



Presents

Art of Ramping Interpersonal Relationship



by

Dr. P.R. Subas Chandran, Ph.D.,

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Art of Ramping Interpersonal Relationship

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Dr. P.R. Subas Chandran, Ph.D.,

This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dr. P.R. Subas Chandran,Ph.D.,

Journalist,
Motivational Speaker,
Social Activist,
Psychologist,
Short Film Maker,
Biographer,

Fulfledged Scribe for Inspirational writing to students,
employees and every other individual of all age group.

Dedicated to

those who are yet to develop interpersonal relationships.



FROM THE AUTHOR

Art of Ramping Interpersonal Relationship (AORIR)

“அழுச்சொல்லி அல்லது இடித்து வழக்கறிய
வல்லார்நட்பு ஆய்ந்து கொளல்.”

[Seek the company of those who make you reprove mistakes
before committing and rebuke after perpertrating one.]

Mother Nature created many lives and all its representatives born, die independently. It is a unique character of Mother Nature - totally independent. Contrastingly, though a reflection of nature, human being always remains dependent from womb to tomb. In the process, he/she needs to develop a web to take care of his / her needs and survival of the fittest lives.

All the success and failure begins and ends with inter-personal relationships through the modes of communication – Listening, Speaking, Reading Writing and expressing non - verbally, I mean body language. When what you want to communicate, and if not renders gap in the relationship and an interpersonal relationship turns a casualty.

Is it possible to construct a flawless interpersonal relationship? If so, what is the software available?

Is it possible to cement the broken relationships? Then what mechanism can one use to rebuild a new relationship? The content, just 25 minutes read, may alter your old beliefs.....Possibly that's what we want. Then remedial measures of thought-provoking techniques will empower and fortify your persona.

Come on..... Let us postulate new theory of interpersonal relationship...
Are you ready?

All the best

(Dr. P.R. Subas Chandran)



FOREWORD



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FOREWORD

Art of Ramping Interpersonal Relationship



Communication is the key in this era of the knowledge-based global village. In this context, Mr. Subas Chandran has brought out this pocketbook on the "Art of Ramping Interpersonal Relationship". I appreciate the lucid and simple style of his writing, including anecdotes and case study, makes it interesting reading. His experience as a motivational speaker has contributed a major role in the precise handling of interpersonal and its connection with the intrapersonal dynamics of the individual. I hope that this will be a handbook for the students, professionals and persons in the field of human relations. Moreover, this will be useful for empathetic communication within the family. Hence, this will serve as a guide to anyone who needs to understand the interpersonal relationship and ways to improve it in their daily life. I extend my wishes and gratitude to Mr Subas Chandran for his effort in this initiative of simple and precise style of writing which will promote reading among youngsters.

(G.JAYALAKSHMI)



About the Author



Dr. P.R. Subas Chandran is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.

ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Madam. G. Jayalakshmi, I.A.S** Director General, National Institute of Health and Management, to have foreworded the Art of Ramping Interpersonal Relationship vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



TABLE OF CONTENTS

	PAGE
Art of ramping interpersonal relationship	11
What is intrapersonal relationship?	15
Believe in self!	15
Belief in love	17
Gratitude	18
Self-acceptance	19
Tune your body and mind	20
But what exactly is interpersonal relationship?	21
Case study	23
What hampers interpersonal relationships?	25
What enhances interpersonal relationships?	27
Dawn and dusk	28
Clarity	28
Observation	29
Nuances of IPR	29

NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Art of ramping interpersonal relationship

Sighs! Frowns! Chuckles! Afraid of strangers? New recruit? Latest arrival? shy away? And, MAN?

Two friends Robert and Jonnah were working for a management concern. While Jonnah was very successful Robert flopped. Impressed by her socialising ability, Robert implored her to equip him with some tips. The amiable Jonnah readily found an opportunity to fulfill his request. Not Experienced being an uninvited guest, have you? Hear Johanna's tips to Robert.

"Well, Jo I'm much keen on breaking the barriers of making friends with fresh acquaintances, help me out". Make friends with strangers? Strange girls? How far? Going good?" "Pooh...not even looks! "So sad! Try this if you can. But works wonders!" suggested Jo.

"Ro, please pay a visit to this invitation in my honour".

"Villainy! Atrocious! Not me try with else body."

"Pl. for my sake" "O.K. Let me try".

