



Kongunadu Arts and Science College Coimbatore

“Awareness Program on Stress Management Techniques to Prevent Substantial Abuse



On the account of Alcohol awareness month Units of NSS, NCC, Youth Red Cross and Red Ribbon Club of Kongunadu Arts and Science College conducted an “Awareness Program on Stress Management Techniques to Prevent Substantial Abuse” jointly organized by the Department of Mental Health Nursing, KMCH College of nursing, Coimbatore and the Alcoholics anonymous chapter members, Coimbatore on 20.04.2023. The programme was conducted in two sessions. Dr.S.Manivannan, Assistant Professor, Department of Zoology delivered the welcome address. Dr. M. Lekeshmanasamy, Principal, KASC, delivered presidential address. Dr. S. Bhuvaneshwari, Professor, Department of Mental Health Nursing, KMCH College, spoke about Stress Management, Hypertension, Anxiety and suggested some relieving techniques. Followed by rehabilitation experience shared by a person named Mohammad Ansari working as a Marketing Executive shared about his life experience and how Alcoholics Anonymous helped him to recover from the alcoholic addiction. It was very real and helpful for students. The guests were honoured by the college faculties with Memento.

Dr.Muthukumar, Assistant Professor of Tamil, KASC, delivered the presidential address for the second session.

Ms.P.Jamuna Rani, Professor, Department of Mental Health Nursing, KMCH College of Nursing, spoke on Dopamine inducing, the Early Alcoholic addiction and the reasons for addiction. She spoke on two types of stress as Eustress (positive one) and Distress (Negative one), stress inducing chemicals and suggested some ways to overcome the addiction.

Dr.Amudha Lakshmi, Department of Mathematics, KASC delivered the vote of thanks. The awareness programme ended successfully with more than 2500 students were participated in this program.