



TOUCHSTONE

A C A D E M Y

PROSPECTUS

Introduction

TOUCHSTONE is an initiative from the NITC Alumni to the students of NITC. The impressionable minds of today's youth rarely withstand the dual craze of over spending (promoted by the media) and overindulgence (promoted by the movies). Controlling the youth by the rules and regulations can help only to a small extent, but if they are properly educated and edified by addressing their life's questions, there can be lasting beneficial transformation achieved through reformation of consciousness.

TOUCHSTONE's unique courses offer scientific, logical answers to life's million dollar questions ranging from origin of life to the advantages of living a principle centered life based on self-control, patience, honesty, truthfulness and integrity. Students also acquire valuable life-skills like goal setting, effective listening skills, concentration, impartial judgement of situations and team player ability, all topped by a mature personalistic view of life.

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TOUCHSTONE

An Academy for Personal change and Inner Transformation.

CURRICULUM

P1: Meta Physics

P2: Life, Consciousness and Origin

P3: Management

P4: History

P5: Philosophy

P6: Religion

P7: Vedic Cosmology

P8: Ayurveda

P1: Meta Physics

P1.01 Illusion and Reality



What is a reality and what is illusion is a hot topic in Metaphysics. Centuries of debates, philosophy and literature is poured into it. Even so, Hollywood has also ventured into it to make a quick buck! (“Matrix” trilogy). So here is an exquisite exploration of Illusion versus reality – perception and its validity as described in the timeless teachings of Vedas.

Textbook: Beyond Illusion and Doubt by AC Bhaktivedanta Swami, BBT

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: HH Bhaktivinoda Swami, Director, ISKCON Coimbatore.

P1.02 History of Time



Ever fascinated at the powerful “Time” ? What is it ? Who set off the time ? Does it have a beginning ? Physicists find it hard to grapple this curious topic and they are exercising their grey cells to crack it open. Millions of years ago, this was already described to every scientific detail in the Vedas. Register to know what time is, is it linear or circular ? Is time travel a fantasy or reality ? Does absolute time exist ? and much more.

Textbook: Bhagavad Gita as it is / Srimad Bhagavatam

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Girish M / Amit Kalra – Scientists, DRDO

P1.03 Does God Exist ?



Who is God ? Is there someone called God ? Or is it a mental fabrication of some genius intended to bring about a social order ? If God exists, why does evil exist in the world ? How to know Him and where does He live ? This and much more – every possible question you have about God and misconceptions about him is addressed in this seminar. Attend and get your answers.

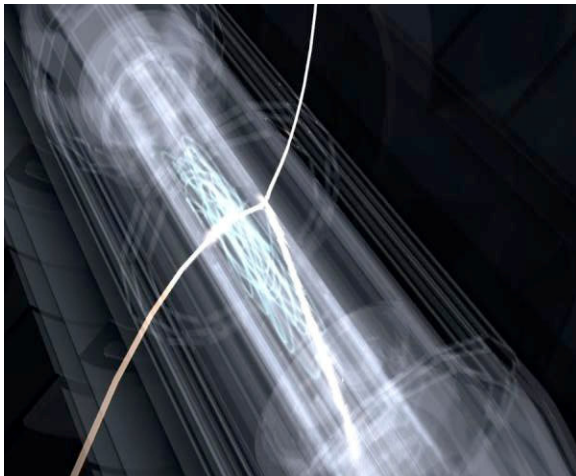
Textbook: Srimad Bhagavatam/Discover Yourself/Perfect Questions, Perfect answers

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: HH Bhaktivinoda Swami, Director, ISKCON Coimbatore.

P1.04 Quantum Spirit and Antimatter



Quantum physics has revolutionized the way of thinking. No longer does the demarcation of matter and waves can be strictly made. In the quantum realm, particles defy the known laws of dynamics. After the discovery of antimatter particles, the origin of universe is becoming a mysterious quest. What is this antimatter ? Does the Vedas predict and elucidate them ? Register to know yourself.

