

Training Report of HRD cell, ICAR-NBFGR, Lucknow
(Nov. 26-29, 2020)

A three-day training program on " **Effective Health Management for Enhancing Work Efficiency of Employees-** कर्मचारियों के कार्य क्षमता बढ़ाने के लिए प्रभावी स्वास्थ्य प्रबंधन" was organized at ICAR-National Bureau of Fish Genetic Resources, Lucknow from 26 to 28 November, 2020. The programme was inaugurated by Dr. Kuldeep K. Lal, Director, ICAR-NBFGR, Lucknow.

The three-day training program was designed for the skilled supporting staff of the Institute who had been find difficult to attend the online training program during the year. The programme placed extra emphasis on the role of **Effective Health Management in Enhancing Work Efficiency of Employees**, with special reference to the covid-19 perspective. In his presidential lecture, Dr. Kuldeep K. Lal, Director, ICAR-NBFGR, Lucknow made the following remarks: inculcate discipline, follow the norm, wear a mask at all times, respect the law of the land and do not damage national property. He also asserted that mis-interpretation should be avoided and governmental guidelines followed to ensure safety during the Covid-19 pandemic. The first guest lecture on "**Effective Health Management: Covid-19 Perspective:** कोरोना- परिदृश्य में प्रभावी स्वास्थ्य प्रबंधन , delivered by medical expert Dr. Anjali Gupta, MBBS, Consulting Doctor, emphasised on protection, following safety measures and guidelines, and also demonstrating the need for responsible hygiene practices by doing things practically for the better understanding of the skilled supporting staff. The following motivational talk and demo session, on the topic "Management of self during emotional stress- भावनात्मक तनाव के दौरान स्वयं को प्रबंधित करना", was delivered by Motivational speaker Sh. Aman Gupta, master trainer International Corporate & Soft Skills, and helped boost worker morale, along with enhancing the skill set of the SSS staff too. Another important lecture, delivered by Dr. Achal Singh, Principal Scientist & Nodal HRD, drew focus on the presence of ITK (indigenous technical knowledge) during the *Ramayana* time period, and discussed how Mr. Susain Vaidh, a healer from Sri-Lanka, had at first been unwilling to help those fighting his ruler but, after some clarification on the duty of a *vaid* (healer) from God himself (Sri Ram chandra Ji), agreed to extend his medical expertise and cure *Yodha* Lakshaman with the *Sanjivani* booti (a medicinal plant). After Shri Lakshman had been successfully brought back to life, the rest of

the Sanjivani booti *Parvat* (the hill on which the plant grew) was left at Sri-Lanka in the form of the Sanjivani booti-medicinal-plant, a natural gift from India to Sri Lanka. The role of this plant remains just as relevant today as well, for it acts as an immunity booster, and choosing to learn from this tale the importance of health management will prove fruitful for us all.

A training manual as a ready reference for the trainee-participant- Skilled Support Staff category was also released during the inaugural session. The valedictory function chief guest Dr. Kuldeep K. Lal, Director, ICAR-NBFGR, presented the certificates to 16 successful trainees and which they could look back on for years to come as remembrance. Meeting end with vote of thanks by Dr. Achal Singh, Principal Scientist & Nodal HRD & Training coordinator.

Photo & News paper coverage

	
<p>Release of HRD training manual in Inauguration</p>	<p>Remarks of Chairman, Inaugural session, Dr. Kuldeep K. Lal, Director, NBFGR, about conducting three day HRD training in physical mode during Covid-19 pandemic</p>
	
<p>Inaugural session Guest speaker Dr. Anjali Gupta, MBBS, Consulting doctor.</p>	<p>Introduction about training and purpose of compilation & editing of training manual related to Health, Happiness & capacity building.</p>

	
<p>Second day guest speaker Sh. Aman Gupta, Coordinator of Firm as Motivational topic.</p>	<p>Third day speaker Dr. Achal Singh, HRD, Nodal on Indigenous Technical Knowledge (ITK) linked with Sanjivani Booti with Health.</p>
	
<p>HRD Nodal describing three day event to Chairman Valedictory functin.</p>	<p>Participants- feedback about three day duration training.</p>
	
<p>Certificates presentation to participants</p>	<p>Certificates presentation to participants</p>
	
<p>Participation of HoD in moral boost-up of trainees during valedictory.</p>	<p>Remarks about three day HRD training from HoD, FCD</p>

Training in effective health mgmt at NBFGR

PMS ■ LUCKNOW

NBFGR organised a three-day training programme for skilled support personnel on 'Effective health management to enhance the efficiency of employees, which was inaugurated by director Kishore K Lal on Saturday.

