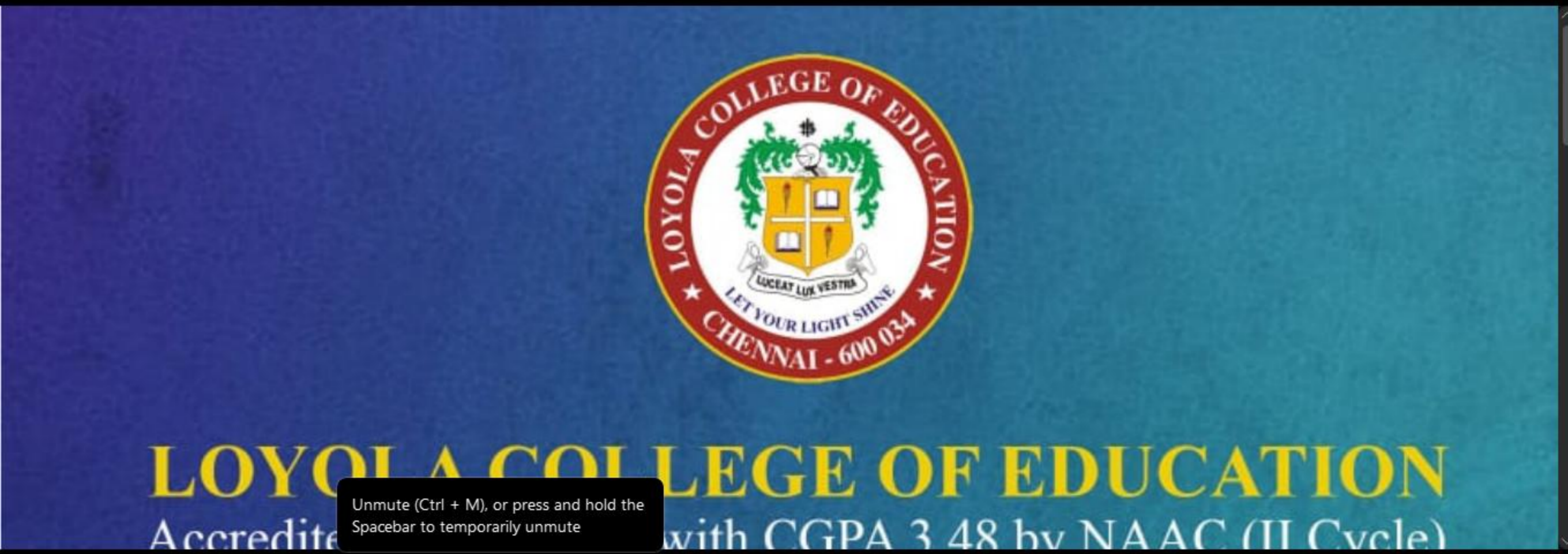


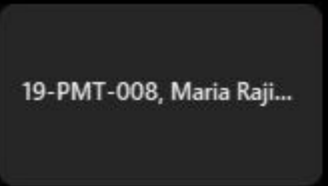
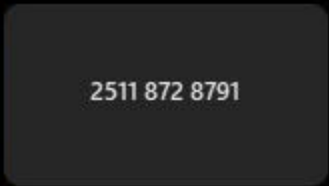
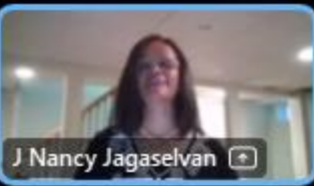
Layout