"That's the spirit! OK now I shall." DEAL. Who can escape the Divine Destiny? Tell me only what I should do."

"Simple. Too simple. Smile first, go about greeting people for a few moments then ask 'how are you?', said Jonah and continued, "later whether they married... kids...so on...practise meticulously till your friends list improves," and Robert intently observed and thanked her.



Robert happened to be in a reception committee of a function, and he thought he would use this technique to develop interpersonal relationship. He saw a couple along with two children entering the reception hall, Robert rushed to greet:



“Hi, how are you?”

“Fine, said the couple and before they could proceed to the gathering Robert intervened to ask, “Are you married?” Shocked by the question, they slapped him and said, “Don’t you see my kids?”

Robert understood and thought to himself, now I should modify my order of questions and when he encountered another couple, he asked after formal address, “Hi, how many children you have?” Surprised by the question, they responded, “we are yet to...” Robert was quick enough to shoot another question: “Are you married?” And, received another complimentary slap.

Does it sound Greek and Latin? Possibly? Socialising is an ability to be amiable that binds man and man to the blossom of relationship.

Man being a social animal is always dependent on the others from womb to tomb. Unlike some animals, we always need some support mechanism, storage can or a glass or a tumbler etc to drink water...and the list goes on.

Should you need prolonged, healthy and robust support from fellowmen, kith and kin or near and dear ones or the society, you must be ready to do a little homework — a very easy play. Just browse ahead to know the trick of the trade turn this vast human resource to fall on your side.

Human chain is an impressive, profound connectivity. To hold it fast you need search for ways to build your interpersonal relationships, you come across numerous results and styles. But how many of us do know the basic techniques to build interpersonal relationships?

- **Interpersonal relationship is better defined by intrapersonal relationship?**
- **What are the dimensions of a personal relationship?**
- **What are the basic causes of IPR strain?**
- **How to enhance IPR?**

You come across many results when you search online, which is a good thing from a research point of view but when you are looking for something more specific, it gets a little difficult to find because the basic mistake we humans do is, don't understand what exactly we are looking for.

The bullet rule is that to get what you want you need to know what you need to exactly ask for. Read ahead that you will not only understand what you want to know but also what ought to ask for, from whom, how, how much, where and when.

That's not the end of it, after you finish reading this book, you will also get the answers you were seeking so get your coffee ready, as well your pen/pencil and paper to jot down the important stuff. Well, let's roll.

Relationship: What does a passerby bear for you who pauses to ask: "May I help you", when your vehicle stops abrupt? This warmth of feeling or concern or



empathy is the ‘relationship’ that can be defined as non-static and continually evolving close connections between people, formed by emotional bonds and interactions and these bonds often grow from and are strengthened by mutual experiences. On a larger scale, a relationship can also be defined as the connections or feelings that exist between two companies or two countries.



The definition clearly emphasises our need to communicate, and bind with people is nothing but a personal relationship. The relationship that each has with himself is more crucial because he is important for him. So long as you don't have a good relationship with yourself or good feelings for yourself, you may not have proper relationship with the fellow human beings.

Before we get further, we need to understand one central thing which is:

‘Intrapersonal relationship that moulds interpersonal relationship.’

Since we now understand the bullet rule, there is no need for mentioning that personal relationship is of two types, which are very basic yet of utmost importance.



What is intrapersonal relationship?

Intrapersonal relationship is nothing but a hale and hearty relation between you and your inner being. You can achieve this by starting to love yourself. If you don't do or are not sure of, follow a few techniques that can help you love yourself. You can improve intrapersonal relationship by bringing about attitudinal changes within yourself, and this attitude can be enhanced by incorporating a few techniques in our daily agenda, and when you begin to make it a practice, these things become a habit. When further rehearsed, it turns into character and finally a part of your system. It's only like how you wouldn't tell your name/age wrongly even when asked in the middle of the night. Intrapersonal relationship is seasoned by self belief; self-satisfaction; self confidence; self-gratitude; self-appreciation; self-motivation and also to some extent self-gratification. But to an individualistic, the last predominates. Unless he finds job satisfaction he never sticks to even a billion dollar job; he is the artist of life, a rarity. Please remember you're the foundation on which the structure of IPR is built.

Believe in self!

IPR can be improved through belief in love, gratitude, self-acceptance, self-appreciation that tune in the body and the mind.

