

**YOU**  
certainly deserve  
**Excellence &  
Success**  
in your endeavors; with  
**Health,  
Harmony  
&  
Happiness**

Tranceformation workshop organized by **Sarvangin Swasthya Foundation**  
in association with



**Dr. Palan's**



**Nisargopachar Kendra**

Vinoba Ashram, Gotri, Vadodara - 390 021.  
Ph: 0265 2371880, E-mail: education@nisargopachar.org,  
Website: www.nisargopachar.org

## **HOLISTIC STRESS MANAGEMENT AND SELF-DEVELOPMENT**

**Workshop**



*The complexities of today's life have imposed many demands (stressors) on individuals and organizations. Inadequate or inappropriate coping with these demands would lead to inability to use the existing potentials and failure to grow.*

*The human mind has an unlimited treasure of inner potentials, through the proper use of which one can transform one's thinking, feeling, attitude, behavior, skills, personality and even biological processes.*

### **About the workshop**

The tranceformation is developed by a team of medical scientists headed by Dr. B. M. Palan on the basis of extensive research in the fields of stress, psychosomatic medicine, Yoga and hypnosis. The feedback received from over 10,000 people trained in this programme over a period of past 15 years contributed in refinement of the same to the present level.

This is an experiential learning programme comprising of introduction to the basic theoretical concepts, practical experiences of self-hypnotic trance (meditation / yoganidra) and various mind-programming techniques.

### **Objectives**

The tranceformation Programme focuses to develop skills of reprogramming of subconscious mind for...

- Managing your stresses effectively, and to be relaxed and comfortable irrespective of circumstances.
- Inculcating positive thinking and emotional balance.
- Building up self-confidence and self-expressiveness.
- Developing decision-making abilities.
- Improving skills for communication and interpersonal relationships.
- Facilitating learning process by enhancing achievement motivation, concentration and memory.
- Cultivating healthy habits and life-style.

### **General information**

- Contribution:** Rs. 3500/- (Discounts are available for financially needy persons)
- Language:** Hindi & English (combined)
- Mode:** Online Sessions on Zoom App
- Date & Time:** Starts on 2<sup>nd</sup> April, 2024  
Morning 6:00 to 8:00 am, on Tuesdays & Fridays (Total 20 sessions)
- Registration Steps:**  
(i) **Online Payment:** <https://rzp.io/l/tranceformation2024>  
(ii) **Online Registration:** <https://tinyurl.com/tranceformation2024>
- Last Date for Registration:** 31<sup>st</sup> March, 2024
- Contact Details :**  
(M) 9426187834 (O) 0265-2371880 (10:00 am - 6:00 pm)  
Email: education@nisargopachar.org

**Dr. B. M. Palan, M.D.,** taught Physiology in Medical Colleges for 20 years, headed the Psychosomatic Medicine and Hypnotherapy Clinic, S.S.G. Hospital, Vadodara and guided M.D./Ph.D. students at M.S. University, Baroda for more than 10 years. He is also a Yoga Teacher. Dr. Palan is the first doctor in India to have obtained Diploma in Clinical Hypnosis from the American Board of Medical Hypnosis. He is conducting "tranceformation (Holistic Stress Management and Self-development - HSM & SD Programme) in various industrial and academic organizations since 1986. Dr. Palan has contributed widely at national and international level in the academic journals and books in the areas of stress management, psychosomatic medicine, Yoga and hypnotherapy.

