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INSTITUTE OF SCIENCE & TECHNOLOGY
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PROGRAMME REPORT ON

MWS-Managing Stress and worklife balance for effective mentorship

Resource Person

Mrs. Sarika S. Anish

Organized by

CHEMISTRY- PMIST

CENTRE FOR STUDENTS AND ADMINISTRATIVE SERVICES

Periyar Nagar, Vallamthanjavur - 613 403, Tamil Nadu, India

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MENTORING WORKSHOP SERIES – (MWS #06)

MANAGING STRESS AND WORK-LIFE BALANCE FOR EFFECTIVE MENTORSHIP

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Centre For Students and Administrative Services

Mentoring Workshop Series (MWS #06)

**MANAGING STRESS AND WORK-LIFE
BALANCE FOR EFFECTIVE MENTORSHIP**

 01 March 2025

 11.00 am to 01.00 pm

 Einstein Hall



Resource Person
Mrs. SARIKA. S. ANISH,
Consultant Occupational Therapist,
Akshadha Child Development Centre,
Chennai.

Coordinators
Dr. S. COMATHI,
Deputy Director, CSAS
Dr. C. V. SUBRAMANIAN,
Director, CSAS

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MANAGING STRESS AND WORK-LIFE BALANCE FOR EFFECTIVE MENTORSHIP

REPORT

Centre for Students and Administrative Services (CSAS), Periyar Maniammai Institute of Science and Technology (PMIST) organized one-day workshop on “Managing stress and work-life balance for effective Mentorship” on 01.03.2025. The session started with welcome address by Prof. C. V. Subramanian, Director, CSAS and he explained about the objectives and significance of the stress management practice in working place. Dr. S. Gomathi, Deputy Director, CSAS, introduced the resource person Mrs. Sarika S. Anish, Consultant Occupational Therapist, Founder- Akshadha Child Development Centre, Chennai and shared her accomplishments and experience. Prof. K. V. Rajendran from the Department of Management studies honored the guest with shawl and memento. The resource person led an interactive session on creating stress-free environment in working place. She demonstrated various meditation and mindfulness practices to effectively manage stress and emphasized the essential habits that employees should adopt to prevent stress. A total number of 161 beneficiaries including mentors, head of the departments, directors and institute professional counselors actively participated in the session, interacted and clarified their doubts. The session was concluded with a summary and feedback by the participants.



The programme inaugurated by Dr. C. V. Subramanian, Director, CSAS and the resource person was honored by Prof. K. V. Rajendran, Senior Professor, DoMs



The resource person Mrs. Sarika S. Anish, Occupational Therapist, demonstrated an mindfulness practices to the participants.



Feedback was given by the participants during the workshop.

Mentoring Workshop Series (MWS #06)

Managing stress and work-life balance for Effective Mentorship

Date and Time : 01.03.2025 (11.00 am to 01.00pm) Venue : Einstein Hall

Resource Person :

Mrs. Sarika. S. Anish
Consultant Occupational Therapist
Akshadha Child Development Centre
Chennai

Coordinators

Dr. S. Gomathi, Deputy Director, CSAS
Dr. C. V. Subramanian, Director, CSAS

S. No	Name	Designation	Department	Signature
1	K. Bhavadharini	Assist. Prof	Languages	K. Bhueli
2	Dr. M. KARTHIKIAN	Asst. Prof (SS)	chemistry	M. Karti
3	Dr. R. N. Pamani	Asst. Prof	chemistry	R. N. Pamani
4	Dr. Mouli. Konari	Asst. Prof.	Chemistry	Mouli Konari
5	Dr. N. Mehana	Asst. Prof	chemistry	N. Mehana
6	Ms. B. Lavanya	A.P	CA	B. Lavanya
7	Dr. M. Viswalingam	AP	chemistry	M. Viswalingam
8	Dr. N. LENIN	AP	Languages	N. Lenin
9	Dr. V. Chandras Kumar, Peta	Asst. Prof	CS	V. Chandras Kumar

