

Management Development Program for Women

January to March-2015



Center for
WOMEN
Development  at IFHE



About IBS Hyderabad, IFHE University

Icfai Business School (IBS), Hyderabad is a constituent of The ICFAI (ICFAI) Foundation for Higher Education, a Deemed University under Section 3 of UGC Act. 1956. The other constituents of IFHE are Faculty of Science and Technology (FST), Faculty of Law (FOL).

IBS, since its establishment in 1995, has grown impressively and achieved widespread recognition from business and industry, academic circles and professional bodies. With over 2000 students residing in its lush green sylvan campus with built-up area of over 10 lakh sq. ft., equipped with the state of art facilities IBS Hyderabad is the most sought after Business School today. It is consistently ranked among the top B-Schools in India, in the annual B-School surveys every year. The School has been re-accredited by SAQS (South Asian Quality Standards) till 2018, rated A** by CRISIL, EB2 IN by ICRA and as an "Excellent" Business school by Eduniversal.

Faculty of Science and Technology provides quality education in the field of Science and Technology and strives to acquire a reputation as a highly purposive, innovative institution setting the pace for workable reforms in professional education suitable and most relevant for the India cultural milieu.

Faculty of Law will train a new cadre of legal professionals through a comprehensive and contemporary body of integrated knowledge and rigorous education and research programs. FOL encourages students to acclimatize to the independent thinking and directs them towards a creative, holistic and strong domain knowledge.

ABOUT CWD

Center for Women Development (CWD) launched at IFHE, is committed to sensitize women of their rights, address and resolve issues faced by them and take a proactive role towards empowering women both at home and at work place.

CWD is working closely with the rural women, educating them on health and cleanliness issues, population education, address livelihood issues, women rights, impart importance of education is general and girls education is particular, encourage them to form self help groups, cultivating savings habits and educating them on means and ways of minimizing economic constraints and to empower themselves.

It is also closely networking with working women, addressing issues such as gender equity for women at workplace, addressing sexual harassment, work life balance, women empowerment; stress management, women's rights and providing a congenial working atmosphere

to women employees at Universities and in the Corporate offices.

CWD strength vests in its women members who are well educated and an empowered lot. Their approach through teaching, research, field work, undertaking projects, conducting workshops, training, networking and collaborating, coordinating is directed towards reinforcing and synergizing the efforts made by many women's cells in other Universities and institutions in Andhra Pradesh and with State and Central Government.

Executive Development Programs/ Management Development Programs at CWD hinge on disseminating knowledge, training & skill development as a means to empowering women more specifically working women. Our innovative approach, our dedicated and core faculty with more than 15 years of teaching & training experience, with industry and research exposure, make us unique.

Our Programs for January to March 2015

	Program Title	Dates	Program Director	Pg #
1.	Women Wellness & Good Health	16 th & 17 th January 2015	Prof. Padmavathi & Prof. Vasundhara	6
2.	Interpersonal Relationship and Role Effectiveness	13 th & 14 th March 2015	Prof. Smita Kulkarni & Dr. Bhavana Jaiswal	8
3.	Stress Management	20 th March 2015	Prof. Padmavathi & Prof. Mahesh Kumar	10
4.	Corporate Etiquettes	21 st March 2015	Prof. Padmavathi & Prof. Mahesh Kumar	12

Program Directors

C.Padmavathi, Associate Professor, BBA Coordinator, Convenor of CWD, IBS Hyderabad. A Chartered Accountant with over 15 years' experience in teaching post-graduate level management courses, in the area of Finance. She has rich experience in Course curriculum preparation, guiding Research Scholars pursuing M.Phil, and conducting workshops and Management Development Programs (MDPs). She has been a resource person in several Management Development Programs.



Vasundhara Tademeti: Joined IBS Hyderabad in the Department of Human Resource & Soft skills as a Trainer. She holds a Post graduate degree in commerce from Osmania university, PGDM (PM&IR) from Symbiosis, Pune. She also holds a Diploma in training from Indian Society for Training & Development. She has 10 years of experience in Soft skill Training and conducts workshops for communication skills. She was earlier associated with Magnus School of Business (2007 – 2012) as an HR faculty and trainer.

Prof. Smita Kulkarni is an MBA from IBS, MSc in Psychology from Madras University and is pursuing her Ph.D at IFHE. She has teaching experience of over 8 years in the area of Organizational Behavior and Human Resource Management and Psychology for undergraduate students. She has also conducted several sessions in different MDPs organized by IBS for corporate executives, and faculty member.



Dr Bhavna Jaiswal: Dr Bhavna is working with IBS Hyderabad as Asst Professor-HR and soft skills. She is an MBA Gold Medalist and PhD in HR. Her Research interests are transnational analysis, Conflict Management and emotional intelligence. She has published several papers and national and international journals. She has conducted several programs on Transnational Analysis, Interpersonal relationship and emotional intelligence and soft skills.

