

**AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY  
WOMEN EMPOWERMENT CELL AND INSTITUTIONAL SOCIAL  
RESPONSIBILITY CELL  
REPORT FOR WEBINAR ON “IMPORTANCE OF MAINTAINING  
MENTAL HEALTH DURING LOCK DOWN”**

The Women Empowerment cell and Institutional Social Responsibility cell in association with Department of training and placement has organised a webinar on **“Importance of maintaining mental health during lock down”** through zoomapp on 14.05.20 from 11 am to 12.00 pm. The speaker Dr. Gayatri, Physiologist, Proprietor of Gayatri Gyans was arranged by AVIT placement team. Around 100 participants from various Engineering colleges participated in the webinar. Mr. Lakshmi Mohan, Placement officer, AV campus welcomed the gathering. Dr. S. P. Sangeetha, Program Director and Vice Principal (Academics) welcomed all the participants and introduced the guest speaker. The webinar was also live telecasted in AVIT facebook page. The speaker motivated all the participants with an exemplary speech quoting incidents from her own life experience. All the participants thanked the organisers for arranging a very useful webinar during to overcome stress and improve the mental health during these lock down days.

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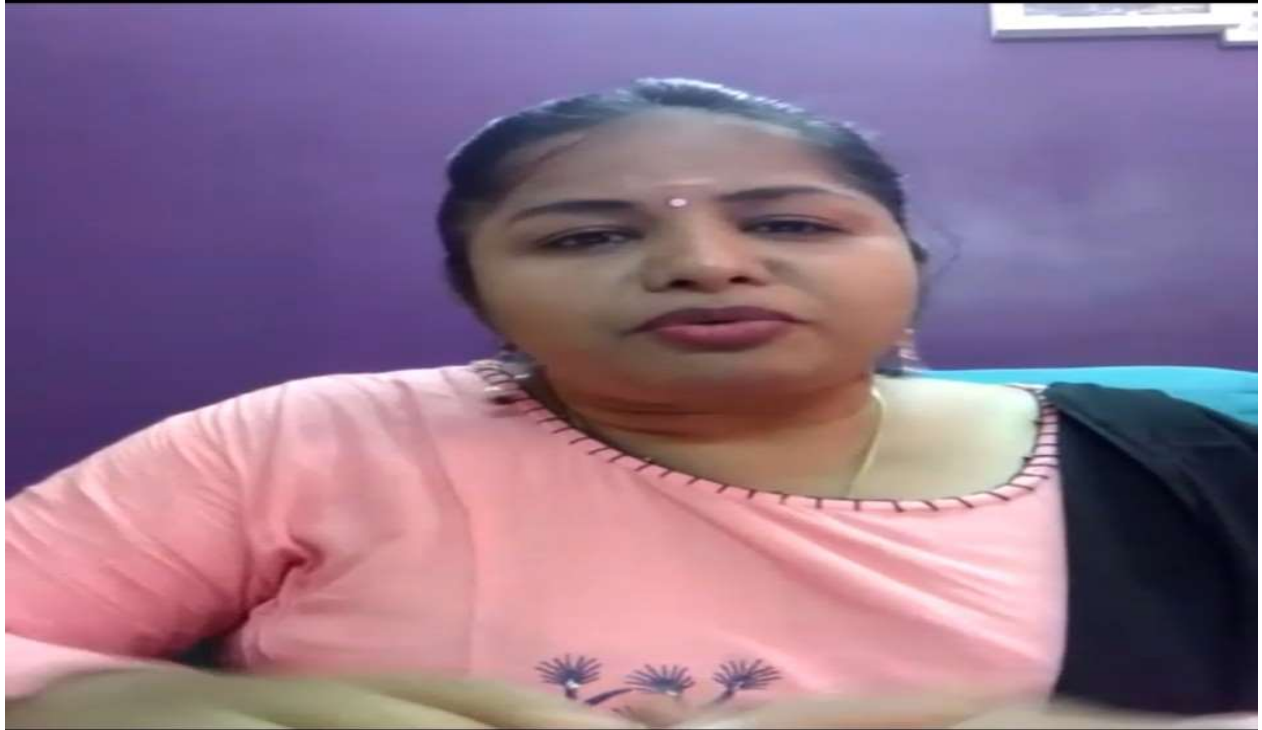
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Recording... >

LIVE

on Facebook



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