Textbook: Science of Self-realization / Easy journey to other planets

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Girish M / Amit Kalra – Scientists, DRDO

P2: Life, Consciousness and Origin

P2.01 Darwins theory of Evolution – A cheating exposed



Have we evolved from the apes? At a larger scale, does life evolve from the matter? What was the purpose of Charles Darwin in proposing the theory of evolution? This theory is practically admitted as the unquestionable truth for evolution of life on earth even though a lot is critiqued about it in the scientific circle. Find out what is the flaw and why it should matter to you? One of the biggest lies in the history of science smashing exposed.

Textbook: Forbidden Archeology / Life comes from life / Divine nature

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Saurab Chouksey (Suntech)

P2.02 Consciousness – the missing link



Uncover the mystery of consciousness and its origin. Existence of Soul, near death experiences, past life memories and life after death concepts. The timeless teachings of Vedas and Bhagavadgita brought in the modern context and its practical applications detailedly explained.

Textbook: Consciousness the missing link/ Beyond birth and Death

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Varun Chand B, Civil Engineer/Manager HP, NITC, IIM Kozhikode.

P2.03 Aliens and Ghosts – Real or Fantasy ?



Do ghosts exist ? What are they ? The science dismisses it but why do they scare us ? Why do we keep hearing experiences of exorcism and ghost attacks ? If it is fiction, what about the numerous accounts about them ? Find out the detailed examination of ghost secrets and their activities with scientific evidences and explanations from the Vedas.

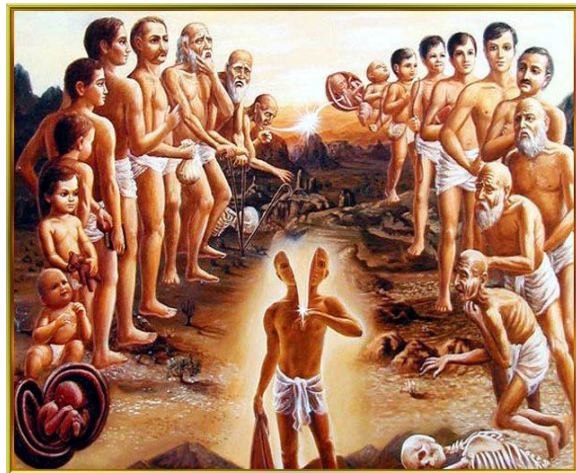
Textbook: Second Chance/Science of Self realization

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Omshankar Tiwari (Adobe/Amazon) & Saurab Chouksey (Suntech)

P2.04 Reincarnation – “Tat Tvam Asi”



The science of reincarnation, the process of transmigration and accounts of near death experiences, past life regressions, past life memories are examined in great detail. Evidences from ancient scriptures as well as modern accounts from various parts of the world gives us an insight into the topic which is so neglected in the recent so called modern education topics.

Textbook: Coming back/Journey of Self-discovery/Bhagavadgita

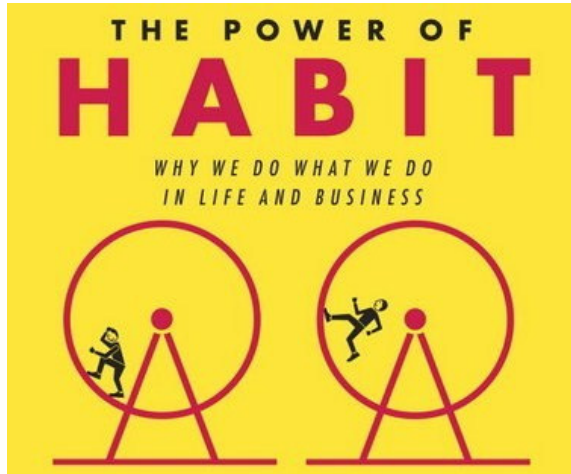
Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: HH Bhaktivinoda Swami, Director, ISKCON Coimbatore.

P3: Management

P3.01 The Power of Habits



Habits – rule you. Makes your destiny for you. You are controlled by habits. While it is easy to fall prey to bad habits it is difficult to develop good habits. Why is it ? Einstein once said “Genius is the ability to do the same thing for a long period of time which is a habit actually “ so what is the science behind habit formation and how it affects your life ? Find out more.

