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MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
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PROGRAMME REPORT ON

seminar-worklife balance for engineering students

Resource Person

dr.indra kannan

Organized by

ECE- PMIST



PROGRAMME REPORT ON

Seminar – On “Work Life Balance for Engineering Students: Pathway to Well-being”

Resource Person

Dr. Indra Kannan
Psychologist

Organized by

ECE- PMIST

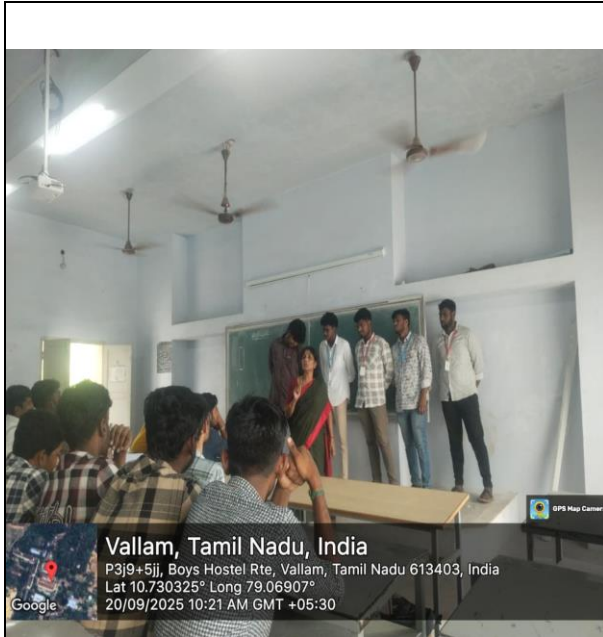


**PERIYAR MANIAMMAI INSTITUTE OF
SCIENCE & TECHNOLOGY**
Periyar Nagar, Vallam, Thanjavur - 613403
Tamil Nadu, INDIA

**FACULTY NAME: Ms V. PUNITHAM
AP/ECE**

Department of Electronics and Communication Engineering

EVENT	Experts / Guest Speaker	Beneficiaries
Seminar – On “ Work - Life Balance for Engineering Students: Pathway to Well-being ”	Dr. INDRA KANNAN PSYCHOLOGIST	Students
Date & Time 20.09.2025 & 10.00 a.m. - 11.00 a.m. Venue: Lecturer Hall TB 1- 313		49 Students
Report / Summary / Key points discussed: Title: “Work - Life Balance for Engineering Students: Pathway to Well-being” The main objectives of the seminar were to create awareness among engineering students about the importance of balancing academic responsibilities, personal life, and career aspiration. The common Challenges faced include, academic pressure, poor time managements, lack of physical activity and emotional stress and digital distraction. This program successfully highlighted the importance of work life balance for students empower students to build sensitivity and responsibility in their interactions, promote respectful relationships, and contribute to creating inclusive academic and social environments. It emphasized that maintaining equilibrium between academics, personal growth, and well-being for becoming not just successful professionals but also happy and healthy individuals		





DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

ORGANIZES A SEMINAR ON

“ WORK-LIFE BALANCE FOR ENGINEERING STUDENTS : PATH WAYS TO WELL-BEING “



**Dr.INDRA KANNAN
PSYCHOLOGIST**

Date : 20th Septmember 2025

Time : 10:00 a.m to 11:00 a.m

Venue : TBI 313



CONVENOR

**Dr.S.JANANI
Head | ECE**

CO-ORDINATOR

**Ms.PUNITHAM
Asst.Prof | ECE**

100

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VENUE: LECTURE HALL TBI-313

Dr. S. Ganani, ^{II - A} ^{ECE} ^{6/20/2019}
 Professor & Head ^{HOD/ECE}
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 Jyoti Basant Institute of Science & Technology

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 Phone: 81111111 • Fax: 81111111 • Email: sfo@rediffmail.com

DATE: 20.09.2025

VENUE: LECTURER HALL, TB1-313

S.no	Register no	Name	Year/ Section	Department
41	123012025003	S. Arun Prasaath	II / A	ECE (AI & ML)
42	123012025012	S. Kirthik Eswaran	II / A	ECE (AI & ML)
43	1230120131129	S. GURUNATHAN.	III / A	ECE
44	123012025013	R.J. Magesh	III / A	ECE (AI & ML)
45	123012025014	U. MOHAMED	IV / A	ECE (AI & ML)
46	1230120131129	S. Sajith Ahmed	III / A	ECE
47	123012025010	P. Harisharan	III / A	ECE (AI & ML)
48	1240120181208	R. N. Pariyan Selvan	II - B	ECE (Robotics)
49	1240120131206	S. K. Mugunthan	II - B	ECE (Robotics)

V. Punith
20/9/25
Co-ordinator

Dr.S.Janani,M.E.,Ph.D
 Professor & Head
 Department of Electronics & Communication E
 Pottayamman Institute of Science & Technology
 Vallam, Tirunelveli - 613 603



Feedback
SEMINAR ON "Life Balance for Engineering Students: Pathway to well-being"

DATE & Time: 20.09.2025 & 10 am-11.00 am
VENUE : LECTURER HALL TB1-313

Resource Person : Dr. Indra Kannan
Psychologist
Name of the Participant : S. Kirthik Eswaran
Designation : ECE
Department : B.Tech.
Feedback about Programme : Nice I get more interestful.
Suggestions (if any) : I want more time and
personal feedback.
Signature :



Feedback
SEMINAR ON "Life Balance for Engineering Students: Pathway to well-being"

DATE & TIME: 20.09.2025 & 10.00 am-11.00 am
VENUE: LECTURER HALL TB1-313

Resource Person : Dr. Indra Kannan
Psychologist
Name of the Participant : Magesh R. J
Designation : ECE - AI & ML (Student)
Department : B.Tech ECE
Feedback about Programme : Good and enjoyable, Developmental
Cheerful
Suggestions (if any) : Need more time
Signature :