



Centre for Capacity Building & Skill Development

University of Kashmir, Hazratbal

NAAC Credit "A+"

One Day Training for University female Ministerial staff on "Work – Life Balance".

Date: - 20-08-2024(Tuesday)

Venue:- Conference Hall Gandhi Bhawan.

Programme Schedule

Inaugural Session		
Dr. Aadil Bashir(Coordinator CCB&SD) Associate Professor	Inaugural Remarks	10:00am-10:10am
Prof. Naseer Iqbal (Registrar, University of Kashmir)	Remarks	10:10am- 10:20am
Tabassum Qadir Civil Judge Senior Division(J&K)	Remarks	10:20 to 10:40 am
Prof. Nilofar Khan (Hon'ble Vice Chancellor)	Presidential Remarks	10:40am-10:50am
Mr. Mohammad Yousuf Lessu Project Officer	Vote of thanks	10:50am - 11:00am
<u>Technical Session 1.</u>		
Dysp Syed Sleet shah J&K Police Srinagar.	"Protective measures and Risk at work Place."	11:00am- 11:30 am
	Tea Break	11: 30am – 12:00
<u>Technical Session 2.</u>		
Dr. Shazia Kousar(MD Psychiatrist) Institute of Mental Health & Neurosciences.	"Mental Health at Work place Enhancing Psychological Capital"	12:00 -12:45pm
Dr. Misbah Rafiq Research Scientist	" Religious prescriptions for work life balance"	12:45 pm – 1:30pm
Mrs.Zaifrah Bashir, Director Finance, University of Kashmir	"Work-Life Balance Improving Work Efficiency"	1:30pm-2:15pm
	Lunch	2:15pm - 3:00pm
<u>Valedictory Session</u>		
Dr. Aadil Bashir(Coordinator CCB&SD) Associate Professor	Distribution of Certificates	3:00pm – 3: 15pm
Mr. Manzoor Ahmad Mir (Project Officer)	Report	3:15pm - 3:30pm
Prof. Mushtaq Ahmad Dean School of Open learning (University of Kashmir)	Remarks	3:30pm – 3:45pm
Mrs. Shumila Shamim(Program Associate)	Vote of thanks	3:45pm - 4:00pm