

5 April, 2014

**C.No. 3 / Resume No.1/2014-15**

**To: All Members of MCCI Ladies Forum**

**All Members of MCCI**

Dear All,

**Re: Brief Proceedings of the MLF -AddLife Caring Minds (ALCM) Workshop on 'Interpersonal Relationships' held on April 4, 2014 at The Park, Kolkata.**

Please find attached the **Brief Proceedings of Brief Proceedings of the MLF- AddLife Caring Minds (ALCM) Worskhop on 'Interpersonal Relationships' held.**

**Ms Minu Budhia, Founder Director, ALCM along with daughter - Ms Preeyum Budhia were also present.**

Thanking you,

Encl: a/s

Yours faithfully,

**Muroti Chatterjee**

**(Assistant Director General)**

Brief Proceedings of the MLF- AddLife Caring Minds (ALCM) Workshop on 'Interpersonal Relationships' held on April 04, 2014 at ALCM Wellness Centre

MCCI Ladies Forum in association with 'AddLife Caring Minds' organized a Workshop on 'Interpersonal Relationships' on April 4, 2014 at AddLife Caring Minds (ALCM) Wellness Centre.

Smt Divya Agarwal, Chairperson, MLF in her welcome address defined Interpersonal Relationships as pillars of 'livelihood', 'self-sustenance' and 'self-confidence'. She stressed on the need to 'learn' to 'have an open frame of mind' to embrace 'all interlocutions with sincerity and respect' keeping 'a decent distance as a breathing space in between'. She also highlighted the common practice of giving **excessive importance to limited relationships which breed contempt**, out of expectation, leading to frustrations and even commotions and misunderstandings.

Ms Minu Budhia, Founder Director, ALCM along with daughter- Ms Preeyum Budhia were also present who narrated the objective of ALCM to **bring about visible changes in the lifestyle patterns of individuals**, and eventually contribute to their holistic development with a unique non-judgmental, aloof and yet non-invasive approach towards the 'psychological problems'.

This was followed by a joint session by two Psychological Experts which included **activities and discussions with the audience**.

The Experts defined Relationships as heart beats with elements of healthiness and unhealthiness. 'Friendship', 'Commitment', 'Positivity', 'Happiness', 'The art of Accepting the way one is', 'Tolerance', 'Love', 'Sharing', 'Space', 'Communication', 'Mutual Respect', 'Motivation', 'Individuality', 'Security' are the prime ingredients of a 'healthy relationship' which is *tarnished* by 'Lack of Communication', 'Anger and 'Lack of Quality Time'.

'Yes and' should replace 'Yes But' to change our attitude since 'verbal pattern navigates mental pattern of thoughts' which translate into 'actions'. The conjugal relationship was also stated to experience **four phases** comprising 'Romance',

'Power Struggle', 'Stability', 'Commitment' before reaching the **'Bliss Co creation stage'** .

The need to 'give a lot of space' was emphasized to make any human bonding **'enjoyable and entertaining'** by having a **'lot of self-controlled and matured emotional exchanges'** without **'engaging any third party'**.

One should remember, **'Silence'** is the bliss of the moment to enjoy in any form of interaction provided both are in the same mental zone' .

**'Our relationship is ours and we need to decide what we want and how we want it. It's upto us to choose the path of the relationship where no advise or strategy may bring a magical change'**.

The workshop which had a capacity of 50 was well attended by over 14 Participants comprising: MLF Members, Guests and Media.

- **Muroti Chatterjee**