student's personal and professional growth. The session is expected to have a positive impact on the student's ability to manage stress and maintain a healthy work-life balance.

Student Coordinators

Ms. Sunitha A

Ms. Anagha K N

Faculty Coordinator

Dr. Sr. Sherin Joseph

HOD

Ms. Sruthimol K

Principal

Dr. Sr. N M Louly





DEPARTMENT OF SOCIAL WORK
MERCY COLLEGE
COLLABORATION WITH
ELLORA FOUNDATION, KODUVAYUR
COMMUNITY LIVING CAMP

'ഏഴിൻ 2025'

SESSION ON
PERSONALITY DEVELOPMENT
&
STRESS MANAGEMENT



FATHIMA. V. N
Social Worker
Secretary of Ellora Foundation



HARIPRASAD. M. R
Skill Trainer
Founder & CEO Ellora
Foundation

 10:00 to 01:00

 29/12/2025



Ellora Foundation Koduvayur







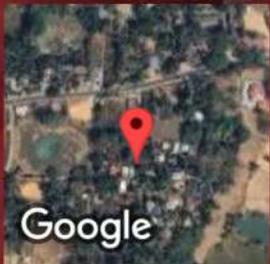
GPS Map Camera

Koduvayur, Kerala, India 

18/828, Pittupeedika, Post Office, Alathur Main Road, Near Ethanur,
Koduvayur, Kerala 678502, India

Lat 10.678512° Long 76.6462°

Monday, 29/12/2025 11:09 AM GMT +05:30



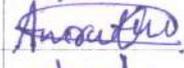
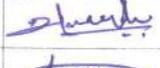
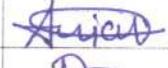
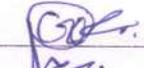
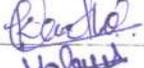
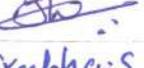
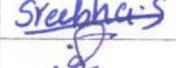
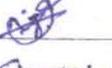
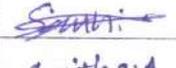
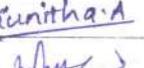
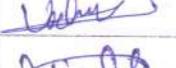
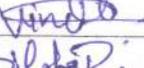
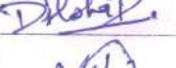
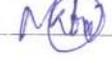
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DEPARTMENT OF SOCIAL WORK

MERCY COLLEGE PALAKKAD

LIST OF PARTICIPANTS

'STRESS MANAGEMENT' - 29/12/2025

SL NO	NAME	DEPARTMENT	SIGNATURE	CONTACT
1	A. Seifwana			
2	Amrutha K			
3	Anagha K N			
4	Anjali P x			
5	Devapriya			
6	Chopika			
7	Jincy N			
8	Keerthi U			
9	Mahvika R warrier			
10	Navya P			
11	Pooja Krishna			
12	shamla S			
13	Sreelba S			
14	Sriya CP			
15	Sruithi K			
16	sunitha A			
17	vidya M			
18	Vrinda dny			
19	Dhailsha D			
20	Nikhita K			

Fathima V N

Name & Signature of Resource Person

