



Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle



SEMINAR ON STRESS MANAGEMENT

The Department organized a session on Stress Management for the students of B.A. & M.A programmes on 14 March 2025. The session titled "Wellness Wins: Stress Management and Self Care Strategies" was handled by Ms. Susan Tony and Ms. Pooja R., Counsellors from DhiEva, Palakkad. Dr. Sreedevi K. Menon, was the Faculty Coordinator and Meenakshi R., was the Student Coordinator of the programme.

PG & RESEARCH DEPARTMENT OF ENGLISH
Mercy College Palakkad
Cordially invites you to

**WELLNESS WINS :
STRESS MANAGEMENT AND SELF
CARE STRATEGIES**



Ms. Susan Tony
Counsellor and
Co founder DhiEva



Ms. Pooja R
Psycho Social Counsellor
and Co Founder- DhiEva

VENUE : SEMINAR HALL

DATE : 14 - 03- 2024
TIME : 2:00 PM

STUDENT COORDINATOR MEENAKSHI R	FACULTY COORDINATOR DR. SREEDEVI .K MENON	HOD, DEPT OF ENGLISH DR. SHEENA JOHN
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GMS AN IQAC INITIATIVE





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Pallipuram Palakkad Kerala 678006 L.
Mero College Palakkad
Latitude: 10.769482134248186
Longitude: 76.63572767115969
14/03/2025 - 14:22:18

Student Coordinator

Staff Coordinator

Head of the Dept.

Principal