

Staff Seminar on “Employee Wellbeing in the Workplace”

27.01.2023 & 28.01.2023

Venue: 27.01.23: Vis. Com Preview Theatre

Venue: 28.01.2023: Loyola College of Education Seminar Hall

Program Schedule

09.00 a.m. – 10.30 a.m.: Session I

Workplace Balance

Mrs Padma Subramanian,

Director, Academy for Career Excellence, Chennai

10.30 a.m. – 11. 00 a.m. Coffee Break

11.00 a.m. – 12.30 p.m.: Session II

Befriending Stress

Dr. P. Nanda Gopal

Health Coach – Therapist, Educator, Master Trainer – ITM

Staff Participants for the Seminar

27.01.2023

Shift I: English/ Statistics/ Maths/ Sociology/ Economics/ Hindi/ Sanskrit/
Social Work/ French

Shift II: B. Com (General)/ BBA/ Computer Science/ Economics/ International
Relations/ French/ Human Excellence/Sociology/ Social Work/
B. Com (A&F)/ B.Com (Comp. App)/ Kaushal Kendra.

28.01. 2023

Shift I: B. Com/ Physics/ History/ Chemistry/ Plant Biology/ Adv. Zoology/
Tamil/ Vis. Com & Multimedia

Shift II: B. Com (Corp. Sec.)/Biotechnology/ Chemistry/ Data Science/
English/ Maths/ Physics/ History/ B. Com (Honours)/ Counselling
Psychology/ Outreach/ Vis Com/ Tamil

Shomas

PRINCIPAL