



**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

**3 DAYS E-CERTIFICATE PROGRAM
ON
“UNLOCKING THE SECRETS AND
SCIENCE OF HAPPINESS”
FOR
POWER GRID CORPORATION OF INDIA**

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

14 – 16 OCTOBER 2020

DAY 1: Wednesday, 14 October, 2020

INAUGURAL SESSION : 1:30 pm – 2:00 pm

- Welcome Address** **Mr. Amit Mohapatra**, Joint Director, Jindal Institute of Leadership Development and Executive Education, O.P. Jindal Global University
- Inaugural Address** **Lt. Gen. Dr. Rajesh Kochhar (retd)**, AVSM and Bar, SM, VSM; Senior Director, Jindal Institute of Leadership Development and Executive Education (JILDEE), O.P. Jindal Global University
- Special Address** **Mr. S. Sridharan**, Gen. Manager, Power Grid Corporation of India

SESSION 1

- 2:00 pm – 3:30 pm **Stress Management and Performance Enhancement**
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 – 3:45 pm **Energy Break**

SESSION 2

- 3:45 pm – 5:15 pm **Emotional Intelligence for a Happier You**
Dr. Pulkit Khanna, Associate Professor, Assistant Director - Centre for Leadership and Change (CLC), Jindal Institute of Behavioural Sciences (JIBS), O P Jindal Global University

DAY 2: Thursday, 15 October, 2020

SESSION 3

- 2:00 pm – 3:30 pm **Anxiety Management**
Prof. (Dr.) Sanjeev P. Sahni
- 3:30 pm – 3:45 pm **Energy Break**

SESSION 4

- 3:45 pm – 5:15 pm **Happiness at Work Place**
Dr. Tithi Bhatnagar, Associate Professor, Deputy Director - Centre for Leadership and Change (CLC), Jindal Institute of Behavioral Sciences (JIBS); Institute Training In-Charge, O P Jindal Global University

DAY 3: Friday, 16 October, 2020

SESSION 5

- 2:00 pm – 3:30 pm **Practical Positive Psychology – Developing Life Skills**
Dr. Tithi Bhatnagar
- 3:30 pm – 3:45 pm **Energy Break**

SESSION 6

- 3:45 pm – 5:15 pm **Mindfulness for Balanced Life**
Dr. Pulkit Khanna

VALEDICTORY SESSION: 5:30PM- 5:45PM

- Opening Remarks** **Mr. Amit Mohapatra**, Joint Director - JILDEE
- Valedictory Address** **Lt. Gen. Rajesh Kochhar (retd)**, Senior Director, JILDEE
- Academic Course Director: Prof. (Dr.) Sanjeev P. Sahni**