

SNEHAL

(Healing & Creativity Centre)

'A new NTPC initiative towards making employees more contented and joyful in their life'

*I have arrived
I have not seen the plays in town
Only the computer printouts
I have not read the latest books
Only the Wall Street Journal
I have not heard the birds sing this year
Only the ringing of phones
I have not taken a walk anywhere
But from the parking lot to my office
I have not shared a feeling in years
But my thoughts are known to all
I have not listened to my own needs
But what I want I get
I have not shed a tear in ages
I have arrived
Is this where I am going?*

- *Natasha Josefowitz*

To the world outside of work that makes it all worthwhile



The concept of Healing & Creativity Centre is based on the understanding that man is first and foremost a spiritual being seeking to express its truth through the instrumentality of the mental, vital, and physical nature. Disharmonies occur as the more or less ignorant instruments deform the energies trying to manifest through them, and it is these disharmonies which we recognize as disease. The various (non-invasive) therapies which will be offered at the healing centre, in one way or another, address the patient's difficulties on

an energetic level which is, indeed, the only level from which real healing can proceed. Each therapy honours and strives to work in harmony with the body's own deep wisdom. Each therapist recognizes himself as a humble tool of the indwelling Spirit who is, ultimately, the only Healer.

SNEHAL is a structured programme in which a combination of intensive group work and individual therapy enables the participant to experience himself in new ways. The aim is to bring the participant into contact with that deeper part of his being from which well his own healing energies and to equip him with the knowledge and techniques whereby that contact may be maintained after he leaves the programme.

I. Counselling



Counselling offers a therapeutic space and relationship in which one can explore his/her life or particular issues to understand and take actions in his/her inner and outer worlds. It is a safe and confidential process that offers support, encouragement and challenge.

Benefits:

- Assertiveness
- Personal insight
- Resolving conflicts
- Increased motivation
- Ability to cope better in difficult circumstances
- Clarification of confused thoughts and feelings
- Increased emotional awareness of self and others
- Allowing personal development and potential to become unstuck and grow
- Improved relationships
- More effective communication
- Increased confidence and self-esteem

II. Emotional Freedom Technique



Emotional Freedom Technique (EFT) is a psychotherapeutic alternative medicine tool based on a theory that negative emotions are caused by disturbances in the body's energy field and that tapping on the meridians while thinking of a negative emotion alters the body's energy field, restoring it to "balance."

EFT is a safe and non-invasive "energy therapy." It involves tapping strategic points in the body in order to relieve the body's negative energies and bring harmony. It is easy for people to use in and outside the office and can be used in conjunction with medical treatments.

Benefits: Extensive application of EFT has shown impressive improvements in a wide variety of issues like:

- **Emotional Challenges**
 - Children's Behaviour
 - Relationship Issues
 - Anger Management
 - Depression
 - Insomnia
 - Severe Trauma (PTSD)
 - Addictions
 - Sexual Abuse
 - Phobias
- **Physical Diseases**
 - Allergies
 - Migraines
 - Pain Management
 - Chronic Fatigue Syndrome
 - Multiple Chemical Sensitivities
 - Hypertension
 - Cancer
 - Muscular Dystrophy
 - Parkinson's Disease
 - Cystic Fibrosis
- **Personal Performance**
 - Abundance
 - Weight Loss
 - Business and Career Goals
- **Others**
 - Animal Healing
 - Surrogate Applications

III. Reiki



Reiki is an extremely effective technique for total relaxation and stress reduction. It is a natural therapy that gently balances life energies and brings health and well being to the recipient. It can not only effect changes in the physical structure of the body by helping to regenerate organs and re-build tissues but also helps to create balance on the mental level. Reiki techniques are used to heal the body, mind and the spirit.

Benefits:

- Boosts and improves the immune system.
- Accelerates the body's self-healing abilities
- Assists the body in cleaning itself from toxins
- Helps spiritual growth and emotional clearing
- Increases vitality and postpones the aging process
- Improves the confidence level and the esteem of the client
- Creates deep relaxation and aids the body to release stress and tension

- Can never do damage since it flows in quantities necessary for the recipient
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aids the breaking of addictions
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy

IV. Yoga and meditation



Yoga and meditation are scientific system of physical and mental practices that help each one of us achieve our highest potential and to experience enduring health and happiness.

