



NATIONAL PRODUCTIVITY COUNCIL
Regional Directorate, Gandhinagar
www.npcindia.gov.in

Web Talk on **“LIFE SKILLS FOR EXCELLENCE IN LIFE”**

Expert Speaker:–

Mrs. Anita Karambalkar
Clinical cum Industrial Psychologist
SNDT University Mumbai

Coverage:

• Positive Mental Attitude • Success & Happiness Self-Image • Inter-Personal Relationship • Goal Setting • Healthy Work Culture • Manners and Etiquettes • Self-Motivation • Roles and Responsibilities • Dedication • Commitment • Self-discipline • Attendance and Punctuality • Cooperation • Emotional intelligence • Conflict handling • Negotiation • Decision making • Win-win and collaboration

This session will help participants in understanding oneself one of the major issues that a person faces when reaching his/her life goals is, not having understood who he/she is. This lack of understanding is the cause behind the inability to solve problems efficiently or to logically reach a conclusion after assessing the pros and cons of a problem. Therefore this topic will create an opportunity to identify a person's skills, aspirations, qualities and personality traits.

This Public Lecture has been divided in to 3 segments.

- Knowing oneself
- A brief discussion of the topics mentioned
- Activities.
- Multimedia presentation particularly the use of many relevant videos will make the lecture more interesting.



Speaker Profile:-

Mrs. Anita. Karambalkar, is a clinical cum industrial psychologist, presently Director An Identity Of My Self "ÄIMS". She has more than 25 years of Corporate, Industrial and Academic experience.

Registration Fee (Including GST):- Rs. 99/-

Thanks & Regards

National Productivity Council
RD, Gandhinagar