

CERTIFICATE COURSE FOR LEADERSHIP QUALITIES: (3 MONTHS COURSE .4 CLASSES / MONTH).

SYLLABUS:

1. ROUTINE LIFE STYLE SCHEDULE.

2. FOOD MANAGEMENT.

3. TIME MANAGEMENT.

4. PROGRAMING THE MIND.

5. CONCENTRATION TECHNOLOGY.

6. INSTANT ENERGY TECHNIQUES.

7. BRAIN ACTIVATION CODE.

8. SIMPLE HERBAL REMEDIES.

9. GOAL SETTINGS.

10. FIVE ELEMENTS.

11. ASANAS & MUDRAS.

12. CHAKRAS & MEDITATIONS.