



**THE INSTITUTE OF
Company Secretaries of India**
IN PURSUIT OF PROFESSIONAL EXCELLENCE
Statutory body under an Act of Parliament

NORTHERN
INDIA
REGIONAL
COUNCIL

CONFERENCE
ON
**CAPACITY BUILDING THROUGH VALUE BASED
LIFE**

on
**Saturday & Sunday, the 18th & 19th March, 2017 from 11.00
AM onwards**

(Program will start on 11 a.m on 18th March and will be closed by lunch hour on 19th March, 2017)
at

Om Shanti Retreat Centre (ORC), Pataudi Road,
Near Manesar (Bilaspur Chowk), Distt Gurgaon
(30 minutes drive from Gurgaon on Jaipur Road before the erstwhile Toll)

Program:

**Saturday, 18 March
2017**

11:00 to 11:45 a.m.	Arrival, Refreshment & Accommodation
11:45 to 12:15 p.m.	Welcome and Introductions
12:15 to 01:15 p.m.	Increasing Productivity by managing Stress
01:15 to 02:00 p.m.	Lunch
02:00 to 03:00 p.m.	Art of Happy Living
03:30 to 04:00 p.m.	Rest
04:00 to 04:30 p.m.	Tea
04:30 to 05:30 p.m.	Knowing The Self
05:30 to 06:00 p.m.	Games in lawn
06:00 to 07:00 p.m.	Knowing The Supreme
07:00 to 07:30 p.m.	Guided Meditation
07:30 to 08:15 p.m.	Educational Video
08:15 to 09:00 p.m.	Dinner

Sunday, 19 March 2017

04:15 to 04:45 a.m.	Morning Bliss
07:00 to 07:30 a.m.	Tea
07:30 to 08:30 a.m.	Technique of Meditation
08:30 to 09:30 a.m.	Breakfast
09:30 to 10:00 a.m.	Visit of Art Gallery
10:15 to 11:30 a.m.	Harmonising Relationships
11:30 to 12:00 p.m.	Tea Break
12:00 to 01:00 p.m.	Work Life Balance
01:00 to 02:00 p.m.	Lunch & Departure

Fee: Rs.750/- per delegate; Rs.1,500/- per family (maximum 3 persons) and Rs.2,000/- per family (Maximum 4 persons);
FREE for Corporate Members-of NIRC (Program is free for only the Corporate member for self and not for spouse)

Registration: In order to make necessary arrangements, advance registration **through mail** is must latest by **17th March, 2017 - 3.00 PM**. Admission will be on first-come-first serve basis. Members **including Corporate Members** are requested to enrol **early** with Regional Director, NIRC-ICSI, 4, Prasad Nagar Institutional Area, New Delhi. The cheque for delegate fee may please be drawn in favour of NIRC of ICSI payable at New Delhi. Tel.:+91-11-49343000, E-mail: niro@icsi.edu

(PROGRAM CREDIT HOUR: 06)

Bus facility will also be available from NIRC Office (The bus will leave from ICSI-NIRC Building, Prasad Nagar at 9.00 AM sharp on 18.3.2017) to venue of the Conference & back @ Rs.600/- per head. Members are requested to confirm for availing bus facility by 3.00 pm TODAY at niro@icsi.edu

Please note in the Conference, CS can get registered along with his/her spouse. Since the stay arrangements are separate for Gents and Ladies, participants may bring individual personal kits **like Towel, soap etc.** Children below 8 years are not allowed.

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