

MISSION IMPROVED LEARNING

TRAINING COURSES OFFERED BY – INDIAN SKILLS DEVELOPMENT COUNCIL

Approved curriculum by Indian Skills Development Council

Training for All Courses is done by Mainak Dutta

Neuroscience Skill Courses

1. CONCENTRATION LEVEL 1 (Attention Deficit Disorder)

- ⬇ Duration – 10 Days (20 Hours)
- ⬇ Fee-15000 (+ GST)



Course Details:

- The middle brainstem, also called the Mesencephalon, is a small region of the brain that serves as a relay center for visual, auditory, and motor system information
- The Brain layer is located above the brain stem of human beings. It is responsible for the perception of stimuli and the subsequent communication with the right and left hemispheres to process this perceptive information. Typically, as part of the lower brain centers, the mid brain is not subject to an individual's conscious awareness.
- Dr Makoto Shichida who devoted more than 40 years of research into the functioning of the brain, actually uses the term "Interbrain" rather than Mesencephalon. We will keep to the use of the term "Mesencephalon" as this has been popularized by recent developments.
- The human cerebrum, there is a section called the interbrain that lies between the left and right hemispheres. It is crucial to awaken this so-called third brain in order to improve the capabilities of the human brain. The interbrain, located at the centre of the cerebrum, links and consolidates the functions of each part of the brain. It also allows the work of each file of the brain to appear onto consciousness.
- The interbrain acts as a sort of control tower of consciousness and is equipped with highly advanced intelligence...If a person develops his interbrain, he will acquire a memory that will allow him to never forget whatever he has seen or heard once...
- The interbrain is in charge of controlling the entire human organism including the viscera. The deep human consciousness controls the interbrain. ... Once you learn how to access the interbrain, you can become a super human. In order to awaken this part of the brain, it is necessary to stimulate a hormonal discharge by sending a special vibration.
- **So what do you mean by "activating the brain"?** As stated in the previous paragraph, the interbrain has to be awakened by stimulating a hormonal discharge. In the human body, it is the pituitary gland that regulates the hormone secretions and this function has to be awakened. For this, it is necessary to activate the neighbouring pineal body. The pineal body secretes two hormones: melatonin and serotonin. The secretion

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of melatonin increases in the dark and decreases when it is bright. Serotonin is said to be very closely related to the evolution of species and has the capacity to increase the intelligence of the right brain. Since the midbrain is responsible for communication with the left and right hemispheres of the brain, the process of "activating" the midbrain will result in better communication with the left and right hemispheres.

Content of Program:- Theory Part – Practical Part about attention deficit disorder (ADD)

- Introduction of program
- Today's Child & concentration issues
- Understanding about attention deficit disorder (ADD)
- What Causes ADD in Children?
- Help for Children with ADD
- Foods to Help Children with ADD
- More Information on ADD in Children
- Neurobiology
- Make connections
- Quality stimuli
- Teach both brains
- Left brain / right brain characteristics
- Maximize the right brain window
- The "bridging effect"
- Right Brain & light, Sound, Thought, Brain waves, Emotion effect
- Right Brain senses activation test (Practical 50 activity test)

Benefits:

- Better Concentration
- Increased Memory
- Better Academic Result
- Better Creativity
- Increased confidence
- Extra ordinary mind

2. ADVANCE CONCENTRATION (QSR) (Yoga & Dhyan)

- 📅 Duration – 20 Days (40 Hours)
- 📅 Fee-20000 (+ GST)

Course Details:

- **Advance level**, ESP Enhancement Program is the program to enhance the perceived ability of ultra-right-brain five senses, the super perception in right brain and it has the uncanny ability. With the 90 days training plus some revision practice children might have the ability for tactile force (psychometric), clairvoyance, telepathy, telekinesis and precognition.

Content of Program:- Theory Part – Practical Part about attention deficit disorder (ADD) along with extra sensory perception skill

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- How can we access the right brain?
- How the brain develops in a left-brain society
- How the brain develops in a whole-brain society
- Right Brain Education program steps
- Right Brain Education is a rewarding experience
- What are the six senses? Sight, Sound, Smell, Touch, Taste, Resonance
- What are the six stages? Image, Flash, Listen, Talk, Track, Move
- The twelve accelerated learning techniques
- Right brain builders
- Corpus callosum "bridge" builders
- The learning triangle
- Creating your environment
- Teacher + Environment + Materials = Success

Benefits:

- Revision of Basic Programme
- Identifying Color, UNO Cards Under Cover with touch
- Identifying Color, UNO Cards Under Cover without touch
- Reading words and Sentences Under Cover without touch
- Reverse UNO Card Reading
- Telepathy – Reading Numbers
- Telekinesis – Moving coin, Flipping Dice (Optional)
- Childhood doctor – Healing disease

3. SOROBAN SCIENCE (Mental Arithmetic Course)

- ✚ Duration – 30 days (30 Hours)
- ✚ Fee-10000 (+ GST)

Course Details:

- HKA is dedicated to providing revolutionary ways for students, parents, teachers, and everyone to learn math. Combining educationally sound principles with proprietary technology, HKA offers a unique experience that quickly guides the user to the solutions they need and the products they want. These solutions include assessment, on-demand modular courses that target key math concepts, and expert answers to math questions. In addition to solutions, HKA offers exploratory and recreational introductions to the world of math that will lead to deeper understanding and enjoyment. The range of services, products and solutions offered makes HKA the single source for all math needs.

Benefits:

- **Employment:** People with poor numeracy skills are more than twice as likely to be unemployed
- **Wages:** Recent data by the OECD show a direct relationship between wage distribution and numeracy skills
- **Health:** In OECD and UK basic skills reports, the correlation between poor numeracy and poor health is clear. data from the British Cohort Studies have shown that there is also a link between depression and poor numeracy



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- **Social, emotional and behavioral difficulties:** Children with these problems are more likely to struggle with numeracy, even taking into account factors such as home background and general ability
- **School exclusions:** Pupils beginning secondary school with very low numeracy skills but good literacy skills have an exclusion rate twice that of pupils starting secondary school with good numeracy skills

4. VEDIC ARITHMETIC SCIENCE (Basic Arithmetic Course)


- ⌄ Duration – 3 days (6 Hours)
- ⌄ Fee- 7000(+ GST)
- ⌄ Free course book

Course Details:

- Learn Faster than Calculator Mental Arithmetic Using this system, you can able to add, subtract, multiply and divide numbers faster than someone using a calculator. Our Program include the mathematical methodologies written and propounded in the thousands of year old Great Vedas. Today kids have more access to computing devices therefore; the ability to calculate mentally is decreasing. This program gives students an under - standing of and appreciation for numbers, which is all but lost with calculators and computers. The simplicity of Mental Mathematics means that calculations can be carried out mentally. This leads to more creative, interested and intelligent pupils.
- A natural outcome of the practice are: - Faster-than-calculator mental computation skill, Addition, Subtraction, Multiplication, Division, Squares, Cubes, Decimals, Improvement in concentration, Sharpen sound judgment power, Reduce stress and enjoy the fun of learning Improvement in self-confidence and learning capabilities Improvement in numerical memory, Development of left and right brain Sharper reflexes Intelligence analytical & reasoning skills speed reading, speed thinking and speed writing And much more...

Benefits:

- Vedic Math is simpler yet more interesting than regular Math.
- Vedic Mathematics enriches knowledge and understanding of Mathematics, which shows clear links and continuity between different branches of Mathematics.
- Vedic Mathematics methods come as a boon for all competitive exams (such as Management, Banking, Engineering etc.) as mathematic problems can be solved with amazing accuracy and speed.
- Vedic Mathematics being a most natural way of working can be learnt and mastered with ease and in a very short time.
- Vedic Mathematics system also provides a set of independent crosschecking methods.
- The element of choice and flexibility develops clarity of mind and intuition.
- Leads to improvement in mental ability, sharpness, creativity and intelligence.
- Problems are reduced to one-line answers.
- Reduces dependence on calculators.
- Vedic Math is complementary to regular Math taught in schools.
- Students learning Vedic Math excel at school.

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5. COSMIC CALCULATOR (Advance Arithmetic Course)

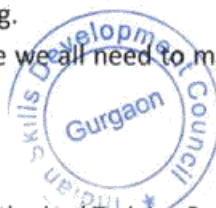
- ✚ Duration – 30 days (30 Hours)
- ✚ Fee-10000 (+ GST)

Course Details:

- The ability to work sums in your head is an important skill that primary students must develop throughout the key stages. We explain what Advance arithmetic means in National Curriculum terms, and how you can help your child become a quick calculations whiz!
- The concept of Advance arithmetic still means being able to give an answer to a maths question after thinking about it, rather than making notes on paper, but in school Advance arithmetic skills are expanded to include being able to truly understand maths concepts and solve problems in a logical, methodical way.

