



Central Organization Railway Electrification
Headquarter Office, Allahabad
Public Relations Department

Number: Core / G / PR / 010 Part-XV

Dated 28.06.2018

Press Release

Seminar cum workshop on life management at CORE Headquarters

A seminar cum workshop on life management was organized on 28th June 2018 at the Central Organization Railway Electrification headquarters, Allahabad . Mr. Ratan Lal, General Manager/CORE was the Chief Guest.

Shri Pankaj Shukla, deliberated upon the life management skill associated with managing and living a better quality of life. He gave many useful tips like Dynamic Yoga, Time management, working together skill, Habit management for improving the efficiency of officers and staff. Various relaxation techniques, Mind power skill, Technique for stress management was also described by Mr. Shukla.

General Manager /CORE, while appreciating the programme of Mr. Shukla,wished him for further success in this field. On this occasion, head of departments of CORE, other officers and staff were present. The programme was deftly conducted by Shri D.K.Srivastava, DGM & CPRO/CORE.

Chief public relations officer
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