

ST. PHILOMENA'S COLLEGE, MYSURU

(An Autonomous Institution affiliated with the University of Mysore)

IQAC Awareness Activity – DETAILED REPORT

Topic: Work-Life Balance

Date: 8th April 2025

Time: 03:00 PM

Venue: Auditorium, St. Philomena's College, Mysuru

Occasion: Commemorating World Health Day

No of Participants: 75

Organized by: Internal Quality Assurance Cell (IQAC)

Introduction

World Health Day is observed annually to promote global health awareness, and for 2025, the focus was on achieving a healthy balance in all aspects of life.

In line with this vision, St. Philomena's College organized an enriching awareness programme on the theme "Work-Life Balance" under the leadership of the Internal Quality Assurance Cell (IQAC).

The concept of work-life balance is crucial in today's fast-paced world where professional demands and personal responsibilities often clash, leading to stress and burnout.

The programme was designed to inspire, educate, and equip participants with practical strategies to achieve harmony in their professional and personal lives.

Objectives of the Programme

1. To create awareness about the importance of balancing work and personal life for mental, physical, and emotional well-being.
2. To provide insights into time management, stress control, and personal development.
3. To encourage the adoption of healthy lifestyle habits to improve productivity and satisfaction.
4. To build resilience and adaptability in managing life's responsibilities.

Detailed Proceedings of the Programme

The event commenced at exactly 3:00 PM with the MC extending a warm and cheerful welcome to all dignitaries, faculty members, students, and guests present.

The gathering was reminded of the holistic definition of health, encompassing physical, mental, and social well-being, making work-life balance an ideal focus for World Health Day.

Opening Segment:

- Philo's Anthem was sung by the assembly, setting a tone of unity and institutional pride.
- This was followed by an Invocation invoking blessings for the success of the event.
- The symbolic Watering of the Sapling was carried out by the dignitaries, signifying growth, balance, and sustainability in personal and professional life.

Distinguished Presence:

The programme was graced by the esteemed presence of institutional leaders including:

- Rev. Dr. Lourdu Prasad Joseph – Rector and President of the programme.
- Dr. Ravi JD Saldanha – Principal.
- Rev. Fr. Gnana Pragasam – Administrator.
- Rev. Fr. David Sagayaraj S. – Assistant to Rector.
- Mr. M. Nagaraj Urs – Vice Principal (Academic).
- Mr. Ronald Prakash Cutinha – Vice Principal (Administration).
- Dr. Noor Mubasheer C.A. – PG Coordinator.
- Dr. Reena Francis – Controller of Examinations.
- Dr. Deepa V – Co-Coordinator, IQAC.
- Mr. A. Thomas Gunaseelan – Coordinator, IQAC.

Special Guest:

The keynote speaker was Mrs. Sadhana A. Pote, KAS, Joint Director (Training) at ATI, Mysuru. Her professional journey and expertise in administration, human resource management, and training made her an ideal choice to speak on work-life balance.

Keynote Address – "Work-Life Balance"

Mrs. Sadhana A. Pote began by defining work-life balance as an individual's ability to effectively manage both professional duties and personal obligations.

She outlined the negative consequences of imbalance, including stress, declining health, and reduced work efficiency.

Highlights of her Talk:

- Importance of self-awareness in identifying personal and professional priorities.
- Effective time management techniques to maximize productivity.
- Setting clear boundaries to avoid overwork and burnout.
- Incorporating physical exercise, hobbies, and relaxation into daily routines.
- Nurturing family relationships and maintaining social connections for mental well-being.
- Role of organizational support and workplace flexibility in achieving balance.

The session was highly interactive, with participants engaging in discussions, sharing their challenges, and gaining clarity on practical approaches to improving their daily routines.

Expressions of Gratitude

The IQAC extended heartfelt thanks to Mrs. Sadhana A. Pote for her insightful and inspiring address.

Her strategies were acknowledged as highly applicable in both academic and professional contexts.

Participants were invited to provide feedback, ensuring the continuous improvement of IQAC activities.

Conclusion

The event concluded with the Vote of Thanks delivered by Mr. A. Thomas Gunaseelan, Coordinator – IQAC.

