



पंडित दीनदयाल उपाध्याय राष्ट्रीय सामाजिक सुरक्षा अकादमी
PANDIT DEENDAYAL UPADHYAYA NATIONAL ACADEMY OF SOCIAL SECURITY
कर्मचारी भविष्य निधि संगठन (श्रम एवं रोजगार मंत्रालय, भारत सरकार)
EMPLOYEES PROVIDENT FUND ORGANISATION
MINISTRY OF LABOUR AND EMPLOYMENT, GOVERNMENT OF INDIA

30-31 इंस्टिट्यूशनल एरिया, जनकपुरी, नई दिल्ली 110058,
फोन - 28524248, फ़ैक्स - 28525987

30-31 Institutional Area, Near CNG Petrol Pump, D-Block, Janakpuri, New Delhi - 110058

Phone: 011-28524248, Fax: 28525987

Email: natrss@epfindia.gov.in



PDNASS/COURSE DIRECTOR/2022/12/6

DATED: 6-12-2022

To,

Respected Zonal Addl. CPFCs/Addl. CPFC (ASD),
Respected RPFC-I (s),
Regional Offices (As per list of participants)

Subject: Online Training Programme on “Developing Hobbies as a Destress Strategy” to be held from 8th & 9th December, 2022- reg.

Respected Ma`am(s)/Sir(s),

Pandit Deendayal Upadhyaya National Academy of Social Security (PDNASS) is conducting a two days Online Training Programme on “Developing Hobbies as a Destress Strategy” scheduled to be held from 8th to 9th December, 2022, online through Webex.

2. The list of participants for the above mentioned training programme is enclosed herewith. Due care has been taken while nominating officers for the above Training Programme. However, in case there is any error in any officer’s data, same may please be brought to the notice of undersigned by the concerned officer/ office for rectification.

3. All the concerned Respected OICs are requested to kindly direct the nominated officer(s) posted in their respective Zones/Regional Offices/HO with directions to attend training Online Through Webex on 8th December, 2022 at 10.00 AM sharp.

4. The Webex Link for the training is as mentioned below;

S.NO	Date	WebEx Link
1	8-12-2022	https://zonaltraining.webex.com/zonaltraining/j.php?MTID=m938240b633aafd05c4a30218f7dc5fea
2	9-12-2022	https://zonaltraining.webex.com/zonaltraining/j.php?MTID=m193db029f0466174f17d1ecaca42968a

5. In case of any change of nominated officer(s), prior approval of Director, PDNASS for exemption may please be obtained.

6. Online Valediction Programme is likely to be over by 05:15 PM on 9th December, 2022.

Enclosed;

1. List of Participants
2. Session Plan
3. Inauguration Ceremony Schedule
4. Valediction Ceremony Schedule.

Regards,



(SUNIL KUMAR)
COURSE DIRECTOR
REGIONAL PF COMMISSIONER-II

Copy for information to,

PA to Director, PDNASS



सत्यमेव जयते

पंडित दीनदयाल उपाध्याय राष्ट्रीय सामाजिक सुरक्षा अकादमी
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PDNASS/COURSE DIRECTOR/2022/12/6

