

BVIMR MDP CELL PRESENTS



# *Reprogram your Life*

Taking Charge and Responsibility to Design your life  
5 days Management Development Programme



# *Who Should Attend*

FACULTY/TRAINER'S/COACHES

To influence Audience with Impact

HUMAN RESOURCE PROFESSIONALS

Know you teams and people as humans and not Resource

BUSINESS TYCOONS

Make your vision visible for masses to build extraordinary business

PSYCHOLOGY STUDENTS /DOCTORS

Expand your learnings with new realm of behavioral patterns



## PURPOSE OF THE PROGRAM

*The purpose of the program is to wash the dust of daily life from our souls, that we are piling in load during these times with compulsive social data explosions and news inferences. It's mandatory to heighten our conscious awareness to merge medical sciences and applied therapies to clear up the mingled mind patterns and self-sabotaging behaviours*



Medical Doctors and Neurosciences Experts as Facilitators

# Program Coverage

AN AMALGAMATION OF  
ENERGY PSYCHOLOGY AND  
MEDICAL SCIENCES



The biggest take-away from this programme is that the participants learn from the comfort of their homes. Online learning is the new norm in the pandemic era

- Redefining Personality by Self-Monitoring and Behavioral Awareness.
- Re-engineering Body and Mind to Deal Powerfully with Stress and Anxiety.
- Simple Tools and Techniques to Switch from unwanted haunted feelings and emotions to more resourceful emotions and feelings.
- Learning Effective coping Mechanism to deal with crippling anxiety attacks.
- Mindful about our communication, to be an impactful communicator.
- Choosing Right Nutrition and Fuel for the Body to have a healthy mind.
- Psychosomatic disorders and their effects on mind and body.

# PROGRAM FACILITATORS



**Dr. Shiv Prasad**  
M.D. Psychiatry  
Professor, Lady Hardinge Medical  
College, New Delhi



**Ms. Poonam Jalan**  
Poonam Jalan is a certified Counselling  
Psychologist from Monash University,  
Australia, a Behaviour Analyst and a  
published author who specialises in  
trauma resolution and living happily.



**Dr. Shilpa Gupta**  
Founder and Trainer of EmoAid  
program and Associate Director of  
Centre for Child and Adolescent  
Wellbeing (CCAW), a multi speciality  
Institute for child mental health.



**Dr. Prerana Gupta**  
Professor Psychiatry at Teerthanker  
Mahaveer Medical College.  
Mrs India Queen of Substance 2021



**Dr. Nand Kumar, MD**  
Professor Psychiatry  
Prof In-charge: CARE  
(Centre for Advanced Research & Excellence  
in Neuromodulation for Mental Health)  
Department of Psychiatry  
All India Institute of Medical Sciences, Delhi



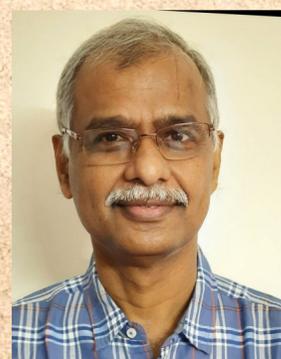
**Dr. Deepak Tokas**  
Consultant Forensic Psychiatrist at  
Tees, Esk and Wear Valleys NHS  
Foundation Trust, England.



**Col. Sudip Mukerjee**  
Col Sudip Mukerjee is a Master Trainer  
and a Behaviour Analyst who  
specialises Thought Patterns Diagnosis  
and helps individuals and teams  
perform efficiently.



**Ms. Anshu Sisodia**  
Anshu Sisodia has over 16 years of  
experience as an International Media  
Broadcaster. She has been the face for the  
top 4 different National News TV  
channels of India ( Aaj Tak, CNN-IBN7,  
NDTV Good Times, Sahara News)



**Dr. Om Sai Ramesh Vallamkonda**  
Professor of Psychiatry at Lady  
Hardinge Medical College, New Delhi

# PROGRAM CORDINATORS



## **Prof. (Dr.) Yamini Agarwal**

Director, Bharati Vidyapeeth (Deemed to be University) Institute of Management and Research, Former Professor of Finance & Dean (Research), Indian Institute of Finance



## **Dr. Ajay Sahni**

Head: Dept. of Foreign Languages BVIMR, New Delhi. GGA Global Goodwill Ambassador (Humanitarian) India



## **Ms. Gagandeep Kaur**

Assistant Professor at BVIMR, NLP and EFT Internattinal Practitioner, Behavioural Coach



# Program Schedule

FACILITATED LEARNING AND MODERATES  
CONTINUOUS DISCUSSION FORUM.

