



**JINDAL INSTITUTE OF
BEHAVIOURAL SCIENCES**



O.P. Jindal Global University
A Private University Promoting Public Service

JILDEE
JINDAL INSTITUTE OF LEADERSHIP
DEVELOPMENT AND EXECUTIVE EDUCATION

**4 Day Online
Certificate Programme
on
“STRESS AND ANXIETY MANAGEMENT
WITH SPECIAL FOCUS ON
PERFORMANCE ENHANCEMENT”**

**For the
Officers from the Office of the
Comptroller and Auditor General of India (CAG)**

**Organized by
Jindal Institute of Behavioural Sciences (JIBS)
&
Jindal Institute of Leadership Development and
Executive Education (JILDEE)**



23 – 26 June 2020

DAY 1: Tuesday, 23rd June 2020

INAUGURAL SESSION : 1:30 pm – 2:00 pm

Welcome Address **Mr. Sidharth Verma**, Manager, Jindal Institute of Leadership Development and Executive Education, O P Jindal Global University

Inaugural Address **Lt Gen Rajesh Kochhar (retd)**, AVSM and Bar, SM, VSM; Senior Director, Jindal Institute of Leadership Development and Executive Education (JILDEE), O P Jindal Global University

SESSION 1

2:00 pm – 3:30 pm **Maximizing Human Potential: A Behavioral Framework for Performance Management**
Prof. (Dr.) Sanjeev P. Sahni, Principal Director, Jindal Institute of Behavioral Sciences (JIBS); Director, Centre of Victimology and Psychological Studies; Professor & Member, Governing Body, Advisor to the Vice Chancellor O P Jindal Global University

3:30 pm – 4:00 pm **Energy Break**

SESSION 2

4:00 pm – 5:30 pm **Maximizing Human Potential: A Behavioral Framework for Performance Management**
Prof. (Dr.) Sanjeev P. Sahni

DAY 2: Wednesday, 24th June, 2020

SESSION 3

2:00 pm – 3:30 pm **Anxiety Management**
Prof. (Dr.) Sanjeev P. Sahni

3:30 pm – 4:00 pm **Energy Break**

SESSION 4

4:00 pm – 5:30 pm **Emotional Intelligence**
Dr. Manjushree Palit, Associate Professor and Director, Jindal Institute of Behavioral Sciences (JIBS), O P Jindal Global University

DAY 3: Thursday, 25th June 2020

SESSION 5

2:00 pm – 3:30 pm **Proactivity in Crisis**
Dr. Tanushree Sharma, Associate Professor, Jindal Global Business School, 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, Head Training and Professional Development, O P Jindal Global University

DAY 4: Friday, 26th June, 2020

SESSION 7

2:00 pm – 3:30 pm **Stress Management and Performance Enhancement**
Dr. Tithi Bhatnagar, Associate Professor, Deputy Director - Centre for Leadership and Change (CLC), Institute Faculty Coordinator – Training, Jindal Institute of Behavioural Sciences (JIBS)

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, Assistant Director - Centre for Leadership and Change (CLC), Jindal Institute of Behavioural Sciences (JIBS), O P Jindal Global University

Valedictory Session: 5:30pm- 5:45pm

Opening Remarks **Lt Gen Rajesh Kochhar (retd)**, Senior Director, JILDEE

Valedictory Address **Mr. Kulwant Singh**, Chief Guest, Principal Director, Comptroller and Auditor General of India (CAG)

Closing Remarks **Mr. Sidharth Verma**, Manager, JILDEE

Academic Course Director: Prof. (Dr.) Sanjeev P. Sahni