“

If you believe you 'can' or if you believe you 'cannot', both are correct because 'can' and 'cannot' are not just adjectives but the mantra of your life journey. - Henry Ford.

”

Please see a big description of the picture of an elephant tied to a wooden peg on the ground. Didn't a thought cross your mind as why such a mammoth-sized animal resigned to chain tied to a wooden peg?

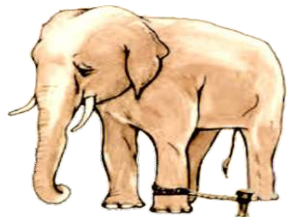
Read this story.



A baby elephant, when ready to move, is tethered to a wooden peg firmly fixed on the ground. Like any other animal who loves freedom, it tries to free itself. To free itself it works again and again with all its strength but fails, and the rope burns on the ankle stop him. Once healed, he tries again, and finds that it can't move. Did that over and over again, no freedom to taste but hurt on the ankle, a few years passed and still no luck. Now the baby elephant grew up and gained its muscle weight and natural strength but sadly is always around the wooden peg. I wonder why, in spite of its innate ability to easily break free, the delusional elephant has "conditioned" itself that he cannot break free from the bonds. Conversely, an elephant "unconditioned" lives in the forest is always wild and you can't bind it to the fetters. Try (LOL- Laugh out loudly-hints at laugh away your fears).

Hilariously look at it; to me, it seems like a joke, but the truth revealed is, the submissive nature of the elephant has limited its growth, freedom and comfort, just like our minds. That's the power of our mind and our belief-system. We need to re-condition our minds to our benefit; otherwise, we can't break-free easily, give lame excuses and suffer. You can live your life on your terms or survive with what is thrown at you.

When the calf observes his mother, so humongous, also tied with a rope, to a tree, he then accepts the reality. If a mother can't break free, how can the



baby? ‘You can’t’, ‘you’re average’, and ‘you’re incapable’? Heard them somewhere? Perhaps, quite many a time in your home, from your parents, teachers and also relatives at times. You have been made to believe that you can’t do anything good with your life by some means or the other since childhood. You ought to break these shackles and start believing in yourself. So did you know that a young child of two years, i’m sure, must have heard at least 20000 times No, No, No,.... Never.... from its mother during grooming and these “No’s” predominantly absorbed and carried to the subconscious mind to develop, “I can’t” attitude later. (Chathrapathy Shivaji “the valourous” most ironically could turn these “no’s” from every end into one bold “YES” because of his mother, Jijabai that he saved his father and kingdom at the age of seven. What you think you become. So whether it is “can” possibility or “can’t” impossibility lies in how much you believe in yourself.



Belief in love

The most powerful word in the world is love. What do you do with your pet? With love for the little one, you hug! Kiss! You play, and finally, you seat it in your lap. These expressions are the dimensions of feelings of love. True! If you love the pet, it comes to you. Love reduces distance and creates proximity, instils humility, patience and understanding. Apply the tool of love for learning/earning/possessing anything of your choice. If you have the Love to encompass the choice of your material or intellectual property, it reaches you. Yes, I guarantee you. Try to love and love to achieve.

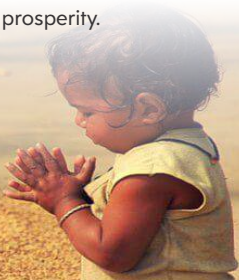
The one in love with knowledge loves nothing else

- (Dr. APJ. Abdul Kalam)

Gratitude

The second most powerful weapon in the world is gratitude. (*Refer Art of Rewarding Responsibilities). Yes dear, you have a million reasons to thank where you are surrounded by unlimited privileges. It is called the curtain raiser attitude. The moment you started giving thanks (gratitude) the body secretes a chemical "Catecholamine" which soothes your body and mind. (Yes, it generates adrenaline when you get angry). Thank all the people without whose help you can't accomplish the day's task. It is said "A curve straightens up everything" A pleasant smile of gratitude acknowledging the services of others especially, the sub staff rewards you remarkably. Thank every inanimate thing – bed, pillows, pullover, bathroom, etc.