Prof. Mahesh Kumar Soma has as an experience of 18 years in industry (FMCG) and 15 years in Teaching. He teaches Soft Skills and Business Communication to MBA and BBA students at IBS Hyderabad.

He conducts guest lectures at reputed national institutions like National Academy of Construction, NiMSME (National Institute of Micro, Small & Medium Enterprises), NFC (Nuclear Fuel Complex), NALSAR, ESCI (Engineering Staff College of India) Dr.YSR NITHM (National Institute of Tourism & Hospitality Management). Besides, he conducts Workshops & MDPs (Management Development Programs) to the executives of corporates like Intelligroup and Power Grid Corporation of India. He trained many teachers and faculty by conducting FDPs (Faculty Development Programs) to Schools and Colleges.



Women Wellness & Good Health Program (2-Day Program)

Program Objective

Woman is dynamic and plays many roles, she faces many social challenges today whether it be earning a secure income for the family or raising children. She therefore has the right to the enjoyment of the highest attainable standard of physical and mental health. The enjoyment of this right is vital to their life and well-being and their ability to participate in all areas of public and private life. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Women's health involves their emotional, social and physical well-being. However, health and well-being elude the majority of women. The "women wellness workshop" keeping in mind this the cause of woman and her well being organizes

a two day workshop which aims to provide participants the opportunity to focus on and embrace their own authentic inner wisdom. It helps them to face the present challenges by providing tools and techniques that help manage themselves and efficiently perform their roles.

Target Group

- This program is specifically designed for women executives (senior & middle level) in diverse corporate sectors like banking, insurance, manufacturing, tourism, etc.
- It is also suited for current and aspiring women entrepreneurs

Pedagogy and Resource Persons

The program shall use a unique blend of activities/exercises, interactive discussions, presentations, lectures

and case studies, facilitated by highly qualified and experienced faculty members from IBS, Hyderabad as well as outside experts from the field.

The Broad Topics Include

- The power of meditation - Yoga
- The protective casing - Hygiene
- Eating preferences - Balanced Diet
- Quality of life - Stress relieving techniques
- Work - Life balance

Date, Venue & Time

**16th & 17th
January, 2015**

The program will be held in a centrally located (Lakdi-ka-pul/ Gachibowli) city hotel. The exact venue will be informed a week prior to the scheduled program. The session timings will be between **09.45 hrs and 17.15 hrs**, with breaks for lunch, tea/coffee/snacks.

Program Fee Details

₹ 10,000 + 12.36% service tax will be charged per participant. An Early Bird discount of 5% on the basic fee will be offered to the nominations with the payment received before **December 20, 2014**. An additional discount of 10% is offered to the second nominee and onwards from the same organization.

Please see page no. 14 for Registration details & Certificate to participants.



Interpersonal Relationship and Role Effectiveness (2- Day Program)

Program Objective

The program on “Interpersonal Relationship and Role Effectiveness (IRR)” will provide the participants an understanding of the elements of art of Interpersonal relationship and communication, understanding of barriers, human behavior and work effectiveness through multidisciplinary inputs and its relationships to organizational dynamics. This

program has a relentless focus on creating value for its participants through experiential learning and self development exercises. This program intends to produce leaders with superior ability to analyze problems, generate key insights, and implement creative solutions. It has been designed to develop the critical thinking and analytical skills necessary to comprehend and address the complex mechanisms of patterns of work, channels of interpersonal communication, conflict and organizational dynamics.

Target Group

- This program is specifically designed for women executives (senior & middle level) in diverse corporate sectors like banking, insurance, manufacturing, tourism, etc.
- It is also suited for current and aspiring women entrepreneurs and students.

Pedagogy and Resource Persons

The program shall use a unique blend of activities/exercises, interactive discussions, presentations, lectures and case studies, facilitated by highly qualified and experienced faculty members from IBS, Hyderabad.

The Broad Topics Include

- Interpersonal Relationship: Conceptual Framework
- Knowing Self and others
- Interpersonal Communication- TA
- Team work & Leadership
- Emotional Intelligence
- Conflict Management and Negotiation