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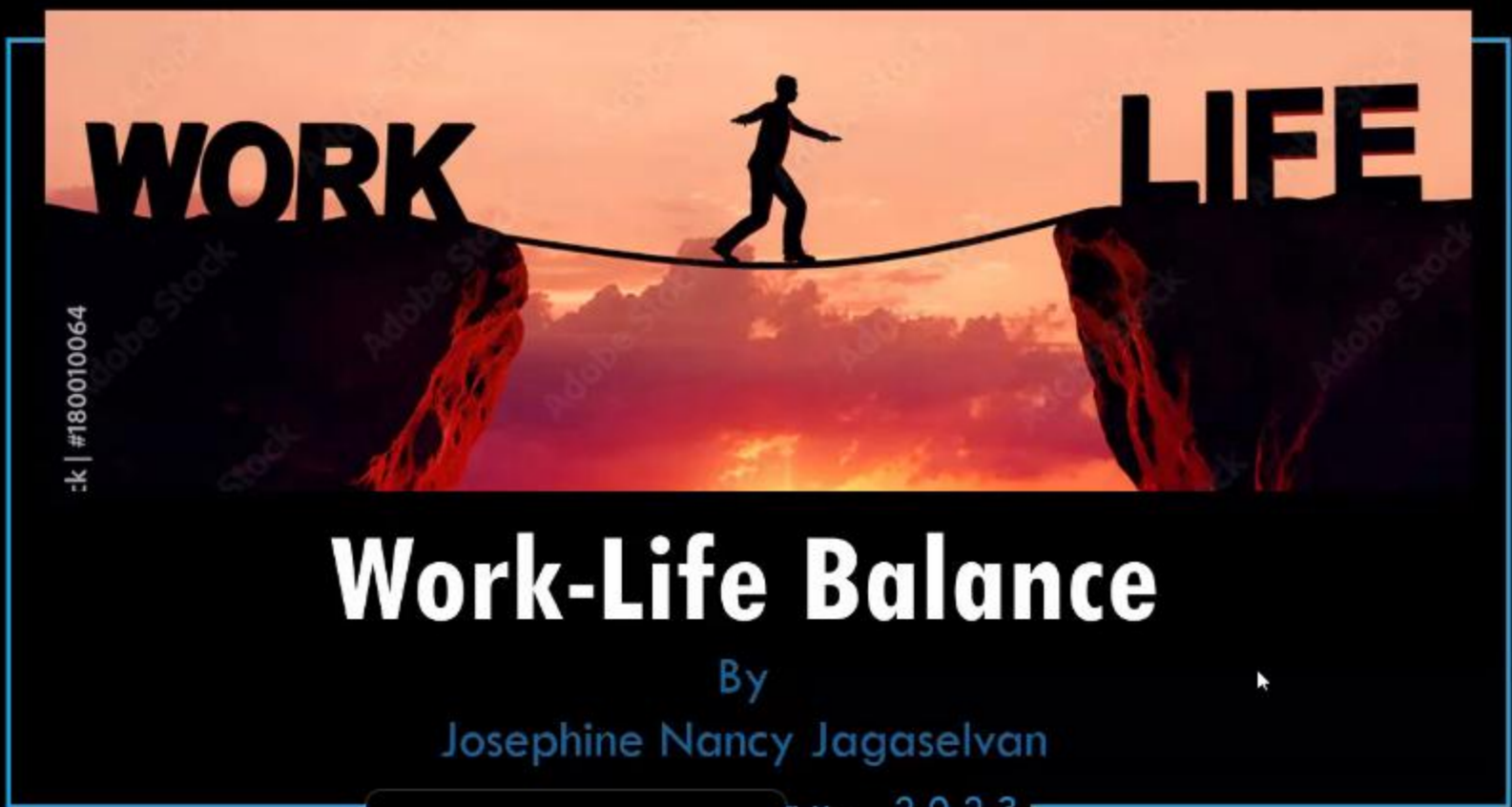
Unmute (Ctrl + M), or press and hold the Spacebar to temporarily unmute



Layout

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Unmute

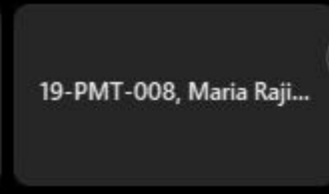
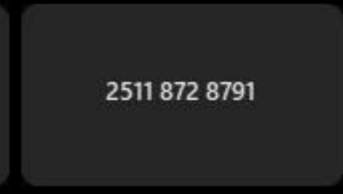
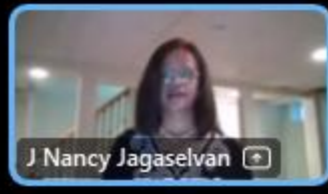
Stop video

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Layout

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Is there a balance to work/education and life?

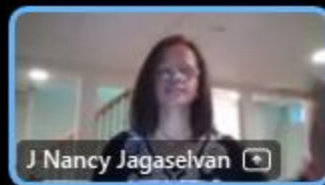
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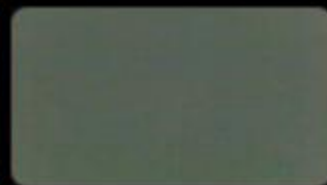
Stop my video (Ctrl + Shift + V)



Dr.A.SURESH BABU



J Nancy Jagaselvan



tabitha

19-PMT-008, Maria Raji...

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- 61% +



My work-life

- ◇ Long working hours and late nights
- ◇ Emotional stress to balance
- ◇ Eating unhealthy meals
- ◇ No time for exercise
- ◇ Irritable with mood swings
- ◇ Exhausted



7



Unmute v



Stop video v



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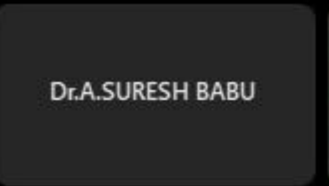
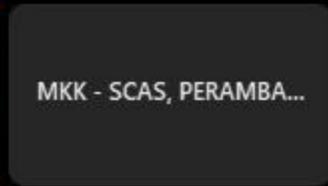
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Chronic Stress & Burnout



Mental Health breakdown

Depression, anxiety, insomnia, chronic aches and pains are outcome of mental health issues caused by overwork.



Burnout symptoms

Burnout happens with chronic stress over a long period of time. Exhaustion, Negativity, Quiet quitting, reduced productivity are classic symptoms.



Organizational cost in long run

190 billion dollars spent/year to address physical and psychological effects of burnout.

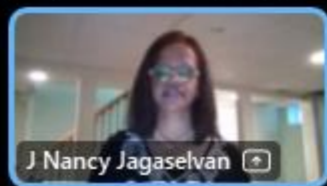


Higher healthcare costs

Being sedentary for long working hours can contribute to higher risk of heart disease and high blood pressure.

SRIDEVI R
Me

J Nancy Jagaselvan



MKK - SCAS, PERAMBA...

sandhiya



Dr.A.SURESH BABU



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International Statistics



11



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