

IRMA – 42

Student Testimonials of the
NEP based Life Coaching Course:

Essentials of Life Management





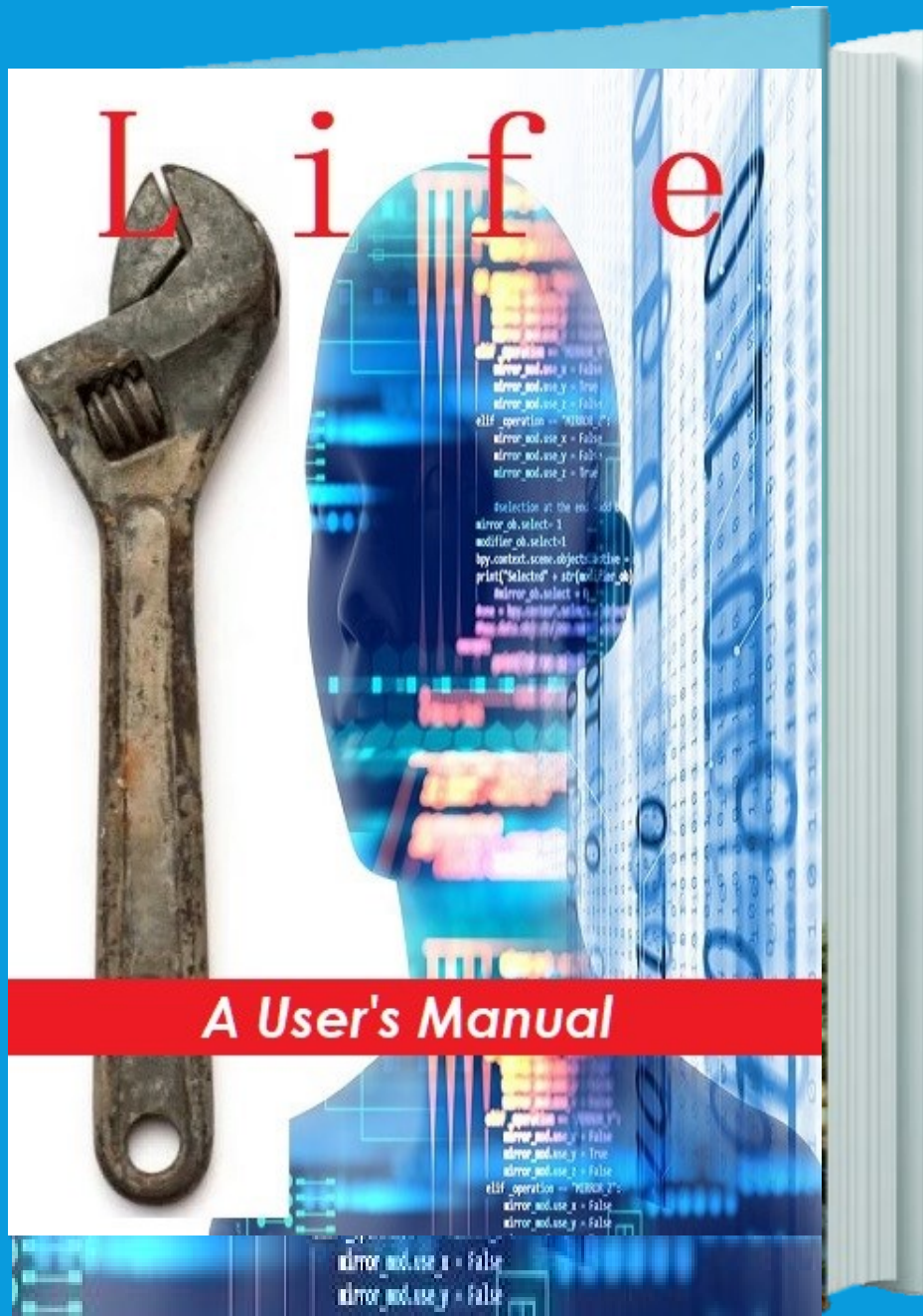
Why Essentials of Life Management course is ESSENTIAL?

- **35 students suicide/day in 2021.**
- **5,693 women students** died by suicide in 2021.
- **17 students/year** from IITs, NITs, central universities and other central institutions died by suicide since 2014 as per Ministry of Education.

Major Reasons

- Inability to manage academic pressure
- Mental health issues – Anxiety, Anger, Depression, Fear, Guilt, etc.
- Isolation and loneliness
- Financial concerns
- Substance abuse
- Relationship problems
- Lack of support
- Lack of ability to manage thoughts and emotions
- Lack of gratefulness and discipline





Urgent & Essential Solution
is to provide them with the
**User's Manual of
LIFE!**

ESSENTIALS OF LIFE MANAGEMENT



Gaurav Mittal – IRMA 42

"This course has been a refreshing and rewarding experience for me. It has acted as a **detox for my day-to-day life and has allowed me to understand some of life's most essential concepts.** The ELM course has provided me with an opportunity to understand life-changing concepts from a **deep and meaningful perspective.**

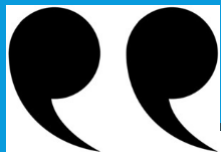
I would like to urge the academic committee to consider making this ELM course a 3-credit course. This will allow students to delve deeper into these concepts and gain a more comprehensive understanding of them. The ELM course has been an **eye-opener for me,** and I am sure that it will benefit many others as well.

