



**One Day Student Wellness Workshop
on
Tech-Savvy, Study-Ready: Rebalancing Gadgets and Goals**

A workshop on leveraging technology for effective learning while fostering a healthy balance between screen time and student well-being

Date & Time: 06 February 2025 | 9.30 am to 3.30 pm

**Venue: Seminar Hall – AU205, Department of Automobile Engineering, Main Campus,
SRM IST, Kattankulathur- 603 203**

Conveners:

Dr. S. Vishali, Associate Professor and Head, Department of Chemical Engineering, SRMIST

Dr. T. Lakshmanan, Professor, NSS Program Advisor, SRMIST

Co - Conveners:

Dr. K. Anbalagan

Dr. K. Selvam

Dr. S. Kiruthika

Assistant Professor, Department of Chemical Engineering

Student Counselling Cell Members, SRMIST

organised by

**Department of Chemical Engineering
College of Engineering and Technology**

in association with

National Service scheme (NSS)

SRM Institute of Science and Technology

Kattankulathur - 603 203

Chengalpattu District, Tamil Nadu, India

Program Overview

Tech-Savvy, Study-Ready: Rebalancing Gadgets and Goals is an initiative designed to help students optimize their use of technology for academic success while minimizing digital distractions. The program focuses on striking a balance between leveraging gadgets for learning and maintaining focus on educational goals. Through interactive sessions, hands-on activities, and expert guidance, students will develop skills to enhance productivity, manage screen time effectively, and adopt healthier study habits.

Objectives

The key objectives of the program are:

1. Educate students on the smart use of technology for academic research, online learning, and skill development.
2. Teach students how to prioritize tasks, avoid digital distractions, and implement effective study schedules.
3. Promote awareness about the impact of excessive screen time on mental and physical health.
4. Encourage responsible use of digital resources and critical evaluation of online information.
5. Guide students in setting boundaries for technology use to maintain a balanced lifestyle.

Outcomes of the Program

Upon completing the **Tech-Savvy, Study-Ready: Rebalancing Gadgets and Goals** program, participants have achieved the following key outcomes:

1. Students can effectively use technology for academic research, online learning, and skill development.
2. Participants have developed the ability to prioritize tasks, reduce distractions, and follow a structured study routine.
3. Students can manage screen time efficiently, ensuring a healthy balance between learning and personal well-being.

Target Audience

Students of SRMIST

Registration Details

Registration Fees: **Free**

4. **Registration Link:** <https://forms.gle/WbdDiz7WXeGb6wEe8>

Resource Persons

	
<p>Dr. Sudha Saibalaji Assistant Professor Department of Clinical Psychology SRM Medical College Hospital and Research Centre</p>	<p>Dr. Pavithra G Assistant Professor Department of Clinical Psychology SRM Medical College Hospital and Research Centre</p>

Registration Details

Registration Fees: **Free**

Registration Link: <https://forms.gle/z83oQZtcIDkhwq1s9>

Contact Details

Dr. K. Selvam / Dr. S. Kiruthika
Assistant Professor
Department of Chemical Engineering
College of Engineering and Technology
SRM Institute of Science and Technology
Kattankulathur - 603 203
Chengalpattu District, Tamil Nadu, India
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PROGRAM SCHEDULE

9:30 AM - 10:45 AM | Inauguration & Session 1: Introduction to Gadgets and Goals

- Welcome Address
- Overview of the workshop objectives
- Understanding the impact of digital gadgets on academic performance

10:45 AM - 11:00 AM | Tea Break

11:00 AM - 12:15 PM | Session 2: Gadget Use and Its Implications

- Exploring the pros and cons of excessive screen time
- Scientific insights into technology addiction
- Panel discussion with experts

12:15 PM - 1:00 PM | Lunch Break

1:00 PM - 2:00 PM | Session 3: Rebalancing Gadgets and Goals

- Strategies for mindful technology usage
- Techniques to improve focus and productivity
- Interactive activity on time management

2:00 PM - 3:00 PM | Session 4: Promoting Mental Health

- Stress management techniques
- Guided mindfulness and relaxation exercises
- Closing remarks & feedback session

3:00 PM | Workshop Concludes

The spent budget details are as follows:

S.No	Details	Amount in Rs.
1	Bouquet (Resource Persons)	500
2	Memento (Resource Persons)	1996
3	Refreshment	100
4	Stationery	120
5	Lunch	1155
Total		3871

