

Last chance to attend classes on 'LIFE MANAGEMENT' at Bharatiya Vidya Bhavan



Details of batch starting from Saturday 11th February 2023

Class Timings:- 3pm to 5 pm (without break)

Dates:- Saturdays of Feb.: 11th, 18th, and 25th,

In March: 4th, 11th, 18th, 25th and 1st April 2023

Fee:- Rs. 2000/- (Including GST). Pay on or before 11th Feb. 2023 at office.

For inquiry call – 8506 005 005, 8744 005 005

COURSE CURRICULUM (8 lectures of 2 hrs. each)

Life 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 training on Life 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 training on Life Management talks about spirituality. So we will be discussing a lot on आत्मा, परमात्मा, and the way this science of spirituality works.

Highlights of the topics covered:

1. Why one should study Life Management? Overview of the course and introduction. 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. Five basic enemies (Vikaras) of life – Kaam, Karodh, Lobh, Moh & Ahankar. How to understand them and eliminate them. Organize your behavior as per divine order.
4. Understand Emotions – Importance of emotions in our life. Relationships. Understand what are expectations, limitations and responsibilities in every relation. Stages of development of friendship.
5. What is Love – The concept of falling in love, and rising in love. Husband wife relationship after marriage, and complications faced. How to handle problems related to extra marital affairs.
6. The Timeline of Life (Purusharth) – Dharm, Arth, Kaam, Moksha – the concept of Death and Moksha. How to live all four stages of life successfully.
7. 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.
8. 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). ‘Constitution of My Life’ – How to write your own Constitution and practice it to achieve your own purpose of Life.

Note: - Enrolled students can borrow Books, CD, DVDs related to Spirituality from BVBFTS library, for that you have to pay Rs. 500/- as security deposit, which is refundable on completion of the course. During classes students can get solutions to their personal problems, for that you have to drop your question in drop box without mentioning your name.

A man should be educated enough, to know that education alone is not enough