

PROGRAMME CONTENTS



Evaluation of self-strength, weaknesses, values goals, self-concept

How to be self motivated.

Acquiring Emotional positive attitude

Developing creative thinking



Managing and transforming stress.

Enhancing decision-making skills.

Developing effective communication skills.



- Transactional Analysis
- Spoken English
- Listening Skills

Time Management



Reading newspaper effectively

Developing of leadership qualities

Enhancing memory



Understanding your place in the society through cross cultural talks.

Perception management

Developing Nationalistic Feeling



Team and association building

Management of interpersonal relationship

Health Management



Meet the people/celebrities

Mock interview.

PEDAGOGY

The entire programme content has to be effectively implemented through various pedagogic techniques :

- Lectures
- Case studies
- Role plays
- Group Discussion
- Management games
- Audio visuals
- Mock interview



RESOURCE PERSONS



1. K. Siddhartha (Mentor)
2. Vivekanand Vivek (Motivator)
3. Manoj Singh, IAS
4. K. Bhatt, IPS
5. K. Gajbhiye, IAS
6. Anand Burdhan (Historian)
7. S. Verma (Economist)
8. Dr. S. Parihar (Professor)

ENSEMBLE

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Delhi: 110009, Tel.: 011-27418242,
(For Out Station Call- Mobile No.: 0-9811506926)

South Delhi : 28, 3rd Floor, Jia Sarai, New Delhi: 110016
Tel.: 011-26568255

NIRVANA

Personality Development Programme (PDP)



Introduction

Success in life is all about taking right decisions. Right decisions are all about the dimensions one takes into account while taking decisions and the perceptual environment in which one takes decisions. The identification of the dimensions/variable depends on the perspective of the person. Perspective is the product of knowledge, interaction with the social environment, upbringing of the students, and the ability and the willingness of the candidate to transform some change in his/herself.



Building the right perspective towards the world, therefore, demands a selective approach towards the identification of the variables of psycho-social-political-economic condition of association, reduces the time required in preparation of the mission and motivates them into being *faster, higher and stronger*.

One of the most important components of the right perspective is the sense of objectivity. Objectivity implies seeing what you are seeing, not what you want to see.

Narayan Murthy, former Infosys Chairman's meteoric rise is largely attributed to this objective thinking.

Ensemble has thought of one such programme for building the right perspective, a perspective that is so essential for success in life, in Civil Services and in Corporates but also in life.

The programme will enable the candidate to come to terms with their problems in life and to find a process oriented solution to the problems.

There are various wings of the programed: One is specially designed for Civil Services, One for corporate Institutions, and One for School Children. There will be customized programme for girls preparing for various competitive exams.

Rising Tommorrow



AIMS AND OBJECTIVES



NIRVANA does not seek to change the external circumstances around you. It seeks to help you perceive your environment in such a manner that you build a success oriented perspective of the external circumstances so that opportunities can be carved out of the external favorable/unfavourable circumstances. It allows the candidates to come out of a set attitudinal response to the external circumstances, change their perception towards their environment and help them to build a development oriented perception towards their environment.

- To equip the candidates with an ability to take decisions, right decision at the right time, during the entire phase of Civil Services preparation.
- To help the candidates cope up with the stress during the entire phase of preparation

and manage stress meaningfully; to transform stress into a learning experience, in an appropriate manner to the candidates advantage, and to covert problem into an opportunity.

- To help inculcate objectivity, balanced perspectives and equilibrium in the thinking/ approach of the candidate.
- To prepare the candidates for the personality test (interview) of Civil Services examination much before the actual personality test so that they do not lose out on the precious time after the publication of the results and the actual date of interview.
- To help correct basic flaws in the presentation part of the personality such as etiquettes, demeneaur, dressing, language, communication.
- To help build a personality base which the candidates can use for any other alternate profession in a booming economy.
- To help tide over the post failure phase of the Civil Services examination and to plan such a phase well in advance.

CIVIL SERVICES ORIENTATION



The Civil Services is an examination having evaluation at three stages PT, Mains, Interview. The success of the candidates depends on various factors like intelligence, hard work, attitude, aptitude, decision making skill, interest and the skills to manage the stress of examination, etc. Some of these qualities, students themselves possess in which case they have an inbuilt attitude and they are just required to polish their skill, or else the candidates are required to acquire these skills. It is with these types of skill generation that NIRVAN is concerned with.

NIRVAN has been designed to cater to the above needs with optimum effectiveness. It will facilitate personal insights into your self-assessment and fill in the gaps in the level of knowledge, skill, techniques, strategies, mental strength, approaches, etc.

The DELHI Chapter is presently related to the programmes associated with Civil Services.