



## PSG INSTITUTE OF TECHNOLOGY AND APPLIED RESEARCH

Neelambur, Coimbatore – 641 062

(Autonomous Institution Affiliated to Anna University, Chennai)

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### Report on Guest Lecture on “Happiness”

The **Centre for Teaching Learning Practices (CTLP)** of **PSG Institute of Technology and Applied Research**, an autonomous institution, successfully organized a **Guest Lecture on “Happiness”** on **31st January 2026**, from **3.00 PM to 4.00 PM** at the **E4 – ECE Seminar Hall**.

The session was delivered by **Prof. C. Balaji, IIT Madras**, who served as the **Resource Person** for the programme. The lecture aimed to create awareness among faculty members and students about the concept of happiness, its psychological and emotional dimensions, and its relevance in both personal and professional life.

Prof. C. Balaji shared valuable insights on understanding happiness beyond material success and emphasized the importance of mental well-being, positive thinking, and work-life balance. The speaker highlighted practical approaches to cultivate happiness through mindfulness, gratitude, self-awareness, and meaningful engagement in everyday activities. The session was interactive, thought-provoking, and enriched with real-life examples, making it highly engaging for the participants.

The programme witnessed active participation from faculty members and students across various departments. The audience benefited greatly from the expert talk, which encouraged them to reflect on their perspectives towards happiness and personal growth.

The guest lecture concluded with a brief interaction session, followed by a vote of thanks to the resource person for his insightful and inspiring talk. The event was well-organized and aligned with CTLP's objective of promoting holistic development and effective teaching-learning practices.

