

**CCS HARYANA AGRICULTURAL UNIVERSITY
EXTENSION EDUCATION INSTITUTE
MINISTRY OF AGRICULTURE AND FARMERS' WELFARE
GOVT. OF INDIA
NILOKHERI (KARNAL) HARYANA**

TRAINING TITLE **TIME AND STRESS MANAGEMENT TECHNIQUES FOR PROFESSIONAL EXCELLANCE**
DURATION **04 DAYS (25-28 NOVEMBER 2025)**
COURSE DIRECTOR **DR. JASVINDER KAUR,**
VENUE **EEI, NILOKHERI**

TRAINING SCHEDULE

TIME	TOPIC	EXPERT DETAILS
DAY-1: 25.11.2025 (TUESDAY)		
10:00-10:30AM	Registration and Pre-Test	Mr. Ankit Kumar
10:30-11:15AM	Inauguration of Training	Regional Director Faculty and Trainees
TEA BREAK		
11:30-01:00PM		
LUNCH BREAK		
02:00-03:15PM		
TEA BREAK		
03:30-05:00PM	Millets in Climate-Resilient Agriculture: Opportunities and Extension Strategies	Dr. Sanjay Kumar Regional Director EEI Nilokheri
DAY-2: 26.11.2025 (WEDNESDAY)		
09:00-09:30AM	Recall Session	Dr. Jasvinder Kaur Training Coordinator
09:30-11:00AM		
TEA BREAK		
11:30-01:00PM		
LUNCH BREAK		
02:30-05:30PM	Exposure Visit	
DAY-3: 27.11.2025 (THURSDAY)		

09:30-09:45AM	Recall Session	Dr. Jasvinder Kaur Training Coordinator
09:30-11:00AM		
TEA BREAK		
11:30-01:00PM		
LUNCH BREAK		
02:00-03:30PM		
3:30 - 5:00 PM	Exposure visit	
DAY-5: 28.11.2025 (FRIDAY)		
09:00-09:30AM	Recall Session	Dr. Jasvinder Kaur Training Coordinator
09:30-11:00AM		
TEA BREAK		
11:00-01:00PM		
LUNCH BREAK		
02:00-02:45PM	Post-Test and Course Evaluation Performa	Course coordinator and participants
02:45-03:30PM	Valedictory Function	Regional Director Faculty and Trainees