



## MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University

Re-Accredited by NAAC with "A" Grade An ISO 9001:2015 Certified Institution



### DEPARTMENT OF PSYCHOLOGY ORGANIZED FACULTY DEVELOPMENT PROGRAM ON "WORK LIFE BALANCE" ON 06.02.2021

#### INVITATION



## MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized under Sec. 2(f) & 12(B) of the UGC Act, 1956 || Permanently Affiliated to Thiruvalluvar University

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Marudhar Nagar, Chinnakallupalli, Vaniyambadi-635751



### DEPARTMENT OF PSYCHOLOGY FACULTY DEVELOPMENT PROGRAM

on

"WORK LIFE BALANCE"

#### RESOURCE PERSON

**Rev. Fr. Arul Edward**

Counselor and Psychotherapist  
Anugraha Institute of Social Sciences  
Dindigul

Date: 06.02.2021 @ 10.00 a.m to  
3.30 p.m




**Sri C. Lickmichand Jain**  
Secretary

**Dr. M. Inbavalli**  
Principal

**Ms. S. Archana & Ms. G. Sheeba**  
Asst. Professor & Conveners

**Dr. Blessy & Ms. H. Sandhiya**  
Asst. Professor & Coordinator's

  
**PRINCIPAL**  
Marudhar Kesari Jain College  
for Women  
Vaniyambadi - 635 751

## **AGENDA**

### **DEPARTMENT OF PSYCHOLOGY**

**Prayer Song**

**Welcome Address:** Ms. G. Sheeba, Assistant Professor


**Felicitation:** Dr. M. Inbavalli, Principal, MKJC

**Introducing the Chief Guest:** Ms. G. Sheeba, Assistant Professor

**Guest Speaker:** Rev. Fr. Arul Edward, Counselor and Psychotherapist,  
Anugraha Institute of Social sciences, Dindigul.

**Vote of thanks:** Ms. H. Sandhya, Assistant Professor

**National Anthem**

  
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DEVELOPMENT PROGRAM ON "WORK LIFE BALANCE" ON 06.02.2021**

**REPORT**

The FDP was organized to all the faculty of our MKJC. The program was hosted by Ms.S.Archana A/P. welcome address was given by Ms.G.Sheeba A/P. felicitation was given by Dr.M.Inbavalli principal. The program was started on the topic work life balance and the resource person was Rev. Fr. Arul Edward. Also, totally 90 faculties were actively participated. He addressed the gathering by ice breaking session began with action song he started his note by self assessment for of work life balance and gave interpretation and gave tips for how to overcome from their negativity. The importance of relationship in an individual's life both in personal life and in work place. Time management assessment is given and gave tip for handling proper time management. Group activity was given to the staff and presentation of group activity is done overall the FDP is given a greater impact in individual life. The program was ended by proposing vote of thanks by Ms.H.Sandhya.

**Head of the Department**

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## PHOTOS



*M. S. Sankar*  
**PRINCIPAL**  
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