



Staff Development Program



Title : SDP on Smart Work, Happy Life: Strategies for Workplace Success

Date : 2025-02-26 - 2025-02-26

Time : 14:15 - 17:30

Venue : SMV304

Event Outcome

- To identify and apply smart work techniques for enhanced productivity



Resource Person 1 - Details

Name : Jetson Satya Gospel

Designation : Senior Students Counsellor Level III, Students Welfare

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Jetson Satya Gospel

Dr Jetson, a VITian Professional Counsellor is an Associate of The American Psychological Association (APA) practices Professional Counselling and also a teaching faculty earlier at Loyola College. He finished his Doctoral studies at the University of Madras and earlier studied Physics and then enhanced his PG in Psychological arena. He has expertise in emotional intelligence in a world of artificial intelligence.

Smart Work, Happy Life: Strategies for Workplace Success is designed to empower employees with practical strategies to enhance productivity while maintaining a healthy work-life balance. This program explores the principles of smart work, time management, stress reduction, and effective communication to create a more fulfilling professional experience. Through interactive sessions, case studies, and hands-on exercises, participants will gain insights into optimizing workflow, leveraging technology, and fostering a positive workplace culture. By integrating these strategies, employees can achieve greater efficiency, job satisfaction, and overall happiness, leading to both individual and organizational success.

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Coordinator: Teaching Learning Centre of Excellence, VIT, Vellore