Benefits:

- Mental calculation sharpens the mind and increases mental agility and intelligence; this will be evident to anyone who has practiced or taught mental calculation or who has seen its effects.
- It enhances the precision of thought. Numbers and other mathematical objects are unbiased, giving only one correct answer to which everyone will agree: there is never a contradiction. This absolute precision is unique to mathematics, do dealing intimately with numbers as we do in mental calculation we cultivate fine and careful thinking.
- Mental calculation leads naturally to the search for, and discernment of, constancy and law, which are very necessary attributes in a swiftly changing world. This point is expanded in the next section on mental algebra.
- Our mind has the ability to retain several ideas at once so they can be compared, combines and so on. This facility is enhanced by mental calculation as we practiced holding the sum in mind whilst operating on some figures.
- Mental calculation improves the memory. Memory depreciates if it is not exercised. Short term, medium term and long term memory are all stimulated by mental calculation.
- Because numbers are absolutely dependable and reliable, calculation promotes confidence. In particular, mental calculation creates confidence in oneself and in one capabilities. To solve a problem, perhaps a difficult one, by mere mental arithmetic without having to rely on some artificial aid is a source of great satisfaction and encouragement.
- Mental calculation is a delight to the mind: the intrinsic qualities, relationships and beauty of numbers and the way they create new numbers out of themselves is a source of great enjoyment.
- Through mental calculation one becomes familiar with numbers and appreciates their various properties, leading to a real understanding of numbers.
- In calculating mentally the subtle properties of numbers and their relationships are appreciated much more readily than if the calculation was written down and therefore fixed. Thus mental calculation leads naturally to innovation and to the invention new methods, thereby developing the student's natural creativity. This point is developed in the section on problem solving.
- Practical uses of mental calculation are many, since we all need to make quickly, on the spot, calculations from time to time.



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6. SUPER MEMORY POWER (Basic Memory Course)

- ✚ Duration – 2 days (10 Hours)
- ✚ Fee-10000 (+ GST)
- ✚ Free course books

Course Details:

- This program is based on law of imagination and law of association, it includes various memory techniques in the form of secret coding system that enable people to remember perfectly, whatever they wish to remember. It also includes photographic memory for the learner and an extremely powerful ability to recall. The program improves the creativity and imagination skills of the student. The program helps you to Remember what you read, write and hear, Improve grades in Study and Competitions, Shopping list, Appointments, Speech, History dates Section - Sub sections, House numbers, Telephone numbers, Bank accounts, Minerals – Places, Objective type questions, General Knowledge, Country – Parliament, Country - Capital, Country - Currency, Road maps, Vocabulary @100words per hour, Long verses, long answers, long theory, Essay type answers, Theory in points, Mathematical tables, Unlimited Years of calendar, Periodic table, Formula, Scientific dates, Study tips, Biological diagrams, Biological names, Names and faces, Chemical formula, Chemical names, Inventors and inventions with year, Geography maps, Memorising Random Objects/Words, Memorising Random Numbers, Memorising Spoken Numbers, Memorising Future Dates and Events, Memorising Playing Cards- Sequence, Memorising Playing Cards Location, Memorising Random Alphabets, Concentration mechanics, Techniques to be happy at any moment, Stress reducing techniques, Curing forgetting cycle, How to disassociate unwanted memories. The quality of this program speaks itself. With the help of this program STUDENTS does not need any kind of Tuition or extra classes throughout their academic carrier. This course develops a super memory. This course is for all it may be a school students or preparing for competitive exams, like IIT, JEE, CET PMT, SAT, CAT, TOEFL, IELTS, IAS, IPS etc professional / business men anybody in general want to improve memory and serious about his life and performance and want to fulfill his/her true potential.

Benefits:

- You will become better organized, in your mind and in your life
- You will learn that a healthy mind comes from a healthy body, and your physical as well as mental health will improve.
- You will see that in your business life as well as your social life, having a good memory is extremely advantageous for example: by being better able to remember names and faces; by being able to come up with answers that others may have to search notes for; by being able to increase your productivity.
- You will be able to relieve a lot of stress in your life caused by lack of memory and organization. Lowering your stress level actually improves your memory even more, as well as improving your health.
- A better memory means you can grasp concepts and apply them to other situations, speeding up your learning. Your memory will begin to connect the dots between concepts and form web-like chains, increasing your understanding.
- You will be more successful socially because you are able to sustain a conversation due to increased recall of events or trivia you have seen and heard on the news or in print. You will become a better-rounded person, able to rub elbows with others on the same intellectual level.

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- The list of advantages is endless, and the better your memory the better able you are to see opportunities and take advantage of them. You would be amazed at what you have missed, and kick yourself for not doing something earlier to increase your memory.

7. MEGA MEMORY POWER (Advance Visual Memory Course)

- ✚ Duration – 2 days (6 Hours)
- ✚ Age Group : (5 - 15) Year
- ✚ Free course book

Course Details:

- You can improve your memory by 500% OR MORE!" and "Switch on your mega memory" with the help of this program. This brain fitness program gives great fun and excitement and it has a great stimulating effect. When you stretch and train your brain to the full potential extent, it is possible to test your memory and reflexes. The creativity can be enhanced and it can be improved on a continuous basis. Through Brain training exercises, there will be *better concentration and enhanced memory levels*. The mind fitness will be very much enhanced when you resolve various kinds of math problems. Thus, greater mind fitness can be achieved in the shortest possible time. As you resolve famous brainteasers and puzzles, the brain stretching exercise will be harmonious.

Benefits:

- One such benefit is to be able to commit lots of people's names into the memory. This is especially useful when you need to interact with lots of people in the job. This memory will certainly help in impressing people or even win deals, thus building up the career. In certain aspect, good memory will also enhance your productivity at the job. For instance if you are able to remember lots of work parameters, you will be able to complete your job faster and pick up new skills rapidly. Another example is when you are required to speak publicly; you will not be required to refer to written notes, which will certainly impress lots of people. You can focus on conveying the message effectively instead of exactly what to say.



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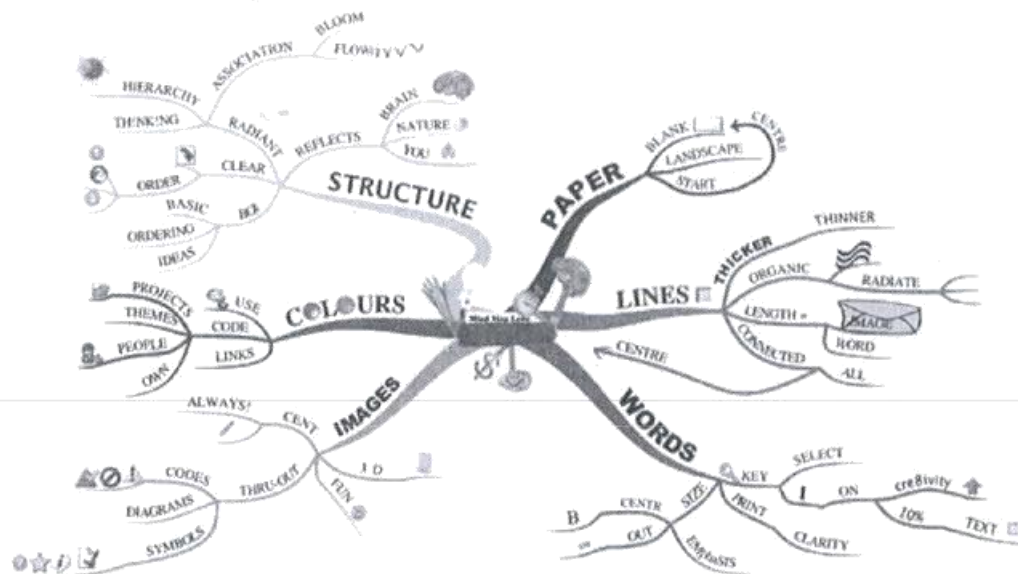
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8. MIND MAPPING

- ⬇ Duration – 2 days (6 Hours)
- ⬇ Fee-7000 (+ GST)
- ⬇ Free Sample Mind Map Book

Course Details:

- What is a Mind Map?



○ A Mind Map is a powerful graphic technique which provides a universal key to unlock the potential of the brain. It harnesses the full range of cortical skills – word, image, number, logic, rhythm, colour and spatial awareness – in a single, uniquely powerful manner. In so doing, it gives you the freedom to roam the infinite expanses of your brain. The Mind Map can be applied to every aspect of life where improved learning and clearer thinking will enhance human performance.

