



SRI SRI UNIVERSITY

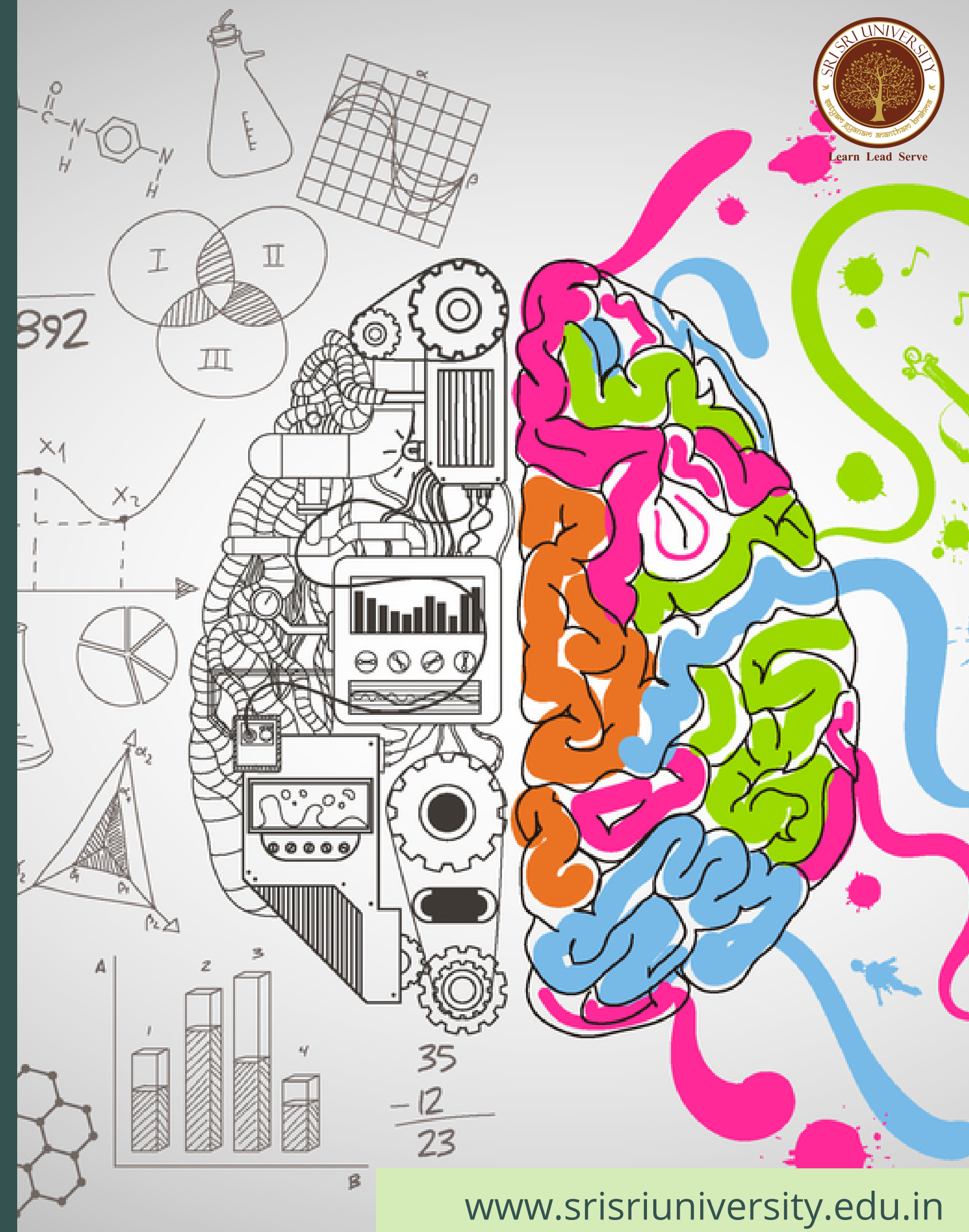
MIND

MANAGEMENT

.....
Online Management Development Programme

