

Conflict and Stress Management Through Training in Nonviolence

Three Months Certificate Course

Unit I: Foundations of Nonviolence and Conflict (Weeks 1–3)

- Understanding conflict: types, causes, and consequences
- Violence vs. nonviolence: psychological and systemic perspectives
- Philosophical Foundations: Jain, Gandhian, and Buddhist Ahimsa
- Role of empathy, compassion, and inner peace in conflict resolution
- **Jeev Daya** (Compassion for all beings) in thought, speech, and action

Unit II: Inner Transformation and Personality Development (Weeks 4–6)

- Self-awareness, emotional regulation, and ego management
- **Kshamā (Forgiveness)** as stress-relief and emotional detox
- **Aparigraha** (Non-possessiveness): Letting go of attachments causing stress
- Breath-work, Meditation, and Relaxation Techniques
- Forgiveness, Detachment, and Emotional Resilience

Unit III: Communication and Conflict Resolution Skills (Weeks 7–10)

- Nonviolent Communication (NVC) model – Marshall Rosenberg
- Training in Nonviolence – Acharya Mahapragya
- **Anekāntavāda**: Understanding multiple perspectives to promote peaceful coexistence
- Mediation, negotiation, and restorative justice techniques
- Role of body language and tone in conflict de-escalation

Unit IV: Lifestyle and Systemic Nonviolence (Weeks 11–13)

- Lifestyle Design for Stress-Free Living: Diet, Routine, Sleep, Screen Time
- **Sallekhana** as inspiration for calm acceptance and surrender in difficult situations
- Time Management, Digital Detox, and Work-Life Balance
- Ethical Consumption, Sustainability, and Simplicity
- Nonviolence in Systems: Education, Governance, Economy, and Environment