



Prestige Institute of Engineering Management & Research, Indore

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Expert session on “Work life balance”

PIEMR-IQAC cell Conducted “A Work life balance” on 14th July 2023 Friday. Speaker for the program was Krishna Pad Das, a Youth Mentor & Life Skills Coach from ISKON. Welcome and introduction speech given by Prof. Sadhana Tiwari (IQAC coordinator) then honored by Dr. Manojkumar Deshpande, Director, PIEMR. 100+ faculty and staff were benefitted from this activity.

Objective of the webinar-

- To understand & explore work life balance
- To know techniques to achieve peaceful and able state of mind

Brief summary of event:

Krishna Pad Das introduced the session with the need of work life balance and its importance. HE introduced the audience with the experience of mediation and its benefit. he shared the key points to be in a happy state.

No. of participants- 110 + Faculty and staff

Expenditure Amount- Rs 10,000/-

This 4-hour session will include a presentation followed by Q&A. The session was interactive with question and answer section with faculty members. The session was ended with vote of thanks by Dr. Piyush Choudhary, head CSE.

Brief introduction of expert:



Some Glimpse of the event-



