



Organizes

PROGRAM ON WELLNESS FOR WOMEN

Duration: 3 Days (June 10-12, 2024)

Mode of Conduct: Residential

Introduction

Women wellness program provides expert assistance with the psychological, social, emotional and practical needs of women. Personal development of women continues to be a significant challenge around the world. According to global studies, balancing professional commitments at workplace and personal commitments at home are creating more stress in working women. They should be able to build a high performance work culture through their balancing attributes and skills. Wellness in women is imbibed through a steady process of learning from real life situations and its implications based on practical approach via enriching experiences. The current programme is, thus, designed to empower WOMEN to various dimensions of balancing act between personal and professional life by equipping them with competencies that will help them to balance life and excel in both spheres.

Objectives

To equip and assist women professionals participating in the program with tools and techniques that help achieve a healthier, happier and successful life.

Who should attend?

Junior/Middle/Senior Management Grade Officers from banks/financial institutions and public/private sector organizations/institutions

Training Methodology

- Highly interactive sessions
- Evening group works and presentations
- Experience sharing

Key Topics

- Creating positive Self Image for Self Transformation
- Career Growth – Top Traits and Crossing over impediments
- Managing Stress and Balancing Emotions
- Maintaining Mindfulness & Adapting to Change
- Healthy Living in the Modern Age
- Managing Body and Physiological Changes
- Impact of Stress on Gynecological Health of Working Women
- Nutritional Needs and Dietary Focus
- Managing Finances and Investments
- Empower Her – A Journey of Wellness
- Action Plan and Monitoring Progress (Group Presentations)

Fees

- Rs. 36,000/- plus 18% GST per participant (includes boarding and lodging)

Discount	No. of nominations	Remarks
10%	3 and above	For nominations from single organization / institute
15%	5 and above	
20%	10 and above	

- Training fee is payable before the program

Mode of payment

Credit to “IDBI Training College” account as per details below in the enclosed

- Bank Name: IDBI Bank, Gachibowli Branch, Hyderabad
- Account No: 79537000010771
- IFSC Code: IBKL0000432
- IDBI Bank PAN No: AABCI8842G
- GST ID: 36AABCI8842G2ZF

Contact details

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NOMINATION FORM**PROGRAM ON WELLNESS FOR WOMEN****June 10-12, 2024****1. Nominee Details:**

S. No	TITLE	NAME	GENDER	ORGANIZATION	LOCATION	EMAIL ID	MOBILE
1							
2							
3							
4							
5							

2. Sponsoring Organization details:

Organization Name	
Address	
Telephone No	
Email id	
Contact Person Name & Mobile No	
GST details	
PAN details	
TAN details	

3. Details of Course Fees

Fees amount	
Bank/NEFT details	

Please email the scanned nomination form to contactidbitc@idbi.co.in