



**BSSS**  
INSTITUTE  
of Advanced  
Studies

## BSSS Institute of Advanced Studies

[Approved by AICTE, MoE, Govt. of India & Affiliated to Barkatullah University]

### Management Development Programme

On

# “Managing Work & Wellbeing: Wellness Programme for Middle Level Managers”

Date: 11<sup>th</sup> – 13<sup>th</sup> April 2024



### About BSSS IAS

The BSSS Institute of Advanced Studies (BSSS IAS), an AICTE-approved institution, is engaged in education, research, training, and consultancy activities in the areas of management, sustainable development, rural development, social sciences, etc. It strives to provide a comprehensive platform for growth and empower individuals to thrive in their respective fields. It is one of the best Professional Management Institutions engaged in multidisciplinary activities and has collaborated with Assumption University, Thailand, and Synergy University, Russia, for joint research, training, and management education. The Institute envisions emerging as a top Professional Management Institution in Central India by playing a pivotal role in professional management education in the coming years and adorning a path with an undivided focus on quality education and excellence, thereby placing itself as an institution of national and international importance. Its excellent infrastructure provides an environment conducive to academic activities, professional deliberations, and social interactions. BSSS IAS has a strong portfolio of multidisciplinary faculties, experience in national and international consultations and the best training Institute in Central India

### Rationale of the Program:

In today's fast-paced and competitive work environment, it is essential for organizations to prioritize the well-being of their employees. Middle-level employees play a critical role in the success of any organization, and their physical and mental well-being directly impact their productivity, job satisfaction, and overall organizational performance. Implementing a comprehensive wellness program specifically designed for middle-level employees can have numerous benefits for both the employees and the organization as a whole. By prioritizing employee well-being, organizations can improve job satisfaction, productivity, and overall performance. Furthermore, a wellness program helps reduce burnout and stress-related illnesses, creates a positive work culture, and enhances the organization's ability to attract and retain top talent. Investing in the well-being of middle-level employees is an investment in the long-term success and sustainability of the organization. This rationale will outline the key reasons for introducing a Wellness Programme for middle-level managers and highlight the potential positive outcomes.

### Programme Objectives:

1. Develop an understanding of the interdependence between work and well-being and recognize the impact of employee well-being on organizational performance.
2. Identify and assess the various factors that influence employee well-being in the workplace, including workload, stress, work-life balance, communication, and organizational culture.
3. Learn and apply strategies to achieve a healthy work-life balance, enabling participants to effectively manage their personal and professional commitments and reduce stress levels.
4. Explore ways to create and sustain a culture of well-being within the organization, including promoting work-life balance, encouraging self-care practices, and supporting employee mental and physical health

### Who Should Participate:

Corporate Executives, Middle level Managers, Team leaders and any individual willing to Manage work and wellbeing.

### Programme Components:

1. Relationship Between Work and Well-being
2. Factors Influencing Work and Well-being
3. Stress Management and Resilience
4. Culture of Well-being
5. Work-Related Health and Wellness
6. Mental Health Awareness
7. Well-being Initiatives

### Registration Fees

Non-residential	₹6000/-
Residential Double Occupancy	₹8000/-
Residential Single Occupancy	₹10,000/-

- Registration fee includes the study material, practice handouts, working lunch, and hi – tea.
- Certificate will be issued to participants who have attended the complete Programme.

### Register Online

<https://bsssiaserp.com/Common/EventRegistration?vid=30>



Duration – 3 days

### Programme Cordinators:

Dr. J.G Sankar +91 9752502408  
Dr. Atul Dubey +91 9630890099

For further details, please contact:  
Chairperson – MDP

**BSSS Institute of Advanced Studies**  
E-6, Arera Colony, Dana Pani Road, Bhopal,  
Madhya Pradesh, India.  
www.bsssias.ac.in  
edp@bsssias.ac.in

Mobile No: +91 (0) 9940177371,  
Phone No: +91 (0755) 2921781 (Extn: 214)