The image contains text in Malayalam. Here is the translation in English:

From the number of complaints received in the past year 2017 by the Kollam City Police, it has been observed that the major issue faced by the public is stress management. Therefore, the Kollam City Police conducted a Mindful Life Management program in collaboration with the Kerala Police Department. The program aimed to educate the public on stress management techniques and mindfulness.

The program was held on 26th February 2020 in collaboration with the Kerala Police Department. The program was attended by a large number of participants who were engaged in various discussions and activities related to stress management.

The Kollam City Police have taken several steps to ensure the well-being of the public, including conducting programs on life management and mindfulness. The police have also emphasized the importance of mental health and the need for stress management in today's fast-paced society.

The Kollam City Police have been working towards creating a safer and more peaceful environment for the public in Kollam. They have been actively involved in various community outreach programs and have been successful in reducing crime rates in the city.

In conclusion, the Kollam City Police are committed to ensuring the safety and well-being of the public in Kollam. They encourage the public to take care of their mental health and live a mindful life.