

Neuro Linguistic Programme

Two-day workshop on NLP (Neuro Linguistic Programme) was arranged for Logistics and Supply Chain and Human Resource Management students on 1st and 2nd February 2018 at LIFE Hall, Loyola College. Mr. Prasanna, Course Coordinator of HRM started the session with a brief introduction about the trainers and the important learnings from the workshop.

Mr Ram is an NLP trainer with over a decade of experience. He was the principal trainer for the workshop. NLP is a behavioral improvement technique. NLP stands for Neuro-Linguistic Programming. Neuro refers to your neurology; Linguistic refers to language; programming refers to how that neural language functions. In other words, learning NLP is like learning the language of your own mind.

Mr. Ram explained the different functions of left and right brain, how this influences our behavior during the first session. The final session of day one covered understanding people through eye cues, different ways to integrate left and right brain development.

Second day the focus was on Visual Auditory and Kineasthetic faculties. How learning happens. Anchoring process was demonstrated to overcome fear and induce behavioral change.

Various activities and engaging discussions were held during these sessions which made students more active and participative. Mr. Baskar and Ms. Shena, NLP trainers, assisted Mr.Ram during the workshop.

Mr. Santosh a student of Logistics said, “It was a new experience and subject was very informative; didn’t know it had several dimensions. Body and mind are so inter-connected and that we change the mind through body was revealing,” during the feedback session.