



STRATEGIES FOR PROFESSIONAL GROWTH [SEPT 2025 TERM]

MINDFULNESS AND STRESS MANAGEMENT IN THE WORKPLACE

Team Member Name	Educational Background	Professional Experience
Pulkit Mangal	IITM BS DS (9.41)	ML Intern, TA for Deep Learning & Gen AI
Kshitij Maheshwari	IITM BS DS (8.52), AMU EE (8.68)	MLP TA, Data Analytics Intern, Freelance Tutor
Piush Das	IITM BS DS (8.95)	TA for MLT, Linux Labs & School connect, Mentor for ML project
Sujal Raj Pradhan	IITM BS DS (8.68)	AI Engineering Intern, TA for TDS, DBMS & Statistics 2, SDE Intern.
Jhilmil Dutta	IITM BS DS (8.3)	CSR Intern, Business Data Analyst



SWOT Analysis of the Team

STRENGTHS

- Top-Tier Academics
- Mentorship Experience
- Full-Spectrum Tech Stack

OPPORTUNITIES

- Growing AI Market
- IITM Network Access
- Research & Publication

WEAKNESS

- Limited Full-Time
- Cloud Beginner Status
- Academic Load

THREATS

- High Competition
- Rapid Tech Change
- Project Dependency

Team's Diversity

Multidisciplinary Expertise: We have specialists in Machine Learning, AI Engineering, Data Analytics, Full-Stack Development, and Cloud & DevOps.

Comprehensive Tech Stack: Our toolkit includes Python, SQL, PyTorch, TensorFlow, Flask, FastAPI, Vue.js, React, Docker, GCP, and AWS, allowing for flexible and powerful solutions.

Proven Experience: Our track record includes building end-to-end production pipelines, authoring research publications, achieving high Kaggle rankings, and deploying live applications.

Diverse Backgrounds: As students of the prestigious IIT Madras, our team is further enriched by members from varied pre-collegiate paths (such as AMU and A-Levels), bringing a wealth of perspectives to our work.

Primary Resources

Name	Role	Interviewer	Experience
Prashasti Sarraf	Teaching Assistant – BS Data Science	Kshitij Maheshwari	8 months
Karthik Thiagarajan	Instructor – BS Data Science	Pulkit Mangal	5 years
Shweta Gupta	Biology teacher – SMG Inter College	Jhilmil Dutta	24 years
Surajit K. Dutta	Associate Director (Operations) – Vesuvius India Ltd.	Piush Das	25 year
Bob Sampras	ServiceNow Developer – UST Global	Sujal Raj Pradhan	6 year

Secondary Resources

Harvard Business Review. (n.d.). *Stress management*. Harvard Business Review. <https://hbr.org/topic/subject/stress-management>

Harvard Business Review. (n.d.). *Time management*. Harvard Business Review. <https://hbr.org/topic/subject/time-management>

MIT Sloan Management Review. (2020). *Reskilling in the age of AI: How companies can make it work*. MIT Sloan Management Review. <https://sloanreview.mit.edu/article/reskilling-in-the-age-of-ai/>

Aeon, B. (n.d.). *The philosophy of time management* [Video]. TEDxConcordia. [The Philosophy of Time Management | Brad Aeon | TEDxConcordia](#)

Indeed Career Guide. (2023). *Professional development: Definition and tips*. Indeed. <https://www.indeed.com/career-advice/career-development/professional-development>

Draft Interview Questions (Primary Resource – Qualitative Interviews)

Career Journey & Growth

- Current role and key career turning points?
- How do mindfulness/self-awareness shape long-term career goals?
- How has "professional success" evolved for you?

Learning & Skill Development

- What learning environment promotes engagement/stress-free learning?
- Example of a recent skill/mindset developed that improved well-being/work efficiency?
- Practices to stay motivated and avoid cognitive overload when learning?

Time, Stress & Work-Life Management

- How to stay focused and calm with multiple deadlines?
- What mindfulness techniques are commonly used to manage workplace stress?
- Setting healthy boundaries between work and personal life?

Adaptability & Guidance

- Prioritised areas of personal development for well-being/sustainable performance?
- Recovering from professional setbacks while maintaining emotional balance?
- One piece of advice for young professionals on managing stress while pursuing growth?