Participants Details: 103 Students**B. Tech Chemical Engineering III Year**

S.No.	Reg. No.	Name
1	RA2211007010001	SAANZ WANJARI
2	RA2211007010002	TAMILARASAN N.
3	RA2211007010003	SATHVIKA REDDY
4	RA2211007010004	PRIYANKA SRIVASTAVA
5	RA2211007010005	SASIKANTH A.
6	RA2211007010006	MAANASA C.
7	RA2211007010007	GOWTHAM R.
8	RA2211007010008	MUHAMMAD ABDUL KHADER
9	RA2211007010009	AVINASH S. T.
10	RA2211007010010	LAKSHMY PARVATHY K.
11	RA2211007010011	ABDUL HAFIL M.
12	RA2211007010012	CHAKRITHA SINGTH N.
13	RA2211007010013	AYUSH RAVI
14	RA2211007010014	ISHAQ J XAVIER
15	RA2211007010015	SOURAV DUTTA
16	RA2211007010016	ABINANTHAN K.
17	RA2211007010017	MOHAMMED SHINSHAN SADIQUE
18	RA2211007010020	ADITHYA S. S.
19	RA2211007010021	SIVANI S BAU
20	RA2211007010022	SUHANA SHEMEEM
21	RA2211007010023	GAWTHAM KRISHNA P. U.
22	RA2211007010024	TANYA JAGWANI
23	RA2211007010025	VARSHIKA S.
24	RA2211007010026	PRAJITH L.
25	RA2211007010027	MD SHUAIB HAMEEDH
26	RA2211007010028	CHAITI HARIN BUCH
27	RA2211007010029	PORTIA MULLICK
28	RA2211007010030	KUSHAL MANOJKUMAR SARDA
29	RA2211007010031	CHETNA GURUNATH PATIL
30	RA2211007010032	MAYANK SRIVILLIBHUTTURU
31	RA2211007010033	NIYATI JAIN
32	RA2211007010034	VIDHU KRISHNAN
33	RA2211007010036	ARCHANA NARAYANAN
34	RA2211007010037	SAVITHA G.A.
35	RA2211007010038	NAVASRI N.

36	RA2211007010039	JANANI D
37	RA2211007010040	RUBASRI P
38	RA2211007010041	SANTHOSKUMAR K.
39	RA2211007010042	ESWARAN T.
40	RA2211007010043	LALITH SOWRUBAN
41	RA2211007010044	SIVAKUMAR S.
42	RA2211007010045	NITHIYAN
43	RA2211007010046	PRADEEP R.
44	RA2211007010047	AMALYA M.
45	RA2211007010048	MEENAKUMARI V.
46	RA2211007010049	PRAVEENRAJ M.
47	RA2211007010050	VALARMATHI P.
48	RA2211007010051	SUBITCHA M
49	RA2211007010052	DEEPA U
50	RA2211007010053	PRAVEEN V.
51	RA2211007010054	SATHYA K..
52	RA2211007010055	MONISHA S.
53	RA2211007010056	SHRILEKHA V.
54	RA2211007010057	RAMANA R.
55	RA2211007010058	DHANUSH R.
56	RA2211007010059	PRABU R.
57	RA2211007010060	ABARNA G

B. Tech Chemical Engineering II Year

S.No.	Reg. No.	Name
1	RA2311007010001	JAIYANTH.M
2	RA2311007010002	NAVEEN K
3	RA2311007010003	PHILIP VATTUTHOTTAM PAUL
4	RA2311007010004	SOHAM GOLE
5	RA2311007010005	K AUGUSTINE JORDAN
6	RA2311007010006	FELIX MATHIAS B S
7	RA2311007010007	ARUN SHARON N
8	RA2311007010008	ATHITHYAN T
9	RA2311007010009	SIVANANDABARATHI S
10	RA2311007010010	KEERTTHANA S
11	RA2311007010011	SHARVIN S R
12	RA2311007010012	REVATHI P
13	RA2311007010013	SREEHARI S S

14	RA2311007010014	A.A. ASWIN KUMAR
15	RA2311007010015	VIJESHKUMAR M
16	RA2311007010017	MRITHIKA S
17	RA2311007010018	MUHAMMED SHIYAF K
18	RA2311007010019	SAMUEL R KALLOOR
19	RA2311007010020	JOSHAN A
20	RA2311007010021	JOHN RICHARDSON R
21	RA2311007010022	MUKUNTHAN R
22	RA2311007010023	ANIKA ANIL
23	RA2311007010024	PRANAV M
24	RA2311007010025	JASMINE KAUR AHLUWALIA
25	RA2311007010026	BHARGAVI GORTY
26	RA2311007010027	MUTHAMILSELVI M
27	RA2311007010028	MANOJ V
28	RA2311007010030	SANTHIYA R
29	RA2311007010031	MOHAMMED ADNAN JAMALUDHEEN
30	RA2311007010032	N VANDHANA
31	RA2311007010034	REKHA S
32	RA2311007010035	NIRANJAN J
33	RA2311007010036	MOHAMMAD N B
34	RA2311007010037	DEEPIKA R
35	RA2311007010038	DINAKARAN V
36	RA2311007010039	R MITHILESH
37	RA2311007010040	Y JUSTINE STAINES
38	RA2311007010041	AKSHAY DEV D
39	RA2311007010042	SRIDHAR K
40	RA2311007010043	KARRI PRAVEENRAJ

Research Scholars

S.No.	Reg. No.	Name
1	RA2113008011001	Ms. A. MONICA
2	RA2313008011002	Ms. V. PONMANI
3	RA2113010011030	Ms. V. UDITA GULIA
4	RA2413008011002	Ms. SREDHA J. NAIR
5	RA2213008011001	Mr. TAKUMI NAGASAKA
6	RA2413008011003	Ms. SRUTHI J. NAIR

