



**Presents**  
**Self Management Talk series**  
**(Jan-Feb 2012)**  
**by**  
**Sri. P.Lakshminarayanan**  
**at**  
**DMA- DLF Conference Hall, India Habitat Centre**  
**Lodhi Road, New Delhi- 110003**

### **Introduction**

Achieving excellence in Business or in any field and also a perfect harmony in relationships is what everyone is striving for through various techniques and methods. In spite of all the intelligence gained through various management skills, education and experience one still finds it difficult to lead a balanced life.

How to bring about the excellence at work along with the inner peace and serenity with which one would be able to lead a balanced life would be the focus of the series of these talks.

Individual today is victimised by the inner emotions and the external circumstances and therefore the focus of these talks is to see how certain conscious changes brought about in oneself can make us the CEO of our life.

### **Covered Topics and dates**

- **Essentials to Excellence** – 11th January 2012(Wednesday)
- **Thy Destiny in Thy Hands** – 18<sup>th</sup> January 2012(Wednesday)
- **Be a Witness, not a victim** - 25<sup>th</sup> January 2012(Wednesday )
- **Essential ingredients of balanced life** – 1<sup>st</sup> February 2012(Wednesday)

**Timings:** 7.00-8.00 p.m.

### **Main Objectives**

- To get acquainted with basic laws of life
- To synchronise the inner energies

- To increase efficiency through Self reflections

**Faculty: Sri P.Lakshminarayanan**



Lakshminarayananji is a senior disciple of internationally renowned philosopher Swami Parthasarathy. With an educational background in the field of electronics and communication engineering he pursued a successful professional career for a brief period in an all India based engineering company before joining the 3 years full time residential course on Vedanta (Self management) and its practical application in life conducted by Swami Parthasarathy at the Vedanta Academy in Malavli, Pune Dt, Maharastra, India. After graduating from the Academy he has dedicated his life to the study, research and propagation of Vedanta.

He has been actively promoting the knowledge of Vedanta through conducting public lectures and also through organising public lectures and seminars for Swamiji. He has also been conducting Vedanta study classes for the past 15 years in India and abroad. In addition, he conducts in-house programmes for corporations, institutions and organisations on various management topics such as Essentials to Excellence, Organisational Effectiveness, Personality Re-Engineering, Secret of Success, Stress management, Time Management, Anger Management, Relationship management, etc.

**Some of his Presentations have been at the following Corporates:**

- Technical Parts Company, Abu Dhabi
- Spinneys Dubai LLC, Dubai
- Eduscan, Abu Dhabi
- Eastern Union Corporation, Abu Dhabi
- C&J Engineering Co, Abu Dhabi
- Glaxo SmithKline Ltd, Gurgaon
- Ananda Spa, In the Himalayas, Rishikesh
- BHEL Human Research Institute, Noida
- Chennai Telephones, Chennai, Tamil Nadu
- Noida Management Association, Noida, Uttar Pradesh
- CMC Limited, New Delhi
- Oriental Carbons and Chemicals Limited, New Delhi
- Parwanoo Industrial Association, Parwanoo, Himachal Pradesh
- Baddi Industrial Association, Baddi, Himachal Pradesh
- Indian Railways Constructions International LTD (IRCON), New Delhi
- National Thermal Power Corporation, Faridabad, Haryana
- Fx Enterprise Solutions India Pvt. Ltd, Faridabad, Haryana
- Oswal Electricals Ltd, Faridabad, Haryana
- Sterling Tools Ltd, Faridabad, Haryana
- Employees' State Insurance Corporation, New Delhi

**Some of his Presentations have been attended by Professionals from the following Corporates:**

- National Bank of Fujairah, UAE
- Corniche Hospital, Abu Dhabi
- Kraft Dubai LLC, Dubai
- Philips Medical Systems, Dubai
- Cisco, India
- World Health Organisation, New Delhi, India
- J.P.Morgan, London, UK
- J.P.Morgan, Mumbai, India
- Brigade Hospitality Services LTD, Bangalore, India
- Max Financial, Los Angeles, California, USA
- Stock Holding Corporation of India Limited, Mumbai, India
- Hinduja Bank (Switzerland) LTD, Geneva, Switzerland

**Some of his Presentations have been at the following NGO's:**

- Rotary Club – District Conferences in Chennai, New Delhi & Chandigarh
- Youth Reach, New Delhi

**Some of his Presentations have been at the following Educational Institutes:**

- Post Graduate Institute of Medical Research and Education, Chandigarh
- P.S.Higher secondary school, Chennai
- Institute of Technology and Management, Gurgaon
- Vaishnava College for Women, Chennai
- Kamala Nehru College, New Delhi
- Bulls Eye, Chandigarh
- Sri Sanskar School of Etiquette & Career Development Pvt. Ltd, Noida
- Amity International School, Noida
- Amity International School, Saket
- Amity International School, Gurgaon
- BRCM Public School, Vidyagram, Bahal, District Bhiwani, Haryana