The National Anthem was played to mark the formal close of the session.

The programme was successful in imparting valuable lessons on work-life balance, encouraging attendees to adopt a proactive approach towards health, happiness, and productivity.

Outcomes of the Programme

1. Enhanced understanding of the concept and importance of work-life balance.
2. Acquisition of practical tools and techniques for better time and stress management.
3. Motivation to integrate healthy lifestyle practices into daily schedules.
4. Strengthened commitment to personal growth and professional efficiency.





Prepared by:
 Dr. Deepa V
 Co-Coordinator, IQAC
 St. Philomena's College, Mysuru



ST. PHILOMENA'S COLLEGE (AUTONOMOUS)
BANNIMANTAP, MYSORE

IQAC's Awareness Activity based talk on
"Work-Life Balance"



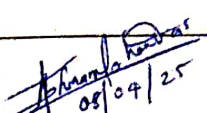
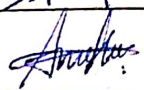


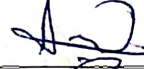

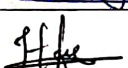
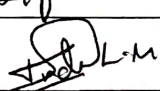
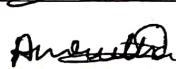
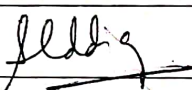
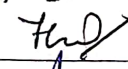

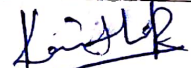
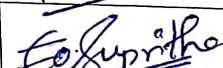

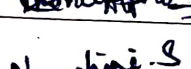


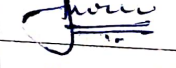
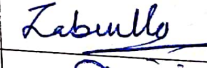





Organized by
Internal Quality Assurance Cell (IQAC)


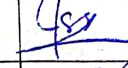

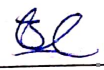

08th April 2025

Attendance sheet

SL.NO	NAME	DEPARTMENT	UG/PG/Roll No.	SIGNATURE
1	Dr. Noor Mulasheer CA	Social work	PG	<i>[Signature]</i> 08/04/25
2	Sutan Pooraiach	English	PG	<i>[Signature]</i>
3	P. Mandana	Social work	PG	<i>[Signature]</i>
4	Sr. Angeline	English (UG)	UG	<i>[Signature]</i>
5	Peria Nayagannad-s	phy. education	UG	<i>[Signature]</i>
6	Arshiya Khanum	BBA	UG	<i>[Signature]</i>
7	Dr. Deepa. V	BBA	UG	<i>[Signature]</i>
8	Milagris Antonius	(UG) Btech/EVS	UG	<i>[Signature]</i>
9	Mary Irene I	Food Science	UG	<i>[Signature]</i>
10	Dorothy. P	Botany	UG	<i>[Signature]</i>
11	Mary Sofia. I	Zoology	UG	<i>[Signature]</i>
12	Neena P.K	Zoology	UG	<i>[Signature]</i>
13	Reena mol V.U	MCA	PG	<i>[Signature]</i>
14	Dr. Reena Francis	Commerce	UG	<i>[Signature]</i>
15	DR VIBHA MARISS	COMMERCE	PG	<i>[Signature]</i>
16	Dr. Enilla Sreekha	MBA	PG	<i>[Signature]</i>
17	Radhika. H. S	MBA	PG	<i>[Signature]</i>
18	HZMA BATHOOL	Micro / ES	UG	<i>[Signature]</i>
19	Duyisthymon	BSW	UG	<i>[Signature]</i>
20	A. Vanitha A	PG month	PG	<i>[Signature]</i>

