

Report On “Health Awareness Session: Work Life Balance”

Held on 19th May 2022

Organized by
NSS Wing in Association with Internal Quality Assurance
Cell, RITE, Odisha


Principal
Radhakrishna Institute of Technology
& Engineering, Bhubaneswar

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Background:

Work-life balance is the idea that a fulfilling life outside of work helps improve work performance while reducing stress. The time a person spends working should be balanced by time spent with friends and family, keeping fit, traveling, and doing other fulfilling hobbies.

What Is Work-Life Balance?

Work-life balance simply means striking a healthy balance between your working life and your personal life. Work-life balance isn't necessarily defined as an even split between the hours you spend at work and the hours you spend on hobbies. The balance is more nuanced than that, and it also varies among different people.

Instead, you might think of work-life balance as a balance between achieving and enjoyment. The perfect work-life balance would mean never sacrificing one for the other. It involves continually push your achievements in a professional sense while also finding new and fulfilling ways to enjoy your time off.

How Does Work-Life Balance Work?

At its core, the work-life balance concept exists solely to bring attention to the fact that being a workaholic is detrimental to a person's physical and mental well-being. Socializing, physical activity, and hobbies all contribute to being healthier and happier.

Not everyone's job involves intense physical labor in a depressing environment, but work-life balance isn't just important for those with difficult jobs. Everyone is at risk of letting work take up an unhealthy portion of their life. For those who already enjoy their jobs, awareness of work-life balance can help ensure that they continue to enjoy their jobs, reduce stress, and prevent burnout.



Principal

Notice:

Radhakrishna Institute of Technology &
Engineering, Bhubaneswar
(BPUT affiliated, AICTE approved & NAAC accredited)



REF. NO. RITE/2021-22/276(A)

DATE: 19.05.2022

NOTICE

Sub: - Expert talk on "Work Life Balance"

Radhakrishna Institute of Technology is going to organize an expert talk on, "Work Life Balance" as per the following details. All students and staff members are required to attend the program without fail.

Resource Person: Dr. Aditya Kantha Arjya, Retired Medical Officer (AYU.)

