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(71)Name of Applicant :

1)DR. ANURADHA PALTA

Address of Applicant :A-211, FORTUNE, JESSORE ROAD BARASAT, WEST BENGAL, INDIA PIN CODE-700124 -----

Name of Applicant : NA

Address of Applicant : NA

(72)Name of Inventor :

1)DR. ANURADHA PALTA

Address of Applicant :A-211, FORTUNE, JESSORE ROAD BARASAT, WEST BENGAL, INDIA PIN CODE-700124 -----

(57) Abstract :

The current invention unveils a technique of being mindful of one's self-development by adhering to dual patterns. Combining mindfulness practices with dialectical practices enables a person to proceed in a logical manner in a change process as well as also enhance their thought process. The technique comprises evaluation, appraisal, and implementation of dialectical and cognitive procedures for self-narration, cognitive biases and responding to emotions. Hailing from the lineage of CBT, the communities foster self-compassionate, self-managed subjects through execution of the process of set or structured exercises and reflective practices. It is flexible to be used in different fields or vocations such as education, therapy, and individual training, presenting an opportunity to create a systematic approach toward a person's life success.

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