



भाकृअनुप-राष्ट्रीयपशुरोगजानपदिकएवंसूचनाविज्ञानसंस्थान
ICAR-National Institute of Veterinary Epidemiology and Disease Informatics
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Dr.Rajeswari Shome, M.V.Sc., Ph.D.
Principal Scientist

CIRCULAR

On the advice of the Human Resource Management Unit of ICAR, New Delhi, a training program on *“Effective Health Management for Enhancing Work Efficiency”* is being organized on **8th January, 2021 from 10:30am to 1:00pm** at ICAR-NIVEDI, Bangalore for **all categories of staff**. Additionally participants from 31 AICRP centers of the institute will also be connected on line for the program. The training is organized to equip staff to effectively manage their health to discharge their duties in these pandemic times.

Events list of the training program:

10.30 am	ICAR song	
	Invocation song by Ms. Akshatha Goudar	
	Welcome Speech Welcoming the dignitaries	Dr. Rajeswari Shome, Principal Scientist and Nodal Officer, HRD cell
	Remarks by the Director, ICAR -NIVEDI	
	Lecture on “Effective Health Management for Enhancing Work Efficiency”	Dr. Krishnamurthy Jayanna, MD (Community Medicine) Dean, Faculty of Life and Allied Health Sciences and Professor: Public Health at Ramaiah University of Applied Sciences, Bangalore <u>Volunteer and trainer in Heartfulness Institute (Global organization) on</u>

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		<u>meditation and integrative health management</u>
	Dr. Arvind, Veterinary Officer, Shivamogga District	Program Coordinator for Relaxation/ Meditation
	Dr. Sundresh M.K. Rtd. Assistant Director, AH & VS, Govt. of Karnataka	Life learning experiences from animal behavior
	Vote of Thanks	Dr. R. Sridevi, Senior Scientist and Co- Nodal Officer HRD cell, ICAR-NIVEDI
1.00 pm	Group Photo	
1:10pm	Sattvik Lunch with health drink is arranged for all the employees	

Anchors : Dr. Siju/ Mrs. Akshata / Anand Bhardwaj

❖ **Venue:** Farmers Training Hostel, ICAR-NIVEDI.

❖ **Dress code:** preferably white color, Indian traditional style and comfortable dress is suggested for the program.



(Rajeswari Shome)
Nodal Officer, HRD cell

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