

## **ICAR-DCFR organized three days training programme for skilled supporting staff**

6-8 March 2019, Bhimtal (Uttarakhand)

The ICAR-Directorate of Coldwater Fisheries Research (DCFR), Bhimtal, Uttarakhand conducted a three-day training programme from 6-8 March 2019 for the skilled supporting staff (SSS) of ICAR institutes on the theme “Motivation, Stress Mitigation and Farm Management” at Bhimtal. This training was coordinated by Dr. Debajit Sarma, Director and nodal officer HRD, DCFR and Dr. Neetu Shahi, scientist and co-nodal officer HRD, DCFR.



In this 3 days training programme, altogether 13 SSS from various institutes such as ICAR-IVRI, Mukhteswar; ICAR-CITH, Mukhteswar; ICAR-IISWC, Dehradun; ICAR-NBPGR, Bhowali and ICAR-DCFR, Bhimtal participated. There were 3 invited guest lecture on motivation and stress management, 1 yoga instructor/teacher for yoga and 4 internal faculty members as resource person on farm management. Moreover, there was also a session of motivation poem by Shri Krishna Kala. The training was initiated with invited talk of professor Kavidayal, head and dean of department of management studies, Bhimtal who talked about the stress related to management of financial matters and how to overcome it. Subsequently, on 07.03.2019 forenoon

Retd. Brigadier and twice decorated veteran of Indian army Shri Hari Mohan Pant from Bhimtal also interacted with participants and talked about how to remain motivated and stress free in adverse situations. He share his personal experience related to 1965 and 1971 India-Pakistan war and given several examples of bravery and power of positive thinking. He also made aware the participants about the healthy eating habit and discipline for stress mitigation.



Another invited talk by Shri P. N. Shivpuri was also very interactive and he talked about how to keep positive, content and optimistic in our day to day life.





On 08.03.2019, the participants were taught yoga and pranayama to overcome the stress and to keep the physical and mental health at its best. Yoga was taught by Ms. NeemaNegi a professional yoga trainer from Bhimtal.



There were also three lectures in farm management by DCFR scientist. On 08.03.2019 participants were given certificate and feedback was also taken.

