

# FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)  
Affiliated to University of Kerala



## 3.6.1 Stress Management and Mental Health 2014

**IQAC** INTERNAL QUALITY ASSURANCE CELL

**SEMINAR ON THE TOPIC "STRESS MANAGEMENT AND MENTAL HEALTH FOR YOUTH" – 01 NOVEMBER 2014**

A seminar on the topic "Stress Management and Mental Health for Youth" was conducted in collaboration with health centre, University of Kerala. Mr. Najimudheen, Health Information Officer, University of Kerala took a session on counselling.