

Subject: Session on “Neuro Linguistic Programming” on 31-July-2024 by Mayur Pangrekar at Arcelor Mittal Nippon Steel India, Sanaswadi

The session started with the DCCIA Corporate film.

On behalf of HR Committee of DCCIA Mr. Abhishek Sathe welcomed all those present and the speaker for the session, Mayur P.

Mr. Mukund Jagirdar and Mr. Mustafa Raj felicitated Mr. Mayur Pangrekar for accepting our invitation and sparing his time.

Mr. Mukund Jagirdar –Head-HR, Downstream, Arcelor Mittal Nippon Steel India welcomed the participants and introduced the faculty for the session Mr. Mayur Pangrekar, NLP Practitioner with over 23+ years of experience.

Mr. Mayur Pangrekar started his session by storytelling of a wood cutter and how it can be used to understand human potential in NLP. He went on to introduce the Neuro Linguistic Programming, its founders, concept and relevance in our daily lives.

Mr. Pangrekar conducted an activity to demonstrate having high self-belief with right actions is important to create extraordinary results in our lives. He shared some real-life examples which significantly increase self-belief.

He showed the participants a picture to identify what they see. With this activity, it was demonstrated that humans can have different understanding or perceptions of same picture, situation or an event.

He further showed a clip and the participants had to closely observe so as to answer questions asked at the end of the clip to show the importance of making close observations, which develops the skill of sensory acuity.

In another activity participants were asked to introduce and interact to unknown participants and observe them while talking.

Lastly, all participants were engaged in a Visualization Activity to Engage Three Senses – Visual 👁️, Sound 🔊, and Feelings 😊. Several members found the visualization activity to be particularly peaceful and calming.

Session was concluded with Questions and Answers session to clear the doubts and seek guidance in different situations.

The entire session was very interactive and informative, engaged and was appreciated and enjoyed very much by all the participants.

In all, the session was successful and beneficial for the professionals who participated. The session was well attended by about 60 participants from DCCIA member industries.
