



Faculty Development Programme

Neuro-Linguistic Programming

9/1/2017

A Neuro-Linguistic Program in the College

A two day Neuro-Linguistic programme was organised by the ' Psychology Department' in collaboration with 'Mind Masters', Kerala for the development of the faculty of Salesian College, Siliguri. The programme began with a speech by Father (Dr.) Mathew Pulingathil, Rector, SCSC who welcomed the Guest Speaker Dr. A. Abraham, MD from AIIMS , a certified practitioner of NLP(ANLP) ,UK and the faculty members of Salesian College.

The event continued with the guest speaker,Dr. A. Abraham giving a little introduction on human beings as the best of the Creation, a race which possesses unimaginable capabilities. Comparison or competition is not conducive to development in the human race where each individual differs in capability and potential. Further he stated that "Everything starts in the mind" and also added that there is a need to understand one's own self before beginning to draw conclusions about others - everyone is brilliant, so don't compete or compare. He supported this theory with various logical examples.

The faculty members who participated were curious about the topic and the way Dr. Abraham expressed his thoughts. It was an interactive session between the faculty members and Dr. Abraham. A faculty member praised his thoughts and observed that the 'Neuro Linguistic Programme' would help to develop a better teaching and learning environment in the college.

Day two continued with the discussions about the abilities of the brain. A demonstration along with a questionnaire was put forward

to determine the more dominant part of the brain. The results were deliberated upon were discussed personally by the doctor who also suggested some exercises to maintain good health. He motivated and inspired the faculty members to be positive and lead a positive life. He explained how an individual is best in his own ways. The second day came to an end with a vote of thanks by Mrs. Susweta Acharya Dutta, HOD , Department of Psychology and Father (Dr.) Mathew Pulingathil, Rector, SCSC and Father (Dr.) George Chempakathinal, Vice Prinicipal, SCSC also shared their views on the program.

