

ALL INDIA INSTITUTE OF MEDICAL SCIENCES

Ansari Nagar, New Delhi-110 029.

No.F.36-6/86-Estt.I

Dated the:-

13 JAN 2020

CIRCULAR

Subject:- "Programme on 'Work life Balance Scientists/Technologists (Sponsored by Dept. Of Science & Technology, Govt. of India" on Jan. 20-24, 2020, Invitation for Nomination(s) latest by 10th Jan.,2020- Reg

Please find enclosed herewith dated. 8th January, 2020 , received from Dr.Nadir Sheikh & Dr.Alok Kumar Goel, Programme Directors, "Programme on 'Work life Balance Scientists/Technologists (Sponsored by Dept. Of Science & Technology, Govt. of India" on Jan. 20-24, 2020, Invitation for Nomination(s) latest by 10th Jan.,2020- Reg . On the above mentioned subject with the request to upload the same on Institute website.


(G.R.PILLAI)

ADMINISTRATIVE OFFICER-(DO)

Encl:-As above

Copy to:-

1. Computer Facility



Mr. Sanjeev Kumar

18.1.2020



CSIR-HRDC

मानव संसाधन विकास केंद्र
HUMAN RESOURCE DEVELOPMENT CENTRE
वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्
(Council of Scientific & Industrial Research)
सेक्टर-19, केन्द्रीय सरकार एन्क्लेव, कमला नेहरू नगर
Sector-19, Central Govt. Enclave, Kamla Nehru Nagar
गाजियाबाद-201002 (यूपी) भारत
Ghaziabad-201002 (UP), India

Dr. Nadir Sheikh & Dr. Alok Kumar Goel
Programme Directors

Programme on 'Work life Balance for Women Scientists/Technologists'
(Sponsored by Dept. of Science & Technology, Govt. of India)
(Jan. 20-24, 2020)

Invitation for Nomination(s) - Reg.

Dear Sir/Madam,

Season's Greetings from CSIR-HRDC.

CSIR-Human Resource Development Centre a central HRD establishment of Council of Scientific and Industrial Research (CSIR) under the aegis of Ministry of Science & Technology, Govt. of India is organizing **DST sponsored programme on 'Work Life Balance for Women Scientists/Technologists'** from Jan. 20-24, 2020 at CSIR-HRDC, Ghaziabad.

The programme aims at providing understanding of challenges and strategies associated with managing professional and personal lives, thereby leading to organizational effectiveness. The programme will also help the participants to analyze the antecedents and consequences of work-life conflicts, enhance their self-awareness and develop capabilities to maintain a healthy work-life balance (programme brochure enclosed for more details).

The programme coverage includes understanding of personal values, work-life enrichment work-life balance and how they relate to work, dealing with workplace stress, prioritizing & goal setting, positive thinking & emotional balance etc. The pedagogy of the programme will include interactive sessions, experience sharing, case studies, simulation, role playing etc.

We invite nomination(s) of **1-2 women scientists, technologist and technical officers of level 'B' and above or equivalent having minimum 5 years' experience** from your esteemed organization to participate in the above programme. Please send the nomination(s) to nadir@csirhrdc.res.in/ alokgoel@csirhrdc.res.in latest by 10th Jan., 2020.

No participation fee is involved for attending this fully residential programme, however, the sponsoring organization needs to bear the travel expenses to-and-fro of the nominee(s). The programme is fully residential and the participants shall be accommodated in single air-conditional rooms in the CSIR-HRDC Campus. Local transportation from and to Airport, Railway Station, Bus Stand will be arranged by the Centre.

With warm regards,
Yours sincerely

Dr. Nadir Sheikh & Dr. Alok Kumar Goel

Encl : Brochure & Posters for notice board display.

Phone : 0120-2789274 (AO), 2789882 (OSD), Telefax : 0120-2788939, E-mail : hrdc_g@sancharnet.in
(EPABX) 0120-2789866, 2789877, 2788937



सत्यमेव जयते
Department of Science And Technology
Ministry of Science Technology
Government Of India

PROGRAMME ON

'WORK LIFE BALANCE FOR WOMEN SCIENTISTS / TECHNOLOGISTS' (SPONSORED BY DEPT. OF SCIENCE & TECHNOLOGY, GOVT. OF INDIA)

20 - 24 Jan., 2020

at

CSIR-HUMAN RESOURCE DEVELOPMENT CENTRE

About CSIR -HRDC

CSIR-Human Resource Development Centre is a central HRD establishment of Council of Scientific & Industrial Research (CSIR) under Ministry of Science and Technology, Govt. of India (www.csir.res.in). The Centre is engaged in training, grooming and augmenting capabilities of scientists, technologists, administrative and support staff of CSIR.