Benefits:

- | | |
|---------------|--|
| Learning | <ul style="list-style-type: none"> • Reduce those 'tons of work'. • Feel good about study, revision and exams. • Have confidence in your learning abilities |
| Overviewing | <ul style="list-style-type: none"> • See the whole picture, the global view, at once. • Understand the links and connections |
| Concentrating | <ul style="list-style-type: none"> • Focus on the task for better results • Using all your cortical skills attracts your attention |
| Memorising | <ul style="list-style-type: none"> • Easy recall • 'See' the information in your mind's eye |
| Organising | <ul style="list-style-type: none"> • Easy recall • Be on top of all the details for parties, holidays, projects or any other subject |
| Presenting | <ul style="list-style-type: none"> • Speeches are clear, relaxed and alive. You can be at your best |

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- Communicating
 - In all forms with clarity and conciseness
- Meetings
 - From planning to agenda, to chairing, to taking the minutes...the jobs are completed with speed and efficiency
- Training
 - From preparation to presentation, they make the job easier and much faster
- Thinking
 - Having a method to analyze thoughts - almost a 'way station' for them
- Negotiating
 - All issues, your position and maneuverability on one sheet
- Brain Blooming
 - The new brain-storming in which more thoughts are generated and appropriately assessed.

9. QUANTUM READING (Level 1 - Speed Reading)

- ✚ Duration – 2 days (8 Hours)
- ✚ Fee-8000 (+ GST)
- ✚ Free software access

Course Details:

- Speed reading is the art of silencing sub vocalization. Most readers have an average reading speed of 200 wpm, which is about as fast as they can read a passage out loud. This is no coincidence. It is their inner voice that paces through the text that keeps them from achieving higher reading speeds. They can only read as fast as they can speak because that's the way they were taught to read, through reading systems like Hooked on Phonics.
- However, it is entirely possible to read at a much greater speed, with much better reading comprehension, by silencing this inner voice. The solution is simple - absorb reading material faster than that inner voice can keep up.
- In the real world, this is achieved through methods like reading passages using a finger to point your way. You read through a page of text by following your finger line by line at a speed faster than you can normally read. This works because the eye is very good at tracking movement. Even if at this point full reading comprehension is lost, it's exactly this method of training that will allow you to read faster.
- With the aid of technology like HKA, it's much easier to achieve this same result with much less effort. Load a passage of text (like this one), and the software will pace through the text at a predefined speed that you can adjust as your reading comprehension increases.
- To train to read faster, you must first find your base rate. Your base rate is the speed that you can read a passage of text with full comprehension. We've defaulted to 300 wpm, showing one word at a time, which is about the average that works best for our users. Now, read that passage using HKA software at that base rate.
- After you've finished, double that speed by going to the Settings and changing the Words Per Minute value. Reread the passage. You shouldn't expect to understand everything - in fact, more likely than not you'll only catch a couple words here and there. If you have high comprehension, that probably means that you need to set your base rate higher and rerun this test again. You should be straining to keep up with the speed of the words flashing by. This speed should be faster than your inner voice can 'read'.
- Now, reread the passage again at your base rate. It should feel a lot slower – if not, try running the speed test again). Now try moving up a little past your base rate – for example, at 400 wpm –, and see how much you can comprehend at that speed.

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- That's basically it - constantly read passages at a rate faster than you can keep up, and keep pushing the edge of what you're capable of. You'll find that when you drop down to lower speeds, you'll be able to pick up much more than you would have thought possible.
- One other setting that's worth mentioning in this introduction is the chunk size – the number of words that are flashed at each interval on the screen. When you read aloud, you can only say one word at a time. However, this limit does not apply to speed reading. Once your inner voice subsides and with constant practice, you can read multiple words at a time. This is the best way to achieve reading speeds of 1000+ wpm. Start small with 2 word chunk sizes and find out that as you increase, 3, 4, or even higher chunk sizes are possible.

Content of Program-:

- How to perform speed-reading test
- How can I read faster with ease
- What is the Average reading speed
- Wrong Reading Habits which result in Slow Reading
- Increase your Reading Speed
- Tools to Understand more about speed read
- Reading with the lips moving
- Reading with the tongue flipping inside
- Reading word by word
- Analysis Phase
- Negative Belief
- Justifying Reading
- Tapping Technique
- Chunking technique
- 80-20 technique
- Vocalization
- Break your Limited beliefs

Benefits:

- Increases average reading speeds.
- Allows absorbing information much faster.
- Increases overall comprehension.
- Increases knowledge in many fields of interests.
- Allows recalling information more effectively.
- Promotes visualization while reading.
- Delivers reading strategies to handle today's information overload.
- Encourages unlearning some bad reading habits from school.
- Organizes the reading process more effectively.
- Promotes concentration and discipline.
- Decide faster what is worth to read and what's not.
- Allows reading more material in the same time.
- Allows reading material in less time.

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10. QUANTUM READING (Level 2 - Super Speed Reading)

- ⬇ Duration – 15 days (30 Hours)
- ⬇ Fee-15000 (+ GST)

Course Details:

- One of the most efficient techniques to read faster is skimming and scanning in super speed reading course. Previewing a text, document or book allows you to grasp the broader picture, get the author's main idea and sketch the most important data.
- This technique is a real-time saver; think of all the books for exams or paperwork at the job and to be able to extract key information without having to read the whole material. You will decide to either read the material or skip it. Previewing is easy to learn and can be combined with other speed reading techniques.
- **Scanning** is a technique to trigger and extract key information and ideas such as names, numbers, and specific facts. Scanning involves moving your eyes quickly down the page identifying specific words and phrases to either find a particular answer or grasping the basic main idea. You can also use it to determine whether a new resource will answer your questions or not. This activity probably takes about a 5-10 minutes.
- **Skimming** will focus on understanding the main idea and concept. It works best with non-fiction material. You won't read everything. You read only what is important to your purpose. You may stop for interesting facts but then quickly continue to skim the book.
- It's like browsing a new travel book or moving your finger over a map of a city you wish to travel to. At first you may spot pictures, read selected snippets of information or identify general areas, landmarks, or highlights. You want to know the bigger picture first before exploring a location in detail. These practices will teach your brain to understand, comprehend and remember a lot faster.

How Technique Help in Reading Fast :-

You can choose major strategies.

- Reading Key Sentences
- Scan for name and numbers
- Scan for trigger words
- Skim small parts of text for key ideas
- Preview the content page
- Read the title
- Read the back of the book
- Read the index
- Scan for images
- Look for letters in "bold"
- Read the chapter names and headlines
- Read first sentence of paragraphs
- Try spotting tables and graphs
- Spot 'conclusion' or 'summary' sections
- Jot down key information



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Also look for “thematic sentences”. These are key sentences which contains a summary of the paragraph or a whole chapter. Those may give you a solid overview of a long chapter.

Content of Program:-

- **Session One** gives you vital background material on Photo Reading and how the Photo Reading whole mind system works. Follow along with a demonstration through the five-step process and realize the amazing benefits you’ll gain.
- **Session Two** explains the different approaches to reading. The Star of Wonder exercise shows you how the mind blocks learning and how easily we create emotional barriers to success. You will learn the first two steps of the system: Prepare and Preview.
- **Session Three** gives you the core step: Photo Reading. You learn its six components including how to enter the resource state and maintain Photo Focus as you flip pages.
- **Session Four** guides you in Photo Reading your first book. You learn to post view materials and use the first techniques of activation.
- **Session Five** explores Photo Reading in greater depth. You learn how to examine an author’s train of thought and apply additional activation techniques when you Photo Read a second book.
- **Session Six** introduces you to mind mapping, a valuable tool for Photo Reading, and rapid reading. Learn how to use spontaneous activation techniques such as dreaming.
- **Session Seven** guides you through Photo Reading a book of your choice. Then enjoy the Dictionary Game, a fun way to develop your skills in Photo Reading and activation and enhance your intuition.
- **Session Eight** you have learned all of the techniques. Now you see how to adapt Photo Reading to any written material—business, school, home-improvement, finances, and memory enhancement. You close with a look at goal-setting, creating an action plan, and generating new behaviors.

Benefits:

- Open ups new job opportunities and can be a boost for any career.
- Improves time management.
- Techniques are suitable for reading blogs or RSS feeds.
- Promotes a more efficient writing style.
- Encourages to learn memory techniques; all applicable in daily life.
- Beat any of your friends in remembering things in order.
- Actively create your own future by learning new skills.

11. QUANTUM READING (Level 3 - Hado Reading)

- ✚ Duration – 45 days (90 Hours)
- ✚ Fee-25000 (+ GST)

Course Details:

- Hado Reading is the skill of tapping into your naturally occurring photographic memory. It is exercising all the regions and parts of your brain, exciting the mind, and teaching it to tap into your ability to recall what you have seen.

