

## **CONTINUING ENRICHMENT PROGRAMME FOR OFFICERS**

As approved by the Director General, ESI Corporation, a Continuing Enrichment Programme for officers posted in Hqrs. Office of the ESI Corporation has been initiated from November, 2008 onwards. As present this programme has two basic components which include (i) Stress Management through Meditation and (ii) Speaking out Success Stories and Achievements.

The meditation programme is being conducted for specific groups of employees posted in Hqrs. Office on a daily basis during lunch hour. An additional 30 minutes is also set apart on Fridays from 4.00 - 4.30 P.M. which includes discourse and demonstration. This programme of Stress Management through Meditation is being conducted with the assistance of Brahma Kumaris Ishwariya Vishwa Vidyalaya, Delhi chapter.

The session on "Success Stories and Achievements" is conducted by the officers themselves under the guidance of Additional Commissioner (Personnel & Administration). During these weekly sessions participating officers are encouraged to speak out on success stories authored by them and achievements obtained in the course of their official or even personal life.

This programme is intended to achieve the twin goals of self discovery and self realization as well as development of public speaking skills of the participating officers in addition to acting as an inspiring example for the listeners to emulate in their life and career.