About the Programme

The programme aims at providing understanding of challenges and strategies associated with managing professional and personal lives, thereby leading to organizational effectiveness. This multi layered programme focus on physical, social, emotional and intellectual well-being. The programme will also help the participants to analyze the antecedents and consequences of work life conflicts, enhance their self-awareness and develop capabilities to maintain a healthy work-life balance.

The Programme will focus on the following aspects:

- Facilitate in integrating and managing professional and personal life effectively
- Managing multiple roles: goal setting, scheduling, prioritization
- Tools & techniques of work- life balance
- Internal balance: a journey of self-discovery, inclusive leadership and Wellness planning
- Nurturing and consolidating self: mind, body, soul synergy
- Managing life stressors and challenges

Target Participants

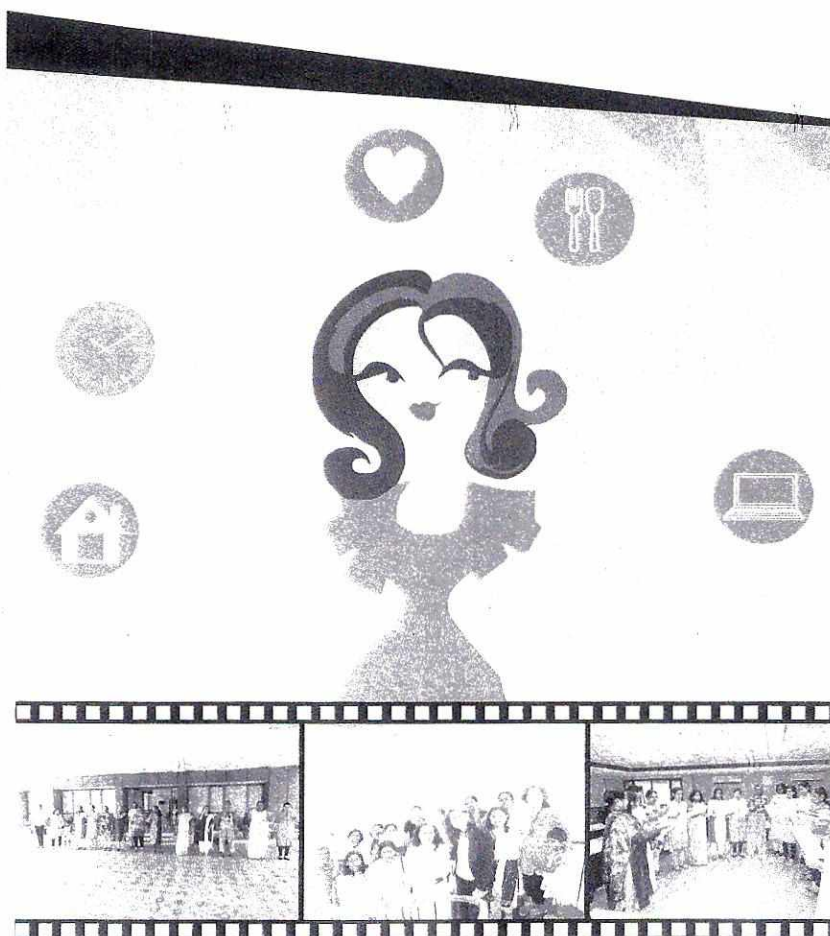
The programme is meant for Women Scientists, Technologists and Technical Officers of level 'B' and above or equivalent having minimum 5 years experience. Nomination form is available at www.csirhrdc.res.in

Sponsorship & Support

No participation fee is involved for attending this fully residential programme. However, the sponsoring organization needs to bear the travel expenses to-and-fro of the nominee(s) and TA/DA etc. Transportation from and to Airport, Railway Station, Bus Stand, Metro Station will be arranged by the Centre.

