

## **NBSC Lucknow**

### **Programme on Self-Awareness and Interpersonal Relations**

NBSC conducted a Programme on Self-Awareness and Interpersonal Relations was conducted for Officers' in Grades A, B and C from 11 to 15 June 2018. The 05-day Programme had 22 participant officers from 20 ROs/ HO Departments. The programme had sessions on increasing one's personal effectiveness based on Stephen Covey's book, "07 Habits of Highly Effective People", emotional intelligence in building personality, interpersonal relations and communication, positive thinking, winning attitude, motivation, conflict management, handling difficult situations, etc.

Confucious said, "I have travelled far and wide and have yet to meet a man who could bring home the judgment against himself." It is also said that being self-aware mitigates many of the problems that afflict our daily lives by helping one to focus primarily on the internal self rather than the external. Once one begins to focus on the internal—on how one's own tendencies, prejudices and blocks, are preventing one from moving on, one begins to have a fresh perspective of life and thereby have less stress making life more satisfying. To help achieve this objective, the participants were guided to know more about themselves by preparing a Tree of Life and then sharing details of themselves in a Lab Mode with other participants. The participants were helped by Ms. Shikha Tripathi, Faculty Member, BIRD Lucknow to rediscover themselves and open out facets of their own lives and thus become more self-aware. Two psychometric tests were also administered to the participants to help them understand their personalities better.

Shri S.V. Sardesai, Vice Principal, and Smt. Toolika Pankaj, General Manager interacted with the participants and guided them. Shri S K Jahagirdar, DGM/ FM was the Programme Director.

A group photograph of the participants is appended.



# NATIONAL BANK STAFF COLLEGE, LUCKNOW

Programme on Self Awareness and Inter Personal Relations

11 - 15 June 2018



Left to Right

Sitting on chair Satpal Azad, Inderjeet Sangwan, Tulika Pankaj (Principal), S. V. Sardesai (Vice Principal), S. K. Jahagirdar (Programme Director), Y. Y Nagalatha Rant, Vineeta Srivastava

Standing 1st Row G. C. Behera, Somanath Sahoo, Atul Vedpathak, Lalit M. Negi, Mohinder Kumar, Ajay Kumar Sinha, Bhawana Pal, S. Mukherjee, Reetu Verma, Preeti Thomas, S. Saroja, R. S. Panchale

Standing 2nd Row R. P. Minj, D. T. Dekatey, Abdul Ravoof, Vivek Anand, Subrata Dutta, Aman Kalsotra