



**Computer Society of India, Chennai Chapter
IEEE Computer Society, Madras Chapter
IEEE Professional Communication Society, Madras Chapter**

Cordially invite you for a presentation by

Mr. K. Adhivarahan

**Past Chairman & Patron, CSI Chennai Chapter
Psychological Counsellor & Facilitator for Facing the Challenges**

on

“Enjoying Life with Abundant Happiness”

on Saturday, 20th June 2015 at 6.00 p.m.

at

CSI Education Directorate, Taramani, Chennai 600 113

(Sited in the opposite lane to Indira Nagar MRTS Railway Station.
About 100 meters away from the Dharmambal Women's Polytechnic &
Opposite to the Institute of Mathematical Sciences and Institute of Hotel Management)

Mr. K. Bhaskaran
Chairman
CSI Chennai

Mr. H.R. Mohan
Chairman
IEEE CS & PCS Madras

Programme: 6.00 p.m.: Tea & Fellowship :: 6.30 p.m.: Presentation :: 7.45 p.m.: Dinner

About the presentation: Life is too short. To be healthier, we have to enjoy life with happiness in abundance (more of positive qualities than what we may think we need). How we can achieve happiness followed by abundant happiness in simple ways? What are the advantages of happiness in abundance? The session will be interactive after the initial presentation for about 30 minutes. The presentation will also provide few tips to reduce stress, anxiety and tension. There will be a practical relaxation exercise too.



About the Speaker: Mr. K. Adhivarahan is a CSI member from 1983. He was the Past Chairman and a Patron of the CSI Chennai chapter. From his chairmanship period onwards, CSI Chennai has been getting the Best Chapter Award continuously. He has been active in the IT field right from 1977. He is a life member in Cyber Society of India, All India Management Association and Association of Professional Psychologists. He has a MS in Psychotherapy and Counselling from IPMS Mumbai and was a faculty member in Counseling in the TNOU Center.

To facilitate logistics, please pre-register at <http://goo.gl/forms/E5g9mNIKyv>

CSI Chennai Chapter will be celebrating ‘INTERNATIONAL YOGA DAY’ in this meeting.