



ಭಾರತೀಯ ತಂತ್ರಜ್ಞಾನ ಸಂಸ್ಥೆ ಧಾರವಾಡ
भारतीय प्रौद्योगिकी संस्थान धारवाड
INDIAN INSTITUTE OF TECHNOLOGY DHARWAD

A Talk on
STRESS MANAGEMENT:
How to handle emotions?



PADMA SHRI AWARDEE
DR C R CHANDRASHEKAR

People's Psychiatrist

DATE: 24TH MARCH, 2024 [SUNDAY]

TIME: 4:00 PM

**VENUE: COMMON ROOM, 1ST FLOOR,
HOSTEL-1, IIT DHARWAD**