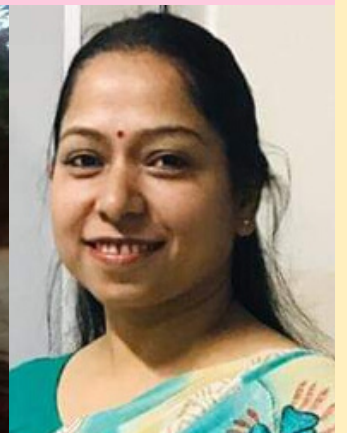
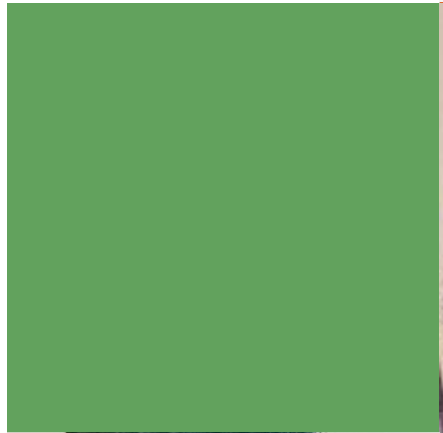




SRI SRI UNIVERSITY

HAPPINESS & FULFILLMENT

Online Management Development Programme



To Register,
[click here](#)

