

TRAINING PROPOSAL

Presenter: Dr Pooja Jaggi

Topic: Pursuit of Well Being

Time: Minimum Two Hours

Executive Summary

Well being is the most compromised and poorly understood concept especially in the student community. Depression, anxiety, distress and suicidal ideation are common problems even amongst the intellectually brightest youth. This is a huge loss of human resources with grave repercussions for family, society, corporates, businesses and nation at large. Current global pandemic has further worsened and complicated the situation. Hence, getting trained to attain optimal well being has manifold benefits at various levels namely individual, social, organizational, national and global.

Rationale

The present session will be an eye opener for the participants that they are responsible for their own well being. They will be more in control of their thoughts, emotions, feelings and subsequent action. This awareness will inspire them to take positive action to achieve productivity, leadership, motivation and team work.

Self-Test

Pertaining to happiness and well being where do you place yourself on a scale of one to ten, where one is lowest and ten is the highest ?

Learning Objectives

At the end of the session, the participants will be able to-

- Explain the concept of well being
- Convincingly answer what well being is not
- Identify the barriers to the natural state of well being
- Learn effective techniques to be in a optimal state of well being
- State the benefits of facilitating well being
- Prepare a concrete action plan for the same

Programme Content

- What do you want your life to be?
- Storytelling with a reflective discussion activity
- The natural state of existence
- Thoughts and intellect
- Barriers to well being
- The supreme technique
- How negatives can become positives
- Re-capitulate
- Key take away
- Benefits and action plan

Key Takeaways

- Learn action oriented techniques to enhance and sustain well being
- Build a well being calendar
- Making an action plan to enhance well being

Benefits

- Upon practicing the relevant techniques the well being rating will enhance significantly.
- Not only will they be able to enhance but also able to sustain it in the long term.
- They will experience a significant and sustainable enhancement in their motivation to perform and achieve their goals with single minded determination.
- They will also develop clarity regarding their vision and purpose in life.

Training Methodologies

- Seminar with power point slides & video projections on screen
- Workshop with clear instructions and hand-outs
- Team Activities with clear learning objectives and outcomes
- Story telling with key leanings for participants
- Role Plays simulating work environment with key leanings

Trainer Availability

- Weekends and post 3 PM on weekdays

Duration

- Minimum two hours and can go up to a full day depending upon the content expected and delivered

Mode

- Both offline and online mode

Resources Required

- Unlimited Zoom package
- Internet connection laptops/smartphones with the participants
- Writing pads, pens, pencils and sketch pens

Target Audience

This session will greatly benefit the students. Often the intellectual development is overemphasized but the emotional and psychological development are often ignored. This session will address this gap. Though it is beneficial for a wide range of audience, from professionals to stay-at-home parent, from business owners, educators, government employees, and just about anyone who wishes to derive maximum happiness and satisfaction out of life. In fact this programme is meant for people who believe that natural state of existence is to be in a state of bliss.

Any Other Important Requirements

- The trainer would request for a letter from college Principal with critical feedback after the program.
- The trainer seeks the permission to record the entire session. She will publish the contents on her personal YouTube channel related to her deliberation after editing out identity of students or what they share if they are not comfortable with it and do not give their consent. The name of college/institution will not be revealed if they do not permit. It will simply be called University of Delhi College. Please clarify your policy

before the training as trainer would wish to publish all contents and reveal the name of the college if consent is given by college and students.

- Participants would be expected to fill an anonymous feedback form on the quality of the training program and skills of the trainer. This will be used by trainer for future reference.
- Participants can contact the trainer after the program for any queries through email.

References

SNo.	Name	Designation	Mobile Number	E-Mail
1.	Dr M.Rajan	Founder of Indian Academy of Training and Development, India.	9940067325	mail@iatd.co
2.	Dr Divya Sadana	Clinical Neuro Psychology Mentor, New Jersey, USA.	+1 (551) 358-6199	divyasadana@gmail.com
3.	Brig. Rajiv Chauhan	Brigadier, Indian Army.	9571203983	rajivchau24@gmail.com

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