

TALKS BY PROF. EV SWAMINATHAN FOR IL EMPLOYEES, ON 17TH & 18TH DECEMBER 2013 IN KOTA.

Prof E V SWAMINATHAN, a B. Tech in Mechanical Engineering, by Education and currently faculty with Mumbai University, has been associated with the world renowned **The Brahma Kumaris World Spiritual University (BKWSU)**, which is a institution for spiritual teaching and education in human and moral values.

Shri Swaminathan (Or Swaminathan Bhai) as he is generally known by his many followers is a renowned and much respected speaker on subjects as varied as Stress Management, Intelligence Quotient ,Emotional Quotient, Spiritual Quotient, Leadership, Life Quality, Success , Memory meditation , Happy Relationships etc.



(CMD WELCOMES PROF. EV SWAMINATHAN JI)

He is invited by almost all reputed organizations as diverse as Reputed Educational Institutions, Hospitals, Military & Para military forces, and Corporate Entities like ONGC, NTPC, RIL, BARC, L&T and many more, who apply his simple and effective concepts in a holistic way within their organization. He has the distinction of conducting classes in the Siachen Battle School.

We at Instrumentation Limited were very fortunate that Prof Swaminathan ji was able to delivering Talks on subject like “Art of leadership” – Emotional Intelligence and Stress Management”.

On the first day, 17th December, the topic was ‘Leadership With Emotional Intelligence’ for Officers and their families. The presentation started with our CMD welcoming Prof. Swaminathan ji and sharing his own thoughts on the subject of ‘Leadership & Emotional Intelligence’. A brief video presentation about IL and its journey was also shown.

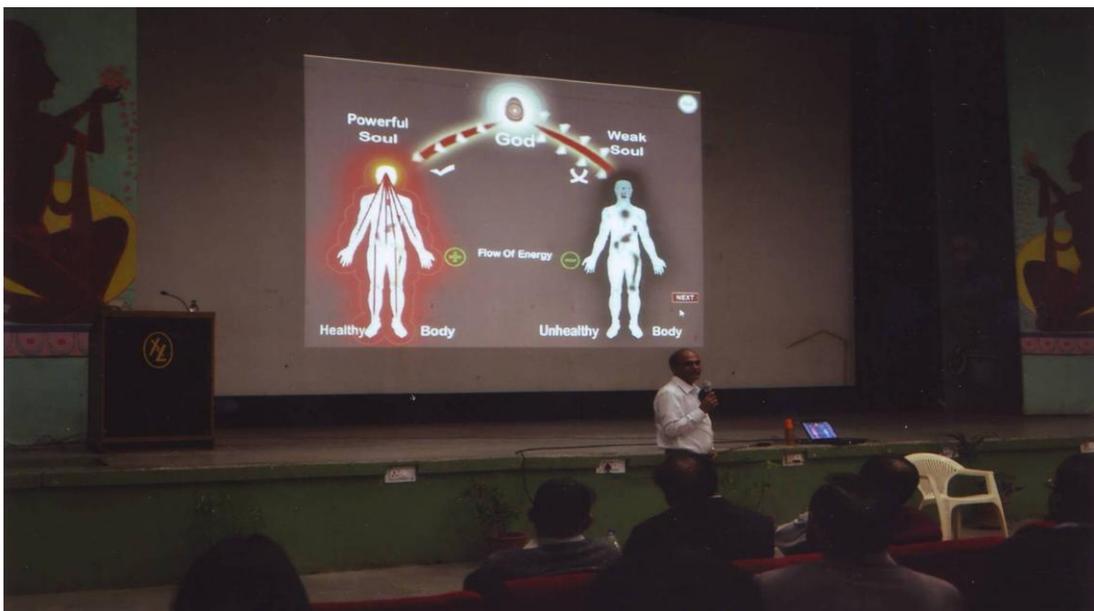


**(CMD SHRI MP ESHWAR ADDRESSING THE GATHERING ON
EMOTIONAL INTELLIGENCE)**

Prof. Swaminathan bhai, in his presentation showed us how great leaders use a balance of Emotion and Intelligence to effectively manage and be successful in their field of operation. The simple 'mantra' of positivity and spreading positive energy around was nicely explained. A positive energy of an individual manifests itself into happy thoughts & hence happy work. It has been scientifically proven that happy thoughts actually make a difference even to such medical condition like Heart disease.



(A VIEW OF AUDIENCE)



(PROF. EV SWAMINATHAN EXPLAINING BEAUTIFULLY THE MECHANISM OF EMOTIONAL INTELLIGENCE)

The way of delivering the presentation was beautiful. Prof. Swaminathan ji used simple but highly related stories on the subject, entertaining examples, Interactive Question and Answer and a language that the audience completely related with. The presentation was a huge hit with the audience and their family members who walked away feeling positive, energized and fully enthusiastic. Our CMD felicitated Prof. EV Swaminathan ji with a Shawl.



(CMD, IL, KOTA FELICITATING PROF EV SWAMINATHAN)

On the second day, 18th Dec, the topic was ‘Diluting Stress’. (This session which was initially meant for workers, supervisors and their families, was made open for all in view of the great response on the first day.)

Prof. EV Swaminathan ji brought out how even small issues can escalate into stress, unless it is managed at the micro level itself. Each individual has the capability to manage their stress on a day to day level. The general tendency to import and export stress between one’s personal & professional working life is a big factor in escalation of stress. He also explained the distinctions between Pressure, Tension & Stress and how to dilute these in a pro-active manner. Once again, the presentation was in a manner which all were able to easily comprehend and relate with. The audience enthusiastically participated.



Meditation, of course being the MOST effective and the common path for not just diluting stress but also for keeping away stress completely. He showed us ways of meditation and how it can help in all areas, if one makes meditation a daily ritual in one's life.



(PROF. EV SWAMINATHAN CONDUCTING MEDITATION)



**(CMD PRESENTING TO PROF. EV SWAMINATHAN JI A SET OF BOOKS
“FUELLING SUCCESS” AND “EMOTIONAL INTELLIGENCE AT WORK”)**

The feedback received from few Officers is as follows:

- From Mr Navneet Joshi : Respected Sir, Thank you very much for organizing such a nice , useful & interesting motivational program for IL employees. Really I & my family liked it very much . Thank You Sir.
- From Mr P K Vashisht : Thanks for calling us to such a wonderful and mind awakening program. These contribute a lot for the generating overall positivity in the organization. Regards.

To summarize, both topics of the two days were very close to our hearts. These two presentations organized by IL, were very timely and effective. It would benefit each of us not just in our personal life but would reflect in the professional work space as well. Our employees and their families benefited from Swaminathan ji’s highly effective and useful thoughts.

The impact of the talks by Shri Swaminathan ji was immediate. Shri A.P. Padraha, AGM(Telecom), Kota Unit who practices Meditation regularly, conducted a brief meditation session in The IL Club on 18.12.2013 itself.

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