



Kc Pathshala presents

Learning & Life Skills Workshops

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Ability to retain, create and sustain the knowledge and efficient utilization of latent potential of the brain and mind is the **quintessential** skills of the 21st century. If you have the passion to learn how to tap the hidden potentials of Brain and Mind , these programs are just right for you.

January 2023

1. How to Achieve Success through TIME MANAGEMENT
2. How to Plan your Studies for Exams
3. How to Plan your Exam Revision Strategies
4. How to Learn Hard to Recall Facts for Exams

February 2023

5. How to Overcome your Examination Fever
6. How to Set your Exam Scoring Strategies
7. How to Attempt your Paper for Best Results
8. How to Revise your Whole Syllabus in One Day

March 2023

9. How to Set your Mind for Success in Exams
10. How to Deal with your Exam Results
11. How to Choose your Career & Subjects after 10th
12. How to Plan Yearly Syllabus for Academic Excellence

April 2023

- 13. How to Structure to Memorize hard to Recall Facts
- 14. How to Master Quantum Learning Techniques
- 15. How to Master Mental Mathematics / A Course on Mental Maths - L1
- 16. How to Master Mental Mathematics L-2

May 2023

- 17. How to Master Mental Mathematics L-3
- 18. How to heal your chakra for peaceful life
- 19. How to Manage your time and Energy
- 20. How to plan your year 2021 to achieve more

June 2023

- 21. How to meditate and get mindfulness
- 22. How to heal your chakra for peaceful life
- 23. How to Manage your time and Energy
- 24. How to Develop Speed Reading for Better Comprehension

July 2023

- 25. How to Build Positive Habits and Break Bad Once
- 26. How to Overcome Procrastination for Progress in Life
- 27. How to Plan your Day for Super Success in Exams & Life
- 28. How to Plant Tree & Grow Kitchen Gardens

August 2023

- 29. How to Build Confidence for Public Speaking
- 30. How to Build Confidence for Interviews
- 31. How to Boost up Your Brain for Success
- 32. How to Master your Mind for Phenomenal Success

September 2023

- 33. How to have Growth Mindset
- 34. How to Be Better Everyday
- 35. How to Manage your Time and Energy
- 36. How to Be More Positive and Progressive

October 2023

- 37. How to Perfect the Art & Science of Learning
- 38. How to Be the Best of your Version
- 39. How to Practice the Art of Quantum Reading
- 40. How to Master Art of Speed Reading

November 2023

- 41. Workshop on Neuro Linguistic Programming
- 42. How to Boost your Brain for Better Productivity
- 43. How to Unlock the Power of your Subconscious Mind
- 44. How to Practice +ve Parenting for +ve Change
- 45. Set your Bio-Cycles to Boost your Productivity
- 46. How to Build your Focus for Better Results
- 47. How to Take Notes for Better Retention
- 48. How to Create Learning Maps

December 2023

- 49. How to Meditate and Get Mindfulness
- 50. How to Heal your Chakra for Peaceful life
- 51. How to Reflect to Learn Best out of 2023
- 52. How to Plan your year 2024 to Achieve more