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- As babies, we all had a photographic memory; it was the only way we knew how to learn. We couldn't read, we couldn't comprehend speech, we couldn't verbally communicate, but somehow we managed to ingest a huge amount of data and learn. Over the years we have lost this ability and have therefore become lazy, now only using approximately 2% of our brain. Hado Reading teaches you to use that other 98% of your brain and thereby increase your potential to learn, earn and grow.

Content of Program:-

- **Module 1** – Introduction to the Amazing Secret Discoveries of Richard Welch, The Father of Mental Photography PLUS Einstein's Distraction Index
- **Module 2** – How To Relax And Reduce Stress. PLUS Program Your Mind To Success In All Areas Of Your Life By Harnessing The Power Of The Secret Law Of Attraction
- **Module 3** – How To Tap Into and Heighten Your Intuition, Perception and Peripheral Vision Using A Little Known Secret Technique That You Can Do In Under 2 Minutes
- **Module 4** – Your Introduction to Mental Photography... Discover How To Soak Up Information At 25,000+ Words Per Minute PLUS Tap Into Your Natural Photographic Memory Abilities... So You Literally Cannot Forget New Information
- **Module 5** – Steps To Rapidly Advancing Your Mental Photography Skills
- **Module 6** – Mental Photography And Safe Guarding Yourself Against Subliminal Advertising
- **Module 7** – How To Trigger Mentally Photographed Information To Your Conscious Mind With 100 Times The Impact Of Reading
- **Module 8** – Wrap Up And Review Of What You Have Learned, PLUS How To Get The Most Out Of The HKA Training System

Benefits:

- Achieve a MINIMUM speed of 5000 words per minute – Imagine how much knowledge you could gain at that rate!
- Retain 100% of the information you absorb for the rest of your life – (most people only retain around 5% of the information they read)
- Achieve Maximum concentration – never get distracted
- Massively enhance your peripheral vision and eyesight
- Relax and reduce stress at will
- Reduce the amount of sleep you need, and wake up feeling great every day of the week... with more energy and enthusiasm than ever before
- Discover YOUR BEST PATH, and easily stay on track to achieve all the results you desire in your life
- Facilitate renewed health and wellness of your mind and body, simply by telling your mind to do it for you
- Re-program your brain to set your built-in 'Auto-Pilot' on course to achieving ANYTHING YOU DESIRE
- Awaken your intuition and use it in your everyday life to develop a heightened perception that can guide you towards your goals and dreams quicker than you ever thought possible!
- Discover new methods of creative problem solving and lateral thinking (you can actually solve your toughest problems "while you sleep!" Imagine how much more you will achieve when you set your mind to work overnight!)
- Tune up your brain so you can work much smarter – not harder

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- Shatter negative thought patterns and limiting beliefs forever, so you can take charge and move forward in all areas of your life, to end your frustration forever
- Dramatically improve your self-esteem and gain unlimited confidence
- Quickly and easily tap into the unlimited part of your brain that will allow you to truly unlock your unlimited potential.

12. CALLIGRAPHY

- ✚ Duration – 3 days (9 Hours)
- ✚ Fee-4000 (+ GST)
- ✚ Free workbook

Course Details:

- **Calligraphy** is a visual art related to writing. It is the design and execution of lettering with a broad tip instrument, dip pen, or brush, among other writing instruments. A contemporary calligraphic practice can be defined as, "the art of giving form to signs in an expressive, harmonious, and skilful manner"
- Modern calligraphy ranges from functional inscriptions and designs to fine-art pieces where the letters may or may not be readable. Classical calligraphy differs from typography and non-classical hand-lettering, though a calligrapher may practice both.
- Calligraphy continues to flourish in the forms of wedding and event invitations, font design and typography, original hand-lettered logo design, religious art, announcements, graphic design and commissioned calligraphic art, cut stone inscriptions, and memorial documents. It is also used for props and moving images for film and television, testimonials, birth and death certificates, maps, and other written work

Content of Program:-

- Learning to write the major calligraphic styles
- Common illumination techniques
- Ways to use calligraphy on cards, wrapping and invitations
- Discovering art history and culture, and the artistic traditions through PowerPoint presentations
- Demonstrating an aspect of calligraphy and how to go about it and practicing it
- Demonstrating how to integrate calligraphy with a craft based idea and practicing it creatively
- Artistic appreciation of each other's work
- Gain confidence with handwriting
- Business cards/Letterhead
- Roman capitals
- Invitations
- Layout methods and design
- Historic manuscript study
- Background techniques
- Versals
- Variety of higher level illumination techniques
- Tool making
- Lettering Variations

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- Bookbinding
- Gilding
- Innovative lettering
- Self-directed project work New techniques – will vary based on the group expertise
- Advanced layout and design skills
- How to source inspiration and develop it into a finished piece
- Advanced lettering techniques

Benefits:

- It's Good for Your Mental Health
- Age Isn't a Factor
- You'll Save Major Money on Your Wedding/Big Event
- You'll Impress People Who Can Help You
- You Can Forge a Unique Business Identity

- You Can Incorporate Calligraphy into Your Art
- Calligraphy is Not an Expensive Activity

13. NEROBICS (Aerobics for Memory, Mind & Body)

- ⬇ Duration – 2 days (6 Hours)
- ⬇ Fee-8000 (+ GST)
- ⬇ Free soft copy of book

Course Details:

- Exercises use your five physical senses and your emotional sense in unexpected ways and encourage you to shake up your everyday routines. Neurobics don't require paper and pen or isolating yourself with puzzles. Everyday life is the Neurobic Brain gym. They can be done anywhere, anytime in offbeat, fun and easy ways while you're getting up, commuting, working, eating, shopping or relaxing. They are designed to help the brain manufacture its own nutrients that strengthen, preserve and grow brain cells. Something as simple as closing your eyes and using your other senses of touch, smell and spatial memory to unlock your door, enter your home at the end of the day and find your way to the coat closet and answering machine is a typical Neurotic exercise. What happens in your brain while you're doing this becomes exercise because different, underused nerve pathways and connections get activated. The result is the production of a kind of natural brain fertilizer that strengthens nerve connections and helps them and your nerve cell receivers (dendrites) stay younger and stronger. And the benefit of that is a fit and flexible mind ready to meet any mental challenge whether it be remembering a name or where your car keys are or mastering a new computer program or staying creative in your work.

Content of Program:-

- Neuro muscular integration exercises
- Sound causes vibration
- Healing sound synchronizes body, mind and soul
- Sound waves increase crop production
- Frequencies that open the door of the Invisible doctor



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- Tone of healing sound alters the vibrations of every cell of the human body
- Healing Mantra of Invisible doctor
- Chanting for Vibrational Healing
- The power of concentrated thought
- Transform cosmic energy into human energy
- Control of the mind will combat negative elements such as ignorance, laziness, inertia, and over-excitement
- Mental balance by preventing the mind from dividing its attentions

14. POWER YOGA

- ⬇ Duration – 3 days (9 Hours)
- ⬇ Fee-7000 (+ GST)

Course Details:

- Ashtanga yoga (Power Yoga) literally means "eight-limbed yoga," as outlined by the sage Patanjali in the Yoga Sutras. According to Patanjali, the path of internal purification for revealing the Universal Self consists of the following eight spiritual practices: Yama Niyama [self-purification and study] Asana [posture] Pranayama [breath control] Pratyahara [sense control] Dharana [concentration] Dhyana [meditation] Samadhi [absorption into the Universal].

Content of Program:-

- Meaning of yoga, concepts, history
- Four paths of yoga (Jnana, Raja, Bhakti, Karma Yoga)
- Hatha yoga, Nadis (energy channels), Chakras, kundalini
- Vedas and six systems of Indian philosophy
- Ashtanga yoga (Raja Yoga): Yoga sutras, aim of yoga, modification of mind, mental disposition, different levels of preparation, five afflictions, meaning of OM, Eight limbs of yoga, Kriya yoga, Samyama yoga, Types of Samadhi, Nirbija and Sabija Samadhi
- Obstacles on the path of yoga, physical and mental disturbances caused by an un-concentrated mind, means to overcome obstacles, methods to control the modifications of mind
- Life style and ethics for a yoga practitioner and teacher

15. PERSONALITY DEVELOPMENT

- ⬇ Duration – 2 days (6 Hours)
- ⬇ Fee-5000 (+ GST)

Course Details:

- Imagine how it would be if you could express the way you always wanted, become totally charismatic and gain respect of all people you come across. What would it be like if you are free from money problems, relationship problems, health problems and having the life of your dreams?
- Think for a moment about what happens when you develop these skills: You become the Success Magnet. And this is a very good news because once you develop these skills you become unstoppable. You possess

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the power to control yourself and others. People will Love and admire you. You will achieve more, be more. You will go to the next level in your personal, professional, social life. And all you have done is decided to develop yourself by attending the ultimate personality development course.

