



# PSG Institute of Technology and Applied Research

Neelambur, Coimbatore - 641 062

## REPORT

<b>Nature of the event</b>	Workshop
<b>Title</b>	Happiness, Habits, and Success
<b>Organizing Body</b>	PSG Tech and PSG iTech
<b>Duration and Dates</b>	02 Days – 07 & 08 February 2025
<b>Venue</b>	E2 – Peer Learning Hall – CSE Block – PSG iTech
<b>Resource Person</b>	Dr. Gargi Sandilya and Dr. Prasanna Gunturi from IIT Madras
<b>No. of Participants</b>	104
<b>Coordinators</b>	Dr K Suresh Kumar (PSG STEP), Dr D Thangaraju (ASP, PSG iTech), Dr G Swaminathan (AP, PSG iTech)

The Happiness, Habits, and Success workshop was held on February 7-8, 2025, at PSG Institute of Technology and Applied Research, with a total of 104 faculty members from various PSG Institutions - PSG College of Arts & Science (PSG CAS), PSG College of Technology (PSG Tech), PSG Institute of Medical Sciences & Research (PSG IMSR), PSG Polytechnic, and PSG Schools. Organized by PSG Tech and PSG iTech, the workshop aimed to help faculty members develop positive habits, emotional resilience, and a balanced approach to both personal and professional success. The event provided a platform for educators to reflect on their personal growth, enhance their emotional well-being, and adopt strategies for fostering a more fulfilling and productive academic environment.

Led by Dr. Gargi Sandilya and Dr. Prasanna Gunturi, Guest Faculty from IIT Madras, the sessions were designed to be interactive and engaging. Key topics included Happiness vs. Success, Habit Formation, Gratitude & Kindness, Healing Your Past, and Slow Down to Speed Up. Through thought-provoking discussions, guided self-reflection exercises, and practical case studies, faculty members explored ways to cultivate a growth mindset, manage stress effectively, and build meaningful professional and personal relationships. Many participants found the sessions on stress management, mindfulness, and improving focus particularly insightful, as they provided practical techniques that could be applied both in the workplace and in daily life.

The workshop concluded with a valedictory session, where four faculty members shared their experiences, key learnings, and reflections on how they planned to incorporate the insights gained in this workshop in their professional and personal lives. The event successfully equipped faculty members with practical tools to enhance their psychological well-being, strengthen their teaching effectiveness, and create a positive, supportive work environment.



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**Presenting a memento to the resource person Ms Prasanna Gunturi, by Prof N C Nandagopal. Secretary of PSG Schools**



**Faculty members participating in interactive discussions.**



**Group photo of the participants of the Two-day Programme titled “Happiness, Habits, and Success” held at PSG iTech held on 7<sup>th</sup>, 8<sup>th</sup> Feb 2025**