

REPORT

We all agree that the human resource is the greatest asset of an organisation. It is far more important than capital, material or machines. In today's competitive environment every company is looking for ways to enhance the quality of the human capital so as to improve their productivity and ultimately boost the company's bottom line. The aim is to have the foundation of TQP – Total Quality People.

How can we fulfill this aim?

How can we achieve excellence for ourselves and others in the organization?

Mr. Nikhil Desai, Director, The Centre For Excellence conducted a session on **In Pursuit Of Excellence** for the 100 top performers of the Multinational Pharmaceutical Company - **Sandoz** in India on April 18th 2007.

This interactive and interesting session explored the **V.E.S.T** of excellence consisting of the following four important factors:-

- **V**ision
- **E**nthusiasm
- **S**tress Management
- **T**rust



The participants found this power packed session very useful & the feedback was excellent.

Excellent! I am sure, that my life style will change after this session. Thanks once again for your excellent presentation, which will help us all in our personal & professional lives.

- R. Kintali - Head - API Development

Fantastic, Wonderful, Fabulous, Exciting & Simply Great! Laughter exercise was superb!

- K. Doctor - Sr. Manager – Finance

It was a wonderful investment of time.

- C. Kaluskar - Head - Pharma Ops.

This workshop has motivated me to try & now achieve what looked to be impossible till yesterday.

- H. Shirwaikar - Head - Product Supply

I want to become "Nikhil Desai" one day!

- S. Shenai - Head - SDC

Mind opening & energising program.

- N. Kakde - DGM- Sourcing

It was a lucid & motivating session without loss of attention span for 90 minutes. Full credit to Nikhil Desai!

- S. Karkhanis - Head – Medical

In August 2006, Mr. Desai was invited to facilitate a workshop at the World Conference on Training & Development in Kuala Lumpur, Malaysia on the subject **Stress Management Through Yoga**. The Prime Minister of Malaysia inaugurated this conference. Delegates from all over the world attended his workshop.

Changing lifestyles, technological advances and a very intensely competitive business environment have created tremendous tension for all of us. With the fast pace of life in the modern world we are all feeling burnt out as stress is slowly but surely taking its toll.

Participants learnt to counteract the harmful effects of stress with simple stress reduction techniques, which they could do anywhere.

The session covered:-

- Practical Tips On Stress Busters
- The Many Benefits Of Yoga
- How to Keep The Body & Mind Tuned Through Energising Exercises
- The Techniques Of Laughter

Just a few minutes a day would now help the participants to be more relaxed, reduce tension and free up creative energy.



Feedback of Some of the Participants

Excellent. The best workshop at the world conference of IFTDO (International Training and Development Organization).

- Zarina – Head H R – Abrar – Malaysia

Excellent workshop. It was very useful and very practical. It is the need of the hour.

- R. S. Dabas – Director – CIOE – India

The session was a lot of fun. It highlighted the importance of the proactive treatment of stress.

- J. Mokhtar – HR Manager – Hess Oil and Gas – Malaysia

I feel rejuvenated and re-energised after the session. Thank you Mr. Nikhil. I enjoyed your session very much.

- Aziz Bin Saad – Principal Asst. Director – Ministry of Education – Malaysia

Great and Wonderful program. Something simple but very practical and useful.

- Aishah – Head Human Capital – Cagamas Bhd – Malaysia

Great and excellent workshop.

- Raja Adlih – Manager – HRM – KLCC – Malaysia

Very beneficial and enjoyable workshop.

- Kevin Downsworth – Managing Director – 1st Position Performance Develpt – UK

I am feeling great and completely relaxed.

- Y. Abusitta – Manager Training – KSC Company – Sudan

I really feel very different. I was very tired all day but after your workshop I feel totally energized. This is great. Thank you very much Mr. Nikhil Desai.

- Waheed Zainal – Counsellor – H R Department – Amex – Bahrain

I am feeling relaxed, fresh and energetic after the workshop. Very useful to release stress.

- Ahmad Imrat Samad – Executive – Training – Malaysia Airlines