

INCREASE CONCENTRATION POWER

Topics:

- Understanding the power of focus
- Active/Passive Concentration
- Concentration and Memory
- Obstacle Removal
- Developing Concentration
(Engage purpose, desire, commitment, belief)
- Goals, Will Power and Concentration
- Open and Close Eye Skills
- Meditation Exercises
- Aromatherapy in Concentration

Duration:

- Option 1: 90-120 Minutes
(Interactive Session)
- Option 2: 180-240 Minutes
(With Detailed Exercises)

Arrangements:

- Facility to project Powerpoint.
- Laptop to Audio system connection.
- Collar Mic for Speaker.
- Hand Mic for Participants.



Contact - Dr. SUNIL JI GARG, MD, Sunmitra, md@sunmitra.com +919936145539 www.sunmitra.com



"Concentration is my motto - first honesty, then industry, then concentration."

Andrew Carnegie

Trainer:

Dr. SUNIL JI GARG is an inventor, educator and motivational trainer with more than 30 years of experience. He has an engineering and management education background with an added health practitioner qualification in Naturopathy and Aromatherapy. He frequently writes for web and print media and also gives counselling talks on radio.