\*\*\*\*\* HARE KRISNA \*\*\*\*\*

**AIKYA SESSION PLAN**

**S.NO. SESSION-NAME**

1. MIND CONTROL / STRESS CONTROL

2. VALUES AND ETHICS

2. CHARACTER+ISATION

4. TIME MANAGMENT

5. LESSONS FROM NATURE

6. ETHICAL WORLD

7. 3’C RULE

**CONTENT**

**1. MIND CONTROL / STRESS CONTROL**

Controlling of mind from external senses under any circumstances

**SUB CONTENT**:

1. Car game experiment
2. Water filtering ( BG-6.34 )
3. Krishna Katha /spiritual /god consciousness
4. Govardhana pastime
5. Garuda and bird
6. Introduction of Hare Krishna Maha Mantra

**2. VALUES AND ETHICS**

great person’s stories and spiritual consciousness to succeed an successful life in their future

**SUB CONTENT**:

1. Failed success- Rajath guptha
2. Money ,Family ,Happiness ,Values
3. Closing door (BG-13.8-12 )
4. Abdul Kalam life story
5. Charity –Krishna and fruit vendor
6. Friendship –with sudhama
7. Honesty and trust
8. Tolerance

**3. CHARACTER+ISATION**

about character initiation motion and transfer from one to other

**SUB CONTENT**:

1. How character initiates
2. How character varies from other
3. How character be improvised

**4. TIME MANAGMENT**

How should we have manage the time in our day to day life under any situation

**SUB CONTENT**:

1. Task list ( BG-2.60-61 )
2. Excessive vedio games addiction
3. The fist and deer
4. Sence control
5. Ambarish maharaj
6. Churning milk ocean
7. Avatara+vudhbhavam

**5. LESSONS FROM NATURE**

Some lessons had been learnt from nature to survive in the competitive world

**SUB CONTENT**:

1. Air
2. Honey bee
3. Elephant chain philosophy
4. Wasp
5. Ocean
6. Trees

**6. ETHICAL WORLD**

link of ethics to world and birth of species in the world

**SUB CONTENT**:

1. 84,00,000 species
2. How ethics are interlinks with society
3. Changing body as wearing new dress (BG-15.7)
4. Bharath maharaj
5. Mamaivamsha jiva loke