



# OM SHANTI WORLD FOUNDATION

26-27, Hilton Residency, Opp Shaligram-2,  
Anand Nagar Cross Road, Prahladnagar,  
Ahmedabad-380015. India.

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<b>Depression Training Programme</b>		
1	<b>Depression Knowledge and Data -</b> Reasons, Effects, Articles, Books, EBooks, Charts, News Paper, MP4, MP3, PPT, Movie, YouTube, Website, Mobile App, Magazines, Body Knowledge, Mind Knowledge, Soul Knowledge,	
2	<b>Depression Solution and Treatments -</b> CBT, Exercise, Yoga, Dhayan, Pranayama, Relaxing Technique and Centers, Proper Sleep, Talk, Trust, Smile, Motivation, Rajyoga, Colour Chambers, Water Charge, Second Therapy, Medicine, Medicine Knowledge, Doctors, Hospitals, Emergency Help Line Numbers	
3	<b>Depression Doctors and Classes -</b> Malay Patel, Hemang Desai, Girish Patel - 3 Classes of 1 Hour	
4	<b>Dhayan Classes -</b> Rahul Bhai - Class of 1 Hour	
5	<b>Online Classes -</b> Zoom - 4 Classes of 1 Hour	
6	Registration, Fees and Charges - Rs 2500 per Seminar of One Day with Tea, Lunch, Tea	
7	Place - Ahmedabad	
8	Group - 25 to 30 persons	