

Training Report of HRD cell, ICAR-NBFGR, Lucknow
(Nov. 23-25, 2021)

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 23-25 November, 2021. The programme was inaugurated by Dr. Kuldeep K. Lal, Director, ICAR-NBFGR, Lucknow.

Training program, 03-day duration, was designed for the skilled supporting staff (SSS) of the Institute who had been find difficult to attend the online training program during the year. The training was aimed at educating the employees about the role of sound physical and mental health in increasing overall output in their professional and family lives, with special reference to the covid-19 protocol perspectives. The training was initiated as a step towards FAO's goal of sustainable development (SDG 3) with good health and wellbeing of staffs. In his inaugural lecture, Director, Dr. Kuldeep K. Lal, asked employees to adopt healthy lifestyle to remain fit throughout lifetime by avoiding any type of intoxication, making yoga and meditation an integral part of daily life and following Covid -19 protocol regularly which has affected community health in recent past. He asked the participants not to indulge in rumours and develop sense to respect the laws of environmental cleanliness and protection of the National property. He also asserted that mis-interpretation of rules and regulations should be avoided and governmental guidelines to be followed in all respect.

In his expert lecture on effective health management by yoga in corona scenario Dr. Basdeo Kushwaha, told trainees that yoga helps in increasing happiness in normal life and increases immunity towards diseases. A motivational talk and demo session, on scientific management of stress by motivational speaker Mr. Aman Gupta, Coordinator, E-3, Consultancy Form, Lucknow, was also arranged during this programme, in his interactive lectures he emphasised that acceptance of inconveniences is good things and try to overcome continuously must be a habit to remain happy at the work place and in family. Dr. Achal Singh, Principal Scientist and coordinator of the training while delivering lecture on spiritual wellbeing of the employee, discussed about various forms of bridges (setu) and importance of bridging the gap between knowledge & adoption in overcoming adverse situations by maintaining patience.

A training manual as a ready reference, in Hindi, for the trainee participant- Skilled Support Staff category was also released during the inaugural session. This manual also released in e-booklet form (<https://online.fliphtml5.com/mkmzi/kymt/>) and made available to all the trainee. The QR code-based training manual was also prepared so that trainee employee can access easily by mobile. The valedictory function chief guest Dr. Kuldeep K. Lal, Director, ICAR-NBFGR, presented the certificates to 14 successful trainees (M=13, F=1), and which they could look back on for years to come as remembrance. Meeting ended with vote of thanks by Dr. Achal Singh, Principal Scientist, Nodal HRD & Training coordinator.

Public-goods Initiatives

	
<p>Release of HRD training manual in Inauguration</p>	<p>Remarks of Chairman, Inaugural session, Dr. Kuldeep K. Lal, Director.</p>
	
<p>Inaugural session speaker Dr. B. Kushwaha, Principal Scientist, NBFGR</p>	<p>Introduction about purpose of organisation training & training manual, related to Good Health & Well-being.</p>
	
<p>Guest speaker Sh. Aman Gupta, Coordinator, E-3, Consultanmce firm, Lucknow, with trainee.</p>	<p>Valedictory session, trainee with certificates with Director, NBFGR.</p>



Feed-back- participant
<https://online.fliphtml5.com/mkmzi/kymt/>



Certificates presentation to participants


e-Booklet: Link

e-Booklet: QR code

News paper coverage

AAJ, p5, 26.11

रोगों के प्रति प्रतिरोधक क्षमता बढ़ाता है योग

सहायक कर्मचारियों को प्रभावी स्वास्थ्य प्रबंधन पर दिया प्रशिक्षण

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।

Sahara, p.6, 26.11

योग और ध्यान कर रहें स्वस्थ

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।

Amrit Vichar, p.5, 26.11

तन और मन से स्वस्थ रहना जरूरी

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।

Tizarat, p.3, 26.11

सहायक कर्मचारियों के लिए प्रभावी स्वास्थ्य प्रबंधन पर प्रशिक्षण

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।

राज्य सरकार ने राष्ट्रीय स्वास्थ्य प्रबंधन पर एक प्रेरक कार्यशाला आयोजित की। कार्यक्रम में योग और ध्यान का विशेष महत्व पर प्रकाश डाला गया।