Andhra Pradesh Human Resource Development Institute  
(Govt. of Andhra Pradesh)  
Three Day Residential Training Programme on  
“Work Life Balance”  
(in association with DoPT, GoI)  
Venue: AP HRDI, Bapatla, Guntur Dist.  
10 – 12 June, 2019  
Programme Schedule

<table>
<thead>
<tr>
<th>Time (Hrs)</th>
<th>Speaker</th>
<th>Topic</th>
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| 09:30 - 09:45 | Sri D Chakrapani, IAS (Retd.) Director General & Ex-officio Secretary to GAD, AP HRDI | Welcome Address  
Programme Over view |
| 09:45 -11:15 | Dr. B Varalakshmi  
Reader (Retd)  
Government College for Women  
Guntur | Work life balance-the need |
| 11:30 – 13:00 | Sri John Methuselah  
Principal  
International School  
Guntur | Tips in time management and Goal setting |
| 14:00 – 15:30 | Dr. B Varalakshmi  
Reader (Retd)  
Government College for Women  
Guntur | Paradigm shift for work life balance |
| 16:00 – 17:30 | Smt. A. Praveena  
Assistant Professor  
Sasi Institute of Technology & Engg.  
Tadepalligudem  
West Godavari | Self-Awareness Tasks |
| 09:30 – 11:00 | Dr. B Varalakshmi  
Reader (Retd)  
Government College for Women  
Guntur | Experts’ Views on WLB |
| 11:30 – 13:00 | Dr. L. Sasi Bala  
Retd. Principal  
Women’s Govt. College  
Guntur | Life’s Balance Sheet-Spiritual Component |

Coffee/Tea : 11:15 – 11:30

Lunch: 13:00 – 14:00

Coffee/Tea: 15:30 – 16:00
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<tbody>
<tr>
<td>09:30 – 11.00</td>
<td>Dr. K. Pavan Kumar</td>
<td>Emotional Intelligence in WLB</td>
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<tr>
<td>11:30 – 13.00</td>
<td>Dr. B Varalakshmi</td>
<td>Case studies – Brainstorming &amp; analysis</td>
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<tr>
<td>14:00 – 15:30</td>
<td>Dr. L. Sasi Bala</td>
<td>Role of Gender in WLB</td>
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<td>15:30 – 15:45</td>
<td>Dr. B Varalakshmi</td>
<td>Poster presentation by groups and evaluation</td>
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<td>17:15 – 17:30</td>
<td>Feedback &amp; Valedictory Address</td>
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