
Report of guest lecture on “How to create balance between Personal and Professional Life” organized by Department of Electronics & Communication Engineering

Communication Cell IUL <communications@iul.ac.in>
Bcc: ecfc@iul.ac.in

Thu, Oct 17, 2024 at 8:43 AM

Integral University, Lucknow
DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING
Organized a Guest Lecture
on
“How to create balance between Personal and Professional Life”
by Mr. Kaunain Abidi

The Department of Electronics & Communication Engineering at Integral University organized a captivating guest lecture on 7 October 2024, featuring Mr. Kaunain Abidi, Associate Professor, expertise in the area of Soft Skill Training, Era University Lucknow. The lecture centered on the intriguing topic, **“How to create balance between Personal and Professional Life”**

Key Highlights of the Guest Lecture:

The event began with a welcome address by one of our student coordinators, Miss Aisha. She expressed her gratitude to Mr. Kaunain Abidi for gracing the occasion and shared the importance of such lectures in enhancing students' knowledge.

Mr. Kaunain Abidi was introduced by Dr. Saima Beg, Associate Professor to the Electronics students, highlighting his illustrious academic career and his significant contributions to the field of Soft Skill.

Mr. Kaunain Abidi was insightful and comprehensive. He delivered into the significance of Personal and Professional Life. The lecture covered topics such as:

- **Prioritize your time –**
It is necessary to complete the work assigned, but on the other hand you have to prioritize your tasks. At the end of the day, you are being paid to complete your work not to make someone happy.
- **Do what you love –**
When it feels like pressure, just take a break and do what you love. How is a person expected to put in the most productive hours of his day and of his life into doing things not required by him from nature? So, take a break as it will help in revitalizing.
- **Manage your mind –**
Spending time with someone whom you love will support you and lift you up. Man is not a machine; he is a living being with emotional as well as physical needs.
- **Take a vacation–**
When work stress or pressure crosses the limits, go for a vacation with family or friends, it will make you feel relaxed and joyful. After all, work and no play make Jack a dull boy.
- **Maintain space between work and family –**
We have to set some space between work and family, so when family is in need, you can stand beside them. Think of it this way, both water as well as salt is required by the body. But put those together, suddenly neither is being sought out by the body.
- **Allow others to help you –**
There are two types of people in the corporate world - one kind who supports you and others who do not support you. I call them the BMW employees. Bitching, Moaning and Whining employees. However, you are lucky if you get one or two people who always stand beside you because they know your weaknesses and understand you.

Finally, to maintain a balance between professional and personal life is very important. These are two important sides of the same coin. Professional life gives identity and financial support and family gives emotional and moral support.

Dr. Imran Ullah Khan, Associate Professor delivered closing remarks, expressing gratitude to Mr. Kaunain Abidi for sharing his expertise and insights. He encouraged students to apply the knowledge gained from the lecture in their academic pursuits and research.

The guest lecture by Mr. Kaunain Abidi was a significant and enriching experience for the students and faculty members of the Faculty of Electronics & Communication Engineering at Integral University. It provided a deeper understanding of the importance of professional and personal life in the modern world. More than 50 students participated in this lecture, they are from different streams like from B.Tech. ECE, CSE and some of them from BRIT and B.Opt.

The event was coordinated by Dr. Imran Ullah Khan, Associate Professor, Department of Electronics & Communication Engineering, Integral University. We express our gratitude to Mr. Kaunain Abidi for sharing his insights and knowledge, and we look forward to more such enlightening interactions in the future.



Thanks & Regards
Syed Hasan Saeed
Prof. & Head
Department of Electronics and Communication Engineering
Integral University,
[Kursi Road](#)
[Lucknow- 226026](#)