

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology
Report on Peer Stress Management Session

As a part of “**Peer Training Program**” the students of T.Y.B.A. conducted the Stress Management workshop for the peers as a part of problem solving strategy to amend their interpersonal relations. The session started with the ice breaker activity. Followed by recall of positive and negative events during their TY. They exchanged the appreciations and issues with each other to enhance their group dynamics problem solving were included in the session.



Dr. Sharmin Palsetia

Peer Stress Management Program Organizer