Last Date for Nominations: 10th Jan, 2020

Scan copy of the nomination form may be sent through email and hard copy at the following by post.
The intake for the programme is limited to 25. Nominations would be accepted on first come, first serve basis



Programme Directors

Dr. Nadir Sheikh

Email: nadir@csirhrdc.res.in

Ph. 0120-2788938

Dr. Alok Goel

Email: alokgoel@csirhrdc.res.in

Mobile : 9711445966

CSIR- HUMAN RESOURCE DEVELOPMENT CENTRE

Sector 19, Central Govt. Enclave, Kamla Nehru Nagar,

Ghaziabad-201002

Phone: 0120-2788940, Fax: 0120-2788939

Website: www.csirhrdc.res.in

About the Programme

The programme aims at providing understanding of challenges and strategies associated with managing professional and personal lives, thereby leading to organizational effectiveness. This multi layered programme focus on physical, social, emotional and intellectual well-being. The programme will also help the participants to analyze the antecedents and consequences of work life conflicts, enhance their self-awareness and develop capabilities to maintain a healthy work-life balance. The Programme will focus on the following aspects:

- ❖ Facilitate in integrating and managing professional and personal life effectively
- ❖ Managing multiple roles: goal setting, scheduling, prioritization
- ❖ Tools & techniques of work- life balance
- ❖ Internal balance: a journey of self-discovery and inclusive leadership
- ❖ Wellness planning
- ❖ Nurturing and consolidating self: mind, body, soul synergy
- ❖ Managing life stressors and challenges

Programme Coverage

The programme coverage includes champions of work and life: managing stress for physical & emotional well-being, work-life enrichment, rejuvenating self, power of visualization, prioritizing and goal setting, wellness planning, nurturing and consolidating self: mind, body, soul synergy and inclusive leadership, self-effectiveness at workplace, tips and tools for productivity and interaction with eminent scientists etc.

Pedagogy

The programme is designed to facilitate experiential learning through pedagogy of interactive lectures, case discussions, group exercises, interaction & experience sharing by eminent scientists, live application of management principles by simulation and role play, discussion on various work-life scenarios etc. The resource persons will be drawn from the renowned R&D organisations, management, academics and corporate.

Duration and Venue of the Programme

The programme is scheduled from 20 -24 Jan., 2020. The programme will be held at CSIR-HRDC, Ghaziabad. The participants will be accommodated in air-conditioned single occupancy rooms in CSIR-HRDC Guest House. The guesthouse is well furnished & equipped with all amenities like WiFi, TV, cafeteria, lounge, in-house recreational facilities such as gym, indoor & outdoor games like chess, table tennis, volleyball etc.

Target Participants

The programme is meant for Women Scientists, Technologists and Technicians Officers of level 'B' and above or equivalent having minimum 5 years experience. The intake for the programme is limited to 25. Nominations would be accepted on first come, first serve basis.

Recently the Centre has successfully organized a DST sponsored Programme on 'Socio-economic impact assessment of S&T outcomes' from 18-22 Nov. 2019 at CSIR HRDC Ghaziabad. The Scientists & Technologists participated from CSIR, DST, IAR, ICMR, IITs, NITs, MoES, Indian Meteorological Department, Zoological Survey of India etc. The Programme was well received by the participants and the feedback about the programme was very overwhelming.

Sponsorship & Support

No participation fee is involved for attending this fully residential programme. However the sponsoring organization needs to bear the travel expenses to-and-fro of the nominee(s) and TA/DA etc. Transportation from and to Airport, Railway Station, Bus Stand, Metro Station will be arranged by the Centre.

Nominations

Women scientists, technologists and technical officers having work experience of 5 years and above should apply in the prescribed proforma available at www.csirhrdc.res.in. Not more than two candidates would be selected from one institute / organization. Scan copy of the nomination form may be sent through email and hard copy at the following address:

