

Environmental Leadership and Life Skills programme for women scientists & Technologists

(11th to 15th February, 2019)

sponsored by Department of Science & Technology, Govt. of India

Dr. Parul Rishi & Dr. B.K. Upadhyay, Programme Directors

A programme on “Environmental Leadership and Life Skills” for women scientists & technologists was organised by Dr. Parul Rishi & Dr. B.K. Upadhyay at Indian Institute of Forest Management (IIFM) from 11-15 February, 2019 and inaugurated by Dr. Gopa Pandey, IFS, retd from MP cadre. The programme discussed the emergence of environmental leadership and associated life skills relevant for environmental protection, conservation and sustainability. It was attended by participants coming from varied background like agricultural scientists, environmental scientists, engineers, health professionals etc. from eight different states across India.

The programme was first of its kind sponsored by Department of Science & Technology, Govt. of India and conducted by IIFM. The participants were exposed to various experiential exercises on communication skills leadership, emotional intelligence managing anger, conflict and stress motivational issues and ethical leadership that helped them to imbibe the importance and practices of influencing others, as a leader, to help environment become and remain healthy for us and the generations to come. The programme also motivated the participants to take environmental initiatives in their respective organizations as the environmental leader to help save the environment and influence it positively. The special feature of the programme was one-day field visit to Narsingarh Wildlife Sanctuary where participants learned how to manage their stress through meditation and relaxation. A special session on Art therapy, was also held by a certified Art Therapist, in order to release pent up emotions in the form of colours and to promote wellbeing.

The programme concluded with the valedictory address of Prof. Ramesh Arora, a world renowned expert of public administration and a motivational speaker, who gave his views on motivational strategies and importance of ethical issues in leadership. He especially highlighted the importance of praise and ways of handling criticism in personal and professional life. Director, Dr. Pankaj Srivastava was also present on this occasion and shared his experience of having leadership role in forestry sector of MP. The programme was very well appreciated by the participants in all regards. Further, to mention that DST has already sanctioned this programme for the year 2019-20 also.

ELLP 2019 - Participants' Reflections



“This unique program assessed the women scientists on Self-awareness, Managing emotions, Motivating oneself, Empathy & Social skills through Questionnaires and hands-on exercises to deal with stress through meditation and experiencing Art therapy at a scenic location. Lecture sessions added to promoting positivity and resilience through mindfulness, developing soft skills, creativity, maintaining healthy interpersonal relationships and honing skills to maintain health and well-being by way of handling anger, stress, anxiety etc. Field visits for experiential learning of environmental leadership and is in tune with nature. Indeed a very promising program for Women scientists’ conceptualized by DST and envisioned by program directors at IIFM.”

Dr. Shyamoli Mukherjee, Indian Institute of Geomagnetism, Mumbai.

“This programme is about all round holistic development (and not only about acquiring information) which is the need of the hour. Yoga and exercises release endorphins which will stimulate the mind and body. Thus, one feels energetic and the overall performance increases. It has long term effects as you are not preparing for today but your tomorrow. This programme has changed my perspective about life skills, and I feel more responsible towards protecting my environment.”



Dr. Sunita Nayak, Assistant Professor of Anatomy, All India Institute of Medical Sciences (AIIMS) Patna



“It was a very fruitful programme, both in term of saving our natural resources and soft skill development, which we need in our day to day busy academic schedule. It was in very healthy environment and experts were amazing.”

Dr Sadhna Sodani ,Associate Professor, MGM Medical College Indore

“The ELLP programme was professional and well-presented. I usually go to these events with an agitated feeling, but your training programme was completely different. The fact that almost everyone had the same feedback as mine proves just how powerful and influencing it was. I was particularly impressed with the practical use of the material presented. This is exactly what I would expect from training. I will surely recommend this training to all my colleagues and friends. I, myself, would love to attend future training organized or featured by you.”



Dr Kollah Bharati,Principal Scientist,Soil Biology,Indian Institute of Soil Science

“The course on Environmental Leadership and Life Skills was so Unique that it still palpates in my heart ,and I can enjoy and Savour its flavour. It was jam packed with sessions and activities but I never felt exhausted, as it was learning through fun. The 1st day was the formal introduction and it concluded with the visit to Van Vihar, such an opportunity to be with the nature and the wild really stirred my spirit. The 2nd day began with lectures on life skills and I owe it to Upadhyay sir all my life, about the lesson for life "Don't take anything to heart ".Then it was followed by transactional analysis by Parul Maam and I'm really indebted to her that she took that session as it evoked me to explore human nature and the activities in depth, I was struck how beautifully Madam merged the two theories of Id,Ego,Super-Ego with Child,Adult and Parent ego states.It helped me reflect myself and my actions and I promised to myself that I am going to work more on psychology and Forgive people for their actions.



With that came the issue of Conflict Management, and how beautifully the modes of aggressiveness, Assertiveness and Passiveness was put forward. The day ended with remarkable role plays from all the participants reflecting the different nature. It was followed by visit to the State and tribal museum which reiterated the rich heritage of India. The third day started early with visit to Narsingarh wildlife sanctuary.The best part was the session on Stress,health and well being and Art Therapy in the lap of nature. I was immersed in the serene beauty and all the emotions were unfolding step by step as I delved to draw that emotion on paper with the soft music playing in the background. I felt so relaxed once the JPMR session began and i felt peaceful in the tranquility and it was a Divine experience. The following day started with Experiential learning by a guest faculty and this was followed by a great evening, dining with the Director and the MD CEO of MDP course as well as the faculties who just enjoyed with us like friends. The next day which was the last day, began with excellent session by Prof .Ramesh Arora. He enriched us with his vast experience and tested our domains by use of certain questionnaires which was so very enjoyable. Overall, Dr. Parul Maam and Upadhyay sir unraveled different domains in my life and put me to question them and review them through their tools and

inventories and I could see myself as a "Change Agent". After this course, specially the Yoga Sessions early morning by Ranu Maam was so very enjoying and the interactions with all the female participants from different corners of the country and their experiences in life has helped me to become a new person and it seems it's my Re-birth once again.

I can better focus on my priorities and never get disappointed or disheartened by any person or situation in my life. I recommend every one should undergo this Training irrespective of Age or Sex or Position and Three cheers goes to the Programme and the Course Coordinators."

Dr. Tanushree Mondal, Assistant Director of Medical Education, Govt. of West Bengal.



"ELLP was like a flexion feeling, informative and useful. Adopted practical approach to reduce stress helped me to reenergize myself. It focused on all the struggles faced by women employees on daily basis and followed an insightful and interactive approach to cover Leadership and coordination at work place. I did not consider it as a training but was like a rejuvenating experience for me. Thanks for making me a part of your wonderful Institute and you all."

Dr. Neelu Gupta

" An apt programme for self evaluation of life skills along with road map for improvement."

Dr. MP Sujatha, Principal Scientist, Soil Science Department, Kerala Forest Research Institute



