

## Awareness Programme on WORK LIFE BALANCE

29<sup>th</sup> February, 2024

### Commence of a weeklong International Women's Day Celebration, 2024

The ICAR-Indian Veterinary Research Institute, Izatnagar organised an awareness programme on “WORK LIFE BALANCE” for female technical, administrative and contractual staff to mark the celebration of International Women's Day 2024 on the theme “Invest in women: Accelerate progress”.



Awareness programme on **Work Life Balance** was celebrated on 29<sup>th</sup> February, 2024 at committee room of ATIC. The female technical, administrative and contractual staff participated into the program with enthusiasm. The working women being the dual role player of society faces a lot of challenges in day to day life. Thus, for working women work life balance few exercises and soft skills were discussed. The group discussion was done regarding self management, time management, stress management, change management, technology management and leisure management of working women staff of ICAR-IVRI.



The emotional intelligence score was worked out during the programme and suggestions were given for self awareness, managing emotions, motivating oneself, empathy and social skills.



The personality test of participants was done and the significance of each trait in professional and personal life was discussed.



The broken square exercise was administered among female staff to make them understand the importance of team work. The staff was made aware of how to strengthen the emotional intelligence skills. The programme witness 60 female staff participation and was coordinated by Dr Shruti, Scientist, Joint Directorate of Extension Education with the assistance of Mr Suraj Singh.



