



Value Based Life Style Training Programme
Or Self Empowerment Training Programme

For Traffic Dept. of Police, Ahmedabad.

Vanue : Children Trafic Park, Lal Darwaja, Ahmedabad.

3 months (July, Augest & Sept, 2013)
Schedule for 800 Drivers & 1200 Trafic Police Staff.
(Per Batch 50 Members will participant)

3 days in the week and 12 days in per Month.

*Org By : Brahma Kumaris, Kankaria, Ahmedabad (H.Q's Gujarat)
& Trafic Depetment of Police, Ahmedabad.*

Schedule of the Programme

08.45	Reporting Time
09.00 to 09.15	Introducation, Ice Breaking & Over view of Training
09.15 to 10.30	Power of Mind
10.30 to 10.45	Tea Break
10.45 to 12.30	Positive Thinking & Positive Attitude
12.30 to 13.30	Lunch
13.30 to 14.30	Vedio Film / Value Games
14.30 to 15.30	Building a Team Spirit OR Effective Relationship
15.30 to 15.45	Tea Break
15.45 to 16.45	The Science of Meditation (Awareness about Self)
16.45 to 17.00	Question-Answar & Feedback Session