

Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD
Re-accredited with 'A++' Grade by NAAC.CGPA 3.65/4, Category I by UGC
Coimbatore-641 043, Tamil Nadu, India



AIU – Avinashilingam Institute –
Academic and Administrative Development Centre
(AIU-AI-AADC)

Organises

Short Term Capacity Building Programme
on

Emotional Well-Being at
Technology-Enabled Workplace

24.04.2023 to 03.05.2023

Mode : Online

ABOUT THE INSTITUTE

Avinashilingam Institute for Home Science and Higher Education for Women - the epitome of higher education is one of the premier institutions in India well known for its commitment towards the empowerment of women through value based and holistic education. The institute follows educational ideals of Sri Ramakrishna, Holy Mother Sri Saradamani Devi, Swami Vivekananda and Mahatma Gandhiji. The institute is one of the significant contributions of Padma Bhushan, Dr. T. S. Avinashilingam, an illustrious educationist, freedom-fighter and Gandhian and Dr. Rajammal P. Devadas, the world- renowned nutritionist.

The institute had its humble beginning in the year 1957 as Sri Avinashilingam Home Science College for Women and has been conferred the Deemed to be University by MHRD in 1988. Few of the recent accolades of the Institute includes: A++ with CGPA of 3.65/4 by NAAC; 84th Rank in NIRF, 5th Rank under the category of 'University & Deemed to be University (Govt. & Govt. Aided) Technical' in ARIIA – 2021.

Presently, the institution is progressing towards 'beyond-excellence' under the able guidance and leadership of Dr.T. S. K. Meenakshi Sundaram, Managing Trustee, Avinashilingam Trust, Professor S. P. Thyagarajan, Chancellor, Dr. V. Bharathi Harishankar, Vice Chancellor and Dr. S. Kowsalya, Registrar.

ASSOCIATION OF INDIAN UNIVERSITIES – A BRIEF INTRODUCTION

Association of Indian Universities (AIU) is an apex inter university representative body of universities and other higher education institutions in the country. Established in 1925 as the Inter University Board (IUB) of India, it acquired its legal status as a registered society in 1967 under the Societies Registration Act 1860 and was rechristened as Association of Indian Universities (AIU) in 1973. AIU is the second oldest university association in the world next to the Association of Commonwealth Universities which was established in 1913.

It has the distinct feature of having the largest network of universities and other HEIs under its ambit with 921 members (907 Indian & 14 Associate Members of Foreign Countries). The membership of AIU includes all types of universities e.g., Conventional Universities, Open Universities, Deemed to be Universities, State Universities, Central Universities, Private Universities and Institutes of National Importance.

In addition to Indian Universities, Universities / Institutes from Bangladesh, Bhutan, Republic of Kazakhstan, Malaysia, Mauritius, Nepal, Thailand, United Arab Emirates and United Kingdom are its Associate Members. Since its inception AIU has played a very significant role in the development of Education in the Country.

Some of the eminent scholars and visionary leaders like Dr Sarvepalli Radhakrishnan, Dr Shyama Prasad Mukherjee, Dr Zakir Hussain, Sir. A L. Mudaliar have given leadership to AIU. During such a long journey, AIU has carved a niche for itself by serving the Ministry of Education, Govt. of India as a research-based policy advisory body. Being an apex institution, it constitutes an integral part of all major decision-making committees and commissions in the country

As an academic 'think tank' organization, AIU supports the Government as research-based policy advisory body with the wider mandate of taking up research projects on higher education policy and capacity building. It also acts as a bureau of information on higher education; liaise with international bodies and universities for internationalization of Indian higher education among many others. The Vision of AIU is to emerge as a dynamic service and apex advisory organization in India by undertaking initiatives and programmes which could strengthen and popularize Indian higher education as leading-edge system in the world and promote greater national and international collaboration in Higher Education, Research, Extension, Sports, Youth and Cultural Activities.

It is bestowed with the mission of promoting and representing the Indian Universities and other higher education institutions through strong liaison with the government and National/International organizations, sister associations world over and establish liaison between/among universities through active support, cooperation and coordination among the member universities and all its stakeholders for quality education, research and other academics and extension activities.

ABOUT THE CENTRE

AIU–Avinashilingam Institute - Academic and Administrative Development Centre (AIU-AI-AADC) has been initiated by the institute in association with Association of Indian Universities (AIU) as a step towards training the human resources of higher education institutions. The specific objectives of the centre are:

- Facilitate learning through Performance Improvement Programmes for different groups (Administrators/Teaching Faculty/Non-Teaching staff / Research Scholars/Technical Personnel) towards progression based on their career stages.
- Enable continuous learning through rigorous need-based training sessions
- Sensitize stakeholders on recent developments in higher education system in the country and across the world.
- Equip academic / administrative / technical / information personnel with the requisite skills on ICT to handle their work effectively.
- Develop integrity and professional ethics among higher education personnel.
- Strengthen the human capital of the country with right attitude, skills, and knowledge

VISION

To facilitate value-based transition towards changing higher education ecosystem through continuous capacity building.

