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**“Resilient Researcher: face challenges with confidence”**

YRF Career Development Workshop – 2014

**PROGRAMME**

Date: 28/01/2014

Venue: PGIS Auditorium

08.00-08.30	Registration
08:30-09:00	Inauguration ceremony
09:00-10:00	Goal Setting and Achieving (Prof. Buddhi Marambe)
10:00-10:30	Tea break
10:30-12:00	Time Management (Mr. Lanka Rasanjana)
12:00-13:00	Lunch break
13:00-14:00	Stress Management (Mr. Sumana Ratnayaka)
14:00-15:00	Career Development and Productivity
15:00-15:15	Distribution of certificates
15:00-15:15	Evening tea