

<b>Webinar Title</b>	<b>LIFE SKILLS for EXCELLENCE in LIFE!</b>
<b>Registration Fees</b>	Rs.99/- (Inclusive of all taxes)
<b>Expert Speaker</b>	<b>Shri Anil Sharma</b> Ex Acting General Manager SAIL-Bhilai Steel Plant
<b>About Webinar</b>	<p>'Life' is one of the widest terms we have come across. Broadly, our life can be divided into three spheres, personal-social-&amp; professional. Ideally, we all want to excel in all these three spheres. Life cannot be all satisfying but it is possible to live the life with near-excellence and the meaningful aspects of life that drive us to excellence are very easy to be associated with. We are all familiar with them, understand them, appreciate them and often practice them.</p> <p>Let us, thru' this webinar by NPC in our own beautiful surroundings, re-capitulate what we already know of the excellence inducers called life skills like keeping fit, motivation, inter personal relationships, meaningful communication, making the right decisions &amp; managing our stress!</p> <p>It is not necessary that we stop here! But, it is certainly one of the 'stops'! Practicing these concepts is a sure ladder to 'Excellence in Life' and thus our pursuit can take little rest here!</p>
<b>Webinar Coverage</b>	<p><b>KEEPING FIT THRU YOGA:</b> Yoga is exercising control over our physique &amp; psyche and keeping them both fit. Most of us already practice Yoga. We'll recapitulate the six most common exercises namely Bhastrika, Kapalbhathi, Anulom-Vilom, Bhramari, Udgeet &amp; Dhyana.</p> <p><b>MOTIVATION:</b> Motivation is the motor of life, Is it possible to do anything in life without feeling the need to do it ? Have you ever wondered why did we open our eyes this morning after we woke up? This is self-motivation.</p> <p>In 1943 Abraham Maslow, one of the founding fathers of humanist approaches to management, wrote an influential paper that set out five fundamental human needs in a hierarchical form and said that the 'satisfaction of these needs motivates'. They are quoted and taught so widely now that most people perceive this model as the definitive set of needs that guide <u>all</u> human behavior. We'll discuss.</p> <p><b>INTER PERSONAL RELATIONSHIPS:</b> Can we think of a job that can be done without the help of others? If not, why not maintain appropriate relationship with these 'others'.</p> <p>Concept first developed by Professor Henry Mintzberg of McGill University USA in 1975 thru' an article titled "The Manager's Job Folklore and Fact" in Harvard Business Review, and a book titled "Nature of Managerial Work".</p> <p>All our personal social &amp; professional relationships in life can be classified into three categories, our elders-our equals-&amp; our youngsters. We can strive to maintain our relationships with them with the help of Maslow's Hierarchy of Needs. We'll discuss.</p> <p><b>EFFECTIVE COMMUNICATION:</b> We use various communication tools &amp; techniques for maintaining our inter personal relationships &amp; achieving life goals. We'll briefly discuss them.</p> <p><b>DECISION MAKING :</b> Choosing an alternative from amongst many, in a dynamic or static situation, is Decision Making. In order to improve our own decision making, we must first analyze the ways in which we make our decisions and be able to categorize those decisions to optimize them. Broadly decisions are taken by conscious-sub conscious-&amp; unconscious layers of mind. Decision making is a continuous 24-hour process. We'll discuss.</p> <p><b>STRESS MANAGEMENT:</b> Stress is a common phenomenon. While it is not possible to eliminate stress from our Life, it can certainly be reduced as also we can learn to cope with the remaining stress. We'll discuss these techniques.</p> <p><b>IN THE END:</b> A 10 minute questions &amp; answers session.</p>

**Speaker Profile****Shri Anil Sharma**

**Shri Anil Sharma** Ex Acting General Manager SAIL-Bhilai Steel Plant, an experienced HR Expert & Life Skills Trainer. He is a blend of good qualifications {IIT, MBA, Social Welfare, Public Administration & Laws} & rich experience {basically an HR professional, he has been head/acting head of important functions like HR, Education, Township, Audit, TQM etc in Bhilai}.

Keenly interested in research in HRM, he has presented **research papers on HR** issues in international management conferences at **London & Washington DC**. Last Paper presented by **co-author Dr BC Mal**, then Vice Chancellor CSVTU, at **Cape Town (SA)**.

He has conducted nearly 150 training programs on Life Skills for various professionals across India including about 40 programs for NPC. All his programs are accompanied with Yoga sessions.

**Take away from the webinar****Lessons for LIFE SKILLS for EXCELLENCE in LIFE!**

- KEEPING FIT THRU YOGA
- MOTIVATION
- INTER PERSONAL RELATIONSHIPS
- EFFECTIVE COMMUNICATION
- DECISION MAKING
- STRESS MANAGEMENT:

**IN THE END:** A 10 minute questions & answers session.

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