Become a skilled trainer to teach techniques of managing the Mind

Registrations Open for all

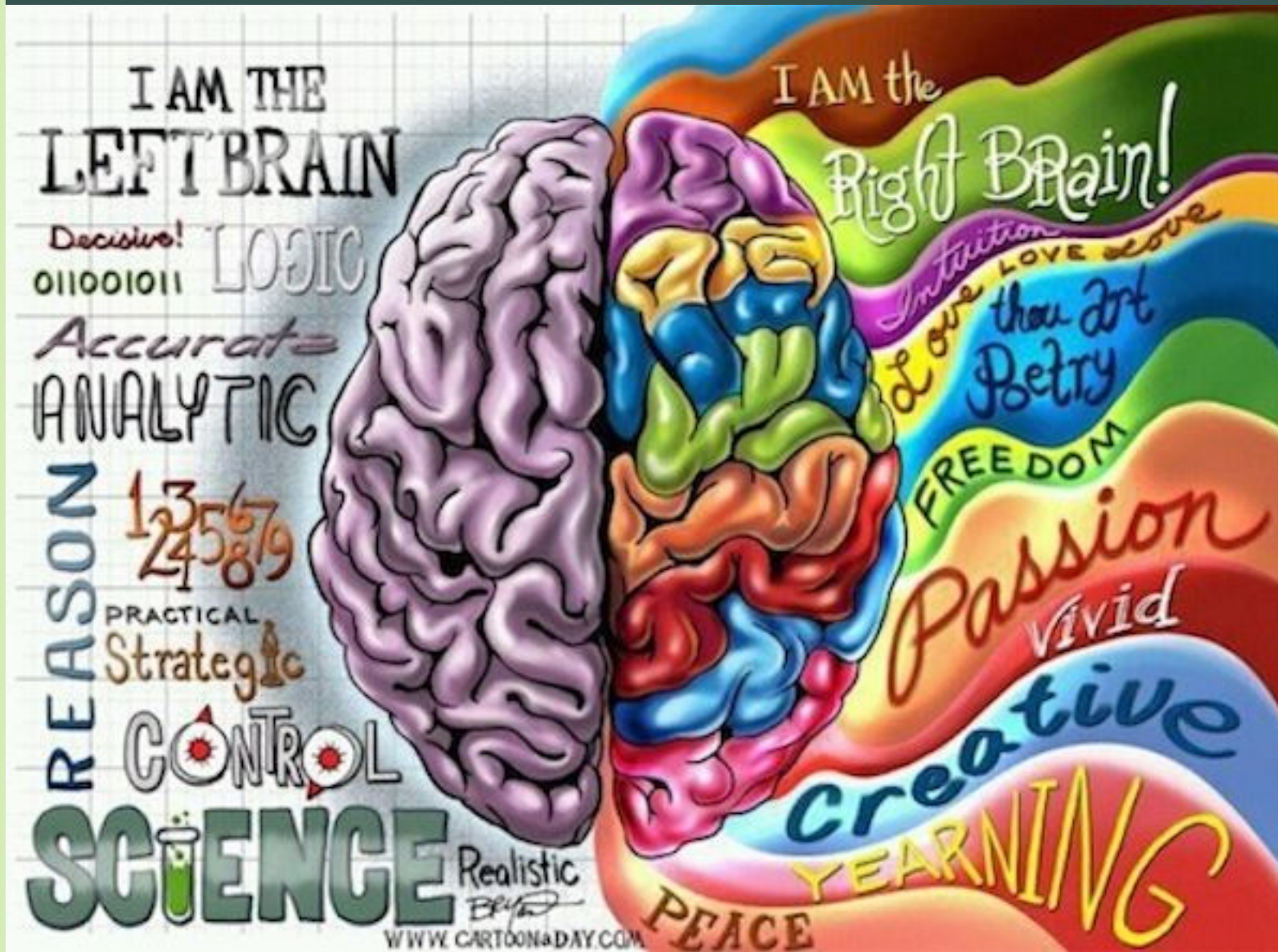


