

AI Driven Work-Life Harmony: Navigating Cybersecurity Risks

The Department of Computer Science and Engineering (Cyber Security), Dayananda Sagar University, organized an expert talk on “AI Driven Work-Life Harmony: Navigating Cybersecurity Risks” on 13th September 2025. The session was delivered by Mr. Manash Chakraborty, Senior Project Manager, Intellect Design Arena Ltd., Chennai, who highlighted how AI can be a co-pilot in enhancing productivity, maintaining work-life balance, and reshaping modern careers. He emphasized that while AI can automate repetitive tasks, improve efficiency, and support personal well-being, human qualities such as creativity, empathy, and decision-making remain irreplaceable.

The talk also focused on the cybersecurity risks of AI, including privacy concerns, deepfakes, misinformation, and over-reliance on automation. The session featured career guidance for students, stressing the need to embrace AI as an assistive tool in the cybersecurity domain while being mindful of its limitations. Interactive discussions, real-life examples, and practical demonstrations made the session highly engaging. Students appreciated the insightful perspectives, with the key takeaway being to “live smarter with AI” by using technology intentionally to balance both professional and personal life.





Dayananda Sagar
University Bengaluru



School of Engineering

Department of Computer Science and Engineering (Cyber Security)

Webinar

on

***AI-Driven Work-Life Harmony: Navigating Cybersecurity Risks in
Everyday AI Integration***

We cordially invite everyone to join us

13th September 2025 | 2:30 PM – 3:30 PM | Online



Resource Person: *Er. Manash Chakraborty*
***Senior Project Manager, Intellect Design Arena Ltd,
Chennai, India***
(10+ years of Professional experience)