Textbook: Science of Self-realization /Seven habits of highly effective people

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Varun Chand B, Civil Engineer/Manager HP, NITC, IIM Kozhikode.

P3.02 Time management



Do you find it difficult to manage your time ? Are you always busy and occupied while being very less productive ? Do you feel that you need some help as to how to manage your time ? How to prioritize your activities ? Then this course is for you. Simple techniques and tips to keep you going towards the success.

Textbook: Time management

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Omshankar Tiwari (Adobe/Amazon)

P3.03 Stress management



Are you stressed and burnt out ? Does the pressure of academics bother you ? Are you depressed and frustrated and contemplate failure ? Do you feel inferior and lack of confidence? If yes – then this course is for you. But do not worry. There is a solution. Register for this course and find out solutions for all your problems. Don't miss!

Textbook: Stress Management by Radhe shayam pr.

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Sidhnath Singh, Aricent technologies.

P3.04 Mind your Mind



Ever wondered what your mind is ? How it thinks feels and wills ? What is the speed of mind ? Your success and failure depends on the state of your mind. Control of mind is so essential to climb the ladder of success. Discover the greatest mind control techniques from the Bhagavadgita.

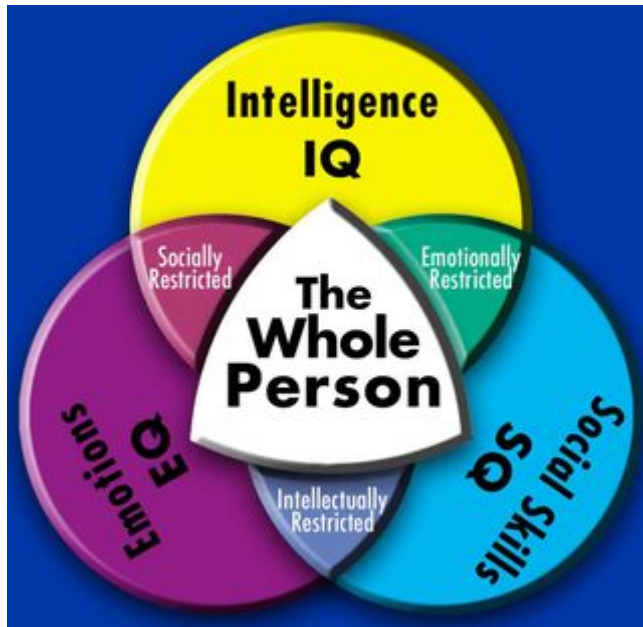
Textbook: Bhagavadgita/Journey of self discovery

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Ranjit Pallerlamudi, Oracle Technologies.

P3.05 IQ-EQ-SQ : Where do you stand ?



Intelligent Quotient/Emotional Quotient and Spiritual Quotient has been identified now to be an essential part of an individual to have a sane growth, productivity and contribution to the world. Unfortunately, the modern education system puts biased emphasis on just IQ thereby depriving you of other two. Know more about the three, their interaction and how you can have sublime balance of all the three. Want to be successful ? This course is just designed for you...Don't miss else you will miss your life...

Textbook: Bhagavadgita/Journey of self discovery

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Omshankar Tiwari (Adobe/Amazon)

P4. HISTORY

P4.01 Greatness of Vedic India – are you a Patriot ?



Know the greatness of India – the glory once it was and its contributions to the world. Once upon a time – everyone longed to visit India. Such was its glory, wealth and knowledge. If you are a patriot and want to know what was India in Vedic times, this seminar is just for you. It is not just sufficient that you feel proud of being Indian. You should also know its greatness to good details and science of it. Register now to show your love for your country. Bharat Mata ki Jai !

Textbook: Vedic India

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: TV Nishant Menon, TCS

P4.02 Mahabharat : The Great I



Uncover the greatest classic of all the times – Mahabharat and its characters. Discover a never seen before insight into their stories and tales they have to tell. What is its influence and how it has affected the world across all fields. Puzzling stories and apparent contradictions. You would not want to miss it.

Textbook : Mahabharat by Krsna Dharma / Srimad Bhagavatam

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Sidhnath Singh, Aricent technologies.

