

# The Excel Club – Weekly Module

## 1) Guinness Records Section:

### 8 Case studies of IMPOSSIBLE THINGS MADE POSSIBLE (

- a. Rope-Walking
- b. Eidetic and Super Memory
- c. Speed Reading
- d. Waking Up Early
- e. Working Long Hours
- f. Lifting Weights
- g. Motivational Speakers
- h. Great Achievers

## 2) Personality Development:

a. Manners, Appearance and Abilities and How to ENHANCE THEM (GIVEN)

b. Sit, Stand and Walk Tallest (We hide THESE BELOW in LEAFLET)

c. Punctuality – The Greatest Discipline

d. Keeping one's Word

e. Confidence and Courage, Positive Thinking

f. Leadership Skills

g. Intelligence and Wisdom

h. Service of Humankind

i. How to make friends

## 3) Yoga Training (SPECIAL Asanasa, Pranayama, & Meditation) (We hide THESE BELOW in LEAFLET)

a. Yogic Philosophy and Universal Consciousness

b. Special 8 min Meditation

c. Special 6 min Breathing

d. Yogasanas

e. Controlling Senses

f. Controlling Behaviour, Truth.

g. Avoiding Negativities

h. Doing right things

## 4) Geography Awareness: (PROMINANT COUNTRIES)

a. India

b. USA

- c. USSR
- d. Japan
- e. UK
- f. Germany
- g. Italy
- h. Korea
- i. GULF Countries

5) Occupational Exposure: (PROMINANT OCCUPATIONS)

- a. Pilot
- b. Surgeon
- c. CEO
- d. Police Officer
- e. Engineer
- f. Scientist
- g. Professor
- h. Musician
- i. Social Servant
- j. Politician
- k. Journalist
- l. Businessman
- m. UPSC, etc.

6) Academic Improvement: SHOW

- a. How to Read Better
- b. How to Write Better
- c. How to Think Better
- d. How to Speak Better
- e. How to Remember Better

7) Brain Teasers:

- a. G.K Quizzes
- b. Puzzles
- c. Riddles
- d. MAT Question TYPES

8) Books Section and

9) Achievement Sharing

10) Conclusion

