



# Bharatiya Vidya Bhavan

Introduces Training Programme  
to Understand "How to Live Life"

## Join 'Diploma in Life Management'

This Training will help you to take Right Decisions of Life,  
Create Harmony in Relations, Control over Anger, so you  
can live Stress free, Happy, Healthy and Satisfied Life.

### COURSE INCLUDES FOLLOWING SUBJECTS :



#### 1. Self Management

(8 Sundays)

Learn about Spirituality and Inner-guiding Force called Soul. Understand basic Philosophy of Life and decision making.



#### 2. Naturopathy

(8 Sundays)

Prevention is better than Treatment. Learn to keep Doctors away. Follow laws of Nature, use food as medicine.



#### 3. Ashtang Yoga

(8 Sundays)

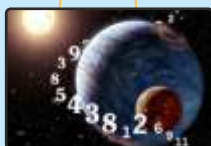
Learn and Practice all 8 Limbs of Patanjali's Ashtang Yoga to achieve Perfect Body, Mind and Soul.



#### 4. Basic Astrology

(8 Sundays)

Learn to Write and Read your own Birth Chart, and try to do basic Calculations to understand Past, Present and Future.



#### 5. Numerology

(3 Sundays)

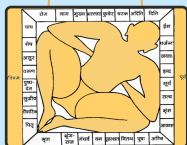
Learn to find your lucky numbers and understand other personalities, just with their numbers.



#### 6. Palmistry

(3 Sundays)

Learn to read your own hand and check your understanding with others for healthy relationship.



#### 7. Basic Vaastu

(3 Sundays)

Study the Energy of Space and create better environment at home and office.



#### 8. Hypnosis

(3 Sundays)

Learn Self Hypnosis to control Anger, Stress, Tension etc. and achieve sound sleep.

- One Year Diploma • Classes on Sundays only • Timing: 10am to 1pm
- Total Fee is Rs. 10,000/- + 18% GST extra
- Library Facility Available • Experienced Faculties
- Theory as well as Practical Training

For Admission Contact :

**Bharatiya Vidya Bhavan**

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