

DR. SAI KIRAN BODDU

**Memory Maestro • Vedic Maths Trainer • Guinness World
Record Holder**

Dr. Sai Kiran Boddu is a renowned Memory and Vedic Maths Trainer with over 25 years of experience in training and mentoring students. During his illustrious career, he has trained more than one million students, inspiring them to discover and unlock their hidden potential.

“He is the Founder President of the International Memory and Intelligence Research Council, in partnership with Mr. SreeNiwas SuMman—an organization dedicated to the study, research, development, and promotion of memory, intelligence, and the remarkable potential of the human mind.”

He is a Guinness World Record Holder in Rapid Calculations and Memory Power and is credited with accomplishing a remarkable and complex word-memory feat after a gap of nearly 2,300 years.

Dr. Sai Kiran is widely known for his powerful and fascinating memory techniques. Through his workshops and training programmes, thousands of students have learned practical methods to improve their memory, concentration, recall and learning abilities.

He teaches the art of Mnemonics—powerful memory techniques that make it easier to learn, store and recall information. The beauty of these techniques is that they can be learned by anyone, irrespective of age or academic background, with regular practice.

His training goes beyond simply memorising information. It focuses on developing a sharper mind, stronger concentration, better observation, faster recall, improved confidence and enhanced learning ability.

Dr. Sai Kiran's mission is to help every learner understand that memory is not merely a gift—it is a skill that can be trained, developed and strengthened.

Unlock Your Memory. Activate Your Mind. Discover Your True Potential!

For Workshops and Enquiries:

Ph. 7396134001 | 9441155774



VEDIC MATHS



&

MEMORY TRAINER

Train Your Brain. Transform Your Future.

*Faster Calculations • Better Memory
Stronger Mind • Bright Future*



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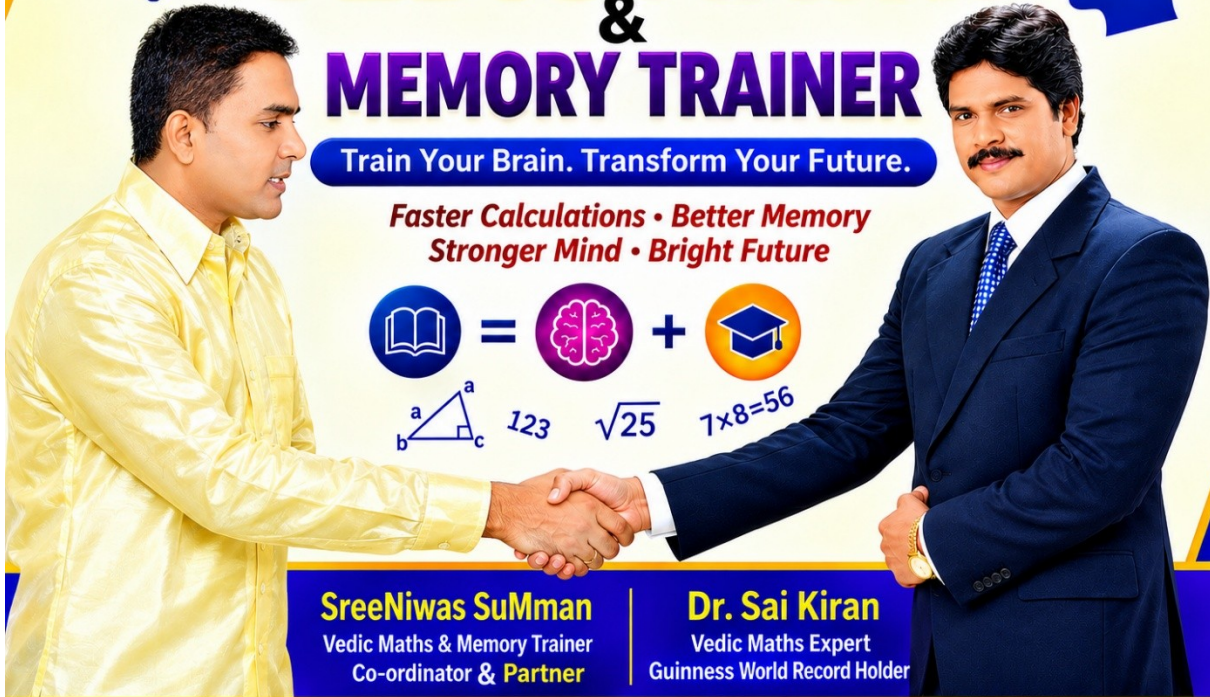
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123

$\sqrt{25}$

$7 \times 8 = 56$



SreeNiwas SuMman

Vedic Maths & Memory Trainer
Co-ordinator & **Partner**

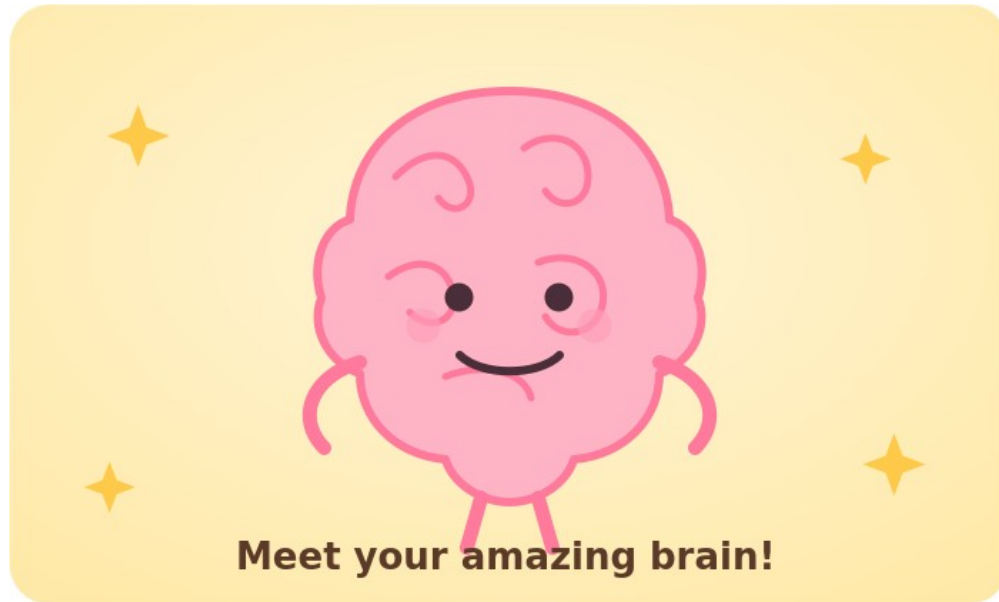
Dr. Sai Kiran

Vedic Maths Expert
Guinness World Record Holder

Workshops | Classes | Corporate Training | School Programs | Online & Offline

MEMORY POWER!

