

## Two days Capacity Building training through Psychological Interventions organized in Gomati District



A Workshop on 'Sustainable Excellence and Capacity Building for Good Governance through Psychological Interventions' was organized at Gomati District Head Quarter by the Gomati District Administration from 30.09.2015 to 01.10.2015. The training programme was planned by DM of Gomati District Sonal Goel to enhance the performance of officers and other staff under Gomati District. The two days training was conducted by Dr. Abraham P Ruby head fealty of 6th Sense Resource Private Limited. Most of the district level officers and Tripura Civil Service Officers took part in the workshop cum training programme. The District Forest Officer, the District Panchayat Officer, he Sub-Divisional Magistrates, the Superintending Engineers, the Chief Executive Officer, the District Tresury Officer, the Executive Officer, all BDOs, the Executive Engineer (RD Department), the Deputy Director Agriculture, Horticulture, Fisheries and ARDD, and DIA, NIC, Gomati District participated in the district. All section in charge of all section and three nos PA also took part in the programme. The main objective of the programme is to bring in overall wellness in the individual and ensure his work gets oriented towards sustainable excellence. In the first day various aspects of psychological concepts were discussed giving emphasis on science of emotion. Many concepts were discussed very lucidly by way of participation. During this process of training participants were able to bring in values, concepts and sciences of both Vedic and Western world. The process leads to acceptance and willingness for change that helps their individual growth and well being which eventually leads to organizational development. The philosophy of giving such kind of training is can be summarized as -- "By accepting that change of mindset is necessary and willingness to follow techniques that suits the participants the most, amongst, variety of options tabled during the workshop. After this training the district end up getting a group of psychologically and physically fit people who will stop giving excuse and instead focus on performance. This will gradually progress their well being and performance leading to sustainable excellence and good governance". After the end of this programme participants come to know their strengths and weakness, causes of mindset formation, its response to situations, Reasons for diminutive world view. They also come to know reasons behind to volatility and emotional tolerance quotients. They learned psychological techniques to overcome mindsets, finally experience increased quality of mental and emotional life paving way for sustainable excellence, self actualization and become agents of change." Such kind of training will improve the performance of officers and staff. This will in turn improve the process of implementation of various schemes and service delivery systems in the district," said District Magistarte Sonal Goel. More than sixty five officials took part in the Sustainable Excellence and Capacity Building training programme.