

## About PSG Tech

PSG College of Technology (PSG Tech), located in Coimbatore, Tamil Nadu, is one of India's leading engineering institutions. Established in 1951 by the PSG & Sons' Charities Trust, PSG Tech is renowned for its academic excellence, cutting-edge research, and close ties with industry. The college offers undergraduate, postgraduate, and doctoral programs in engineering, technology, and management, catering to diverse academic and professional interests. Equipped with state-of-the-art facilities, advanced laboratories, and an expansive library, PSG Tech fosters a culture of innovation and entrepreneurship. Supported by a robust alumni network, it has earned a reputation as a pioneer in technical education, consistently producing skilled professionals and leaders across industries.

## About PSG iTech

PSG Institute of Technology and Applied Research (PSG iTech), established in 2014 in Coimbatore, Tamil Nadu, is a distinguished engineering institution under PSG & Sons' Charities. Affiliated with Anna University, PSG iTech is known for its academic rigor and commitment to excellence. The institution features state-of-the-art facilities, advanced laboratories, and strong industry collaborations, fostering innovation and cutting-edge research. It emphasizes holistic student development through extracurricular activities, leadership opportunities, and ethical values. With a focus on academic excellence, innovation, and social responsibility, PSG iTech prepares students to meet global engineering challenges. In just a few years, it has become a preferred choice for aspiring engineers in India.

## Co-ordinators

### Dr K Suresh Kumar

HoD (i/c), Department of Humanities  
PSG College of Technology

### Dr D Thangaraju

Associate Professor, Department of Physics,  
PSG Institute of Technology and Applied Research

### Dr G Swaminathan

Assistant Professor, Department of Mechanical Engineering,  
PSG Institute of Technology and Applied Research

Kindly send participant list to:

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**PSG College of Technology  
&  
PSG Institute of Technology and Applied Research  
Coimbatore, India**

**Workshop on**

**Happiness, Habits & Success**

**Date**

**February 7-8, 2025  
(Friday & Saturday)**

**Venue**

**E2-404, Peer Learning Hall  
PSG iTech, Neelambur**



## About the Program



This program is designed to help individuals develop a mindset rooted in empathy, emotional balance, and collaborative spirit. By fostering a deeper connection with students, colleagues, and family members, the program emphasizes creating meaningful, respectful interactions across all spheres of life. It encourages personal growth through self-awareness, emotional stability, and openness to new ideas, while also promoting active participation in institutional development.

## Sessions

- **Happiness vs Success**
- **Reflect on Your Life**
- **Habit Formation, Emotions, Happiness**
- **Gratitude & Kindness**
- **Play the (In) finite Game of Life**
- **Strategise Your Life**
- **Heal Your Past**
- **Slow Down to Speed Up**

## Outcomes of the Program

- **Enhanced Empathy & Communication** – Participants will develop a deeper sense of empathy, improving personal and professional relationships through better communication and understanding.
- **Stronger Connections & Presence** – By embracing silence and being fully present, individuals will build more meaningful and authentic relationships.
- **Emotional Resilience & Stability** – Participants will learn to manage emotional triggers effectively, maintaining clarity and composure in challenging situations.
- **Openness & Growth Mindset** – The program will cultivate openness to new ideas, encouraging continuous improvement and a supportive culture.
- **Commitment & Leadership** – Individuals will contribute selflessly to institutional growth with love, passion, and leadership.
- **Collaborative & Holistic Development** – Emphasizing teamwork, self-reflection, and emotional resilience, the program will foster well-rounded individuals capable of navigating life's challenges.

## Resource Persons

### Dr Gargi Sandilya



Dr. Gargi Sandilya, Guest Faculty at IIT Madras, is a Wellness Coach and Workshop Leader dedicated to empower individuals to unlock their potential and live their dreams. With a Doctorate in Psychology, she is an internationally certified Life Coach and Workshop Leader for programs like Heal Your Life, The Significant Self, and Transforming Through Stories. She is also trained in Gravity Yoga, Creative Dance & Movement Therapy, NLP, Gestalt Therapy, and Core Transformation. Passionate about self-empowerment, Gargi brings a diverse range of tools to help others thrive creatively and holistically.

### Dr Prasanna Gunturi



Dr Prasanna Gunturi has 15+ years of experience of coaching professionals, women, students with focus on Self-Leadership and Deep Transformation using holistic modalities and tools. Prior to this, she worked in the IT industry for 12+ years as Consultant and Design Architect. She is a Certified Professional Coach (Life & Corporate), Certified Core Energy Coach (2008) and holds a B.Tech (1995) from IITM.