

ORIENTATION COURSE ON NONVIOLENT COMMUNICATION

Come let's have fun and understand Nonviolent Communication

Initiated by Gandhi Smriti and Darshan Samiti, New Delhi

(Autonomous Body under the Ministry of Culture, Government of India)

Who can take up this course: Anyone, there is no age barrier

All participants to be given certificates by the Samiti

Participants just need to send the replies to the **REFLECTION EXERCISES TO GET THE CERTIFICATES**

Friends, most of us across the world are in lockdown due to Coronavirus. We are all attuned in indulging in constructive activities during the course of the day- either we are working, teaching or studying. But Coronavirus has forced us to remain within the four walls of our house. While many of us may be spending time in honing the hobbies they are passionate about, some may be spending time listening to music, seeing television or even expanding their addiction of the social media.

Here is an offering from Gandhi Smriti and Darshan Samiti, the national memorial of Mahatma Gandhi in New Delhi to pursue an interesting **orientation course on Nonviolent Communication**.

The Samiti has been imparting training in Nonviolent Communication for all sections of the society- right from students to judicial officers and civil servants. Nonviolent Communication is a powerful tool of effective communication which helps individuals to connect and engage with not only themselves but their families, friends and the society at large. It is based on pillars of Gandhian nonviolence- mutual respect, understanding, acceptance, appreciation and compassion.

Nonviolent Communication not only helps in emotional bridge building but also is an important tool to resolve disputes and conflicts. If we nurture the habit of using nonviolent communication in our daily lives, we will be able to overcome many problems in our families and society.

So, friends, we welcome you onboard to this simple, yet fun-filled course on **nonviolent communication**. We are sure you will enjoy it and most importantly imbibe its elements in your daily lives. Refresh yourself by being part of this course.

Gandhi Smriti and Darshan Samiti will give you a certificate to all those who take up this online course.

The following is the course structure:

1)What is Nonviolent Communication?

2)Elements of Nonviolent Communication...

3) Practicing Nonviolent Communication in our daily lives

Come on, you do not have to give any exams to get a certificate.

Just go through the course materials which you can download from www.gandhismriti.gov.in

And share your reflections to the questions asked at: gdspeacestudies@gmail.com

Please share your full details- Name, Mother and Father's Name, Institution if any, Full address with Pin Code

For any queries and clarifications, please write to:

Dr Vedabhyas Kundu, Programme Officer (Course Incharge) at gdspeacestudies@gmail.com

Dr. Jwala Prasad

Director,
Gandhi Smriti and Darshan Samiti