S. No	Name	Designation	Department	Signature
10.	A. Bhuvaneshwari	Asst. Prof	Languages	A.P.L. [Signature]
11.	M. Parvathi Rani	Asst. Prof	Languages	[Signature]
12.	Dr. G. PRIYA	Asst. Prof	Languages	G. Priya
13.	M. Nimmi	Asst. Prof	CS	[Signature]
14.	G. SENGUNITHAN	Asst. Prof	CA	[Signature]
15.	Dr. R. Kathiresan	Dean / IIT	Arts	[Signature]
16.	Dr. K. Thiyagarajan	Asst. Prof	CS	[Signature]
17.	Dr. N. KANIMOZHI	AP (SS) Commerce	Commerce	N. Kanimozhi
18.	M. Ragul	Assistant Professor	Languages	[Signature]
19.	V. Ayyanar	Teaching Assistant	Commerce	V. Ayyanar
20.	P. Nimitha	Assistant Prof	Commerce	P. Nimitha
21.	M. Deepika	Assistant Languages	Languages	[Signature]
22.	Dr. V. SRITHAR	AP (SS) / CA	CA	[Signature]
23.	Dr. K. Kesavan	AP (SS) / Edn	Education	[Signature]
24.	Dr. R. Balakumar	AP Maths	Maths	[Signature]
25.	Dr. R. ARUMUGAM	AP (SS)	Maths	[Signature]
26.	Dr. V. T. SUBRAMANIAM	Asso. Prof	Education	[Signature]
27.	Dr. V. S. Kantha	Dean / IAP	ARCHITECTURE	[Signature]
28.	Muthuraman.R	AP (SS) / Ar	Aerospace	[Signature]

Signature

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29.	V. Priya	AP	CS	
30.	Dr. S. Suresh	Prof	Engg	
31.	Dr. G. Mani Vannan	Asst Chemist	Chem	
32.	Mr. N. SHIVAKUMAR	AP/mech.	Mech.	
33.	MR. R. AMARNATH	AP/COM	Commerce	
34.	Mr. R. THIRAGARAJAN	AP(CS)/mech	MECH	
35.	Mr. S. Kupalakrishnan	AP/MBA	MBA	
36.	A. Jothi.	AP/CI	CS	
37.	G. Bhareethi	AP/CSE	CSE	
38.	C. Sneha	AP/CSE	CSE	
39.	J. Pathiyalakshmi	AP/CI	CSE	
40.	Keethamma. K	AP/management studies	management studies	
41.	Dr. J. APPAN Balamurugan	Asst Prof/CSE	CSE	
42.	Dr. D. Jeyasimman	Prof/mech	Mech.	
43.	Dr. V. A. SHANMUGARAJU	Asst Prof/ce	Civil Engg	
44.	Dr. A. Anandha' Kumari	Asst /Asst	Bio	
45.	Dr. K. DOMNIC	Asst. Prof.	Management	
46.	MS. N. Meenakshi	Junior Asst	Commerce	
47.	M. Janani Poni.	J. Asst.	DAO	

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48.	Dr. V. RAJKUMAR	APCSG)	Informatics	V. Raj
49.	Sishamelli	Research Scholar	"	S. S.
50.	S. SARMAIHI	AP	Informatics	S. S.
51.	P. Seetha	AP.	Informatics	P. S.
52.	P. Ranj	AP	Languages	P. R.
53.	Dr. ANAND GIVANA SELVAM	AP	Education	A. S.
54.	A. Selvapriya	AP	CA	S. P.
55.	N. Adarshini	AP	CA	N. A.
56.	Dr. R. Rajayogeswari	AP	CS	R. R.
57.	R. SUBHA	AP	CS	R. S.
58.	S. Sivaran. Isehn	AP	MBA	S. S.
59.	P. Pankumar	AP	MBA	P. P.
60.	Dr. M. Vasanthakumari	AP	Commerce	M. V.
61.	A. Anthoniammal	AP	Commerce	A. A.
62.	M. Chelva Sathy	AP	Languages	M. C.
63.	B. Krishnapriya	AP	CA	B. K.
64.	R. Rajalakshmi	AP	CA	R. R.
65.	Dr. D. UMAMAHESWARI	AP	Languages	D. U.
66.	G. REENA	TA	Languages	G. R.

