



Faculty Development Program



VIT
Vellore Institute of Technology
(Deemed to be University under section 3 of UGC Act, 1956)

Title : Work-life balance in Academic Institutions and Happiness Index

Date : 2024-04-26 - 2024-04-26

Time : 10:00 - 17:30

Venue : RAJAJI HAL

Discussion Points

- Importance of WLB
- How to cultivate Happiness at work
- Factors affecting Work
- Others



Resource Person 1 - Details

Name : ARAVIND WARRIER

Designation : People and Culture Lead, BP

University/ Company : VOLVO AB, BENGALURU

Address : INDIA, 560093.



Resource Person 2 - Details

Name : Dr S RIASUDEEN

Designation : Professor, Department of management studies School of Management

University/ Company : Pondicherry University , Pondicherry

Address : INDIA, 605014.

Resource Person's Profile :

1. Profile of ARAVIND WARRIER

An HR Professional with an experience of more than 18 years, Aravind Warriar has worked in multiple sectors like Information Technology, Manufacturing and Pharmaceuticals in leading MNCs. Aravind, currently heads the HR department and works very closely with the leadership team in managing mission-critical projects and assignments. He has been pivotal in providing a strategic perspective to the organization.

2. Profile of Dr S RIASUDEEN

Dr. S. Riasudeen, a Professor from Pondicherry University (A central University) with 21 years and 06 months as on 2024 of teaching experience. Apart from being Passionate about keeping up his teaching and learning curve while developing and coaching young minds, he is a motivational speaker.

Having a balance between work and home life can be a challenge. With this challenge come great rewards when it is done successfully. By balancing a career with home life it will provide benefits in each environment. You will become healthier, mentally and physically, and you will be able to produce more career wise. With a Work-Life Balance you will be managing your time better. Better time management will benefit all aspects of life you will be working less and producing more.

Total Leadership

Time Management

Time slotting

Stress Management

Coordinator's: Prof. MOHANASRINIVASAN V 11902 - Associate Professor Sr. - SBST
Prof. SUBATHRADEVI C 11194 - Associate Professor Sr. - SBST