

PAAVAI COLLEGE OF ENGINEERING

One Day Webinar Awareness Programme on “Stress Management”

Held on 15.09.2020

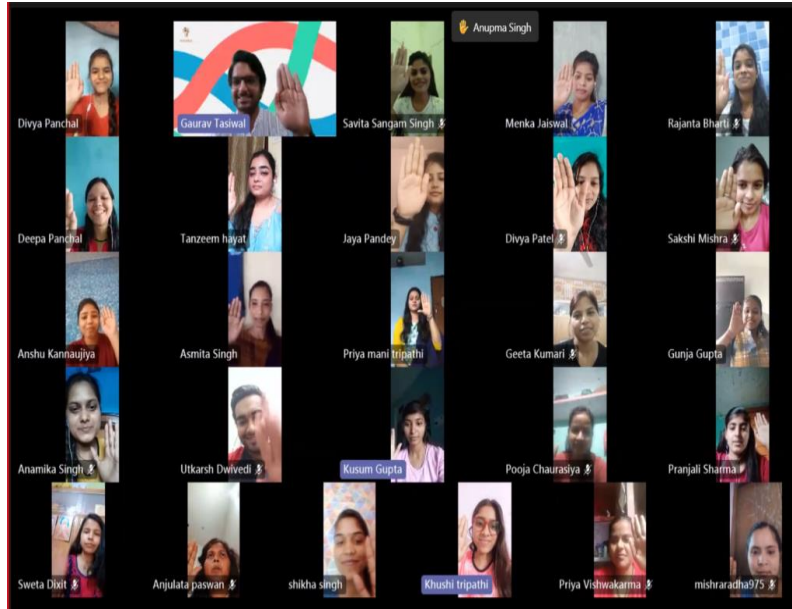
| | |
|-------------------------|---|
| Title of the Event | - One Day Webinar Awareness Programme on “Stress Management” |
| Date of Event | - 15.09.2020 |
| Resource Person Details | - Dr.BABU,MD. Consultant psychiatrist from Sri Gokulam Hospital in Salem. |
| Number of Participants | - 132 |

Event Description :







The students participated in a one-day webinar awareness program on “Stress Management” hosted by our college’s NSS section. The main guest for this program will be Dr.BABU, M.D, consultant psychiatrist from Sri Gokulam Hospital in Salem. The welcoming speech delivered by B.V. Maheswaran, Paavai College of Engineering’s NSS Program Officer. The principal guest receives a transfer of the webinar platform following the welcoming address.

Mr. discussed You will learn more about your personal stressors and effective coping mechanisms during this online course. The goal of this training is to help you relax, identify the approach that works best for you, and improve your effectiveness. Working with professionals, you will learn how to control your inner

PAAVAI COLLEGE OF ENGINEERING



Search your meetings

| MEETING | DATE | TIME | DURATION | ACTION |
|--|-------------|----------|----------|--------|
|  Nishant - Vitika nishant@paavai.ac | Thu, Mar 16 | 02:00 PM | 75 mins | |
|  Engineering Deep Dive [Eastern Slot] paavai@paavai.ac | Thu, Mar 16 | 12:42 PM | 87 mins | |
|  dean bailey and Vignesh Nehru vignesh@paavai.ac | Thu, Mar 16 | 12:30 PM | 35 mins | |
|  Engineering Deep Dive [Eastern Slot] paavai@paavai.ac | Thu, Mar 16 | 11:32 AM | 85 mins | |
|  Weekly Market Team Sync paavai@paavai.ac | Thu, Mar 16 | 10:36 AM | 54 mins | |
|  Weekly Market Team Sync paavai@paavai.ac | Thu, Mar 16 | 10:46 AM | 49 mins | |

One Day Webinar Awareness Programme on “Stress Management” - 15.09.2020