

## STUDY PLAN

### Mind Management by Subhendu Sir

Date	Subject	Chapter	Topic	Time
4/1/2026	Mind Management	Mind Management	Mind Purification	3:00-4:00 pm
4/2/2026			Energy Activation	3:00-4:00 pm
4/6/2026			Stress & Overthinking Control	3:00-4:00 pm
4/8/2026			Smart Work Strategy	3:00-4:00 pm
4/9/2026			Focus & Concentration	3:00-4:00 pm
4/10/2026			Inner Power Activation	3:00-4:00 pm
4/13/2026			Confidence Building	3:00-4:00 pm
4/15/2026			Meditation class - 1	3:00-4:00 pm
4/16/2026			Meditation class - 2	3:00-4:00 pm
4/17/2026			Daily practice	3:00-4:00 pm