

Students exposed to Neuro Linguistic programming



Comments 1



CM Paul 8 February 2016 16255 views

The Department of Psychology and Counselling in collaboration with MIND [India](#) organized an Orientation Programme on Neuro Linguistic Programming (NLP), [8 February 2016](#).

The [workshop](#) aimed at “transforming and helping the participants to have a better understanding of what NLP is all about and how it can help a person to think more clearly, communicate more effectively and acquire skills and attitudes to do things better,” says Assistant Professor Sabiha Alam Ahmed.

Director and Life Coach, of MindMasters Trivandrum Dr. A. Abraham, animated the programme in which 64 participants from Guwahati University, Handique Girls College, University of Science and [Technology](#) - [Meghalaya](#) (USTM), NES College, Sarla Birla School, Sanskriti Gurukul and Assam [Don Bosco](#) University attended the day long programme.

Stressing on the importance of NLP, Dr. Abraham said, “NLP is a lot like love, you [don](#)’t spell it out, you feel it. It is experiential and therefore is not possible to teach online...It helps you realize the importance of being in the present to be the best you can be.”

It is a model of interpersonal communication chiefly concerned with the relationship between successful patterns of behavior and the subjective experiences underlying them.

NLP is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States in the 1970s. Its creators [claim](#) a connection between the neurological processes ("neuro"), language ("linguistic") and behavioral patterns learned through experience ("programming") and that these can be changed to achieve specific goals in life.

Bandler and Grinder [claim](#) that NLP methodology can "model" the skills of exceptional people, then those skills can be acquired by anyone and that it can treat problems such [as](#) phobias, depression, habit disorder, psychosomatic illnesses, myopia, allergy, common cold, and learning disorders, often in a single session.

It stresses on the importance of living with conscious purpose and provide one with a set of techniques that enables a person to effectively manage his/her response to things that happen around him/her.



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