The parrot you know is everybody's mouth piece. Once a gentleman seen his family off, came up with bubbling enthusiasm to celebrate a lone cocktail. Poured out his heart burns and longing for freedom to have such a cocktail. The weekend gala time was over and the wife returned the next day. To her surprise she saw the house so meticulously maintained. She kept mumbling about partly appreciating and partly scolding for not helping her through such wise. Then the parrot blurted out its concern. The Game is over. The enthusiastic husband returned home in all joviality only to get kicks. The cat is out and the game is all. Please express your gratitude in silence erstwhile you'd be tagged abnormal. This regular exercise will assure you a new lease of life with all prosperity.



Self-acceptance

Did you ever accept what you are now? If you say yes, then go ahead with self-appreciation. If not, this message is for you. We always compare ourselves with others and continue to demean ourselves. By remaining a crying baby (for not having fair skin, being short or tall, obese or thin, rich or poor) you cannot come out of your personality. Stop self-pitying; start working! Yes, the only option open to you is first to accept yourself as you are. This acceptance will open new gateway of opportunities to generate a new faculty which will overtake the so-called setback. Charlie Chaplin was a dwarf. He accepted himself, and then a new faculty of a great comedian emerged. School dropout Sachin Tendulkar's self-acceptance brought him accolades worldwide. Try! You can become successful when many could.



Appreciation of self & others

If you are reading this text, it means that you have good eyesight and appreciable sense of understanding. Not only this, as it is said, all great things start at home. Self-appreciation helps you to practice how to appreciate others and why. Start with self-appreciation, which results in appreciating others. The great sense of energy for self and others is "Appreciation." Think for a while; how did you feel when you were patted on the back? How others, for instance, your spouse or children, smiled in joy when you appreciated them wholeheartedly? For instance,



eat the bowl of cornflakes served with love with a word of appreciation for the mother. Though she knows it doesn't taste any better than the stew, still she casts a smile of satisfaction that her child has been fed the meal for that hour and not starved. You, for your part, learn to accept and go ahead with the next activity instead of brooding over your peppered omelette. Please bear in mind you are the first beneficiary when you appreciate others because your ear is nearer to your mouth (LOL). Did you know the Jasmine seller's hands carry penchant jasmine fragrance than the user because she touches the flower (in appreciation) more often during the process of selling. Be a jasmine seller.

Tune your body and mind

This is also an attitude to care your own body and mind. There is a reason why I mentioned it at the end. Body and mind are the carriers through which we empower ourselves and execute all the tasks. Healthy body and mind produce healthy lifestyle. Observe carefully that I used the word 'and' not 'either-or'. Without any one of them, whatever we discussed so far is no good.

Body: is the physical being. The well-maintained body is a vehicle to carry your task and better prospects for the future. Like disproportionate income is stored disproportionately at disproportionate places, excess fat is stored disproportionately at different parts of our body with all disadvantages and ailments in the body slim the chances to think better. Walk, jog and work out as regularly as possible. Keep fit, for, sound mind is in the sound body.



Mind: is an invisible solid. Every aspect of the body is carried out in your mind first. Be it emotional or logical, keep the right association to maintain the well-being of the mind. Associate yourself with a right book, facetiousness, a meditation on right things with gratitude, Yoga (India's answer to the restlessness the world is suffering from). It becomes easier for a person to build his interpersonal relations once he starts practising the aforementioned techniques on improving his intrapersonal relationship [Refer to Art of Imbibing Individual social responsibility]. Yes, intrapersonal is the password to open the pages of interpersonal relationship. If you are ok, the rest is ok. Your being alright is more important than anything else on the face of the earth.

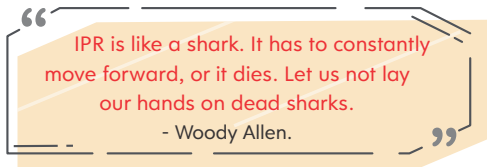


But what exactly is interpersonal relationship?

Interpersonal Relationship: Interpersonal relationship is nothing but knitting people. It is the frequency that people mention when they say 'our frequencies/wavelengths matched.' In physics, when sound frequencies of two or more not so similar, objects match or synchronise, we can hear the pitch. The same phenomenon works even when we speak. Our vocal chords vibrate at different frequencies for each phonic sound, and hence the voices are different and the variations in pitch and tone of the voice but, what has the concept of physics to do with the interpersonal relationship? The magnetic pole of attraction and repulsion, the electrostatic principles electromagnetic induction all contribute to it.

