

In association with School of Civil Engineering (SCE)

Cordially invites you to

*Weekend Series - Dialogue with Experts*

Online FDP

Faculty Coordinators : Dr. Mohan Ganesh G, Dr. Santhi A.S

## Unwind mind: A campaign for Mental Wellness

Resource Person :



Dr Pavithra Arunachleeswaran,  
Consultant Psychiatrist,  
Private Practitioner,  
Chennai.



**26 November 2022**  
**(Saturday)**  
**11:00 AM to 12:30 PM**

Discussion Points :

- ❖ Focuses on the areas of stress management.
- ❖ Effective communication and interpersonal relationship.

Please register through your vtop login at <https://vtop.vit.ac.in/vtop/initialProcess>