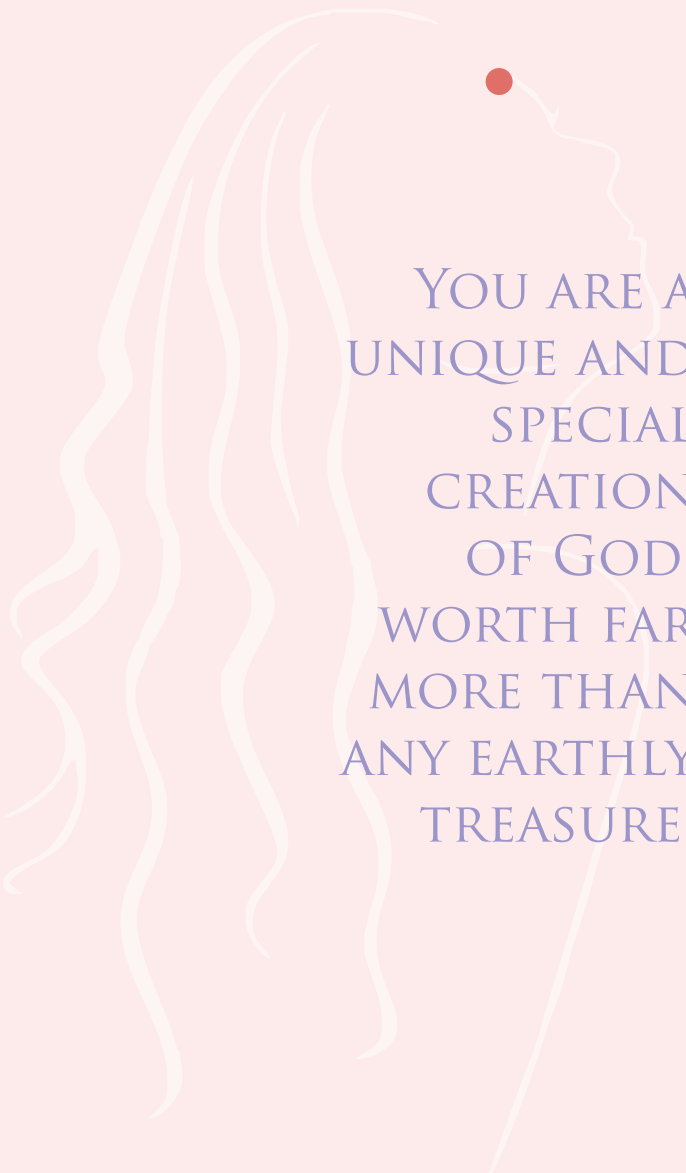




COOK  GROOM  ASPIRE  
DANCE  DECORATE  
STYLIZE  COMMUNICATE  
UNDERSTAND  LEAD  
ACHIEVE  SUCCEED  
RIDE  DRIVE  CREATE  
MULTI-TASK  RESOLVE

# TRANSFORM INTO A WOMAN OF SUBSTANCE



YOU ARE A  
UNIQUE AND  
SPECIAL  
CREATION  
OF GOD,  
WORTH FAR  
MORE THAN  
ANY EARTHLY  
TREASURE.

DRS Education, Hyderabad, presents 'GRUHINI', a week long residential training intervention for the married woman to address the challenges that she faces today.

Today, more than ever, her role has become infinitely complex. She has to manage home, raise children, look after in-laws, entertain guests, attend social functions, look her best, and if she is employed, take care of her professional responsibilities and face tough competition in all spheres of her life.

Gruhini is the program where she will rediscover herself, learn to strike a balance between her success and happiness, be more assertive, learn new skills, learn to manage her as well as others' emotions, learn to prioritize and manage her time more productively, put things in the right perspective and take complete charge of her life. She will learn to do things right, first time, every time. She will be a transformed woman, contented and happy, without compromising with any of her responsibilities. She will become both efficient and effective. Bubbling with more enthusiasm, more energy, passionate and full of desires to make things happen; she will be a rejuvenated self.

A broad outline Modules to be covered

- Home Management
- Health & Beauty
- Life skills
- Essential Know - How
- Hobbies

## HOME MANAGEMENT

- Microwave Cooking
- Table Setting & Napkin Folding
- Event Management (family functions & get together)
- Effective parenting techniques
- Being multi task oriented

## HEALTH & BEAUTY

- Different ways of draping saree
- Nutrition & Diet planning
- The art of Dressing and carrying oneself
- Make up & Hair style
- Skin & Hair Care (herbal & home remedies)

## LIFE SKILLS

- Building Confidence, Self esteem and Positive Attitude
- Conflict Resolution
- Effective Decision Making
- Time Management
- Communication & Art of Conversation
- Emotional Intelligence
- Interpersonal Skills/ Relationship Management (family, in-laws)/ Conflict Resolution

## ESSENTIAL KNOW-HOW

- Manners & Etiquette (dining, telephone, guest, host, party, email etc.,)
- Communicative English
- Basic Plumbing Know how
- Basic Electrical know how
- Finance/Investment Portfolio management, Home budget
- Operating genset, fax machine, printer & scanner

## HOBBIES

- Dance (Salsa & Free Style)
- Photography



## Admissions

The admission to the course is through an interview, which tests the basic understanding abilities.

## Eligibility

Married women below 50 years.

## Dates

September 20-27

## Fee Structure

Registration Fee : Rs. 500/- (Once off, Nonrefundable)

Course Fee : Rs. 40,000/- (One time payment) Rs 15,000/- to be paid on confirmation of admission, the remaining on or before 15th June

Caution Deposit (Refundable) : Rs. 10,000/-

# ABOUT DRS GROUP AND GRUHINI, THE PARA EDUCATION PROGRAMME

DRS Group is a 500 crore business house with diversified interests in logistics, relocation, pharma and education.. It has made its presence felt in the field of education by establishing DRS International School at Hyderabad in 2003 and a chain of preschools across India under the brand name DRS KIDS in 2005. Right from the first year of operation, DRS International School has moved from strength to strength and has created a niche market for itself.

DRS Education In keeping with its motto, 'Strive to Surpass', recently launched its new division DRS Para Education. It was created with an objective to make the people of today street smart and confident. DRS Para Education aims at inspiring every participant to go beyond average in all spheres of life.



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