



PROGRAMME ON MEDICAL AWARENESS CAMPAIGN AND STRESS MANAGEMENT

Date	:	09.08.2008
Venue	:	Raj Impex, T. Nagar
No. of Participants	:	42
Resource Persons	:	Dr. RajaMeenakshi, <i>Gynaecologist. FPAI</i> Mrs. Eva Roslin, <i>FPAI</i> Ms. Vidhya, <i>FPAI</i>

In the present fast-changing socio-economic scenario, many questions arise in our minds, especially related to the physical problems among women. In order to create awareness among the staff and workers of Raj Groups Cherian Foundation organized a programme on medical awareness campaign and stress management on 09.08.2008.

Mr. Suresh Menon, *Vice President*, also attended the programme. Mr. Mubeen, *HR*, and Mr. Prahalathan, *Faculty In-charge*, helped us in organizing this programme. Mrs. Eva Roslin coordinated with the foundation in arranging the speakers for the programme. The programme started at 04.30 PM, with a welcome speech by Ms. Sarojini.

Dr. Rajamenakshi explained the participants about the Gynaecological problems and how to maintain our body with cleanliness. In the next session, Ms. Vidhya enlightened the group about the stress management and strategies to cope with stressful situations in our day today life.

Mrs. Valsa B. Cherian, *Director*, gave memento and a contribution to the Family Planning Association of India. The staff and workers who attended the programme were grateful and requested the foundation to organize similar programmes in the future.