



**National Cooperative Federation of Nepal**  
**Communication & Interpersonal Relationship Training**  
**13<sup>th</sup> to 14<sup>th</sup> December 2022 ( Manshir,27-28, 2079)**  
**Program Schedule**

Day 1		
Time	Contents	Facilitator
10:30-11:00	Opening Remarks	
11:00 -12:30	Overview & Importance of Communication	Mr. Dilli Acharya
12:30-12:45	Tea break	
12:45-2:15	Art & Tools of Communication	Mr. Ramsudan Timilsina_ Comunication Officer, NCF
2:15- 2:45	Lunch break	
2:45- 4: 15	Member Interpersonal Relationship	Mr. Babul Khanal_ DGM, NCF
Day 2		
10:30-11:00	Reflection of day 1	
11:00-12:30	Personal SWOT Analysis	Mr. Suresh Thapa_ DGM, NCF
12:30 -12:45	Tea break	
12:45-2:15	Internal & External Communication	Mrs.Chitra Kumari Thamsuhang_ GM,NCF
2:15-2:45	Lunch break	
2:45- 4: 15	Team Building	Mr. Achutam Thapa_ Monitoring Officer,NCF
4:15- 4: 45	Closing Remarks	