

ONLINE WORKSHOP ON

MINDFUL STRATEGIES FOR WORK-LIFE BALANCE

APRIL 10, 2021 | 11 AM

The threat of novel corona virus-19 has caused major organizational changes in universities. The challenges of coping with remote teaching methods coupled with digital disparity among learners has led to increased levels of stress and anxiety. Thus it becomes imperative to pause, introspect and strategize to strike a work-life balance. This workshop aims to assist the participants to comprehend the dynamic environment and to build strategies for work-life balance.

This workshop will be beneficial for both students and faculty members who have been catapulted to new online teaching and learning method.



Resource Person:

Mr. Rahul Joshi
(Faculty Art of Living)

Organized by:

**Research Group on Technology and Innovation:
Managerial and Social Sciences Perspectives**

Joining Details:

Date & Time: April 10, 2021, 11 AM to 1:30 PM

Registration Link:

<https://forms.gle/X4egg3oqMLEYgCDb7>

Meet Link:

<https://meet.google.com/idm-werq-dfh>

ABOUT JIIT

JIIT, a leading Engineering Institute was established in the year 2001 with the vision of becoming a center of excellence in the field of IT & related emerging areas of education, training and research comparable to the best in the world for producing professionals who shall be leaders in innovation, entrepreneurship, creativity and management. The Institute offers Doctoral, Post-graduate as well as Undergraduate programs in the disciplines of Computer Science Engineering, Information Technology, Electronics & Communication, Biotechnology and Management.

WORKSHOP CONVENOR

PROF. ALKA SHARMA, DEAN AND HEAD
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WORKSHOP COORDINATORS

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