



भारतीय रिज़र्व बैंक

RESERVE BANK OF INDIA

www.rbi.org.in

CAB.No. 413 /09.07.002/2018-19

April 3, 2019

Chief Executive Officers/ HR Heads
All Scheduled Commercial Banks and Cooperative Banks

Madam / Dear Sir,

Programme on Stress Management for Bankers (May 13-14, 2019)

In a hilarious cartoon by H S Vishwanath, set in a photo studio, the banker's wife tells the photographer – 'Simply click. Do not waste time asking him to smile. Remember he is a banker!' The stereotype of the 'unsmiling banker' is now firmly etched in people's minds, yet it begs the question – why do bankers find it so tough to smile? The principal reason is the stress that bankers have to cope with, whether they like it or not. Bankers face stress for a variety of reasons such as – (i) meeting targets, (ii) dealing with difficult customers, (iii) managing conflicts within their team, (iv) motivating team members, (v) recovering dues in case of stressed assets; and (vi) dealing with the volatile economic environment. In such a scenario, self-management and stress management become really important.

2. Keeping the above in mind, College of Agricultural Banking, Pune, has decided to offer the captioned programme during May 13-14, 2019. Details of the programme, such as Programme Objectives, Participant Profile, Contents, Teaching Methodology and Fees, are given in the Annex-1. You are requested to peruse it.

3. You are requested to nominate one/two officials from your bank for this programme. For sending nominations, you are requested to use the format given in Annex – 2.

कृषि बैंकिंग महाविद्यालय, विद्यापीठ मार्ग, पुणे - 411016 (महाराष्ट्र) भारत

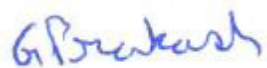
College of Agricultural Banking, University Road, Pune - 411 016, (Maharashtra), INDIA
Phone : +91-020-2553 8392 ; Fax : +91-020-2553 8959 ; E-mail principalcab@rbi.org.in

हिंदी आसान है, इसका प्रयोग बढ़ाइए

Please send nominations by e-mail to: **cabacademic@rbi.org.in** with copy to , **gprakash@rbi.org.in**. The last day for sending nominations is May 03, 2019 (Friday).

4. The nominated officer(s), on **confirmation of their nomination by CAB, Pune**, may be advised to report at CAB by the evening of May 12, 2019 (Sunday). Further, as the Programme is likely to conclude at 17.30 hours on May 14, 2019 (Tuesday), the nominated officer may be advised to plan his/her return journey accordingly. Furthermore, the participating officer may be advised that hostel facility will only be extended to participants and it will not be possible for the College to accommodate their spouse/family members accompanying them. They may also be requested to carry some proof of identification with them while reporting to the College.

Yours faithfully



(Dr. Gautam Prakash)
Program Director

IMPORTANT DATES TO REMEMBER	
Programme Dates	May 13 to 14, 2019
Nomination to be received by	May 3, 2019
Reporting at CAB	May 12, 2019
Completion of programme	05:30 PM on May 14, 2019

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