



R.M.D.



R.M.K.
GROUP OF
INSTITUTIONS

ENGINEERING COLLEGE

presents

GENERIC TALK SERIES #5

on

**“ Depression and
Stress Management
Techniques”**

**SUNDAY
14th April 2024**



11 AM



The key is to develop an awareness of how you interpret and react to circumstances. This awareness will help you develop coping techniques for managing stress and any kind of depression.

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