Just like with sound frequency, the interpersonal relationship can be defined as the sound generated when vibes from two or more people synchronise or are in the same frequency. To communicate with fellow human beings is not just important but mandatory; otherwise, the human race may as well be on the verge of being doomed. The whole purpose of grooming relationships is not justified when you don't give them importance. On a macro level, the primary use of being a human is justified only when you maintain IPR (InterPersonal Relationships).

Think for a while, can you be on your own? Can you live without depending on others? You, even if try running away from mundane life and flee to the Himalayas, will still be dependent? Or will you be solely dependent on nature?



But why is it so important that we maintain interpersonal relationships? The importance can be explained theoretically, and you may also be convinced, but that will last only for a while and after a few bad experiences with other people, you will again back away from building relations with others.

Let us consider a case study to learn better.

Case Study

Prakash is a young creative individual always brimming with new ideas. He wanted to make a place for himself in this congested world. His imagination knew no bounds as it is, and it only improved as he learnt new things with the passing of every year of his engineering.

He had the expertise, the knowledge, also the confidence that he was going to achieve something great. To be fair, he had gotten very close to achieving on many occasions, but he failed.

Should we attribute his failure to bad luck or destiny? Well, what if I told you that it was because of his lack of maintaining the interpersonal relationship. He was very bad at taking suggestions and pieces of advice because he never kept good intrapersonal relationship. So what he did was maintained solitude and even when people approached him with some tips and skills, he never took it politely accounting to his stagnancy with his work.

Slowly people started to ignore him and call him names behind his back. They would laugh at his inability to maintain relations, let alone with his peers and experts but also with his parents.



At the same time, one of his classmates, who was not so smart and talented as he was, not only got a job but also was on the path of excellence. He learnt as he worked and being a quick grasper, he corrected his flaws readily. He could do it because he was good with his colleagues, his superiors at work and with other people as well.

Three years had passed since then, and Prakash had read a Face book status from his friend, which read, “Excited to go to Japan. I will miss my friends and family for three years.” Prakash was in a fit of shock to read it because according to him, that person was ‘a good for nothing’ to him and there was no way he could excel at this pace and unable to deal with the curiosity, he messaged him,

“Congratulations, Rishi. I am so happy for you.”

“Did you know that most of the time people say ‘I am happy for you’, they don’t mean it? But, thank you anyways, Prakash.”

“I don’t have a reason not be happy for you, but my only question is, how did you manage to do it? You didn’t even know how to calculate tolerances for a bolt and nut.”

“Haha! Like I expected. Had it been any other day, I would not have bothered to answer that question but today being one of the happiest days in my life and honestly speaking, even though I know you would not believe me, I have been successful, and you weren’t in spite of your being smarter than me only because you are a loner. You don’t know how to treat people because you don’t love yourself. You drive away people while I don’t.”

“How is that even relevant?”

“I am in a bit of rush, so I’ll tell you only one thing. Impressing people with



your knowledge is one thing and it will only take you thus far but if you are good with people and are able to maintain good relations with them even though they might not be of any use to you at that moment, there is always a possibility that one day the same person will remember you for being nice to him and would be willing to help you in some way. You can achieve that only by loving yourself.”

Rishi went offline after that but what he said hit Prakash right on the face. Prakash realised that he had once rubbed Rishi on the wrong side and drove him away when he offered Prakash his friendship and that made Rishi say what he had. Prakash thought long and hard about it, and he realised that he never maintained good relation with himself. He thought, “When I don’t love myself, never express gratitude or appreciate and accept myself and others, how can I see the ocean of love?”

“The science of IPR starts when you know well about you.”

What hampers interpersonal relationships?

There are a couple of barricades to interpersonal relationships.

Expectation: The war of hope Vs reality is an age-old phenomenon, and there is not a single person who hasn’t encountered these issues in her/his life. What happens is when we approach people and communicate with them, we tend to expect something. This is quite normal and is also not such a bad thing to do. The problem arises when our



expectations are impractical or beyond the capacity of that person. Expectation kills joy. Curiosity kills the cat. In the mundane world, we might be successful if we learnt this, ‘expect anything but accept whatever comes.’”

Perception: Are all the five fingers alike?

