



# **Christ Church College** **VALUE EDUCATION CELL**



*Organizes*

**A WEBINAR ON "TRAINING THE MIND TO  
CONTROL STRESS"**

**DATE : 19TH FEBRUARY, 2022**  
**TIME : 12:00 PM ONWARDS**



**Dr. Joseph Daniel**  
( Principal )



**Dr. Nibedita Mukhopadhyay**  
( Guest speaker )



**Dr. Shweta Chand**  
( Convener )



**Ms. Mridula Samson**  
( Co-Convener )

Harshavardhan Dixit  
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## **STUDENT MEMBERS**

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