How Your Amazing Brain Remembers Everything



What Is Memory?

Memory is one of the coolest superpowers of your brain! It's the amazing ability to take in information, keep it safe, and bring it back whenever you need it. Your memory works every single day of your life, from the moment you wake up until you fall asleep.

Memory = Record + Retain + Recall — that's the 3 R's!

The 3 R's of Memory

Every memory you make goes through three simple steps. Take a look:



Who and What Do We Remember?

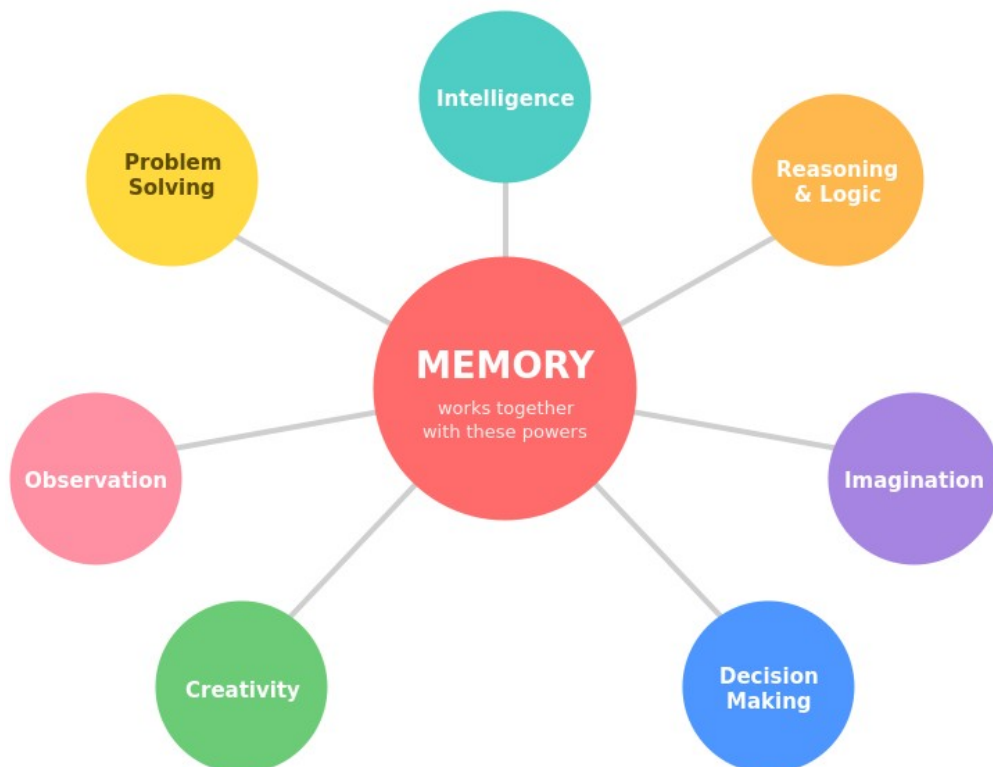
Our memory helps us remember the people who matter most to us — our family, friends, and teachers. It also helps us remember all kinds of general knowledge, facts, experiences, and little details from our everyday lives!



...and so many experiences, observations, and details from every day!

Memory Works With Other Brain Powers

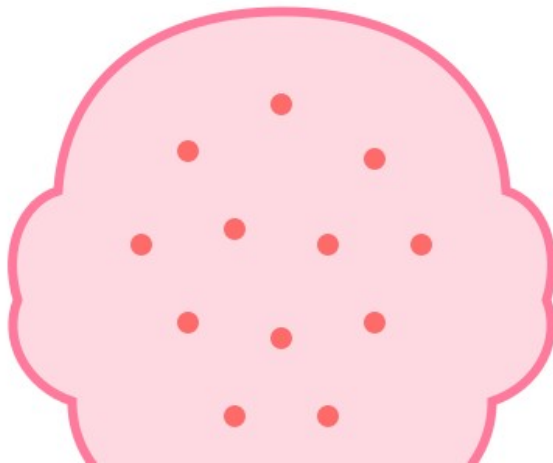
But memory is not just about storing information! It teams up with other awesome brain powers — like intelligence, reasoning, logic, imagination, creativity, observation, and decision-making. Together, they help you understand things, solve problems, make smart choices, and reach great results!



Memory is like a smart, dynamic helper — it doesn't just save information, it helps your mind connect, think, and use that information when you need it most!

Your Brain's Incredible Storage

The human brain has an extraordinary capacity for memory. It can store and hold an enormous amount of information — far more than we even realise, and more than we could ever use in a single lifetime!



Did you know?

Your brain can store
SO much information -
way more than you
could ever use in
one whole lifetime!

Why Should We Grow Our Memory Power?

Developing memory isn't just about remembering more facts. It's about learning better, thinking more clearly, making wiser decisions, and using the incredible power of your mind to its fullest!



