



AVIT
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)



Department of Training and Placement
in association with
Women Empowerment Cell and
Institutional Social Responsibility Cell

organizes

*Webinar
on*

Importance of Maintaining Mental Health During the Lock-down



Resource person

Dr. Gayathri

**Psychologist & Educationist,
Gayathri Gyans.**

Platform : ZOOM
Meeting ID : 819 2277 1430
Password : 947500

Date : 14.05.2020
Time : 11 am