## DAY 1

Inauguration & Context Setting

Self Paced Learning Module

Reinterpreting the Causes of your Stress and Amplifying your Inner Strength

 13th December, 2021

10 AM - 12 PM

 12 PM - 2 PM (BREAK)

2 PM - 4 PM

### Theme :

- Creating context of the program
- Glance on self awareness
- Stop - Self sabotage and reprogram your subconscious mind for permanent transformation.
- Anger Management
- Effective coping mechanisms to align thoughts and actions

## DAY 2

Re-engineering Body, Mind and Soul.  
Invest in Yourself

 14th December, 2021

10 AM - 12 PM

 12 PM - 2 PM (BREAK)

2 PM - 4 PM

### Theme :

- Hidden unseen Psychiatrist challenges, symptoms and early actions required
- Psychoeducation about nature of stress and anxiety, its impact on Physical illness

## DAY 3

Mind Management Strategies and  
Relationship Simulation

 15th December 2021

10 AM - 12 PM

 12 PM - 2 PM (BREAK)

2 PM - 4 PM

### Theme :

- Resolving workforce conflicts
- Dealing with difficult people
- Enhancing communication strategies through mindfulness
- Art and Science of Tranquility

# Program Schedule

FACILITATED LEARNING AND MODERATES  
CONTINUOUS DISCUSSION FORUM.

## DAY 4

Mental and Physical  
Fitness Regime

 16th December 2021

10 AM - 12 PM

 12 PM - 2 PM (BREAK)

2 PM - 4 PM

### Theme :

- Healthy nutrition for healthy mind, body and soul
- Sleep hygiene
- Strategies to turn adversities to opportunities
- Emotional Intelligence through empathy and social skills
- Striking Balance among Intelligence, physical, emotional and spiritual quotient

## DAY 5

Tapping Subconscious  
Mind

 17th December 2021

10 AM - 12 PM

 12 PM - 2 PM (BREAK)

2 PM - 4 PM

### Theme :

- Identifying that "Golden Gap" between conscious mind and action
- Creation of new neural circuits
- Neuroplasticity - Diffusing unproductive neural circuits

# Program Fee

Corporate: 3,999/- Rupees

Academic Professionals: 2,999/- Rupees

Scholars/Students: 1,999/- Rupees

## PROCESS OF REGISTRATION:

Fill this Google form: <https://forms.gle/qxpjgCPZgya5vzXB6>

## VENUE:

 MS Teams

## ACCOUNT DETAILS:

- **FOR ONLINE TRANSFER THROUGH NEFT : You need to add below account number 24 hours before you make the payment**

NAME OF ACCOUNT HOLDER: Director BVIMR

ACCOUNT NO: 201503130000004

BANK NAME: Bharati Sahkari Bank Ltd.

IFSC CODE: SVCB0010015

TYPE OF ACCOUNT: Saving

- **FOR PAYMENT THROUGH CHEQUE OR DD**

Make Cheque or DD in favor of "DIRECTOR BVIMR, NEW DELHI" and  
Courier to this address:

Account Department c/o

Bharati Vidyapeeth (Deemed To Be University) Institute of Management  
and Research, A-4, Rohtak Road, Paschim Vihar, New Delhi, 110063

(Near Eat Paschim Vihar metro station)

**Bharati Vidyapeeth**, the parent body of Bharati Vidyapeeth (Deemed to be University), Pune was established in 1964 by hon'ble Dr. Patangraoji Kadam. It boasts of having the privilege of 182 educational institutes of academic excellence under its wings imparting education from pre-primary to research level. Bharati Vidyapeeth

University is now one of the few universities which has under their umbrella diverse disciplines such as management, medicine, law, engineering, science, arts, commerce, pharmacy, architecture and social work etc.

The university is accredited with an 'A+' grade (2017) by NAAC and awarded Category-I University status by UGC. It has been ranked 63rd in the top 100 Universities in India by National Institutional Ranking Framework (NIRF), Ministry of HRD, Govt. of India.

At BVIMR, we are imparting quality education in management at Doctorate, Post Graduate and Under Graduate levels. We are proud to share that more than 7500 students have graduated from the Institute since inception. We constantly strive to meet our stakeholders' expectations and serve the academic community and help our motherland develop good human beings, who serve their family, society, nation and then be global citizen.

#### VISION

To be a world class University for Social Transformation through Dynamic Education



## IMPORTANT DATES



**Programme Start Date:**

13th December 2021

**Last Date to Apply:**

9th December 2021



### Registration:

The organisations interested in nominating their employees and individuals interested in registration for self in the programme may apply online.



Facebook: <https://www.facebook.com/bvimrevents/>



LinkedIn: <https://www.linkedin.com/school/bharati-vidyapeeth/>



Twitter: [https://twitter.com/bharati\\_vp](https://twitter.com/bharati_vp)

