



ESCI

Engineering Staff College of India

Autonomous Organ of The Institution of Engineers (India)

Old Bombay Road, Gachibowli, Hyderabad – 500 032.TS, India

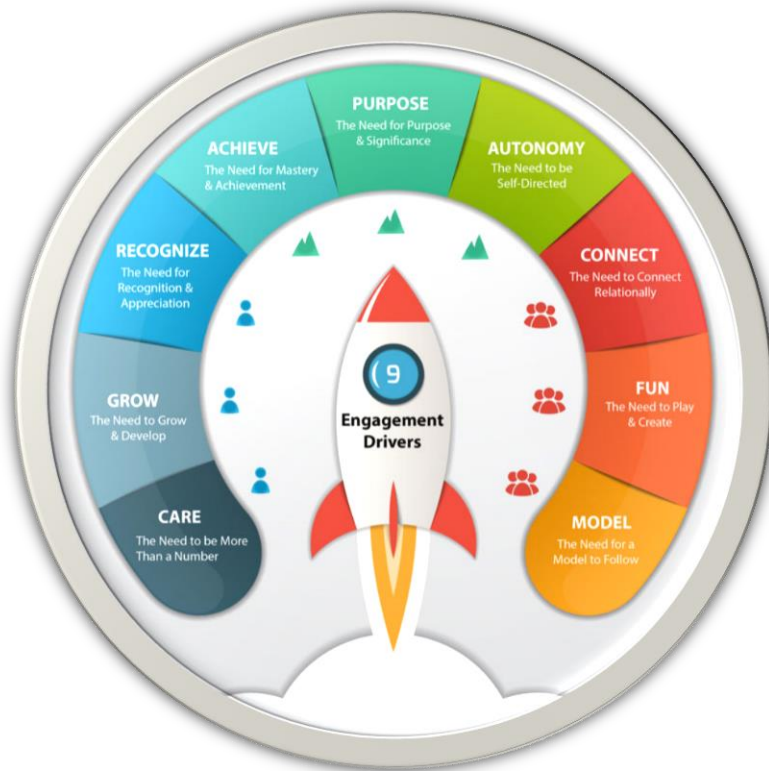
Management and Technology Division

Continuing Professional Development Programme on

Holistic Development for Personal & Professional Excellence

21 - 25 September 2020

(ONLINE MODE)



(An ISO 9001:2015 Certified, AICTE & CEA Recognized Institution)

Centre for Promotion of Professional Excellence

INTRODUCTION

Holistic growth and development is essential for optimal life experience and performance. Most people end up trading one dimension of life with another dimension. For example, we may trade health with money, or relationship with career; only to reverse the cycle in the later part of life; where we end up trading money for health and career for relationship. Stress is a big invader of human wellbeing in present times.

This program brings forth a 360-degree approach for success in personal and professional life. The type of success, where happiness is not its cost, but a byproduct. It deals with principles that help in harmonizing the personal and professional life. This program aims to enable people in attaining better control of self by understanding fundamentals of physical, mental and spiritual development, and coming up with practically implementable plans.

While good physical & mental health enables a person to perform better and live a stress-free life; the spiritual perspective helps in living a more fulfilled life with harmonious relationships in general. In short, this program is about useful, authentic and interesting learning on holistic development, leading to personal and professional excellence and ensuring greater productivity to organization through improved performance.

OBJECTIVES

It brings an integrated approach towards life such that personal wellness reflects upon professional excellence.

The program brings forth a blend of useful, authentic and latest practices in the area of holistic wellness, along with some of the most practical strategies to improve efficiency in personal and professional life. It takes a bottom up approach that reminds us about the fact that good fruits require great roots. The program doesn't just focuses upon knowledge but also on perspective. Practicality is one important criteria in designing of this program and therefore it emphasizes upon creating action plans that are implementable for most of the people.

