

Essentials of Life Management

Life Transforming Coaching in line with the new National Education Policy

Course Title:	Essentials of Life Management (ELM) - TESTIMONIALS
Faculty (Profile snapshot is attached.)	Prof. Vipul Vyas , Ph.D. (Emotional Intelligence), MBA, M.Sc. HR Facilitator and Life Coach Director, The Mind Academy Mann – The Mind, Mumbai – 400089 www.drvipulvyas.com contact@drvipulvyas.com +91 90040 43297
No. of hours / Mode	30 hours / Classroom
Course	2 Credits OR Add-on Life Skill Certificate Course
Instruction medium	English OR Hindi
Introduction	Essentials of Life Management course is designed to encourage the participants to explore the larger purpose of life and related skills to fulfill the same . The entire course is delivered using experiential learning. Life skills competencies are the focus of the NEP 2020 for the total development of students.
Course Objectives	<ul style="list-style-type: none"> • To empower students to develop resilience against all odds / failures in their personal and professional life • To understand the functioning & mal-functioning of the mind • How to make the mind free from conditioning by re-programming it • Focus on emotional well-being, including the technique of simple meditation and easy pranayama • Equip them with tools to develop a healthy lifestyle for study and career • To sensitize students about their real identity beyond body-mind complex
Basic Premise of the Course	If you get the inside right, the outside will fall into place. This course is aimed to be instrumental to evolve students into – enlightened human resources for purposeful and stress-free living.
Learning Outcomes	Students will be able to – <ul style="list-style-type: none"> • Express their emotions and thoughts in a well-balanced manner. • Overcome negative emotions like – anxiety, depression, anger, fear, stress, guilt, shame, worries, tearfulness, etc. • Speak the courteous language and display responsible behavior. • Focus on studies, career, and life with long-term vision and sincerity. • Face challenges by building healthy habits. • Cultivate reading habits and start a day with Yoga and Meditation. • Develop gratefulness towards everything they have. • Reduce mobile screen time. • Overcome self-limiting beliefs, and develop a self-empowering mindset.
Session Plan	Given Below*
Intake	Upto 50 students per batch

* The course outline is designed after much online & empirical research and deliberation; however, feel free to suggest changes, if any.

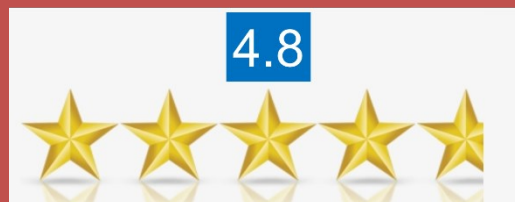
Modules	Essentials of Life Management
1	<p>Introduction of the Course. Identifying with the ‘Real Self’ & Goal setting</p> <p>What is the course all about and why it is important?, Trend, empirical research, the rationale behind the course curriculum, experiential learning methodology, etc., Creating a roadmap for success by setting learning goals for the course and life. The goal-setting process allows them to establish a plan to turn their dreams into reality. Goals give them a sense of purpose and direction. This makes it less likely that they will aimlessly wander through life.</p>
2	<p>Functioning of Mind: IQ Vs. EQ, Why does EQ matter more than IQ? How emotions impact our behavior, Emotion triggers, finding default mode of thinking and acting, discovering new capabilities, how the ‘Self’ gets hijacked by emotions and mood, the impact of mindset on personal and professional life, and how to get free from our opinions, judgments, beliefs, desires, etc.</p>
3	<p>Self-Awareness (SA): We cannot manage something unknown. To manage anything, we must know that thing first. The same applies to the Mind, Thoughts, and Emotions also. SA is about knowing what I am feeling now and how it is affecting my perspective, thinking, and behavior. This is the foundation competence of emotional intelligence (EI) and plays a particularly important role in the journey of self-development. Students would learn about how to develop SA.</p>
4	<p>Self-Management (SM): Regulating emotions, particularly, negative ones, is a key to success in any field. SM helps students not to bottle up those emotions but how to minimize their negative effects. This session’s objective is to learn how to maintain clarity and focus, navigate successfully even in an adverse situation, and how to start responding rather than reacting by using research-based tools.</p>
5	<p>Social Awareness (SoA): Extremely important competence is focused on learning how to be empathetic and a good listener. A very essential quality of every successful leader manager is an ability to connect with the needs and desires of the team, and the good news is that it can be learned. This skill is the foundation of healthy interpersonal relationships and being likable and popular among social circles.</p>

