

BHARATIYA VIDYA BHAVAN - DIPLOMA IN LIFE MANAGEMENT

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Study pattern for batch starting with Orientation on Sunday 20th September 2020.

Kindly note following points:

- ❖ Duration of the course – 9 Months – Starting 20th September 2020 to end of May 2021.
- ❖ Classes will be on every Sunday morning. (Total 36 Classes)
- ❖ Timing: 10 am to 1pm with 15 mins. break in between.
- ❖ Student should show 75% attendance in each module to get Diploma.
- ❖ There will be an evaluation test at the end of each module, which is compulsory to get diploma.
- ❖ Fee for whole course in Lumpsum is - Rs. 8000+1440 (GST)=9440/-
OR You can pay in 3 installments as follow:
First installment of Rs. 3000+540 = 3540/- at the time of admission.
Second installment of Rs. 3000+540 = 3540/- on or before 10th Nov.20.
Third installment of Rs. 3000+540 = 3540/- on or before 10th Jan. 2021.
- ❖ Fee can be paid by cash or by cheque in favour of 'Bharatiya Vidya Bhavan'.
- ❖ Students can borrow Books and CDs for their personal use for which they have to pay Rs. 500/- as security deposit, which is refundable only after completion of course.
- ❖ Study Tour at Nainital of around one-week duration will be conducted in the month of June 2021. (This is optional)



COURSE CURRICULUM (Divided into 3 modules)

MODULE 1 – SELF MANAGEMENT (First day Orientation + 10 Classes)

Self Management starts with asking simple question “who am I?”, “मैं कोन हूँ?” You may say that, you are a body of some size and shape. But when you look at any Dead Body, all those parts are present, but you will say “this man is no more”. What is missing from the body after death is a ‘Soul’ or ‘Self’ or “आत्मा”. So if there is a Soul, there is a Life. This module on Self Management gives you basic understanding of “What is Soul and What is Life”. You must know that every individual is controlled by Soul or “आत्मा”, and entire universe is controlled by Spirit or परमात्मा. Understanding the functioning of a Spirit, is called as spirituality. This module on Self Management talks about spirituality. So we will be discussing a lot on आत्मा, परमात्मा, and the way this science of spirituality works.

This module consists of 1st introductory FREE class + 10 more classes. Total 11 classes on every Sunday.

1. Introduction to Life – How culture is formed. Spirituality is the philosophy behind all religions. What efforts one can make to achieve Spiritual Growth.
2. Spiritual definition of human body – concept of Body+Mind+Heart+Soul. How body takes decision? How to make correct decision every time.
3. Four Lives within one Life – Personal Life, Family Life, Business Life (Career) and Social Life. Develop your own strategy to achieve success in every life.
4. Five basic enemies (Vikaras) of life – How to understand them and eliminate them. Kaam, Karodh, Lobh, Moh & Ahankar. Organize your behavior as per divine order.
5. Understand Emotions – Importance of emotions in our life. Relationships. Understand what are expectations, limitations and responsibilities in every relation.
6. What is Love – The concept of falling in love, and rising in love – How to handle extra marital affairs.
7. The Timeline of Life (Purusharth) – Dharm, Arth, Kaam, Moksha – the concept of Death and Moksha. How to live all four stages of life successfully.
8. The importance of Meditation – Learn how to control Emotions & Health. Meditate to achieve Peace of Mind and satisfied life. How to listen to the voice of the Soul (आत्मचिंतन).
9. The concept of GOD– The Generator, Organizer and Destroyer within one self. The need of Prayer. The concept of (Sat-Chit-Ananda) and control of Life Energy (Pran Shakti)
10. ‘Constitution of My Life’ – How to write your own Constitution and practice it. Discover your real identity and purpose of life, and write your own Constitution of Life. (Revision and submission of evaluation test)

MODULE 2– HEALTH MANAGEMENT – (13 Classes)

We fall sick, because we don't know what is health. Once we understand the concept of health, it will be very easy to manage Good Health. Dis-ease happens because of Dis-Harmony with 5 basic elements of Life, commonly called as Nature. Maintaining good health is not as complicated as it is practiced today, by medical professionals. This module will guide you, how body functions naturally, and how routine food acts like a medicine, and getting good health is a natural process.

This module 2 will have following 13 lectures of 3 hour duration on every Sunday.

