

Kalpdroom® Vigyan Course

Mode: Online Distance via Zoom / Google Meet / Website

Course Language: Hindi

Duration: 1 month

Total Weeks: 4 weeks

Total Active Days: 4 weeks x 5 days = 20 Days

Total Active Hours: 20 x 1.5 hours = 30 hours

Tool: Personal AntahKaran® Vigyan Tool Kalpdroom®

Days, Timings & Sessions & Course Content:

Days	Live Practical Sessions 05:00-05-45 am (45 Minutes)	Science/Theory 06:00-06-45 am (45 Minutes) Live Webinars
Monday to Thursday	DreamSleep® Yognidrasana® Live	<ul style="list-style-type: none">• 4yog® - Karma Yoga & Gyana Yoga• Human Values• IKS-BKS
Friday	Lakshya (Goal) Dharana & Swa-Dhayana (Self Discovery Meditation) Live	<ul style="list-style-type: none">• AntahKaran® System & Process Vigyan