



भारत सरकार Government of India  
संचार मंत्रालय Ministry of Communications  
दूरसंचार विभाग Department of Telecommunications  
राष्ट्रीय संचार अकादमी - वित्त National Communications Academy - Finance  
महरोली गुडगांव रोड, घिटोर्नी, नई दिल्ली-110047 MG Road, Ghitorni, New Delhi-110047  
No. 1-84/NICF/TAR/Webinar/2024-25 Dated: - 07.2025  
14/8/25

To,

1. The CGCA, New Delhi
2. Advisor (F), DoT HQ, New Delhi
3. DG, Posts, Dak Bhawan
4. DG, NTIPRIT, Ghaziabad
5. DG, RAKNPA, Ghaziabad
6. AS & FA, Dak Bhawan
7. Sr. DDG (PAF), DoP HQ, Delhi
8. Sr. DDG, Telecommunication Eng. Center
9. All CPMG/PMG
10. All Pr.CsCA /CsCA/GMs (F)/DAPs
11. CMD, BSNL, New Delhi
12. CMD, MTNL, New Delhi
13. DG, TSDSI, New Delhi
14. ED, CDoT, Delhi
15. Secretary, TRAI
16. Director, BBNL, New Delhi
17. Director, WMTDC, Ghitorni, Delhi
18. CMD, TCIL.
19. Deputy General Manager, ITI

**Subject: - Conducting Webinar on "Enhancing Cognitive Wellbeing for Resilient and Effective Public Service"- reg.**

National Communication Academy-Finance (NCA-F), an 'Utkrishi' level Central Government Training Institute under Ministry of Communications, will be conducting the following webinar for all officers/officials of DoT/DoP and its field offices through **Cisco Webex application**. The subject and schedule of webinar are as under: -

Sl. No.	Topic	Date& Timing	Last date for receipt of nomination
1.	"Enhancing Cognitive Wellbeing for Resilient and Effective Public Service"	29.08.2025 (11:00 AM to 01:00 PM)	28.08.2025

**Introduction:**

In today's fast-paced governance landscape, government employees face increasing cognitive demands amid shrinking attention spans, digital overload, and

constant decision pressures. This webinar explores **cognitive wellbeing** as a foundational capacity for resilient and effective public service. Participants will gain insights from psychology, neuroscience, and Indian psychological thought—particularly ideas of mental discipline (manas shuddhi) and inner steadiness (sthitha prajna), to understand how attention, clarity, and mental stamina impact daily functioning and ethical judgment. The session introduces practical strategies to enhance focus, manage cognitive load, and foster mental agility, empowering employees to navigate complexity with greater awareness and purpose.

#### **Learning Outcome:**

- Understand the concept of cognitive wellbeing and its relevance to public service, drawing from both Indian and contemporary psychology.
- Identify key stressors and cognitive overload factors in the public sector context.
- Explore the neuroscience of attention, fatigue, and mindful decision-making under stress.
- Reflect on how IKS ideas such as samyama (integration of attention, concentration, and absorption) can support sustainable attention.
- Apply evidence-based and Indic practices for enhancing mental clarity, resilience, and presence in high-demand environments.
- Define and articulate cognitive wellbeing through both Indic and Western lenses.
- Recognize early signs of cognitive strain and attentional fatigue in themselves and their teams.
- Adopt practical cognitive strategies, including those rooted in Indian traditions.
- Implement at least three tools to sustain attention and regulate stress in their daily work.
- Promote a culture of inner steadiness and mindful action in their teams, inspired by both modern behavioral science and Indian traditions of self-regulation.

All the units of DoT and DoP HQ viz CGCA, CCAs, GMs(Finance), DAP offices, SEA/DoT HQs and PAF/DoP HQ, PSUs and various organizations associated with DoT/DoP are requested to nominate suitable officers & officials on or before 28.08.2025 for the said webinar.

While nominating officers/officials for the webinar, the controlling offices are requested to provide details of nominated officers/officials viz name, designation, mobile number, email address etc.

All the nominations are to be addressed to Dy. Director, O/o DG, NCA-F, Opp. Metro Pillar No. 152, Mehrauli Gurugram (MG) Road, Ghitorni, New Delhi – 110047 or at email address [nicf.moc@gov.in](mailto:nicf.moc@gov.in).

**Note:-**

1. **Nominations of eligible officers/officials of DoT may please be sent mandatorily through the Competency Portal of DoT on or before 28.08.2025. The URL of Competency Portal of DoT is <https://www.competency.dot.gov.in/#/>.**
2. **Other offices (other than offices of DoT) may please send their nominations through e-mail on [nicf.moc@gov.in](mailto:nicf.moc@gov.in).**
3. **Link of the webinar will be sent directly to the given e-mail id of the nominees. All the offices may ensure the participation of their nominated candidates in the webinar.**

In case of any query/clarification, offices may contact Sh. Kundan Kumar Singh, AAO Mobile No.9471899993.

  
Course Director, NCA-F

**Copy to:**

1. PS to DG, NCA-F, Ghitorni, New Delhi-110047.
2. Director Trg. Finance, DoT HQ, for kind information.
3. Director, TER, NCA-F, for uploading of circular on NCA-F Website.
4. Faculty of webinar.
5. Office copy.