

**Nepal Administrative Staff College**  
**Public Service Training Department, Centre for In-Service Training**  
**Professional Course on Management and Development**  
(2076/01/09-2076/02-20)  
**PROGRAMME SCHEDULE**

**Module:** Managing Self and Relationship

**Date:** 2076/1/9 - 1/17

**Room:** Bhrikuti

<b>Date</b>	<b>First Session 10:00 - 11:40</b>	<b>Second Session 12:00 - 13:40</b>	<b>Third Session 14:30-16:10</b>
1/9/2076 Monday	<b>Opening/Course Briefing</b>	<b>Self-Management- I</b> - Shital Moktan Tamang	<b>Self-Management- II</b> - Shital Moktan Tamang
1/10/2076 Tuesday	<b>Building Integrity- I</b> - Achala Dahal - Shiva Hari Adhikari	<b>Building Integrity- II</b> - Ishwari Prasad Ghimire - Tara Prasad Kharel	<b>Integrity in Action: Solving Integrity Problems</b> - Bhisma Bhusal - Tara Prasad Kharel (Moderator)
1/11/2076 Wednesday	<b>Managing Relationship- I</b> - Binod Kumar Bista - Pritha Poudyal	<b>Managing Relationship-II</b> - Binod Kumar Bista - Pritha Poudyal	<b>Managing Relationship-III</b> - Binod Kumar Bista - Pritha Poudyal
1/12/2076 Thursday	<b>Managing Conflicts</b> - Pratibha Dhungana - Pramod Niroula	<b>Negotiating Effectively- I</b> - Tulasi Sharan Sigdel - Anita Poudel	<b>Negotiating Effectively- II</b> - Tulasi Sharan Sigdel - Anita Poudel
1/13/2076 Friday	<b>Managing Self : Living Spiritual Life</b> - Shambhu Dahal - Uttam Acharya (Moderator)	<b>Leadership: Engaging Teams- I</b> - Shital Moktan Tamang - Shailaja Upadhyaya	<b>Leadership: Engaging Teams-II (Preparation for Purposive Excursion)</b> - Shital Moktan Tamang - Shailaja Upadhyaya
1/16/2076 Monday	<b>Leadership in Action- Purposive Excursion</b> - Coordination Team	<b>Leadership in Action- Purposive Excursion</b> - Coordination Team	<b>Leadership in Action- Purposive Excursion</b> - Coordination Team
1/17/2076 Tuesday	<b>Leadership in Action- Learning Reflection</b> - Shital Moktan Tamang - Shailaja Upadhyaya	<b>Module-II Governance and Development</b>	<b>Module-II Governance and Development</b>