



## **Supervisor Training Centre Charbagh, Lucknow**

**Course: - Refresher(C&W)- 05.10.26 to 24.10.26**

**Time Table- 2nd Week (12.10 to 17.10)**



**Venue: - Class room no. 5**

| Days/Period           | I<br>09:40-11:40                                           | II<br>12:00-14:00                                   | III<br>15:00-17:00                                        |
|-----------------------|------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------|
| Monday<br>12.10.26    | RSWS/CB Tour & VBE maintenance tour at AISHBAGH Depot /NER |                                                     | Tender & Contracts<br>(Ashish Aggarwal – Sr. Prof./IRITM) |
| Tuesday<br>13.10.26   | YOGA                                                       | CMM<br>(CRIS)                                       | D&AR<br>(Waqar Ahmad- Ret.STM)                            |
| Wednesday<br>14.10.26 | Life and happiness<br>(Yogendra Chaurasia-AWM/RSWS/CB)     | M&P<br>(Umashankar )                                | Vigilance In IR<br>(Santosh Mishra- CVO/UPMRC)            |
| Thursday<br>15.10.26  | OUTSTATION TOUR                                            |                                                     |                                                           |
| Friday<br>16.10.26    | RAJBHASA<br>(NCJ)                                          | UDM, Gem<br>(Ashutosh Shukla-<br>SSE/RSWS)          | Latest Development in Wagons<br>(Apoorva- Director/RDSO)  |
| Saturday<br>17.10.26  | HTS<br>(Bijendra Singh- SSE/HQ)                            | Stress Management, First<br>Aid (Dr. Dheeraj Kumar) | -----                                                     |

**TEA BREAK 11:40 – 12:00 hr.**

**LUNCH 14:00-15:00 hrs**

**(A.K. Srivastava)**

Course Co-Ordinator