

**A BRIEF REPORT ON THE SEMINAR ON SELF MANAGEMENT
SKILLS FOR EFFECTIVE ADMINISTRATION AT KUMARA PARK
SUBZONE CENTRE AUDITORIUM, BANGALORE ON 9TH JANUARY
2009.**

A Seminar on “Self Management Skills for effective administration” was organized on 9th February, 2009. The Administrators Service Wing Headquarters coordinator Rajayogi B.K.Harish, Executive members B.K.Rohit, B.K.Shailesh and B.K.Veena presented the topic. Bro.P.Dayananda Pai, Managing Director, Century Building Industries, Bangalore and Bro.I.M.Kolar, Regional Director, Central Board for Workers Education, Government of India, Bangalore were the chief guests and speakers.

Bro. Dayananda Pai emphasized the need to live in the present so that one would be able to manage the self. There would be sufficient time for doing everything worthwhile and to enjoy life and added that thinking of the past and future was a waste exercise. However, he added that drawing experience from the past and planning for the future should also go hand in hand.

Bro. I.M.Kolar was of the view that one should live by his values and promote positive culture for better self management. He cited the 7 principles of Stephen Covey for effective administration.

Rajayogi B.K.Rohit underlined positive thinking as a precondition for better self management, quoting many practical life examples.

Rajayogi B.K.Harish gave a presentation on the principles of self management. He concluded that Rajayoga meditation was a powerful tool to train the mind and also create a pleasant and happy mind set for better self management and also effective administration.

Rajyogini B.K.Veena conducted guided meditation and B.K.Surendra coordinated the stage activities. Dadi Sarlaji, blessed the gathering with her words of wisdom.

About 250 administrators, executives and managers attend the seminar.