



A J INSTITUTE OF ENGINEERING AND TECHNOLOGY

NH-66, Kottara Chowki, Mangaluru -575006, Karnataka, INDIA

A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi. Affiliated to Visveswaraya Technological University, Belagavi)

DATE 02/09/2021

CIRCULAR

The Department of Civil Engineering in association with student association TEAM RESILIENCE, is pleased to inform all students that a Webinar on **Stress Management** for students and faculties. The main objective of the talk is to Understand the nature of stress and its impact on health and behavior.

Date: 4th September 2021

Time: 10:00 AM

Venue: Seminar Hall 3, AJIET

Resource Person:

Dr. Malini Desai, MD Homeopathy, Associate Professor, Department of OBG, Mahalaxmi Homeopathic College, Satara.

The session will cover the following topics:

- Understanding the causes and effects of stress
- Practical stress reduction techniques
- Interactive exercises and group activities

All students are encouraged to attend this important session. Attendance is mandatory for students from all departments. Let's come together to promote a healthy and safe campus environment

Event Coordinator

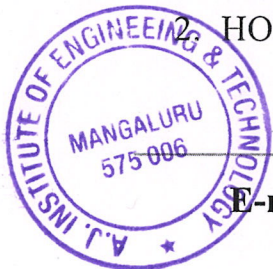
CC to:

1. Principal, AJIET
2. HOD's of all Departments

Principal

Principal

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