



"Faculty Development Programme"

Topic :	Self Management and Communication session by Dr. Tulsi Ram, Principal (retd.), Shivaji College. Expert in Communication and Psychology
Date of event :	September 8,2011
Aim of the Event	<p>"It is true that the mind is restless and difficult to control. But it can be overcome, Arjuna, through regular practice and detachment. Those who lack self-control will find it difficult to progress in meditation; but those who are self-controlled, striving earnestly through the right means, will attain the goal." - Bhagavad Gita.</p> <p>Poor self management and communication are by far the most common problems that individuals encounter. Self management and proper communication is vital for the success of an individual. While it may be difficult to predict how much time is needed to complete specific task, most self-management problems are due to procrastination.</p> <p>Communication is very often overlooked, but the ability to communicate effectively is necessary to carry out the thoughts and visions of an organization to the people. The importance of speech and words whether through a paper or a voice is a communication medium to convey directions and provide synchronization. Without communication, there is no way to express thoughts, ideas and feelings.</p> <p>The aim of this session was to make the participants realize the significance of self management and communication.</p>

Description of the event	<p>The event was steered by Dr Tulsi Ram, a renowned faculty in human communication and author of various books. He commenced the session with a small introduction of the participants and two questions which are often encountered by everyone:</p> <ul style="list-style-type: none">• what is management?• what is communication? <p>The speaker defined management as an art to create the maximum out of a minimum. According to him, in order to ensure effective management of tasks one must plan exhaustively to avoid mistakes and realize the hidden opportunities. He emphasized that to excel in life one must not provide space to personal feelings at work and must strive hard to make oneself indispensable to an organization without any exact substitute.</p> <p>Dr Tulsi Ram highlighted the fact that for an effective management, effectual communication plays a vital role. No matter how brilliant and invaluable an idea is, it is worthless unless one can share it with others. For this reason, effective communication is crucial at every level of an organization. Therefore, the ability to communicate effectively is a skill that requires practice. He narrated various incidents from his life journey to explain how he faced various management and communication issues and how he tackled them which made the session very interesting.</p> <p>The session was highly insightful and we hope that many more such sessions should be conducted in the future for the personal and professional development of the faculty.</p>
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