INTRODUCTION

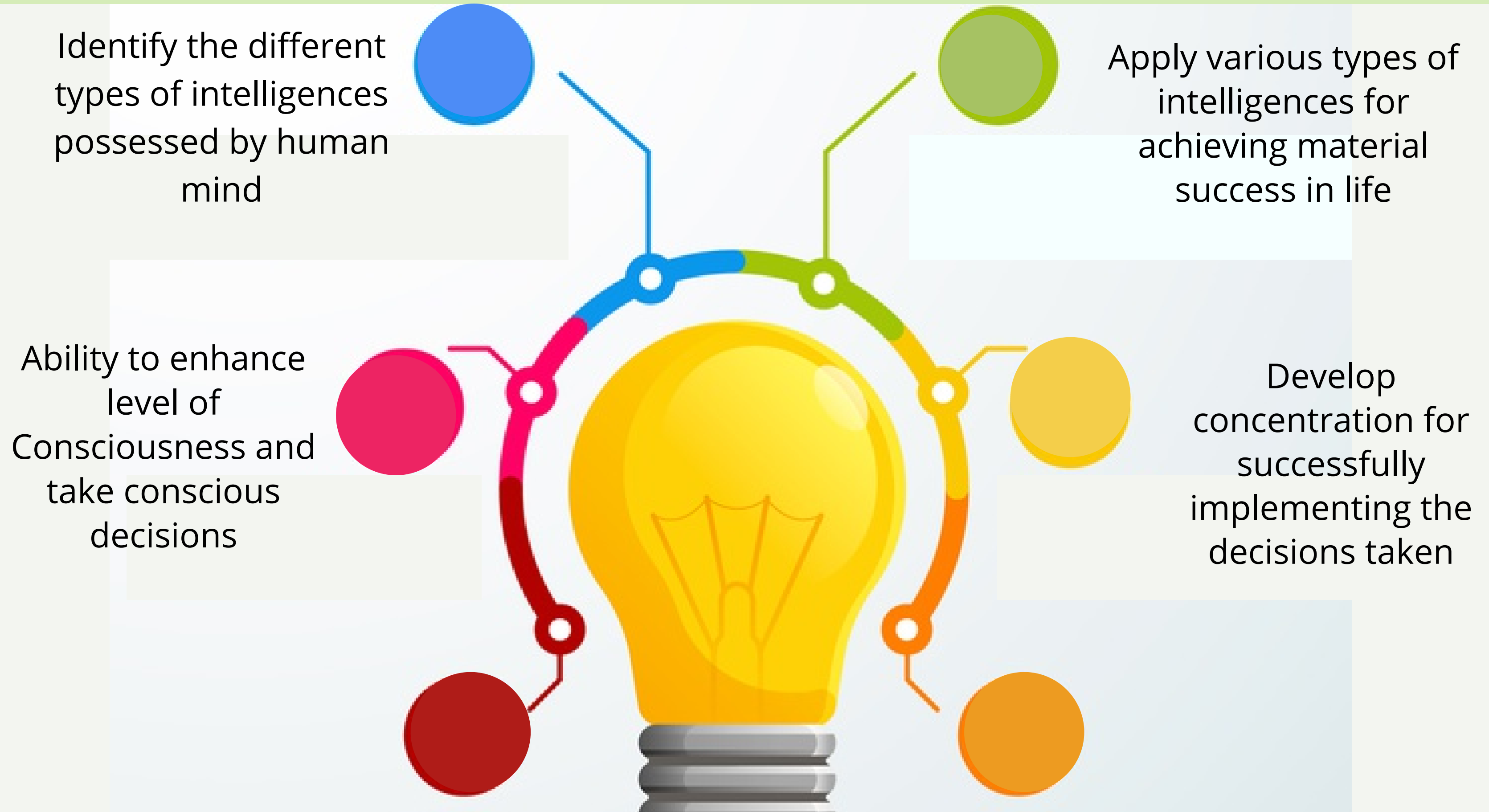
"Quality of your life depends upon the state of your mind."