Content of Program:-

- Communication Skills
- Public Speaking
- Body Language- Non-verbal
- Organizing Thoughts / Story Telling
- Presentation Skills
- Confidence Building
- Hesitation Removal
- Shyness Removal
- Leadership/Skills
- Developing Leadership Traits
- Assertiveness
- Handling Peer Pressure and bullies
- SWOT Analysis
- Time Management
- Team Work
- Decision Making
- Initiative Taking
- Life Skills
- Stress Management
- Conflict Management
- Anger Management
- Positive Thinking
- Inter-personal Skills
- Improving concentration
- Social Etiquettes and Pleasing mannerisms

Benefits:

- Irresistibly Influential Communication Skills
- Body Language, Conversation & Etiquette
- Ultimate Time Management Strategies
- Goal Setting
- Presentation Skills
- How to handle criticism
- Interview Skills
- Team Building
- Group Discussion
- Leadership Skills
- Develop Confidence



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- Master Your Mind
- Relationship & Persuasion Skills
- Stress Management
- Work Life Balance
- Decision Making Skills
- Talent Development Strategies
- Emotional Intelligence
- Neuro Linguistic Programming
- Hand Writing Improvement
- Drawing Skills
- Making Math's Easy

16. MONEY EDUCATION

- ⬇ Duration – 2 days (6 Hours)
- ⬇ Fee-6000 (+ GST)

Course Details:

Your Financial Success Depends on what you know about Money.

For money do not go school -:


- Most people set out to get an education in hopes of getting a safe and secure job and ultimately being able to provide for themselves and their family. However, the education most people receive doesn't actually teach them what they need to know to be truly successful and in command of their finances. Consider the three types of education:
- Academic Education-: This is what we all have gone to school to learn. It is very important and teaches us the foundation of how to read, write, learn and function in the world.
- Professional Education : This is what we learn to help us be successful in our careers. We may learn this in college or trade school or the job. It is the information and skills we need to be successful at our work.
- Financial Education : This is the type of education that teaches us what we should be doing with our money to be successful. In today's world, financial education is crucial, especially with the world economy in recession or depression. However, our school systems don't teach us about financial education and so most people have never been taught what they need to know in order to take control of their financial lives.

Content of Program-:

- Introduction: role of money and the payments system.
- Financial instruments and financial markets.
- Yield differentials and the impact of inflation and taxation on interest rates.
- The term structure of interest rates.
- The theory of financial intermediation.
- Management of interest rate risks and the concept of duration.
- Public policy issues in the financial system, Bank Act revision and re-regulation of the financial markets.
- Deposit expansion by chartered banks and near banks and the determinants of the money demand and money supply process.

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- Indian Banks and the conduct of monetary policy under different policy regimes.
- Asset and liability concept clarity in real life

Benefits:

- Material value of money
- Interpersonal value of money
- Social value of money
- Psychological value of money
- Human value of money

17. NERO LINGUSTIC PROGAMING (NLP) BIGGNER

- ✚ Duration – 3 days (8 Hours)
- ✚ Fee-12000 (+ GST)

Course Details:

- NLP can be used to teach people how to use their minds to make positive changes that generate new possibilities and opportunities in their lives. NLP can be used for shaping feelings, creating positive habits motivating action and resolving inner conflicts. Examples include a therapist who is able to change the impact the past has on a client, or a teacher who can transform a poor speller into a skilled one, or a musician or athlete who can improve his or her performance. NLP can enhance all aspects of your life from improving your relationships with loved ones, learning to teach effectively, gaining a stronger sense. of self-esteem, greater motivation, better understanding of communication enhancing your business or career, bending steel bars in a single bound and an enormous amount of other things that involve the use of your brain.

Content of Program-:

- Class Introductions
- Class Coaching
- What is NLP
- Experiencing NLP
- Introduction association/disassociation from negative emotions
- Introduction to re--coding the mind and changing thoughts
- Technique for increasing learning, memory, information retention
- NLP Model of communication: sensory experience, coding, emotions, representations, behavior
- Levels of learning – understanding how the brain learns Components of experience – emotion, body, mind
- History and origins of NLP
- Introduction to the Milton Model
- Presuppositions of NLP and coaching – basic rules, beliefs and understanding
- Sensory acuity – discovery and enhancement of visual, auditory, kinesthetic preferences
- Congruence vs Incongruence – paying attention to internal & external signals

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- Rapport – developing powerful connections with others
- Rapport – persuade others to trust you
- Mirroring and matching – non-verbal communication to build rapport
- Pacing and leading – leading people in other (better) directions
- Psychogeography – meaning and psychology of special gesturing, deliberate pointing and gesturing
- Using psychogeography in creating rapport
- Milton Erickson techniques and influencing speed of brain patterns to do NLP (continued.)
- Motivational coaching overview

Benefits:

- Gained control of their life
- Learned to use language with greater precision and grace, with self and with others
- Set powerful outcomes/goals in their life, and strategies about how to achieve them
- Started their own successful businesses or increased their business results
- Got clarity with respect to the top Values that are driving their lives, and provided them a new direction in life
- Understood their Core Beliefs (Rules of success) that are driving failures and successful in their life, and redefined their success criteria to live a happy and meaningful life
- Resolved conflicts within their businesses, and in personal life
- Overcome frustrating barriers in their personal and business relationships
- Gained greater confidence to explore and move towards their dreams
- Increased their earnings
- Eliminated Limiting beliefs, and set powerful beliefs
- Learn how to create instant rapport with others
- Improved their Public Speaking skills
- Changed unwanted behavior
- Increase Business Sales
- Learn self-coaching and how to coach others effectively
- Got skills to use persuasive language to get results

18. NERO LINGUSTIC PROGAMING (NLP) FELLOW

- ✚ Duration – 5 days (15 Hours)
- ✚ Fee-18000 (+ GST)

Course details:

- NLP can be used to teach people how to use their minds to make positive changes that generate new possibilities and opportunities in their lives. NLP can be used for shaping feelings, creating positive habits motivating action and resolving inner conflicts. Examples include a therapist who is able to change the impact the past has on a client, or a teacher who can transform a poor speller into a skilled one, or a musician or athlete who can improve his or her performance. NLP can enhance all aspects of your life from improving your relationships with loved ones, learning to teach effectively, gaining a stronger sense. of self-esteem, greater motivation, better understanding of communication enhancing your business or career, bending steel bars in a single bound and an enormous amount of other things that involve the use of your brain.

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Content of Program-:

- Representational systems and predicates – using language for rapport
- Representational systems and predicates – language to persuade, inspire, increase understanding
- Chunking – using high level and low level communication
- Introduction to language patterns / metaphor
- Creating stories through metaphor / language patterns
- 4 Tuple – making stories and experiences more real
- Introduction to state elicitation Perceptual positions – looking at situations from different perspectives
- Perceptual positions – self, other, observer positions Utilizing perceptual positions in coaching
- New behavior generator – creating new behaviors, changing negative to positive emotions
- Milton Erickson techniques and influencing speed of brain patterns to do NLP continued
- Motivational coaching overview continued
- State elicitation -- creating and managing emotional states of others
- Anchoring -- learning to press other peoples and your own buttons
- Understanding stimulus and response
- Circle of Excellence – coaching technique to generate a feeling of excellence and being highly capable
- Circles of Positive Emotion – coaching technique to generate any positive emotion
- Motivational coaching overview continued Class coaching
- Integrating anchors – turning a negative emotion about a specific situation into a positive emotion
Changing personal history – changing emotions of a past troublesome experience
- Milton Erickson techniques and influencing speed of brain patterns to do NLP (continued.)
- Motivational coaching overview continued

19. NERO LINGUSTIC PROGAMING (NLP) MASTER

⬇ Duration – 16 days (32 Hours)

⬇ Fee-32000 (+ GST)

Course details:

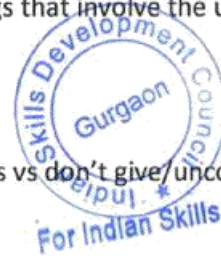
- NLP can be used to teach people how to use their minds to make positive changes that generate new possibilities and opportunities in their lives. NLP can be used for shaping feelings, creating positive habits motivating action and resolving inner conflicts. Examples include a therapist who is able to change the impact the past has on a client, or a teacher who can transform a poor speller into a skilled one, or a musician or athlete who can improve his or her performance. NLP can enhance all aspects of your life from improving your relationships with loved ones, learning to teach effectively, gaining a stronger sense. of self-esteem, greater motivation, better understanding of communication enhancing your business or career, bending steel bars in a single bound and an enormous amount of other things that involve the use of your brain.

