

*“Don’t **go** through life,
grow through life”*



Many of us spend our life in a mechanical way of getting up, bathing, rituals, working, eating, sleeping and repeat the same routine every day. We must spend quality time in learning, sharing, constructive work, physical exercise etc. which add value to our physical, intellectual and emotional dimensions. *We have to add life to our years rather than years to our life.*



SEVEN STEPS
“Making Excellence a Culture”