

## ORGANIZERS

### CONVENOR

Dr. Sr. Elizabeth C.S  
Principal  
Jyoti Nivas College Autonomous

### ORGANIZING SECRETARY

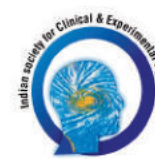
Prof. Usha Joyappa  
Head, Department of Psychology

### COMMITTEE MEMBERS

Prof. Sarah Samuel  
Dr. Ramaa Raju  
Ms. Hiya Roy  
Ms. Roseline F Gomes  
Mrs. Christina Joy Victoria  
Mr. BB Paul Raj  
Ms. Priya Kurian

Venue:

**ROYAL HEIGHTS**  
Jyoti Nivas College Autonomous  
Hosur Road, Bengaluru - 560095  
Website: [www.jyotinivas.org](http://www.jyotinivas.org)



**MANASI**  
THE PSYCHOLOGY ASSOCIATION  
JYOTI NIVAS COLLEGE AUTONOMOUS  
in collaboration with  
**MIND MATTERS**  
presents



A UGC - Sponsored National Level Workshop on  
**HYPNOTHERAPY**

*The Relevance of Hypnotherapy and  
its Application as a Therapeutic Modality*

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1st March 2016, Time: 10 am

Venue: Royal Heights

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## ABOUT THE COLLEGE AND DEPARTMENT OF PSYCHOLOGY

Jyoti Nivas College is a premier autonomous institute in Bengaluru, India and since its inception in 1966, the college has been providing comprehensive and balanced education in Arts, Science, Commerce and Management. The institute has integrated knowledge, industry, experience and international exposure to offer contemporary programmes that are in tune with the requirement of today's business and academic world. Jyoti Nivas was re-accredited with 'A' Grade by the NAAC in 2012 and is recognized as a 'College of Excellence' by the UGC, for excellent endeavours in the field of education. This workshop is the outcome of collaboration between Manasi- The Psychology Association and a global mental health centre called Mind Matters.

**Manasi** The Psychology Association of Jyoti Nivas College provides a platform for both professional psychologists and students to explore and examine psychological issues outside the classroom. The members of the association also organize conferences and seminars, and workshops on themes less researched with a hope to kindle curiosity and interest among students. These programmes which serve as a forum for interaction , provide an opportunity for collaboration with other organizations and associations. Such collaborations enable the members to source and exchange knowledge from experts of various disciplines.

**Mind Matters** focuses on the psychological services that are provided to an individual as well as to organizations. The basis of the practice of Dr. Jini K. Gopinath, Chief Consultant of Mind Matters , has its roots in three schools of thought, they being - Cognitive Behavior Therapy (CBT), Transactional Analysis (TA) and Hypnotherapy. Dr. Jini K Gopinath is a Clinical Hypnosis and Performance Coach, and has been conducting several workshops on hypnosis and hypnotherapy. The objective of this one day workshop is to create an awareness of the process, importance and usefulness of hypnotherapy in treating psychological symptoms and enhancing wellbeing.

## PROGRAMME SCHEDULE

Registration	-	9.00 - 9.45 am
Inauguration	-	10.00-10.45.00 am <i>Invocation and lighting of the Lamp</i> Welcome and Overview of the Conference <i>Principal's message</i> Keynote address
Tea Break	-	10.45-11.00 am

Session I	-	11.00 am -1.00 pm <i>Hypnosis: Basics and Beyond</i> <i>Hypnotic phenomena &amp; Hypnotisability</i>
Lunch Break	-	1.00 - 2.00 pm
Session II	-	2.00 - 3.15 pm <i>Hypnotic induction &amp; Hypnotic trance</i> <i>Mind-body interaction</i>
Session III	-	3.15-4.30pm <i>Self-hypnosis &amp; Hypnotherapy</i>
Tea	-	4.30 pm

## REGISTRATION PROCEDURE

We welcome all delegates from various parts of the country. However all must register to attend this conference.

Note: Participants will be provided with a conference kit, refreshments and lunch.

Interested participants can apply to **The Convener** along with the duly filled registration form.

Interested participants kindly confirm their participation on or before 25th Feb. 2016.

**The Convener, Department of Psychology, Jyoti Nivas College Autonomous, Hosur Road, Bengaluru - 5600095**

University and College teachers attending the conference will be given the OOD certificate.

### For Further Details, Contact Registration Committee:

Ph No: 080 - 255230137, Ext: 169

Ms. Hiya Roy: +91 81239 58998

Dr. Ramaa Raju: +91 98456 95660

[jncpsychology@gmail.com](mailto:jncpsychology@gmail.com)





**JYOTI NIVAS COLLEGE**

**Autonomous**

**Bengaluru , Karnataka**

**NATIONAL WORKSHOP ON**

**THE RELEVANCE OF HYPNOTHERAPY AND ITS APPLICATION AS A  
THERAPEUTIC MODALITY**

Manasi the Psychology Association organized a one day National Workshop on **The Relevance of Hypnotherapy and its Application as a Therapeutic Modality.** This workshop was the outcome of a collaboration between Manasi - The Psychology Association and a global mental health centre called Mind Matters. **Mind Matters** focuses on the psychological services that are provided to an individual as well as to organizations. The sessions were taken by Dr. Jini K Gopinath who is a Certified Clinical Hypnosis and Performance Coach.

**The objective** of this one day workshop was to create an awareness of the process, importance and usefulness of hypnotherapy in treating psychological symptoms and enhancing wellbeing. Therapeutic modalities were discussed to give us a bird's eye view of the process of hypnosis, and its use as interventional remedies.

The workshop was conducted on the 1<sup>st</sup> of March and 60 participants from different States registered for the workshop. The feedback given by the participants confirmed that the workshop was a success.