

"Building Interpersonal Relationships"

On December 5, 2024, a workshop on the topic "Building Interpersonal Relationships" was conducted as part of a series of behavioral workshops for the employees of the Department of Legal Affairs (DLA). The session took place from 10:45 AM to 12:00 PM at the 2nd-floor conference hall of Shastri Bhawan and was organized by Brahma Kumaris.

The workshop was led by Brother Sanjeev, a distinguished speaker and trainer from Brahma Kumaris, who shared valuable insights on cultivating strong, positive interpersonal relationships in both professional and personal settings. The session focused on enhancing communication skills, fostering mutual respect, and understanding the importance of empathy in building lasting connections with colleagues and peers. Brother Sanjeev emphasized the role of emotional intelligence in navigating workplace dynamics and how effective collaboration can be achieved through mindful interactions and trust-building.

The workshop was attended by a distinguished group of officers, including Joint Secretaries, Under Secretaries, Legal Advisors, and other officers and staff from DLA. The session fostered an engaging environment, encouraging participants to reflect on their communication styles and offering practical strategies for improving relationships at the workplace.

Brother Sanjeev's approach was both informative and interactive, with real-life examples and discussions that helped attendees understand the significance of mutual respect, active listening, and non-judgmental communication. The workshop provided participants with the tools to manage conflicts, improve teamwork, and create a more harmonious and collaborative work culture within DLA.

Overall, the "Building Interpersonal Relationships" workshop was a highly impactful session that left the attendees with valuable insights and practical skills for enhancing professional relationships, contributing to a more productive and positive work environment.