

INSTITUTE OF ELECTRICAL AND ELECTRONICS ENGINEERS (IEEE) HYDERABAD SECTION  
WOMEN IN ENGINEERING (WIE) AFFININTY GROUP and COMPUTER SOCIETY CHAPTER

**SUB:** A panel discussion on Lockdown period-Work Life Balance Event organized by Computer Society, Hyderabad Section

**Date:** 2<sup>nd</sup> May 2020

**Time:** 5:00PM-6:30PM

**Venue:** Cisco WebEx Meet

**No. of Participants:** 150

**Organising Committee:**

- ❖ Dr.Y.Padma Sai- Chair , WIE
- ❖ Dr.S.Harivardhagini – Vice-Chair,WIE
- ❖ Dr.M.Aruna Bharathi –Treasurer , WIE
- ❖ Ms.Mounica Alamanda – Member ,WIE
- ❖ Dr.S.M. Renuka Devi – Member ,WIE
- ❖ Dr.J.Sridevi – Member,WIE
- ❖ Ms.Sangeeta Singh – Member,WIE
- ❖ Dr.G.Sreelakshmi – Immediate Past Chair,WIE
- ❖ Mr. T.VidyaSagar-Chair,CS Chapter
- ❖ Ms.Reena Dayal – Vice-Chair,CS Chapter
- ❖ Mr.G.Dileep Kumar – Secretary , CS Chapter

**The Panelists:**

1. Dr. Preeti Bajaj – Vice-Chancellor , Galgotias University ,Greater Noida
2. Ms.Madhumita Chakravarti – Director , CMSDS , Kolkata
3. Dr.Succhanda Bhattacharya – Neurosurgeon, NIMS ,Hyderabad

**Moderator:**

Dr. C. Kiran - Associate Professor , VNRVJIT

**Abstract :** Due to Covid-19, the whole world is standstill and is in lockdown on human psychology and world's economy. All the employees despite working from home are going through high levels of anxiety with the fear of losing jobs, delay in appraisal and promotions.

This is the time when we should keep ourselves calm and compose. Be there as a support system to entire family by maintaining proper work life balance.

**Objective :**

The main objective of this panel discussion is to keep ourselves calm in this lockdown period as we cannot go out and we cannot do the daily routine which we have been habituated too.

The speakers want us to be stress free and use this lockdown in a fruitful manner which can help us to build a good and beautiful way after the lockdown is done .

They want us to learn and analyze good things and make use of it and want us to bound to the tasks assigned by the companies in the view of not losing the jobs .



Dr. Chakravarthula Kiran



Speaking: Dr. Chakravarthula Kiran, Padm...



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GUNTUR RENU  
MEMBERSHIP ID : 96545804