

6 Month Certificate or 1 Year Diploma Course in **“HOLISTIC LIFE STYLE”** Based on Indian principles mainly of “AYURVEDA”

Study pattern for batch starting with Orientation on Sunday 9th, September 2018.

Rethinking to guide the society along the desired path by radiating the light of Holistic approach to life style through the integrated approach of various techniques on wisdom of our ancient knowledge is the need of hour. Today even the learning in very meticulous education system is just a racing behind the tamed study pattern of scoring from nursery onward tamed skills in a particular field to earn a job for bread & butter only, still life is engulfed in fear, violence, cast, ethnic religious cleansing, gender discrimination, selfish thoughts, fickle emotions, abusing body-mind etc and still life of an individual suffering with many physical, mental and emotional disharmony and ultimately struggling to explore self and society which is main object of a life. Despite having foundation of our rich heritage and culture, today our education system is not able to describe the true sense of life and one cannot achieve the true knowledge of life neither for self nor for others.

Therefore, in general, an average person spends their life in achieving physical update, earning and conflicts in relationships. As a result one suffers throughout lack of peace with less expansion of our own life style. It is also a strange that “**Vasudhaiv Kutumbakam**” or World oneness is our Indian philosophy but United nations are constructing measures being mooted for education and the Endeavour towards mobilizing humanity to fulfill the sustainable development goals. With the punch line “AMRITAM TU VIDYA”; Bhartiya Vidya Bhawan as a pioneer in the education system and steering people’s spiritual and intellectual nature with a scientific approach of integrating multi ancient sciences for entire human kind. Hence to educate every one about Self and other’s life style in holistic manner is being conceived by the dutiful Bhawan. This course is mainly meant for the training program to develop harmonious holistic life style from Worries, Stress, Emotional traumas, and Life Style related health issues like Hypertension, Diabetes, Thyroid disorder, Joint Pain, Chronic Diseases etc.

On the basis of this course in Holistic Life Style is designed which can guide self and society along the desired path by radiating the light and wisdom of our knowledge of physical, mental, spiritual, emotional, social and behavior life style. It is to ensure that this one year certificate course will certainly provide the insight different from many issues with breaking the continue carrying habit of narrowing negativity of the average mindset with total moral and also upgrade positive life style for self and for others also and after completion of this course one can not only uplift self life style with improved quality of thought, tolerance, diet, sleep, behavior but also carry forward the counseling capacity to direct the path of the society in right direction.

Kindly note following points

- **Duration of course-** 6 Month Certificate or 1 Year Diploma Course
- (starting Sunday 9th September 2018 to end of August 2019)
- CLASSES WILL BE ON EVERY SUNDAY MORNING from 10 am to 1: 00 pm with 10 mts Break in between.
- Student should have minimum age of 18 yrs.
- Fee for whole course is **Rs. 10,000/-**(Six months Basic certificate) and **Rs. 20,000/-** (one year Advance / Diploma) + 18% GST). Fee is to be paid at the time of admission in respective course.
- Fee is to be paid by cash or by Cheque in favor of “Bhartiya Vidya Bhavan.”
- Study tour at Nainital of around one week duration will be conducted in the month of June 2019. Interested students can join (this is optional)
- During Diploma Course, students will get demonstration of Yoga - Naturopathy and Ayurveda techniques.

COURSE CURRICULUM

Certificate Course (First Six Month)- Module 1-3

Module 1-2 MONTHS-8 SUNDAYS – TITLE – Basic Spiritual, Emotional Life Style – (01 Credit)

1. Spirituality- purpose, philosophy, science, knowledge of Atma, Parmatma and its relation with life.
2. Connecting Body with Mind, Heart, Soul and Divine Power.

3. Decision making system of Mind and role of Soul as guiding factor for journey of life.
4. Four objectives of Life- Dharma, Artha, Kama and Moksha.
5. Understanding of Five Vikaras- Kama, Krodha, Moha, Lobh, and Ahankar, how to recognize and control over all Vikaras.
6. Role of emotions in Personal Life, Family Life and Business Life.
7. Human Relations, its importance and how to maintain harmony among all relations?
8. Discovering ultimate Aim of Life and attain Moksha by enjoying Anand of Life.
9. Understand yourself and write Constitution of your Life to manage life in right direction.

