



**LIFE is full of
Excitement and Adventure.
Life is also full of Questions...**

**Join 6 months Training in Life Management
and you will get answers for such questions...**

- ★ What is the right method of Living Life?
 - जिंदगी जीने का सही तरीका क्या है?
- ★ How to develop healthy body – perfect body?
 - हम शरीर को सशक्त और रोग मुक्त कैसे बना सकते हैं?
- ★ How much money do we need to live a satisfied Life?
 - खुशहाल जिंदगी जीने के लिये कितने पैसों की आवश्यकता होती है?
- ★ Why I should believe in God? Whether God can change my Life?
 - भगवान में विश्वास रखने से मेरा क्या फायदा होगा?
भगवान को ना मानने से मेरा क्या नुकसान होगा?



• **For Answers Join** •

Training in Life Management
जिंदगी जीने का सही तरीका सीखें

**Bring Perfection in Physical Body, Acquire Divine Knowledge,
Discover your Soul, make it a guiding force and learn to live
happy & satisfied life. This is what is known as 'Life Management'**



Module-1
11 Sundays
**Self
Management**



Includes basic knowledge of Spirituality, concept of God, importance of Yoga, knowing Emotions & Relations. Write your own constitution to discover ultimate Aim of Life.



Module-2
11 Sundays
**Health
Management**



Includes basic knowledge of Naturopathy, benefit of Yoga for good Health, Tips on Ayurvedic Food and advise on how to avoid Doctors and unnecessary Treatment.

**6 Months Certificate • Classes on Sundays only • Timing: 10 am. to 1 pm.
Experienced Faculties • All classroom training • Any body above 18 years can join
Library of Books & DVDs Available • Fee is Rs. 5,000/- in full or Rs. 6000/- in 2 Installments (+18%GST)**



**Bharatiya Vidya
Bhavan**

BHARATIYA VIDYA BHAVAN
Basement of Mehta Sadan (BVBFTS)
Kasturba Gandhi Marg, New Delhi-1
Nearest Metro Station : Mandi House

Tel. No. 8506005005, 8744005005, 8745005005 • Website: www.bvbfts.com