



Bharati Vidyapeeth
New Delhi

IEEE Delhi Section with Computational Intelligence Society, Computer Society, Communication Society, Consultants Network Affinity Group, Life Members Affinity Group, Inter Society Relations, Industry Relations, TEMS, SMC & SIGHT Standing Committees of IEEE Delhi Section with following associations



IEEE Delhi Section



CSI Delhi Chapter



Computer Society Chapter
IEEE Delhi Section



IITP New Delhi



IETE New Delhi



IEEE Delhi Section

Invite you for a Free **Webinar** on **17-09-2022, the Saturday**, at **06:00 p.m.**
as per the details given hereunder:-

Speaker

Ms. Shirisha Nagendran

Sr. Practitioner, HSBC & Mindfulness Consultant

Date and Time Schedule

17-September-2022, the Saturday, from 06:00 p.m. to 07:30 p.m.

Title of the Talk

Multitasking: Myth and Challenges

Venue and Contact Details

CISCO WebEx Meeting Platform

CISCO WebEx Event ID and Password shall be sent on E-Mail to the registered participants, at-least one day in advance. Please check your Spam and other folders also for our emails and mark it as SAFE / NOT SPAM.

Programme Schedule

05:30 p.m. to 06:00 p.m. – Login, online Networking and Tea (at Home)

06:00 p.m. to 07:00 p.m. – Technical Talk

07:00 p.m. to 07:30 p.m. – Q & A Session followed by Certification

Registration Link and Fee

Registration Link: <http://bvicam.ac.in/webinars/>

No registration fee. It is absolutely free for the members of IEEE, CSI, IETE, ISTE, ISCA, IITP and Bharati Vidyapeeth, with pre-registration

Abstract of the Talk

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.

All are welcome:

Please circulate this to all your interested colleagues, associates and friends. Please register in large numbers and derive maximum benefit. **Advance registration is mandatory for participation. Participants will also get Participation Certificate.**

(Prof. M. N. Hoda)

Director, BVICAM, New Delhi

(Prof. Subrata Mukhopadhyay)

Chairperson, CNA Group, IEEE DS