DATED: 6-12-2022

ONLINE TRAINING PROGRAMME-8, 2022-23
DEVELOPING HOBBIES AS A DESTRESS STRATEGY
8th to 9th DECEMBER 2022

COURSE DIRECTOR: SHRI SUNIL KUMAR, RPFC-II

1. LIST OF PARTICIPANTS

S.NO	NAME OF THE OFFICIAL	DESIGNATION	PLACE OF POSTING
1	SHRI HEMONG VENKATESH	RPFC-I	RO, KADAPA
2	SHRI B ANDREW PRABHU	RPFC-I	ZO, CHENNAI
3	SHRI AMITABH PRAKASH	RPFC-I	RO, BHOPAL
4	SHRI MANORANJAN KUMAR	RPFC-I	RO, INDORE
5	SHRI JAGDISH TAMBE	RPFC-I	RO, AURANGABAD
6	MISS RINA MANDAL	RPFC-I	RO, BATHINDA
7	DR SHIV KUMAR	RPFC-I	RO, HYDERABAD-I
8	SHRI M H WARSI	RPFC-I	RO, HYDERABAD-II
9	SHRI NINGSHEN THOTHAR	RPFC-I	RO, KANDIWALI WEST
10	SHRI GAUTAM	RPFC-I	ZONAL OFFICE, KANPUR(U.P)
11	SHRI SHASHANK DINKAR	RPFC-I	RO, NOIDA
12	SHRI INDRANEEL GHOSH	RPFC-II	RO, GUNTUR
13	DR. RAM KRISHNA TRIPATHI	RPFC-II	RO, BANDRA
14	SHRI GHANSHYAM MEENA	RPFC-II	RO, POWAI
15	SHRI SUMAN SAURAV	RPFC-II	RO, MYSURU
16	SHRI SHASHI KUMAR	RPFC-II	RO, RAICHUR
17	SHRI. PRANAV P	RPFC-II	RO, KOLLAM
18	SHRI RAVI ANAND	RPFC-II	RO, SHIMLA
19	SHRI SHAILENDRA KUMAR JAIN	RPFC-II	RO, JAIPUR
20	SHRI RAKESH NAYAK	RPFC-II	RO, KOTA
21	SHRI MANISH THAKUR	RPFC-II	HEAD OFFICE
22	SHRI PANKAJ KUMAR	RPFC-II	HEAD OFFICE
23	SHRI SAMIRAN MUKHERJEE	APFC	RO, VATWA
24	SHRI KASHINATH SAHOO	APFC	RO, RAJKOT
25	SHRI RANJEET SINGH	APFC	DO, PANIPAT (RO, KARNAL)
26	SHRI MAMCHAND SHARMA	APFC	RO, GURUGRAM(EAST)
27	SHRI. JOHN SAMUEL	APFC	DO, ALLEPPEY

28	SHRI RAMESH CHANDRA SINGH	APFC	RO, PUNE (AKURDI)
29	MS. M L PADHI	APFC	RO, BHUBANESWAR
30	SHRI SHAIENDRA NARAYAN JHA	APFC	DO, MALBAZAR, JALPAIGURI
31	SMT. TRIPTI SINHA	APFC	RO, PARK STREET
32	SWARNALATHA M	DD(OL)	ZO, CHENNAI

Regards,



(SUNIL KUMAR)
COURSE DIRECTOR
REGIONAL PF COMMISSIONER-II

2. SESSION PLAN

ONLINE TRAINING PROGRAMME-8, 2022-23

DEVELOPING HOBBIES AS A DESTRESS STRATEGY

ON 8th to 9th DECEMBER 2022

COURSE DIRECTOR: SHRI SUNIL KUMAR, RPFC-II

DATE	SESSION (TIME)	TOPICS	FACULTY
08.12.2022	10:00-10:30	REGISTRATION & INTRODUCTION OF PARTICIPANTS INAUGURAL ADDRESS	CHIEF GUEST MS. MRIDULA GHAI, ACC (HQ) DIRECTOR, PDUNASS SMT. GHAZALA ALI KHAN, REGIONAL PF COMMISSIONER-I SHRI NILENDU MISHRA REGIONAL PF COMMISSIONER- I SHRI SUNIL KUMAR RPFC-2, COURSE DIRECTOR, PDUNASS
	10:30-11:30	UNDERSTANDING SELF FOR HAPPY LIFE	Mrs. PRITIMA KAUSHAL, DIRECTOR, ENABLERS INDIA, NEW DELHI
	11:30 - 11:45	BREAK	
	11:45-12:45	MEDITATION FOR WORK LIFE BALANCE	Mrs. PRITIMA KAUSHAL, DIRECTOR, ENABLERS INDIA, NEW DELHI
	12:45-13:00	OPEN HOUSE FOR QUESTIONS AND ANSWERS	
	13:00-14:00	LUNCH BREAK	
	14:00-15:15	STRESS MANAGEMENT THROUGH DEVELOPING HOBBIES	Mrs MANVI SHARMA ADVOCATE (SUPREME COURT OF INDIA) & EXPERT SPEAKER ON STRESS MANAGEMENT
	15:15 – 15:30	BREAK	
	15:30 – 16:30	ASSERTIVE COMMUNICATION FOR HAPPY LIFE	Shri Y N KAUSHAL, FOUNDING MEMBER, ENABLER INDIA, DoPT RECOGNIZED TRAINER

