



## VOLUNTEER TRAINING PROGRAM AS “SOCIAL COUNSELOR”

आज हम सब मन और शरीर दोनों से बीमार हैं | हमारा खानपान, हमारे विचार, हमारा रहनसहन, आसपास का दूषित वातावरण, सभी खराब हो चुका है, इसकी वजह से परिवार की आय का काफी हिस्सा दवाइयों में व्यय हो जाता है |

ईश्वर ने हमें यह शरीर दिया है जो की प्राकृतिक साधनों से स्वयं ही बिना दवाइयों के ठीक रह सकता है और काफी बचत हो सकती है | योग द्वारा, ध्यान द्वारा, और प्रकृति के साधनों द्वारा और परामर्श द्वारा मन, शरीर और असाध्य रोगों का इलाज बिना दवाइयों के किये जा सकता है | ग्लोबल हारमनी संस्थान योग द्वारा, ध्यान द्वारा और प्रकृति के साधनों द्वारा यह प्रयत्न कर रही है की कैसे इन साधनों से हम अपना मन और शरीर बिना दवाओं के ठीक रख सकते हैं

हमारे शिक्षित वालंटियर्स घर घर में जा कर लोगों से संपर्क कर के उनकी व्यक्तिगत समस्याओं का समाधान बताएंगे और जनता को प्रक्षिप्त भी करेंगे |

A sizable income of poor people living in villages and slums goes towards health expenses. Lot of male in poor families are addicted to alcohol, tobacco and drugs, that drains away sizable portion of their income. Moreover often most of male after drinking alcohol beat their wife and children. GHPC under Project Saheli helps such families to change their habits thru counseling and guidance. Trained female Volunteers visit slums and villages and find out such affected families. Thru systematic few interactions with affected families, Volunteers teach them and counsel them, so that they can desist their husbands from path of sins and bad habits and improve their life. Volunteers teach them few Yoga Techniques, meditation and cure disease thru Nature Cure. This method has been found to be very effective in Himachal State where lot of people could get rid of alcohol and drugs thru adoption of Yog Sadhanas.

The process is simple free and improves economy of poor people as they stay fit and healthy. Ladies and children also get benefit by adopting yoga techniques.

Volunteers are taught Yog Sadhana techniques that consists of shuddhi kriyas (cleaning process for nasal system thru Jal Neti and stomach cleaning thru Vaman), pranayam, asana (physical postures), meditation and observance of ethics for self and society. **Yog Sadhana is ocean of great psychic powers hidden within us.** Yoga, in its true sense, is about being human, which the industrialized world has forgotten. Yog

Sadhna is for all irrespective of religion. It is science of body and mind. Yog sadhna is mind changer from violence to non violence.

## **Training Modules for Volunteers**

**Module 1** Humanism -- सेवा परमो धर्मः

**Module 2** योग साधना and benefits

**Module 3** षट्कर्म (Theory and practice) for cleaning nasal system and digestive system.

**Module 4** प्राकृतिक चिकित्सा के सिध्यांत Curing diseases thru nature cure without medicine.

**Module 5** आसन for various diseases

**Module 6** प्राणायाम for healthy mind and healthy body

**Module 7** ध्यान लगाना the gate to enlightenment and enhancing wisdom and knowledge

**Module 8** Community services , cleanliness, hygiene help in micro financing- सोशल सेवाएं स्वच्छता वित्तीय सहायता

**Module 9** Managing a balanced relations , dealing with violent relatives, and facing crisis management संतुलित रिश्ते निभाना

**Module 10** Awareness about Government Projects, aids for poor , admission to public schools/ govt schools etc and saving tools. सरकार की वित्तीय स्कीम्स जैसे अच्छे स्कूलों में दाखिला लेना, अच्छे चिकित्सालय से चिकित्सा करवाने की जानकारी आदि।

**Module 11** Monitoring progress of subjects and records keeping by volunteers thru online and offline. आफ लाइन / रिकार्ड मेन्टेन करना

The tutorials will be followed by written , and oral examination. The course will be max 10 days duration for a period of two hours each. Certificate will be issued as “Social Counselor “. Successful volunteers can join COSRO as Volunteers as part time and will be paid stipend.

## **JOB Profile of Social Counselor**

GHPC will train volunteers for project Saheli . Here volunteers visit slums and guide families on how to improve the well being of children, and family, by adopting Yoga ,Meditation and nature Cure and counselling. Volunteers will counsel families on following topics

- 1 How to stop use of alcohol and tobacco by their husbands शराब और ड्रग्स से कैसे छुटकारा पाया जाये |
- 2 How to admit children in private schools under special quota schemes | अच्छे स्कूलों में दाखिला कैसे मिले |
- 3 Keep poor families informed of various welfare schemes and projects of the government सरकार की वित्तीय स्कीम्स की जानकारी देना |
- 4 Lend Support in employment and self-employment schemes . job और career सहायता
- 5 Identifying special talent of children and to support them in pursuing their talent. बच्चों की प्रतिभा ढूँढना और विकसित करना |
- 7 Teach them to get rid of medicines thru Yoga, meditation and Nature cure and make their life better and get rid of most of common diseases. योग ध्यान व् प्रकृतिक चिकित्सा से शारीरिक व मानसिक रोगों से छुटकारा पाना |

Volunteers are trained for a small fee of Rs 500/- for 2 weeks training at designated locations. The volunteer after training is supposed to practice min for 4 weeks all above 11 modules. An examination will be held 4 weeks after training. The examination will consist of three stages.

Stage I ; Practical Yog sadhana

Stage II : Theory of 11 modules

Stage III : Oral examination to assess teaching capability of volunteer.

On successful passing of above three stages, the certificate is awarded. Volunteers are not supposed to misuse the knowledge gained for commercial exploitation.

### **Supporting Organizations**

- 1 Corporate Ashram [www.corporate-a-sramah.com](http://www.corporate-a-sramah.com) will manage operations
- 2 Shine School , Delhi or any organization providing training facilities.
- 3 Global harmony and peace Centre [www.ghpc.org.in](http://www.ghpc.org.in) will provide training under NGO COSRO.

### **Convener**

- 1 RAMESH KUMAR , Ex Defence scientist  
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- 3 Sandeep Sharma , Administration