



Andhra Pradesh Human Resource Development Institute
(Govt. of Andhra Pradesh)

Three Day Residential Training Programme on
“Work Life Balance”

(in association with DoPT, GoI)

Venue: AP HRDI, Bapatla, Guntur Dist.

10 – 12 June, 2019

Programme Schedule

Prog. Code: APHRDI/DoPT/9/19

Monday :: 10.06.2019		
Time (Hrs)	Speaker	Topic
09:30 - 09:45	Sri D Chakrapani, IAS (Retd.) Director General & Ex-officio Secretary to GAD, AP HRDI	Welcome Address Programme Over view
09:45 - 11:15	Dr. B Varalakshmi Reader (Retd) Government College for Women Guntur	Work life balance-the need
Coffee/Tea : 11:15 – 11:30		
11:30 – 13:00	Sri John Methuselah Principal International School Guntur	Tips in time management and Goal setting
Lunch: 13:00 – 14:00		
14:00 – 15:30	Dr. B Varalakshmi Reader (Retd) Government College for Women Guntur	Paradigm shift for work life balance
Coffee/Tea: 15:30 – 16:00		
16:00 – 17:30	Smt. A. Praveena Assistant Professor Sasi Institute of Technology & Engg. Tadepalligudem West Godavari	Self-Awareness Tasks
Tuesday :: 11.06.2019		
Time (Hrs)	Speaker	Topic
09:30 – 11:00	Dr. B Varalakshmi Reader (Retd) Government College for Women Guntur	Experts' Views on WLB
Coffee/Tea : 11:00 – 11:30		
11:30 – 13:00	Dr. L. Sasi Bala Retd. Principal Women's Govt. College Guntur	Life's Balance Sheet-Spiritual Component

Lunch: 13:00 – 14:00		
14:00 – 15:30	Dr. L. Sasi Bala Retd. Principal Women's Govt. College Guntur	Role of Gender in WLB
Coffee/Tea : 15:30 – 16:00		
16:00 - 17:30	Dr. B Varalakshmi Reader (Retd) Government College for Women Guntur	Global Views and Discussion (TED Talks based)
Wednesday :: 12.06.2019		
Time (Hrs)	Speaker	Topic
09:30 – 11.00	Dr. K. Pavan Kumar Professor Department of Law KL University Vijayawada	Emotional Intelligence in WLB
Coffee/Tea : 11:00 – 11:30		
11:30 – 13.00	Dr. B Varalakshmi Reader (Retd) Government College for Women Guntur	Case studies –Brain storming & analysis
Lunch: 13:00 – 14:00		
14:00 – 15:30	Dr. L. Sasi Bala Retd. Principal Women's Govt. College Guntur	Poster Designing on salient features (Guided Group activity)
Coffee/Tea :15:30 – 15:45		
15:45 – 17:15	Dr. B Varalakshmi Reader (Retd) Government College for Women Guntur	Poster presentation by groups and evaluation
17:15 – 17:30	Feedback & Valedictory Address	