



NADAR MAHAJANA SANGAM
SERMATHAI VASAN COLLEGE FOR WOMEN
(Accredited with 'B' Grade)
Avaniyapuram, Madurai - 625012.



INTERNAL QUALITY ASSURANCE CELL

Organizes

WORK LIFE BALANCE FOR NON-TEACHING STAFF

Ms. R.Jaisrividhya,

M.Sc., Psychology (Counselling and Psychotherapy),
Assistant Professor,
Department of Social Sciences,
Lady Doak College, Madurai.

Date: 26.09.2023 Time: 11.00 A.M.
VENUE:LAB-II

ALL ARE CORDIALLY INVITED

T.Mohan
President

M.Jeyakumar,B.E.,
Secretary & Correspondent

A.C.C.Pandian
Treasurer

T.Kulanthai Vel
Vice President

T.Ramu
Vice President

G.Ganesan
Vice President

V.K.V.Balaguru
Joint Secretary

Dr.G.Maris Kumar,M.A.,M.Phil.,M.T.M.,Ph.D.,
Advisor

G.Karikolraj
General Secretary, Nadar Mahajana Sangam

Mrs.M.Kavitha.,M.Sc.,M.Phil.,B.Ed.,(Ph.D)
Principal (i/c)



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AGENDA

Date: 26.09.2023

Venue: Lab- II

Time: 11.00.a.m

- **Prayer Song**
- **Welcome Address** : **Mrs.M.Pushpa Rani.,** M.Com., M.Phil., D.G.T., (Ph.D)
Head, Department of Commerce (CA) & IQAC
Co-ordinator.
- **Presidential Address** : **Thiru.T.Mohan,**
President
- **Felicitation** : **Thiru. M.Jeyakumar.,B.E.,**
Secretary & Correspondent.
: **Thiru.A.C.C.Pandian**
Treasurer
: **Thiru.T.Kulanthai Vel,**
Vice President
: **Thiru.T.Ramu,**
Vice President
: **Thiru.G.Ganesan,**
Vice President
: **Thiru.V.K.V.Balaguru,**
Joint Secretary
: **Dr.G.Mariskumar** M.A.,M.Phil.,M.T.M.,Ph.D.,
Advisor
: **Thiru.G.Karikolraj,**
General Secretary
: **Mrs.SugajeevithaPrabhakaran,**
Women Committee Member
: **Mrs. M.Kavitha,**M.Sc.,M. Phil.,B.Ed.,D.G.T.,(Ph.D)
Principal i/c
- **Chief Guest** : **Ms.R.Jaisrividhya,** M.Sc.,Psychology.
- **Vote of Thanks** : **Mrs.M.Thenmozhi,**M.Com.,M.Phil.,M.B.A.,D.G.T.,SET.,NET.,
Head, Department of BBA
- **National Anthem**

Photo





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Report

N.M.S Sermathai Vasan College For Women, Internal Quality Assurance Cell organized a programme on “Work Life Balance for Non-Teaching Staff” on 26.09.2023 at 11.a.m. in Lab II . Mrs.M.Pushpa Rani, IQAC Coordinator & Head of Department of Commerce CA welcome the gathering Mrs. M.Kavitha , IQAC Chairman / Principal felicitated the function. Ms. R.Jaisrividhya, M.Sc, Psychology (Counselling and Psychotherapy), Assistant Professor, Department of Social Sciences, Lady Dock College, Madurai, was the guest of honour . She delivered an insightful speech on Work Life Balance. She described the effects of an unbalanced work life schedule. She embellished the following tips to maintain a good work life balance:

1. To Assess your priorities
2. Pause and evaluate
3. Time Management
4. Establish boundaries
5. Flexibility

The entire faculty benefited from the programme, Mrs. M.Thenmozhi , IQAC Joint-Coordinator & Head , Department of BBA proposed Vote of Thanks.

M. Pushpa Rani

IQAC Coordinator

M. Thenmozhi

Signature of the Principal