

Event title	Being Well vs. Well-Being – Teaching, Parenting & Learning in the AI Era
Event Category	Faculty Development Programme (Guest Lecture Series)
Date and Duration	25.07.2026, 9.00 am to 12.30 pm
Department	College Event
Coordinators	Dr V Chitra, Associate Professor, Mathematics Dr Jothibas M, Assistant Professor (Sl.Gr), ECE Department
Chief Guest	Mr. Aditya Nandakumar Chief of Staff LMW Group (Chairman's Office) Coimbatore Dr. P.V. Mohanram Secretary PSG Institute of Technology and Applied Research
No. of Participants	50

As part of the **PSG Centenary Year Celebrations**, **PSG Institute of Technology and Applied Research (PSG iTech)** and **PSG Institute of Architecture and Planning (PSG IAP)** jointly organized a **Faculty Development Programme (Guest Lecture Series)** on **Saturday, 25 July 2026**, from **09:00 a.m. to 12:30 p.m.** at **E2 Block (3rd Floor), E2-402**. The programme aimed to provide faculty members with valuable insights into the impact of Artificial Intelligence on education while emphasizing the importance of well-being, effective teaching, responsible parenting, and lifelong learning in the AI era.

The programme commenced with a **Welcome Address** delivered by **Dr. P. V. Mohanram**, who warmly welcomed the dignitaries, resource person, faculty members, and participants. He highlighted the significance of the Guest Lecture Series organized as part of the PSG Centenary celebrations and emphasized the importance of integrating technological advancements with human values in education. Dr. Mohanram also introduced the resource person, **Mr. Aditya Nandakumar, Chief of Staff, LMW Group (Chairman's Office), Coimbatore**, highlighting his professional achievements and extensive experience in leadership and organizational development.

The keynote sessions were delivered by **Mr. Aditya Nandakumar**, who shared thought-provoking perspectives on the opportunities and challenges presented by Artificial Intelligence in education. Through interactive discussions, practical examples, and real-life experiences, he encouraged faculty members to embrace AI as a supportive educational tool while preserving the essential human qualities of empathy, ethics, creativity, and critical thinking.

The resource person delivered five engaging sessions covering the following themes:

- **Role of Teaching in AI-enabled Classrooms**
- **Control vs. Autonomy in Parenting**
- **Attention and Distraction in the AI Era**

- **Communication and Trust**
- **Emotional Strength and Resilience**

These sessions emphasized the evolving role of educators in creating learner-centric classrooms, fostering independent thinking, building trust with students, and promoting emotional well-being in an increasingly technology-driven world.

A special wellness session titled "**Well-being of Body and Mind through Breathing and Mudra Techniques**" was conducted by **Dr. P. V. Mohanram**. During this session, he demonstrated simple breathing exercises and mudra techniques that can help reduce stress, improve concentration, and enhance physical and mental well-being. The session was highly interactive, and participants actively practiced the techniques, appreciating their relevance to maintaining a healthy work-life balance.

The programme concluded with a **feedback session**, during which participants expressed their appreciation for the relevance, quality, and practical nature of the sessions. Faculty members acknowledged that the programme offered a balanced perspective on Artificial Intelligence by highlighting both technological innovations and the importance of human values, emotional intelligence, and holistic development. The participants found the sessions highly informative, interactive, and inspiring, making the programme a valuable professional development initiative.