The highlight was a lecture by medical officer Anjali Gupta who spoke on 'Effective health management in situa-

na-scenarios'. She suggested that guidelines be followed with emphasis on health safeguards, and demonstrated various measures at practical level to develop better understanding towards it among the staffs.

In another lecture, international corporate and soft skill trainer Anand Gupta encouraged employees to organise themselves by taking some practical actions on

'Managing themselves during emotional stress, and gave some tips for keeping themselves in a better position during the stress.

hinda) officer, HRI) unit. Achal Singh explained the importance of indigenous medical knowledge during the Ramayana era on how to deal with crisis and emergency. Scientists said the training would help the institute's skilled support personnel to

cope with the mental pressure generated during Covid-19 times and also develop a better understanding about very relevant medicinal plants like tulsi, giloy, lamos, ginger, pepper, cinnamon, cloves etc. whose products are consumed as immunity boosters and are proving to be an irreplaceable boon of nature in times of the current global pandemic, which will pave the way for better utilisation by employees.

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Amrit bazar Patrika, 28.11.2020

Sahara News 29.11.2020

स्वास्थ्य बेहतर रहेगा तो काम भी अच्छा होगा

लखनऊ। जब हमारा स्वास्थ्य बेहतर होगा तभी हम अपनी कामों को बेहतर से ढंग से कर सकते हैं। बेहतर स्वास्थ्य ही हमारे अंदर कार्य क्षमता भी बढ़ाता है। ये जानकारी शनिवार को नेशनल व्यूरो, ऑफ फिस जेनेटिक रिजोर्सेज आईसीएआर में कर्मचारियों को दी गयी। सी दिवसीय इस कार्यशाला में संस्थान की चिकित्साधिकारी डॉ. अंजली ने बताया कि कोरोना से हमें सबक लेना चाहिए, कि हमने अपना स्वास्थ्य कितना बेहतर रखना होगा। कार्यक्रम की शुरुआत संस्थान के निदेशक, डॉ. कुलदीप के. खाल ने की। अंतर्राष्ट्रीय कॉर्पोरेट और सॉफ्ट स्किल ट्रेनर अमन ने भावनात्मक तनाव के दौरान स्वयं को प्रबंधित कैसे करें इस विषय पर जागरूक किया। नोडल अधिकारी, मानव संसाधन विकास इकाई, प्रधान वैज्ञानिक डॉ. अरुण सिंह ने अपने व्याख्यान में 'समायण काल' अवधि में देशीय चिकित्सा ज्ञान के महत्व को समझाया।

कर्मचारियों की कार्यक्षमता बढ़ाने के बताये गुर

लखनऊ (एसएनबी)। नेशनल व्यूरो ऑफ फिस जेनेटिक रिजोर्सेज में कर्मचारियों की कार्य क्षमता बढ़ाने के लिए प्रभावी स्वास्थ्य प्रबंधन विषय पर तीन दिवसीय प्रशिक्षण कार्यक्रम का समापन हुआ।

प्रशिक्षण कार्यक्रम का मुख्य आकर्षण संस्थान की चिकित्साधिकारी डॉ. अंजली गुप्ता ने 'कोरोना-परिदृश्य में प्रभावी स्वास्थ्य प्रबंधन विषय पर व्याख्यान था जिसमें उन्होंने स्वास्थ्य सुरक्षा उपायों पर जोर दिया। इसके अलावा कर्मचारियों में बेहतर समझ विकसित करने के लिए विभिन्न उपायों को प्रदर्शित भी किया। एक अन्य व्याख्यान में अंतर्राष्ट्रीय कॉर्पोरेट और सॉफ्ट स्किल ट्रेनर अमन गुप्ता ने भावनात्मक तनाव के दौरान स्वयं को प्रबंधित करना विषय पर व्यावहारिक क्रियाएँ करके कर्मचारियों द्वारा स्वयं को सुव्यवस्थित करने के लिये प्रोत्साहित किया गया तथा अपने आपको बेहतर स्थिति में कैसे रखें इसके लिये कुछ टिप्स दिए गये। नोडल अधिकारी मानव संसाधन विकास इकाई प्रधान वैज्ञानिक डॉ. अरुण सिंह ने बताया कि कैसे आपातकालीन स्थिति से निपटने के लिए सुखेन बीच द्वारा संजीवनी बूटी की मदद से लक्ष्मण को पुनर्जीवित किया।

