

**Report on “MINDS’S” 94 TH SESSION OF”MAN CATCHING” PROGRAMME
from 12.10.11 to 15.10.11 at Hosanna mount, Bharananganam, Palai**

I have attended the 94th edition of Man-Catching Training Programme on 12.10.11, a residential programme from 12.10.11 to 15.10.11 conducted by “MINDS” Bharananganam, Palai, along with Dr.T.I.Mathewkutty, Dy. Director, Shri. Sreekumar Poduval, JPE, Deepathi .R, TO, T.K.Sasindran, FO, Shri. George Peter, FO, CDB. We had extended a warm welcome at Hosanna mount, the training venue, by the programme co coordinator Mrs. Jincy Justin.

There was an introductory session by Prof. Tomy Cheriyan, Sri. George Karunakkal and Sri. Babu Nalakath on the same evening and explained the major themes of the training and the main objectives of the training as well as the society.

There were 15 participants attended the programme and the introduction of the participants was different. In addition to CDB personnel, Sri. Sreenathan.K.S, Asst. Manager FACT, Sri. Prasobh.E.K, Accountant, RBDCK, Smt..Amrutha.G, MD, Areva Bussines Solutions, Smt. Lucy Jacob, Santa Alphonsa IELTS Acadamey, Smt..Roselind George, Retd. Teacher, Sri. Jerry.G. Cecil, Sri. Sajith George, Bussiness, Sri. Vinu Varghese, Sans Laboratories, and Sri. E.B.Rajesh Panicker, Franko India Ltd. were attended the programme.

It is learnt from the introductory session that, “MINDS” (**Man Catcher’s Individual and Nation Development Society**) is a registered non- profit society founded on 30th October, 2002 by a group of dynamic and innovative people like Prof. Tomy Cheriyan, Sri.. George Karunakkal and Sri. Babu Nalakath with a motive to promote value based HRD programmes such as, National Integration, Social Service, Counseling & Training (Man Catching, Hearts, Future Makers, The Communicator, Leaders of Tomorrow, Career Guidance, Goal Setting etc.)

The 4 day residential training called “**Man Catching**’ programme, a strange name which actually means “**Influencing People**”, **aims on Development of - personal, interpersonal, professional and organizational effectiveness of the participants**. The society has successfully conducted 93 “Man-Catching” sessions which shaped several people with exceptional skills for further contribution to the development of society and the nation.

The main themes of the training programme were

- “ME” The person - Discovering self’
- “ME” The relation - Discovering others’
- “ME” The leader - Discovering the mission’
- “ME” The unlimited - Discovering the ultimate’

The word “ME” stands for “Mind Empowerment”

Among the above the discovering the self is more important as without discovering self all other discoveries are useless.

The mind empowerment session helped to improve Personal, Relationship and Professional effectiveness, which helps for promoting group dynamism and developing leadership quality

The Session ended at 10 P.M with group meditation and dinner.

Self Analysis

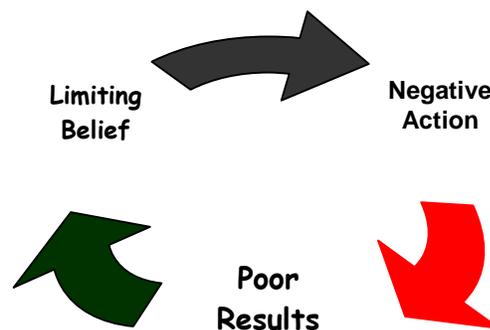
After yoga tips, sri. Babu Nalakath taught the mind relaxation technique.

There was 26 point self analysis and assessment for “discovering Self” for which questionnaire related to LB, BB, SD, &CZ. The session helped to learn that there are many belief system in our mind ,some are good, some are bad, some are complete & other incomplete. The wrong (Negative) belief system may damage mind hence it is necessary to identify the wrong(negative) belief system and rectify/break the same, then the life will run smoothly by focusing ton positives. If we do not occupy our mind with Positives, the negatives may pre occupy.