Programme Directors

Dr. Nadir Sheikh

CSIR-Human Resource Development Centre

Sector 19, Central Govt. Enclave,

Kamla Nehru Nagar,

Ghaziabad (NCR)-201002

Phone: 0120-2788938

Fax: 0120-2788939

Email: nadir@csirhrdc.res.in

Dr. Alok Goel

CSIR-Human Resource Development Centre

Sector 19, Central Govt. Enclave,

Kamla Nehru Nagar,

Ghaziabad (NCR)-201002

Mobile: 9711445966

0120-2788938 Fax: 0120-2788939

Email: alokgoel@csirhrdc.res.in

Last Date for Nominations: 10th Jan, 2020





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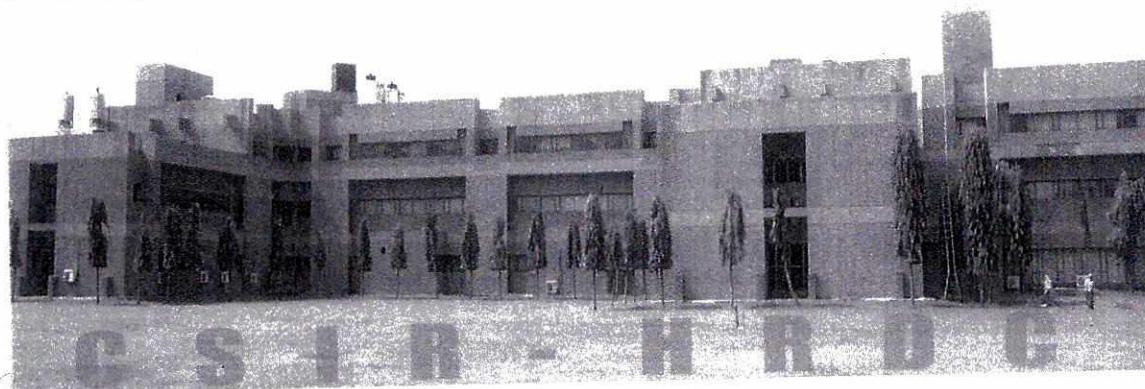


Contact :

Phone: 0120-2788938, 0120-2788940, Fax: 0120-2788939

Email : nadir@csirhrdc.res.in, alokgoel@csirhrdc.res.in

"Never stop fighting until you arrive at your destined place- that is, the unique you.
Have an aim in life, continuously acquire knowledge, work hard, and have perseverance to realize the great life."
Dr APJ Abdul Kalam, Hon'ble Former President of India

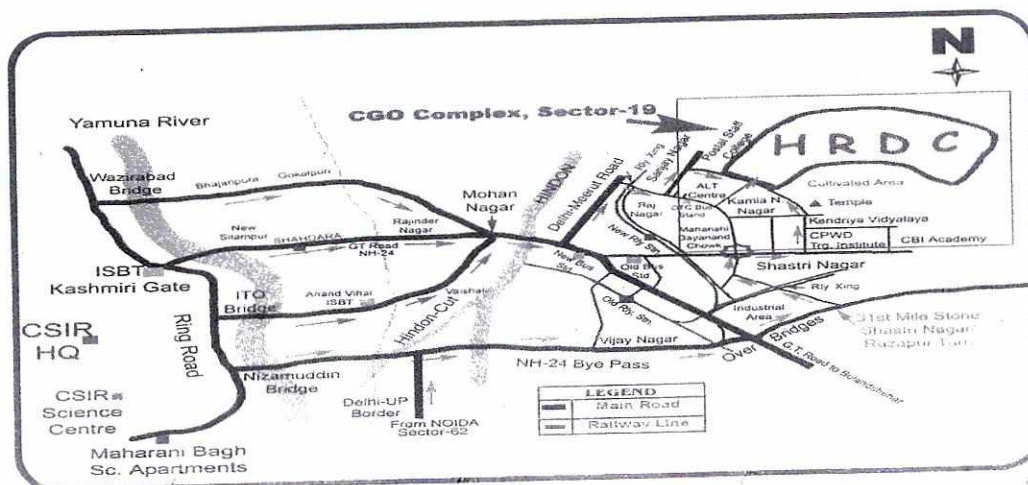


About CSIR-Human Resource Development Centre

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The Centre is mandated to promote a professional and holistic Human Resource Development in CSIR by offering training & development programmes for professional R&D management and support functions in CSIR. The focus of CSIR- HRDC is to provide and hone the skills of CSIR & other organizations' personnel in organizational, managerial & technical domains and cultivate a culture of innovation as pre-requisite to excel at work place.

The Centre is contributing significantly for meeting multiple needs of S&T personnel and equipping them for managing trans-disciplinary science and engineering research through various customised training programmes, structured management development, leadership development, women empowerment and capacity building programmes. The Centre has conducted 595 training & development programmes and trained 18,563 participants so far.



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