Benefits:

- Increasing flexibility
- Complete detoxification
- Increasing lubrication of the joints, ligaments and tendons
- Relieves the symptoms of several common and potentially life-threatening illnesses such as arthritis, arteriosclerosis, chronic fatigue, diabetes, AIDS, asthma and obesity
- Creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centres attention and sharpens concentration.
- Excellent toning of the muscles
- Massaging of all organs of the Body

V. Dance therapy



Dance therapy is the psychotherapeutic use of movement and dance for emotional, cognitive, social, behavioral and physical conditions. It is based on the premise that body and mind are interrelated. It strengthens the body/mind connection through body movements to improve both the mental and physical well-being of individuals.

Benefits: Dance therapy has a broad range of health benefits:

- Reduces anger, stress, fears and anxieties.
- Enhances cognitive skills, motivation and memory.
- Lessens feelings of isolation, body tension, chronic pain, and depression.
- Enhances the functioning of the body's circulatory and respiratory systems.
- Improves body image, self-esteem, attentiveness, and communication skills.
- Benefits adolescent and adult psychiatric patients, the learning disabled, the visually and hearing impaired and the mentally handicapped.

VI. Process Labs



Human Process Labs aim at helping us understand ourselves better and discovering more creative and satisfying ways of working and relating with others.

Benefits:

- People learn to become more sensitive to their own and others' feelings, needs and behaviours.
- They can learn to express themselves more directly and perceive the impact of their behaviour.
- The quality of their interpersonal relations with colleagues and personal relationships with family and friends is expected to improve.
- They can become alive to their leadership potential .

VII. Use of Psychometric Instruments for Personality Development



Psychometric tests and questionnaires measure the mental processes and behavior, style and motivation. They are administered in a standardized way; in other words, they reduce the effect of variables such as where a person takes the test, at what time, under what conditions etc. Psychometric instruments tend to produce numerical scores which are then interpreted by a qualified person.

Benefits:

- Providing guidance on what career you're best suited to
- Determining your suitability for a job
- Recommending whether you should be promoted or take on a new role
- Planning future training within an organization
- Helping you understand yourself and build better relationships

VII. Other therapies



Based on the response of the employees and the success of "SNEHAL", it is intended to add on various other healing activities like Aroma therapy, Colour therapy, Crystal Gazing and many more.

Is it confidential?

Absolutely. All interactions during SNEHAL will be kept strictly confidential. Your name, personal details and content of discussions will not be revealed to anyone.

How do I use SNEHAL?

For further details please contact:

Dr. Suneeta Singh / Dr. Disha Awasthi / Debaleena Das

Email ID: snehal.ntpc@gmail.com

Note: This initiative is a complete voluntary service extended to the employees and their family members for their personal well being. This is neither a part of any training programme nor related to an employee's professional career.

We are going to start with the following initiatives:

1. SNEHAL EAP (counseling):

In today's busy world stress seems to be a constant companion.

NTPC is committed to your total well-being – and believes that your emotional well-being is as critical as your physical well-being. To this end, **NTPC** has tied up with '1to1help.net' to offer you **SNEHAL (EAP)** an Employee Assistance Program designed to provide help and support when you feel the need.

What is Snehal EAP ?

Snehal (EAP) is a confidential counselling service for employees and their immediate family members. Professional counsellors from 1to1help can assist you to cope with life's difficulties, develop coping skills, make important decisions or just explore new avenues for change and growth.

Talking to somebody who is objective and trustworthy, who can lend a patient ear and understand the depth of your problems without being judgmental, can give you a whole new perspective.

About 1to1help.net Pvt.Ltd.

1to1help.net Pvt. Ltd. is the pioneer and leader in the EAP industry in India with a reputation for quality and integrity. Currently 1to1help services more than 40 multinational and reputed Indian organizations across India with a total employee coverage of approximately 200,000. It is managed by a team of qualified and experienced counseling psychologists.

How can I use Snehal?

It's very simple – all you need to do is register (**steps given below) on the website www.1to1help.net. Thereafter you can access any of the services free of cost.

