



# **Maharaja Agrasen Institute of Management Studies**

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

Recognized by Bar Council of India; ISO 9001:2015 Certified Institution

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Report

## **One day Online training program on “Interpersonal Skills and Stress Management” for Non-Teaching Staff**

**May 6, 2020**

Interpersonal skills are vital for forming and maintaining effective working relationships. They require a high degree of emotional intelligence, which enables you to understand how your thoughts and actions affect others in the workplace. With this agenda in mind, a training program for non-teaching staff was organized by Maharaja Agrasen Institute of Management Studies on “Interpersonal Skills and Stress Management” on May 6, 2020. The objective was to enable the non-teaching staff to accept challenges and improve their interpersonal skills and to utilize their potentials in their given role by prioritizing their work. They were imparted training to manage stress levels to balance home and work.

The training was provided online by Prof. Vinita Gupta, Head, Department of Journalism and Mass Communication. She told the non-teaching staff ways to enhance skills to develop healthy work culture for satisfaction at the work place and maintain healthy communication and relationship with the higher authorities and colleagues. Dr. Gupta emphasised on the importance of positive outlook to boost one’s interpersonal skills. Staying positive can also be a good way to support a growth mindset when you are working on improving your interpersonal skills. The session was engaging with practical exercises such as role-play scenarios. The mentor, provided feedback on the participants interpersonal skills. The staff members actively participated in this event.



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