

Report on VIHASA Facilitators' Training

2-5 October 2014 | Mumbai | India

A 4-day residential training on VIHASA facilitation was held in Mumbai between 2-5 October 2014.

A mix-group of Medical Professors, Doctors, Nurses and BKs were a part of the training programme conducted at Reliance Energy Management Institute (REMI). Residential facilities were arranged at Om Niwas Centre in Ghatkopar.

Five trainers from Mumbai and Pune came together for this training:

- Dr Ashok Mehta
- Dr Girish Patel
- Dr Sachin Parab
- Dr Manoj Matnani
- BK Deepaben

Through this 4-day training, the participants received a hands-on facilitation experience. All participants (divided in 2 groups) were asked to facilitate for 3 days in a row on modules: Values, Peace & Co-operation.

All participants are enthusiastic to take VIHASA further and many are already planning to organise workshops in various parts of (state of) Maharashtra.

Feedback received from participants:

- Ms. Job Beena Mariamma: *“Learnt about toning voice, presence of mind, how to conduct yourself amidst facilitation without teaching and with humility. Learnt to edit what to speak through feedback. Got an opportunity to do what I learnt! Enjoyed excellent evaluation from all the trainers.”*
- Mr Pramod Bodkhe: *“It was a surprise for me [to be asked to facilitate on day 2, 3 & 4]. The overall arrangement and the way it was planned was very nice. Before coming here, even I was not aware of this word ‘facilitation’. But it gives a new dimension. I’m now inspired to do something new.”*
- Lt Col (Retd) Jamuna (Nursing): *“I enjoyed the ambience, the opportunity to participate and the guidance of the facilitators who gave frank and encouraging opinion.”*



Dr Sachin Parab & Vikasbhai (co-ordinator of Values prog)



Participant, Dr Rajendra Wagh facilitating an exercise.



Dr Sachin Parab addressing the group.



Dr Ashok Mehta enjoying a movement exercise.



Participants – Dr Mrudul Barjatya & Dr Sujata Baveja sharing through a values exercise.



The web of values... closing ceremony concluding the 4-day training.



Above: Participant, Dr Purvi busy completing her piece of art!

Right: Participant, Pramod opening the session with a song.