Help is available through a variety of options:

Face-to-face Counselling: Meet a counselor face -to-face at PMI premises, once a week, after fixing an appointment

Telephone Counselling: Speak to a counselor on the telephone (by appointment)

Online counseling: Write to a counselor through a secure website and receive a response within 48 hours.

You will also have access to 1to1help's exclusive **website** which provides:

Self-assessment tests, which help you to learn more about yourself

Choose the option that's most comfortable and convenient for you – and you can even switch from one option to another.

How much will it cost?

Nothing! This service is absolutely free for you. **NTPC** believes that happy people are more productive. Hence the company takes care of the cost. (This however does not cover referrals to other specialists, if required).

Is it confidential?

Confidentiality and trust is the very basis of professional counselling. The interaction is

directly between you and 1to1help. No names or any personal details of employees will be shared with the company.

Who will do the counselling?

Counselling is provided by professionally qualified and experienced counsellors from 1to1help (their profiles are available to view on the 1to1help.net website). They have dealt with numerous cases before and are well-equipped to assist you with finding the solutions to your problems. Once a particular counselor is assigned to you, you will continue to interact with the same counselor for any further sessions.

For what issues can I get help?

Some of the issues for which people frequently seek help are:

PERSONAL: Lack of confidence, anger management, bereavement, loneliness and depression, shyness, sexual concerns, overcoming habits (smoking, pornography, alcohol, drugs), traumatic past experiences, personality development

RELATIONSHIP: Marriage (frequent conflicts, unmet expectations, in-law concerns, infidelity, sexual difficulties), and pre-marital issues, relationships with friends of same and opposite sex, break-up of romantic relationships, family concerns, lack of assertiveness

WORK: Relationship with boss and colleagues, lack of motivation and concentration, career growth and performance concerns, work-life balance, stress, harassment, time management, fear of speaking in meetings, handling shift work

PARENTING: Deciding to have a baby, child care, discipline, quality time, school (academic performance, bullying, relationship with friends & teachers), handling teenagers

(This is just intended to give you a general idea of the range of issues – it is not a completely exhaustive list)

**How do I register?

- Log on to www.1to1help.net
- Click on Register Now
- Enter your official e-mail address if you do not have official email id enter company website, employee number and employee name.
- Complete the simple registration form
- Receive your password at your official e-mail address/personal email address
- Use this password to access the website at any time

(Registration is an automated process - if for any reason you do not receive your password immediately, please Contact Us)

Do I have to continue using my official e-mail address?

No, once you have received your password, we recommend that you go to 'My Page' on the website and change to any e-mail address of your choice. You can also change your password.

How can a family member use the service?

You will have to register for your family member. Follow the same steps for registration, using your official e-mail address, but a different user name. Once you have received the password you can forward this to your family member who can change the password and e-mail address and use the service independently thereafter.

How do I fix an appointment for counselling?

(For any form of counseling you need to register first)

➤ **Face-to-face / telephone counseling**

1. Call 080 42460121 or 1800-425-9595 toll free between 9am and 6 pm on weekdays to fix an appointment.

or

2. Write through Contact Us on www.1to1help.net. Please mention your user name and telephone number so that we call you back.

Appointments are available Monday - Saturday

➤ **Online counseling**

Go to the counseling page <http://www.1to1help.net/counseling>, click on ONLINE COUNSELLING and write to the counselor. You will receive a response on your password protected 'My Page' on the website within two working days. You could also choose to receive a copy at any email address of your choice.

We encourage you to visit www.1to1help.net to know more.

Note: As a pilot project, this initiative is being introduced only for the executives of Corporate Centre for the first six months. Based on the response of the employees, the service will be open to all employees of NTPC in future.

2. Emotional Freedom Technique :

NTPC has tied up with **Ms. Rohini Singh** to offer this service to employees and their immediate family members.

Ms Rohini Singh is a corporate trainer and regularly conducts personal growth programs. She teaches and practices Reiki, Emotional freedom techniques, magnified Healing, theta healing, Spiritual Kinesiology, Aura therapy etc. She brings all these together in her healing practice to release blocks, understand themselves, get over trauma, grief and loss, cope with daily stresses and learn to live life joyously and emotionally free.

She would be available once a week at the centre (in PMI Premises) for taking healing sessions, which would be one on one and voluntary.