P5.03 The Ramayana : 10 Most important lessons



Ramayana – its important lessons for the students. What does Ramayana teach you ? Go beyond the simple fables and thrill and dive deep into the sublime teachings lying underneath. Considered as one of the living legend, Ramayana is a beacon for the mankind

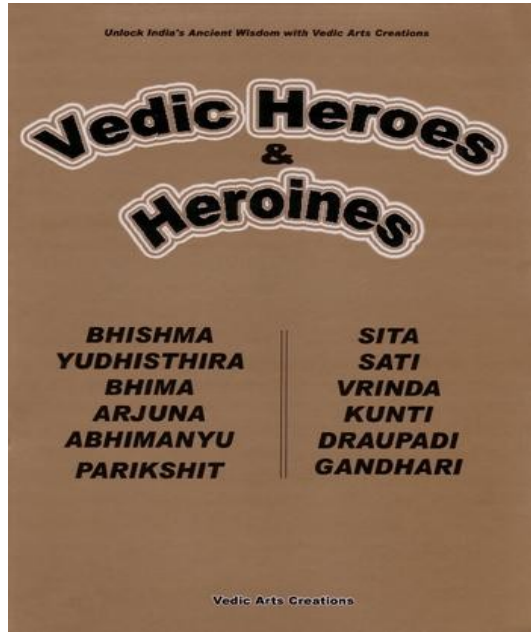
Textbook: Ramayana

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Omshankar Tiwari (Adobe/Amazon) AND Saurab Chouksey (Suntech)

P4.04 Vedic Heroes and Heroines – what you can learn from them ?



Everyone craves to have a hero/heroine in their lives. The vedic literature provides unlimited number of such personalities with very high character and conduct who altered the course of the history. Do you want to know more about them ? Their stories and inspirations can change your life too...find out more by enrolling. Hurry !

Textbook: Vedic Heroes and Heroines

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Saurab Chouksey (Suntech)

P5: Philosophy

P5.01 Idol Worship or Deity Worship ?



Ever wondered what is the difference between an idol worship and a deity worship ? The British propaganda that Hindus are idol worshipers and hence inferior is widely used against the belief of millions of people. This causes a disturbance in the innocent minds and causes an intellectual defeat and insult. What is the science behind deity worship ? Is it scientific ? Is it proper ? Know more.

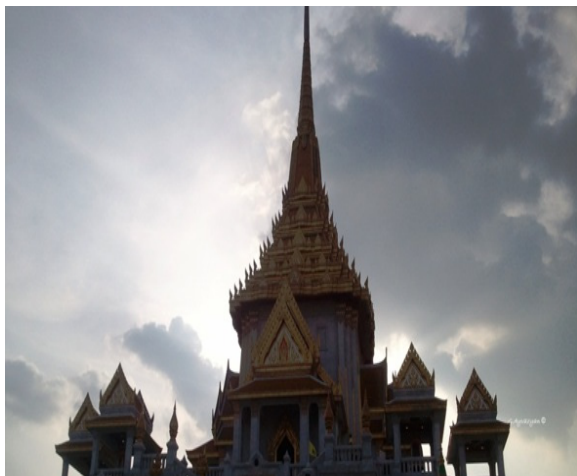
Textbook: Bhagavad Gita

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: HH Bhaktivinoda Swami, Director, ISKCON Coimbatore.

P5.02 Why do we need Temples / Mosque/ Churches ?



Why do we need a temple or a mosque or a church ? What was the purpose of them ? Is it mere symbolical or has a deeper connotation ? Why do ancient worlds have gigantic temples and churches ? What were they meant for ? Know more by registering for the course.

Textbook: Vedic India

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: HH Bhaktivinoda Swami, Director, ISKCON Coimbatore

P5.03 Do all spiritual paths lead to the same destination ?



Do all paths lead to the same result ? With several of people in the business of spirituality; how do you say what is genuine and what is fake ? What is the symptom of a bonafide spirituality ? Know more to get answers to all the questions you ever had but never got a satisfactory solution.

Textbook: Science of Self Realization.