Content of Program-:

- Metamodel – Information we delete, distort, generalize
- Deep structure vs surface structure – Information we give/conscious vs don't give/unconscious.
- Metamodel – Uncover information that is not given
- Metamodel – Uncover unconscious problems
- Metamodel – Understand what is really the problem
- Metamodel – Understand when there is and isn't a problem
- Metamodel – Turning something that is perceived as a problem, in to a non--problem or solution

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- Metamodel – Using questioning to resolve problems, negative emotion, and being “stuck.”
- Well Formed Outcomes – Defining goals
- Well Formed Outcomes – Setting goals
- Well Formed Outcomes – Making unacceptable goals acceptable
- Well Formed Outcomes – Making unachievable goals achievable
- Well Formed Outcomes – Making the goal a reality
- Eye Accessing – Reveal thought processes of others through the eyes
- Eye Accessing – Questioning
- Milton Erickson techniques and influencing speed of brain patterns to do NLP continued
- Motivational coaching overview continued
- TOTE – Eye Accessing to uncover faulty thinking strategies
- TOTE – Eye Accessing uncover thinking strategies that work Class coaching
- Strategies for learning, spelling, deciding, buying, selling, losing weight
Strategies general
- Milton Erickson techniques / inducing relaxation to perform NLP
Milton Model – Language patterns to inspire
- Milton Model – Language patterns to influence
Milton Model – Language patterns to persuade
- Milton Model – Language patterns to purposely create confusion in the brain
- Milton Model – Language patterns to generate new possibilities, solutions, and ideas
Milton Model – Language patterns to reduce brain frequency and induce a state of relaxation
- Ericksonion techniques and influencing speed of brain patterns to do NLP
Sub modalities – Subjective experience and coding of the brain
- Sub modalities – How mind affects emotion
Sub modalities – Learning how to run your own mind and emotions
- Sub modalities – Coaching others to run their own mind and emotions
- Motivational coaching overview continued

20. BUSINESS PLANER

- ⬇ Duration – 1 days (6 Hours)
- ⬇ Fee - 4000 (+ GST)

Course details:

- Effective strategy formulation skills are highly prized in corporate leaders—and they’re absolutely essential during a recession. The ability to develop operational business strategies and then take those business strategies from plan to action (or to rethink them on short notice) sets true leaders apart from their peers. Forward-looking strategy formulation can make the difference between a profitable business and one that stagnates.
- HKA offers strategic planning training courses and strategy formulation seminars for managers at all levels. The entire strategic planning process is covered in detail from the basics of strategy formulation to the implementation of business strategies in the “real world.”
- These strategic planning training and business planning courses are designed to work cohesively with one another. Pick any one to begin gaining the business strategy and strategy formulation skills you need to

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effectively map your organization's future. Take a look to learn more about how our strategic planning courses can help you prepare your organization to rise to a new level of performance.

Content of Program:-

- Defining the Purpose
- Identifying Customers and Markets
- Describing Products and Services
- Setting Strategies and Tactics
- Relating Numbers to Text
- Developing the Plan
- Describing the Company
- Structuring the organization
- Building a Management Team
- Refining the Business Proposition
- Conducting Feasibility Analyses
- outlining Implementation
- Targeting Customers
- Characterizing the Market
- Forecasting Sales
- Managing Cash Flow
- Understanding the Financials
- Defining Business Goals
- Planning operations
- Setting Milestones
- Assigning Responsibility
- Allocating Resources
- Maintaining Timelines
- Assessing Results
- Writing the Plan
- Providing Financial Details
- Using Charts and Graphs
- Linking Dollars and Sense
- Summarizing Sections
- Preparing an Executive Summary
- Using the Plan
- Building Consensus
- Persuading Lenders
- Convincing Investors
- Locating other Funding

Benefits:

- Student learn strategy development system in school life
- Learning through past case studies helpful in developing new clues for business
- Optimization of Right Brain use in day to day life

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- Helpful in Goal planning & focus improvement

21. DIMT COUNSLOR (Dermatoglyphics Multiple Intelligence Test)

- ✚ Duration – 1 days (6 Hours)
- ✚ Fee- 4000 (+ GST)
- ✚ Free own report

Course Details:

- The development of fingerprints and the human brain is synchronous, between the 13th and 19th prenatal week. Through clinical trials, the fingerprints and multiple intelligences are absolutely related. Dr. Howard Gardner discovered that multiple intelligences are correlated to specific regions in the neocortex. This enables dermatoglyphics to identify the presence and magnitudes of these multiple intelligences at the early stages of childhood development. Equipped with this invaluable information, our children will have the competitive edge in identifying and enhancing their multiple intelligences.

Content of Program:-

- What is Dermatoglyphics?
- What is Intelligence?
- Types of Multiple Intelligence
- How Dermatoglyphics Works?
- Fingerprints & Dermatoglyphics
- Fingerprints Vs Astrology
- Human Brain and their Functions
- Brain lobes and functions.
- Types of Brain Lobes
- Importance of left and right brain
- Integration of Brain Lobes
- Understanding Fingerprints & Brain
- Fundamentals of fingerprints
- When do Fingerprints Form?
- Fingerprints and Brain Developments
- How Fingerprints are correlated with Brain.
- Basics of Fingerprints Formation
- Case study on Fingerprints and Brain
- What is Fingerprint Patterns?
- Types of Fingerprints Patterns
- Types of Personality & character trait
- Personality and character development
- Each Personality Strength & Weakness
- Importance of Primary & Secondary Personality
- How we learn & understand?
- Understanding types of Learning Methods
- Understanding types of Acquiring Styles
- Understanding VAK Strategies.

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- Understanding Low, Medium & High Memory
- Low Memory Learning Methods
- Left & Right Brain Neuron Distributions
- Understanding Brain Actions Attributes
- Understanding Brain Thinking Attributes
- Understanding Brain Auditory Attributes
- Understanding Brain Visual Attributes
- Brain Fine Motor & Gross Motor Attributes
- What is multiple intelligence?
- In-depth Study of 8 Multiple intelligence
- Multiple Intelligence & Fingerprints Co-Relations
- Understanding MI Composition Ratio
- Inborn Potentials & Abilities based on MI Theory
- Multiple intelligence & Preferred Learning style
- In-depth Study of different Fingerprint Patterns
- How to analyze Fingerprints Properly
- Advanced Fingerprints Analysis Methods
- Methods of Fingerprints Ridge Count.
- Importance of LTRC, RTRC & TFRC
- Case Study of Fingerprints Analysis
- Personal Quotients & Attributes
- IQ: Intelligence Quotient & Attributes
- EQ: Emotional Quotient & Attributes
- AQ: Adversity Quotient & Attributes
- CQ: Creative Quotient & Attributes
- SQ: Spiritual Quotient & Attributes
- Understanding DMIT Report & Values
- Age Group 3-10 Years Report Counselling Skills
- Age Group 11-17 Years Report Counselling Skills
- Age Group 18-30 Years Report Counselling Skills
- Age Group 30 & Above Years Report Counselling
- DMIT Counselling Methods for Employees
- Understanding MI Composition Ratio
- Career Guidance Based MI Composition Ratio
- Career Counselling Based on Personality Type
- Career Guidance based on 3I Composition
- Career Counselling based on 2I Composition
- Career Guidance based on Multi Composition
- Effective Counseling Skills & Methods
- Value based Counselling Methods
- Parenting Counselling Techniques & Guidelines
- Ecology Counselling Guidelines
- Counselling Skills based on Age Group
- Practice Case Study & Assignments

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Benefits:

- Discover your child's inborn talent
- Discover the level of his 8 Multiple Intelligence
- Discover his Personality Trait
- Find out the development of his 4 Quotients.
- Discover his Learning Style & teach him accordingly
- Discover whether he is a Left Brain Dominant or Right Brain Dominant
- Discover his Recommended Extra Curricular Activities
- Discover his Strong Career Options
- Improve parents-children relationship

SPECIAL COURSES FOR ADULTS

22. Double your Productivity

- ✦ Duration – 2 days (8 Hours)
- ✦ Fee- 6000 (+ GST)

Content of Program-:

- Purposefulness- Your purpose is the main reason for your organizations existence
- Planning- Your plan is how you intend to achieve your purpose
- Productive effort – is the energy you pour into the implementation of your plan
- Persistence - Persistence is the act of coming back stronger, with a better plan, again and again
- Prioritization – Prioritization is the act of organizing things into the optimum order
- Protocols - Protocols are written documents that standardize responses
- Preparation – Preparation is the act of making ready before the implementation of the plan
- Progressive thinking- Progressive thinking is the act of always looking towards a better future
- Prevention of avoidable error - Prevention of avoidable error is the elimination of self-sabotage
- Proper decision making methods. – Decision making is the act of picking the best option from many
- Problem cause solution analysis. – is the act of tracing causes and coming up with practical solutions
- Problem implication countermeasure analysis - is the act of predicting and stopping painful consequences
- Personal initiative. - is the art of taking action before anyone forces you. Action on your own volition
- Positive mental attitude. It the act of taking charge of your own mind and conversation
- Political awareness. - Is the art of gaining the willing cooperation of others?
- Philosophy of continuous improvement. Is the act of never being completely satisfied with your current position? It presupposes a desire for more. You are happy, but never satisfied

Course detail-:

- Effective "time management" is an important workplace competency. However, we cannot actually manage time; we can only manage ourselves. Attend this session to learn new productivity strategies and align your actions and choices with the achievement of your personal and professional goals.