~ *Sri Sri Ravi Shankar Ji*

Mind is a vast field where stimuli of all actions sprouts. Our life is based on our mind and it governs both the gross and subtle aspects of life including manifestations of the material world. The programme aims to empower the learners to unleash their hidden potential by discovering the power of their mind and enable them to lead with freedom and liberation.



LEARNING OUTCOMES



TITLE OF EACH SESSION



Mind Management
Spiritual Intelligence

Mind Management 2.0
Intuitive Intelligence

Mind Management 3.0
Abstract Mental
Intelligence

Mind Management 4.0
Emotional Intelligence

Mind Management 5.0
Concrete Mental
Intelligence

Mind Management 6.0
Instinctive Intelligence

Mind Management 7.0
Multiple Intelligences

Mind Management 8.0
Energy ('Chakra') System

Mind Management 9.0
Intellect ('Gyan' Shakti)

Mind Management 10
Power of thoughts

Mind Management 11
Positive Attitude

Mind Management 12
Individual Behaviour &
Personality

Mind Management 13
Unleash your hidden
potential using Johari
Window

Mind Management 14
People Management
through Transactional
Analysis

Mind Management 15
Appreciative Inquiry

TITLE OF EACH SESSION



Mind Management 16
Power of Dreams
(‘Ichacha’ Shakti)

Mind Management 17
Competency Assessment

Mind Management 18
Belief System

Mind Management 19
Action Orientation
(‘Kriya’ Shakti)

Mind Management 20
SMART Goals

Mind Management 21
Applied Kinesiology 1

Mind Management 22
Applied Kinesiology 2

Mind Management 23
Spiritually SMART Goals

Mind Management 24
Time Management

Mind Management 25
Resources Management

Mind Management 26
Team Management

Mind Management 27
Management of Values &
Ethics

Mind Management 28
Management of Culture
& Climate

Mind Management 29
Managing Intrinsic
Motivation

Mind Management 30
Effective Communication

Mind Management 31
Other People’s
Behaviour

Mind Management 32
Management of Conflict

TITLE OF EACH SESSION



Mind Management 33
Mind & Body

Mind Management 34
Management of Aura

Mind Management 35
Management of
Vibrations

Mind Management 36
Management of
Frequency

Mind Management 37
Mind Management
through Mudra
Pranayam

Mind Management 38
Mind Management
through Breath

Mind Management 39
Lead with Freedom

Mind Management 40
Liberated Mind

Mode

The Programme is self paced. The learners can access the online videos and assignments at their convenience.

Duration

The duration of the Programme 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



1

Those who wish to identify and enhance the different types of intelligences

Those who have the quest to know and master their thoughts; attitude; and behaviour

2



3

Those who wish to enhance their level of Consciousness and empower their Mind

Those who wish to take conscious decisions and concentrate on implementing them

4



A N D R A G O G Y

'Shravan'

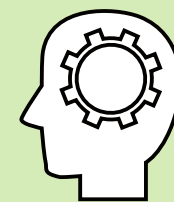
DEEP
LISTENING



The participants would develop understanding through effective listening during the Programme

'Manan'

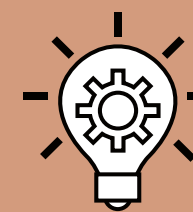
CONTEMPLATING



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.

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Mr. Sanjeeva Narang
Head, HR
Sri Sri University

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Dr. Mukul Singh,
Professor,
VM Medical College &
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Pathology Department,
Safdarjung Hospital

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Prof. Sima Singh
Professor
Delhi School
of Professional
Studies & Research

[click here](#)

ABOUT THE FACILITATOR

Prof. Ajay Kumar Singh, Vice Chancellor, Sri Sri University is a seasoned academician having over 34 years of teaching experience in all with 218 publications. Prof. Singh is an 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 its 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.



REGISTRATION FEES

National International

Full Programme

INR 12,000

USD 300

Individual Sessions

INR 590

USD 20

Registration Link:
tiny.cc/ssupprograms

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