**Memory is not just the
power to REMEMBER...**

**it's the power to USE
what you remember!**

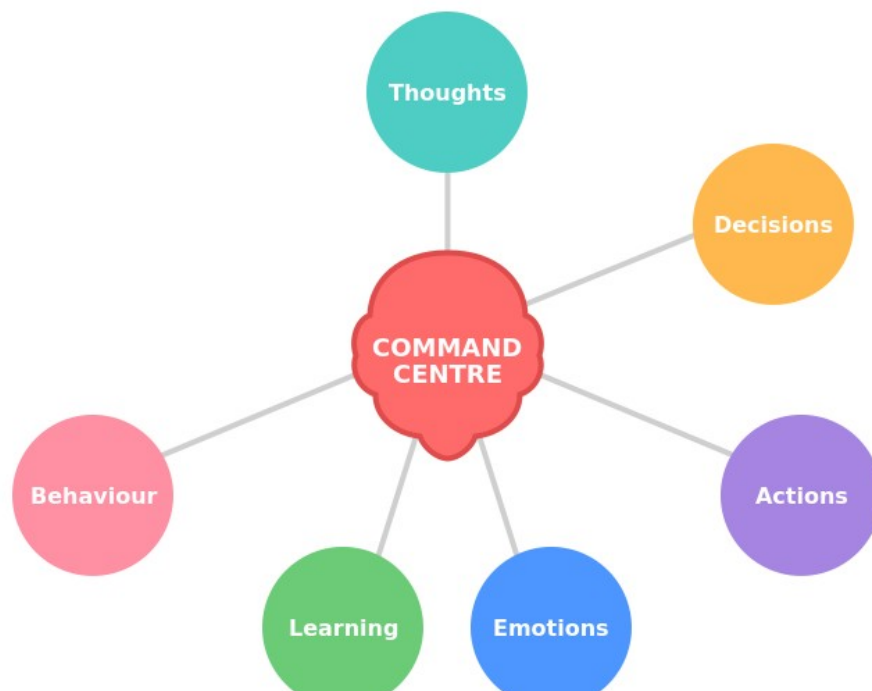
BRAIN — The King Organ

Part II — Learning How to Rule Your Own Mind



The Brain Is the King of All Organs

That's probably why nature placed it right at the top of your body! The brain is the command centre that governs everything about you — it's in charge of your thoughts, decisions, actions, emotions, learning, and behaviour.



Success Depends on How You Use It

A person's success or failure depends a lot on how well they use their brain. Kids who learn to sharpen their brain's abilities and use it wisely can grow into successful achievers and winners. Those who just let it run without training or challenging it often stay ordinary or underdeveloped in their abilities.



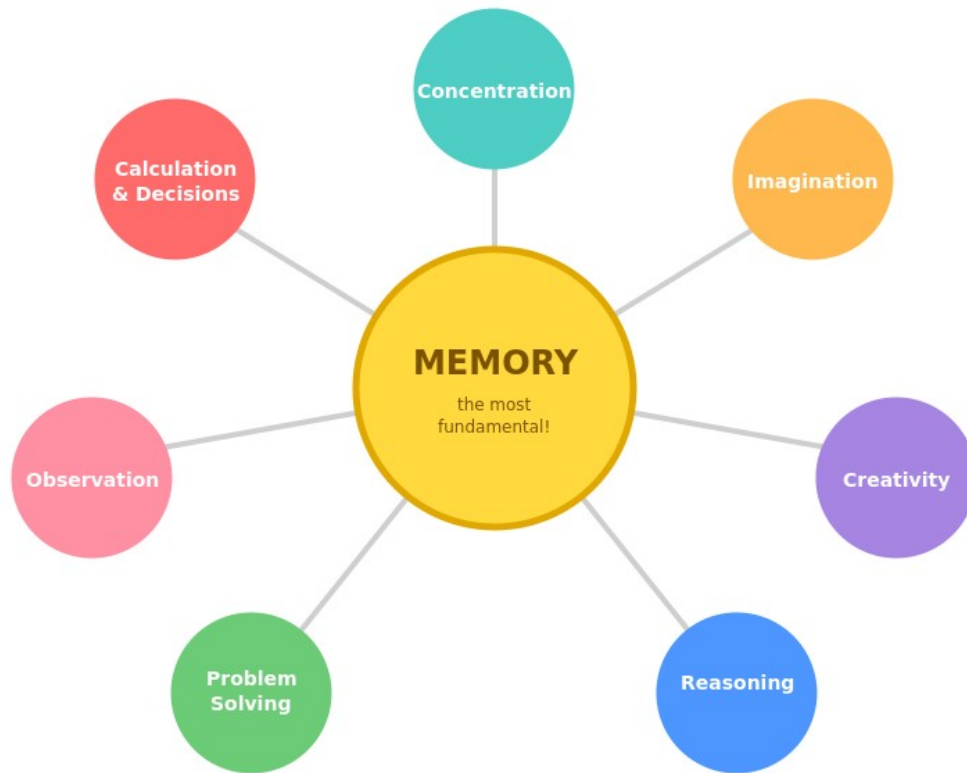
What Education Really Means



Education = learning HOW to use your brain in a field of knowledge, and turning that knowledge into real value in life.

Your Brain's Amazing Range of Abilities

Your brain can be trained to improve memory, concentration, imagination, creativity, reasoning, observation, calculation, problem-solving, and decision-making. Out of all these superpowers, one stands out as the most fundamental: Memory!



Memory: The Foundation of Learning

Memory is the foundation that learning and intelligence are built on. Being able to receive, store, organize, associate, and retrieve information really well can boost how much you learn and how well you perform!



This is the foundation of learning and intelligence!

Meet Mnemonics — Memory's Toolbox

The special techniques used to strengthen and systematically use your memory are called Mnemonics. These are clever methods and strategies that help you encode, store, and recall information more efficiently.



MNEMONICS

Fun memory tricks and tools that help your brain encode, store, and recall information more easily!

The Best Investment You Can Make

Understanding your brain and learning how to train and use its tremendous potential is one of the most powerful investments you can ever make in yourself!

