

**Online Training Programme on
Positive Psychology for Post Covid-19 Growth and Thriving
(October 5 – 9, 2020)
Duration: 18 hours**

INTRODUCTION

Covid-19 has disrupted organisational stability and increased fear and uncertainty. To cope with the challenges posed by the pandemic, organisations need to adopt strong set of practices that would help them stay resilient and optimistic. Organisations would benefit immensely by focusing on human strengths and taking advantage of positive cognitive and emotional states that are necessary for driving performance and building hope for a better future.

By focusing on positive attributes of people, organisations would be able to help employees cope with stress in an effective manner. The programme on 'Positive Psychology for Post Covid-19 Growth and Thriving' introduces skills that are necessary to develop resilience and thrive under stressful situations.

OBJECTIVES

- Draw on human strengths to enhance productivity
- Capitalize on positive emotional and cognitive states to build resilience in organisations

CONTENT

- A Closer Look at Human Strengths
- Positive Emotional and Cognitive States
- Engagement and Flow
- Building Positive Relationships
- Resilience and Post-Traumatic Growth
- Happiness and Wellbeing

METHODOLOGY

- Live Online Sessions
- Self-Reflection Activities
- Behavior Worksheets
- Mini Cas
- Quizzes

PROGRAMME SCHEDULE

The programme is scheduled from October 5 to 9, 2020. The duration of the programme would be for 18 hours spread over five days.

PARTICIPANT PROFILE

The programme is meant for middle and senior level executives across different functions working in various organisations.

Organisational sponsorship is essential

PROGRAMME FEE

The programme Fee is Rs. 20,000/- plus GST as applicable (presently 18%) per participant.

(The fee is inclusive of all reading material, PowerPoint presentations and hands-on exercises which will be conducted during the course. Besides, ASCI will offer a life-time membership card on completion of the course through which they can have access to the library at Hyderabad.)

Note: The fee must be credited into our Bank account on or before September 28, 2020. Kindly forward us the details of Bank/Wire transfer of fee payment to poffice@asci.org.in for confirmation.

Bank details are given below:

For Indian Participants :

Bank Account Number	62090698675
Beneficiary Name	Administrative Staff College of India
IFSC Code	SBIN0020063
Bank Name	State Bank of India
Branch Address	Bellavista Branch, Raj Bhavan Road, Somajiguda, Hyderabad - 500 082

For Foreign Participants:

Bank Account Number	62090698960
Beneficiary Name	Administrative Staff College of India
Swift Code	SBININBB327
Bank Name	State Bank of India
Branch Address	Bellavista Branch, Rajbhavan Road, Somajiguda, Hyderabad - 500 082.

Nostro Account (Optional) 6550992180

Last Date for Nomination

Please use the prescribed/attached form. Last date for receiving nomination form is September 28, 2020. Kindly contact Programmes Officer for further details (contact details are given at the end of the nomination form).

ASCI Alumni Association

Participants of the College programmes will automatically become members of the ASCI alumni association.

Certificate of Participation

The College issues a Certificate of Participation on conclusion of the programme.

PROGRAMME DIRECTOR

Dr. P. Subhashini is an Associate Professor in Centre for Human Resource Development at ASCI. She has done her Ph.D. in Psychology from Osmania University. Her research was in the area of 'Emotional Intelligence'. Prior to joining ASCI, she worked at the Centre for Organization Development and ICFAI College of Education.

Dr. P. Subhashini has been involved in conceptualizing and designing training programmes for various clients, conducting research projects and providing consultancy. She has presented papers in national and international conferences.

Her areas of interests are Emotional Intelligence, Problem Solving and Decision Making, Positive Psychology, Character Strengths and Virtues, Managerial Effectiveness and Psychological Wellbeing.



ADMINISTRATIVE STAFF COLLEGE OF INDIA
Bella Vista, Raj Bhavan Road, Hyderabad - 500 082, India

Nomination Form

Online Training Programme on Positive Psychology for Post Covid-19 Growth and Thriving (October 5 – 9, 2020)

Nominee's Contact Information

Name (Mr/Ms) _____ :	Date of Birth : _____
Designation : _____	Qualification : _____
Organisation : _____	
Address : _____	
Phone(s) : Office: _____ Mobile: _____ Home: _____	
e-mail : _____	Fax : _____

Sponsors Details

Name of the Sponsoring Authority: _____ :	Designation: _____
Organisation : _____	
GSTIN Number : _____	
Address : _____	
	Pincode : _____
Phone(s) : Office: _____ Mobile: _____	
e-mail : _____	Fax : _____

Fee particulars

Amount Payable :	Mode of Payment :
Name of the Bank :	Date of Instrument/Transfer :
Instrument Number :	UTR Number for NEFT

Signature and Official Seal of the Sponsoring Authority :

NOTE : Forward nomination form to : **Mr. G. Srinivas Yadav, Programmes Officer**, Administrative Staff College of India, Bella Vista, Hyderabad-500 082. Phone : 0091-40-66534247, 66533000, Mobile: 9246203535, Fax : 0091-40-66534356, e-mail: poffice@asci.org.in