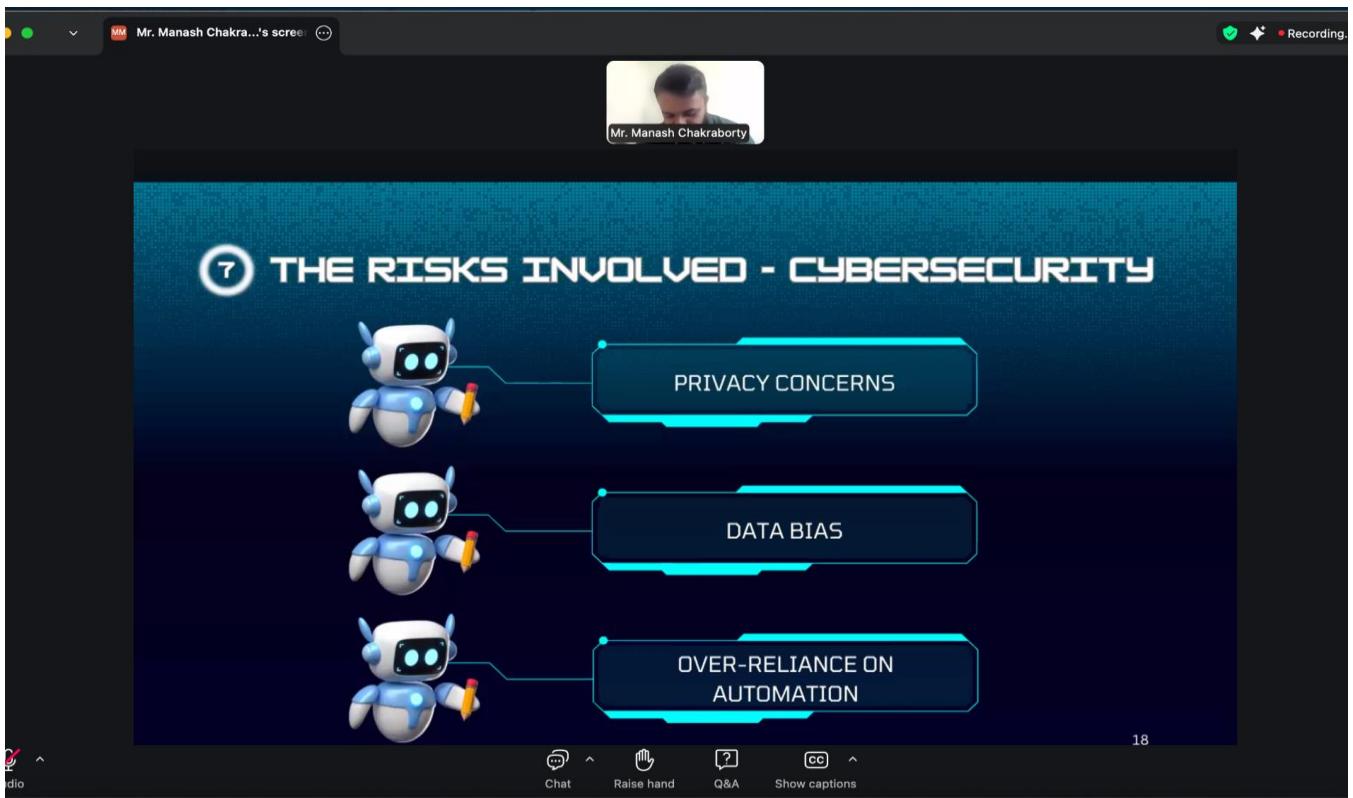
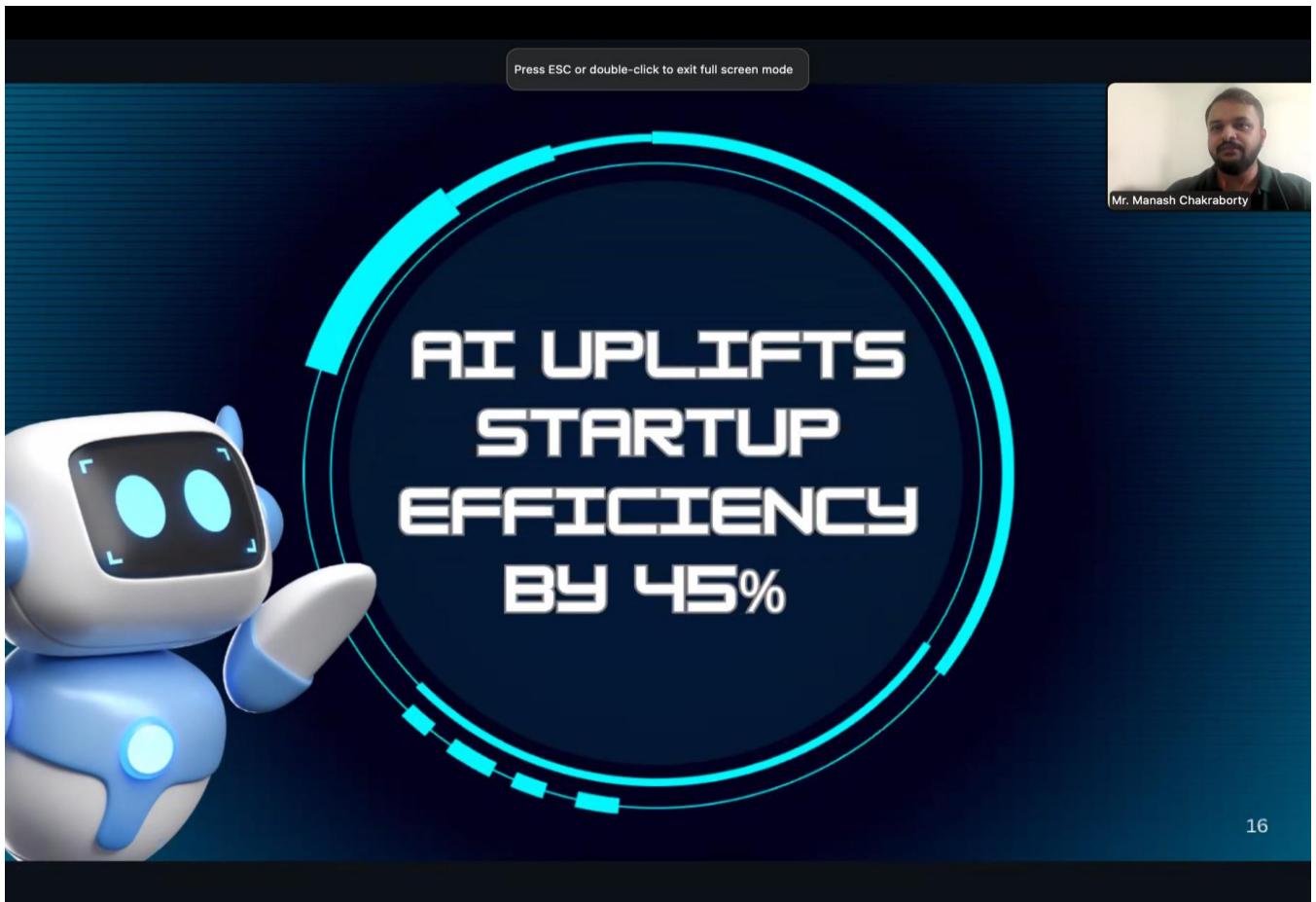
Conveners:

Dr. Udaya Kumar Reddy K R,
Dean, SoE, DSU

Dr. Dilip Kumar Jang Bahadur Saini,
Chairman, CSE(CY), SoE, DSU

Organizer:

**Prof. Ranjima P, Prof. Archita
Bhattacharyya**
Assistant Professor, CSE(CY), SoE, DSU





LIVE SMARTER - NOT JUST FASTER



- ① Use AI intentionally
- ② Set digital limits
- ③ Detox weekly
- ④ Curate your tech stack

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⑨ THE FUTURE IS ASSISTIVE, NOT CONTROLLING



LIFE COACHES POWERED BY AI



AI THAT ADAPTS TO OUR
EMOTIONS



VIRTUAL "YOU" PLANNING
YOUR LIFE

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Mr. Manash Chakraborty's screen

Recording

Mr. Manash Chakraborty

10 FINAL TAKEAWAYS

- AI IS YOUR CO-PILOT, NOT YOUR REPLACEMENT
- USE IT TO CREATE SPACE, NOT JUST SPEED
- TAKE CONTROL OF YOUR LIFE

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