



VINAYAKA MISSION'S
**KIRUPANANDA VARIYAR
MEDICAL COLLEGE & HOSPITALS**

Medical Education & Global Advancement Webinar Series 2021 – 03

June 19, 2021, 11.00 am to 12.00 pm

On 19.06.2021, the third session of the Webinar series on “Stress management – Tool & Techniques” commenced at 11.00 am. The participants of the Webinar were 373 MBBS students of all phases from Phase I to Phase III part I, belonging to Vinayaka Mission’s Kirupananda Variyar Medical College & Hospitals.

Dr. R. Sudha, Associate professor, Department of Biochemistry greeted the audience and the speaker and introduced the speaker to the audience. Following which the speaker, Dr. Sheerin Fathima A.S., Senior Resident, Department of Psychiatry, Vinayaka Mission’s Kirupananda Variyar Medical College & Hospitals, began her speech with introduction to stress, various causes of stress and responses to stress. She enlightened the students on the various techniques that can be handled during the hour of crisis. Followed by which she posted videos where the students were asked to practice muscle relaxation and breathing exercises. She gave various online resources where the students can visit and get benefited.

Deputy Dean, Prof. Dr. Deepti Shastri suggested Dr. Sheerin Fathima to provide the students with a Helpline by department of Psychiatry.

The meeting ended at 12.00 pm with Dr. Sudha thanking the speaker for her clear and crisp talk on stress management and the students for their patient listening.


Deputy Dean
Prof. Dr. Deepti Shastri, M.S., MNAMS.,
Deputy Dean
Vinayaka Mission’s Kirupananda Variyar
Medical College & Hospitals
Seeragapadi, Salem - 636 308.



Dean
Prof. Dr. Milind V. Bhutkar, M.D., MNAMS.,
Dean
Vinayaka Mission’s Kirupananda Variyar
Medical College & Hospitals
Seeragapadi, Salem-636 308

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11:04

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STRESS MANAGEMENT
TOOLS AND TECHNIQUES


DR. SHEERIN FATHIMA A.S.
DEPARTMENT OF PSYCHIATRY

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11:25

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Zoom Meeting

Participants (2/2)

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Dr. A. Subu B., (Do not m...)

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93 Varshini Siva... 7/7

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075 Pavethra J... 7/7

105 Shibani SK 7/7

23 Dhavamurj 7/7

93 Varshini Siva... 7/7

070 Mikhil Vada... 7/7

079 Prithi Niveth... 7/7

001 Aadarsh go... 7/7

075 Pavethra J... 7/7

105 Shibani SK 7/7

23 Dhavamurj 7/7

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31°C, Mostly sunny 11:28 19/06/2021