



DECCAN EDUCATION SOCIETY - Since 1884

**DESPUNE
UNIVERSITY**

सु-मन (SUMAN)

Supporting Mental
Well-being And
Nurturing Leadership



**सम्यक
SAMYAK**

समाज अध्ययन आणि क्षमता संवर्धन केंद्र
Centre for Social Studies and Leadership Development

SAMYAK – Centre for Social Studies and Capacity Building

is a dynamic initiative of the School of Education that connects the University with society through research, training, and outreach. Guided by its vision of fostering an equitable and well-governed society, SAMYAK undertakes field-based studies, builds leadership and institutional capacities, promotes public awareness, and provides evidence-based policy recommendations. Rooted in values of integrity, collaboration, governance, and innovation, its approach moves from understanding stakeholder needs, to creating awareness, delivering targeted capacity-building programmes, and finally presenting impact-driven policy insights to government and institutions for meaningful systemic improvement.

A unique training programme designed for:

Management Members, Officers and Employees of Cooperative Banks and Credit Societies

The banking sector has played a vital role in the development of our nation. Alongside nationalised banks and autonomous financial institutions, cooperative banks, credit societies, and various agro-industrial organisations have set new benchmarks for inclusive growth through active public participation.

Cooperative institutions, in particular, maintain a closer and more personal connection with local residents and stakeholders. For such institutions, two factors are extremely important: the trust of their customers and the strong, positive image they hold in the minds of the community. These elements form the foundation upon which cooperative organisations can continue their progressive journey.

The success of new schemes, as well as increased investment in existing ones, depends largely on the institution's ability to maintain warm, meaningful communication with its customers and members, and to provide them with prompt, efficient services. Naturally, such outcomes are possible only through the wholehearted involvement of the management, officers, and employees. Therefore, collective effort, teamwork, and effective communication are central to the success of cooperative institutions.

Rules, policies, and regulations alone cannot drive an organisation's functioning. While thorough understanding of these aspects and appropriate technical training are essential, equally important are the positive attitude, mindset, and vision of the management and staff. Their emotional strength, clarity of thought, and willingness to work collaboratively determine the long-term success of the organisation.

In today's fast-paced world, the daily lives of individuals are becoming increasingly stressful. If one is unable to plan and balance responsibilities at home and in the workplace, this stress only increases.



Considering this background, our SAMYAK Centre has designed a distinctive two-day workshop on Mental Capacity Building and Leadership Development for officers and employees working in customer-centric organisations in the cooperative sector.

During this two-day workshop, participants will engage in interactive discussions and activities on the following themes:

01.

For Management and Officers

- Effective and Inspiring Communication Techniques
- Organisational readiness in a rapidly changing society
- Achieving Targets and Goals through team building
- Developing leadership qualities and inspiring teams
- Capacity building through understanding strengths and limitations of staff
- Techniques for physical, mental, emotional, and intellectual well-being

02.

For Employees

- Roles and responsibilities, SWOT-based self-appraisal, Building a strong self-image
- Understanding and addressing individual's behavioural challenges
- Managing negative emotions—stress, anger, anxiety, depression, frustration, envy, fear, loneliness, grief
- Cultivating positive emotions—gratitude, sensitivity, empathy, confidence, inner peace
- Communication and customer engagement
- Creative and experiential communication methodologies using technology and business tools effectively
- Ownership of work role
- Sharing of thoughts, ideas and techniques with Co-workers

Special features :

- ✓ Spacious training centre, equipped with the latest facilities, located in the DESPU campus, Pune
- ✓ Use of Group discussions, presentations, question-answer sessions, games and audiovisual methods
- ✓ Need-based syllabus
- ✓ Pre-training questionnaire for participants
- ✓ Questionnaire-based assessment report of the participants

Projected outcomes :

- ✓ Nurturing emotional management
- ✓ Emotional management resulting in stable and enriched thought processes, and overall personality
- ✓ Creating a joyful, customer-centric and holistic working environment through the communication and coordination among all the stakeholders

Training Duration:
2 Days

Venue:
DES Pune University

Fees :
₹2000/- (Per participant)
(Includes meals, tea, snacks, and training materials)



Appeal to Cooperative organizations

In a rapidly changing and highly competitive world, it is crucial to create a working environment that nurtures employee's mental well-being and supports their holistic development.

Management members, officials, managers and employees are strongly encouraged to join this comprehensive, meaningful, and transformative training programme.

SAMYAK : Centre for Social Studies and Capacity Building.
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