By the end of this session, you will be able to:

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- Use effective planning strategies to move "important work" forward
- Apply core productivity principles to manage your daily work and effectively prioritize tasks
- Gain control over your day to reduce interruptions and unnecessary last-minute rushes

23. Reprogram your Brain

- ⬇ Duration – 1 day (6 Hours)
- ⬇ Fee- 6500 (+ GST)

Content of Program:-

- Why do we work hard?
- What is Sharp work and Smart work?
- What is mind
- How many mind
- Powers of mind
- Different states of mind
- Alpha state
- Relaxation
- Visualization
- Mind programming
- Communication languages between conscious and subconscious mind
- Alignment with the universe
- Power of thoughts
- Power of belief
- Relation between our outer world and inner world
- Law of Attraction
- Vision board
- Designing our life
- Pran Dharna
- Circle of Confidence
- Concentration Technique
- 7 days Miracles
- How to use the Power of Thoughts
- Developing a positive thinking habit
- Attracting money
- Healing self and others
- Problem solving
- Inner guidance
- Pain control
- Weight control
- Mental alarm
- Sleep management
- Using your Dream
- Mental house cleaning
- Power Nap

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- Developing an excellent Relationship
- Developing True Spirituality

Course detail:-

- Our brain may be an organ, but it needs exercise to prevent atrophy—just like your muscles do! Knowing this, most folks will reach for brain teasers or puzzles in order to give their brain a little extra stimulation — things like Sudoku, Scrabble, crossword and word-find puzzles.
- When you learn a new skill or form a new memory, one of two things happens: a new “trail” (called a *neural pathway*) may be created in your brain, or an existing pathway may be strengthened. This is called *structural plasticity*. Also known as neuroplasticity, this refers to the brain’s ability to actually change its physical structure as a result of learning. In simple terms, these neural pathways are like highways in your brain on which your neurons travel, conveying information from one part of your body to your brain. For example, if you touch a hot pan, neurons travel from the nerves in your hand up your neural pathway to tell your brain “Hey, that’s hot!” Strengthening these pathways throughout your life helps your brain to resist damage later. (That’s called building up your *cognitive reserve*.) But don’t worry if you didn’t get an early start—researchers have also found that elderly adults who engage in mentally stimulating activities are less likely to develop dementia. It’s not too late to give your brain a good workout!

24. Chakra Healing

- ⬇ Duration – 1 day (6 Hours)
- ⬇ Fee- 8000 (+ GST)

Content of Program:-

- Introduction
- Understanding of chakras
- Meaning of seven chakras
- Chakra symbol
- Blocked and imbalanced chakra
- Over and underactive chakra
- Chakra healing method
- Cleaning and healing chakra
- Chakra stone therapy
- Essential oil

Course detail:-

- Understand Chakra basics
- Learn the physical and emotional connection of your Chakras
- Understand what issues manifest from blocked Chakras
- Be able to identify where the Chakra blockages are in your body
- Know how to quickly focus and unblock your Chakras
- Use my Chakra micro-meditations for fast healing
- How to heal our chakras

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25. Aura Cleaning

- ⬇ Duration – 1 day (6 Hours)
- ⬇ Fee- 5000 (+ GST)

Content of Program-:

- What is an aura?
- Aura layers
- Aura colors
- What can go wrong aura
- Cleansing of aura
- Clearing & charging
- Healing with colors
- Self-healing session
- Prepare your self

Course detail-:

- Aura cleansing helps you to release all "negative energy" from your aura, chakras, and body. We each run our own unique flavor of energy. Getting everyone else's crud out of your space is what aura cleansing does. So it is no surprise that aura cleansing helps to end unhealthy relationships you have with other people and let go of the energy of their ideas, expectations, and pressures.

26. Art of Parenting

- ⬇ Duration – 1 day (6 Hours)
- ⬇ Fee- 5000 (+ GST)

Content of Program-:

- How to facilitate to develop children physically very strong.
- How to facilitate to develop both sides of the child's brain
- How to maximize the development of the child's 5 senses.
- How to facilitate to develop the 8 types of intelligence of the child.
- How to learn from children rather than teach them.
- How to raise children effortlessly.
- How to prepare for pregnancy and enjoy pregnancy.
- Role of the Parents
- Controlling the Ego Level
- Understanding your own Kids
- Mission of Life
- Time Management for Kids
- Communication with Kids
- Time to teach and Time not to teach
- Meditation Techniques

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Course detail:-

- The Art of Parenting is a course about how to raise well-adjusted children who are empathic, loving, intelligent, and happy. It includes video lectures, power points, and short quizzes to help cement the concepts discussed. It will take about two and a half hours to complete and is structured in 29 lectures of about ten minutes each.
- This course should be taken by anyone who wants to interact with a child in a constructive way. New parents will benefit especially by learning basic concepts that are not talked about in many books and magazines but are research based and effective.

27. Art of Coaching ALP (Work like a coach rather than undemanding teacher)

- ⬇ Duration – 1 day (6 Hours)
- ⬇ Fee- 5000 (+ GST)

Content of Program:-

- Provide understanding of how to design and deliver training program
- ALP Program use in classroom training
- Dynamic coaching fundamentals
- ALP 6 major Principle
- Learning environment
- Different type of learner and learning style
- Difference between traditional teaching and ALP coaching

Course detail:-

- Acceleration is the process of moving students through an educational program at a faster than usual rate, or at a younger than typical age. Acceleration strategies are designed to allow progress through the core content of a school program at a rate more closely aligned with a student's ability and interests, rather than being restricted by artificially imposed steps of progression.

28. Entrepreneurship and Neuroscience junior coach workshop

- ⬇ Duration – 3 days (12 Hours)
- ⬇ Fee- 15000 (+ GST)

Content of Program:-

- Understanding adult learning principle
- Characteristic of exceptional trainer
- Performance gap between coach and coachee
- The trainer tool kit in brain science
- Present information clear and conscious manner
- Explanation various method of lectures
- Describe need analysis of coachee
- Psychology concept of human being and their behavior

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Course detail:-

- This program is design to target parents and teacher of schools. To understand basic brain science education concepts about concentration, reading, memory, focus to accelerate child learning and break their limited beliefs about subjects.

29. Vision Improvement Program

- ⬇ Duration – 1 day (6 Hours)
- ⬇ Fee- 3000 (+ GST)

Content of Program:-

- Fundamental principles of Dr. Bates' method which include:-
 - Central Fixation
 - Rest
 - Relaxation
 - Movement
 - Awareness/attention
 - Memory & Imagination
- Learning to apply the method regardless of the nature or origin of the eyesight difficulty.
- Normal structure and function of the eyes.
- The effects of general health on vision.
- Introduction to other natural therapies
- Personal and professional development.
- Teaching individuals and groups of all ages sometimes even very young children.
- Starting your business and obtaining materials

Course detail:-

- Too many of our children today are labeled as A.D.D./A.D.H.D or learning disabled. Many of these children who have difficulty learning may actually have an undiagnosed visual deficiency. 40% of children in an average classroom have a vision-related problem that can hinder their ability to read and learn. This problem is often overlooked and can be serious.
- The good news is, **it is treatable**. Vision therapy does much more than help a child to see clearly. Our vision therapy program attacks the causes of these learning problems and dramatically improves a child's ability to learn.

30. Reiki for Health

- ⬇ Duration – 1 days (6 Hours)
- ⬇ Fee- 4000 (+ GST)

Content of Program:-

- What is Reiki?
- The origins of Reiki
- How Reiki was used to help ordinary people reach higher levels of spiritual growth faster.

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- How Reiki was re-discovered by Sensai Mikao Usui
- What are the Reiki Principles?
- What is Reiki attunement and how long does it last?
- What are the daily practices for personal growth in Reiki?
- How to clean and energize your chakras with Reiki?
- Different applications of Reiki
- How to use Reiki to heal yourself and others?
- What are the basic hand positions for Reiki treatment?
- How to use Reiki to achieve your goals?
- How to meditate to benefit more from your Reiki practice?

Course detail:-

- Reiki works on different levels the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. Reiki techniques are used to heal the body, mind and the spirit. It has been proven that Reiki can help people suffering from various major and minor ailments. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both in the hospital and from outpatient health care providers. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well.

