# **Seven Days Online Refreshers’ Program**

# **On**

**Heartfulness Enabled Leadership Mastery (*HELM-2021*)**

(Conducted as part of the Centenary Year Celebrations of HBTU Kanpur)

**Date: 05-11 September, 2021**

**Time: 18:30 to 19:30hrs. (IST)**

**Venue: Online (Through Google Meet)**

# **Organized by**

**School of Chemical Technology**

**Harcourt Butler Technical University (*Formerly* HBTI), Kanpur, INDIA**

**Google form Link- https://forms.gle/HJD2m4WkXEEyz4Lc7**

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| **September 05, 2021** | |
| **Inaugural Session (18:00– 18:30 hrs.)** | |
| **Time** | **Program** |
| 18:00–18:05 | **Welcome Address**  Chairman of the program: Dean School of Chemical Technology |
| 18:05 –18:10 | **About the University & Centenary Year Celebrations**  Convener of the program: Associate Dean School of Chemical Technology |
| 18:10 –18:15 | **About the Program & its Objectives**  Co-Convener: Mr. Jitendra Kumar, Assistant Professor, Chemical Engineering |
| 18:15–18:20 | **Blessings by Patron;**  **Prof. Samsher**  **Hon’ble Vice-Chancellor, HBTU Kanpur** |
| 18:20 –18:25 | **Vote of Thanks & Permission to start the Session**  Coordinator: Dr. Deepak Yadav, Assistant Professor, Chemical Engineering |
| 18:25-18:30 | **Welcome by Heartfulness Family**  Shalini Srivastava, Zonal Coordinator, Heartfulness Kanpur Zone |
| 18:30–19:30 | **Start ‘U’p Module1**  **Connection**  Pradeep Srivastava  Heartfulness Meditation Trainer |
| **September 06, 2021** | |
| 18:30–19:30 | **Start ‘U’p Module2**  **Core**  Madhurima Nigam  Heartfulness Facilitator |
| **September 07, 2021** | |
| 18:30–19:30 | **Start ‘U’p Module3**  **Context**  Shalini Pandey  Heartfulness Facilitator |
| **September 08, 2021** | |
| 18:30–19:30 | **Start ‘U’p Module4**  **Choices**  Dr. R.P. Singh  Heartfulness Meditation Trainer |
| **September 09, 2021** | |
| 18:30–19:30 | **Start ‘U’p Module5**  **Causality**  Archana Srivastava  Heartfulness Meditation Trainer |
| **September 10, 2021** | |
| 18:30–19:30 | **Start ‘U’p Module6**  **Community**  Anil Haridasan  Heartfulness Facilitator |
| **September 11, 2021** | |
| 18:30–19:30 | **Start ‘U’p Module7**  **Chair-Yoga**  Shivangi Dwivedi  Heartfulness Meditation and Yoga Trainer |
| **Valedictory Session (19:30– 19:40 hrs.)** | |
| 19:30 –19:35 | **Summing up**  Rohit Srivass  Heartful Campus State Coordinator |
| 19:35 –19:40 | **Vote of Thanks**  Dr. Deepak Yadav  Assistant Professor, Chemical Engineering, HBTU, kanpur |