



**Department of Internal Medicine**  
Government TDMC, Alappuzha  
*<https://genmedtdmc.com/>*

# Friday CME

**Topic: Stress Relief**

Speaker:

**Mrs. Hind Beegum**  
Consultant Psychologist

Chair:

**Dr. Ambili. N.R.**  
Associate Professor  
Dept. of Internal Medicine  
GTDMC, Alappuzha.

23<sup>rd</sup>  
May  
2025

**Time**

11:30 am to 1:30 pm

Venue: Dr. R.K. Shenoy Hall  
TDMC, Vandanam  
Alappuzha

Dear All,

We, the department of Internal Medicine,  
GTDMC, Alappuzha, are delighted to extend  
our invitation to attend **Friday CME**.

As you know, **Friday CME** is a comprehensive  
agenda featuring esteemed speakers who will  
share their expertise and engage in interactive  
discussions.

We look forward to your participation and  
valuable contributions to this enriching event.

**Dr. Poornima. H**  
Org. Chairperson

**Dr. Suresh Raghavan**  
Prof. & HOD  
Dept. of Internal Medicine

**Dr. Ambili. N.R.**  
Org. Secretary