



PRAJYOTI NIKETAN COLLEGE, PUDUKAD

Government Aided and Affiliated to The University of Calicut

"Calming Your Anxious Mind"

Awareness program on Anxiety &
Hands on Practice of Anxiety Management Techniques for Students



Date : 28th and 29th Nov 2022

(Monday and Tuesday)

Venue : Prajyoti Niketan College

(Assissi Hall)

Time : 2.30 pm - 4.00 pm



Resource Person:

Fathima M A

Clinical Psychologist

PhD Scholar, Prajyoti Niketan College

- Convenor : **Dr Milu Maria Anto**
(HOD, Dept of Psychology)
- Organizing Secretary: **Dr Sukanya B Menon**
(Prajyoti Clinic Coordinator)
- Student Coordinator: **Fathima M A**
(Ph.D Scholar)



A Mental Health Initiative by Prajyoti Clinic

Phase II : Awareness



Manoraksha

Awareness Program : Report

Awareness Program “Calming your anxious mind was conducted on 28th and 19th November 2022 as a part of the Mental Health drive “ Manoraksha” Conducted by Prjayoti Clinic in association with the Department of Psychology, Prajyoti Niketan College.

Findings from the Phase I Screening drive highlighted the presence of moderate to high anxiety levels in many students; hence a program specifically addressing anxiety was organized. The resource person was Clinical Psychologist Fathima M A (Ph.D. Scholar, Dept of Psychology). The program duration was 1.5 hours. It was conducted for Students of the Psychology and English Departments on the 28th and the students of the Commerce, Electronics, and Computer Science Departments on the 29th.

The program consisted of brief awareness about anxiety and anxiety disorders and the symptoms associated with anxiety and its causes. Several anxiety management techniques were discussed, and a few were practiced during the session. Additional material with all the techniques compiled was shared with the students after the session.

Date : 07.12.2022

Place : Pudukad

Report Prepared by

Fathima M A

PhD Scholar, Dept of Psychology
Prajyoti Niketan College Pudukad
(Student Coordinator: Manoraksha)

Convenor

Dr Milu Maria Anto

HoD, Dept of Psychology

Organizing Secretary

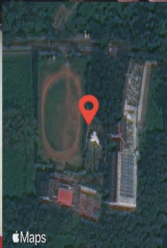
Dr Sukanya B Menon

Prajyoti Clinic Coordinator





GPS Map Camera

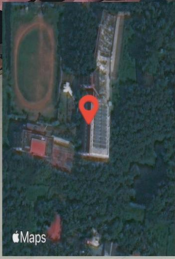


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GPS Map Camera

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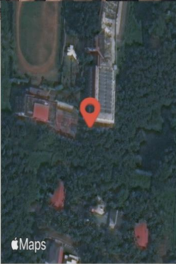


Maps



GPS Map Camera

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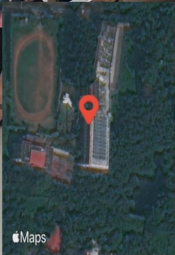


Apple Maps



GPS Map Camera

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GPS Map Camera

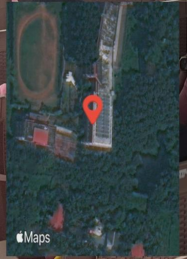
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Apple Maps



GPS Map Camera



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GPS Map Camera

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