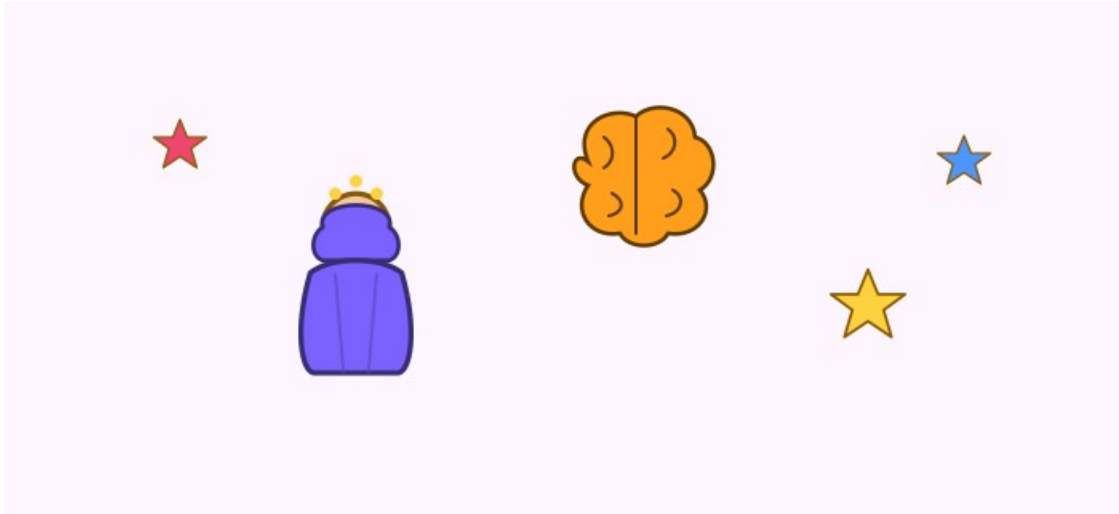


**Learning to train your
brain's potential is one**

**of the BEST investments
you'll ever make!**

MNEMONICS

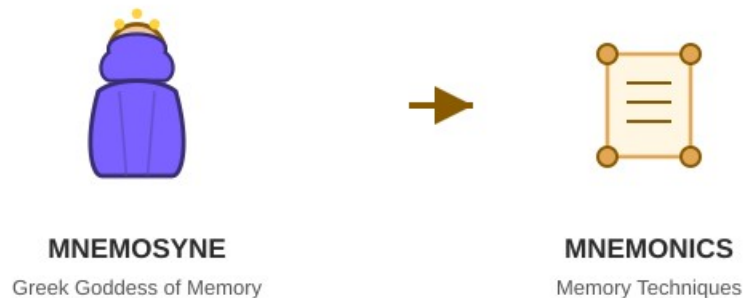
The Art and Science of Remembering



A magical journey into how our brain loves to remember! ✨🧠

Where Does the Word Come From?

The word Mnemonics comes from the name of Mnemosyne (say it: Neem-oh-SEEN), the ancient Greek goddess of Memory!



The ancient Greeks believed Mnemosyne was the living spirit of Memory itself. Today, the word "Mnemonics" still carries her name.

So, What Exactly Are Mnemonics?

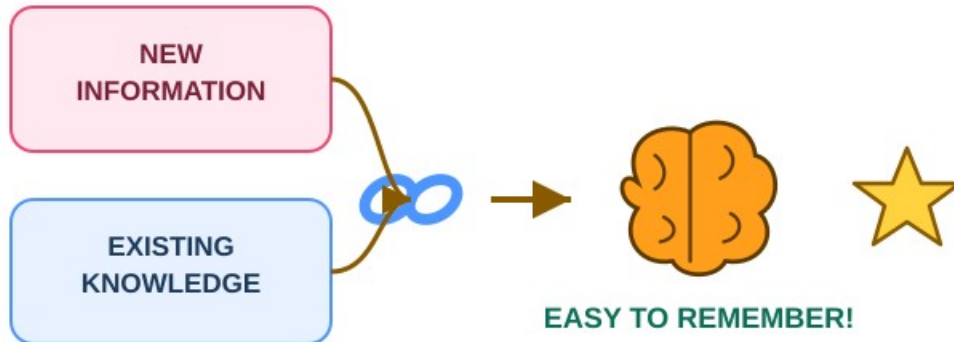
Mnemonics are simply clever techniques and tricks that help us remember information better. There are different tricks for remembering names, numbers, words, facts, dates, formulas, speeches, lists, and more.

But underneath all these different tricks, there is ONE big idea that connects them all.

The Fundamental Principle

"Mnemonics means connecting NEW information with EXISTING information already stored in the mind."

In simple words: we remember new things by linking them to something we already know!



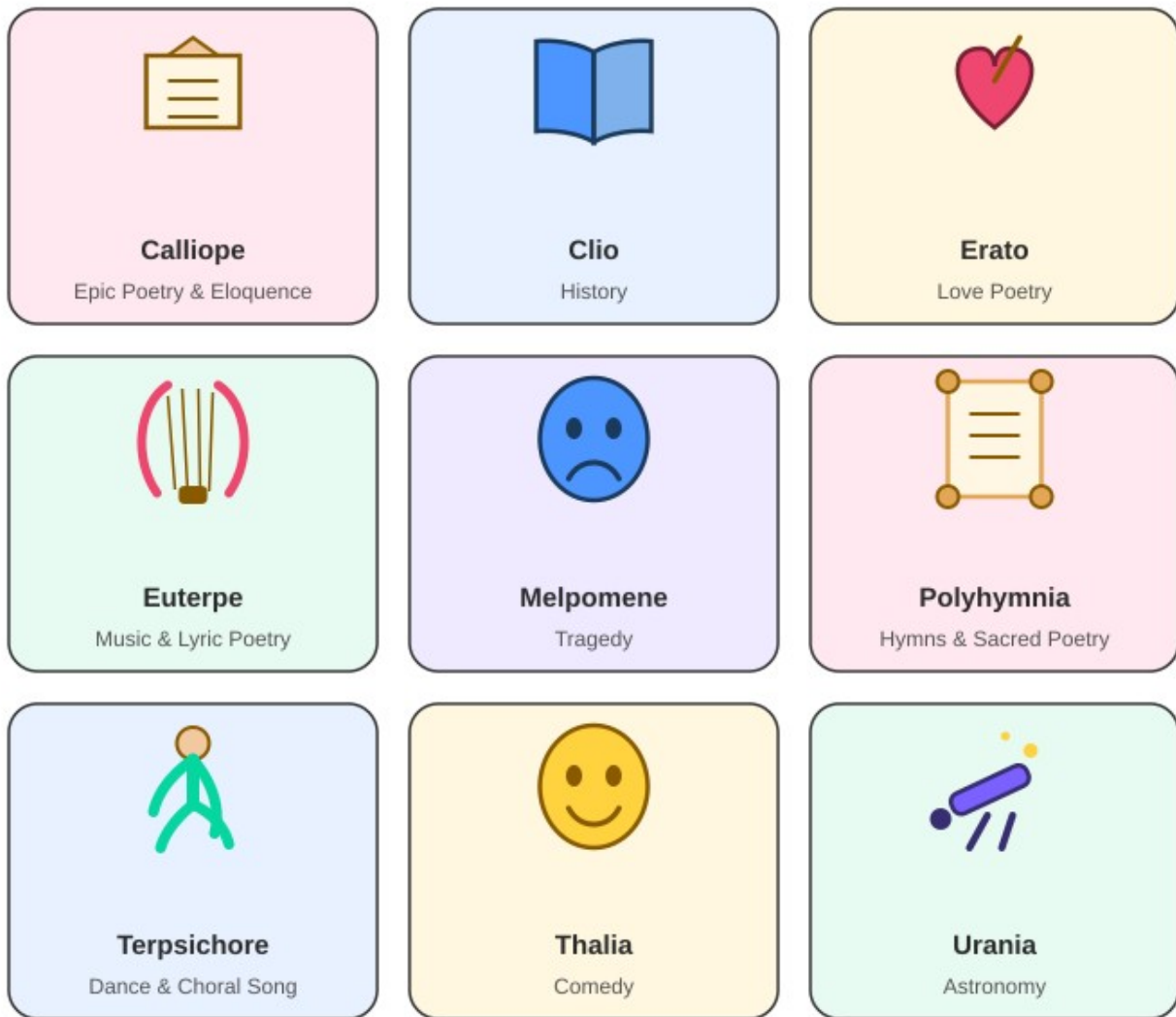
Our mind finds it much easier to remember information when it is turned into something:

- Familiar — like something you already know
- Meaningful — it makes sense to you
- Visual — you can picture it
- Emotional — it makes you feel something
- Humorous — it makes you laugh
- Unusual — it stands out and surprises you

Mnemosyne and the Nine Muses

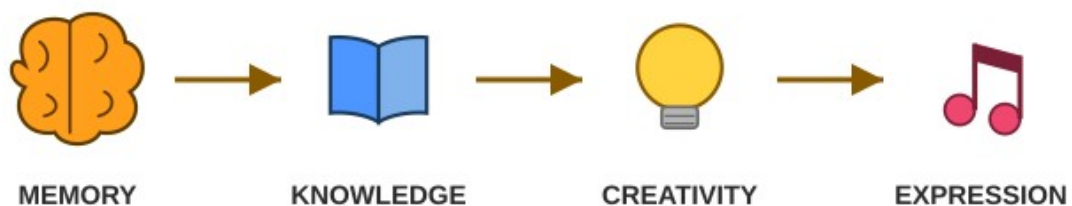
Here is a beautiful story from Greek mythology! Mnemosyne and Zeus, the king of the Greek gods, were said to be the parents of the Nine Muses — magical sisters who inspired art, music, dance, and knowledge.

Each Muse looked after a different creative gift:



From Memory to Creative Expression

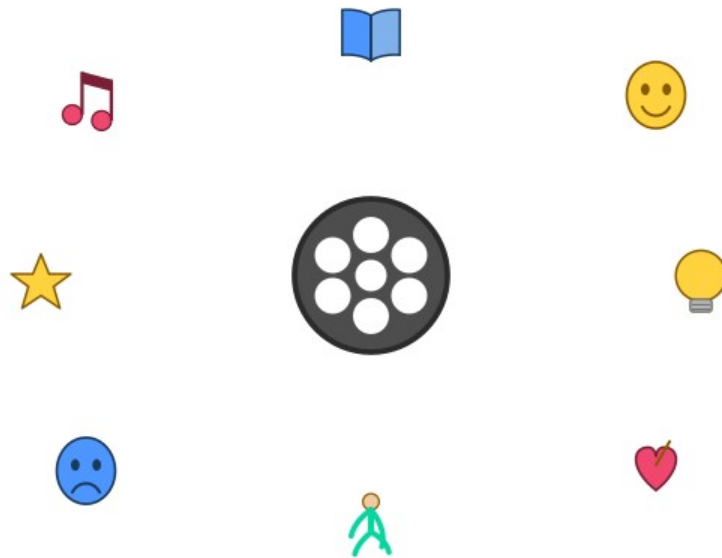
This gives us a wonderful idea about how our mind works:



The Muses can be thought of as the creative "children" of Memory. What we remember becomes the building blocks for everything we learn, imagine, create, and express!

Why Do We Remember Movies So Well?

Think about your favourite movie! A memorable movie often mixes together many of the Muses' gifts — story, history, music, poetry, drama, comedy, dance, and strong emotion, all at once.



That is exactly why we can remember scenes, dialogues, songs, and characters from a movie for years — even after watching it just once!

The Mnemonics Philosophy

When new information connects to what we already know, and is made meaningful, visual, emotional, or even funny, it becomes so much easier for our mind to hold on to it.

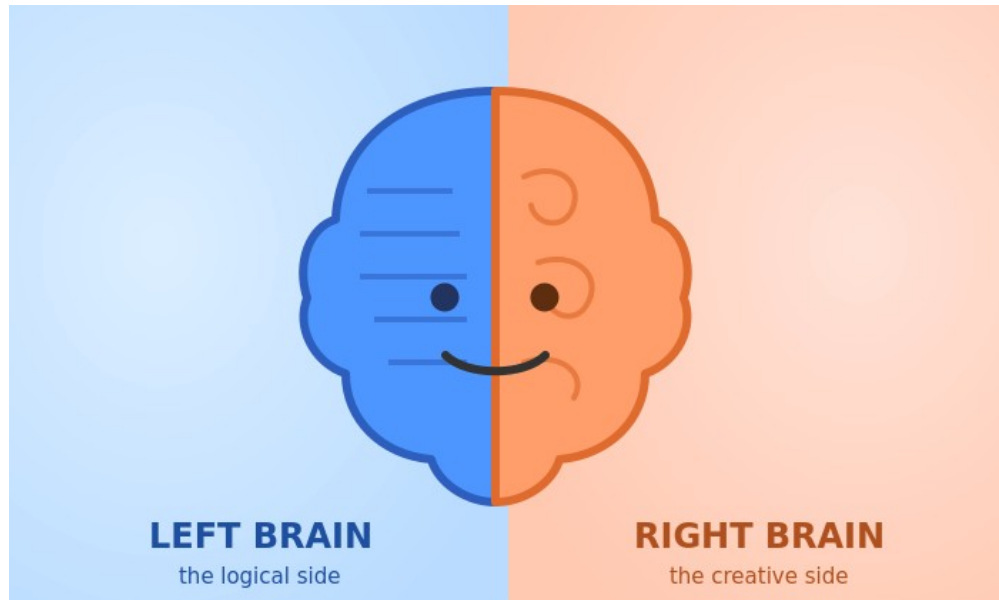
Big Idea to Remember!

- ★ Mnemonics is NOT just about memorising facts.
- ★ Mnemonics is the art of giving information a shape that the brain naturally WANTS to remember.
- ★ Make it familiar, visual, emotional, or funny — and your brain will hold on to it!

"Mnemonics is the art of giving information a form that the brain naturally wants to remember."

LEFT & RIGHT BRAIN

Part 4 — Two Sides, One Amazing Brain



Left Brain — The Analytical Side

The left hemisphere is traditionally linked to logical thinking, language, numbers, analysis, details, and planning. That's why it's often called the "logical brain."

