



Professional & Holistic Development Institute Of India

(A Joint venture of I#F wellness Orbitarium & ACPI, Australia)

BROCHURE



PROFESSIONAL AND HOLISTIC DEVELOPMENT INSTITUTE OF INDIA

PHDII is a Training Hub which provides training to all age groups covering different segments of society such as school going children, college students, and educated unemployed youth, teachers in waiting, housewives, parents and professionals of different disciplines.

All economic, social and political activities now revolve around idea, knowledge and strategy. These three ingredients together create magic provided there is adequate input of training.

It is not the person who has better knowledge but a person who is better trained succeeds in life.



WHY IS TRAINING NECESSARY?

Training plays a vital role and makes a person better educated. Education provides knowledge and training provides skills to do a thing or job in most efficient way. All the training programs whether related to soft skills development or related to specific technical skills development are essential for personal and professional growth. There is no growth and development in the absence of training. Training is the most essential component for the management and development of a career, business, project and individual life. Every aspect of career and business development right from production, maintenance, marketing and man power management depends on training.

HOW ARE PHDII TRAINING COURSES UNIQUE AND DIFFERENT?

All the soft skills development training programs work on certain principles and mechanism and use specific techniques to bring desired result in the learner. All the tools and techniques bombard cognitive domain. It is up to the learner how much s/he grasps the content and the tips and applies in his/her life.

All training programs take place Beta state of mind in which the frequency of brain waves is between 14-26 cycles per second. At this conscious state of mind, the brain has tendency to filter the inputs, manipulate it and then delete it if it is not found useful by the individual's perception. In this way only 40% is retained by the brain.



The most important question then arises how to make training programs as very effective tool to bring desired

change in thought process, in the behavior and also in the system as satisfactory output. PHDTII has therefore created courses which have continuity for minimum ten days.

Training courses are non conventional, radical and follow scientific principles and works from the deepest vibration of the DNA molecule to the macrocosmic system of human body and thereby bring desired result by doing realignment within the energy anatomy and also in the mind script.

TRAINING AT A GLANCE



A **HOLISTIC DEVELOPMENT COURSE**

1-HOLISTIC DEVELOPMENT BASIC AND ADVANCE COURSE

Basic course is designed to lay a strong foundation for the growth of personality and the advance course enhances the skills to cope with certain problem areas of day to day life.

2- SUPER SUCCESS COURSE

This course has three modules and each module provides certain techniques which are based the laws of universe and can be universally applied in every walk of life to achieve success.



B **IHF HEALTH AND WELLNESS COURSE**

1-IHF HEALTH CARE & FITNESS COURSE

It has four modules and each module helps in keeping the body well shaped and completely fit. This course is designed to achieve optimum fitness level.

2-IHF HEALTH ASSURANCE BASIC COURSE

This course is designed to enhance immunity to prevent illness. It also covers natural healing techniques to drive away sickness from the body.

3-IHF HEALTH ASSURANCE ADVANCE COURSE

This course is designed not only to make a person keep fit and healthy but also helps to become a natural energy healer to get rid of one's own ailments and also to remove sickness of family ,friends and others.



C **TEACHER TRANSFORMATION COURSE**

This course is designed to transform inexperienced fresh B. Ed teachers into very effective dynamic teachers and to increase their employability rate hundred percent.



D **ACPI, AUSTRALIA TRAINING PROGRAM**

1-TRAIN THE TRAINER PROGRAM

This is designed to provide training support for professionals who want to deliver training to career development professionals. Training is technique based and for quality purpose. Sessions are combination of demonstration, simulation and supervised delivery.

2-ACCREDITATION PROGRAM

This program has been designed to enable practitioners to gain professional accreditation. A participant develops competencies in 6 competency areas, develops IP and marketing collateral, receives mentoring, and is offered an internship with a leading career development practice and becomes professional member of ACPI Inc.

3-PROFESSIONAL DEVELOPMENT PROGRAM

It contributes to raising Professional Practice by:

- [a] Coordinating the provision of Professional Development Program through seminars and webinars.
- [b] Providing opportunities for professionals to share their expertise, contribute to their professional brand.
- [c] Advocating and promoting continuous professional development.



E **GUIDANCE AND COUNSELING SKILLS DEVELOPMENT COURSE**

This course is designed to develop adequate Guidance and Counseling skills of fresh Post Graduate students of Psychology who aspire to become a successful counselor. This course is also useful to the teachers in service who wish to handle the students' problems in an effective manner.



