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IEEE Delhi Section with Computer Society Chapter, Consultants Network Affinity Group, Life Member Affinity Group, Inter Society Relations, Industry Relations & SIGHT Standing Committees of IEEE Delhi with the associations CSI, Safa Society, ISTE Delhi Section, IETE Delhi Centre, invites you for a Webinar on 17-September-2022, the Saturday, at 06:00 p.m.

We all know that not only organizations but even humans are hit by the hyper expectations of performance in the backdrop of digitalization due to rising costs, increasing customer demands and new market opportunities. This is increasing challenge, every coming day, which, in turn, is creating an ecosystem of being multitasking. But with this, on some day, one is exhausted by work and other demands of life. That has been realized desperately, especially over the past 2 years. This session will explore the all-pervasive multi-tasking and the myth that it makes us more efficient or takes entire productive energy from us. The session will explore the effects of multi-tasking on our brains, and how using a mindfulness practice we can cultivate awareness of how to direct our attention and have more ease and comfort in our day-to-day life. The webinar aims to discuss its all-round perspective.

File:

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Saturday, 13 August, 2022 - 23:20

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