

Facilitators

Prof. Vasanthi Srinivasan

IIM-B

Vasanthi Srinivasan is a specialist in OB and HR at IIM-B. Her areas of research interest range from management and leadership development, career transitions, organizational practices, to work-life integration. She has significant publications to her name and also holds professional membership with both reputed corporate and public sector organizations. She has designed HR strategies for both corporate and public organizations and is currently designing programs for Infosys Technologies.

Yogacharya Swami Devaprasad

Yoga Guru & Instructor

Swami Devaprasad, professionally trained as a Yoga instructor, impressively experienced in its various facets and deeply committed to yoga as an intrinsic part of being healthy, embodies the very spirit of yogic healing. He is an exponent of yoga in its various forms - from wellness to wholeness, to Power yoga and stress management. His practice has taken him across the South. He has been widely published in various languages, both in India and abroad.

Mr. Rahul Kapoor

Founder and Chief Trainer of KWEC

Mr. Rahul employs his signature style – a combination of high energy levels, a willingness to reinvent and an enviable presence of mind – to impart the most difficult lessons in the most palatable form. His experience of over a decade has been enriched by conducting over a thousand sessions covering all ranks and positions of a corporate hierarchy which makes him a preferred choice for various interventions.

Mr. Deepak Shinde

ALMA MATER

Mr. Deepak Shinde a luminary with scintillating wit and personality, much adored and loved and respected by all those who know him as a renowned teacher of the Alma Mater, and an engineer by profession, pursued his dream of being a teacher with a difference trying to touch the heart of learners. As an inspirational speaker and a true teacher with an indomitable spirit, Deepak focuses on helping others to create a difference. He addresses Leaders, CEO's, Teachers, MBA, BE, School and College students and people from all walks of life.

Workshop Schedule

8.00 am	:	Registration Starts
8.30 - 9.00 am	:	Breakfast
9.00 am	:	Inauguration
09.15 - 09.30 am	:	Welcome address by Dr. R. Chenraj Jain , Chairman, JGI
09.30 - 09.45 am	:	Chief Guest Ms. Snehal Mantri Director-Marketing, Mantri Developers Pvt. Ltd.
10.00 - 10.15 am	:	Coffee Break
Session - I		
10.15 - 11.30 am	:	Prof. Vasanthi Srinivasan , (IIM-B) Topic : "Work-Life Balance" of academics
Session - II		
11.30 - 12.30 noon	:	Yogacharya Swami Devaprasad Topic : Yoga at the work place
12.30 - 01.15 pm : Networking Lunch		
Session - III		
01.30 - 02.45 pm	:	Mr. Rahul Kapoor (Chief Trainer of KWEC) Topic : Is it time for a change
Session - IV		
03.00 - 05.00 pm	:	Mr. Deepak Shinde , (ALMA MATER) Topic : Life changing oration
05.00 - 05.30 pm	:	Valedictory

Registration Details

The first 100 entries will be eligible for Rs.500 discount on the registration fee.

Individual Registration : Rs. 1000/- (inclusive of all)

2 or more registration from the same organisation will attract 10% discount on registration

Last date for Registration : 13th September 2010, Monday

Travel & Accommodation

Participants have to arrange accommodation & travel on their own.

FDP Co-ordinator

Mrs. UMA WARRIER, Faculty & Counselor, JU-CMS

Tel : 080-43430200 / 9945356648

Email : fdp@cms.ac.in | uma@cms.ac.in

Jain University - Center for Management Studies

1/1-1, Atria Towers, Palace Road, Bangalore - 560 001, Karnataka, INDIA

Tel : +91 80 43430200 | Fax : +91 80 22353215

Web : www.cms.ac.in

National Level Faculty Development Programme

'Work-Life Balance'

18th September 2010, Saturday

Hotel Atria, Palace Road, Bangalore- 1





Jain University is a deemed to be University under section 3 of the UGC act, 1956. It is a member of the prestigious Jain Group of Institutions, headquartered in Bangalore. The group represents a cluster of 59 educational establishments, that are home to over 30000 students from across the world & over 2000 staff members engaged at the K-12, undergraduate & postgraduate levels across 20 campuses and centers of excellence.