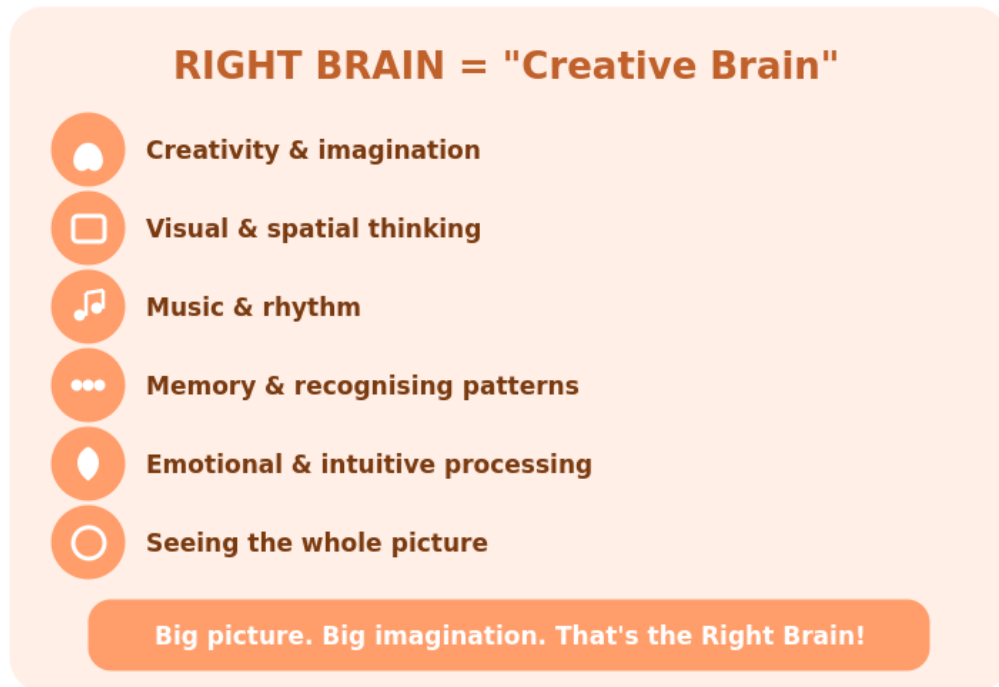
LEFT BRAIN = "Logical Brain"

- ? Logical thinking & reasoning
- Aa Language & verbal processing
- 123 Mathematical & numerical skills
- ≡ Analysis & sequencing
- 🔍 Attention to details
- ✓ Planning & structured thinking

Step by step. Rule by rule. That's the Left Brain!

Right Brain — The Creative Side

The right hemisphere is traditionally linked to creativity, imagination, visual thinking, music, patterns, and emotions. That's why it's often called the "creative brain."



Facts About the Brain

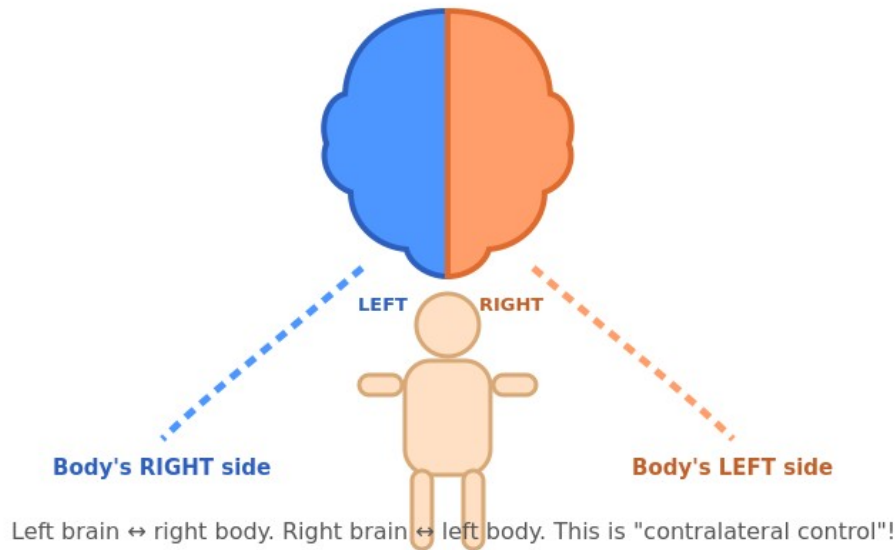
The human brain is one of the most extraordinary and complex organs in your body. It weighs only around 1.3–1.4 kilograms in an average adult — yet it controls and coordinates an astonishing range of things, from movement and sensation to learning, memory, emotions, language, and decision-making!



The Brain Works Crosswise!

Here's something fascinating: your left brain mostly controls movement and senses on the right side of your body, while your right brain mostly controls the left side. This

crisscross setup is called contralateral control. Of course, most tasks still need both halves working together as a team!

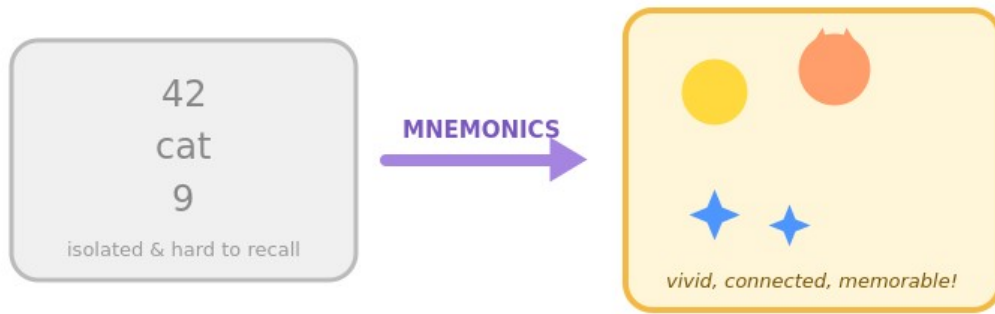


The Brain Loves Meaningful Representations

The right brain stores things like visuals and symbols, and it also looks after involuntary actions like breathing and blinking. The left brain processes language, numbers, written words, sounds, images, and many other kinds of information.

