

BHARATIYA VIDYA BHAVAN - DIPLOMA IN LIFE MANAGEMENT

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Study pattern for batch starting with Orientation on Sunday 28th January 2018.

Kindly note following points:

- ❖ Duration of course – 6 Months – Starting 28th January 2018 to end of July 2018.
- ❖ Classes will be on every Sunday morning.
- ❖ Timing: 10 am to 1:00 pm with 10 mins. break in between.
- ❖ Student should show 75% attendance in each module to get Diploma.
- ❖ Fee for whole course is **Rs. 5000 + 18% GST**. Fee can be paid in two installments.
Pay first installment of Rs. 3000+540 (18% GST) = 3540/- at the time of admission.
Pay second installment of Rs. 2000+360 (18% GST) = 2360/ on or before 10th March 2018.
- ❖ 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, refundable only after completion of course.
- ❖ Study Tour at Nainital of around one-week duration will be conducted in the month of June 2018. Interested students can join (this is optional)

COURSE CURRICULUM

MODULE 1 –2 MONTHS - 8 SUNDAYS – TITLE: SELF MANAGEMENT –

Basically covers **Spirituality** which is a Philosophy behind all religions. Knowledge of *Aatma*, *Parmatma* and its relation with our Body. Connecting Body with Mind, Heart, Soul and Divine Power. Decision making system of Mind and role of Soul as guiding factor for journey of life. Four objectives of Life such as *Dharm*, *Arth*, *Kaam* and *Moksha*. Understanding of Five Vikaras– *Kaam*, *Krodh*, *Moh*, *Lobh* and *Ahankar*, how to recognize and control over all vikaras. Role of Emotions in Personal Life, Family Life and Business Life. **Human Relations**, its importance and how to maintain harmony among all relations? Discovering ultimate Aim of Life and attain *Moksha* by enjoying *Ananda* of Life. Understand yourself and write **Constitution of Your Life** to manage life in right direction.

MODULE 2 – 2 MONTHS - 8 SUNDAYS – TITLE: HEALTH MANAGEMENT-

Understand how our body functions. Understand Body's relation with Nature Dis-ease basically happens because of Dis-harmony with Nature. What is **Naturopathy** and how it can be best and most Natural Therapy to maintain Good Health throughout Life. The concept of '*Shat-Kriyas*' for regular cleansing process of toxin accumulation to avoid all diseases. Understand **five basic elements of life** and how to achieve balance among all these elements to enjoy perfectly healthy body. Briefing on how to avoid Modern Medical Treatments, which removes one problem and adds two more problems in the body? Stress will be given on 'Logical Approach' towards Health Management. Students will be visiting for **one-day, to Naturopathy Hospital** and observe different Naturopathy Treatments such as Hydro Therapy, Mud Therapy, Massage Therapy, Chroma Therapy, Diet Therapy and related topics.

MODULE 3 – 2 MONTHS - 8 SUNDAYS – TITLE: FUTURE MANAGEMENT –

Future telling by using method of Astrology and Palmistry is a perfect Science. And like every Science these too have their limitations. Students learn about what **Astrology** is, and how planets and movement of planets affect Life on Earth. This covers Natural Characteristic of Planets, significance of Houses, presence or absence of Planets in chart, *Lagna*, *Bhava* and *Doshas* from Birth Chart and *Gocharphal*. Very basic introductory knowledge also will be given on concept of **Palmistry** and **Numerology** by which one can understand about their nature and Future without consulting Birth Chart. How this Science helps us to understand and manage our future. Stress will be given to explain about, one should not fall prey to 'Road side Babas' who cheat individual on the name of *Jyotish*. Astrology is a perfect science and one must understand it at basic level, to make best use it to 'Manage Future'.

Note: Diploma in Life Management is designed to offer basic knowledge about different subjects related to human life. You will not be entitled to work professionally on the basis of this Diploma. Better join it to manage your own life. To become Astrologer you are advised to join one or two year course offered by Bhavan's Institute of Astrology.