

NIFTEM is conducting 3 days online programme on “Stress Management & uncertainty” with the help of Heartfulness Institute on 8th, 9th & 10th October, 2020 at 6.30PM through CISCO WebEx. Link, ID & Password has been shared on your email ID. Separate link & ID for each day programme. Please attend by registering yourself atleast 10 minutes earlier.

Date & Time	Topic	Name of Speaker	Link
08-Oct-20 6:30 PM to 7:30 PM	Peak Performance: Unleashing the potential	Ms. Rikita Swaroop, MEPSC Trainer	https://nitkurukshetra.webex.com/nitkurukshetra/j.php?MTID=m43e5436d47b575bb95bb07bec18d1e9e CISCO Webex Meeting ID: 1706078691 Password: 123456
09-Oct-20 6:30 PM to 7:30 PM	Stress management	Dr. Veronique Nicolai, Pediatrician and Yoga Instructor	https://nitkurukshetra.webex.com/nitkurukshetra/j.php?MTID=m7335cb59715c514ff640a2847802ca42 CISCO Webex Meeting ID: 1704105462 Password: 123456
10-Oct-20 6:30 PM to 7:30 PM	Dealing with Uncertainty: Being resilient during a crisis	Dr. Ashish Johari, Principal Consultant, Synergie HR	https://nitkurukshetra.webex.com/nitkurukshetra/j.php?MTID=mc997f6cf8356f7179b4f575545cd4b2c CISCO Webex Meeting ID: 1703111273 Password: 123456