



One Day Seminar Programme on

“STRATEGIES TO COPE WITH STRESS & ANXIETY FOR EXAM”

Jointly Organised by
IQAC & Department of Education, Pravabati College, Mayang Imphal, Manipur
in collaboration with
TeleManas under National Health Mission, Government of India

1. Resource Person



Dr. Devraj Laishram

Senior Clinical Psychologist, JNIMS,
Imphal East, Manipur

2. Resource Person



Dr. Asheema Haobijam, MBBS, PG in Psychiatry (IHBAS New Delhi)

Senior Consultant Psychiatrist, TeleManas
Imphal, Manipur

FREE Registration

Google link:

<https://forms.gle/WC4TRqqNfXjc6kA89>

or Scan QR code

(Limited Seat capacity: 80 only)



Date: 17th May 2024 (Friday)

Time: 11.00 AM

Venue: Seminar Hall, PBC

Chairperson
G. Premchand Sharma
Principal
Pravabati College

Convenor
Dr. Sanasam Kirankumar Singh
Assistant Prof.
Department of Education, PBC