1. Understand Human Body – Anatomy – all major systems of body such as Digestive, Circulatory, Respiratory, Nervous System etc. Understand concept of metabolism (Notes and book will be provided to study at home.)
2. Understand Health – Balance of 5 basic elements of Life – Understand Vaat, Pitta and Kaph Prakruti of Human Health.
3. Health & habits – Healthy habits of behavior, work culture, Nutrition, daily routine of sleep and body rest. Dos and Don'ts – make chart and strictly follow.
4. The concept of Ashtang Yoga. All 8 limbs of Patanjali's Yog Surtra – Yama, Niyama, Asana, Pranayama, Pratyahar, Dharna, Dhyana and Samadhi. One must practice all 8 limbs to achieve successful life.
5. Common Yogic Aasanas for good health, with its immediate medical benefits, and long term health benefits. Students will be guided to practice on their own.
6. The concept of Ayurveda – The major differences between Allopathic and Ayurvedic treatment of disease. Common Ayurvedic medicines. Merits and demerits of few.
7. Home Medicine- Food as Medicine. Common ingredients available in Kitchen, its medicinal values. Common Herbs which we can grow in Kitchen Garden, and it's safe use in routine. Home medicines for children and elderly person. Seasonal home medicines and its application.
8. First Aid:- Domestic emergencies, Travel emergencies, Accidents, visible and invisible injuries. First Aid Kit at home and travel. Common medicines and tools to overcome any emergency. Artificial breathing and other important methods of life saving.
9. Nature Cure – Naturopathy, the concept and its application. The principle of nature cure and its comparison with Allopathy. The slow cure, but permanent cure. Limitations of Naturopathy, the concept of 'Shat-kriya' to maintain healthy body.
10. Different Therapies of Naturopathy – such as Mud Therapy, Water Therapy, Sunlight therapy, Massage Therapy, Diet Therapy, Fasting & many more, will be discussed in the classroom with Video Played on TV.
11. Addiction, cause of addiction and it's treatment. The psychology behind addiction, counseling, eliminating root cause of addiction, Discussion on few case studies. Personal guidance if required.
12. Whole day visit to Naturopathy center to observe all therapies and kriyas practiced in-front of you. Interaction with doctors and volunteers on the process and benefits.
13. Revision and submission of Evaluation Test.

MODULE 3 – FUTURE MANAGEMENT – (12 Classes)

Future telling by using methods of Astrology, Numerology and Palmistry is a perfect science. And like every science, these too have their limitations. This module will give very brief knowledge of Astrology, Numerology and Palmistry, by which students can understand how these techniques work and how much we have to depend on predictions made using these sciences. We can see 'Light in a day' and 'Dark in a Night' because of the 'Sun', same way we can notice 'High tide and Low tide' because of the 'Moon'. Similarly every planet has effect on earth and every human being. For future predictions we do calculations which are based on observations and facts available to us, such as Birth chart for Astrology, Distribution of lines and mounts for Palmistry, and existing numbers for Numerology. Students will learn everything without going into details and mathematics of the science. This module will have 12 classes on every Sunday as under:

1. Introduction to Science of Astrology – Characteristics of Houses, Planets, Rashis and Nakshatras. Its relation with Human life.
2. Birth Chart. How it is made. Description of all 12 houses with relation to human life, family, business, health, emergencies and death.
3. Planets in the houses, its significance, movement of Planets. Calculation of Dasha, Mahadasha and Antar Dasha. It's effects on individual and family.
4. Basic predictions as per Birth chart. Understanding limitations of the science. Cross check predictions knowing past history and Palmistry.
5. Concept of Match making for matrimony. Understanding ups and downs in business, family and career.
6. Astrologer as a profession, Gochar predictions. Use of readymade Computer softwares, discussion on few case studies.
7. Introduction to science of Numerology – Number and its significance. Master numbers. Calculation with date of birth as well as with name and spelling.
8. The planes of expression. Physical, Mental, Emotional and intuitive numbers. Special number.
9. Discussion on few case studies.
10. Introduction to Palmistry– Study of shape of hand, shape of fingers, Thumb, Finger mounts, area of planets.
11. Lines – Life Line, Headlines, Heart Lines, and other important lines and their predictions. Rings and circles.
12. Few case studies – Revision and submission of evaluation test.

**सत्य ही मेरी माता है, पिता ज्ञान है, धर्म मेरा भाई है, दया मेरी मित्र है,
शान्ति मेरी पत्नी है और क्षमा मेरा पुत्र है, ये सब मेरा परिवार है।**