



SAVOIR SCIENCE

for students

Our program emphasizes the importance of non-academic subjects along with competency nurturing and promoting alternate talent for students, which we firmly believe is 'Future of Education'. We are focusing on Non-Academic Subject Training to inculcate skills such as "Imagination", "Innovation", "Conceptualization", "Visualization" and infusing First Principle Thinking.



Topics

- Purpose of education
- Visualisation - Affirmations
- Goals setting
- Fortitude-Solitude-Gratitude
- Mind management through meditation, yoga, mudras, exercise
- Brain nutrition
- Grow to eat
- Social and emotional enhancers
- Mind conditioning - impacts of thoughts on brain
- Habit formation
- Learning health - improving concentration and reading speed
- How to read and remember
- Digital dementia, Sleep recession
- Learn-how to learn
- Meta-cognition-meta memory
- Getting ready for exams
- Brain workout
- Self evaluation and analysis