Date, Venue & Time

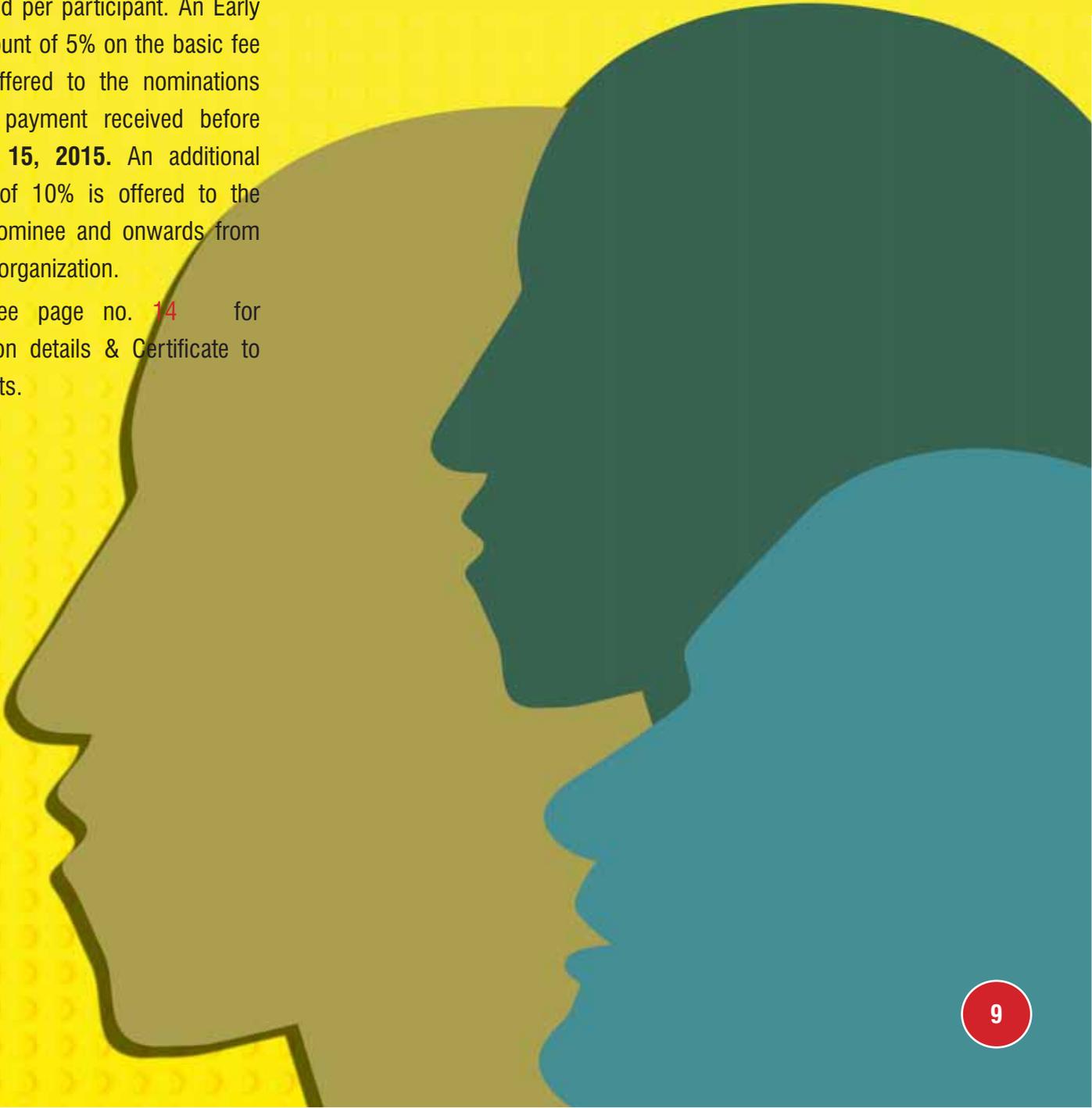
**13th & 14th
March, 2015**

The program will be held in a centrally located (**Lakdi-ka-pul/ Gachibowli**) city hotel. The exact venue will be informed a week prior to the scheduled program dates. The session timings will be between **09.45 hrs and 17.15 hrs**, with breaks for lunch, tea/coffee/snacks.

Program Fee Details

₹10,000 + 12.36% service tax will be charged per participant. An Early Bird discount of 5% on the basic fee will be offered to the nominations with the payment received before **February 15, 2015**. An additional discount of 10% is offered to the second nominee and onwards from the same organization.

Please see page no. **14** for Registration details & Certificate to participants.



Stress Management (1-Day Program)

Program Objective

In spite of the tremendous advancements, luxuries and comforts of the modern world, man is not leading a satisfied and comfortable life. There is a lot of pressure per se on the human beings. It is very important to know the sources of stress and also to manage it because the long term ill-effects of stress are very disastrous leading to a plethora of psycho-somatic disorders. Simply stated, stress leads to an imbalance in the body's immunological system. As a result, the body's disease fighting ability is weakened and it becomes prone to a number of diseases. Prolonged periods of stress and strain lead to what is known as BOSS (Burn out Stress Syndrome).i.e., a person feeling helpless, hopeless, and worthless with low energy levels, feeling depressed, leading to nervous breakdown and in some cases suicidal tendencies. Hence, it is very important to understand stress in terms of the pressures on an individual, sources or factors that lead to stress, symptoms that are manifested in an individual and above all, Management of stress through a psycho-somatic approach.

