



योग: कर्मसु कौशलम्
IN PURSUIT OF PERFECTION

Vivekananda Institute of Professional Studies - Technical Campus

Affiliated to Guru Gobind Singh Indraprastha University, Delhi, Recognised by Bar Council of India and AICTE
NAAC Accredited Grade 'A' Institute, NBA Accredited for MCA Programme
Recognised under Section 2(f) by UGC, ISO 9001:2015 Certified Institution

Vivekananda School of Information Technology

Keys to maintain Work-Life Balance

Vivekananda School of Information Technology organized an online event on “Keys to maintaining work-life balance” on 12-02-2022 at 11:30 AM online on MS Teams.

As we know maintaining work and life together in a smooth way is very difficult and the pressure of work increases a lot of stress in our life. So, the event on "Keys to maintaining work-life balance" was conducted.

It was attended by approximately 70 students. The event was addressed by **Ms. Komal Balyan**. She is a commercial finance analyst. She has worked in ITC as Financial Superintendent. She talked about the common problems we face in the corporate world. She gave us some important tips regarding how to manage work and my time during the covid times and work from home scenario. She also mentioned most of the problems we face and ways to respond to them. According to her, all of us must have a better understanding that nothing is more important than our mental health. She presented various aspects of how the students enhance their potential and achieve great success in the future. An interactive session was held where students asked several questions. The positive views of the speaker surely helped a lot of students in figuring out several issues.

Towards the end of the event, our faculty coordinator **Ms. Kanta Malik** showed gratitude to our guest speaker. Altogether, the event received positive feedback from the students.



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VIVEKANANDA INSTITUTE OF PROFESSIONAL STUDIES

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LIVE WORKSHOP ON

KEYS TO MAINTAIN WORK-LIFE BALANCE



12
FEB 22

11:30
AM
ONWARDS



Komal Balyan

DESIGNATION:
COMMERCIAL
FINANCE ANALYST
WORKS IN:
SYNGENTA

EMAIL ID
KOMAL.BALYAN@SYNGENTA.COM

PLATFORM:
MICROSOFT TEAMS
FACULTY
COORDINATOR
MS. KANTA MALIK

STUDENT
COORDINATORS
MUDIT GERA
PAWAN
PRADEEP
ARJUN DHAKA
PALLAVI KUMARI
ABHISHEK MADAN

Mentorship

- ▶ Mentorship is all about guiding figure in ones life.
- ▶ How many of you look up-to someone and say I want to be like him – “KYA SORTED HAI YAAR”

+63



ARJUN DHAKA

ABHISHEK MADAN

Pradeep

MUDIT GERA

RUCHIKA MAHESHWARI

PAWAN KUMAR



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