It is powered by the vision of a secular, innovative and truly educated India. To realise this, creative and challenging academic programmes are on offer in Science, Management, Commerce, Engineering, Research, Sports, Liberal Arts, Communication and Visual media. The aim is to help every aspiring student realise his/her complete potential through holistic and stimulating education.

About JU-CMS

Center for Management Studies (CMS) is a top-notch educational institute that imparts learning in management and entrepreneurial studies with passion. We at CMS are instrumental in the creation of intellectual capital – the entrepreneurs and pillars of India's prosperous future. The ideals and standards prevalent in these endeavours are derived from its parent institutions, JGI and Sri Bhagawan Mahaveer Jain College, in equal measure. We have been accredited by NAAC with the highest rank of 3.8 out of 4.0. CMS constantly innovates and sets high standards of achievement.



Message from the Chairman



Dr. R. Chenraj Jain
Chairman, JGI

Distinguished Guests

Welcome to Jain University - Center for Management Studies and the Faculty Development Programme on "Work-Life Balance". Making life rewarding calls for a life rich in achievement, contribution and experience. It demands harmony in areas of work, family, self and society.

In a life defined by challenge and achievement stress is ever present. Successful Work-Life balance, therefore, dictates success.

The hour for radical change in personal and professional life and in synergy is now! Jain University always believes that tomorrow will be better only if today is fruitful.

I welcome you to the hour of change.

Yours sincerely,

Dr. R. Chenraj Jain
Chairman, JGI

Message from the Vice-Chancellor



Dr. N. Sundararajan
Vice-Chancellor, Jain University

Dear Delegate,

We welcome you to join us in Bangalore in September for our Faculty Development Programme. The challenges we face in keeping pace with transforming the way education is delivered, is increasing rapidly.

This programme will throw open insights on work-life balance, that are both innovative and radical; time tested traditional modes and fundamental strategies to fast-track change, personal and professional.

Yours sincerely,

Dr. N. Sundararajan
Vice-Chancellor, Jain University

Concept - Work-Life Balance

Achieving work life balance is an investment which fetches long term rewards. A balanced life is one where we spread our energy and effort, whether it is emotional, intellectual, imaginative, spiritual and or physical, between the key areas of importance. The best work life balance is different for each of us because we all have different priorities and different lives. In general, a meaningful daily achievement and enjoyment in each of the four life quadrants - work, family, friends, self, could be termed as balanced life. Imbalance in any of the quadrants will topple an individual. But is it a problem that an organization should worry about? The answer is - Yes. The work place has become the single greatest source of stress. Statistics reveals that 75-90% physicians visits are related to stress. Continued negligence of workplace stress will lead to psychological strain, work place violence and absenteeism, apart from the major health problems for individual employee, costing the profitability and good will of the company. Obviously, it is hard to ignore the wake up call and hence the faculty development program.

Methodology

FDP is based on select learning techniques like Behaviour Modeling, Lectures, Interactive Sessions, Meditation and Yoga. This helps to improve oneself in real time in all four domains of life - work, home, community, self, with greater harmony between them. Participants learn by doing, by reflection and discussion, by challenging perceptions and discovering new ones. Learning happens.

Who Should Attend ?

Though work life balance is a theme of interest for all employed people, this work shop will benefit the education sector to a greater extent. The target audience for this program are mainly Educators, Corporate trainers, Counselors, Professors, Assistant Professors, Lecturers, Doctoral students and Research associates.

Workshop Objectives

- To help participant to identify the major stressors in their life
- To help them learn to manage time in a better way
- To help them identify and set priorities in life.
- To help them learn relaxation techniques.

Takeaway

- Working more productively and feeling more accomplished
- Feeling more rested and energized
- Improved relationship with family and friends
- Better Physical & mental health
- Making correct choices and priorities