

ICAR HRD Training on “Enhancing Personal Effectiveness at Workplace” during 8th to 13th October, 2018

ICAR funded Human Resource Development training on “**Enhancing Personal Effectiveness at Workplace**” has been organized for technical officers of ICAR Institutes during 8th to 13th October, 2018 in the Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute, New Delhi. This training program was organized by Dr.Premlata Singh, Head (Agril.Extension) & Coordinator, School of Social Sciences, IARI as Course Director and Dr.Satyapriya, Pr.Scientist (Agril.Extn.) & Dr.V.Sangeetha, Scientist (Agril.Extn.) as course coordinators. Considering the importance of effectiveness at the workplace, this training program was basically designed to understand and develop personal effectiveness at workplace for high job performance and personal growth. This training was attended by 21 technical officers including 18 male and 3 female candidates from 3 ICAR institutes namely ICAR-Indian Agricultural Research Institute, ICAR-National Bureau of Plant Genetic Resources and Vivekananda Parvatiya Krishi Anusandhan Sansthan (VPKAS). The training was conducted with the objectives of creating understanding among the technical staff about the interpersonal behaviour, integrity, interpersonal conflicts at the workplace, emotional intelligence, how to respond positively to workplace challenges, dealing with stress etc. and also to sensitize them about the soft skills essential to manage better at workplace. This training covered 21 sessions including lectures and practicals. The topics covered included understanding personal effectiveness, understanding job roles and job satisfaction at workplace, gender sensitization, stress, conflict and time management, team building, tower building exercise etc. The valedictory session was overwhelmed with the presence of Dr.A.K.Vyas, ADG (HRD) and Dr.G.K.Jha, Pr.Scientist (Agricultural Economics) and HRD Nodal Officer. This training was well appreciated by the trainees.

Technical officers training at a glance



Dr. Premlata Singh, Head (Agril.Extension) and Course Coordinators with participants during Micro Lab session



Tower building session



Session on Goal Setting



Team building exercise with the trainees



Dr J. P. Sharma Joint Director (Extension), IARI taking session on achievement motivation



Presentation by the participants



Valedictory session with certificate distribution by Dr.A.K.Vyas, ADG (HRD), ICAR