

Report on the Extension Lecture on “INTERPERSONAL RELATIONS”

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Women’s Development and Extension Centre organized an extension lecture on “Interpersonal Relations” for the benefit of women employees 25.10.2013 at 11.30 A.M. in the e-Class room of STML Building, Dr.B.R.A.O.U. Campus. Dr. G.L. K. Durga, Principal Arts & Science College for Women, Andhra Mahila Sabha delivered the lecture.

Smt. G.L.K.Durga has rich experience of 32 years in teaching and is the recipient of State Best teachers’ award for the year 2007. She delivered several lectures and talk on personality development in various schools and colleges in Andhra Pradesh and authored several books and publications on the subject. The gist of her presentation is outlined in the following paragraphs.

Interpersonal skills assume importance in the fast changing society where work environment, friends and colleagues are changing constantly. Communicating and relating effectively, empathy and respect for the feelings and views of others, accurate self-evaluation of performance and relationships, and conflict management using active listening skills and empathy are important for the success of professional and personal life of any individual.

Being open to new ideas, opportunities and people, learning the skills required to network effectively, treat everyone as equal are some of the tips for building good interpersonal relations. Being ‘Tactful’ is another key factor to improve interpersonal relations. In the word ‘ TACTFUL’, T stands for Think before you speak ; A stands for Apologize quickly when you blunder; C stands for Converse, don’t compete; T stands for Time your comments; F stands for Focus on behavior – not personality; U stands for Uncover hidden feelings; L stands for Listen to feedback.

It is always better to part the ‘Ego’ than to lose ‘your best friend’. Apologizing does not prove one to be wrong. Instead it proves your politeness. Assertiveness attacks the problem but not the person. Hence be Assertive but avoid being aggressive which do not have any result in solving problems. Always be ready to change yourself as the situation demands. First aspire to bring change in yourself before you wish to change your family or society around you.

We often do not care for the small issues and often get into troubles in the workplace or at home. With little focus and practice one can inculcate the skills and become better to lead a better life in the society.