

**Inauguration of GREY CELLS (A student Forum)
and
Panel discussion on "Conceptualisation and Promotion of Well-Being at Workplace-
Challenges and Strategies"**

Post Graduate Department of Psychology, Jain University organised the inauguration of students' forum "GREY CELLS" and also a Panel discussion titled "*Conceptualisation and Promotion of Well-being at workplace- Challenges and Strategies*" on 21 September, 2013.

The panellists for the programme were Dr. Sandeep Shastri, Pro-Vice Chancellor, Jain University, Mr. Piyush Chauhan (Senior Manager, SanDisk), Ms. Deepa Balakrishnan (Principal Correspondent, CNN-IBN) and Dr. Manisha (Associate Professor, CERSSE, Jain University). Dr. Sandeep Shastri moderated the discussion.



Ms. Deepa Balakrishnan gave an overview of the risks involved in her profession and some of the strategies adopted to balance her work and family life through prior planning and by maintaining a checklist of her schedule. Mr. Piyush Chauhan emphasised the impact of technology in our lives and highlighted the importance of providing a congenial environment to bring out the creativity in employees. Dr. Manisha gave a different perspective altogether when she pointed to the human interface and its connect to Well-Being. Dr. Sandeep Shastri linked Well-Being to being at peace with one self and its correlation with our sense of satisfaction, contentment and joy in whatever we do.

Approximately 50 people attended the programme and the level of engagement / participation was excellent.

Prior to the Panel Discussion, elected students took an oath as the office bearers of GREY CELLS.

