



# SREE BALAJI DENTAL COLLEGE & HOSPITAL CHENNAI

(BHARATH INSTITUTE OF HIGHER EDUCATION & RESEARCH)



Guest Lecture on

## ENHANCING STUDY-LIFE BALANCE



### KATHERINE NIVEDITA DAVID

Counselling Psychologist

Trouvaille Private Practice,  
Nibbana Institute Private Ltd

THE TALK WILL FOCUS  
ON BUILDING  
RESILIENCE, SELF CARE,  
COPING WITH PRESSURE  
AND STRENGTHENING  
THE RELATIONSHIP  
WITH ONESELF



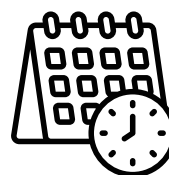
Dr. J. Sri Nisha  
Chairperson



Dr. S. Bhuminathan  
Registrar, BIHER



Dr. S. Jimson  
Principal, SBDCH



25<sup>th</sup> August, 2023  
1:30pm to 2:30pm  
Auditorium, SBDCH

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