



# Vivekananda Rock Memorial & Vivekananda Kendra

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- Yoga Modules
  - Pariksha De Haste Haste
  - Tejas
  - Samartha
  - Swananda
  - Saha-Yoga

*Volunteers are generating the content...*

Yoga Pratiman for the Teachers.

Teachers are the role models for the next generation. How tomorrow's society will be depends on the teachers who influence their students through their personality, conduct, courage and confidence. Thus a strong, confident teacher has an enduring impression on the Society, through his students. Such an important vocation is losing its luster these days and is largely due to the teachers themselves unaware of their power in shaping the society and their role in students' lives.

To help teachers become aware of their power is the purpose of "SAMARTH" – Yoga Pratiman for Teachers. It is devised by Vivekananda Kendra Kanyakumari – spiritually oriented service mission.

This 2 ½ day workshop has the following sessions:

Session I: Proud to be a teacher - Never to be bogged down

Session II: Manifest the potential - Respond creatively

Session III: Take the whole responsibility – Have sense of fulfillment

Besides these interactive sessions that help dispel the doubts off teachers' minds and infuse the right self-image and attitude; interactive games and exercises based on Yoga help make their personality rounded.

'SAMARTH' will help the participating teachers bring more happiness, success and fulfillment in their noble profession; make them socially more important and influential. And live a more meaningful life.

This Yoga Pratiman (Module) is *specialy designed* for *Professional and Executives*.

Extreme materialism, superfluous stress and flawed understanding of happiness and success is misleading the decision makers of the society – the Professional and Executives. Their balance in life is lost and the purpose of life itself failing. Moreover, their life style and thinking influences rest of the society who holds them as role-models. Their lives and attitudes are important – for them and for the society as well.

The purpose of this 2 day workshop is to help them rediscover certain truths and live a balanced, happy and fulfilling life. The interactive conceptual sessions on ‘Understanding Happiness’, ‘Recognizing Stress’, ‘Knowing Thyself’ and ‘Discovering the Joy and Fulfillment in life’; accompanied by Yogic exercises and games give them blue-print for a future life leading to the real happiness, perfect health, abundant success – material and spiritual - and total fulfillment – personal and social - they actually desire. Must for the leaders of the society.

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