



**Engineering Staff College of India**  
Autonomous Organ of The Institution of Engineers (India)  
Old Bombay Road, Gachibowli, Hyderabad – 500 032.TS, India

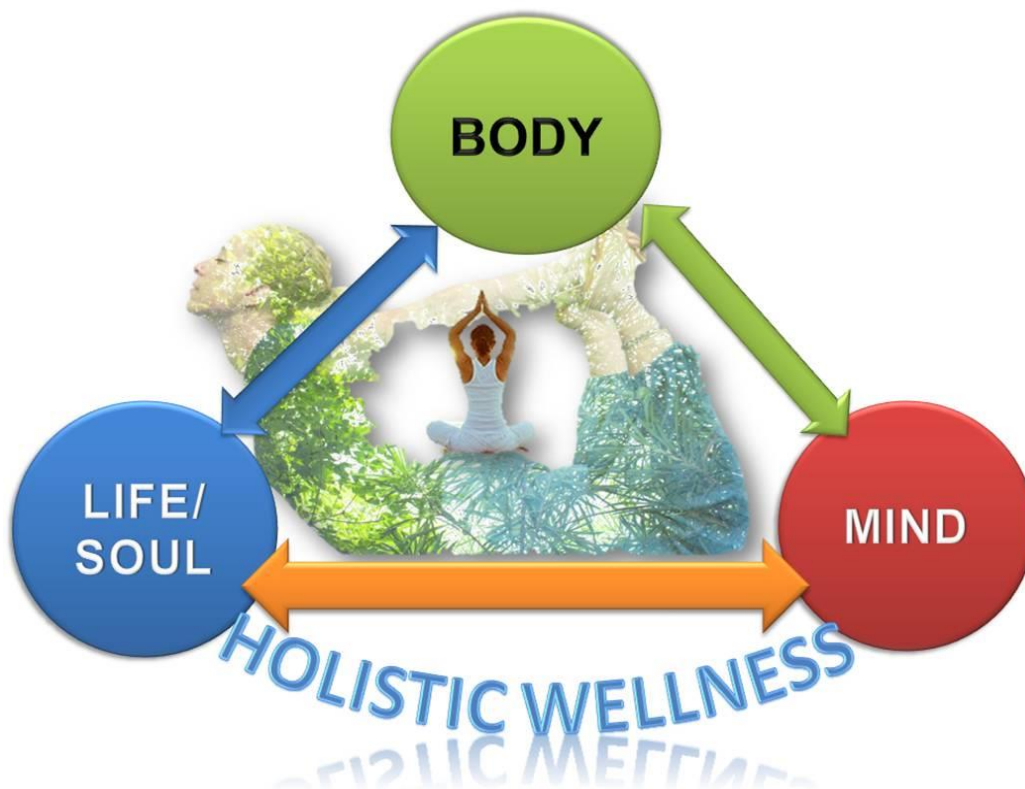


**Management and Technology Division**

**Continuing Professional Development Programme on**  
*Holistic Wellness*

Synchronizing Mind, Body and Life for personal and professional performance

**24-26 July 2018**



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

**Centre for Promotion of Professional Excellence**

## INTRODUCTION:

Wellness is essential for optimal life experience and performance. Most people end up trading one dimension of wellness 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 programme brings forth a 360-degree approach towards 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 wellness, 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 programme is about useful, authentic and interesting learning on physical, mental and spiritual wellness, leading to personal and professional excellence and ensuring greater productivity to organization through improved employee performance.

## OBJECTIVES:

The programme aims at sensitizing the participants in the areas of physical, mental & spiritual wellness. It brings an integrated approach towards life such that personal wellness reflects upon professional excellence, leading to organizational growth.

## COURSE COVERAGE:

- Fundamentals of physical & mental health
- Work life balance – right perspective
- Pragmatic Stress bursting techniques through meditation
- Professional excellence
- Science of food
- Science of weight management
- Golden 20 minutes: learn to design a 20-minute workout plan for self
- Benefiting from rhythmic breathing
- Dealing with lifestyle diseases
- Dealing with healthcare providers
- Mind management
- Emotional Intelligence
- Role of spirituality in wellness
- Action plan for holistic wellness

## 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, individual /group activities 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. Apart from these, two social visits are also planned to have intellectual exchanges sharing of experience and developing connectivity for future mutual benefits with other participants

## COURSE ADVISOR & RESOURCE PERSONS



**Dr. Vivek Modi**, a Medical Doctor, turned wellness trainer. He is a certified trainer from world renowned Dale Carnegie Training and has been in the field of training since 2010.

## FACULTY

The faculty consists of experts from industry, research establishments and academia besides that from ESCI.

## TARGET PARTICIPANTS

This programme is potentially beneficial for people from all walks of life. As spillover effect, the programme also positively affects the related family & organization.

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 sector, 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 Wellness. The program would help them in self-organizing, working efficiently & improving the quality of life in general. As a spillover effect the program also positively affects the respective organization & family.

## PROGRAMME VENUE, DATES & TIMINGS

**Venue:** Engineering Staff College of India (ESCI) Campus, Old Bombay Road, Gachibowli, Hyderabad. 500032. TS, India.

### Dates

24-26 July 2018

### Timings

On the first day Registration will commence at 0900 h. On all other days the programme timings will be from 09.45-17.15 Hrs with breaks in between for tea and lunch.

## COURSE DIRECTOR



**Gp Capt (Retd) BS Phillora** BE (ETC), AE (L), MMS (DS), M Phil, FIE

Dean of Studies ESCI &

Sr. Faculty, Management & Technology Division, ESCI

## COURSE FEE

₹ 15,500/- (Residential Fee) per participant. Fee includes, course material, course kit, twin-sharing/single AC accommodation as per availability, breakfast, lunch, dinner, tea / coffee and snacks during the actual days of training programme.

### DISCOUNTS:

- ❖ **Non-Residential Fee:** 10% discount on course fee is allowed for non-residential participants.
- ❖ **Group Discount:** Additional 10% discount for three or more participants, if sponsored by the same organization.

(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, India

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

**Fax :** 914030995227 & 04066304103

**Email:** [mt@escihyd.org](mailto:mt@escihyd.org),

### For Registration Please Contact:

Mr. LV Rao

Programme Manager,

Land line 040 66304105

Mob: 0 9949145865

### CERTIFICATION

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

### GENERAL INSTRUCTIONS:

- ESCI encourages participants to present case studies from their respective organizations.
- For the convenience of outstation participants, ESCI will facilitate pick-up and drop from Airport / Railway Stations / Bus Stations, if travel plans are received at least 3 days in advance along with mobile number by fax or email. The charges shall be paid by the participant directly to the Cab.
- ESCI provides complimentary accommodation and boarding to the participants one day before commencement (Check-in 1200 h) and one day after conclusion (Check-out 1200 h) of the programme duration. Overstay charges will be applicable as per ESCI rules (subject to availability of accommodation)
- Well-developed Information Centre and Internet facilities are available to the participants.
- **Nominating authorities are requested to kindly send the contact details of the participants while sending their nomination letter. This will help us in making necessary administrative arrangement for them.**