

Computer Society of India

Coimbatore Chapter



2022 – 2023 CSI Monthly Meeting Report

July 2022

Webinar on “Stress Management”

27th July 2022

The Computer Society of India – Coimbatore Chapter organized a Webinar on “Stress Management on 27th July at 06 pm. Dr. E. Chandra Blessie, Chairperson, Computer Society of India – Coimbatore Chapter welcomed the gathering.

Dr.V.Anandhi, Managing Committee member introduced the Chief Guest Dr.Paranthaman Sethupathi, Medical Director and Consultant Psychiatrist, Royal Care Super Speciality Hospital, Coimbatore. Then the session was handed over to the resource person.

Dr.Paranthaman Sethupathi spoke about what is stress and how to handle it. He also added how to try understanding your stress and symptoms. He listed some few points on overcoming stress. Finally, He answered some queries from the participants. Dr.P.Perumal, Secretary – CSI Coimbatore Chapter proposed the vote of thanks and concluded the meeting.

