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Self Exploration for Peace

MIND MAPPING BHAGAVADGITA

Two Day Theoretical, Practical and Q/A based Creative Workshop

Facilitator - Nehal Singhal

Storyteller, Technique and Presentation on Gita for Women podcasts, Knowledge Process Specialist, IT Consultant, Awarded Top Writer on Quora हिन्दी

Day 1 - First Session

Easy Entry to Spirituality

1. Mind Mapping technique, visual facilitation, understanding with beauty for BhagavadGita
2. Chapter wise coverage, favorite verses
3. Creative time with better concentration
4. BhagavadGita Mind Mapping Group Activity

Expected outcome:

1. BhagavadGita Practical training on Mind Mapping - individual and group.
 2. Verse coverage with Q/A.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
 - Time: 90 minutes

Day 1 - Second Session

Bonus of Basic Sanskrit

1. Sanskrit Daily Usage Mind Maps
2. Mnemonics and Learning Techniques
3. Visual Facilitation, Art for Sanskrit
4. Practical Illustration of quick verse learning

Expected outcome:

1. Joyfully pick basic Sanskrit as bonus.
 2. Q/A with working on paper.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
 - Time: 90 minutes

Day 2 - First Session

Story Telling with Mind Mapping

1. Gita for Women Podcast stories
2. Healthy expression with spiritual base
3. Inspiring stories for self growth and example
4. Technology in self exploration and storytelling

Expected outcome:

1. Individual and Group Mind Mapping for turning plots into stories with matching verses.
 2. Q/A facilitated by Mind Mapping.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
 - Time: 90 minutes

Day 2 - Second Session

Spiritual Wellbeing - Personal Session

1. Wellness and being, catalysed by personal session
2. Stories of different personalities
3. Self discovery with Mind Mapping
4. BhagavadGita stories, verses and real life problem solving skill building
5. Why **Women and Spirituality** is important?

Expected outcome:

1. Mind Mapping for personal growth.
 2. Real life problems Q/A.
- **Material needed** - per participant: 10-15 A4 Sheets, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
 - Time: 90 minutes

All workshop sessions are practical with synchronised Q/A .