In conclusion, I would like to express my **heartfelt appreciation to my college for introducing such a valuable course.** It has enriched my life in more ways than one, and I believe that it will continue to do so for other batches of PRM to come."



Dr. Shraddha Patil – IRMA 42

“I had the privilege of taking your course, '**Essentials of Life Management**', and I must say it **was a life-changing experience**. The lectures were engaging, informative and inspiring. **Your ability to break down complex concepts into simple, actionable steps made it easy for me to apply what I learned in my everyday life.** The course material was well organised and easy to follow. **I highly recommend this course to anyone who is looking to take control of their life and achieve their goals,** it is a must have for anyone who wants **to improve their personal and professional life.** Thank you sir for this incredible experience!”



Premanand Mishra – IRMA 42

“My sincere gratitude for all your guidance and support during this IRMA Journey. **I have started feeling worthy and happier after practicing** silent sitting, yoga, and all that you have suggested. I have **started thinking positively**. I'm **more and more grateful for everything I have**. Nature started proving me with opportunities to serve at least one needy person daily.

Sir, I don't know where I was before the start of your session. I was lost. But after attending 3 sessions I started realization. I am on the way to finding myself.

Sir, Your blessings have brought me to this point and I wish that Your blessings always be on me and that I keep doing more promising in my life. **I want to become an important part of this society and dedicate my life to the upliftment and welfare of society.**

Dear Sir, Thank you for being an amazing mentor. 🙏"





Pragati Trivedi – IRMA 42

“**ELM was a great course** offered by you. Sometimes we know a lot of things but we lack the knowledge of how it can impact our lives, thank you for preparing this course to **help us understand the importance of focusing on our internal selves**, also it gave me a **motivation to get back to a disciplined life** which I was ignoring for a long time.

Just to let you know that I have **started reading books again, I wake up early and go for a walk, I try my best to keep things organised**, all these things do matter I knew it earlier also, but now I sincerely do this for myself and **I am enjoying it.**”



Deepanwita Jena – IRMA 42



“ The ELM course has been **a life changing subject for me**. The learnings and the lessons you taught are not just limited to me as a student but I also extended to my parents and friends.

It **helped me have a better vision in difficulties and calm myself** down through silent sitting. **It helped me forgive people**.

I cannot thank you enough for being **a healer to all of us**. It meant a lot and I am glad I came across a person like you sir.”





Kalpan Shah – IRMA 42



"I highly recommend the ***Essentials of Life Management*** course taught by Dr. Vipul Vyas. This course has **truly transformed my perspective on life** and has made it much simpler to understand. Dr. Vyas has an exceptional teaching style that **effortlessly communicates complex concepts in a relatable manner**. The course covers a wide range of essential life skills, from **management of emotions to goal setting, providing practical tools and techniques** for personal growth. The content **is thought-provoking and enlightening, leading to profound self-reflection and positive changes in my daily routines**. Dr. Vyas' passion for helping others shines through his teachings, making **this course a truly valuable experience**."





Saumya Singh – IRMA 42

“The **enriching experience** that the course provided us was incredible. You made us aware about some **amazing life management practices and principles** like silent sitting, the 'panchamrit' schedule, positive affirmations etc., practicing and implementing which in my daily life indeed **helped me feel better about myself and others around me.**”



Ritika – IRMA 42



"I would like to thank IRMA for introducing such a beautiful course, which is a **perfect blend of science and spirituality**. It has truly been a life-changing experience for me.

When I first enrolled in this course, I had no idea how transformative it would be. From the very first day in the classroom, **I felt an incredible sense of fortune for having made the best decision** for myself by choosing this course.

The depth of knowledge and wisdom shared by you was truly awe-inspiring. The ELM course has given me the chance to get a deeper and more profound understanding of life-changing issues. The **ELM course has been eye-opening for me, and I am certain that it will be beneficial to many others as well.....**

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Ritika – IRMA 42

"What truly sets this course apart **are the simple yet powerful techniques taught**, have not only helped me develop a deeper sense of self-awareness, but they have also equipped me with effective tools to **combat the negative energies** that surround us daily. They have become an integral part of my life, empowering me to navigate challenges with resilience and clarity.

I want to extend **my sincere appreciation to IRMA** and urge them to continue offering this course to future batches of participants of our PRM program. The unique **combination of scientific principles and spiritual practices** has the potential to create a profound impact on individuals seeking holistic growth and personal development. **I am immensely grateful for the opportunity to be a part of this course and wholeheartedly recommend** it to anyone seeking to enhance their life management skills. Thank you once again for this incredible experience."





Shashi Shukla – IRMA 42



“Thank you very much for offering the course 'Essentials of Life Management' **before I enter in corporate world.** I appreciate the way you have compiled materials **from different reputed personalities and their works.**

You beautifully summarised the course in just limited sessions. **I do feel that there could be more in the course in more sessions.**

Daily silent sitting in the class, importance of current moment (Now), answers of different questions asked in Google form, panchamrit, and the life lessons made the whole learning process more fruitful. Thank you once again for delivering such an important subject :)”





Essentials of Life Management

A bridge course to connect, successful career with health, joy, and a higher purpose of life!

National Education Policy based
Life Coaching Course for UG and PG students

4.8 rating from
students



35 hours Online / Classroom

Experiential learning training workshop

2 Credit or Certificate add-on Course

English / Hindi



The Mind Academy

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