MISSION

To impart ICT enabled training to human resources of higher education institutions thereby preparing themselves towards Education 5.0.

ABOUT THE PROGRAMME

Technology has touched all facets of life, including the workplace. The COVID pandemic has brought forth great technological evolution, including the use of technology in all spheres of life. Technological advancement has its advantages and disadvantages. The pandemic scenario and resurgence in technological advancement have created isolation, emotional imbalance and a disconnected social structure leading to remote workspaces. This has necessitated a re-thinking of health-based systems and focused on the need for emotional well-being as primary to holistic well-being. Fulfilling such mental health objectives is challenging for larger social spaces like a workplace. Hence, focusing on enhancing and empowering such a technology-enabled and empowered workplace culture is essential. Workplace dynamics may go haywire with disjointed individuals having different goals and aspirations. To bring a harmonious and humane network to such essentially hierarchical habitats is a herculean task.

This programme on “Emotional Well-being in the technology-enabled workplace” is an eight-day sojourn into the world of serenity to bring about lasting eudaemonia for different spheres of the workplace. Each day of this journey aims to cultivate cogent congeniality among the participants. Such stable emotionality brings about the genuine flourishing of positive feelings for individuals, societies, and communities, leading to global well-being in officialdom.

Sarve Jana Sukino Bhavanthu!!

OBJECTIVES

- To identify, cultivate, practice and create awareness on the components of emotional well-being in a technology enabled workplace.
- To build emotional competencies through coping strategies, policies and applications to handle the workplace situations.
- To map and negotiate emotional changes to apply and adapt to the technologically driven environment.
- To enhance human connect through emotional agility in a digitalized workplace thus, expediting work-life balance.

TARGET PARTICIPANTS

Deans, Deputy Deans, Directors, College Principals, Heads of the Departments and other Administrative and Academic level officials, Counsellors, Academicians, Tech based Employees.

Mode of delivery : Online
Duration : 24.04.2023 to 03.05.2023 (8 Days Programme)

TENTATIVE LIST OF RESOURCE PERSONS

- **Prof. S.P.THYGARAJAN**, Chancellor, Avinashilingam Institute
- **Prof. V. BHARATHI HARISHANKAR**, Vice Chancellor, Avinashilingam Institute
- **Prof. CAVEN MC LOUGHLIN**, Professor Emeritus, Lifespan Development, Kent University, Kent
- **Ms. ANN M. BAUER**, Licenced School Psychologist, Kent, USA
- **Prof. PAYAL KANWAR CHANDEL**, Professor and Head, Department of Psychology, Central University of Haryana
- **Prof. AZIZUDDIN KHAN**, Professor, Department of Humanities and Social Sciences, IIT Bombay
- **Prof. M. V. SUDHAKARAN**, Dean, Faculty of Social Sciences, Tamil Nadu Open University
- **Prof. SUNDAR WILSON**, Director of Anugraha, Capuchin Institute of Psychotherapy, Dindigul
- **Dr. MALA KAPADIA**, Director, Transdisciplinary Research Initiatives, Anaadi Foundation
- **Dr. VIDHU BALA**, Director, Fenivi Research Solutions Pvt Ltd.
- **Prof. SHIKHA DIXIT**, Indian Institute of Technology, Kanpur
- **Dr. BABU RANGARAJAN**, Clinical Psychologist, A P Medical Centre, Salem
- **Dr. ELANGO VAN**, Psychiatrist, Center for Global Health, Hofstra University Zucker School of Medicine/ North well Health, Newyork, USA
- **Prof. SURENDRA KUMAR SIA**, Professor, Department of Psychology, Pondicherry University
- **Prof. SAM MANICKAM**, Professor of Clinical Psychology, Founder IPN, Gestalt Therapy Trainer
- **Dr. POOJA PURANG**, IIT, Bombay
- **Dr. NEENA KOHLI**, Professor & Head, Department of Psychology, University of Allahabad
- **Dr. THAMILSELVAN**, Asst. Professor, Department of Psychology, PSG College of Arts and Science, Coimbatore
- **AARTI C. RAJARATNAM**, Psychologist and Author.
- **Prof. J. VENKATACHALAM**, Dean, School of Social Sciences, Periyar University, Salem
- **Prof. MANAS MANDAL**, IIT, Kharagpur
- **Prof. SANTHANAM**, Director, SDS Academy of Behavioural Sciences, Chennai
- **Dr. SURENDRAN V**, Professor, Adayar Cancer Institute, Chennai
- **FATHER DR. MAROTTICKAL ALEX**, Director, TIMHANS, Peringadoor, Kerala.
- **Mr. RAJESH KUMAR**, Vice President, Accenture, Manila, Philippines
- **Dr. KV KISHORE KUMAR**, Director, The Banyan and Balm and Consultant Psychiatrist
- **Dr. SHUBHRA GAUR**, Professor, MICA, Ahmedabad.

