

Online Program on
“Mastering your time, Mastering your life”
1st JUNE To 4th JUNE 2020



DAY 1
Monday, 1st JUNE

01:30 pm-02:00 pm

01:30 pm Participants Login

Welcome Address:

Lt Gen Dr Rajesh Kochhar,
AVSM and Bar, SM, VSM

Senior Director, Jindal Institute of Leadership Development and
Executive Education (JILDEE)
O. P. Jindal Global University

Session 1

02:00pm- 03:30pm

Maximizing Human Potential: A Behavioral Framework -I
- **Dr Sanjeev P Sahni** Principal Director, Jindal Institute of
Behavioral Sciences (JIBS), Professor & Member, Governing
Body, Advisor to the Vice Chancellor

3:30 pm – 04:00 pm

Energy Break

Session 2

04:00pm- 05:30pm

Maximizing Human Potential: A Behavioral Framework –II
- **Dr Sanjeev P Sahni**

DAY2

Tuesday, 02nd JUNE

Session 3

2:00 pm – 3:30 pm

Effective Communication

- **Mr. Arun Albert**

Head Training and Professional Development
O. P. Jindal Global University (JGU)

3:30 pm- 4:00 pm

Energy Break

Session 4

04:00pm- 05:30pm

Proactivity in Crisis

Tanushree Sharma

Associate Professor

Jindal Global Business School

O.P. Jindal Global University

DAY 3 Wednesday , 03rd JUNE	
Session 5	
2:00 pm – 3:30 pm	Emotional Intelligence Dr. Manjushree Palit Associate Professor and Director at Jindal Institute of Behavioural Sciences and Deputy Director of the Centre for Victimology & Psychological Studies at O. P. Jindal Global University.
3:30 pm- 4:00 pm Energy Break	
Session 6	
4:00 pm – 5:30 pm	Time Management - Mr Arun Albert
DAY 4 Thursday , 04th JUNE	
Session 7	
2:30 pm – 3:30 pm	Understanding Subjective Well-Being for Effective Relationships Dr. Tithi Bhatnagar Associate Professor Deputy Director - Centre for Leadership and Change Institute Faculty Coordinator – Training
3:30 pm- 4:00 pm Energy Break	
Session 8	
4:00 pm – 5:30 pm	Mindfulness for Balanced Life Dr. Pulkit Khanna Associate Professor and Assistant Director, Centre for Leadership and Change at Jindal Institute of Behavioral Sciences (JIBS), O. P. Jindal Global University.
05:30 pm to 05:45 pm	Closing Address – Lt Gen Dr Rajesh Kochhar, AVSM and Bar, SM, VSM