



Alva's Ayurveda Medical College and Hospital,  
Vidyagiri, Moodubidire, DK -574227



A GUEST LECTURE ON THE OCCASION OF  
**NATIONAL POST TRAUMATIC  
STRESS DISORDER (PTSD)  
AWARENESS DAY**

*Not all wounds are visible*

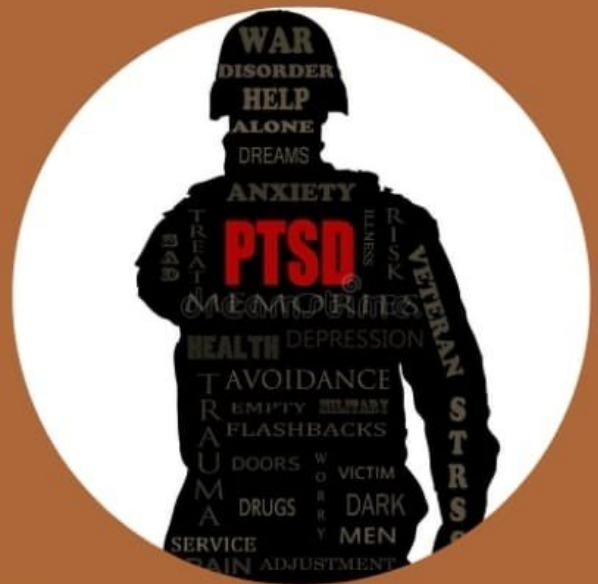
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DEPARTMENT OF MANOVIJNANA EVAM MANASAROGA



Keynote speaker

**Dr. Audrey Pinto**

Co-ordinator,  
Dept of PG studies in Psychology,  
Alva's College, Moodbidri.



**DATE:** 27 JUNE

**TIME:** 10.30 AM

**VENUE:** PG SEMINAR HALL

**ALL ARE CORDIALLY INVITED**

**Principal, staffs and students**



...MEDICAL COLLEGE AND  
...MOODUBIDIRE

# TRAUMATIC STRESS (D)AWARENESS DAY

NOT ALL WOUNDS ARE VISIBLE

**DR AUDREY PINTO**

CO-ORDINATOR,  
DEPT OF PG STUDIES IN PSYCHOLOGY,  
ALVA'S COLLEGE, MOODBIDRI.

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...MENT OF MANOVIGNANA EVAM MANASAROGA





TYPES OF STRESS

**EUSTRESS**

Eustress refers to stress that leads to a positive response. It is the opposite of distress and can refer to any type of beneficial stress, whether physical or psychological.

It tends to be short-term and often feels exciting. People perceive this type of stress as manageable and even motivating.

This is the type of "positive" stress that keeps us vital and excited about life.

The excitement of a roller-coaster ride, a scary movie, or a challenge are all examples of eustress.







ALVA'S AYURVEDA MEDICAL COLLEGE AND HOSPITAL, MOODUBIDIRE

**NATIONAL POST TRAUMATIC STRESS DISORDER (PTSD) AWARENESS DAY**

NOT ALL WOUNDS ARE VISIBLE

**DR AUDREY PINTO**

CO-OPERATION FROM DEPT OF AYURVEDA PSYCHOLOGY, ALVA COLLEGE, MOODUBIDIRE

ORGANIZED BY SOCIETY OF AYURVEDA MEDICAL COLLEGE, MOODUBIDIRE