Workshop - 01-03-25

S. No	Name	Designation	Department	Signature
67.	Dr. K. Smitha	AP	Commerce	[Signature]
68.	Jhansi T	TA	Languages	[Signature]
69.	Dr. A. Subramani	AP	Chemistry	[Signature]
70.	Dr. S. Jayabharathy	AP	CS	[Signature]
71.	V. Nandya	AP (SS)	AERO	[Signature]
72.	P. Prathin	CA	CA	[Signature]
73.	T. Pasikani	AP/CS	CS	[Signature]
74.	P. LATHA	AP (SS/CIVIL)	CIVIL	[Signature]
75.	Dr. Lakshmi Chitravign	Asst. Dir. (SS)	Asst.	[Signature]
76.	Dr. Balakumar Pitchai	Director ^{REG}	RLD office	[Signature]
77.	R. Anitha	TA	Commerce	[Signature]
78.	Dr. J. Anjannamma	AP	Commerce	[Signature]
79.	K. Sasireela	AP	CSE	[Signature]
80.	Arthi S	AP	MBA	[Signature]
81.	R. Anithi	AP	Mgmt	[Signature]
82.	Dr. K. Dharmalakshmi	AP	physics	[Signature]
83.	Dr. G. Ananya or Priya	AP (SS)	Education	[Signature]
84.	P. SRIMATHA	AP (SC)	MECHANICAL	[Signature]
85.	I. Resanth	A.P. MBA	Manager	[Signature]

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86.	B. Prayathri	Junior Assn	Student Affairs	ney
87.	R. Kavitha	Section Officer	Student Affairs	R. Kavitha
88.	Dr. B. Anurathi	Asst. Prof	Languages	un-der-ly
89.	A. SATHYA	Asst. Prof	Languages	A. Sathya
90.	Dr. V. SATHISH Kumar	Asst Prof	Languages	V. Sathish
91.	Ms. T. S. Swetha	AP/CA.	Computer applications	T. S. Swetha
92.	G. Revathi	AP/CA.	Computer Applications	G. Revathi
93.	N. JANUJ RANI	AP/COM	Commerce	N. Januj
94.	P. SARANYA	AP/COM	Commerce	P. Saranya
95.	J. Meena.	AP/Lang	Lang.	J. Meena
96.	A. Surya Fernandes	AP/Lang	Languages	A. Surya
97.	Dr. M. Malini	AP/CS	CS	M. Malini
98.	K. Madhanathan	AP/Language	Lang	K. Madhanathan
99.	S. Kulantha Thearas	AP/Commerce	Commerce	S. Kulantha
100.	Ms. P. ARIVELA	AP	Languages	P. Arivel
101	B. Gowri	AP/COM	Commerce	B. Gowri
102	Dr. S. Srinivas.	AP/LAN	Languages	S. Srinivas
103	P. Harikaran.	AP/Lang	Language	P. Harikaran
104	P. Sanjei	AP/PSAP	PS	P. Sanjei

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105	U. GOMATHI	AP	CS	
106	Dr. C. M. VIVEK	AP (SG)	Mech	
107	Dr. N. V. Suthan	AP (SG)	maths	
108	K. Rajeswari	AP	MATHS	
109	Dr. B. Srideni	AP (SG)	Maths	
110	D. G. Thamilvanan	Head/Edn	Education	
111	S. J. Princes Rosaline	AP/Civil	Civil Engg	
112	P. Bhuvanarani	Asst. Prof	CS/IT	
113	P. Menasa	Phy-Edu	PED	
114	K. PADMINI	MGIT - A/P	MGIT	
115	S. Deepana	Assist. Professor Mgmt - A/P	Management	
116	A. S. Lathesha	AP/MBA	Management	
117	EDWARD J	AP/MBA	Management	
118	Dr. T. SIVAKAMI	AP/MBA	Mgt	
119	A. R. Chitra	AP/Arch	Arch.	
120	G. ANITHA	AP/Pol. Sci	Political Science	
121	P. Deepika Prasanna	AP/ECE	ECE	
122	S. Anuradha	AP/ECE	EEB	
123	B. Priyanka	AP/ECE	ECE	

S. No	Name	Designation	Department	Signature
124.	Aarthi . R	AP	ECE	
125.	Karthika . R	AP	ECE	
126.	D. W. Immaculate Mary	AP(SG)	CA	
127.	D. MAITHESHA kumar	ASST. PROF.	CS	
128.	Dr. V. Rajandran	Professor	Phy, MSA	
129.	R. Anurathi	Counselor Trainee	VMCQLER	
130.	T. Alameya	AP	Socialwork	
131.	A. RAGANI	Counselor Trainee	VMCQLER	
132.	C. Y. Subramanian	prof.	Accountancy	
133.	S. GOMATHI	ASST. PROF	Chemistry	
134.	N. Lomiyer	J. A	PC	
135.	M. Nidhibeen	Research scholar	Chemistry	
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139.	Ar. S. Suganthi	AP(SG)	Architecture	
140.	S. Vidhya Lakshmi	ASST. Prof.	ARCHITECTURE	
141.	R. LATHA	ASST. Prof	ARCHITECTURE	
142.	B. PRAKASH	AP	ARCH	

