YOU certainly deserve Excellence & Success in your endeavors; with Health, Harmony & Happiness

Dr. Palan’s HOLISTIC STRESS MANAGEMENT AND SELF-DEVELOPMENT Workshop

The complexities of today’s life have imposed many demands (stressors) on individuals and organizations. Inadequate or inappropriate coping with these demands would lead to inability to use the existing potentials and failure to grow.

The human mind has an unlimited treasure of inner potentials, through the proper use of which one can transform one’s thinking, feeling, attitude, behavior, skills, personality and even biological processes.

About the workshop

The tranceformation is developed by a team of medical scientists headed by Dr. B. M. Palan on the basis of extensive research in the fields of stress, psychosomatic medicine, Yoga and hypnosis. The feedback received from over 10,000 people trained in this programme over a period of past 15 years contributed in refinement of the same to the present level.

This is an experiential learning programme comprising of introduction to the basic theoretical concepts, practical experiences of self-hypnotic trance (meditation / yoganidra) and various mind-programming techniques.

Objectives

The tranceformation Programme focuses to develop skills of reprogramming of subconscious mind for...

- Managing your stresses effectively, and to be relaxed and comfortable irrespective of circumstances.
- Inculcating positive thinking and emotional balance.
- Building up self-confidence and self-expressiveness.
- Developing decision-making abilities.
- Improving skills for communication and interpersonal relationships.
- Facilitating learning process by enhancing achievement motivation, concentration and memory.
- Cultivating healthy habits and life-style.

General information

1. Contribution: Rs. 3500/- (Discounts are available for financially needy persons)
2. Medium of Instruction: Hindi & English (mix)
3. Venue: Online Course on Zoom Platform
4. Date & Time: Morning 6:00 to 8:00 am on Tuesdays & Thursdays (Total 20 sessions starting from 9th May 2023)
5. Last Date for Registration: 6th May 2023 (Saturday)
6. Contact Details: 9426187834 (10 am - 4 pm), 0265-2371880 (10 am - 5 pm)
   Email: education@nisargopachar.org
7. Online Registration Link: https://tinyurl.com/tranceformation2023
8. Online Payment Link: https://rzp.io/l/tranceformation2023
   OR
9. Scan and Pay thru QR Code. (Pls note your transaction details)

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