




ALL-IN-ONE COUNSELLING/CONSULTANCY PLATFORM
a CSR Project of Viyom Infra Energy (P) Ltd.

www.cciedu.org




Quality Education and Jobs for All



Managing the Mind

HAPPINESS @ NO COST

Dr. Jitendra K. Rai, Ph.D.
a Professor of physics, Educationist, Business-expert and Spiritualist



© Organised by International Centre for Fundamental Research (ICFR) -
a Not-for-Profit initiative of Viyom Infra Energy, PLC. under its CSR activities

Subscribe the webpage : <https://cciedu.org/managing-the-mind/>

The backdrop

Numerous personal and social problems (physical/psychological), dejecting our daily living, are throwing us in deep physical and mental troubles/agonny. The issue of perfect or correct education is not a matter of debate when most of us are in deep gorge of joblessness.

The ever competitive social structure is delimiting the students/youth by not assuring themselves for getting a worthwhile job even after completing their full education. Just blaming by the people to the government and vice-versa, is not making any way-out for the problem. Deciding the future is not a job that can be handled by mere common sense but it requires expertise.

We, at CCI, decided to indulge head-on to this problem and decided to gather and arrange experts who will show you the route to reach to your highest goal and to lead a successful and happy life.

There is no secret of success other than a good teaching, hard-work and, most importantly, organising ourselves.

Aim:

To guide youth that can enable them to know **the five secrets of** -

1. right/correct education
2. finding a job
3. leading a successful life
4. the ultimate goal of life
5. establishing a peaceful and happy society

Objectives:

Employable Education (setting goals) / Career Guidance / Job opportunities / Personality Development (building self-confidence) / Further study guidance / Study Skills / Examination preparation / Mental health / De-Addiction / psychological counselling / leadership skills / SWAT analysis/ Civic sense and many more

Activities

Stage-1	MM Personal Assessment	(Duration:	1.5 hrs)
Stage-2	MM Workshop	(Duration:	3-4 hrs)
Stage-3	MM Weekly programme	(Duration:	6-8 hrs)
Stage-4	MM Daily Programme	(Duration:	2 hrs/day)

Fee (in INR)

	Stage-1	stage-2	Stage-3	Stage-4
Students	Free	200	400	3000
Others	Free	400	800	4000

Note: All stages at a time – 2,500/- for students & 4,200/- for others

Curriculum

Stage-1 MM Personal Assessment (Duration: 1.5 hrs)

1. A general conversation with staff and students regarding their understanding of education, general living, career prospect etc. 30 mins.
2. Psychometric analysis (Filling up of Assessment forms) 30 mins.
3. Who am I? (A talk on General understanding of our existence) 30 mins.

Stage-2 MM Workshop (Life changing Workshop) (Duration: 3-4 hrs)

1. Registration for the programme
2. Lecture – 1 (Variety of problems; Who am I? extended) 45 mins.
3. Lecture – 2 (What is education? Why and how to pick a job/career?) 45 mins.
4. *Refreshment Break* 30 mins
5. Lecture – 3 (Entrepreneurship / Leadership skills) 45 mins.
6. Lecture – 4 (Stress and time management; yoga tips etc.) 45 mins.
7. Feedback / Q and A session 30 mins.

Stage-3 MM Weekly programme (Duration: 4 hrs/day; 2 days/week; 8 hrs.)

Introduction to the programme, Individual and environment, Personality and its development, Real problems of individual and society, Analysis of the problem, Leadership and Entrepreneurship, Stress management, Time management, Spirituality, Employability and Jobs, Conducting Health, Career guidance

Stage-4 MM Daily Programme (Duration: 2 hrs/day – 5 weeks / 40 hrs.)

Curriculum for this Stage will be supplied at the time of finishing stage-3.