

**FEE :**

The all-inclusive fee for the programme is as below:

	Fee	GST @ 18%	Total
Commercial Banks and Financial Institutions	₹ 12,500/-	₹ 2,250/-	₹ 14,750/-
Sponsor Banks of IIBM viz. RBI, NABARD, SBI, United Bank of India, UCO Bank, Central Bank of India, Allahabad Bank and Punjab National Bank	₹ 11,600/-	₹ 2,088/-	₹ 13,688/-
Cooperative Banks & RRBs	₹ 9,500/-	₹ 1,710/-	₹ 11,210/-

Single seated accommodation in air conditioned rooms with queen size beds, hot water, TV, etc. will be provided to all participants. The hostel also has wi-fi facilities.

**“Payment of fees for all employees of RBI shall be borne by RBI Guwahati. A copy of nomination letter may be sent to RBI Guwahati for facilitating payments on time.”**

Generally payment of participation fees is to be made in advance through National Electronic Fund Transfer (NEFT) on or before the due date for submission of nomination. In exceptional cases a Demand Draft/Pay Order drawn in favour of Indian Institute of Bank Management payable at Guwahati may be forwarded along with hard copy of nominations. It may kindly be ensured that the officers being deputed for training carries details of remittance of programme fees.

a. Details of our Bank Account are as follows:

Beneficiary Name	INDIAN INSTITUTE OF BANK MANAGEMENT
Bank A/c No.	10821418158
A/c Type	S B A/c
MICR Code	781002037
IFS Code	SBIN0010669
Name of the Branch	IIBM Branch
Name of the Bank	STATE BANK OF INDIA

b. While remitting programme participation fee kindly advise us the following particulars.

Title of Programme including Commencement Date	Name of the Participant/s	Name of Bank/ Organisation	Amt. of Fee	EFT/ NEFT No.	EFT/ NEFT Date

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## INDIAN INSTITUTE OF BANK MANAGEMENT

“A Centre of Excellence in the Service of Banks, FIs and their Customers”  
(An Institute sponsored by RBI, NABARD and five PSU Banks)



### PROGRAMME ON STRESS MANAGEMENT AND WELLNESS FOR SENIOR OFFICERS OF BANKS AND FIs (January 29-31, 2018)

**Programme Director:**

Shri Debabrata Sarma  
Faculty Member

**Key resource person :**

Ms. Urmila Baruah,  
Consultant Trainer, The Human Network

**Office Address :**

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Tel : 91-361-2363155, 2363156, 2363157, 2363106  
Fax : 91-361-2363102 / 2363103  
E-mail : iibm.ghy@gmail.com  
Website : www.iibm.ac.in

### *WHY THIS PROGRAMME & WHAT FOR?*

Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being. Halbert L. Dunn, M.D. defined wellness as “an integrated method of functioning which is oriented towards maximising the potential of which the individual is capable. It requires that the individual maintain a continuum of balance and purposeful direction within the environment where he is functioning”. WHO has defined “Wellness” as not just the absence of disease, but a state of physical, mental and social well-being.

While meeting the demands and rigour of senior managerial positions, it is often found that wellness takes a backseat and stress takes over. This three day programme has been designed to address different aspects of wellness for senior executives to help them reorient towards the basics of wellness for the mind and body so that they can make deliberate choices to maintain an optimal level of wellness and live a more healthy and satisfying life.

### *PROGRAMME TAKE-AWAYS :*

- Physical wellness through diet and exercise
- Stress Management
- Emotional wellness
- Doing away with dysfunctional thought patterns
- Well-being through yoga and meditation
- Proactive buffering

### *PEDAGOGY:*

Shall be a blend of interactive sessions, talks, yoga and meditation to be delivered by experienced professionals in the field. Practical sessions will also be conducted at an off-site location. **Participants are requested to bring along casual wear for yoga and meditation sessions.**

### *FOR WHOM ?*

For senior officers in the rank of Assistant General Manager and above of RBI, NABARD, Commercial Banks, RRBs, Cooperative Banks and Financial Institutions. Zonal/Regional heads of Commercial Banks. General Manager and above of RRBs and Cooperative Banks can also participate.

### *WHEN?*

Three days from January 29-31, 2018. The programme will **commence at 09:30 a.m. on January 29 (Monday)** and will be over by about 06.00 p.m. on January 31, 2018. Participants are requested **not** to book their return tickets for the concluding day of the programme.

### *WHERE :*

IIBM campus (Near Kendriya Vidyalaya, Khanapara), Jawahar Nagar, Guwahati – 781022. For details regarding location of IIBM please visit our website. The contact number of some Radio taxi services are My Taxi : 03612228888, Green Cab : 03617151515. OLA and UBER Taxi services are also available.

### *REGISTRATION:*

Participant should be nominated by his/her organization through E-mail: iibm.ghy@gmail.com or Fax-(+91)-361-2363103, 2363102 or through www.iibm.ac.in. As there is much demand for this programme and the number of participants is limited to 25, we request you to send the nominations at an early date. **The last date for receiving the nomination is January 25, 2018.**