



ESIC DENTAL COLLEGE & HOSPITAL
ROHINI
IS ORGANIZING



FACULTY DEVELOPMENT PROGRAM

22.06.2024 to 24.06.2024

(Personal Excellence & Education – A Heartfulness perspective)

Venue : The Pearl, Satkhola, Uttarakhand

RESOURCE PERSONS



Mr Rupesh Sharma

St. Vice President,
United Biotech Pvt. Ltd.
NCR H.C. Coordinator,
Heartfulness
Education Trust



Mr Sanjay Upreti

IRAS, Joint &
Financial Advisor
ISF, ITSP, SPR&D and
NCRB, Heartfulness
Trainer



Mr Jaskamal Jeet Singh Bhuie

Associate
Adizes Institute India

DETAILS OF ITINERARY

Day First (22.06.2024)

Reach, The Pearl Satkhola by 3:00 PM

3:00 PM to 4:00 PM: Lunch

5:00 – 6:30 PM : Welcome (Mr. Rupesh Sharma) & Session – Leading from the HEART (Mr. Sanjay Upreti)

6:30 – 7:00 PM :- Relaxation & Meditation

7:30 PM: Dinner

Day Two (23.06.2024)

6:30 AM – 7:00 AM: Asana, Pranayama

8:00 – 9:00 AM : Breakfast

9:00 AM – 10:30 AM: Education & Meditation Session (2nd Session) Mr. Jaskamal

10:30 – 11:00 AM : Relaxation & Meditation

11:00 AM – 11:15 Tea Break

11:15 AM – 12:45 3rd Session: Emotional Resilience – The Hallmark of excellence

12:45 – 1:30 Lunch

1:30 – 2:00 PM Casual Break

2:00 PM – 3:30 PM 4th Session: Harmony & Happiness (Mr. Choupal)

3:30 – 4:00 PM - Tea Break

4:00 to 6:00 PM: Nature Walk & Ashram Tour

6:00 – 6:15 Day Concluding Session

6:30 PM – 7:30 PM: Casual Break

7:30 PM Dinner

Day Three (24.6.2024)

6:30 to 7:00 AM Yoga

8:00 to 8:30 AM Breakfast

8:45 AM to 9:45 AM - Valedictory Function

10 am to 11:30 am

Meditation session and sharing of experiences