Though twins, it doesn't necessarily mean they need to think alike. It is because everyone on this earth is different from the other. This difference is in culture and upbringing. This can be a major obstruction to interpersonal relationships, especially when you cannot find common ground and continue to let your debate take an ugly turn and result in an argument. The moment things reach there, the relationship becomes fragile, and we tend to concentrate more on proving our respective points, and this might put a major dent in our relationship. For instance, imagine, in a class, the teacher asks a student to hide a chocolate somewhere and tells the remaining students to find it out. Each child will look in a different place. This is because of the difference in perception.

Communication: One needs to learn to communicate correctly because you might know that you are the right person, a decent person and knowledgeable but as long as you cannot express your willingness to bind with people, they will not understand it. For instance, as long as one cannot communicate his liking towards a girl, the chances of her sensing it are very remote, and the rest happens only in movies. If you know what to say then will you write your success story.



Environment: Your surrounding plays a pivotal role and you have no control over it. Accept it. Once you accept you get a positive energy, wherein acceptance, a positive energy which will empower you to take decision to take on those things. If it is not very inspiring and motivating, you are not comfortable communicating correctly which in turn obstructs your bonding with people. Can you stop rain or sunshine? You carry an umbrella and walk. Accept “**ME**” formula.



M- Men, E- Environment.

What enhances interpersonal relationship?

The very first step in everything is to generate a desire for developing intrapersonal relationship within and interpersonal relationship without. How Interpersonal relationships get enhanced by faith, you know? They are wondering how simple it is. Well stark reality be brought out, it is that simple because faith always wins and to be more specific, absolute faith wins absolutely. There is no denying it, and one can see it for himself once he starts developing faith. Belief/faith is the all ubiquitous weapon in the world.

Faith or belief without clarity is disastrous - Sadh Guru

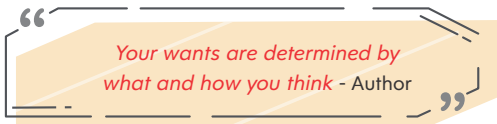
Use these tools to build your attitude, which is going to cut a new avatar of you.

Dawn and dusk

Dialogue begins within, it then travels, and dialogue ends within. The dialogue starts with a thought that originates inside a person who says it to herself/himself first. Example, imagine a fool, thinking of a brilliant idea, which is the dawn, but if he cannot introspect it correctly, the dialogue or thought ends there and doesn't travel. The same thing doesn't happen to a wise person because he/she knows that the dialogue that starts within needs to travel across, take opinions and analysis from others, gets processed and comes back to him, which marks the dusk. I hope you are the latter.

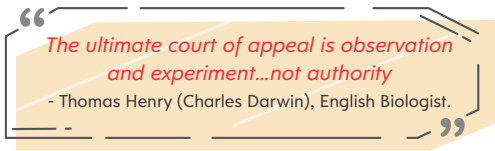
Clarity

One needs to have a clear image of who, what, when, where, why and how. Once they have the clarity regarding all these aspects, they should look to seek out for the +ve in the -ve. Analysing helps us to segregate what is important and not so that we don't allow the negativities to obstruct our bonding with fellow human beings. For example, consider the same fool and wise as seen in 'dawn and dusk.' Both of them prayed, and God appeared to grant each a wish. The former had a boon to ask but was not sure and had ended up getting what he asked. God granted the job of a bus conductor in a lady's bus while the latter had the clarity of 5w's and benefitted of lots of money, a high end car and the right life partner.



Observation

A keen observer always has broader thinking because he is habituated to see all aspects of an incident. Just like a detective who keenly observes every perspective of an event, a person who wants to maintain good relations with people has to see the traits and characteristics of himself and the others. This way, he can identify himself to the collective conscience and learn to acknowledge what is not common.



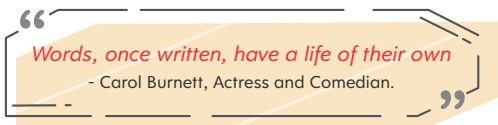
Nuances of IPR

Strength and weakness: Acceptance is the highest degree of power and defiance is the worst enemy. There is not much elaboration required to this because facts are stranger than fictions, after all.

Speaking communication: We need to keep three things in mind:

- Raise the word not the voice,
- Be assertive but not authoritative,
- Say 'no' when you can't.

Listening communication: Be a keen and attentive listener. When you can't hear properly, the possibility of your missing out an important piece of information the other person is trying to convey and then the interaction may not be as fruitful as one would prefer.