COURSES AT A GLANCE

PART ONE

A-HOLISTIC DEVELOPMENT BASIC COURSE

Age group-14 to 24 years

- 1-How to Develop Positive Self Esteem - one and half hours x 2 days
- 2-Your Word is Your Wand - one and half hours x 2 days
- 3-Mind Your behavior - one and half hours x 2 days
- 4-Power of Habit Force - one and half hours x 2 days
- 5- Revision and Evaluation - one and half hours x 2 days

Fee = 2500 INR, Days = 10, Hours = 15 hours

B-HOLISTIC DEVELOPMENT ADVANCE COURSE

- 1-How to develop communication skills - one and half hours x 2 days
- 2-Problem Solving and Decision Making -one and half hours x 2 days
- 3-Time Management - one and half hours x 2 days
- 4-How to cope with Stress and Negative Emotions - one and half hours x 3 days
- 5- Revision and Evaluation - one and half hours x 2 days

Fee = 2800 INR, Days = 11 days, Hours =16.5 hours

C- SUPER SUCCESS COURSE

- 1-Developing Winning Personality - one and half hours x 2 days
- 2-Managing Emotions and Relations - one and half hours x 2 days
- 3-Managing Success - one and half hours x 2 days
- 4- Practicum - one and half hours x 3 days
- 5-Evaluation - one and half hours x 1 day

Fee =3500 INR, Days =10 days, 14.5 hours

PART TWO

IHF HEALTH AND WELLNESS COURSE

A-IHF HEALTH CARE AND FITNESS COURSE

- 1-Chinese Massage of Sense Organs and Healing Sounds – one and half hours x 2 days
- 2-Assist Technology - one and half hours x 2 days
- 3-Emotional Freedom Technique [EFT] - one and half hours x 1 day

- 4-Practice and Evaluation - one and half hours x 3 days

Fee = 1500 INR, Days =8 days, Hours = 12 hours

B-IHF HEALTH ASSURANCE BASIC COURSE

- 1- Reflexology of Face, Foot and hand - one and half hours x 3 days
- 2-Energy Breathing - one and half hours x 2 days
- 3-Tai Chi Chi Kung - one and half hours x 3 days
- 4- Practice and Evaluation - one and half hours x 3 days

Fee = 2500 INR, Days = 11 days, Hours = 16.5 hours

C-IHF HEALTH ASSURANCE ADVANCE COURSE

- 1-Reiki First Degree - one and half hours x 3 days
- 2-Pranic Healing Basic - One and half hours x2 days
- 3-Meditation and Creative Visualization - one and half hours x 2 days
- 4-Practice and evaluation - one and half hours x 3 days

Fee = 3000 INR , Days =10, Hours =15 hours

PART THREE

TEACHER TRANSFORMATION COURSE

Modules:

- 1-Effective Communication Skills
- 2-Caring Class Room
- 3-Lesson Planning
- 4-Effective Instructional Strategies
- 5-Evaluation Techniques
- 6-Creativity and Innovation
- 7-Nurturing Students Growth
- 8-Attitude and Well Being
- 9-Problem Solving and Decision Making
- 10-Initiative and Time Management

Each module x 3 hours [one and half hour per day] x

10 =30 hours and 20 days

Evaluation: One and half hours x 2 = 3 hours and 2 days.

TOTAL =22 days

Practicum

Records of Students, Student and Teacher's Diary, Self Appraisal and Appraisal by seniors, Report Writing and Writing Letters.



4X hrs = 6 hours, Days = 4 TOTAL = 39 hours and
26 days course

Fee = 10 thousand INR

PART FOUR

COUNSELING SKILLS DEVELOPMENT COURSE

MODULES: 5

- 1-Principles of Guidance and Counseling-
-One and half hours x 4 days
- 2-Role of Psychological Tests in Guidance and Counseling
-One and half hours x 4 days
- 3-Development Psychology
- One and half hours x 2 days
- 4- Psychopathology and Mental Health
- One and half hours x 3 days
- 5-Counselling Techniques and Assessments
- One and half hours x 6 days
- 6-Revision and Evaluation
- One and half hours x 3 days

Fee -8500 INR, 22 days, 33 hours

PART FIVE

ACPI, AUSTRALIA TRAINING PROGRAM A-TRAIN THE TRAINER PROGRAM

Modules: 6

- 1- Concepts in Career Development Practice
- 2- Principle of Learning
- 3- Technology and Learning
- 4- Advance Communication Skills
- 5- Professional Practice
- 6- Practicum / Internship

The program requires face to face delivery as well as e-learning.

3 days intensive with practicum

Fee =15000 INR

B-ACCREDITATION PROGRAM

The program is based upon 6 modules

- 1- Career Development Framework: Theoretical perspectives Practice Trends

- 2- Profiling Clients
- 3- Opportunity Analysis
- 4- Planning Perspectives including developing self marketing and implementation strategies
- 5- Practitioner Role
- 6- Practice Management

3 days intensive, Fee = 20000 INR

C-PROFESSIONAL DEVELOPMENT PROGRAM

It is delivered through various modes such as Seminars, Workshops and in house

Corporate Workshops:

- A-Building your brands
- B-Leadership and Talent Management
- C-Purpose, Passion and Performance
- D-Organizational Change Management

Duration for each is one day, Fee = 1500 INR

