

SCHEDULE

DAY & DATE	FORENOON	AFTER NOON
I(16-2-12)	Issues and Challenges in Contemporary Education	Interdisciplinary Approach in Management Education
II(17-2-12)	Role of individuals in managing work life balance	Role of individuals in managing work life balance
III(18-2-12)	Role of Organization in managing work life Balance	
IV(19-2-12)	Meditation and its Significance for Balanced life	
V(20-2-12)	Significance of Counseling	Work life Balance for Management Teachers
VI(21-2-12)	Global comparisons of work life balance	Time Management in work life balance
VII(22-2-12)	Leadership and work life balance	Stress coping up Techniques

FOR FURTHER DETAILS CONTACT

Convener

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Director – SIMS

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Sri **SAI RAM**



INSTITUTE OF MANAGEMENT STUDIES

SRI SAI RAM ENGINEERING COLLEGE

NBA Accredited & ISO 9001 : 2008 Certified Institution

Sai Leo Nagar, West Tambaram, Chennai - 600 044

AICTE SPONSORED

**NATIONAL LEVEL
FACULTY DEVELOPMENT PROGRAMME**

(Winter School Program)

on

**WORK LIFE BALANCE FOR
ENGINEERING & MANAGEMENT FACULTY**

16th - 22nd February 2012



in association with

IIAP (Indian Academy Of Applied Psychology)
Financial Express & ET Club

www.sairamgroup.in



S^{ai} SAIRAM INSTITUTE OF MANAGEMENT STUDIES (SIMS)

SIMS part of Sri Sairam Engineering College, was established with the motto of "Prosperity through Innovative Management" by the Founder Chairman Shri. MJF Ln. Leo Muthu, offers Post Graduate Programme leading to the award of MBA degree by the Anna University, approved by AICTE and the government of Tamil nadu. The department is well equipped with modern facilities such as syndicate room, seminar hall, computer center, department library, audio and video facilities and a central library with latest books, national and international journals. The highlights of the institute are - It was ranked among the Top 100 B-Schools in India by Dalal street Journal, Mumbai for 3 consecutive years, and also categorized as A+ Grade Institution by Business India 2010 and rated A2category Management Institute 2011 by AIMA and awarded as Best Management Institute in Tamil nadu for 2011 by Big Brand Research Academy, New Delhi. We engage our students in various developmental activities such as - National level seminars, International conferences, and Workshops to provide them overall exposure to the world of business and management.

ABOUT THE PROGRAMME

Work life balance is a broad concept including proper prioritizing between work and ambition on one hand and life, pleasure, leisure, family and spirituality on the other hand. This figures much in our talks, but less we seem to have of it. Work is a part of life, how can we balance a part with the whole, what is actually aimed at is a work life and personal life balance.

Dr. K. MARAN
Director (SIMS)

Prof. V.R. RAJAMANICKAM
Director

SAI PRAKASH LEO MUTHU
CEO

M. VASU
Secretary

MJF. Ln. LEO MUTHU
Chairman

We do not need to get the happy balance in our lives; we merely have to remove the unhappy imbalance that is there in our minds. It is clear that, the problems caused by stress have become a major concern to both employers and employees. Symptoms of stress are manifested both physiologically and psychologically. It is also a major clue to the problem of rising attrition. Keeping these inevitable changes SIMS has designed a workshop to create awareness about the work life balance concepts and provide measures to improve individual personal and work life.

OBJECTIVES:

- To create awareness on managing the balance between personal and professional life.
- To create a platform for management and engineering faculty members to enable with the latest stress management techniques
- To help the participants to explore the opportunity to maintain the balance between personal and work life.
- To help the participants to enhance the social relationship
- To enable the participants to understand how counseling would be helpful in solving work life balance problem

WHO CAN PARTICIPATE?

Faculty from Engineering Colleges, Management Institutes, Computer Application and Corporate Executives.

REGISTRATION FEE - NIL

One way TA will be Reimbursed (Shortest route with Sleeper class)
& food will be provided free of cost