



## ஆறு மனமே ஆறு (Six principles that enable human thriving)

This workshop is designed based on the verses written by Great Tamil Poet Avvaiyar's Aathichudi. Six important principles picked up from Aathichudi to be practiced in our day-to-day life. The duration of the program is 6 hours and the charge will be Rs.10,000/- per day. This program can be conducted at your premises where 25 people can be accommodated. Relevant games, activities, role-plays and powerful visual clippings will leave a mark in the minds of participants.

அறம் செய விரும்பு Intend to do right things	<b>Sublimation of Thoughts</b> : As our thought becomes word, word becomes action, action becomes habit & habit becomes destiny so by reshuffling thoughts we get positive energy all the time
ஆறுவது சினம் Anger will be cooled off	<b>Emotional Enhancement</b> : When an inappropriate emotion strikes we should do nothing but to watch it without any judgment then it recedes like dust in the muddy water to become limpid.
உடையது விளம்பேல் Never boast	<b>Humility</b> : This will banish ego and help us in handling our success successively while reminding "Pride comes before a fall"
ஊக்கமது கைவிடேல் Never give up enthusiasm	<b>Inspiration</b> : Enthusiasm will move us from good to great without need of any external motivation.
ஒப்புரவு ஒழுகு Be virtuous	<b>Character</b> : Education and talent will get us employment but values and virtues are the rungs that help us in moving up the ladder.
ஒதுவது ஒழியேல் Never fail learning	<b>Updating knowledge</b> : Sustainable learning will keep our brain and memory sharp and protect from age-related regenerative changes and restrain our mind from wandering

**Facilitator:** S.Dharmalingam, a Graduate in Economics, with 30 years working experience in varied industries and 6 years into training conducted hundreds of workshops for companies like Hyundai, Salcomp, Apollo Tyre, MRF Tyre, Asian Paints, Igarashi Motors, Gates Unitta, Turbo Energy Limited, Sundram Fasteners, Sundram Brake Lining, Greaves Cotton, Wonjin Autoparts, Sodecia, Convenio Food, Nokia, TVS Rubber, ATV Manufacturing, MATE, Shanmuga Precision Forging, Scigenics, SFA Tech. Creations, Srinivas Fine Arts, Sivakasi, S&T Engineers, Coimbatore, Ampo Valves, Perfect Engineers, Vasantha Advance Systems, etc. Educational institutions like IRT, Sri Ramakrishna Polytechnic, DMI College of Engineering, SSK Coimbatore, Sardar Raja Engineering College, Tirunelveli, ES College of Engineering Villupuram, Indian Public School, Doha, Qatar, etc.

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