PROGRAMME SCHEDULE

Day: 1, Date: 24.04.2023

- 09.30 am to 11.00 am : Inauguration & Special Address
- 11.15 am to 12.45 pm : Ramification of Technology enabled Workplace: An Overview
- 01.30 pm to 03.00 pm : Activity – I Pre-assessment of Emotional Well-being
- 03.15 pm to 04.45 pm : Psychotherapeutic Interventions for Emotional Well-being

Day: 2, Date: 25.04.2023

- 09.30 am to 11.00 am : Toxic Workplace and Psychosomatic Illness
- 11.15 am to 12.45 pm : Promoting Optimism at Work place
- 01.30 pm to 03.00 pm : Activity – II Building Resilience: Physical & Mental
- 03.15 pm to 04.45 pm : Emotional Well-being & Indic Psychology at Workplace

Day: 3, Date: 26.04.2023

- 09.30 am to 11.00 am : Happiness Index & Emotional Well-being
- 11.15 am to 12.45 pm : Emotional Well-being and Indic Psychology at Workplace
- 01.30 pm to 03.00 pm : Activity – III Emotional Mastering
- 03.15 pm to 04.45 pm : Constructive Communicative Strategies

Day: 4, Date: 27.04.2023

- 09.30 am to 11.00 am : Mental Health Policy and the Indian Mental Health Scenario
- 11.15 am to 12.45 pm : Life Skills for Emotional Well-being
- 01.30 pm to 03.00 pm : Activity – IV Support Mechanism Assisting Internal Flexibility in the Technology enabled Workplace
- 03.15 pm to 04.45 pm : Stereotype & Peer Pressure in the Workplace

Day: 5, Date: 28.04.2023

- 09.30 am to 11.00 am : Emotional Intelligence in Workplace
- 11.15 am to 12.45 pm : Stress Management
- 01.30 pm to 03.00 pm : Activity – V Emotional Equanimity
- 03.15 pm to 04.45 pm : Managing Stress by Developing Rational Emotions

Day: 6, Date: 29.04.2023

- 09.30 am to 11.00 am : Ethics and Respecting Boundaries
- 11.15 am to 12.45 pm : Organization Dynamics
- 01.30 pm to 03.00 pm : Organization Dynamics
- 03.15 pm to 04.45 pm : Fostering Work-Life Balance through Emotional Agility

Day: 7, Date: 02.05.2023

- 09.30 am to 11.00 am : Empathy at Workplace
- 11.15 am to 12.45 pm : Emotional Wellness for Workplace
- 01.30 pm to 03.00 pm : Activity – VII Human Connect in a Remote Workplace
- 03.15 pm to 04.45 pm : Coping Burnout with reference to Gender

Day: 8, Date: 03.05.2023

- 09.30 am to 11.00 am : Managing Multiple Intelligence & Multiple Roles in the Technology enabled Workplace
- 11.15 am to 12.45 pm : Organizational Behaviour Paradigms for Well-being
- 01.30 pm to 03.00 pm : Activity – VIII Post Assessment of Emotional Well-being
- 03.15 pm to 04.45 pm : Valediction and Feedback

REGISTRATION

REGISTRATION LINK : <https://forms.gle/uFCTXdw6wrN5dBZHA>

FEE : Rs. 3,000

PAYMENT DETAILS

BANK ACCOUNT DETAILS

Account Name : Avinashilingam Institute for Home Science and Higher Education for Women

Name of the Bank : Indian Bank

Bank Account Number : 917248759

IFSC Code : IDIB000A005

AI ADVISORS

Dr. T. S. K. MEENAKSHISUNDARAM, Managing Trustee

Prof. S. P. THYAGARAJAN, Chancellor

Dr. V. BHARATHI HARISHANKAR, Vice Chancellor

Dr. S. KOWSALYA, Registrar

AIU ADVISORS

Dr. PANKAJ MITTAL, Secretary General, AIU

Dr. AMARENDRA PANI, Joint Director & Head, Research Division, AIU

PROGRAMME COORDINATOR

Dr. S. GAYATRIDEVI,

Professor & Head, Department of Psychology

Avinashilingam Institute for Home Science and Higher Education for Women

e-mail ID: gayatridevi_psy@avinuty.ac.in

Mobile: 9442737734

REACH US AT:

Dr. K. RAMYA

Nodal Officer

AIU - Avinashilingam Institute- Academic &
Administrative Development Centre (AIU-AI-AADC)

Avinashilingam Institute for Home Science and
Higher Education for Women, Coimbatore – 641 043,
Tamil Nadu, INDIA.

e-mail ID : aadc@avinuty.ac.in

Mobile : 8072202927