Second Batch starting from
June 10, 2020

www.srisriuniversity.edu.in

Happy Faces of First Batch Participants

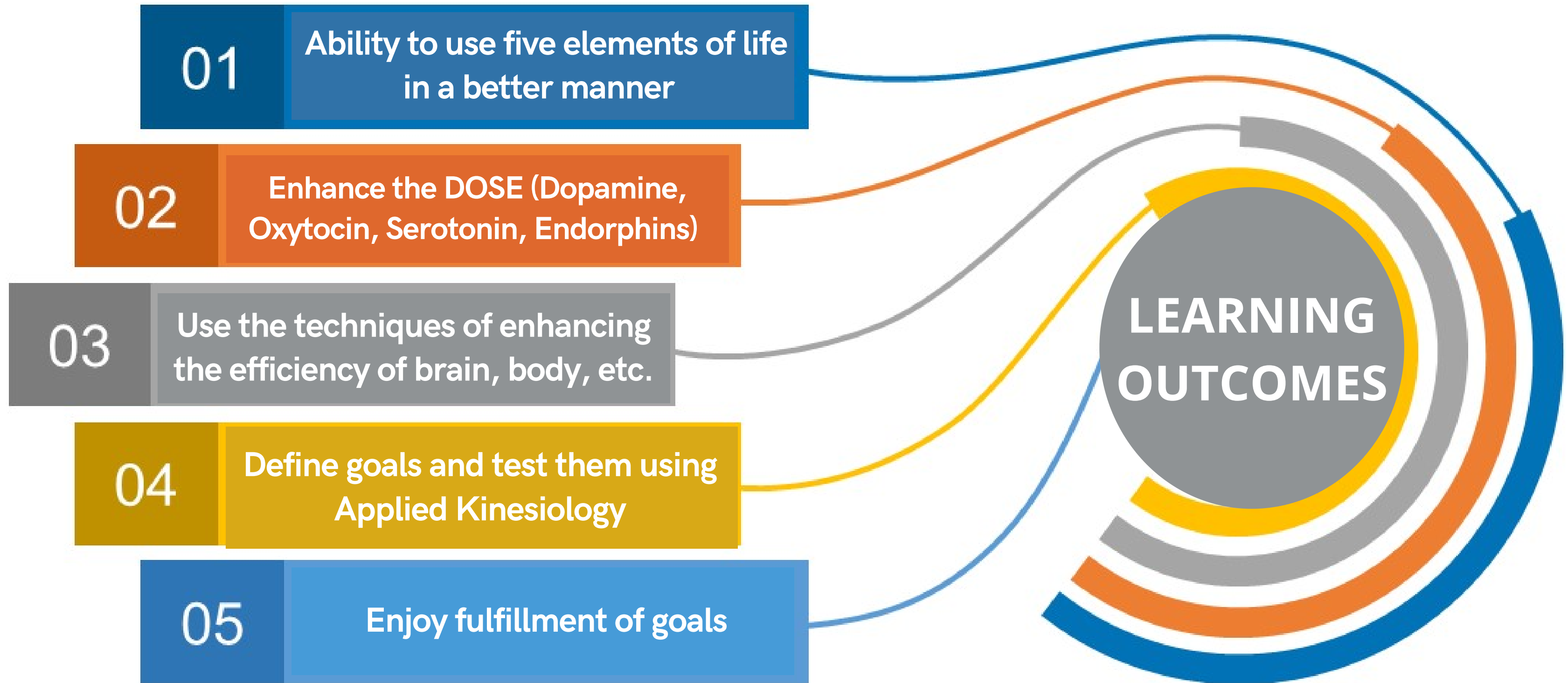
Introduction



"There are two ways of looking at life. One is thinking: 'I'll be happy after achieving a certain objective.' The second is saying: 'I am happy come what may!' Most of the people live with the former principle. All of one's life is spent in preparing to be happy someday in the future. It's like making your bed all night, but having no time to sleep in it. How many minutes, hours and days of your life have you spent being happy from within? Those are the only moments you have really lived life."

~ Sri Sri Ravi Shankar

The course aims to make the learners aware about their state of being, their purpose of life, design their goals, understand the relationship between happiness, success, and fulfillment and develop an enriched lifestyle which brings happiness from within.



COURSE CONTENTS



TITLE OF EACH SESSION

June 10

Happiness & Fulfillment
Purpose of life and five Big questions

Happiness & Fulfillment 2.0
How to Increase Dopamine Level?

June 15

Happiness & Fulfillment 3.0
How to Increase Oxytocin Level?

Happiness & Fulfillment 4.0
How to Increase Serotonin Level?

June 17

Happiness & Fulfillment 5.0
How to increase Endorphin Level?

Happiness & Fulfillment 6.0
Relationship between Happiness and Water

June 19

Happiness & Fulfillment 7.0
Relationship of Happiness and Air

Happiness & Fulfillment 8.0
Relationship between Happiness and Fire

June 22

Happiness & Fulfillment 9.0
Relationship between Happiness and Earth

Happiness & Fulfillment 10
Relationship between Happiness and Space

June 24

Happiness & Fulfillment 11
Relationship between Happiness & Gross World

Happiness & Fulfillment 12
DOSE of Happiness & Sadhana, Seva, and Satsang

TITLE OF EACH SESSION

June 26

Happiness & Fulfillment 13
Physical Well-being

Happiness & Fulfillment 14
How to keep healthy Heart?

June 29

Happiness & Fulfillment 15
How to activate Left Brain?

Happiness & Fulfillment 16
How to activate Right Brain?

July 1

Happiness & Fulfillment 17
Relationship between Happiness & Material
Acquisitions

Happiness & Fulfillment 18
High Energy Food (Annmay Kosh)

July 3

Happiness & Fulfillment 19
Power of Life Force (Pranmay Kosh)

Happiness & Fulfillment 20
Power of Mind (Manomay Kosh)

July 6

Happiness & Fulfillment 21
Intellect (Vigyanmay Kosh)

Happiness & Fulfillment 22
Anandmay Kosh & Substance in the
Causal Body

July 8

Happiness & Fulfillment 23
Power of Subtle World

Happiness & Fulfillment 24
Concept of Aura

TITLE OF EACH SESSION

July 10

Happiness & Fulfillment 25
Energy (Chakra) System

Happiness & Fulfillment 26
Law of Attraction

July 13

Happiness & Fulfillment 27
SMART Goals

Happiness & Fulfillment 28
Applied Kinesiology

July 15

Happiness & Fulfillment 29
Levels of Consciousness

Happiness & Fulfillment 30
Spiritually SMART Goals-Level 1

July 17

Happiness & Fulfillment 31
Spiritually SMART Goals-Level 2

Happiness & Fulfillment 32
Spiritually SMART Goals-Level 3

July 20

Happiness & Fulfillment 33
Achievement of Goals and Success

Happiness & Fulfillment 34
How to Dream Big

July 22

Happiness & Fulfillment 35
Concept of Fulfillment

Happiness & Fulfillment 36
Holistic Purpose of Life

TITLE OF EACH SESSION

July 24

Happiness & Fulfillment 37
Ultimate Purpose of Life

Happiness & Fulfillment 38
Scale of Consciousness

July 27

Happiness & Fulfillment 39
Journey towards attaining Higher levels
of Consciousness

Happiness & Fulfillment 40
Enjoy the Journey & Be Fulfilled

DURATION

The duration of the course is **120 hours** including 40 hours of online live interaction, 40 hours of self study, 20 hours of practice sessions, and 20 hours of assignments.

