

Name: Vicky Vincent Dsilva

Roll No: 10654

Class: FE COMPS B

Batch: B1

Topic: Sleep Deprivation: The Silent Killer of Productivity and Well-Being

Subject: Art of Communication

Sleep Deprivation: The Silent Killer of Productivity and Well-Being

Good morning, everyone. My name is Vicky Dsilva. Today I am going to speak on a topic which affects millions of people worldwide, that is "SLEEP DEPRIVATION". Did you know that over 70% of adults report instances of insufficient sleep at least one night out of seven days of the week! Remember that I used the word "atleast". Chronic sleep loss has often been linked to heart disease, obesity, diabetes, and even early death. Yet inspite of all this we often sacrifice rest for productivity or entertainment, unaware of the consequences in the long run. Today, let's deep dive into how sleep deprivation silently destroys our well-being, productivity, and basically our whole life.

Assume a doctor misdiagnoses a patient due to exhaustion, imagine the ramifications of this action. Or recall the Challenger space shuttle disaster of 1986, where sleep-deprivation caused loss of life. These aren't the only cases—they're warnings. Studies show that being awake for 17 hours continuously reduces cognitive performance to a level equal to a blood alcohol concentration of 0.05%. That's legally drunk! Yet, many of us push through days on minimal sleep, unaware of the toll it takes on our minds and bodies.

The so called "hustle" culture glorifies "burning the midnight oil," but lack of sleep doesn't boost productivity it destroys it. Research from Harvard says that sleep deprivation costs the U.S. economy \$63 billion per annum in lost performance. Why? Because sleep loss weakens focus, memory, and creativity. Solving problems while exhausted is like driving a car with no fuel. By sacrificing sleep, we sabotage the very goals we aim to achieve. Moreover, chronic sleep deprivation disrupts hormones, weakens immunity, and increases stress. It can lead to weight gain, frequent illnesses, and mental health disorders like anxiety and depression. Young professionals who sacrificed sleep to meet deadlines. Over time, have developed health issues.

So what can we do to reclaim our rest and well-being? Point one prioritize sleep hygiene. Set a consistent bedtime routine, limit screen exposure before bed, and create a calming environment. Recognize the importance of balance; true success comes from sustainable habits, not endless hustle. Advocate for workplace policies promoting rest, like Google's nap pods, which prove investing in employee well-being boosts performance. Small changes can lead to big results—both personally and professionally. Remember, every minute of sleep is an investment in your future self. Ladies and gentlemen, sleep is not a luxury—it's a need. It's the foundation of physical health, mental clarity, and emotional resilience. By addressing sleep deprivation, we can reclaim productivity, enhance well-being, and lead better lives. As Mahatma Gandhi said, "The future depends on what you do today." Let's value sleep as a cornerstone of success. Thank you, and I sincerely hope that this talk of mine has enlightened you so that u take the matter of sleep very seriously!

Plagiarism Report:

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Name: Vicky Dsilva
Roll no: 10654
FE COMPS B
Batch B1



Course Completion Certificate

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has successfully completed **100%** of the self-paced training course

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DIRECTOR, TRAINING SERVICES

9 February 2025



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6 February 2025


FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING
FE (SEM-II) Time Table – AY: 2024-25

Class: FE Computer Engineering (B)						With Effect From: February 06, 2025				
Class Teacher: Prof Trecia Fernandes										
	8.45 a.m.- 9.45 a.m.	9.45 a.m.- 10.45 a.m.		11 a.m.- 12 p.m.	12 p.m.- 1 p.m.		1.30 p.m.- 2.30 p.m.	2.30 p.m.- 3.30 p.m.	3.30 p.m.- 4.30 p.m.	
Monday	ICPT-PVS (506)	DE-PZS (506)	SHORT BREAK	EP (B-B2)(110-DC) EG(B-B3)(409-SKD) MITT(B-B1)(208-SAK)		L U N C H B R E A K	EG(B-B1)(409-SKD) DE(B-B2)(808-PZS) AOC(B-B3)(511-TF)			
Tuesday	ECSE(B-B1)(708- PMD) ECSE(B-B2)(708-AA) ECSE(B-B3)(710-JGM)			EP-DC (506)	EG-DSSS (506)		AOC (B-B1)(511-TF) MITT(B-B2)(509-DVB) MITT(B-B3)(208-OP)			
Wednesday	EP (B-B1)(110-DC) EG(B-B2)(409-SKD) DE(B-B3)(808-PZS)			AOC-TF (507)	DE-PZS (507)		EG-DSSS (503)	HHS-JR (503)	ICPT (T) (502/503/506) PVS/PNL/GIS	
Thursday	ECSE(B-B1)(708- PMD) ECSE(B-B2)(708-AA) ECSE(B-B3)(710-JGM)			EP (B-B3)(110-DC) MITT(B-B1)(508-DVB) MITT(B-B2)(208-VBR)			IET-AB (503)	IET-AB (503)		
Friday	LLC			DE(B-B1)(808-PZS) AOC(B-B2)(511-TF) MITT(B-B3)(509-DVB)			ICPT-PVS (506)	EP-DC (506)		
Saturday	LLC			ISE/SDP						
Subject Abbreviation										
ICPT	Integral Calculus and Probability Theory			HHS	Human Health Systems		MITT	Measuring Instruments and Testing Tools		
EP	Engineering Physics			DE	Digital Electronics		AOC	Art of Communication		
EG	Engineering Graphics			ECSE	Essential Computing Skills for Engineers		IET	Introduction to Emerging Technologies		
Faculty Abbreviation										
PVS	Prof Pradeep Singh			AA	Prof Ankita Amburle		SKD	Dr S. K. Das		
PZS	Prof Parshvi Shah			JGM	Prof Joshua Michel		SAK	Prof Saurabh Korgaonkar		
PMD	Prof Prajakta Dhamnaskar			DC	Prof Dileep Chandra		DSSS	Dr Sudhakar		
TF	Prof Trecia Fernandes			DVB	Dr D.V. Bhoir		VBR	Dr Veerabhadra Rao		
OP	Prof Omkar Poddar			JR	Dr Joseph Rodrigues		AB	Prof Aastha Bhatia		

SDP*- Extra lecture/mentoring /orientation/induction program can be conducted during this slot.


H.O.D.
Humanities and Sciences




(Dr. S.S. Rathod)
Principal