COURSE COVERAGE

(a) Fundamentals of Physical, Mental and Spiritual Wellbeing

- (i) Science of Food
- (ii) Science of Exercise
- (iii) Dealing with lifestyle diseases
- (iv) Dealing with Healthcare providers
- (v) Spirituality in daily life
- (vi) Role of Yoga in wellbeing

(b) Designing a Stress Free & Coherent life

- (i) Time management
- (ii) Emotional Intelligence
- (iii) Efficient Planning & Execution
- (iv) Mind Models that help in dealing with challenges

(c) Meditation for wellbeing

- (i) Learn & experience a comprehensive method of Mediation

(d) Creating a practical action plan for implementation

METHODOLOGY

Methodology of the program includes class room sessions with lecture/discussion with audio visual aid, benched marked practices if any, video shows, Chalk & Talk sessions, group discussions, case studies, debates, sharing of experiences, etc. All the sessions will be interactive demanding active participation from all the members. Case Method of Instructions will be the main method of knowledge facilitation.

RESOURCE PERSONS



Dr. VIVEK MODI
Medical Doctor, turned wellness
trainer



Mr. ABHIJIT BHATTACHARYA
Life Skills Coach & Trainer



Dr. B. UDAYA KUMAR REDDY
President, International Stress
Management Association

TARGET PARTICIPANTS

This program is potentially beneficial for people from all walks of life. Engineering Executives, Scientists from various Defence Labs, Engineering managers, supervisors working in production, R&D units, process planning, designs, maintenance and Quality Control / Quality Assurance in manufacturing and process industries like heavy equipment fabrication sectors, automobile, Defence, aeronautical, electronics, power sectors (Thermal, Nuclear, Gas) Refineries & Oil Companies will gain from course. Persons in medical products & precision instruments, petrochemicals, fertilizers, ordnance areas, public & private sectors enterprises will also be benefited by the Programme.

BENEFIT TO THE PARTICIPANTS

The participants will be able to share experience with and learn from numbers of experts and participants from various organizations in addition to listening to eminent faculty, on different aspects of Holistic Development. The programme would help them in self-organizing, working efficiently & improving the quality of life in general. **As a spillover effect the programme also positively affects the respective organization & family.**

PROGRAMME DATES & TIMINGS

Dates: 21 – 25 September 2020

COURSE DIRECTOR



Mr. Harjeet Singh Kalsi
Sr. Faculty & Head
Management & Technology Division
Engineering Staff College of India
Old Bombay Road, Gachibowli – 500032
Former Joint Managing Director, BHEL-GE JV

COURSE FEE

Rs. 5000/- (Rupees Five Thousand only) per participant.

(All discounts are applicable only if fee is received at ESCI before the commencement of the programme.)

Goods and Service Tax @ 18% is to be paid extra over and above the training fee. PAN Card No AAATT3439Q; **GST No. 36AAATT3439Q1ZV.**(Under commercial training or coaching services).

Programme fee is to be paid in favour of "IE (I)-Engineering Staff College of India" in the form of demand draft payable at Hyderabad at par cheques payable at any Bank Branches.

Alternatively, the payment may be made by Electronic Fund Transfer (EFT) to ESCI - **SB A/c No.0432104000039631 with The IDBI Bank Ltd., Gachibowli Branch, Plot No. 2-53/2, JNIBF, IIIT Junction, Gachibowli, Hyderabad-500032** by RTG's/ NIFT / IFSC Code No: **IBKL0000432**. **ESCI PAN No. is AAATT3439Q.** While using EFT/ Draft method of payment, kindly forward a covering letter giving details on the names of the participants, Title and the programme schedule so that proper accounting can be done.

REGISTRATION

Online registration shall be available on ESCI website.([URL:www.escihyd.Org](http://www.escihyd.Org))

To register, manually please send your nominations giving details of name, designation, contact address, email address, mobiles no, telephone and fax number of the participant along with the details of mode of payment of fee, addressed to:

Head, Management & Technology Division

Engineering Staff College of India

Old Bombay Road, Gachibowli, Hyderabad 500 032, TS.

Phone: Direct 040 6630 4111 & 6630 4112 &, 6630 4105

Fax : 040-66304103 & 914030995227

Email: mt@escihyd.org,

For Registration Please Contact:

Mr. Rakesh Singh

Business Development Manager

Land line 040-66304105

Mob: 07013551765

CERTIFICATION

A certificate of participation will be awarded to each participant on conclusion of the programme.