TARGET AUDIENCE



It is meant for those

who wish to experience
Happiness as natural
state of being

who wish to
enhance their
Dopamine,
Oxytocin, Serotonin,
& Endorphin levels
in the body

who wish to
accelerate their
speed on the path of
success and
fulfillment

A N D R A G O G Y

'Shravan'

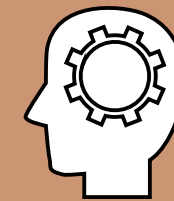
DEEP
LISTENING



The participants would develop understanding through effective listening during the Programme

'Manan'

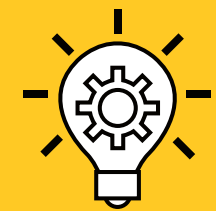
CONTEMPLATING



The participants would reflect upon the different topics discussed during the Programme.

'Nidhidhyasan'

COMMITTING TO
PRACTICE



The participants would apply the knowledge gained during the session into their life through practice of the techniques learnt.

ABOUT THE FACILITATOR

Prof. Ajay Kumar Singh, Vice Chancellor, Sri Sri University is a seasoned academician having over 33 years of teaching experience in all with 206 publications. Dr. Singh is internationally recognised Healer, Corporate Trainer, Coach & Mentor.

His complete profile is available at www.drajaysingh.org



Prof. Ajay Kumar Singh, Vice Chancellor, Sri Sri University

ABOUT SRI SRI UNIVERSITY (SSU)



SSU was founded by Gurudev Sri Sri Ravi Shankar Ji as it's Life Time President, in 2012 as a centre for world-class education in India. SSU offers holistic education that brings together the best of Western innovation with the ancient values and wisdom of the East. It offers under graduate, postgraduate degree programmes , and also Doctoral studies (Ph.D.). The impressive list of streams/programmes at SSU includes Management Studies, Science, Yoga, Osteopathy, Visual and Performing Arts, Architecture, Agriculture, Mass Media, Indic Studies, Contemplative and Behavioral Sciences, etc.



How to prepare yourself to get maximum benefit from the MDP?

Listen to the previous online sessions conducted by Prof. A. K. Singh:

(Click on the date to open the link)

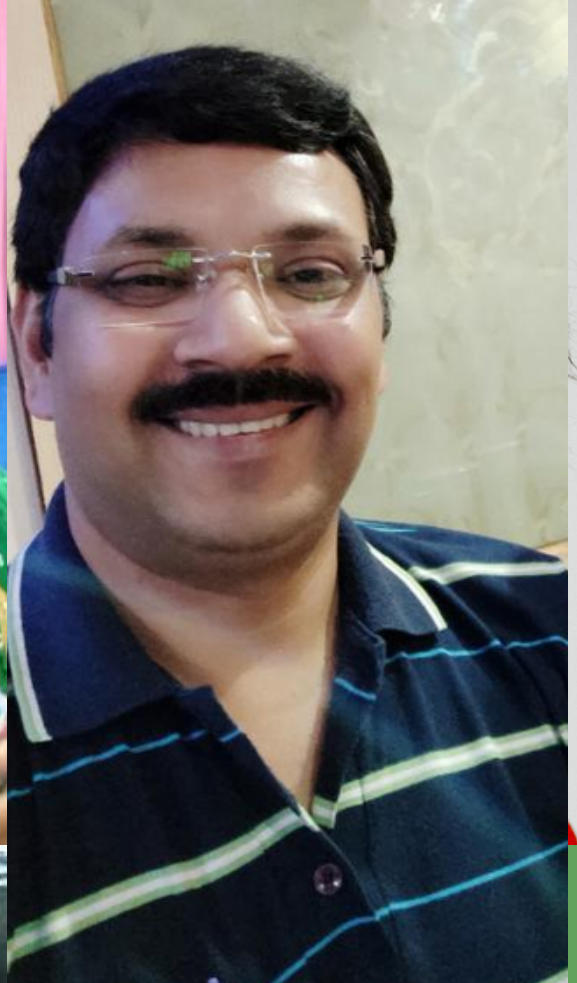




TESTIMONIALS

Check what the participants have to say about their experiences of attending First Batch of Happiness & Fulfillment Programme with Prof. Ajay Kumar Singh.

(click on each image to open the link)



REGISTRATION FEES

	National	International
SSU Faculty/Staff/ Students/ Art of Living Teachers	INR 8,000	USD 250
Others Participants	INR 12,000	USD 300
Individual Session	INR 590	USD 20

e-Certificate shall be issued to all the participants

Register at: <https://bit.ly/2ZPaeK8>

(Click at the link above to register)

For further information, Contact

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mdpvc@srisriuniversity.edu.in

www.srisriuniversity.edu.in