

Kudumbashree – DAY-NULM

126th Man Catching –It's all about influencing self and others

Man Catching is a three day residential programme organized by MINDS - MAN CATCHERS' INDIVIDUAL AND NATION DEVELOPMENT SOCIETY which has been evolved as a model training and mentoring agency with a focus on bringing about a positive change in society since its inception in 2002.

Shri. Bipin Jose, State Programme Manager DDUGKY and myself were deputed from Kudumbashree State Mission Office to the 126th edition of the Man Catching programme conducted from 21st to 23rd February 2017. At the outset I would like express my sincere gratitude to Shri. S. Harikishore IAS, Executive Director, Kudumbashree for granting me this mind opening opportunity. My heartfelt appreciation to all the faculty members of MINDS for the well planned sessions and other facilities provided.

The programme which aims at enhancing personal and professional effectiveness was organised in the serene and composed ambience of Casa Maria, Ettumanoor. The sessions commenced with introductory remarks by Prof. Tomy Cherian, Shri. George Karunackal, Shri. Babu Nalakath and Shri. Jinse Sunny.

Emphasis was given on bringing about a remarkable positive change in the 16 participants who came from different backgrounds, by developing an inner strength thereby evolving as a "Very Powerful YOU" when the session concludes. The tools used included Neuro Linguistic Programming (NLP), Hypnotherapy and Law of Attraction.

It is very essential to realize one's mind both the conscious and the subconscious. While balancing the mind, prominence needs to be given in developing the subconscious mind which unlike the conscious one gives more significance to involuntary actions of being flexible, imaginative, visualizing, non judgmental and solution focused.

An attitude of gratitude and forgiveness must be developed in order to completely heal and cleanse ones mind. The practice of appreciating one's self and the world around has to be inculcated.

The session on communication skills affirmed the importance of posture, appearance eye contact, gestures and voice modulation in effective and assertive communication. The quote by Theodore Roosevelt "No one cares how much you know, until they know how much you care" was explained to help understanding the need to be a good listener. This would definitely help in improving my abilities and to get a better reach in the society.

FOPS (**F**amily/**O**ffice/**P**ersonal/**S**ocial) card for better time management was introduced. This involves listing the daily tasks under the above parameters prioritizing grouping and planning to get it done in the shortest span of time.

The practice of Self Affirmation would help in appreciating what one possess in life. Meditate before and after the night's sleep. Thank all those who were responsible in making you happy during the day. Plan and affirm the time you would wake up the next day, with enthusiasm happiness and thankfulness in plenty.

Start the day with the thought of waking up into a day full of possibilities. Avow within yourself that you are a person processing love, happiness and beauty in abundance. Feel that you are physically and mentally fit and that your existence is a blessing to the universe.

Several exercises formed a part of the training agenda. A few of them included ones while helped to determine how we waste time, task relationship balance, testing professional excellence and knowing one's own self. In order to maximize ones scope as an individual all aspects with respect to maintaining a life balance namely physical, mental, intellectual, social, financial and professional has to be expanded to ones maximum capacity. In

order to create and sustain positive energies for the body, mind and spirit, laughing exercises were conducted. Activities which aimed at breaking ones's limiting beliefs and overcoming all inhibitions for achieving transcendence ie .,the growth beyond the limits were carried out.

Qualities of a good leader and different types of leadership indicating the strength and weakness of each were taught with examples of famous personalities. The importance of values in life especially towards ones parents was reiterated.

The complete healing of the mind was done with an elaborate session of meditation. In this process, the act of asking for forgiveness while forgiving others and feeling of gratitude by counting on ones blessings was emphasized. With a refreshed state of mind the major goals of one's life was set. Paying focus on achieving them with confidence and determination with the motto in mind "I WANT...I CAN...I WILL and I AM" was highlighted.

The concluding session after the very effective meditation concentrated on moving forward in life by removing all obstacles that come across. Move forward from a state of stuck, self-doubt, revenge, rigid, pride, grief and scarcity to a state of growing, self-confidence, forgiveness, flexible, humility and abundance and many more.

I believe that all learning's from the Man Catching Programme has to be practiced on a regular basis to reap the true benefits of influencing self and others.

Report prepared by

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