



# R.M.D. ENGINEERING COLLEGE

(An Autonomous Institution)

R.S.M. Nagar, Kavaraipettai, Gummidipoondi Taluk, Thiruvallur District - 601 206  
Affiliated to Anna University, Chennai / Approved by AICTE, New Delhi / Institution Accredited by NAAC  
ISO 9001-2015 certified Institution/ All Eligible UG Programs Accredited by NBA, New Delhi



## WOMEN'S DAY CELEBRATION 2024

**WOMEN EMPOWERMENT CELL & INSTITUTION'S INNOVATION COUNCIL**  
**Jointly Organize a SEMINAR on**

### MANAGING STRESS AND BUILDING RESILIENCE

BY

**Dr. CHITRA ARAVIND** M.A. M.Phil., Ph. D.

Consultant Psychologist – RCI Certified  
MANAS, Kodambakkam, Chennai

13<sup>th</sup> March 2024

11.00 AM



Venue: MB Seminar Hall



### ORGANIZING COMMITTEE

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