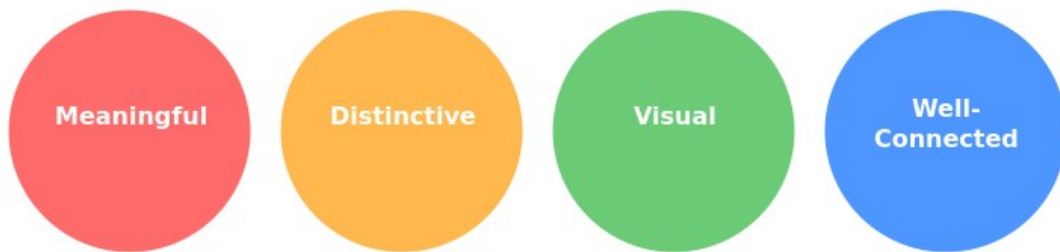


Our brains are especially good at processing visual and meaningful information. Images, symbols, patterns, stories, associations, emotions, and familiar ideas all make information easier to understand and remember — and this idea is super important in Mnemonics!



A Powerful Memory Principle

The more meaningful, distinctive, visual, and well-connected information becomes, the easier it is for your brain to learn and remember it!



= easier for your brain to learn AND remember it!

Great memory training doesn't just repeat information — it teaches your brain to connect, visualise, organise, understand, and retrieve it intelligently!



**"The right brain likes visuals and symbols,
while the left brain takes care of logical reasoning."**

A MEMORY GAME FOR KIDS

The Magic Memory Chain



Link 15 silly words into one giant story — and see how many you can remember!



What is this?

- **The Link Method** is one of the oldest memory tricks in the book — used by memory champions, storytellers, and ancient scholars alike. Instead of memorizing a boring list, you turn the words into one wild, funny story. Funny + weird = easier to remember!
- This pack gives kids **15 words** woven into a silly connected story, a page to **doodle** each word, a **recall challenge**, and a **bonus round** to build their own memory chain.

 1+ players

 10–15 minutes

 Ages 5–12

The Magic Memory Chain – 15 Words

1. Elephant
2. Umbrella
3. Rainbow
4. Pizza
5. Robot
6. Balloon
7. Dragon
8. Bicycle

9. Ice Cream

10. Butterfly

11. Rocket

12. Guitar

13. Kangaroo

14. Sandcastle

15. Star

%%



How to Play

Read this together before you start the game

Step 1 — Read the story out loud.

Turn to the Story page. An adult, older sibling, or the child themselves reads the silly story slowly, one time, out loud. Every highlighted word is one of the 15 words to remember.

Step 2 — Picture it like a movie.

While listening, the child closes their eyes and imagines each silly moment happening in their head — the bigger, sillier, and more colorful the picture, the easier it sticks!

Step 3 — Doodle each word.

Turn to the Doodle page. In each little box, quickly sketch (stick figures are perfect!) the word it stands for. Drawing locks the picture into memory even more.

Step 4 — Cover the story and recall.

Close the book or flip back to the title page so the story is hidden. Turn to the Recall Challenge and try to write down all 15 words **in the correct order**, just by remembering the story chain.

Step 5 — Check and score.

Flip back to the story to check the answers. Count how many words were remembered in the right order and find the score on the scoring ladder.

Grown-up tip: If a child gets stuck, don't just give the word — give them a nudge back into the story ("What was the elephant carrying to block the sun?"). Retelling the story from memory is the whole trick — the sillier and more active the retelling, the stronger the memory.

1 The Silly Memory Story

Read it aloud, slowly and dramatically — voices and sound effects encouraged!

15 words hidden inside

A giant **ELEPHANT** was carrying a bright pink **UMBRELLA** to block the sun. Suddenly, the umbrella burst into a sparkling **RAINBOW**! At the end of the rainbow, instead of gold, there was one giant, cheesy **PIZZA**. A hungry **ROBOT** popped out of the pizza and started blowing up a huge, wobbly **BALLOON**. The balloon stretched and stretched until — **POP!** — out flew a giggling **DRAGON**. The dragon hopped onto a tiny, squeaky **BICYCLE** and rode off eating a melty **ICE-CREAM** cone. A gigantic, glowing **BUTTERFLY** landed right on top of the ice-cream! It flapped its sparkly wings so hard that it turned into a roaring **ROCKET** and zoomed straight into space. Inside the rocket, an astronaut was jamming on a bright orange **GUITAR**. The music was so catchy that a dancing **KANGAROO** bounced along to the beat, all the way down to a sunny beach. There, the kangaroo built an enormous **SANDCASTLE**. And right on top of the tallest tower, someone placed one shining, twinkling **STAR**. The end!

Try this: Act out each word with a silly voice or gesture as you say it — sound effects for the balloon pop and rocket blast-off make it extra memorable!

2 Doodle Each Word

Quick stick-figure sketches are perfect — this is not an art contest!

1  Elephant	2  Umbrella	3  Rainbow	4  Pizza	5  Robot
6  Balloon	7  Dragon	8  Bicycle	9  Ice-cream	10  Butterfly
11  Rocket	12  Guitar	13  Kangaroo	14  Sandcastle	15  Star

Why doodle? Drawing a word uses a different part of the brain than hearing it. Combining a picture + a story + your own drawing gives the memory three ways to stick instead of one.

3

Recall Challenge

Cover the story page — now write all 15 words, in order, from memory!

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

Need a hint? Word bank (shuffled) — for younger players:

Rocket

Elephant

Sandcastle

Balloon

Ice-cream

Star

Rainbow

Kangaroo

Dragon

Guitar

Umbrella

Butterfly

Pizza

Bicycle

Robot

13–15 correct
Memory Master!

9–12 correct
Memory Star

5–8 correct
Memory Explorer

4
0–4 correct
Keep Practicing!

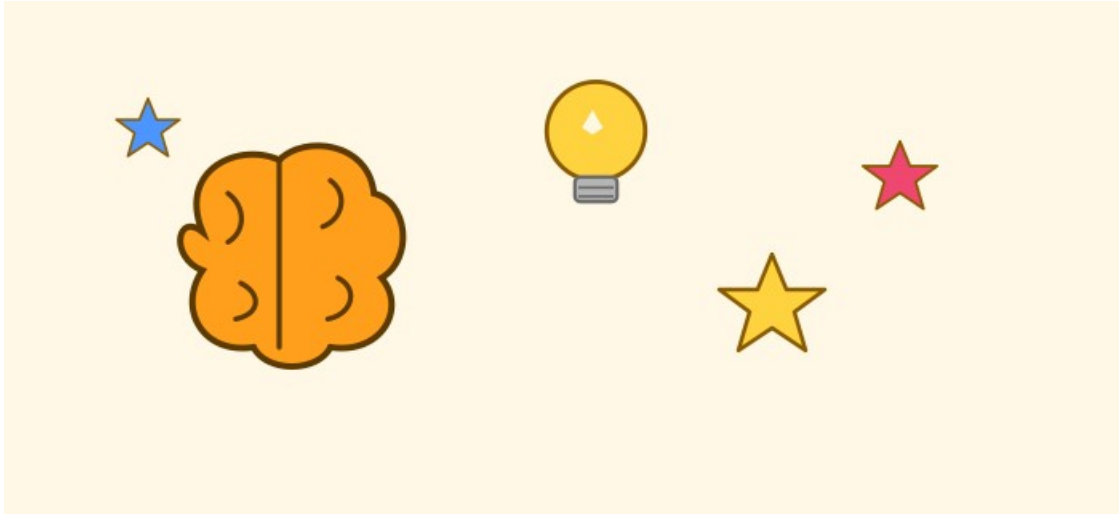
Note : **During the workshop we , students will discover:**

