

IIM Calcutta

Understanding Relationships through Self-Management

By Dr. Gopal Babu

(Schedule 24-25 Nov 2023)

24 Nov 2023		
Session	Topic	Timing
Session-1	Holistic Development	9.30 – 11:00 AM
Tea Break		11:00 – 11:30 AM
Session -2	Self-Management through self-exploration	11.30 AM – 1:00 PM
Lunch Break		1:00 – 2:00 PM
Session-3	Understanding Human Being	2:00 – 3:30 PM
Tea Break		3:30 – 4:00 PM
Session -4	Understanding Relationships (Trust)	4:00 – 5:30 PM
25 Nov 2023		
Session	Topic	Timing
Session -1	Recap of the previous day and Trust (continue)	9.30 – 11:00 AM
Tea Break		11:00 – 11:30 AM
Session -2	Understanding Relationships (Respect)	11.30 AM – 1:00 PM
Lunch Break		1:00 – 2:00 PM
Session-3	Understanding Relationships (a brief discussion on other feelings)	2:00 – 3:30 PM
Tea Break		3:30 – 4:00 PM
Session -4	4a. Expansion of Relationships from Society to Nature	4:00 – 5:00 PM
	4b. Sharing of few participants	5.00 – 5.30 PM

Kindly NOTE:

- All sessions are interrelated, therefore, skipping any session is not advisable.
- Do not allow anyone in the mid of the session.