

## 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"		Students
Date & Time20.09.2025 &10.00 a.m11.00 a.m.		
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	Dr. INDRA KANNAN PSYCHOLOGIST	49 Students





#### DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

#### ORGANIZES A SEMINAR ON

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



Date: 20th Septmember 2025

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

Venue: TBI 313

Dr.INDRA KANNAN PSYCHOLOGIST



## CONVENOR

Dr.S.JANANI Head | ECE

## **CO-ORDINATOR**

Ms.PUNITHAM Asst.Prof | ECE

# Department of Electronics and Communication

Periyar Nagar, Vallano 11 anjavur 613 403, femil Nodu, finita Phone: +91 136.5 14 660 Fax: +91-436; 254-60 Web: www.pinipedis





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### Department of Electronics and Communication

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

DATE: 20.09.2025

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Dr.S. Janani, M.E., Phy Da 2019 176

Professor & Head HOD/FCE

Department of Electronics & Communication 2

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## Department of Electronics and Communication Engineering Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India Phone: +91 - 4362 - 264600 Fex: +91 - 4362 - 264660



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

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

Resource Person

: Dr. Indra Kannan

Psychologist

Name of the Participant

S. Kirthik Emooner.

Designation

ECE

Department

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personal feat back.

Feedback about Programme

Suggestions (if any)

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Department of Electronics and Communication Engineering

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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

Designation

: Magesh. R.J : FCR-AI + ML (8 Lobert)

Department

: B. tech PEOPE

Feedback about Programme

: Good and enjoyable, Dovelopnat no Cheecter

Suggestions (if any)

Signature