

REPORT ON 138TH MANCATCHING

I HAVE ATTENDED THE 138TH MAN CATCHING TRAINING PROGRAMME. THE PROGRAMME HELD FROM 21TH -23RD OF JUNE 2017 AT CASA MARIA CENTRE, PEROOR, ETUMANOOR ORGANISED BY MINDS. IT WAS A RESIDENTIAL PROGRAMME FOR THREE DAYS. I AM REACHED THERE AT RIGHT TIME. THERE WERE 22 PARTICIPANTS INCLUDING ME. THE FACULTY TEAM CONSISTS OF SHRI.GEORGE KARUNAKKAL, PROF.TOMY CHERIAN, SHRI.BENNY KURIAN, SHRI.BABU NALAKATH, SHRI. JINSE PARACKAL AND SOME SENIOR MANCATCHERS. THE TRAINING PROGRAMME STARTED WITH THE INTRODUCTORY REMARK OF SHRI TOMY CHERIAN AND THE THEME OF THE TRAINING WAS EXPLAINED IN DETAIL. THE SESSION ONE SELF INTRODUCTION WAS DEALS IN A VERY SPECIAL WAY AND IT WAS REALLY HELPFUL TO GET INTO TOUCH WITH ALL THE PARTICIPANTS IN THE VERY FIRST DAY ITSELF.

THE PROGRAMME WAS REALLY A MIND OPENER AND THROUGHOUT THE TRINNING THEY USING NLP(NEURO LINGUISTIC PROGRAMMING)AS A TOOL ITS HELPS ME TO DISCOVR SELF PERSONAL EFFECTIVENESS RELATIONSHIP EFFECTIVENESS PROFFESSIONAL EFFECTIVENESS PROMOTING GROUP DYNAMISM DEVELOPING LEADERSHIP QUALITIES AND ALSO IMPROVED MY CONFIDENCE LEVEL . THIS TRIANING HELPS ME TO KNOW MORE ABOUT MYSELF WHO AM..? WHERE AM STANDING..? MY WEAKNESSES..? AND HOW TO OVRCOME THOSE BARRIERS... AM SURE AFTER THIS TRAINING WILL BECOME MORE EFFECTIVE IN BOTH PERSONALLY AND PROFESSIONLY..

TO CONCLUDE, THE ATMOSPHERE AT CASA MARIA COUPLED WITH THE TRAINING EMPOWERED MY MIND BY BUILDING A PERSONAL CONFIDENCE. THE VALUE OF EMOTIONAL INTELLIGENCE, THE ATTITUDE TO FORGIVE AND CONVEYING THE GRATITUDE, WILL INCULCATE A POSITIVE THINKING IN MY MIND TO REACH OUT TO THE FELLOW BEINGS IN THIS UNIVERSE. THESE TYPES OF TRAININGS WILL BE USEFUL TO ALL IN DISCOVERING THE PERSONAL EFFECTIVENESS FOR BUILDING RELATIONSHIP WITHOUT SELF PROMOTED EGOS AND LIMITING BELIEFS. AS A HUMAN BEING, WE WERE PROMPTED TO WEAR MANY 'MASKS' / 'ROLES' THAT WILL INHIBIT US TO OPEN THE MIND EVEN BETWEEN THE FAMILY MEMBERS AND COLLEAGUES. AS A MAN

CATCHER, SINCE ATTENDING THE TRAINING, I AM PRACTICING THE RELAXATION TECHNIQUES AND ATTITUDE OF PROVIDING GRATITUDE EVERY DAY. I THANK THE FACULTY MEMBERS FOR ARRANGING THE TRAINING SESSIONS THAT WAS NEEDY FOR EACH AND EVERY MEMBER AND THE ARRANGEMENTS MADE FOR THE NICE STAY IN THE CAMPUS AND WHO MAKES THE HOMELY FOOD. I AM ALSO THANKFUL TO ALL OF THE OTHER MAN CATCHERS ATTENDED THE PROGRAMME. I ALSO EXPRESS MY GRATITUDE TO KUDUMBASHREEE FOR PROVIDING ME A CHANCE FOR PARTICIPATING IN THE TRAINING PROGRAMME.

PLACE: PERUMBAVOOR

AJITH.P A

DATE: 24/06/2017

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ERNAKULAM