

ICAR – Central Soil Salinity Research Institute,
Karnal – 132001, Haryana

Training on

Effective Health Management for Enhancing Work Efficiency of ICAR Employees

Programme proposal

8 June 2021		
Inauguration of the programme		
Session Coordinator: Dr R.K. Singh		
10:30 – 10:35	Introduction to Programme	Dr. P R Bhatnagar
10:35 - 10:40	Address by Director	Dr PC Sharma
10:40 – 11:30	Lecture on “Yoga and Naturopathy”	By Dr. Sandeep, Pantanjali
11:30 – 11:55	Discussion	
11:55 – 12:45	Lecture “Overall Health Management from Medical Perspective”	Dr Seema, AMA, CSSRI
12:45 – 13:00	Discussion followed by Vote of Thanks	Dr R.K. Singh
Lunch Break		
Session Coordinator: Dr Parul Sundha		
14:30 – 16:30	Lecture “Motivation for Self and others”	Prof Ajay Jain, Management Development Institute, Delhi
16:30 – 17:00	Discussion and Vote of thanks	Dr Parul Sundha
9 June 2021		
Session Coordinator: Dr H.S. Jat		
10:30 – 11:40	Lecture “Mental and Physical Health Management during Covid period”	Dr K.B. Kanwal, Retd Director Health, Haryana
11:40 – 11:55	Discussion	
11:55 – 12: 45	Lecture “Yoga to Physical Health Management”	Dr Gajendra Yadav, PS, ICAR CSSRI
12:45 – 13:00	Discussion	Coordinated by Dr H.S. Jat
Lunch Break		
Session Coordinator: Dr P R Bhatnagar		
14:30 – 15:20	Lecture on “Stress management of employee in face of COVID-19”	Dr Anuj Kumar, Principle Scientist (Agril. Extension), DWR, Karnal
15:20 – 15:45	Discussion	
15:45 – 16:35	Lecture on “Spiritual Health Management”	BK Prem Didi, Karnal
16:35 – 16:50	Discussion	Coordinated by Dr P. R. Bhatnagar
16:50 – 16:55	Final Vote of thanks	

Prepared as per directions and approved by the Director.


(P. R. Bhatnagar)
Chairman – Organising Committee

- Copy: 1) Incharge Security for Conference room cleaning and arrangement in time.
2) Incharge PSSU, for Zoom set up and arrangement for the online meeting.
3) Incharge Computers, for display and other arrangement for online meeting in conference hall.