

Flow of Programs for "Commune" with CME Trainer

Venue: SRCM Retreat Center, Panshet, Pune

Date: 15th June, 16th June & 17th June, 2018

Time Slot	Activities	Speaker
June 15, Fri		
06:00-07:00 pm	Registration	Taranand
07:00-08:00 pm	Introduction	Dr Barde & Dr Girge
08:00-09:00 pm	Dinner	
09:00-10:00 pm	Polarity Workshop & Activity	Dr Barde & Taranand
June 16, Sat		
06:00-07:00 am	Heartfulness Yoga	Dr Rajesh Barde
07:00-08:30 am	Breakfast	
08:30-09:45 am	Why Wellness?	Dr Snehal Deshpande
09:45-10:00 am	Break	
10:00-11:00 am	Empathetic Leadership	Dr Rupa Agarwal
11:00-12:00 pm	Heartfulness Relaxation and Meditation	Dr Kushal Mahajan
12:00-01:00 pm	Resiliency, Coping and Stress Management	Dr Ashutosh Kale
01:00-02:00 pm	Lunch Break	
02:00-03:00 pm	Fostering a nurturing environment and culture to keep the joy	Dr Sarojini
03:00-04:00 pm	From Burnout to Joy	Dr Charu Mallick
04:00-05:00 pm	Cultivating a culture of Self-Awareness, Compassion & Community	Sandhya Sonone
08:30-10:00 pm	Short Activity or Discussion Future Program	Dr Snehal & Dr Barde
June 17, Sun		
06:00-07:00 am	Heartfulness Yoga	Dr Rajesh Barde
07:00-07:30 am	Break	
07:30-08:30 am	Satsang	
08:30-09:00 am	Breakfast	
09:00-10:00 am	Design your own life	Sakshi
10:00-11:00 am	Inspiring and Aspiring From the Heart	Venkateswarlu
11:00-12:00 pm	The Role of Heart in Fostering Caring Behavior	Dr Vandana Powar
12:00-01:00 pm	Resiliency, Coping and Stress Management	Dr Tarak Mehta
01:00-02:00 pm	Lunch Break	
02:00-03:00 pm	Nurturing and Fostering Positivity	Dr Rachana Barde
03:00-04:00 pm	Energize Your Time	Dr Dhanashree Mehta
04:00-04:30 pm	Circle time feedback examination	Dr Snehal Deshpande