



BHARATI VIDYAPEETH
(DEEMED TO BE UNIVERSITY)

INSTITUTE OF MANAGEMENT & RESEARCH, NEW DELHI

'A' GRADE UNIVERSITY STATUS AWARDED BY MHRD, GOVT. OF INDIA
RE-ACCREDITED WITH 'A+' GRADE BY NAAC

BVIMR
Bharati Vidyapeeth University
Fashion Vihar, New Delhi

Celebrating
50
& beyond...

FIVE DAY FDP

**ON EMOTIONAL INTELLIGENCE & NEUROPLASTICITY
STOP DANCING ON UNKNOWN TRIGGERS AND NOT BE
SLAVES OF OUR OWN EMOTIONS**

2022

Online

BVIMR NEW DELHI

12TH JULY TO 16TH JULY

**ORGANIZED
AT
DATE**

Course Co-ordinator

Dr .Gagandeep Kaur

Dr.Indu Rani

Contents

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Course Learning

Outcomes

Recognise your own feelings, and those of others, motivate yourself internally, manage emotions for successful interpersonal relationships

What we are conditioned to believe about ourselves affect our performance, so it's important to acknowledge the conditioning and recreate it.

Enhance personal competency, emotional competency and social competencies with self-awareness, self management social awareness and relationship management

How your personality creates your personal reality
Breaking the habit of being yourself and reinvent a new self

Schedule

12-07-22
 Tuesday

13-07-22
 Wednesday

14-07-22
 Thursday

15-07-22
 Friday

16-07-22
 Saturday

10:00 AM

Opening

10:10 AM

Inauguration -
 Director Ma'am

10:15 to 10:45

(session by **Dr. Indu Rani**)

- 1) Introduction to Emotional intelligence
- 2) Basic of emotions and role

10:45 to 11:30

(session by **Dr. Gagandeep Kaur**)

- 1) Emotional barriers and its competencies
- 2) Emotive therapy

11:30 to 12:30

(session by **Dr. Ajay Sahni**)

Basic brain structure and Neuroscience plasticity

12:30 to 1:00

(session by **Dr. Ajay Sahni & Dr. Gagandeep Kaur**)

Demonstration and life simulation exercise

10:00 to 11:00

(session by **Dr. Broto Bhardwaj**)

Emotion and energy in motion

11:00 to 12:00

(session by **Dr. Gagandeep Kaur**)

Measuring emotional intelligence

10:00 to 11:30

(session by **Dr. Sanjay Roy**)

Neuroplasticity :Bhagwat Geeta prospective (Buddhi Yog)

11:30 to 12:30

(session by **Dr. Shradha Verneker**)

Art of Blissful Thinking

12:30 to 1:00

Guided Meditation

11:00 to 12:00

(session by **Dr. Ajay Sahni & Dr. Gagandeep Kaur**)

Hands on Neuroplasticity

12:00 to 1:00

(session by **Ms. Bhavika Batra**)

The magic of Gratitude

10:00 to 11:00

Prune away the habit of being yourself

11:00 to 12:00

(session by **Dr. Ajay Sahni & Dr. Gagandeep Kaur**)

Learn and unlearn behavioral patterns

12:00 to 12:30

(**Dr. Indu Rani**)

Vote of thanks



Dr. Yamini Agarwal
Director BVIMR
New Delhi
Speakers



Dr. Ajay Sahni

**Assistant professor
at BVIMR,
Life coach &
Empathypreneur**



Dr. Gagandeep Kaur

**International certificated EFT And
NLP practitioner,
EFT Researcher &
Assistant professor at BVIMR**



Dr. Indu Rani

**Assistant Professor
at BVIMR**



Dr. Sanjay Roy
Assistant Professor
at BVIMR



Dr. Shradha Vernekar
(IMED Pune BVP)
Assistant Professor



Dr. Broto Bhardwaj
Professor
at BVIMR



Ms. Bhavika Batra
Assistant Professor
at BVIMR



BVIMR

Bharati Vidyapeeth Institute Of Management & Research, New Delhi Established in 1992, Bharati Vidyapeeth University Institute of Management And Research (BVIMR), New Delhi endures the reputation of being one of the institutes imparting education in management. As a constituent unit amongst 182 institutions of the Bharati Vidyapeeth family, which was founded by Hon'ble Dr. Patangraoji Kadam in 1964, the institute has over the past few years emerged. The institute is under the ambit of Bharati Vidyapeeth University (BVU), Pune as approved by Govt. of India on the recommendation of UGC under Section 3 of UGC Act vide its letter notification No. F. 9 - 16 / 2004 - U3 dated 25 February 2005. It has been offering Management & IT programs.

Registration !!

MODE: ONLINE
FDP FEES: 300/- PARTICIPANT

In Order To Register For FDP, Please Make the PAYMENT AT

NAME OF ACCOUNT HOLDER: DIRECTOR BVIMR

ACCOUNT NO: 201503130000004

BANK NAME: BHARATI SAHKARI BANK LTD.

IFSC CODE: SVCB0010015

TYPE OF ACCOUNT: SAVING

MAKE CHEQUE OR DD IN FAVOUR OF " DIRECTOR BVIMR, NEW DELHI"

COURIER TO THIS ADDRESS: ACCOUNT DEPARTMENT C/O BHARATI VIDYPEETH

(DEEMED TO BE UNIVERSITY) INSTITUTE OF MANAGEMENT AND RESEARCH , A-4

ROHTAK ROAD , PASCHIM VIHAR, NEW DELHI, 110063, (NEAR PASCHIM VIHAR EAST

METRO STATION)

**You can also make
payments through Paytm**

Name-Gagandeep Kaur

Paytm Number-9717053399

The Last day for registration is 10th July till 12 pm

(After getting registered join this Google Form link)

<https://forms.gle/ZQEPzXznnbDDbH128>