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Omshankar Tiwari (Adobe/Amazon) AND Saurab Chouksey (Suntech)

P5.04 Why do bad things happen to good people ?



What is Karma ? Why do bad things happen to good people ? Is there fate or free will ? Is life pre-destined ? Why are some people born better than others ? Is nature cruel or fair ? What is the grand scheme underlying all this phenomena? Is there an explanation available ? Dive deep into the depths of Vedic literature to know answers no where else to be found. A Life time opportunity ..register to know more.

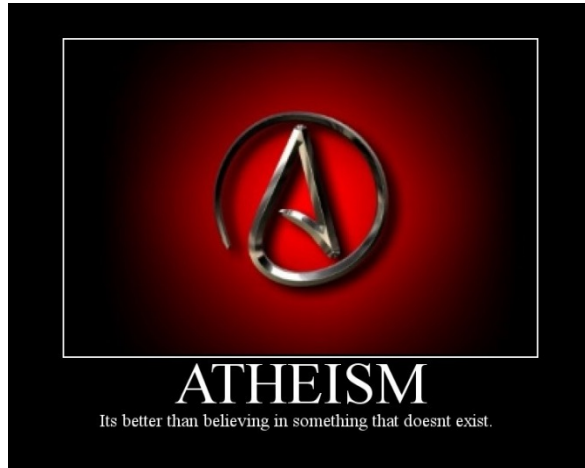
Textbook: Karma/Laws of Nature

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Saurab Chouksey (Suntech)

P6.05 Atheism – Is it Self Deceptive ?



Atheism means disbelief in God. So, what is wrong if one is an atheist ? There is. It is self deception. Besides a misguidance to the entire society. Why and How ? Attend this presentation and find out more.

Textbook: Srimad Bhagavatam/Bhagavadgita

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Varun Chand B, Civil Engineer/Manager HP, NITC, IIM Kozhikode.

P6.06 MEDITATION YOGA



“Yoga” is the buzz word today. Everyone knows that yoga is something nice but do not what and how it applies to them and what they are supposed to do. This session describes in good detail the concept of Yoga, methodology and the effective method as applied to students. Mantra meditation as a solution to all your problems – physical and mental. Know more by attending it.

Textbook: Chant and be happy.

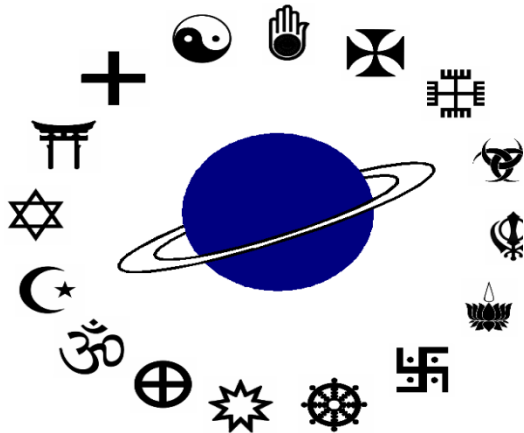
Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Omshankar Tiwari (Adobe/Amazon)

P6: Religion

P6.01 Religion – an opium for masses. Is it so ?



Communism declared “Religion is opium for masses”. What is religion and why it is important ? What is real religion ? Can there be spirituality without religion? Can diverse religions co-exist harmoniously? How is religion misused and how should it be used properly in our lives so that individual and society at large is benefitted. Register if you are curious to know.

Textbook: Dharma

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Girish M / Amit Kalra – Scientists, DRDO

P7.02 If God is one, then why many religions ?



Wars have been fought on religion. It has bothered the mankind since dawn of the creation. Why do so many religions exist? If God is one, the religion also should be one. But there are several religions apparently with mutual contradictory teachings. How to integrate and have a comprehensive understanding ? Know more and you will never be the same.

