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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

STRESS MANAGEMENT

Increasing mental health and Resilience among students through the skill development of stress management

Rev. Fr. Dominic Anthuvan SMA
 Psychologist and therapist
 Formator in Centre Brosilac, Benin
 Republique
 Missionary in the Society of African
 Missions

Participants: Dominic Philip, Keerthana N, Imran A F, Manjunath P, Tjaswini S N, Harshitha R, Rakesh K N

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