

PROGRAMME BROCHURE

Discipline, Productivity & Life Reset

Lifestyle & Life Skills / Complete programmes

Regular full-programme fee · current offers shown at checkout

INR 7,999

Access

4 weeks programme access

Study plan

4-week guided practice plan

Learning format

Online programme; review the published learning format before enrolling

Programme overview

Build a realistic weekly routine. Use focused work blocks and reduce distractions. Review habits and restart after setbacks.

Who this is for

- 1 Working adults who want more consistent routines

Published topics and learning focus

- 1 Build a realistic weekly routine
- 2 Use focused work blocks and reduce distractions
- 3 Review habits and restart after setbacks

Before you choose

- 1 Current checkout terms and refund policy apply. Any eligible offer is confirmed at checkout; this brochure does not reserve an offer.
- 2 Published learning topics describe the intended focus, not guaranteed personal, career or business results.

Take the next step

Review enrolment options

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.