

Matter for notice board

Philosophy department - **University of Mumbai**, is offering a **workshop on Principles and Techniques of Yoga Counselling**. The course begins from 30th August to 1st October 2010. This is a program for healers, counselors, parents, coaches or teachers who wish to effect behavioural changes in others and also for those who wish to change themselves to achieve Stress Management or better Inter Personal Relations.

Program schedule:

PROGRAM	DATE	DETAILS
Level - 1 <u>Self Counselling</u> <u>through Self</u> <u>Enquiry</u> (Swadhyaya) Fees : Rs 4000/-	August 30 th to Oct. 1st	<u>SELF-STUDY Through</u> <ul style="list-style-type: none">○ Sequential study of behaviour formation, its purpose & components○ Understanding the concept of conflicts thru' concept of kleshas, leading simultaneously to the origin of Stress.○ Understanding the concept of 'Unlimited Potentials' (Aham Brahmasmi)○ Obstacles on the path of Self Growth (aspect of Asmita)○ Overcoming these obstacles leading to Creativity, Commitment and Focus in achieving our goals.○ Exercising the Freedom of Choice.
Level 2 - <u>Counselling and</u> <u>Communication</u> <u>Skills</u> (Counselling Others)	To be announced	<u>COMMUNICATING with OTHERS</u> <ul style="list-style-type: none">○ Training the participant in the skills of Counselling family members, friends, colleagues, patients, etc.○ Training in Attending, Listening, Observing Skills.○ Understanding the attitudes of Respect, Empathy and Genuineness through the concept of Yoga.○ Understanding the importance of CONTEXT as relevant to the success of counselling.○ The participant would be trained in the formation of appropriate responses, which are crucial for the success of counselling process.

Participants will be given the complete syllabus and a book on the topic after registration.

The program will be held on Monday, Wednesday and Thursday for a total of 15 sessions each from 3.00 pm to 5.00 pm.

A certificate of participation will be issued after the successful completion of level II (minimum attendance 80%).

For further details and registrations, contact: _____