31. Mastery of Sub-Conscious Brain

- ⌄ Duration – 1 day (6 Hours)
- ⌄ Fee- 5000 (+ GST)

Content of Program:-

- Structured Program for Deeper Understanding of concepts.
- "Experience the Technique" Time Slot for every Participant.
- "Be the Trainer" Time Slot for every Participant.
- Blueprint for applying NLP in your own life.
- Success System - How to Brand Yourself, Create Modules & Market Your Programs
- How to achieve remarkable success in wealth and prosperity, better health, dynamic success, happiness and relationship.
- Reprogram your subconscious mind.
- Scientifically proven techniques of mind power management
- Unleash your hidden potential.
- 5 ways to remove impurities from your mind
- Develop your internal resource of ESP to train other people.
- The 5 levels of mind focusing techniques.
- 20 reasons why you should meditate and how to do it in 9 simple steps.
- Develop personal magnetism and positive thinking.
- Cultivate forgiveness and attitude of gratitude.
- In depth study and healing about mind, body, emotions.
- Learn 9 laws of attraction activate and magnetize your mind.
- Find mission and vision of your life.

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Course detail:-

- Your SM processes about 100 billion bits of information per second. In contrast, your CM processes 40 bits of information per second. Clearly many of the world's past and present geniuses were aware of the potential of their SM's. It takes time and practice in mastering this skill – much like most pursuits. Be patient, if you're dedicated to making breakthroughs as they may be slow and arduous. Some of the key benefits include:
 - Enhanced relationships.
 - Weight loss.
 - Improved health and wellbeing.
 - Higher levels of creativity.
 - Problem solving capabilities.
 - More relaxed and composed.
 - Ability to transcend limiting beliefs.
 - Creating a sense of happiness and purpose in your life.
 - Sense of control and empowerment.

32. ESP Adults Program

- ✚ Duration – 1 day (6 Hours)
- ✚ Fee- 8000 (+ GST)

Content of Program:-

- Alpha Functioning
- Positive Thinking
- Relaxation
- Stress Management
- Enhance the quality of your life by eliminating stress.
- Sleep and Awake Control
- Dream Control
- Learn to remember dreams and tap into their information to solve problems
- Headache Control
- Memory Pegs
- Mental Visualization for Success
- Glass of Water Technique
- Weight and Habit Control
- Learn to get rid of bad habits
- Superior Clairvoyance

Course detail:-

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- Did you know that the human mind blocks out over 90% of the information it receives on a daily basis? And that, there is a limitless supply of life-changing benefits waiting to be experienced by opening your mind up to extra-sensory perception (ESP).
- Increased psychic abilities.
- Better “gut” feel, accessing a wealth of new, helpful information.
- Well-tuned inner guidance for easy life solutions regarding relationships, money, career, etc.
- More success in all life endeavors.
- Less fear & a greater understanding of fear’s unnatural root.
- Super lucid clarity of thought.
- A greater understanding into the true nature of reality.

33. Learning Skill Enhancement (LSE)

- ⌄ Duration – 6 Days (24 Hours)
- ⌄ Fee-10000 (+ GST)
- ⌄ Kit includes 4 Books, CD, Calendar, Belief Sticker and Memory Poster

Course Details: Learning Skill Enhancement program include three main issues faced by students in education system including Concentration, Memory and Calculation.

Concentration:

- **“Activating the Brain”?** The interbrain has to be awakened by stimulating a hormonal discharge. In the human body, it is the pituitary gland that regulates the hormone secretions and this function has to be awakened. For this, it is necessary to activate the neighbouring pineal body. The pineal body secretes two hormones: melatonin and serotonin. The secretion of melatonin increases in the dark and decreases when it is bright. Serotonin is said to be very closely related to the evolution of species and has the capacity to increase the intelligence of the right brain. Since the midbrain is responsible for communication with the left and right hemispheres of the brain, the process of “activating” the midbrain will result in better communication with the left and right hemispheres.

Content of Program:-

- Introduction of program
- Today’s Child & concentration issues
- Neurobiology
- Make connections
- Quality stimuli
- Teach both brains
- Left brain / right brain characteristics
- Maximize the right brain window
- The “bridging effect”
- Right Brain & light, Sound, Thought, Brain waves, Emotion effect

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Benefits:

- Better Concentration
- Increased Memory
- Better Academic Result
- Better Creativity
- Increased confidence
- Extra ordinary mind

Calculation – Speed Maths:

- A natural outcome of the practice are: - Faster-than-calculator mental computation skill, Addition, Subtraction, Multiplication, Squares, Improvement in concentration, Sharpen sound judgment power, Reduce stress and enjoy the fun of learning Improvement in self-confidence and learning capabilities Improvement in numerical memory, Development of left and right brain Sharper reflexes Intelligence analytical & reasoning skills speed reading, speed thinking and speed writing and much more...

Benefits:

- Speed Math's is simpler yet more interesting than regular Math.
- Speed Mathematics enriches knowledge and understanding of Mathematics, which shows clear links and continuity between different branches of Mathematics.
- Speed Mathematics methods come as a boon for all competitive exams (such as Management, Banking, Engineering etc.) as mathematic problems can be solved with amazing accuracy and speed.
- Speed Mathematics being a most natural way of working can be learnt and mastered with ease and in a very short time.
- Speed Mathematics system also provides a set of independent crosschecking methods.
- The element of choice and flexibility develops clarity of mind and intuition.
- Leads to improvement in mental ability, sharpness, creativity and intelligence.
- Problems are reduced to one-line answers.
- Reduces dependence on calculators.
- Speed Math's is complementary to regular Math taught in schools.

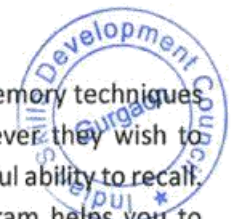
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MEMORY (Memorising, Retention and Recollection) :

- This program is based on law of imagination and law of association, it includes various memory techniques in the form of secret coding system that enable people to remember perfectly, whatever they wish to remember. It also includes photographic memory for the learner and an extremely powerful ability to recall. The program improves the creativity and imagination skills of the student. The program helps you to Remember what you read, write and hear, Improve grades in Study and Competitions, Shopping list, Appointments, Speech, History dates Section - Sub sections, House numbers, Telephone numbers, Bank accounts, Minerals – Places, Objective type questions, General Knowledge, Country – Parliament, Country - Capital, Country - Currency, Road maps, Vocabulary @100words per hour, Long verses, long answers, long

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theory, Essay type answers, Theory in points, Mathematical tables, Unlimited Years of calendar, Periodic table, Formula, Scientific dates, Study tips, Biological diagrams, Biological names, Names and faces, Chemical formula, Chemical names, Inventors and inventions with year, Geography maps, Memorising Random Objects/Words, Memorising Random Numbers, Memorising Spoken Numbers, Memorising Future Dates and Events, Memorising Playing Cards- Sequence, Memorising Playing Cards Location, Memorising Random Alphabets, Concentration mechanics, Techniques to be happy at any moment, Stress reducing techniques, Curing forgetting cycle, How to disassociate unwanted memories. The quality of this program speaks itself. With the help of this program STUDENTS does not need any kind of Tuition or extra classes throughout their academic carrier. This course develops a super memory. This course is for all it may be a school students or preparing for competitive exams, like IIT, JEE, CET PMT, SAT, CAT, TOEFL, IELTS, IAS, IPS etc professional / business men anybody in general want to improve memory and serious about his life and performance and want to fulfill his/her true potential.

Benefits:

- Developing Mental Abilities
- Improvement in Memory Power
- Building Determination Power
- Developing Will Power
- Improvement in Concentration Power
- Enhance Co-ordinate of Left and Right Brain
- Managing Sleep Disorder
- Improves Mental and Physical Fitness
- Building Confidence and Mental Strength Sharper Reflexes
- Imagination Power
- Creating Self Confidence
- Increasing Learning Capabilities
- Developing Left & Right Both Parts of Brain
- Creating Self-Empowerment
- Building Mind Power
- Improving Retention Power
- Improving Recollecting Power
- Ability to Associate Data with Specific Constant
- Developing Interest in Studies
- And Speed of All Doing This....

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Objectives of the Workshop: - Simply to enable participants to improve memory power by using their unlimited mind power.

Why should I Join this workshop? To become able to know and use hidden potential of your mind.

Eligibility to Join: - School students 9 years onward. For students preparing for various competitive exams like IIT, JEE, CET, PMT, SAT, CAT, GMAT, TOEFL, IELTS, IAS, IPS etc. Teachers, Doctors, Engineers, Managers, Businessmen, Housewives and anybody want to improve memory, mind and brain abilities, serious about his life and performance and want to fulfill his / her true potential.

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