



INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office : N-2/41, I.R.C. Village, Nayapalli, Bhubaneswar, Odisha - 751015, Ph. : 0674-2553640, 2550054
Campus : Chandaka, Bhubaneswar, Khordha, Odisha - 754005, E-mail : ihsbbsr@margdarsi.org, Web : www.ihsindia.org

Name of the Faculty/ Admin Training Program: "Personal effectiveness and stress management through yoga practices"

Date :21.06.2021

Resource Person : Mr. Ramakrishna Pattnaik

Number of Faculty Participants: 13

Number of Admin staff Participants : 15

Description:


One day program has been conducted on **"Personal effectiveness and stress management through yoga practices"**.

The topics covered :

- 1.Yogic Asana
- 2.Pranayana
- 3.Meditation
- 4.Relaxation Practices

Photographs:




Director
Institute of Health Sciences
Bhubaneswar



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Name of the Faculty/ Admin Training Program: "IQAC and its process "

Date :18.07.2022

Resource Person :Prof Srinivas Dorsala

Number of Faculty Participants: 5

Number of Admin staff Participants : 07


Description:

The program focused to:

1. Identify the bottlenecks and identify opportunities for reforms in the administrative mechanisms.
2. Unified Approach towards Administrative Audit for all Accreditation Processes through IQAC.
3. Digital solutions for Academic Activities of Institution.
- 4: Internal audit mechanisms for Academic and Administrative process by IQAC.

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Name of the Faculty/ Admin Training Program: "Management Skills"

Date :15.09.2022

Resource Person :Prof. Satya Mahapatra

Number of Faculty Participants: 12

Number of Admin staff Participants : 10

Description:


One day program has been conducted on "Management Skills".

The topics covered :

- 1.How to in cultivate self leadership skill
2. Strategic insight and be able to be agile in your work.
3. Effectively manage changing responsibilities
- 4.Communicate and negotiate with confidence
- 5.Apply management and self-leadership skills to add greater value to your organization

Photographs:




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