



## SHORT COURSE

on

# PHYSICAL AND MENTAL WELL-BEING

*October 26-30, 2021*

**Director Human Resource Management,  
CCS HAU, Hisar 125004  
(Haryana) India**

### CHIEF PATRON

**PROF. B.R. KAMBOJ**  
Hon'ble Vice-Chancellor  
CCS HAU, Hisar 125004  
(Haryana) India

### CO- PATRON

**Dr. M.S. SIDHPURIA**  
Director, Human Resource  
Management  
CCS HAU, Hisar

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**ACADEMY OF AGRICULTURAL RESEARCH AND EDUCATION MANAGEMENT  
DIRECTORATE OF HUMAN RESOURCE MANAGEMENT CHAUDHARY CHARAN SINGH  
HARYANA AGRICULTURAL UNIVERSITY  
HISAR-125 004 (HARYANA), INDIA**

**Dr. M.S. Sidhpuria**  
**Director**

**No.HRM/2021**  
**Dated:**

Dear Sir/Madam,

The Academy of Agricultural Research & Education Management, Directorate of Human Resource Management is organizing a Short Course on "Physical and mental well-being" from October 26-30, 2021. This course is open for Extension personnel/Scientists/Teachers/Non teaching Class II and above working in SAUs/ICAR Institutes and related organizations. It is very important to pay attention to physical and mental health which can help to achieve overall wellness. The course has been specially designed with the following objectives:

- To practise and improve physical and mental fitness.
- To be aware of physical and mental wellbeing to a healthful lifestyle.
- To make time for mindfulness.
- To find new ways to manage stress, anxiety or depression.

The nominations of faculty working in your Department/Directorate/RRS/KVK should reach the undersigned latest by 19.10.2021 (anjugaina@hau.ac.in/manjunagpalmehta@gmail.com). Number of seats in this course is 30. The participants are required to pay a sum of Rs. 2500/- (Two thousand five hundred rupees) as registration fee which will be deposited at the time of registration on October 26, 2021.

The application proforma is enclosed.

  
12/10/21  
Director, HRM

Encl: as above

CC:

1. Vice-Chancellors, SAUs
2. Director, ICAR Institutes
3. All Deans/Directors/Heads of Departments, CCSHAU, Hisar
4. Principal, College of Agriculture, Kaul
5. Principal, Extension Education Institute, Nilokheri
6. All RRS/KVKs, CCSHAU, Hisar
7. S.V.C. for the information of the Vice-Chancellor, CCSHAU, Hisar

**ACADEMY OF AGRICULTURAL RESEARCH & EDUCATION MANAGEMENT  
DIRECTORATE OF HUMAN RESOURCE MANAGEMENT  
CCS HARYANA AGRICULTURAL UNIVERSITY, HISAR**

***Short Course on Physical and Mental Well-being*  
October 26-30, 2021**

**FORMAT FOR NOMINATION (Make copies if required)**

1. Name :
2. Designation :
3. Department/Office :
  
4. Date of joining :
5. Date of birth :
6. Address for communication .....
  
7. Telephone: Office ..... Residence.....  
Fax ..... E-mail.....

**8. Qualifications:**

Degree	Year	University	Subject
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9. Name and No. of Scheme out of which registration fee (and T.A., D.A. for outstation candidates) will be met ... ..

10. COVID Vaccination: ..... (If yes, Attach Certificate)

Signature of the Participant

**CERTIFICATE OF THE SPONSORING AUTHORITY**

Ms./Mr./Dr..... is hereby nominated for participation in the Short Course on "*Physical and mental well-being*" from October 2-30, 2021 being organized by the Academy of Agricultural Research and Education Management, Directorate of Human Resource Management, CCSHAU, Hisar. He/She will be relieved by the Department/office and treated on official duty during the period of the course.

Signature of the Competent Authority  
(Office seal)