

# Adhia Academy & M & K Events

Now geared up to  
Transform Your Life &  
**Create your Destiny**



## Adhia Academy

A -510, Shaligram Lakeview  
Mall Shardar Patel Ring Road,  
Near: Auda Garden Behind:  
Vaishno Devi Temple  
Ahmedabad

[www.dradhia.com](http://www.dradhia.com)  
Phone: +91 84 8888 1213



## Dr. Jitendra Adhia

Dr. Jitendra Adhia is a Medical Doctor (M.D.) having 30 years of Medical Practice experience now into Mind Power Training field. He is based at Ahmedabad.

He is the Author of more than 40 books in different languages. One of his signature book, "Spring of Inspiration" is Best Seller for last 20 years and sold in millions, available in 8 different languages.

He has conducted training programs all around the world and in different subjects related to mind and life. He has travelled to more than 35 countries.

He is now busy in the process of creating Happiness University.

He can be contacted on [jeetadhia@gmail.com](mailto:jeetadhia@gmail.com)

# 9 Steps to Success Seminar

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It is a 3 hours seminar based on Mind Power with one break, conducted by Dr. Jitendra Adhia. This conducted in big auditoriums in different cities. This is a Power Point presentation with a lot of interaction and amazing demonstrations with lot of practical experiences.

After the seminar you will be clear of these 9 steps to achieve success in any field of your choice, may be in studies, in your business, your relationship, social work or even in spiritual field.

## Create Your Destiny

### Workshop

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One full Day (9:30 to 5:30) workshop conducted by Dr. Adhia himself. Basically it an Advance Mind Power Workshop.

#### Contents:

- Do you know that Why do most lottery winners lose it all and end up right back at the level of wealth they started with?
- Why do dieters lose weight only to gain it back and end up right back at the weight they started at?
- Why do some people sabotage their own success just when they start to earn more?

We all have the experience that it is easy to set goals but very difficult to achieve it. **Why?**

The answer to all these is, we have a 800 Pound Gorilla sitting within us who sabotage our plans. You can't fight this Gorilla, you can only tame and train this Gorilla.

You will learn how to tame and train this Proverbial 800 Pound Gorilla in this workshop.

# Train<sup>the</sup> Trainers Program

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This 10 days of intensive residential training to create world class trainers who can impart training to others. It is conducted mainly in Ahmedabad.

This training is conducted by Dr. Adhia and his key trainers.

To know 'why you should become trainer', please watch his video on his website [www.dradhia.com](http://www.dradhia.com).

The subjects here will be....

- Mind power in details
- Memory
- Effective presentation Skill • Hypnosis
- NLP
- Habit of Going Extra Mile
- Transactional Analysis-TA
- Character Building
- Smart dressing
- Confidence Building
- Instruments and Technology

You will be given a Study Material Kit of all products of Dr. Adhia and the software (PPT) of 9 Steps to Success Seminar and right to use his name and sell all the products. You will be recognized as a Certified Trainer by Dr. Jitendra Adhia.

# Goal Setting Workshop

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It is a full day (9:30 to 5:30) workshop conducted at Adhia Academy, Ahmedabad by his expert trainer, Dixit Taraiya.

It is divided into 4 different sessions with regular breaks. Breakfast, Lunch and Tea + Study Material is included.

This is filled with a lot of practical exercises.

## Public Speaking Workshop

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It is a full day (9:30 to 5:30) workshop conducted at Adhia Academy, Ahmedabad by his expert trainer, Mayur Soni.

It is divided into 4 different sessions with regular breaks. Breakfast, Lunch and Tea + Study Material is included.

This is filled with a lot of practical exercises.

Who can attend?

Students, Employee, Entrepreneur, House Wife, Manager, anyone who wish to develop leadership quality in him/her.

Benefits after the workshop :

1. Your communication Skill will improve
2. Your confidence will boost up
3. Your leadership quality will be enhanced
4. Your power to influence people will go up
5. Your convincing power will improve
6. Your presentation skill will improve

Contents :

How to stand – Posture?

How to give expression – gesture Smile?

Eye contacts

How to hold mike?

How to prepare speech?

# Mid Brain Activation Workshop

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This is 2 Full Days (9:30 to 5:30) Workshop designed for 5 to 14 years children only. It conducted at Adhia Academy, Ahmedabad by his expert trainer, **Jeet Trivedi**, Many World Record Holder.

Mid brain activation is a scientific method of improving memory and concentration by developing human brain. And it is situated between two hemispheres that is left hemisphere and right hemisphere.

As individuals grow older, the brain has the tendency to automatically assign one hemisphere of the brain to become more dominant in performing certain task ( a process known as lateralisation). This means we end up using much less of our brain that we actually could! The process of activating the midbrain reverses this trend and allows us to use our brain more efficiently, hence the improvement in cognitive abilities.

I, Jeet Vipulbhai Trivedi was born (9th May, 1999) and brought up in Bhavnagar, Gujarat and I am pursuing Bachelor of Engineering in Automobile Engineering from L.D.C.E. under GTU.

Mr. Jeet is currently holding 6 world records in Blindfold Categories in which he completed gear-less bike ride of 39Km with blindfolded eyes from Leh to Khardungla is very renowned.