



WORKSHOP

by



INDIA
FUTURES



Walchand People First Ltd

“POSITIVITY AND BALANCED LIFE FOR DIGITAL YOUTH”

For

JIMS Rohini Students PGDM/ PGDM-IB/ PGDM-RM – Batch 2017-19

Date: 22nd Aug, 2017: PGDM-IB & PGDM-RM

23rd Aug, 2017: PGDM (Sec – A and C)

Venue: Audi, Building – A

Time: 09:30 AM – 01:00 PM

Program Objectives

1. Assess the degree of balance in our lives.
2. How to manage pressure and stress? Differentiate between positive and negative stress.
3. Define where we could spend more time or less time.
4. Align energies to stay away for negative influences and habits.
5. Plan to bring more balance into our professional and personal lives.