



Global Development Foundation

&

Indian Society for Training Development

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Institute of Chartered Management Association

**2- DAYS NON-RESIDENTIAL
EXECUTIVE DEVELOPMENT PROGRAMME
on
PROMOTING WELLBEING & HAPPINESS**

**~ SOCIAL ENGINEERING &
RATIONAL EMOTIVE BEHAVIOUR THERAPY APPROACH**

**on
19th & 20th December 2011**



THEME OF THE PROGRAMME

The Programme focuses on promotion of wellbeing in organisation and showing how one can make oneself happy regardless of present circumstances. People often wonder –

- How Well-being be promoted?
- Can one really be happy?
- After all, the hard work and struggle is to fulfil one's needs and dreams. Why happiness still eludes people?
- In spite of all the conveniences, luxuries & available gadgets to make life easier why happiness is rare?
- Can progress be considered a guarantee for happiness?
- What more is required to be happy? How you can live a happier life?

The Programme is designed to practically demonstrate how one can be truly happy in spite of the inevitable pressures of daily living. The Programme focuses on training the participants to understand, and overcome the emotional blocks in the way of happiness and lead a more emotionally satisfying & enriching personal and professional life.

UNIQUE FEATURES OF THE PROGRAMME

- Focuses on healthy and enjoyable emotion of happiness and not on merely reducing unpleasant emotions such as anxiety, depression & anger etc.
- Samples of actual counselling sessions to solve the problem presented by participants during the workshop.
- All the proceedings will focus on practical solutions to day-to-day problems instead of just lectures and sermons.
- Concept of Social Engineering propounded by Hens Sally on Stress Management and Well-being of WHO shall be propounded.

CONDUCT OF THE PROGRAMME

Day 1	Day 2
Mastering essential concept on Wellbeing, how to promote wellbeing in organisation and promote meaningful Human Capital for organisational excellence. Understanding the road blocks those come in the way of happiness from a Rational Emotive Behaviour Therapy point of view.	Techniques of getting rid of emotional blocks and methods of going ahead on the path of happiness will be explained. As a result, participants will be able to use their talents to the fullest and improve their performance and live a happier life.

WHO SHOULD ATTEND

The Programme is open for the entire middle level managers who are curious to know ideas and techniques to make themselves happier and live a fulfilling life, and manage their stress in more meaningful manner.

METHODOLOGY

- Free-wheeling discussions
- Group interactions & role play
- Practical / live demonstrations
- Behavioural exercises & other participative methods.

PROGRAMME LEADERS

Programme Director:

Prof. R K Suri, Chairman GDF, Former Director General- VC Monad University, Ghaziabad, Former *Executive Director* Rajeev Gandhi Institute of Petroleum Technology,(At par with IIT) Raebareli, Formerly Head Ed.CIL India Ltd Government of India.

Faculty:

- **Dr. T B Singh**, Professor IHBAS, Delhi
- **Dr. S D Sharma**, Former Director General, Health Services, Govt. of India
- **Mrs. Swadesh Trikha**, Specialist in behavioural Sciences
- **Dr. Kamal Khurana**, Relationship Specialist in behavioural Sciences

PROGRAMME DETAILS

Date & Timing	Venue	Fee
19th & 20th Dec 2011 9:30 AM 5:30PM (Both Days)	Indian Society for Training & Development, "ISTD House" B-28 Qutab Institutional Area New Mehrauli Road New Delhi	₹ 9,000/perparticipant (nonrefundable). Payment in favour of GLOBAL DEVELOPMENT FOUNDATION Payable at New Delhi

Important Condition

- Prior registration is compulsory.
- Registration will be done on first come first basis.
- The Programme is a non-residential .
- Payment to be made by cheque/ DD/pay order in favour of **GLOBAL DEVELOPMENT FOUNDATION** Payable at **New Delhi**.
- Outstation participants will have to make their own 'to and fro travel and stay arrangements' for attending the Programme.

GDF

The GDF is a non-profit foundation focusing on Development issues to fill the gap arising between the rich and poor, socio-cultural groups and help them to develop and sustain the human and material capital and infrastructure necessary to sustain, expand and exploit, economic and social well-being, not only to their own benefit, but to that of their larger national host.

GDF facilitate the transformation from total dependency or unhealthy independence, to healthy economic cross-cultural interdependency based on the social self-sufficiency.

ISTD

The Indian Society for Training and Development(ISTD),established in April 1969, is a national level professional non-profit society. It has a large membership of institutions and persons involved in the training and development of human resources, from government, public and private organisations and other bodies. ISTD has 32 Chapters throughout India with the National Headquarters in New Delhi.

The society is affiliated to the International Federation of Training and Development Organisations (IFTDO), London and Asian Regional Training and Development Organisations (ARTDO), Manila. ISTD has an agreement with ASTD for sharing Resources and extending benefits to members of respective organisations.

ICMA

Institute of Chartered Management Association(ICMA) was formed by leading educationists and Management professionals in 1996 as a Non-Profit Organisation for professional development and benchmarking of Management Professionals. It has been providing consultancy and training to various National & International Organisations like ILO, UNICEF, IL&FS, PHFI etc. for impact studies, performance audit, strategic interventions, setting up of International Schools, Colleges and Universities etc.

For Further Details Please Contact

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