



**PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Deemed to be University)  
Established Under Sec. 3 of UGC Act, 1956 • NAAC Accredited  
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## **PROGRAMME REPORT ON**

### **Seminar-Unlocking the secret: Smart Strategies for Competitive exam success**

Resource Person

**Dr.K.Selva Kumar**

Organized by

**ECE- PMIST**



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## **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**

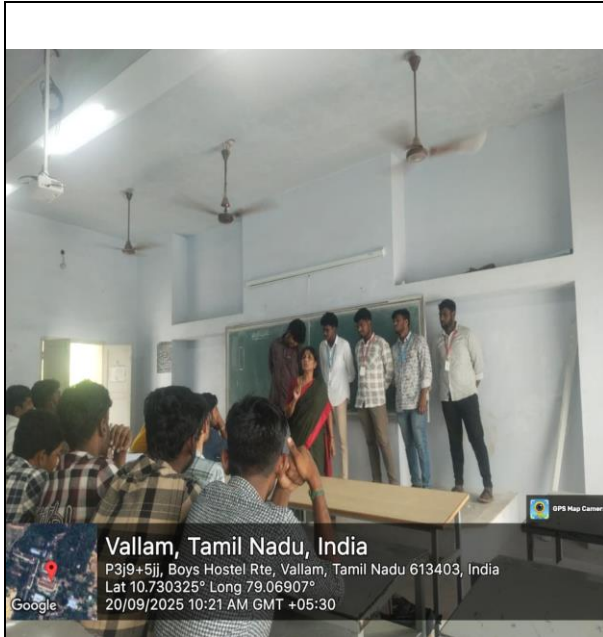


**PERIYAR MANIAMMAI INSTITUTE OF  
SCIENCE & TECHNOLOGY**  
Periyar Nagar, Vallam, Thanjavur - 613403  
Tamil Nadu, INDIA

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

**Department of Electronics and Communication Engineering**

| EVENT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Experts / Guest Speaker          | Beneficiaries |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------------|
| Seminar – On “ <b>Work - Life Balance for Engineering Students: Pathway to Well-being</b> ”                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Dr. INDRA KANNAN<br>PSYCHOLOGIST | Students      |
| <b>Date &amp; Time</b> 20.09.2025 & 10.00 a.m. - 11.00 a.m.<br><b>Venue:</b> Lecturer Hall TB 1- 313                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                  | 49 Students   |
| <b>Report / Summary / Key points discussed:</b><br><b>Title: “Work - Life Balance for Engineering Students: Pathway to Well-being”</b><br>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 “**



**Date : 20<sup>th</sup> Septemember 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**

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**NAIMAN**  
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VENUE: LECTURE HALL TBI-313

Dr. S. Ganani, <sup>II - A</sup> <sup>ECE</sup> <sup>6/20/2019</sup>  
Professor & Head <sup>HOD/ECE</sup>  
Department of Electronics & Communication Engineering,  
K. J. Somaiya Institute of Science & Technology

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[illegible]

**DATE:** 20.09.2025

VENUE: LECTURER HALL, TB1-313

| S.no | Register no   | Name                 | Year/<br>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. GURU NATHAN.      | 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

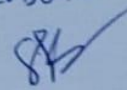
**Dr.S.Janani,M.E.,Ph.D**  
Professor & Head  
Department of Electronics & Communication E  
Pertyar Manlamal Institute of Science & Technology  
Vallam, Tirunelveli - 615 403.



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 : 