

# SOHANI ACADEMY

Academy for excellence

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20<sup>th</sup> February 2010

Dear Parent,

Thank you for being associated with **SOHANI ACADEMY**. It was a pleasure being with your child. We hope that you are satisfied with our services.

Apart from academics there are various aspects responsible for the success of the student. We need to aid our children on these fronts too. We truly look for an overall growth in our budding talents. With the same intentions, we put a step forward. We are pleased to announce **for the students of STD VIII & STD IX.**

## **SELF ORGANISATION & DEVELOPMENT PROGRAM**

Developing certain habits, achieving goals, is not an overnight phenomenon. It needs to be sincerely planned & worked out. With the same understanding we design this program in three stages that continue for one whole year. This duration is substantially enough to bring about the desired changes in the student. **We invite only those students who are seriously inclined for self betterment as we will be giving our most precious time for a positive development in the child. We certainly expect a serious effort & input from the child based on the given guidelines.** The outline of the program is as follows:

**Stage I: Six lectures to the participants & 1 guideline lecture for parents in summer vacations. (only 1 parent/participant)**

Lectures for participants will cover the following topics:

- Importance of basic habits: Fitness & discipline- Role of mind over body
- Attitude building & thought processing (A scientific approach) - Self assessment & remedies.
- Time management tools & ideal work patterns for maximizing the potential.
- Need for good communication skills & presentation. Possible ways to build them.
- Goal setting & target achievement plans: for short term & long term achievements.
- Inevitability of hard work, dedication, devotion & perseverance for success in any field.

At the end of this session we will give individual targets, follow-up charts & targets charts.

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**Stage II: Four follow-up lectures of 1 hour 30 minutes during the year.** A general review & group interaction will be planned. Topics like **social awareness, team work, sportsmanship, optimism & individuality** that add to the personality will be discussed in these lectures.

**Stage III: Four one-to-one sessions with each participant during the year.** These will be utilized to discuss the individual follow up charts & talk about

- Personal habits & goals targeted: Success & failures
- Individual hurdles & genuine difficulties. Ways to overcome.
- Next moves.

## **COURSE DETAILS:**

Course conducted by- Mrs. Anandamayee Sohani.

**Stage I: Dates:** Monday, 19/4/2010 to Saturday 24/4/2010.

Sunday, 25/4/2010: Guideline for parents. **Time:** 5.00 to 6.30 pm

**Stage II:** Follow-up lectures on 25/7/10, 26/9/10, 19/12/10 & 22/2/11 from 5.30 to 7.00 pm

**Stage III:** Four individual sessions of 15 minutes each with every participant during the year. Exact dates & time will be fixed up with every participant separately.

**(Kindly note:** Personal sessions are for the students only)

Course charges: Rs.1500/- per student for the full course.

Venue: 1<sup>st</sup> floor, Indira Kunj Bungalow, Tejpal Scheme Road No.4, Near C.K.P. Hall,  
Vile- Parle (East), Mumbai 400 057.

**For enrollment kindly contact:**

**Sunil Sohani: 9820718441 OR Anandamayee Sohani: 9820970381**

Thanking you,

  
**FOR SOHANI ACADEMY**