SMART trains the executives to live the stressful corporate life in a 'smart' way devoid of stress.

Target Group

- This program is specifically designed for women executives (senior & middle level) in diverse corporate sectors like banking, insurance, manufacturing, tourism, etc.
- It is also suited for students.

Pedagogy and Resource Persons

The experiential program has a unique blend of activities/exercises, and discussions, facilitated by highly qualified and experienced faculty from IBS, Hyderabad.

The Broad Topics Include

- Stress-Importance, Causes, Symptoms;
- Stress Management – Mind Level;
- Stress Management -Body Level & Intellectual Level

Date, Venue & Time

20th March, 2015

The program will be held in a centrally located (**Lakdi-ka-pul/ Gachibowli**) city hotel. The exact venue will be informed a week prior to the scheduled program. The session timings will be between **09.45 hrs and 17.15 hrs**, with breaks for lunch, tea/coffee/snacks.

Program Fee Details

₹ 5,000 + 12.36% service tax will be charged per participant. An Early Bird discount of 5% on the basic fee will be offered to the nominations with the payment received before **March 7th , 2015**. An additional discount of 10% is offered to the second nominee and onwards from the same organization. Please see page no. **14** for Registration details & Certificate to participants.



Corporate Etiquettes (1-Day Program)

Program Objective

It is one of the most important aspects of the professional life of a corporate citizen. Etiquette training is like equipping the person with the software.

The training module on Corporate

Etiquettes is aimed at impressing the participants to know the procedures and protocols of the corporate world and help them follow the etiquettes in their interactions with their customers, peers, superiors and subordinates. Besides, the practical exercises instill and ingrain the basic tenets of etiquette as a natural process of corporate life

Target Group

- This program is specifically designed for women executives (senior & middle level) in diverse corporate sectors like banking, insurance, manufacturing, tourism, etc.

Pedagogy and Resource Persons

The program shall use a unique blend of activities/exercises, interactive discussions, presentations and lectures facilitated by highly qualified and experienced faculty from IBS, Hyderabad as well as outside experts from the field.



The Broad Topics Include

- Importance, Manners & Social graces,
- Introductions, Receiving Guests, Business Card, e mail etiquette,
- Dining etiquette,
- Professional Attire & Grooming

Date, Venue & Time

21st March, 2015

The program will be held in a centrally located (**Lakdi-ka-pul/ Gachibowli**) city hotel. The exact venue will be informed a week prior to the scheduled program. The session timings will be between **09.45 hrs and 17.15 hrs**, with breaks for lunch, tea/coffee/snacks.

Program Fee Details

Rs.5,000 + 12.36% service tax will be charged per participant. An Early Bird discount of 5% on the basic fee will be offered to the nominations with the payment received before **March 7th, 2015**. An additional discount of 10% is offered to the second nominee and onwards from the same organization.

Please see page no. **14** for Registration details & Certificate to participants.



Certificate of Participation

The Center for Management Development, IBS, Hyderabad, IFHE (Deemed University) will award a Certificate of participation to the participant, on completion of the Program.

Registration

The registration for the programme could be done by sending an email/Letter, furnishing details such as name, designation, organization and contact details (email, mobile phone number) along with payment particulars.

Payment can be made on line or by draft.

Details for Fund Transfer through NET/ONLINE banking:

HDFC Current A/c No : 05212020001733;

Bank & Branch : HDFC Bank, Banjara Hills Branch, Hyderabad;

A/c Holder's Name : The ICFAI Foundation for Higher Education;

Swift Code : HDFCINBBXXX;

RTGS/NEFT Code : HDFC0000521

After making the payment kindly send e-mail to cpadmavathi@ibsindia.org indicating the program selected.

Center for Management Development (CMD)

The Center for Management Development, a Center at IBS, Hyderabad, is aimed at delivering quality services to industry and academia in terms of training and consulting. Our CMD activities include Management Development Programs, Faculty Development Programs, Executive MBA and Consultancy in core management areas. The MDPs/FDPs are offered as open programs or in-company/ institute-specific. Open programs are for participants from any organization. In-company/ institute-specific programs are tailor-made per the requirement of specific companies/institutes.

Our Programs are conducted as residential or non-residential; at the IBS campus or at a chosen location by the client. We have a strong team of around 150 faculty members with skills in many contemporary areas of management.



For Further details visit : <http://www.ibshyderabad.org>
or contact Prof.C.Padmavathi, Convenor, Center for Women Development,
IBS Hyderabad, IFHE University.

Email: cwd@ifheindia.org; cpadmavathi@ibsindia.org; smitakulkarni@ibsindia.org

Tel: 8096667011 / 9848303203 / 9989117334

