



Project SELF Inc.

The Science of Human Possibilities

Weekly Session on Bhagavad Gita from Jan 18th 2015 for leading a practical day to day life

Bhagavad Gita is a manual for day to day life. It contains innumerable unearthed gems of wisdom that are as relevant today, as they were thousands of years ago. They remain unearthed partly because the original literature and even interpretations of the original work are written in mystic languages and are largely incomprehensible to many. Objective of this program is to bring the gems taught by Bhagavad Gita as a practical solution for our day to day living.

The Gita provides us the essential life skills for developing an extraordinarily capable mind – a mind that is profoundly peaceful, happy, and blissful. And, once we achieve this state of mind, we become extremely efficient in whatever we do.

Our Approach

- Our approach is to present the teachings of the Bhagavad Gita in a simple language using real life example and with support of modern science and management.
- The teaching will be focused on the real challenges and problems faced by the people of the 21st century.
- We are logical and scientifically minded, and the trainings we provide are rooted in a scientific approach. We don't preach or support any superstitious beliefs or impractical ideas
- Our language is not the traditional, contemplative or mystical but that of a common man
- Professionally prepared power point slides will be used to conduct sessions
- Every verse of Gita will be analyzed in detail and will be related with our own life
- Every session will start with a meditation technique

Program Details

Age group	18 and above
Start date	Jan 18 th , 2015
Schedule	Every Sunday
Session duration	90 Minutes
Location	The Post Inn
Cost	Free of cost ; Donations are welcome

Our instructors are professionals and exposed to the teachings of the scriptures, hatha yoga as well as the modern science and management.



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We believe that a serious study and practice of the Gita can enhance life skills needed for our day to day life. This includes:

- Listening
- Focus
- Control over Mind
- Discern Heresy from Reality
- Emotional Intelligence
- Creativity
- Efficiency in Action
- Prevailing over Situational Pressure
- Presence of Mind
- Creativity
- Reaction to Stressors
- Quality of Relationship
- Overcoming Personal Crisis
- Improved Self-Confidence
- Empathy
- Inner Resilience
- Social Skills

And above all the spiritual awareness and resonance with the Universal Intelligence / GOD

About Project SELF Inc.

Project SELF is a non-profit organization focusing on empowering humanity with essential life skills and building strong foundation facing the challenges in life. The vision is to create a series of programs to help individuals gain better health, emotional intelligence, and spiritual awareness. Our programs focus on the holistic view of human personality and wellbeing thereby bringing the body, mind, and spirit into a balanced and healthy state.

Our Programs

The Science of Human Possibilities: An exploration of the great Yogic scriptures Bhagavad Gita and Yoga Sutra with the goal of applying the teachings in our everyday lives. **(Starting from Jan, 2015)**

Inner Resilience: The objective of this program is to encourage children (age group 7-11) to follow their inner compass. This will be achieved by specially designed weekly one-hour Yoga sessions aimed at various aspects of their body, mind, and spirit. **(Starting from Jan, 2015)**

Life Skills: With emphasis on stress management, emotional intelligence, mind management, management and leadership skills, communication skills, and physical health **(Starting in April, 2015)**

Know Your SELF: There is no other process known to man for changing an imbalanced state of mind into a balanced one than the science of meditation. These meditation sessions will help the practitioners to free their mind from its uncontrolled wandering and channelizes its energy in a focused way. **(Starting from March, 2015)**

Hatha Yoga Sessions: A comprehensive program that teaches the rules and postures of the time tested hatha yoga practices to keep the body disease-free and for the purification & coordination of the nervous system. **(Starting from March, 2015)**

For more information and registration, please contact any of the following people:

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