

REPORT

4-days Facilitators' Training Programme on VIHASA

Gyan Sarovar, Mt Abu, Rajasthan | 18-22 Sep 2015

Organised by : Global Hospital & Research Centre Mumbai and Mt Abu

Participants : 74 participants from 12 states across India

Trainers : 9 Facilitators + 2 Meta Facilitators for 4 groups

Trainer	City
BK Uma Rani	Hyderabad
BK Minakshi	Hyderabad
Miss Pooja Sharma	Mumbai
Dr Sachin Parab	Mumbai
BK Swathy	Chennai
Dr Mahima	New Delhi
Mrs Shashi Bala	Abu Road
Dr Manas Sharma	Mount Abu
BK Rishi	Mount Abu
BK Kalpna (Meta Facilitator)	Mount Abu
Bro.Stephen (Meta Facilitator)	Mount Abu

Modules covered in 3 days: Values, Co-operation & Positivity

Brahma Kumaris Global Hospital Mumbai and GHRC Mt Abu jointly organised a pan-India 4-days facilitators' training programme in Gyan Sarovar, Mt Abu. 74 participants from 12 states across India included a judicious mix of doctors, nurses and non-medical professionals.

Bro. Stephen Berkeley, Manager Organisational Development GHRC Mt Abu conducted a facilitated session for all the trainers prior to the training. All trainers shared their experiences on various topics like challenges faced while facilitating, difference between facilitation and teaching etc..

Dr Partap Midha, Director of GHRC Mt Abu, launched the training with a talk on VIHASA. Mathilde Sargeant, Infection Control Nurse, GHRC Mt Abu gave a presentation on VIHASA to all the participants and Bro. Stephen, spoke about facilitation skills.

After 2-days facilitation by trainers on the Values and Cooperation Modules, the participants got a hands-on experience in facilitating the Positivity module on 3rd day. The experience was enriching, not only for the participants but also for the trainers.

An evaluation done on the last day included the following feedback received from participants:

- It's a unique learning/training program in all aspects but most impressive was I did not have to impress anyone like all other training programs I have been a part of. I just had to express myself"
- "Allowing participants to make presentations provided an opportunity for participants to come out with hidden values
- "Besides the learning program which was in it self at its best, the bonding with our facilitators and the group members has been awesome. A life time gift of friends philosophies and guides"
- "The training program helps us to realise the values which are already present in us but we had not explored them ever before. Now I will be able to utilise these values for the betterment of myself as well as society. It will help me to be a better person"

The way forward:

Dr Manoj Matnani from Pune has organised a 1-day workshop at Brahma Kumaris Centre for doctors on 4-Oct-2015.

Dr Swapnil Sonone and Dr Vishal Tapadia, participants from Amravati Maharashtra, has already organised a 2-day workshop for approx 40 HODs of Hospitals and Medical Colleges on 31-Oct & 1-Nov 2015. Dr Ashok Mehta and his team from Mumbai have accepted the invitation to travel to Amravati and facilitate the 2-day programme.



A Facilitators Conference will be held in early 2016 at Mt Abu for all those who have undergone the 4-day training programme. This will help in sustaining the existing facilitators through sharing their experiences and networking.



Team of trainers and participants with Dr Pratap Midha & Sister Mathilde



Bro. Stephen explaining facilitation skills at the opening session



Candles light up the room at the closure