

REPORT ON 138TH MANCATCHING TRAINING PROGRAMME

2017 JUNE 21-23

CASA MARIA, ETTUMANOOR, KOTTAYAM



REPORTED BY

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UNFORTUNATELY I GOT AN OPPORTUNITY TO ATTEND 138TH MAN CATCHING TRAINING PROGRAMME.IT WAS A THREE DAY RESIDENTIAL PROGRAMME AT CASA MARIA CENTRE, AT ETTUMANOOR, KOTTAYAM ON 2017 JUNE 21-23. THIS TRAINING PROGRAMME WAS CONDUCTED BY 'MINDS' (MAN CATCHERS'INDIVIDUAL AND NATION DEVELOPMENT SOCIETY), IT IS A REPUTED FIRM FROM PALA. THE PROGRAMME WAS CONDUCTED BY Mr. GEORGE KARUNACKAL, PROF. TOMMY CHERIAN AND BABU NALAKATH. THE COORDINATOR OF THE PROGRAMME WAS JINSE SUNNY. I HEREWITH SUBMIT A DETAILED REPORT OF THE PROGRAMME AND ALSO I EXPRESS MY SINCERE THANKS TO MY DISTRICT MISSION COORDINATOR SRI. SURESH P N AND THE EXECUTIVE DIRECTOR SHRI S HARIKISHORE, IAS TO GIVE THIS GREAT OPPORTUNITY. FROM KUDUMBASHREE INCLUDING ME MR. VIPIN DAS, SMT VIDYA NAIR V S, SRI AJITH P A, AND SRI UNNIKRISHNAN DEPUTED FOR THIS PROGRAMME. THERE WERE 22 PARTICIPANTS.

AS PER THE SHEDULED TIME THE TRAINING PROGRAMME STARTED AT 4.30 PM. FIRSTLY SRI GEORGE KARUNACKAL AND PROF TOMY CHERIAN GAVE AN INTRODUCTION ABOUT THE TRAINING AND THE HISTORY OF MINDS.THE TRAINIERS EXPLAINED THE BENEFITS OF THE PARTICIPANTS AND NECESSITY OF THE PROGRAMME TO THE SOCIETY. THE FACULTIES EXPLAINED THE PERSONAL BENEFITS OF PARTICIPANTS LIKE PERSONAL EFFECTIVENESS, RELATIONSHIP EFFECTIVENESS AND PROFESSIONAL EFFECTIVENESS. THE CORE CONCEPTS USED IN THIS TRAINING WAS

- NEURO LINGUISTIC PROGRAMMING(NLP)
- HYPNOTHERAPY
- LAW OF ATTRACTION

ICE BREAKING SESSION, IT WAS AN ENTIRELY DIFFERENT WAY OF EXERCISE. MOST OF THE PARTICIPANTS WERE SEND BY THE ORGANISATION BUT FEW COME TTHEIR OWN INTEREST. BUT THIS SESSION CHANGED EVERYBODY IN THE SAME WAY AND ALSO IT HELPED TO KNOW WELL EACH OTHER.DURING THE ICE BREAKING SESSION THE TRAINERS TAUGHT HOW TO INFLUENCE OTHERS AND MADE A GOOD RELATIONSHIP BETWEEN OTHERS. AND ALSO DISCUSSED ABOUT THE POSITIVE THINKING AND ITS INFLUENCE IN PERSONAL AND

PROFESSIONAL LIFE AND ALSO WE COULD FOLLOW CONFIDENCE AND ENERGETIC FOR THE WHOLE DAY.

THE SECOND DAY STARTED WITH EFFECTIVE LAUGHING THERAPY, IT CREATED A POSITIVE AND HAPPY MOOD AMONG PARTICIPANTS. THE MAJOR SESSION WAS DIFFERENT WAY OF BELIEFS AND IT WAS REALLY A MIND OPENER. NEURO LINGUISTIC PROGRAMMING HELPS ME TO UNDERSTAND PEERSONAL EFFECTIVENESS, RELATIONSHIP EFFECTIVENESS AND PROFESSIONAL EFFECTIVENESS. WE ALL ARE IN A COMFORT ZONE...WE HAVE TO COME OUT FROM THIS ZONE WE CAN MAKE CHANGES IN OUR PERSONAL LIFE AND IT WILL HELP OUR ORGANIZATION TO ACHIVE GREAT GOALS. HOW A PERSON CREATES AND INFLUENCE STRUCTURE OF PERSONALITY /EGO STATES- PARENT EGO STATES, ADULT EGO STATES AND CHILD EGO STATES. CHILD EGO STATES IS AN IMPORTANT STAGE IN EVERY HUMAN BEINGS LIFE TO MOULD THA VALUES , BELIEFS AND THOUGHTS AND ALSO ITS INFLUENCE THROUGH OUT LIFE.

EFFECTIVE COMMUNICATION SKILL PLAYS A VITAL ROLE IN THE REFORMING MECHANISM. IN THIS SESSION TAUGHT THAT POSTURES, NATURAL GESTURES, GOOD EYE CONTACT AND EFFECTIVE VIOCE MODULATION LEADS TO EFFECTIVE PUBLIC SPEACH. AND ALSO GAVE TRAINING FOR EFFECTIVE PUBLIC SPEAKING AND GAVE CONFIDENCE AND SUGGESTIONS FOR EFFECTIVE PUBLIC SPEAKING. THE DAY END WITH A JOYFUL AND UNFORGETABLE CULTURAL EVENT.

INTRODUCED FOPS (FAMILY/OFFICE/PERSONAL/SOCIAL) CARD FOR THE BETTER TIME MANAGEMENT. IN THIS, LISTING THE DAILY TASKS AND PRIORITISING, GROUPING AND PLANNING THE ACTIVITIES AND DONE IN A SHORTEST TIME SPAN. PLAN ONE DAY WORK YOU WOULD WAKE UP THE NEXT DAY, WITH HAPPINESS AND THANKFUL.

SELF AFFIRMATION WOULD HELP IN APPRECIATING ONE POSSESSES IN LIFE. THANK ALL THOSE WHO WERE RESPONSIBLE IN MAKING ME HAPPY DURING THE DAY. MAINTAIN A LIFE BALANCE NAMELY PHYSICAL, MENTAL, INTELLECTUAL, SOCIAL, FINANCIAL, AND PROFESSIONALWILL HELP A PERSONS MAXIMUM CAPACITY INCREASE.

THE HEALING OF MIND WAS DONE WITH ASESSION OF MEDITATION. IN THIS MEDITATION ACT OF ASKING FORGIVENESSWHILE FORGIVING OTHERS AND FEELING GRATITUDE. WITH A FRESH MIND THE MAJOR GOALS OF ONE'S LIFE WAS SET.

REPEATEDLY SPEAK, THINK, AND HEAR POSITIVE THINGS WILL CREATE A POSITIVE RESULT IN OUR LIFE. SOME TIMES I FEEL IT WAS TRAINING, BUT SOME TIME I FEEL IT WAS NOT. IT WAS A WONDERFUL EXPERIENCE TO UNDERSTAND MYSELF. MY HEARTFELT APPRECIATION TO ALL THE FACULTY MEMBERS OF MINDS FOR THE WELL PLANNED SESSIONS AND ALSO THE EXPERIENCES OF THE SENIOR MAN CATCHERS AND THEIR TRAININGS.