



ACADEMY OF
HUMAN
EXCELLENCE



Creating Healthy and Happy Personalities

“Creating Leaders who
can create Leaders
and they can create
more Leaders”



Nurturing youngsters personally, professionally & Spiritually



ACADEMY OF
HUMAN
EXCELLENCE

OUR 4 PILLARS OF SERVICES



EDUCATION

**LEARNING
INITIATIVES**



LEARNING



ENTERTAINMENT

**EXPLORING
TREKKING
CAMPING**



SPORTS

**GAMES
EXERCISE
HEALTH**



SPIRITUAL WISDOM

**DHAYANA
YOGA
PRACTICE**





Academy of Human Excellence & Global Network of Young Yogis

Academy of Human Excellence is an Initiative towards Social Development. We have been speaking about creating better Mental Health and Happy personalities for more than 12 years. We work in partnership with associations to directly improve the quality of students both personally and professionally.

Academy of Human Excellence believes everyone is entitled to the care they need in order to live a full life and to play their full part in society. Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively and with respect.

Qualities of Eagle:

* **Eagles Have Vision :** -

The Vision must be Big with Focus & Clarity.

* **Eagles are Fearless :-**

Successful People are Fearless, They face problems and resolve them.

* **Eagles are High Flyers :-**

Be a Leader and Take challenges, People you are with and the books you read determines the person you become.

* **Eagles are Full of Life :-**

Keep a check on your Personal & Professional lives and Learn and practice things everyday.

* **Eagles are Nurturers: -**

Nurture Yourself. Family and Friends. Help to grow to full potential.

Creating Mentally Healthy and Happy Youngsters.

Today's younger generation across the world are more vulnerable to personality disorders and our Training frame-work focuses on helping them with counseling/Mentoring/Coaching them personally, spending time with individual to cope with environmental/Parental/Peer/Social and Educational pressures.

We also set up a COE-Centre of Excellence where services like Coaching / Leadership Excellence/ Personal counseling and Therapy sessions are undertaken.

You have a duty of care towards every youngster and protect their well being.

You have a duty to assess the risks arising from Mental Distress.

To create Mentally Healthy and Happy personalities you need to develop a comprehensive strategy that

Promotes Wellbeing for both Students and staff.

Support Students and staff who are experiencing Mental distress.

Develop an Echo system where both Modern skills and spiritual skills are nurtured.

We are here to Help you , Help us in our cause to create Mentally Happy and Healthy Personalities Globally.

International Mental health survey reports that youngsters are vulnerable to personality disorders and proper timely intervention will help them to resolve and overcome the issues.

Disorders

- Attention Deficit Hyperactivity Disorder (ADHD)
 - Anxiety Disorders
 - Bipolar Disorder
 - Borderline Personality Disorder
 - Depression
 - Eating Disorders
 - Obsessive-Compulsive Disorder (OCD)
 - Panic Disorder
 - Post-Traumatic Stress Disorder
 - Teenage issues
 - Schizophrenia
 - Social Phobia
 - Suicidal Tendencies
 - Fears & Confusion
-

Service Offering - Schools

Schools Are a Natural Setting to Support Mental Health



"Let us together enlighten our planet"
.. Acharya VVenkat

School-based mental health is becoming a vital part of student support systems. children and youth spend the majority of their time in school, schools play an increasingly critical role in supporting these students and providing a safe, and supportive natural environment in which children, youth, and families have access to prevention, early intervention, and treatment through school-based mental health programs.

Mentally healthy students are more likely to go to school ready to learn, actively engage in school activities, have supportive and caring connections with adults and young people, use appropriate problem-solving skills, have nonaggressive behaviors, and add to positive school culture.

- ❖ Develop programs to provide positive school climate and promote student skills in dealing with bullying and conflicts, solving problems, developing healthy peer relationships, engaging in activities to prevent suicide and substance use, and so on.
- ❖ Develop early intervention services for students in need of additional supports such as skill groups to deal with grief, anger, anxiety, sadness, and so on.
- ❖ Develop treatment programs and services that address the various mental health needs of students.
- ❖ Develop student and family supports and resources.
- ❖ Develop a school culture in which teachers and other student support staff are trained to recognize the early warning signs of mental health issues with students.
- ❖ Develop a process to ensure that all students have equal access to services and supports. Further, early identification and referral resources may reflect a school climate that is comfortable talking about and addressing emotional health, which again may reduce the stigma often associated with receiving mental health treatment.

" EVERY TEACHER NEEDS TO BE A PARENT AT SCHOOL AND EVERY PARENT NEEDS TO BE A TEACHER AT HOME "

- Acharya v.venkat

Service Offering - Colleges

Freedom Excellence Academic Initiative is an effort to reach as many youngsters and help them with the tools to be successful personalities. To help them discover their dream and live up to their true potential. To nurture youngster's with professional and personal skills.

In today's Hitech society, with technology rapidly growing and economies booming, with changing life styles, what's important for youngsters is clarity and direction.

Freedom Excellence Academy Personalized Leadership programs helps youngsters to develop a Holistic personality. Nurturing them for corporate careers and better personal lives.

Personalized Leadership & Career Development Training

2-12 Weeks Learning Approach

Class Room & One - One Intervention

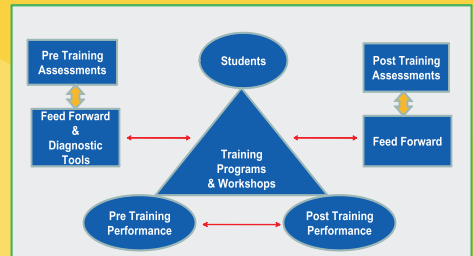
Industry Specific Training's

Basic Foundation Building

Personal & Professional Coaching

Integrated Communication & Behavioral Training

Industry Oriented Training Framework



GLOBAL NETWORK OF YOUNG YOGIS



Services offered : Schools & Colleges

Sri Chaitanya | Chenna Kesava Public School | Pearson Group of Schools
I Hill Side Academy | Pranav International School | Bapuji International School | Shiva Shaikshanika Seva Ashram
TRR group of Institutions | Dhruva Business School | ICFAI Business School | A.V College | NTT Technical Training Centre
Sri Chaitanya | Mediciti Medical College | Aurora College | Sardar Patel College | Vivekananda Academy of Excellence |
Acharya Nagarjuna University - International Business Management & Dept. of Business Management and Commerce
Vignan University - Degree and P. G. College | G.V.R & S Engineering College | Chalapathi Engineering College



ACADEMY OF
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I Hypnotherapy | Counselling | Bio-Energies |
I Bachflower therapy | Stress Management
I De-Addiction | Kriya Yoga |

Personal counselling and therapies sessions
are available on appointment basis



Books available in Telugu, Hindi & English

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