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## Spirituality for Peace

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### Realize Self by Gita

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#### MIND MAPPING BHAGAVADGITA

Two Day Theory, Practice and Q/A based Creative Workshop

### Facilitator - Nehal Singhal

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

### Day 1 - First Session

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#### Easy Entry to Spirituality

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

## Expected outcome

1. BhagavadGita Mind Mapping Skills - individual and group.
  2. Q/A with 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 1 - Second Session

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### Basic Sanskrit as Bonus

1. Sanskrit Daily Usage Mind Maps
2. Mnemonics and Learning Techniques
3. Quick verse learning

## Expected outcome

1. Joyfully pick basic Sanskrit as bonus.
  2. Q/A with 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 - First Session

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### Story Telling with Mind Mapping

1. Gita for Women Podcast stories
2. Healthy expression with spiritual base
3. Inspiring stories for self growth
4. Technology for spiritual inspiration

## Expected outcome

1. Individual and Group Mind Mapping for turning plots into stories with matching verses.
  2. Q/A with 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

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### Spiritual Wellbeing - Personal Session

1. Personal Session: Wellness and being
2. Inspiring personalities
3. Self discovery with Mind Mapping
4. BhagavadGita based inspiring anecdotes
5. Why "Women and Spirituality" is important topic?

### Expected outcome

1. Mind Mapping for personal growth.
  2. 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 .*