

HARI OM  
INSTITUTE OF PERSONALITY DEVELOPMENT, HYDERABAD.

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17.5.1993.

FEED BACK - 2.

1. How do we get knowledge from the Outside World?
2. We see because of (a) Eye only, (b) Mind only (3) Eye & Mind.  
(Tick)
3. Name some factors which prevent us from being happy?
4. What are our six enemies?
5. Where the happiness lies?
6. How we can be happy? Suggest some measures?
7. What is the Universal Language?
8. What is the purpose of Prayer.
9. Which form of prayer you prefer to practice.
10. What is your true nature?
11. Why we take Tirtham three times?
12. Name the debts we have.
13. How you are going to implement "Brahmacharya", in your life?
14. What are our minimum responsibilities towards our country?
15. What is S W O T?
16. Name the important characters of Sri Venkat Rao.
17. What is the important aspect of learning.
18. What is the significant of letters in the word "STRI".
19. I am O.K.; YOU are O.K. corresponds to ..... Ego.
20. .... is the backbone of character.
21. Mention the 5 basic rules for maintaining good health.
22. .... is responsible for conquering the  
country by the outsiders.
23. How attitudes are formed.
24. What is the difference between behaviour and attitude.
25. Give few examples of Attitudes and Behaviour.

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SELF AWARENESS.

Kindly think, contemplate and answer the questions on your own.

NATURE OF MAN & UNIVERSE.

1. Which speech inspired you most in the Inauguration session?
2. How is the food served to you?
3. How did you feel the session on "Workshop on LIFE".
4. What decisions did you take after participating in the session?
5. On what basis we must earn money?
6. What do you understand by Dharma?
7. What is the basis for your desires?
8. What do you understand by Moksha?
9. Among Gross and Suttle forms, which is more powerful?
10. What is the smallest particle of the matter?
11. What is the source of all the forms of energies?
12. Name the process by which <sup>we</sup> get energy in our body?
13. .... is supporting FIRE.
14. Science and spirituality can/cantt go together.  
(Please tick the answer)
15. Give one example which is not made by Panchabhutas.
16. Write similar words like 'Unknown'.
17. What do you understand by Personality?
18. Suggest methods for improving personality.
19. What should be the relation between our thinking,  
talking and Behaviour.

PERSONALITY AWARENESS & DEVELOPMENT

PROGRAMME SHEET

07-07-1995 - FRI DAY

|                     |                                                  |
|---------------------|--------------------------------------------------|
| 5.00 pm to 6.00 pm  | Reporting, Registration of Delegates.            |
| 6.00 pm to 7.00 pm  | Inauguration                                     |
| 7.00 pm to 8.30 pm  | Workshop on Life & Visualisation of future       |
| 8.30 pm to 9.30 pm  | Dinner                                           |
| 9.30 pm to 10.30 pm | Introductions - Instructions - Programme details |

08-07-1995 - SATUR DAY

|                      |                         |
|----------------------|-------------------------|
| 6.00 am to 6.30 am   | Personnel Counselling   |
| 6.30 am to 7.30 am   | Self Awareness I        |
| 7.30 am to 8.30 am   | Concept of Prayer       |
| 8.30 am to 9.30 am   | Break-fast              |
| 9.30 am to 11.30 am  | Self Awareness II       |
| 11.45 am to 12.30 pm | Group Discussions       |
| 12.30 am to 1.00 pm  | Feed Back               |
| 1.00 am to 2.30 pm   | Lunch                   |
| 2.30 pm to 4.00 pm   | Personality & Attitudes |
| 4.00 pm to 4.30 pm   | Personality Test        |
| 4.30 pm to 6.00 pm   | Fun Games               |
| 6.30 pm to 7.00 pm   | Bhajans                 |
| 7.00 pm to 8.30 pm   | Social Awareness        |
| 8.30 pm to 9.15 pm   | Dinner                  |
| 9.15 pm to 10.30 pm  | My Country & My duty    |

09-07-1995 - SUNDAY

|                      |                                            |
|----------------------|--------------------------------------------|
| 5.30 am to 6.00 am   | Agnihotram                                 |
| 6.00 am to 7.00 am   | Yoga for Longevity                         |
| 7.00 am to 7.30 am   | Kriyas                                     |
| 7.30 am to 8.30 am   | Breakfast                                  |
| 8.45 am to 9.30 am   | Health Awareness                           |
| 9.30 am to 10.30 am  | Significance of Meditation                 |
| 10.30 am to 11.30 am | Health Goals Conclusion - Group Discussion |
| 11.45 am to 12.30 pm | Career Awareness I                         |
| 12.30 pm to 1.30 pm  | Lunch                                      |
| 2.00 pm to 3.00 pm   | Career Awareness II                        |
| 3.00 pm to 3.30 pm   | Feed Back                                  |
| 3.30 pm to 4.30 pm   | Concluding Programme & Shantipatt          |