



**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, /MG Road, Ghitorni,**  
**नई दिल्ली-110047/ New Delhi-110047**

No: 1-151/NICF/TAR/WebinaronSCW/2025-26

Dated. .02.2026

To,

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|--|-----------------------------------|
| 1. The CGCA, MTNL Building, New Delhi    | 2. Advisor(F), DoT HQ, New Delhi  |
| 3. The Advisor, TRAI, New Delhi          | 4. DG, NTIPRIT, Ghaziabad         |
| 5. The Sr. DDG (PAF), DoP HQ, Delhi      | 6. The Pr. CsCA/CsCA/GMs(F)/DAPs  |
| 7. The Sr. DDG, TEC                      | 8. The CMD, BSNL, New Delhi       |
| 9. The CMD, MTNL, New Delhi.             | 10. The DG, TSDSI, New Delhi      |
| 11. The CEO, C-DoT, Delhi                | 12. The Director, BBNL, New Delhi |
| 13. The Director, WMTDC, New Delhi       | 14. The DGM, TCIL                 |
| 15. The Deputy General Manager, ITI Ltd. |                                   |

**Subject:** - Conducting Webinar on “Strengthening Cognitive Wellbeing for Effective Decision-Making” at NCA-F -reg

Sir/Madam,

The National Communications Academy-Finance, a ‘Sarvotkrisht’ 5 Star-rated Central Training Institute under the Department of Telecommunications, Ministry of Communications, is going to conduct a Webinar on “Strengthening Cognitive Wellbeing for Effective Decision-Making” for all Officers/Officials of DoT/ DoP. The schedule of Webinar is as under: -

Topic	Date & Timing	Last date for nomination
Strengthening Cognitive Wellbeing for Effective Decision-Making	25.02.2026 (11:00 AM to 01:00 PM)	23.02.2026

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 sound and effective decision-making in public service. Participants will gain insights from psychology, neuroscience, and Indian psychological thought, particularly ideas of mental discipline ( <i>manas shuddhi</i> ) and inner steadiness ( <i>sthitha prajna</i> ), to understand how attention, clarity, and mental stamina shape judgment and choices in complex administrative contexts. The session introduces practical strategies to enhance focus, manage cognitive load, and foster mental agility, enabling employees to approach decisions with greater awareness, balance, and purpose.
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Learning Objectives	<p>By the end of the session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the concept of cognitive wellbeing and its relevance to decision-making in public service, drawing from both Indian and contemporary psychology.</li> <li>• Identify key stressors and cognitive overload factors that influence judgment in the public sector context.</li> <li>• Explore the neuroscience of attention, fatigue, and decision-making under stress.</li> <li>• Reflect on how IKS ideas such as <i>samyama</i> (integration of attention, concentration, and absorption) can support sustained clarity in decision processes.</li> <li>• Apply evidence-based and Indic practices for enhancing mental clarity, resilience, and presence in high-demand decision environments.</li> </ul>
Faculty	Ms. Manjima Bhattacharjee, Teaching Associate, NCA-F

2. It is requested to nominate at least two officials from your office for attending this webinar by the individual login at stipulated time as mentioned above.
3. The controlling officers of the respective units are requested to send details of nominated officers viz name, designation, mobile number, email address etc. at **nicf.moc@gov.in**. All the nominated officers from DoT and its field units are requested to apply through competency portal. In case of any query/clarification, Ms. S. Uma Devi, Course Coordinator (Mob: 9346321867) may be contacted.
4. This issues with the approval of the Competent Authority.

Director/ निदेशक

Copy to:

1. PA to DG, NCA-F, Ghitorni, New Delhi-110047.
2. Director Trg. Finance, DoT HQ, Sanchar Bhawan
3. Director (PA-Admn), DoP HQ, Dak Bhawan, New Delhi.
4. Director (TER), NCA – F for nomination and uploading of circular on office website.
5. Faculty of webinar.
6. Office copy.