- LB - Limiting Belief (Reduce the effectiveness and prevent the growth in life)
- SD - Self Doubts (Usually leads to cautious action which may result in poor performance)
- BB - Building Belief (Usually tends to grow beyond the limit. ie transcendence)
- CZ - Comfort Zone (comfort zone limits a person moving out from the area he likes and not intervening new areas, hence be vigilant otherwise the cz may destroy a person)

The session was also covered the topic of “Learned Helplessness” which develops to cannot do anything mindset was explained with the typical example of a trained elephant with chain, can be controlled without chain due to learned Helplesness.

Limiting belief leads to Negative / cautious action which resulting poor performance and it continuing as cycle .



GROWTH AND TRANSCENDENCE

Growth = Development upto a certain level
Transcendence = The growth much Beyond any Expected level.

It is required to break the limiting belief for achieving transcendence and also to fix the target **as the sky** Once the mindset is changed achieving transcendence is easy.

Laws of Attraction

The 7 Laws of Attraction (Rainbow laws) were also discussed in detail. **The law of manifestation:** The basic idea of this law is that the intense thoughts or dreams in one person will become a reality.

The law of Unwavering desire: The law says that if one has a belief that there is a way to one's dream, it will make a lot of energy and will propel the person in that direction.

The Law of delicate harmony and balance: The way to success is decided by the balance between the desire and despair created by one person. The nature will take its own time to produce any result and each have to wait. Instead if one start producing despair it will negative energy and reduce the strength of desire.

The law of magnetism: As the magnets attracts each other human beings also attracts each other. The person with higher energy will attract people towards him and will make others motivated to have similar energy level.

The law of Synchronization: There is always a balance in the universe between the earth, time and people. The attempt to maintain the balance will help to access all the insights.

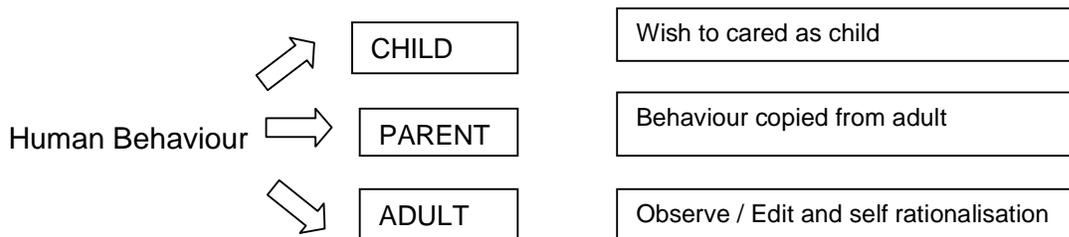
The Law of Conscientious Action: According to this law the constant actions of one person towards the environment will decide the action in turn.

The law of Universal influence: when one person chooses to lead a life filled with energy and positive thinking it will have an effect on others life. Thus the positive energy get spread across all the concerned circles and finally to the entire globe.

It is learnt that a person can think wisely, speak attractively and influence other people, build positive energy, and motivate others, if he relate the principles of laws to everyday life. . always be conscious of these principles and you are attracting back to you.

In the session Dr. Ancy George covered the subject of “Discover – You & Me”

While explaining the subject, it was stated that, basically all individuals are having 3 types of behaviour and dominant behaviour will reflect in his/ her character.



She also explained the type of “STROKE” and its effect on human being. She further explained that 90% of our activities are controlled by subconscious mind and only 10 % of the activities are controlled by conscious mind. In simple words she explained that “STROKE” is nothing but Recognition / appreciation. The different type of strokes is given below through which we could make changes in other individuals.

1. TARGET STROKE - given by way of incentives for achievements
2. CONDITIONAL + ve STROKE - given for the action/ achievements of a person
3. UN CONDITIONAL + ve STROKE - given to a person not for his action
4. NEGATIVE STROKE - this will wound the receiving person hence never use
5. PLASTIC STROKE - it is a false gesture
6. SELF STROKE - positive self affirmation.

As every individual's hunger for stroke, deliver *Un - conditional positive stroke* wherever / whenever possible. If we are not parting “STROKE” we are doing injustice. Never wound others willingly or unwillingly by delivering negative stroke.

