



PLUS APPROACH FOUNDATION

'Spandan'

Think Positive, Help Others

A digital wireframe face, resembling a 3D model or a stylized human head, is the central focus. The face is composed of a grid of lines, with a glowing yellow and orange light emanating from the forehead area, suggesting a brain or a source of energy. The background is a dark blue space filled with numerous white, streaky lines that radiate outwards, creating a sense of motion or data flow. Overlaid on the face is the text "SOCH AADA T" in a bold, red, sans-serif font, positioned on the left side. To the right of this, the word "BADLO" is written in a larger, bold, red, sans-serif font, spanning across the middle of the face.

**SOCH
AADA
T**

BADLO

SOCH BADLO -AADAT BADLO

It is a transformational therapy which will form our behavior in short term and manifest as national character in the long term. It consists of 7 habits that are required to be developed for stronger Self and sustainable environment.

The aim of Plus Approach Foundation is to disseminate awareness among masses on these subjects through workshops and seminars etc.

THE 7 HABITS FOR SELF

A journey towards transforming self and
contributing to the society at large

Transformation begins with you ...

HABITS FOR SELF

- ❖ **Develop self-belief and dare to dream:** Using your mind to dream vividly of what you want to achieve creates a strong impression on the brain and helps in overcoming challenges coming in way before you achieve success.
- ❖ **Focus on your dream in spite of obstacles and distractions:** Focus gives the power to channelize all the energy or intelligence available at one's disposal towards achieving a dream.

HABITS FOR SELF

- ❖ **Be self-motivated, introspect and re-assess the strategy:** Introspect on what you need to re-define, re-assess and re-invent in your goals to achieve and realize your dream.
- ❖ **Understand the value of time:** Analyze your energy cycle; Determine, when you tend to be at your best physical and mental position; Schedule challenging tasks during those times of peak performance--you will accomplish more in less time.

HABITS FOR SELF

- ❖ **Persevere in the face of adversities:** “Prayas Ek Aur Kadam” (PEAK) is the mantra. Whenever you feel like you don’t have energy left to persist-- just try.
- ❖ **Foster Positive Approach in all aspects of life:** The world remember those who have the habit of never say die. Strategize ☐ Achieve and if not ☐ Then Re-strategize and achieve.
- ❖ **Never stop learning:** Time and life is a limited resource and you can dream a lot of things but to be really effective and sure about the success and you should fix your focus on things that really are close to your heart.

THE 7 HABITS FOR SOCIETY

- ❖ **Respect your Elders:** Elders include our parents, teachers and seniors who are the manifestation of godliness and by serving them we can serve God.
- ❖ **Save Environment:** Environment is a gift of nature. A clean environment helps in the healthy growth of biological species.
- ❖ **Save Food:** Hunger in India is a complex issue.
(India ranks 135th out of 187 countries in the 2014 UNDP Human Development Index and 55th out of 76 countries in the Global Hunger Index).

HABITS FOR SELF

- ❖ **Save Water:** In India, agriculture sector is the biggest user of water followed by domestic sector and industrial sector. As per experts, there is an urgent need to harness the ground water through rain water harvesting.
- ❖ **Save Energy:** Energy use in India has almost doubled since 2000. India is still home to about 300 million people who lack access to electricity, more than 20% of the worldwide total of 1.1 billion people without electricity.

CONTINUE...

- ❖ **Practice Sanitation:** Improved sanitation reduces environmental burdens, increases sustainability of environmental resources and allows for a healthier, more secure future for the population.
- ❖ **Reduce, Reuse and Recycle:** Reducing the amount of waste is the best way to help the environment. Reusing helps in situations where it isn't possible to reduce.

THANK YOU