



**CENTRE FOR LAND WARFARE STUDIES (CLAWS)**

**2 Days Workshop by CLAWS & SDSS, Sri Balaji University**

**5 - 6 MAY 2025 (0900-1600 HOURS)**

<b>TIMINGS</b>	<b>SESSION NAME</b>	<b>RESOURCE PERSON/SPEAKER</b>
<b>DAY 1</b>		
0900 - 0910	<b>Welcome Address by DG CLAWS</b>	
0910 - 1040	<b>The Science of Emotions</b>	Dr. Mansi K
1040 - 1100	<b>Q&amp;A</b>	
1100 - 1115	<b>BREAK</b>	
1115 - 1245	<b>The Art of Emotions</b>	Dr. Mansi K
1245 - 1315	<b>Q&amp;A</b>	
1315 - 1400	<b>LUNCH</b>	
1400 - 1530	<b>Building Empathy and Understanding Anxiety</b>	Maj Gen Mahesh Moolri (Retd)
1530 - 1600	<b>Q&amp;A</b>	
<b>DAY 2</b>		
0900 - 1030	<b>Resilience of EI in shaping Military Leadership</b>	Lt Gen Dushyant Singh, PVSM, AVSM (Retd)
1030 - 1100	<b>Q&amp;A</b>	
1100 - 1115	<b>BREAK</b>	
1115 - 1245	<b>Alexander in India – What History Lessons Don't Tell Us</b>	Dr. Mansi K
1245 - 1315	<b>Q&amp;A</b>	
1315 - 1400	<b>LUNCH</b>	
1400 - 1530	<b>The Power of Purpose and Passion in Building Resilience – What we can learn from Gen Sagar Singh PVSM</b>	Maj Gen Ajey Sethi SM, VSM (Retd)
1530 - 1600	<b>Q&amp;A</b>	