

“It’s all about influencing self and others”

138th Man Catching Training Programme

(21-06-2017 to 23-06-2017)

Casa Maria, Mannamala, Ettumanoor

Report By
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About the Program

Man catching is more over a training program it is a beautiful treatment packed in 3 days to heal all the common problem of a man. This life enrichment training program is organized by one of the most reputed firm MINDS (Man Catchers' Individual and Nation Development Society), Pala. The program was conducted by Mr.Geroge Karunackal, Prof.Tommy Cherian, Babu Nalakathu, Jinse Sunny etc. MINDS transformed 138 batches of people belonging to various sectors. I attended the said batch and the program was a wonderful experience and opportunity for me to understand some questions like who I am, Why I am, what I did, what I am suppose to do, how is my behavior, how we can live like a MAN (Human Being) etc.

Three day Man catching program starts on 21-06-2017 and end by 23-06-2017 at beautiful Casa Maria Centre, Mannamala, Ettumanoor, Kottayam. Throughout the program the trainers didn't trained us anything but they effectively transferred the concept and encouragement using various tolls and techniques. That has enough effectiveness to understand what the training really meant for. In the batch there are 22 participants from various departments and among them four are from Kudumbahsree. A very homely atmosphere felt in the provided food and accommodation at Casa Maira for this program.

Day 1

The mind refreshment program starts at 4.00 pm and I got a warm welcome and good accommodation from Mr.Jinse at the centre. The mind refreshment program starts at 4.30 pm with an introduction speech by Prof.Tommy Cherian and Mr.George Karunackal. In this session they clearly explained why they are conducting this and the necessity of this program to the community.

The main highlight of the 1st day was the Ice breaking session. It was a very memorable self introduction by writing the details of different participants in a single page and reading the details of one person by different ones. So everybody get to know each other and never forget them in the lifetime. Then a small discussion about effectiveness and self affirmation which are most important in personal and professional life of a common man and what we can do to sharpen our life with full of positive things. Discussed about some habits we could follow to become very confidence and energetic for the whole day.

Day 2

Second day starts with an effective laughter therapy for creating a very positive and happy mood. The group interact each other by laughing each other and showing different facial expressions.

Neuro Linguistic Programming (NLP) plays a major role in the behavior of a person. In our brain, collected information pass through some filters (values) that are already saved throughout the life. By using these filters a person treated the data in a negative manner. For overcoming this we have to make the values very positively and remove all the negatives using various measures. During the session we frequently relax our mind and body to gather all positives in the life. Repeatedly speak, think, and hear positives things will give the best possible result in one's life. Then we go through a session for keeping good relationship in personal and professional life. How a person creates the structure of personality in the child ego state, adult ego state and parent ego state. Child ego stage is the important stage for a human being to mould the "values" which will reflects throughout the life. Withdraw positive behavior to everybody so that we can attract more and more positives from outside.

Effective communication in a positive manner plays a vital role in the mind reforming mechanism. The usage of word "Thank You" can create good result to spread

positive energy. The day ends with a very joyful and memorable cultural event created by the groups.

Day 3

The final day mainly deals with mind healing therapy which is for removing the negatives and bad memories saved in our mind. It was a good experience for identifying the unwanted thoughts, memories which we carrying in our mind and behaving according to that. The therapy helps to remove all negatives from my mind and learn attitude of forgiveness “without any condition”. Negative emotions such as anger, hatred, revenge, pride, self-doubt etc are replace with positive emotions of love, peace, kindness, gratitude, patience, happiness, confidence etc. By using this “Mind Healing Therapy” we had exercises with activity to expand our relationship circle, Life balance, Task Relationship Balance, Time management etc.

A very memorable and effective valedictory function organized to sign off the program. Everyone discussed their experience and the training team distributed a publication of poem to all which was written by each of us as a part of an exercise. The program got over by 4.00 PM and left the place by greeting each other.

My Findings

- **Helps to create a life that feel good in mind.**
- **Help and Forgive others without any condition**
- **Learn to Appreciate and don't hesitate to say Thank You**
- **Be positive and live positive. But it is very difficult in day to day life.**
- **What we are learning has to be applied in our daily life.**
- **A person who attending this program should have a willingness to “change”.**