

# TRANSFORMATION WORKSHOP

By Dr. B. M. Palan

**Over 50,000**  
participants  
benefited



*A Holistic*

## Stress Management & Self-Development Program

### About the Facilitator

#### Dr. B. M. Palan

(MD, D. Clin. Hypno - ABMH, USA)

Founder & President -

Academy of Hypnosis, India

Senior Hypnotherapist

Stress Management Expert

Yoga Teacher



Scan this QR Code  
to know more about  
Dr. B. M. Palan

### About the Workshop

An experiential learning workshop based on medical research in  
**Stress, Psychosomatic Medicine, Yoga & Hypnosis**

Includes:

- Guided self-hypnosis (Yoga Nidra / Meditation)
- Mind-programming techniques
- Practical stress-management tools

### You Will Learn To...

- ✓ Manage daily stress calmly
- ✓ Build positive thinking & emotional balance
- ✓ Improve focus, confidence & motivation
- ✓ Handle grief, rejection & failure
- ✓ Enhance communication & relationships
- ✓ Develop healthy habits & decision-making

### Workshop Highlights

- 20 Online Sessions with Dr. Palan
- Guided Audio Tools (Breathing, PMR, etc.)
- E-Study Material
- Limited-time access to Recorded Sessions

#### Workshop Details

Starts: **18 March 2026**

Time: **6:00 - 8:00 AM (IST)**

Days: **Wednesday & Saturday**

Language: **Hindi & English**

Contribution: **₹3500/-\***

(Concession available for financially needy participants)

#### Last Date to Register

**15 March 2026**

Limited Seats Only

#### Organized by

**Sarvangin Swasthya Foundation**

in association with **Samatvam & Nisargopachar Kendra**

Contact: **+91 9426187834**

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#### Registration



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