

Profile of Resource Persons

Dr. Anil Singhal is a Neurologist (Expert in Brain and Nervous System). He did his postgraduate studies at the All India Institute of Medical Sciences, New Delhi and his Neurology Residency at the University of Illinois, Chicago. He is now Professor of Neurology and Head of the Departments of Holistic Medicine and Neurosciences at the Himalayan Institute Hospital. Dr. Singhal has developed a keen interest in managing stress through the application of biofeedback, yoga therapy, meditation, and spiritual psychotherapy.

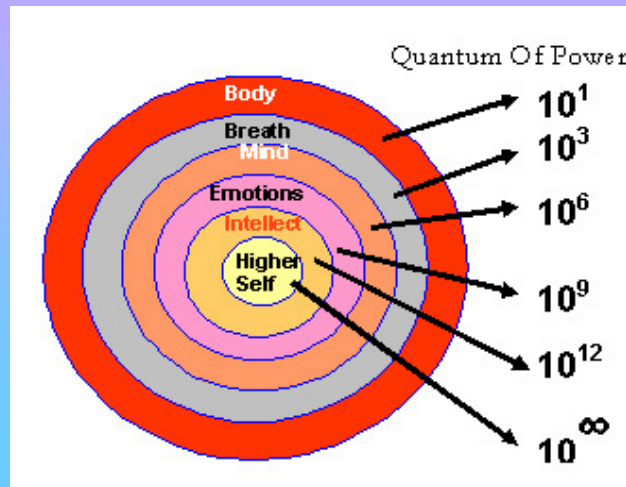


Dr. Achala Singhal is a Cardiologist (expert in Heart-Center of emotions). She did her postgraduate Studies in Internal medicine at New York Medical College and her Fellowship in Cardiology (DM) at Cook County Hospital, Chicago. She is Board Certified in both Internal Medicine and Cardiovascular disease and is a Fellow of the American College of Cardiology. She is now Professor and Head of the Dept. of Cardiology at the Himalayan Institute Hospital. Dr. Achala has conducted research on the effects of meditation and breath control on hypertension and heart disease. She has been deeply involved in transformations of negative emotions into a positive force.



Both Dr. Anil and Dr. Achala were personally trained in yoga therapy, the science of breath, yoga nidra, and the therapeutic application of the art and science of meditation by His Holiness Shri Swami Rama, a great Himalayan Yogi. They have been conducting lectures & workshops on stress management at various cities in USA, Germany, Netherlands & India.

Do you know that there are 6 treasures of health, happiness & wisdom inside each of us. Each treasure is subtler & more powerful than the earlier one. You can avail of these immense resources for de-stressing at any time & any place.



6 Treasures Inside Everyone!

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**Brain
Empowerment
Foundation**

**BRAIN
EMPOWERMENT
FOR STRESS
MANAGEMENT**



Transforming Stress

- To Happy & Healthier life
- Enhancing Performance & Productivity
- Improving Relationships
- Preventing Future Diseases

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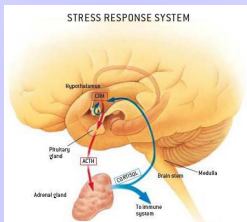
BRAIN EMPOWERMENT PROGRAM FOR STRESS MANAGEMENT

Experiential Workshops

Background

High stress has become a very common phenomenon in modern times. Stress first affects the brain & nervous system & then transmits this to all the vital organs of the body. 85% of the diseases of human body are related to stress. High stress is also a very important cause for poor performance, diminished memory & diminished productivity at work.

Recent advances in the field of Neurosciences & Psycho-Neuro-Immunology have provided a clear cut understanding of stress on brain & body's functioning. Many wonderful holistic solutions have become available to manage stress at all levels.



- Resources for better health & mind are present in each and every person. In our brain the number of neurological connections are more than the number of stars seen in the sky.
- At any given time, we use only 12% of these connections, and 88% lie unused and unexplored. 20 billion nerve cells in the Brain & Nervous system have untapped potential.
- More than 10,000 metres of blood vessel lining has biochemical factories. Miles & miles of Nerves have healing energy within.
- Zillions of blood cells & lymphocytes with receptors like nerve cells have intelligence within them and they produce important neurochemicals & hormones. All these can either stress us or aid us in being healthy and productive.

Recent medical research in the field of Psycho-Neuro-Immunology (PNI) has scientifically proved that neurotransmitters in the brain, nervous system and in cells of the entire body; are involved in the mind-body interaction.

Objectives

Participants will:

- Discover enjoyable ways of gaining health and maintaining it through practical, powerful and effective life changing skills.
- Learn to de-stress yourself and relax anytime, any place.
- Learn how Brain works. You will be able to learn the secret of creating health you want.

Content

We systematically teach a complete understanding of causation & treatment of stress. So people can improve their performance at all levels physical, mental & emotional. There are six treasures of health, happiness & wisdom inside each of us. Each treasure is subtler & more powerful than the earlier one. People can help themselves with various stresses in a comprehensive and integrated way by a holistic approach. This approach addresses these six layers - their body, breath, senses, mind, intellect and highest wisdom.



Benefits

1. De-stress yourself & Learn to Relax anytime, any place.
2. Learn to have Abundance, Health & Prosperity.
 - Create more opportunities in your Life.
 - Improve performance & increase productivity.
3. Have more self confidence in your Abilities.
4. Have the ability to be in charge of your Emotional states.
 - Learn to Influence & persuade others Positively.
 - Have Excellent Communication and Interpersonal Relationships.
 - Improve health & prevent future diseases.



Live the Life to fullest with Joy & Enthusiasm.

Presentations

- Lectures
- Audio-Visual Presentations
- Practical Demonstration of Techniques on participants.

Techniques used are Modern Diagnostic Tests, Biofeedback Therapy, Yoga and Aerobic exercises, Special Breathing Practices, Meditation, Yoga Nidra, Contemplative Meditation Therapy, Energy Meditation Therapy, Brain Programming for Health, Happiness, & Prosperity.

For Whom

Professionals of all organizations, particularly those having a sedentary and stressful life styles, can participate in this program and reap immense benefits.



Number of Participants and Venue

The ideal number of participants would be 20-30 and the program would be delivered at the premises of the client organization.

Duration of the Program

The program is ideally for two days. However, if the client organization so chooses, a shorter version of the program can be organized for one day.

Fees

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Brain Empowerment Foundation

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