Textbook: Hare Krsna Challenge

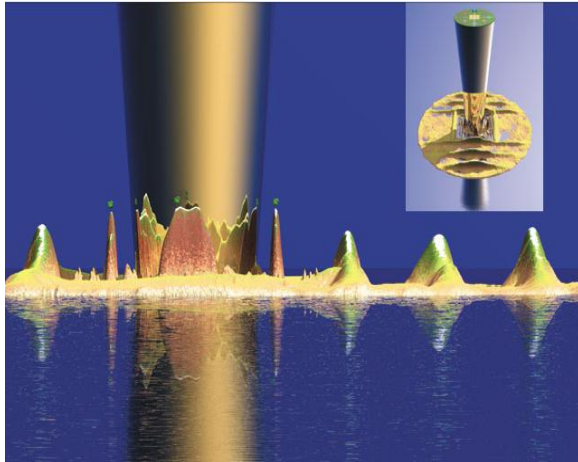
Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Omshankar Tiwari (Adobe/Amazon)

P7: Vedic Cosmology

P7.01 Vedic Cosmology



Discover the breath taking experience of Vedic cosmology – Big Bang theory, String theory and even much more beyond the human comprehension of this gigantic cosmology. Its origin and expansion and partial and total cyclic appearance. Did you know that every accurate details is given in the timeless Vedic literature ? Know more, discover..specially for you...

Textbook: Vedic Cosmology/Srimad Bhagavatam

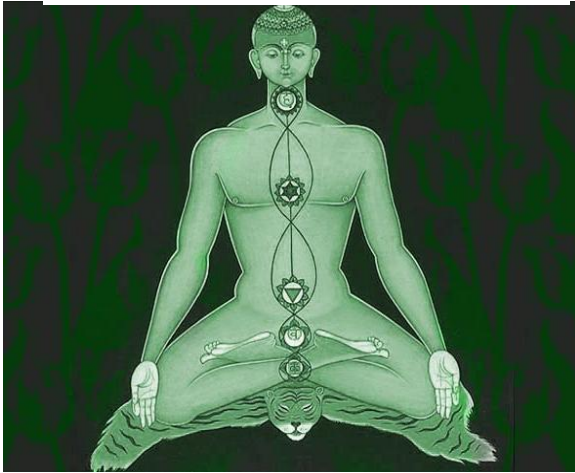
Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Girish M / Amit Kalra – Scientists, DRDO

P8: Ayurveda

P9.01 Ayurveda and You



Ayurveda is the time tested science of life and health. Do you want to know the basic elements of Ayurveda and lead a healthy and stress free life ? Enroll for this basic course on ayurveda to know everything you need to know about your physical and mental dimensions and their functioning. A worth course after all “Health is wealth”. Isn’t it ?

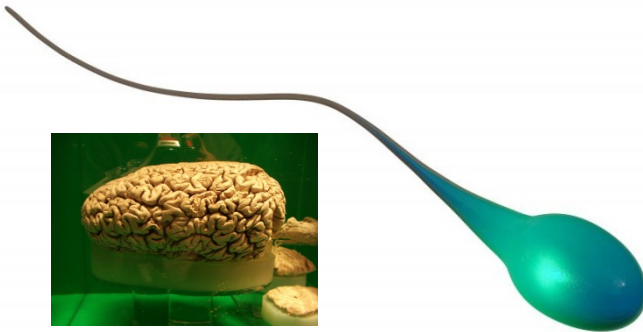
Textbook: Ayurveda

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Sidhnath Singh, Aricent technologies.

P9.02 Brain Gain – The value of Semen



One of the vital substance produced in the human body is Semen. Rich in glucose and lecithin, the modern science is juts discovering its potential. However the vedic literature especially Ayurveda lists the remarkable properties of it conservation of it which will enhance the potential of brain. Want to know more ? Enrol now....

Textbook: Brain Gain

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Sidhnath Singh, Aricent technologies.

P9.03 Vegetarianism – Good for you !



Ever wondered why should one be a vegetarian ? Its benefits – physical, mental and spiritual ? Does it alter the course of your life, the way you look at the society and part of it ? Several great geniuses of the world are vegetarians. Do you have any doubts or misconceptions ? Find out more by registering.

Textbook: Science of Self realization.

Course Duration : 8 hours(two days) with 4 hours/per day.

Minimum no of participants : 10

Facilitator: Girish M / Amit Kalra – Scientists, DRDO