

## **Effective Health Management for Enhancing Work Efficiency**

**ICAR-NRC Grapes recently organized a virtual workshop on “Effective Health Management for Enhancing Work Efficiency” on June 5, 2021 between 11 am and 1:30 pm.** This was executed in response to the advice received from Dr A.K. Vyas, ADG (Human Resource Management and Training Manager), ICAR, vide his letter, F.No. HRM-3(5)/2020-KAB dated 20<sup>th</sup> May 2021 to promote a stress free lifestyle among the institute staffs.

The program primarily focused on the techniques for stress management and enhancing work efficiency. It was coordinated by Dr Kaushik Banerjee, Pincipal Scientist. The institute invited two acclaimed experts in the field of physical, mental and spiritual health management. The experts delivered one-hour session each, which was followed by a live interaction.

In the beginning, Dr R.G. Somkuwar, the Director shared his own fitness *mantra* that he is practicing over the past several years as a daily routine comprising 1 hour of fast walking and ½ hour of *pranayama*. He explained how this fitness schedule along with a balanced diet is keeping him physically and mentally fit to perform the official and family responsibilities with utmost satisfaction. While explaining the importance of regular exercise in day-to-day life, Dr Banerjee appreciated certain institute staffs and cited their examples, who visits gym, does long stretch of running and walking, and practice deep breathing and meditations on a regular basis.

In the technical session, the first speaker was Dr. Dhananjay More, who is a medical doctor by profession and a highly applauded fitness expert. He inspired the participants to take up exercise and physical activities regularly in their daily life. He also motivated the participants to follow a proper diet which in combination with exercise is likely to help maintain their energy level, boost immunity, enhance muscular endurance, result higher productivity at work and help leading a peaceful social life. The staffs learnt that each and every part of the human body requires appropriate exercises, and a regular practice only can sustain and enhance the body-endurance level.

The second speaker, Ms. Vandana Jain from the Art of Living Foundation was well-known to many of the staffs as she offered similar programs earlier at this institute. Being an acclaimed QCI-certified and experienced yoga teacher, she effectively demonstrated simple yet intense breathing and meditation techniques to deal with the stress that people often face in the sedentary lifestyle these days due to frequent lockdown in the region. She offered a practical session where the staffs of ICAR-NRCG performed *pranayama* as per her instructions. Then she guided the staffs to experience a brief session of meditation. She also conveyed the benefits of yoga and meditation through live examples. A total of 123 staffs participated in this program, which included the regular as well as the project staffs.

In addition to the above, the institute staffs also participated in an ongoing virtual meditation program namely 'Maharashtra meditates' conducted by the Art of Living Foundation. This program included *pranayama* and meditation sessions in every half an hour slots, and the staffs participated in it from 27<sup>th</sup> May 2021 onwards on different dates as per their convenient time slots. Almost 100% of the regular and project staffs attended this program through their individual login credentials and provided feedback that it helped them to manage mental and physical stress quite effectively.

The institute staffs participated with great enthusiasm in both the above programs, and offered satisfactory feedbacks. The staffs also felt that such programs should be organized on a regular basis. Dr Somkuwar, the Director appreciated this proposal and suggested the staffs to take initiatives in organizing such programs and help sustaining a positive and healthy atmosphere at the institute.

At the end, Dr Banerjee thanked the trainers Dr Dhananjay More and Ms. Vandana Jain for offering wonderful lessons on effective health and mind management. He acknowledged the support received from Dr A.K. Sharma, Principal Scientist, and the NRL project staffs, namely Dr Raviraj Shinde, Dr Zareen Khan and Ms. Komal Pawar in organizing the event. He also thanked all colleagues for actively participating in the events.