

3 MONTHS CERTIFICATE COURSE IN LIFE MANAGEMENT

Duration: 3 months, total 12 classes of 3 hrs each.

Conducted on every Sunday, starting 3rd March 2019.

Class Time: 10 am to 1 pm, with 15 mins break in between.

Note: Attend First Lecture (Orientation) FREE on Sunday 3rd March 2019.

Time: 10 am to 12:30 pm. Entry with Prior Registration only, to register, SMS your name to **8506 005 005** (No enquiry on this number)

Venue: BVBFTS Mehta Sadan, inside Bharatiya Vidya Bhavan, Entry from Gate no. 1.

For details call on 011-23389449, 23388021. Mob. No. 8744 005 005 & 9540 005 005.

HOW THIS TRAINING WILL BENEFIT YOU?

You lived all these years with few **QUESTIONS** in your mind, such as:

Why I am born in India? In this town? In this family?

Why people don't understand me? Or why I cannot understand them?

Does God exist? Then where is he? Why I cannot see him? Has anybody on earth seen him?

Can money buy everything? If so, then why money cannot give me Peace of Mind?

What is the ultimate purpose of my life? _____ and many more.

You first asked these questions to your Parents. They could not reply because they were ignorant. Then you asked your school teacher, again no answer was available, as it was not a part of CBSE syllabus. When you tried to ask these questions at college, you discovered that University study was more focused to get you a job.

In-fact no one can give answers to such questions. You will find answers right inside you, from your inner Soul.

"Discover your Soul, take guidance from inner light and live happy & satisfied life" – that is what is called as Life Management. By completing this training in Life Management you will be taking first step towards Spiritual Growth, leading to a happy & satisfied life.

Brief content of this programme is as under:

These classes will cover discussion on how to handle difficult situations of Life, by developing logical strategy with the help of Spiritual Philosophy.

Training will cover several issues of Life, such as:

How to manage our Personal Life, Family Life and Career Life, and maintain harmony among these.

Understand how body takes decision, with the help of Senses, Mind, Emotions and Psychic Being. How to listen to the voice of the Soul.

How to discover and get rid of our own enemies, residing inside one self (our *Vikaras*). Develop strategy to deal with these.

How to maintain good health, without visiting Doctors. Using the knowledge of Patanjali's Ashtang Yoga and Naturopathy.

Learn about Stress Management, and understand how to live stress free life, to achieve good health.

How to understand Parents or Children, knowing the generation gap and changing Life Style.

Importance of Emotions, Relationship, and attachment. Understand delicate issues related to them, to make a happy family.

Learn about what Love is, and how to get it? How to discover Soul-mate? Also understand Husband-Wife relationship.

Learn how to live satisfied life on the basis of ancient wisdom of '*Dharm, Arth, Kaam, Moksha*'. Understand what *Moksha* is.

Understand what is God, and the right method of worshipping or praying GOD, to get Divine support in every action we perform.

Attend orientation class FREE on Sunday 3rd March 2019.
These 150 minutes may change your life forever