

வெள்ளத் தனைய மலர்நீட்டம் மாந்தர்தம்
உள்ளத் தனைய துயர்வு



தங்கமன ரகசியம் (Mystery of Mind Mining)

The Thirukkural is one of the most important works in the Tamil language. This is reflected in some of the other names by which the text is known: Tamil marai (Tamil Vedas); poyyamozhi (words that never fail); and Deiva nool (divine text). It was authored by Thiruvalluvar, a poet who is said to have lived anytime between 2nd century BCE and 5th century CE. Most believe he wrote Thirukkural in 30 BC which is part of Tamil Sangam Period. It is one of the Tamil books of Law. It has been translated in 40 languages and it talks about "ploughing a piece of land" to "ruling a country". The message it conveyed is an eternal and universal. This workshop is meticulously designed based on its verses to focus on Mind Management. The topics which are covered in 6 hours workshop are:

குறள் கூறும் அறநெறி	What is righteousness?
மனம் என்னும் மந்திரக்கோல்	Mind Management
உணர்வுகளின் உறவாடல்	Emotional Intelligence
உடல், மனம் மற்றும் அறிவின் சங்கமம்	Convergence of BMI
எண்ணங்களின் எழுச்சி	Thoughts enhancement
அறங்களின் பயன்கள்	Values of virtues
கவலைகளை களையறுத்தல்	Weeding out worries
நிம்மதியே நிறைவான வாழ்வு	Happiness mantra

Facilitator: S.Dharmalingam, a Graduate in Economics with 30 years working experience 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.

Presently associated with Dr.MGR University and Research Centre, Maduravoyal, Chennai as Student Counselor and Motivational Trainer.

Methodology: Presentation, Structured Exercises, Interactive Session, Role Play & Case Study.

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