			& SHRI SUNIL KUMAR, RPFC-II
	16:30-17:00	OPEN HOUSE FOR QUESTIONS AND ANSWERS	
09.12.2022	10:30-11:30	HOBBIES & HAPPINESS	EXPERT SPEAKER
	11:30-11:45	BREAK	
	11:45-12:45	HAPPINESS & WELLBEING	EXPERT SPEAKER
	12:45-13:00	OPEN HOUSE FOR QUESTIONS AND ANSWERS	
	13:00-14:00	LUNCH BREAK	
	14:00-15:15	TOTAL QUALITY PERSON (TQP)	Dr. C V RAMANAN, PROFESSOR AND LIFE COACH, SPIRITUAL SADHAK
	15:15-15:30	BREAK	
	15:30 -16:15	TOTAL QUALITY PERSON (TQP)	Dr. C V RAMANAN, PROFESSOR AND LIFE COACH, SPIRITUAL SADHAK
	16:15-16:30	OPEN HOUSE FOR QUESTIONS AND ANSWERS	
	16:30-17:00	VALEDICTION	CHIEF GUEST MS. MRIDULA GHAI, ACC (HQ) DIRECTOR, PDUNASS SHRI NILENDU MISHRA REGIONAL PF COMMISSIONER- I SHRI SUNIL KUMAR, RPFC-II COURSE DIRECTOR, PDUNASS

Regards,



(SUNIL KUMAR)
 COURSE DIRECTOR
 REGIONAL PF COMMISSIONER-II

3. INAUGURATION CEREMONY SCHEDULE

S.NO	EVENT	TIMING	OFFICER NAME
1	WELCOME OF Hon`ble CHIEF GUEST	10:00-10:02	MS. MRIDULA GHAI, ACC (HQ)
2	WELCOME OF Hon`ble DIRECTOR, PDNASS	10:02-10:04	RPFC-1, PDNASS
3	INTRODUCTION TO TRAINING PROGRAM	10:04-10:10	SHRI SUNIL KUMAR, RPFC-II
4	Hon`ble DIRECTOR PDNASS SPEECH	10:10-10:20	MS. MRIDULA GHAI, ACC (HQ)
5	Hon`ble CHIEF GUEST SPEECH	10:20-10:30	CHIEF GUEST
6	VOTE OF THANKS	10:30-10:32	RPFC-1, PDNASS

5. VALEDICTION CEREMONY SCHEDULE

S.NO	EVENT	TIMING	OFFICER NAME
1	WELCOME OF CHIEF GUEST	4:30-4:32	MS. MRIDULA GHAI, ACC (HQ)
2	WELCOME OF DIRECTOR, PDNASS	4:32-4:34	RPFC-1, PDNASS
3	BRIEF OF TRAINING PROGRAM	4:34-4:40	SHRI SUNIL KUMAR, RPFC-II
4	DIRECTOR PDNASS SPEECH	4:40-4:50	MS. MRIDULA GHAI, ACC (HQ)
5	CHIEF GUEST SPEECH	4:50-5:00	CHIEF GUEST
6	VOTE OF THANKS	5:00-5:02	RPFC-1, PDNASS

Regards,



(SUNIL KUMAR)
COURSE DIRECTOR
REGIONAL PF COMMISSIONER-II