

KANDEEPAM EZHUGA

A series of motivation training for Students

KANDEEPAM - The bow of Arjuna is a representation of the goals of the modern youth. Various aspects of self making capsuled in this series. This series is not directly on Gita but draws inspirations from our scriptures, epics and eastern philosophy at large.



"Kalaimamani"

Marabin Maindan Muthaiah

Basic care of body and mind

The rhythm of life lies in the harmony of body and mind.. The result of attaining such unity leads to balanced, calm and productive life. In this training, the bow and string are compared to the body and mind respectively. Students are encouraged to literally try making a bow without bending the stick. The direct connection between a flexible body and a firm mind is established through interesting anecdotes quotes and tips.

Clarity in communication

Clarity in communication no less than an art. But its true that all have inborn artistic talents. By identifying the barriers to clarity, powerful communication is possible for any one.

The very verse "Kandeepam Ezuga" itself as a symbolization of clarity in communication, as it was uttered during a time of peer group pressure, panic and confusion.

Emotional Intelligence

We believe, awareness and ability to identify, access and handle emotions will determine success and happiness of life.

Here, emotional intelligence is diverted towards the direction of reducing the stress, connecting to emotions, communicating non verbally, using humor and play to deal with challenges, and defuse conflicts with confidence and self-assurance.

Handling Relationships

Good and healthy relationships are always termed to improve life . However, it can also be one of the greatest drains if the relationship is not working. Relationships are investments. The amount we put in, the more we get back.

The art of developing introductions into contacts and contacts into relationships is a subtle key to success and this session effectively imparts it.

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Goal setting and Goal Getting

Kandeepam is the most effective icon to reach the target. The art of goal setting and the action plan for goal getting is widely discussed in this session with practical do how methods.

Being receptive to higher energies

"Going within" opens a doorway from reality to other platforms.

This simple act can assume a remarkable number of forms. The bonds that bind us to the outer world are weakened. This may be done in several ways. Deep physical relaxation, stilling the breath, or focusing the mind, meditation and prayer. Taking a peep inside is always the best way to have a glimpse of great achievements

Positive attitude

We all want a happy life, and we all know that having a positive attitude feels better than a negative one. But for some reason, we are all attracted to and can be easily drawn to the negative side. Here we discover how to go about to establish a more positive attitude as a daily habit.

The combination of these sessions with a focus on holistic development of youth will facilitate transformation among young aspirants.