



**S292**

**Report**

**Academic Year 2020-21**

**Name of the Event: Webinar on ‘Effective Stress Management’**

**Date: October 6<sup>th</sup> to 10<sup>th</sup> 2021**

**Time: 1.30 to 2.30 pm**

**Online Virtual Platform: <http://meet.google.com/eab-pyjs-xov>**

**Organized by: Department of Psychology, Vimala College (Autonomous),**

**Collaboration (if any): Nil**

**No. of participants: 85**

### **Report**

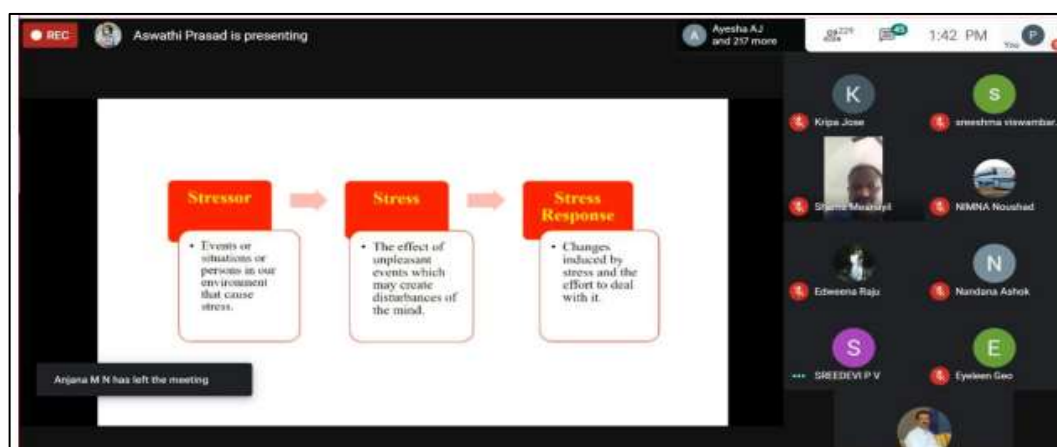
The Department of Psychology organised webinar series in connection with World Mental Health Day from October 6<sup>th</sup> to 10<sup>th</sup>. Webinar on the topic ‘Effective Stress Management’ was organised on October 6<sup>th</sup>. Miss Haritha Johnson of S6 Sociology introduced the resource person. Dr Sinto P Anto welcomed the resource persons and the participants. Smt Ashwathy Prasad, Clinical Psychologist Trainee, Amrita Institute of Medical Sciences, Kochi was the resource person for the day. She gave an overview on stress and stress related disorders. She spoke about different types of stress. She explored the different coping strategies that can be used in everyday life. Students actively involved in the session. 45 participants attended the webinar. The webinar concluded with vote of thanks by Beulah James of S6 Sociology.

### **Photos**





# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



## Brochure:



**DEPARTMENT OF PSYCHOLOGY**  
**VIMALA COLLEGE**  
**(AUTONOMOUS), THRISSUR**  
 Organizes  
 Webinar Series  
 in connection with

**Topic: "Effective Stress Management"**





**6<sup>th</sup> oct 2020**



**1.30 -2.30pm**

**Ashwathy Prasad**  
 Clinical Psychologist Trainee,  
 Amrita Institute of Medical  
 Sciences, Kochi

**Registration Free**

**Participation Certificates will be provided**  
**Target Participants:UG or PG Students**

**Student Coordinators:**  
 Haritha Johnson  
 (S5 Sociology)  
 Beulah James  
 (S5Sociology)

**Faculty coordinator:**  
 Dr Sinto P Anto,  
 Assistant Professor and  
 Head Department of Psychology  
 Vimala College, Thrissur

[Click here  
to join the meet](#)

[Click here for  
Registration](#)

## List of Participants

Name of teachers participated	Name of students participated
Dr Sinto P Anto	1. JISMI V A
	2. ANAGHA MARIYA PAULSON
	3. ANEENA PAULSON

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

	4. CHRISTHYA M PUTHOOR
	5. DIJY WILSON
	6. GLIYA .K.J
	7. JILSHA C JOHNSON
	8. KARISHMA KARTHIK
	9. KRISHNAPRIYA P A
	10. LIYA PRINCE K
	11. MAYA P M
	12. MEERA HARIHARAN.C
	13. NAVYA P R
	14. R S PANCHAMI
	15. ROSHNY DAVIS
	16. SANDRA M KURIAKOSE
	17. SNEHA P MARYDAS
	18. SOFIYA FRANCIS
	19. VIDHYA VIJAYAN P
	20. VRINDA K V
	21. ANJANA V.G
	22. ANNIE JOSEPH
	23. ASHTAMI CHANDRAN
	24. ATHIRA M N
	25. ATHIRA T C
	26. ATHULYA V S
	27. CATHERINE CHARLES
	28. CHRISTEENA C R
	29. DELNA DAVIS
	30. DEVIKA K B
	31. GOPIKA JAYADASAN
	32. HARSHA K CHANDRASENAN
	33. JOMOL GEORGE
	34. JOSMI P J
	35. MANASI BALAGANGADHARAN
	36. MARIA TONY
	37. MARY ANN VICTOR
	38. NEHA MOHAN
	39. SHIMA.P.M
	40. THERESA ROSE BASTIAN
	41. TINA THOMAS
	42. ABEY ANTONY
	43. ADHEENA
	44. ANAIDA S KIDANGAN
	45. ANANDHI S

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

	46. ANU K J
	47. SANTHRA K Y
	48. SHERIN JAISON CHUNGATH
	49. SIMMY BABU
	50. SNEHA MANOJ
	51. SNEHA RAJ
	52. SREELAKSHMI V
	53. T M ARCHANADAS
	54. TINTU P X
	55. VRINDA BABU
	56. AMEESHA P A
	57. ANEETTA JOSEPH
	58. ANJALY MARIA TONY
	59. ANN MARY JAYAN
	60. ANU KURIAKOSE
	61. ASHLIN SIBY VAYALIL
	62. ASWATHY P R
	63. BINSY VARGHESE
	64. CHANDANA N R
	65. CHRISTENA CEEJO
	66. DARSANA ARUMATHA DEVADAS
	67. DELMI LAZAR
	68. JENVY M J
	69. JUSHRATH JASMIN
	70. LAYANA LAWRENCE
	71. LINJU GEORGE K
	72. MALINI VARMA N K
	73. MARIA AUGUSTIN
	74. MARIYA ANTO
	75. MARYJESNA PETER
	76. NEERAJA JAYARAJ
	77. NIMISHA K
	78. PRIYA SIBI
	79. SATHYA WILLY
	80. SEBHA SAJEED
	81. SHAZNA P U
	82. SHIFA PARVEEN P A
	83. SILPA JAYARAJ
	84. SWETHA JILSON
	85. VARSHA WILLY



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Head, Department of Psychology Vimala College



PRINCIPAL IN-CHARGE  
VIMALA COLLEGE  
(AUTONOMOUS)  
THRISSUR - 680 009

*Assessment Period (2016 - 2021)*