Module 2-2 MONTHS-8 SUNDAYS – TITLE – Basic Physical Mental Life Style – (01 Credit)

1. Understand how our body functions. Understand Body's relation with Nature.
2. Dis-ease basically happens because of Dis-harmony with Nature.
3. Understand five basic elements of life and how to achieve balance among all these elements to enjoy perfectly healthy body.
4. What is AYUSH; innate way towards the Perfect Health.
5. What is Ayurveda; an introduction.
6. An introduction to Yoga
7. What is Naturopathy; to stimulating the body's inherent power to regain health.
8. Briefing on how to avoid Modern Medical Treatments, which removes one problem and adds two more problems in the body?
9. 'Logical Approach' towards Health Management. Holistic nutrition for healthy life style.
10. Students will be visiting for one-day, to Naturopathy Hospital and observe different Naturopathy.
11. Introduction of ancient Treatments such as Panch Karma, Shat Kriya, Chakra, Hydro therapy, Mud Therapy, Massage Therapy, Chroma Therapy , Diet Therapy and related topics.

MODULE 3-2 MONTHS -8 SUNDAYS- TITLE: Basic Social, Ethical, Behavior (01 Credit)

1. Ancient social science
2. One should follow the ethical code of conduct
3. One should not behave with other which he/she does not like for himself/herself.
4. Swa Hita, Par Hita
5. Future telling by using method of Astrology and Palmistry is a perfect Science.
6. And like every Science these too have their limitations.
7. Students learn about what Astrology is, and how planets and movement of planets affect Life on Earth.
8. How this Science helps us to understand and manage our future.
9. Stress will be given to explain about, one should not fall prey to 'Road side Babas' who cheat individual on the name of superstitious.
10. True knowledge of Indian principles of life is a perfect knowledge and one must understand it at basic level, to make best use it to 'Manage present and future life style'.

Diploma Course (Second Six Month) Module 4-6

MODULE 4-2 MONTHS -8 SUNDAYS- TITLE: Advanced Life Style – Spiritual, Emotional (02 Credit)

1. Rediscovering the Life through spirituality.
2. Self and others- knowledge of Aatman, and Brahman and its relation with body- nature.
3. Nature relation with the body – mind – emotion- senses- soul.
4. Individual enemy – kam, krodha, Moh, mad, Lobh, ahankar, Matsarya.- how to recognize and control over them.
5. Developing your Emotional Potential- duty towards self, Self Belief, live in present with reality, Value of time, realization of self condition and active self consciousness.
6. Ultimate bliss of life.

7. Discovering ultimate aim of life and attain Moksha by understand yourself and write Constitution of your Life to manage life in right direction.

MODULE 5-2 MONTHS -8 SUNDAYS- TITLE: Advanced Physical Mental (02 Credit)

1. Developing Holistic living
2. Identify self Prakriti
3. Developing healthy diet, sleep, pattern.
4. Don't quit but turn to God.
5. Developing intellectual skills- thinking, study, behavior and psychological trait
6. Developing physical skills- diet , deed and code of conduct
7. Changing unhealthy habits of diet , deed and code of conduct
8. Developing social skills- listening, speaking, communicating, social behavior
9. Detoxification – Shat Kriya, Naturopathy
10. Rejuvenation- Ayurveda Rasayan and exercises
11. Yogic Sukshma vyayam
12. Mudra to balance living present.

MODULE 6-2 MONTHS -8 SUNDAYS- TITLE: Advanced Social, Ethical, Behavior, (02 Credit)

1. How to avoid Stress
2. Confidence skills
3. Ready to resolve
4. Power of listening
5. Dharma, Artha, Kam and Moksha.
6. Holistic nutrition for healthy life style.
7. Hita, Ahit and Sukh - Dukha
8. Live with Healthy bio physiology
9. Avoid unhealthy pathology of life style related Worries, Stress, Emotional traumas, and Life Style related health issues like Hypertension, Diabetes, Thyroid disorder, Joint Pain, Chronic Diseases etc.
10. Improve health during key stages of life,
11. Help to the society from agony.
12. Learn counseling for self and for other with single, double and group discussion and resolve techniques
13. We can reconstruct our life and personality with following the Voice of our Conscious.
14. Direct our own thought, mind-set, diet, deed, and regimen or complete life style and change our destiny.

Learn Healthy Life Style
Join 6 Month Certificate or 1 Year Diploma Course in

'HOLISTIC LIFE STYLE'

Based on Indian principles mainly of "AYURVEDA"

Applications are invited for this training program to develop harmonious holistic life style from Worries, Stress, Emotional traumas, and Life Style related health issues like Hypertension, Diabetes, Thyroid disorder, Joint Pain, Chronic Diseases etc.

Classes on Every Sunday (Time: 10 am to 1 pm)

To understand the entire concepts and course related details you may attend FREE orientation on **Sunday 9th September 2018 at 10 a.m.**

Entry with registration only.

To register SMS your name to 8506 005 005

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