SL.NO	NAME	DEPARTMENT	UG/PG/Roll No.	SIGNATURE
21	Amrta firdose	PG Dept. Mathematics	PG	
22	Pooja HR	UG. Dept. Food Science	UG	
23	Chandana .S	Physics	UG	
24	B. Shyla	Chemistry	Ph	
25	Dr. Asha M.S	Ph Chemistry	PG	
26	Dr. Almini K. S.	P.G. Economics	PG	
27	Ms. Namitha Jois K S	PG Economics	PG	
28	Vagdevi. H.S.	PG TMC	PG	
29	Mary Florence	UG Library	UG	Mary Fl.
30	Disha. D	UG BCA	UG	
31	Deeksha. N.	BCA	UG	
32	Shruthi H.R.	BSC	UG	
33	A. Shivarakumar	Chemistry-PG	PG	
34	Venugopal Gowdanna	JMC	PG	
35	Raviraja. S. V	B.Voc-M&E	UG	
36	Sanjul T.S.	JMC	PG	
37	Ravithaj. S-P	JMC	PG	
38	Dr. PRASHANTH. D.A	History	UG	
39	Mathura	B.Sc	UG	
40	Anupha. V.S.	BCA	UG	
41	Kedureyallappa	Political Science	UG	
42	Ajay Anthony - G	BCA	UG	
43	Niranjana Viswanath's	BA Psychology	UG	
44	Ananika. C. Reji	BA Psychology	UG	
45	Megha Pradeep	Criminology & Forensic Science	PG	

NO	NAME	DEPARTMENT	UG/PG/Roll No.	SIGNATURE
46	ABHIRAMI MOHANDAS	Criminology and Forensic Science	PG	
47	ANITHA SAMUEL	CRFS	PG	
48	NAYANA B.R	CRFS	PG	
49	B. FRANUS	Cy.F.S	UG/PG	
50	ROBIN K.J.	MSW	PG	
51	Vinayakumar Hanjagi	Cr.F.S.	PG	
52	Henrieta Fernandes	Computer Science	PG	
53	Endhushri L.M	Psychology	PG	
54	Arunltha Nair	computer science	PG	
55	Dr. Seema Siddiqi	Food Science & Nutrition	PG	
56	Dr Florita Alencardes	Commerce	UG	
57	Amreen Kousar	Commerce	UG	
58	Kamitha R	Commerce	UG	
59	Syritha R	Commerce	UG	
60	Princy A.R	Chemistry	PG	
61	VARSHINI. S	M. Com	PG	
62	Reena Joyce J	English	PG	
63	Amrin Taj	M.com	PG	
64	Dr. Zabiulla	M.Sc	PG	
65	Dr. Felan Arad	M. Sc Physics	PG	
66	Dr. Sachin C.N	M. Sc Physics	PG	
67	Ms. Chandana S	M.Sc Physics	PG	
68	Mr. Akhil EJ	M.Sc Physics	PG	
69	Dr Sunil D'Souza	B.com	UG	
70	Dr. Sandesh D'Souza	B.Com	UG	

SL.NO	NAME	DEPARTMENT	UG/PG/Roll No.	SIGN
71	Dr Ginson George	PG		
72	Dr Issac George	MBA		
73	BABU P	malayalam		
74	Dr. Bhannathuk	PG Mathematics		
75	Dr. Nandeeshr H.K	PG Economics		
76				
77				
78				
79				
80				
81				
82				
83				
84				
85				
86				
87				
88				
89				
90				
91				
92				
93				
94				
95				

Talk on 'Work-Life Balance' at St. Philomena's College



Mysuru, Apr. 11 (KS)- St. Philomena's College (Autonomous), Mysuru, in association with Internal Quality Assurance Cell (IQAC), observed World Health Day by organising an awareness programme with the theme 'Work-Life Balance' at the College auditorium in city recently.

The programme featured a

thought-provoking talk by the resource person Sadhana A. Pote, Joint Director (Training), Administrative Training Institute (ATI), Mysuru, who emphasised the importance of maintaining a healthy balance between professional responsibilities and personal well-being. Her insights resonated deeply with the audience,

particularly in today's fast-paced and demanding environment.

The event was coordinated by A. Thomas Gunaseelan, Co-ordinator - IQAC and Dr. V. Deepa, Co-Co-ordinator - IQAC, who emphasised the role of such initiatives in fostering a supportive and productive institutional environment.

Rev. Dr. Lourdu Prasad Joseph, Rector, presided. Dr. Ravi J.D. Saldanha, Principal of St. Philomena's College, Rev. Fr. Gnana Pragasam, Administrator, Rev. Fr. S. David Sagayaraj, Assistant to the Rector, Ronald Prakash Cutinha, Vice Principal - Administration and others were present.