Modules	Essentials of Life Management
6	<p>Relationship Management (RM) and Self-Motivation (SMo): RM includes discussion on problem-solving, assertive communication, and inspiring leadership.</p> <p>A person with SMo, will sail through, the adverse situation of personal or professional life without getting perturbed about it. Such a person will not depend on external sources for motivation but would have intrinsic values as guiding principles to maintain SMo.</p>
7	<p>Simple Pranayam and Easy Meditation Technique:</p> <p>Pranayama and meditation practice increases longevity, improves - mental health, confidence, blood circulation, functioning of body organs, digestion, quality of sleep, and reduces stress, and negative emotions like fear, anger, anxiety, and excessive compulsive thinking. This is to harmonize – Mind, Body, and Soul.</p>
8	<p>Managing Failure - Finding comfort out of dis-comfort zone:</p> <p>Failure management is a must for today's over-pampered kids, who have not learned to listen or to accept 'No' at home. Failure is a 'No' against their expectation of 'Yes', i.e. success. The stress of failure is inevitable and hence its management must be a part of our education to prevent suicidal tendencies among the youth.</p>
9	<p>Unlocking Total Potential Through Re-programming of Mind:</p> <p>The difference between successful people and not so successful in the world is the difference in their 'self-belief'. Confidence is a result of the self-concept combined with passion and hard work. Re-programming of the mind is possible; hence it is accepted as therapy by medical science. This module is aimed at making students aware of the impact of the mindset and tendencies in their daily life and how to replace self-limiting beliefs with self-empowering beliefs.</p>
10	<p>Healthy Lifestyle Habits and Tech-life Balance:</p> <p>Let us share with our young minds, the consequences of an unhealthy lifestyle on health and studies. What are healthy lifestyles, how to develop them, and practical activities to develop them, will be the focus of this module. According to experts, teens should only get 2 hours of recreational screen time a day. Students will be encouraged to develop their action plans to achieve individual goals to reduce screen time.</p>

Our strengths:

1. Facilitator with 24 years of academic and 18 years of corporate HR training experience.
2. The blend of the latest knowledge with age-old Indian wisdom.
3. The industry feedback average of our MDP solutions is - above 4.5 out of a total of 5 (including at ISRO, TATA, CAG, IndianOil, L&T, Amul, DRDO, Glenmark, Adani, Zydus).
4. PRMX1 batch of students at IRMA (<https://irma.ac.in/>), Anand offered a feedback score of 4.8 out of a total of 5 for the Essentials of Life Management course. ([TESTIMONIALS](#))
5. 4000+ professors are trained at 22 Universities in 10 states.
6. A pre-training emotional health survey of the students and analysis of the same would be conducted to tailor the content and delivery of the life coaching.
7. Practical and easy-to-implement day-to-day assignments for experiential learning.
8. Lifetime free mentoring to all the students.
9. The medium of instruction is English, and Hindi based on students' preferences.
10. WhatsApp groups will be managed throughout the delivery of the life coaching program.

94 students from UG and PG section of Smt. MMP Shah Women's College of Arts and Commerce, Mumbai, an autonomous college with potential for excellence award by UGC have offered average feedback score out of total of 5



“
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get the inside
right,
the outside
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into place.”

—Eckhart Tolle



BONUS OFFER: Two Sessions worth **Rs. 10,000**, for the students and faculty, will be fully sponsored by The Mind Academy.

Session 1 (for Students): How to face an interview (1.5 hours)

Session 2 (for faculties: Power of Manifestation and Law of Attraction (1.5 hours)