There was a session at “*Mariyasadanam*”, Kizhathadiyoor, Pala, a Psycho Social Rehabilitation Centre. On March 14, 1998 Sri.Santhosh Joseph brought a wandering mentally ill person to his own house and nurtured him. This incident gave the inspiration. Gradually the number of members increased. The lack of facility in the house forced to shift the centre to renewed cowshed.



The centre gradually developed with strength of 286 and having separate wings for male and female, (162 male, 124 female and 10 children) who joined from the streets.

“*Mariyasadanam*” virtually serves as “The home for innocent dreamers”. The ***sadanam*** is a grave initiative in community based rehabilitation of mentally ill people from streets. It help them in regaining their mental health by providing basic needs (like food, shelter, clothes, hygiene, love, care and security) Medical attention, Psychiatric attention (Diagnosis, Psycho pharmacological treatment, crisis intervention, counselling and hospitalisation if necessary), Psychosocial rehabilitation, Occupational rehabilitation (community based agriculture handicraft works, catering work, animal husbandry and other house hold activities) and family Reintegration (Traces out family members made possible of rejoining the cured inmates)

The humble beginning transformed and is now known as “*Mariyasadanam*” model of Rehabilitation in national and “*Indian model*” in International level. The *Sadanam* has won many awards & recognitions for the excellence in service including Limca Book of Records.

Now the *Sadanam* has Eminent Doctors & well known personalities as Board of Directors & advisors.

Sri. Santhosh has practically and successfully demonstrated the Seven “laws of attraction”. He emphasised the need for *Rehabilitation of cured patients* to the main stream and reunion with their own families.

We had an interactive session with the inmates. The inmates presented their cultural programmes. Finally we had dinner at “*Mariyasadanam*”

Neuro Linguistic Programming (the Nerve Language).

It is learned that the Nerve receive data (language) by Ear (hearing), Mouth (taste), skin(touch) Nose(smell) & Eye (vision) hence behavior of a person is controlled by NLP

Communication Skills

Sri, Benny Kurian conducted classes on subject and he stress on the following points

Posture	balanced posture to be maintained
Appearance	be present
Eye contact	maintain eye contact maximum possible
Gestures	appropriate movement of hands, body etc,
Voice Modulation	Stress, Pitch, Tone
Dress and Humor	use appropriate in words and expressions.

Temperaments

It was explained in details regarding the types of temperaments are observed in human: (a balanced temperament is desirable.)

Choleric	achievement oriented personality.
Abulic	non action oriented personalities.
Melancholic	sad personality
Sanguine	optimistic and energetic.

In addition to the above classes on the following subjects were also conducted.

Abundance Affirmations

Tips to Success and Prosperity

Emotional Intelligence

How to control Anger

Thirty Major Causes for Failure

How to Develop Persistence

The Attitude of Gratitude

Types of leaderships

During the training period, several self analysis and self assessment were carried out such as,

LB/ SD/ CZ

Thirty major cause of failure

Manager & Leader

Major attributes of leadership

Major causes of failure in leadership

Emotional intelligence

Temperament:

It was very useful in recognize my positives and negatives and the methods for it's rectification every day.

As we are a small part of a big universe, align with the flow of universe give more and more than we received as per law. Whatever we do it is connected to somebody else. The session revealed the need of forgiveness otherwise we will carry the burdens in all our life.

Conclusion

The programme was really a "*MIND*" opener and helped to Discover self (without discovering self the discovery is useless)

Personal effectiveness

Relationship effectiveness

Professional effectiveness

Promoting group dynamism

Developing leadership qualities

I conclude my report with heartfelt thanks and gratitude for the opportunity given to attend the 4 days residential programme and the faculty & entire crew of "MINDS" for the wonderful training session, delicious food and comfortable stay at serene Hosanna mount. Last but not least I am thankful and grateful to the fellow participants for the co operation and valuable directions and friendship extended during the stay.

Kochi
21..10.2011

Sajan.T.Varghese
Field Officer