Writing Communication: Handwriting is brain writing. What you speak conveys you, but what you write defines you. Words, once written, remain forever. Be careful of what you write and how you write because a small error can change your life. Don't believe me? Check out these examples:

Addressing a woman: - without knowing her marital status - one mentions her as Ms without any doubt. Formal letter writing - it's better to send the recipient the message in general as Dear Sir/Madam.

Without knowing the climatic conditions mentioning as "Warm Regards" in the letter or mail; College administration: Due to dea(r)th of the lecturers we are not able to conduct the exam.

Small punctuation mistake: The sentence sent to the jailor before hanging a person:

Correct way: Hang him, not leave him.

Misleading punctuation causes ambiguity and danger: Hang him not, leave him.

And the best one yet:

Our bodies are apt to be our autobiographies.

- Frank Gillette Burgess (Artist, Art Critic, Poet, Author and Humorist).

Non-verbal Communication: While verbal is 10% non verbal is 90% This is nothing but body language. Our posture while listening or talking to elders, our gestures with hands when talking to a child

or boss and many such similar things are part of a culture, the civilised culture. Body language is one thing that gives the instant impression of us, and it's important to learn the etiquettes properly. (to know more, [**Refer to Art of Communicating non-verbally**] 'Non-Verbal Communication') You don't want to ruin your chances of cracking the interview by showing you are not confident with your body language.

Appreciation: Appreciate wholeheartedly others' efforts and all appreciable things and see the difference. Make it a habit by appreciating little things that happen around us.

- First step - Self Appreciation
- Appreciate living and non-living things around
- Appreciate genuinely
- Evaluate

I know a close friend of mine - a powerful politician who was an MLA several times and later a minister too invited me for a dinner at home. When his wife sent a five-course – alluring, mouth-watering lunch, I got excited and requested the minister to call his wife to pay my appreciation. He stalled my move, saying that such recognition would raise her ego. My second, third appeal could not move him, and I sadly gave up. Later, when he started attending a few classes of mine, I don't know what made him venture, he decided to appreciate his wife (not truly). When his wife served him a bowl of chicken during lunch, he called his wife and said: "O! My honey!! You are great. What a wonderful chicken dish you have made. You deserve..." before he could say, she intervened to snub him:

“You stupid! I did not prepare this non – veg. Vimala, our neighbour, tried a new cuisine with chicken. You never appreciated me in the past, and today you want to praise Vimala, get lost, you are an unworthy husband with whom I spent two decades.” Wrong appreciation can doom you so appreciate genuinely and cautiously.

Your heart expands as you accommodate.

- Author

Accommodative: Trying to be accommodative helps in breaking the barriers of interpersonal relationships. When you are accommodative, you tend to accept things and receive things better, and once this becomes a regular practice, it becomes easier for you to take control of how you treat a person and how they treat you. In a nutshell, the more accommodative you become, the more spacious relationships expand to.

Empathy: Always be sensitive towards the feelings, likes, dislikes and lifestyle of others. Like how five fingers of a single hand cannot be the same, not all people are the same. You have the option to choose the kind of association that suits you but be mindful of their sensitivities before you want to be a part of their life or want to make them a part of yours.

Share ‘n’ care: This is perhaps the most interesting slogan of being a human. Share to care. Look at mother Nature, epitome of Sharing. Not an iota of discrimination; she gives, and gives and gives... We are always taught to share, and many of us even do. The more one learns to share, the more accommodative and

empathising he becomes. Hence learn to share responsibility and knowledge because it does you no harm, civility, after all, costs nothing.

Character: Whatever you do, never let it destroy your dignity and character. Character is very crucial because your character attracts whatever comes to you, be it good or bad. As long as your character is not compromised, everything else will fall in its place after everything else runs its course. One of the best quotes that defines character is:

*When wealth is lost, nothing is lost;
when health is lost, something is lost;
when character is lost, everything is lost.*
- Billy Graham, American Evangelist

What does a better interpersonal relationship lead to?

A better IPR, when taught and made a part of the life system, can help you beat the odds and be the people's favourite. You can be one like the 'wise man' who, with clarity, had asked precisely what he wanted or like Mr. Rishi, who with his good IPR skills, like love, gratitude, belief, acceptance and appreciation, could perform better than his friend because, I believe that practising the techniques can make you fit in lead roles.

Flags off!



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