

# Personality Development Programme

## Curriculum

- Basic of Grammars -20 hrs.
- Understanding Personality Development -40 min.
- Attitude and Behavior -40 min.
- Habits- 3 hrs.
  - 7 Most Famous successful habits.
  - 8<sup>th</sup> habit by (Stephen R. Covey)
- Wisdom and Discretion -90 min.
- Stress Management (Boss-Ross) -2 hrs.
- Courage (Physical and Morale) -90 min.
- Power of Human Beings (choice, thoughts and will power) 2 hrs. (depends upon strength of batch size)
- Confidence and its building -2 hrs.
- Personal and Time Management -90 min.
- Understanding mind and its regulation -1 hrs.
- Discipline and obedience -1hrs.
- Leadership and Manger ship -1 hrs.
- Communication Skills -2 hrs.
- Memory Enhancement -40 min.
- Interpersonal Relations -2 hrs.
- Motivation -40 min.
- Health, Happiness and Peace in Life -90 min.
- Consciousness and World Peace -2 hrs.



*Development | Training | Consultancy*  
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