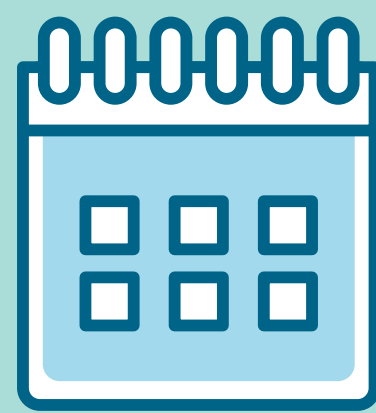




**DEPARTMENT OF PSYCHOLOGY  
VIMALA COLLEGE  
(AUTONOMOUS), THRISSUR**

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**

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