Date: 19th May 2022


Time: 02:00 PM -04:00 PM

Venue: Seminar Hall

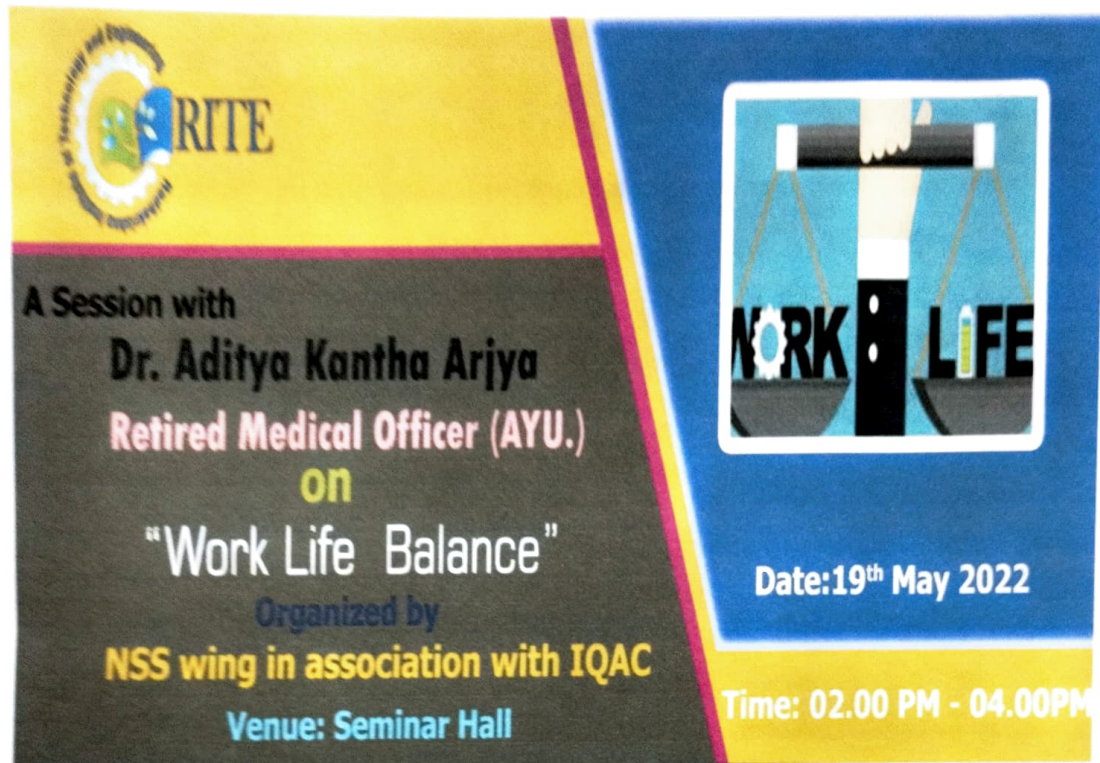

Principal

Copy to: Director/Dean Academics/All HODs/ NBs


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Radhakrishna Institute of Technology
and Engineering, Bhubaneswar


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Radhakrishna Institute of Technology
and Engineering, Bhubaneswar


Brochure of the Event:



The brochure features a yellow and blue background. On the left, the RITE logo is at the top, followed by the text: "A Session with Dr. Aditya Kantha Ariya Retired Medical Officer (AYU.) on 'Work Life Balance' Organized by NSS wing in association with IQAC Venue: Seminar Hall". On the right, there is an illustration of a hand holding a scale with a gear on one side and a lightbulb on the other, with the words "WORK" and "LIFE" written below the scale. Below the illustration, it says "Date: 19th May 2022" and "Time: 02.00 PM - 04.00 PM".

Objective

To aware the audience regarding Work Life Balance



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Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

Schedule of the Event

| Time | Event |
|-------------------|--|
| 2.00 PM-2.10 PM | Inaugural ceremony |
| 2.10 PM -2.20 PM | Introductory speech by Dr. Monika Sarkar, Dept of Management Studies, RITE |
| 2.20 PM- 03.20 PM | Talk delivered on "Work Life Balance" by the Dr. Aditya Kantha Arjya. |
| 3.20 pm-3.30pm | Vote of thanks & felicitation by honorable Principal, RITE. |

About the Resource Person:

Dr. Aditya Kantha Arjya , Retired Medical Officer (AYU.)

Target Audience:

- Students of RITE
- DDU-GKY Members
- Krypton +2 Science Staff Members
- All the teaching and non-teaching staffs of
- RITE



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Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

Dr. Aditya Kantha Arjya

(Chikitsaka Ratna) B.A., B.A.M.S.
Retired Medical Officer (AYU.)

Regd. No.: 2594

SENIOR AYURVEDIC CONSULTANT FOR ALL DISEASES

Mob. : 94375 34414 (W), 86587 74614



Date: 19/05/2022

The Principal
Radhakrishna Institute of Technology and Engineering
Khurda, Bhubaneswar, Odisha

On receiving the invitation from premier educational Institute, Radhakrishna Institute of Technology and Engineering, Khurda, Bhubaneswar, Odisha, it gave me the opportunity to share my thought on "Work Life Balance" on dated 19th May 2022. Now a days it is very important to have a healthy balance between professional and personal life which ultimately leads to happy, stress free and productive individual. I wish all the very best to family of Radhakrishna Institute of Technology and Engineering for the future endeavours.

[Handwritten signature]

Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

[Handwritten signature]
Dr. Aditya Kantha Arjya
Regd. No. 2594 B.A., B.A.M.S. (S.U)
Retired Medical Officer (Ayu.)

KUSHAL AYURVED BHAWAN

N.A.C. CHHAKA, KARANJIA, DIST.- MAYURBHANJ, PIN - 757 037

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