- **The hidden secrets of how the human mind and memory actually work.**
- **The correct methods of using the brain for maximum learning efficiency.**
- **Powerful memory techniques used by world-class memory champions.**
- **How to remember names, numbers, formulas, definitions, speeches, vocabulary, historical dates, and academic concepts with remarkable ease.**

- **How to improve concentration, observation, imagination, creativity, and confidence.**
- **How to recall information accurately at a phenomenal speed during examinations and in daily life.**

MEMORY & CONCENTRATION

A Fun Guide for Curious Kids!



Get ready to learn how your amazing brain remembers things, and how you can focus like a superhero! ★

What Is Memory?

Memory is how your brain saves information — like a name, a song, or how to ride a bike — so you can use it again later. Every time you learn something new, your brain is hard at work saving it!

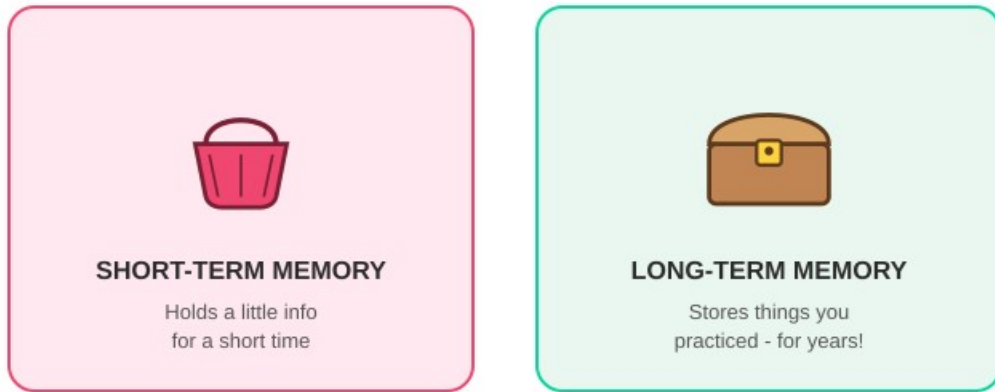


Here is the simple way it works:

- You SEE, HEAR, or FEEL something new.
- Your brain SAVES that information.
- Later, you REMEMBER it — like magic, but it is science!

Two Kinds of Memory

Not all memories are the same. Some stay for just a little while, and some stay for years and years!



- Short-term memory: like remembering a phone number just long enough to dial it.
- Long-term memory: like remembering your best friend's name forever!

What Is Concentration?

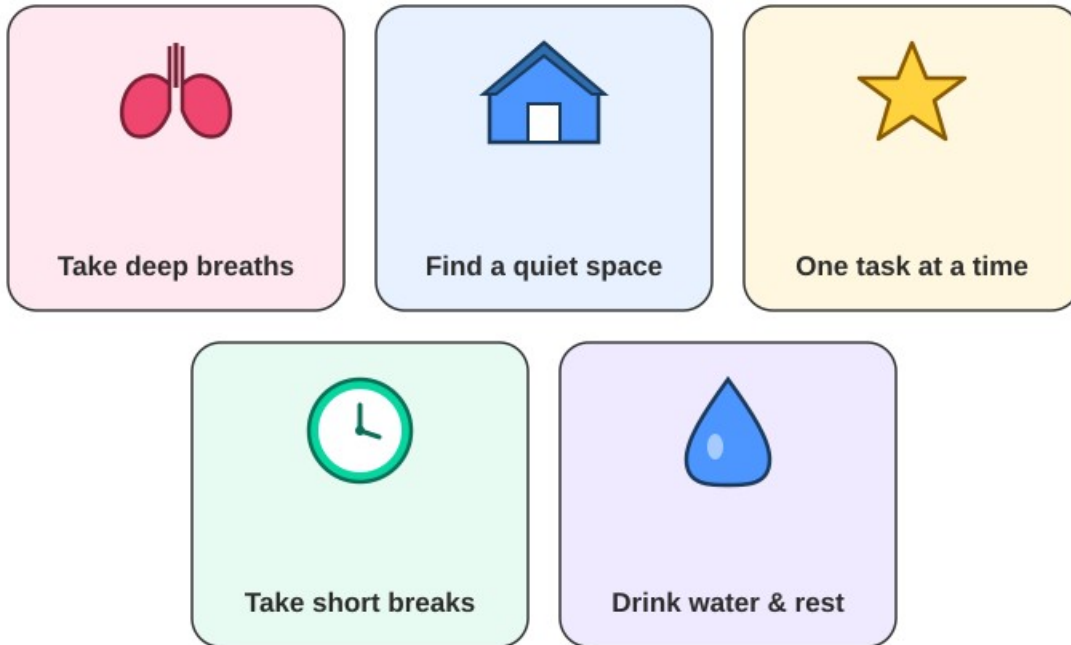
Concentration means keeping your mind on ONE thing, without letting your thoughts wander away. It is like aiming an arrow at the center of a target — the more you focus, the closer you get to the bullseye!



Good concentration helps you finish homework faster, understand stories better, and remember more of what you learn.

5 Easy Concentration Techniques

Try these simple tricks whenever you need to focus:



Let's Look Closer at Each Technique

1. Take Deep Breaths

- ★ Breathe in slowly through your nose for 4 seconds.
- ★ Hold it for 2 seconds, then breathe out slowly.
- ★ This calms your brain and helps you focus.

2. Find a Quiet Space

- ★ Turn off the TV and put away noisy toys.
- ★ Sit somewhere comfortable with good light.
- ★ A tidy space helps your mind stay tidy too!

3. One Task at a Time

- ★ Doing many things at once confuses your brain.
- ★ Finish one task before starting another.
- ★ Make a simple list and tick things off!

4. Take Short Breaks

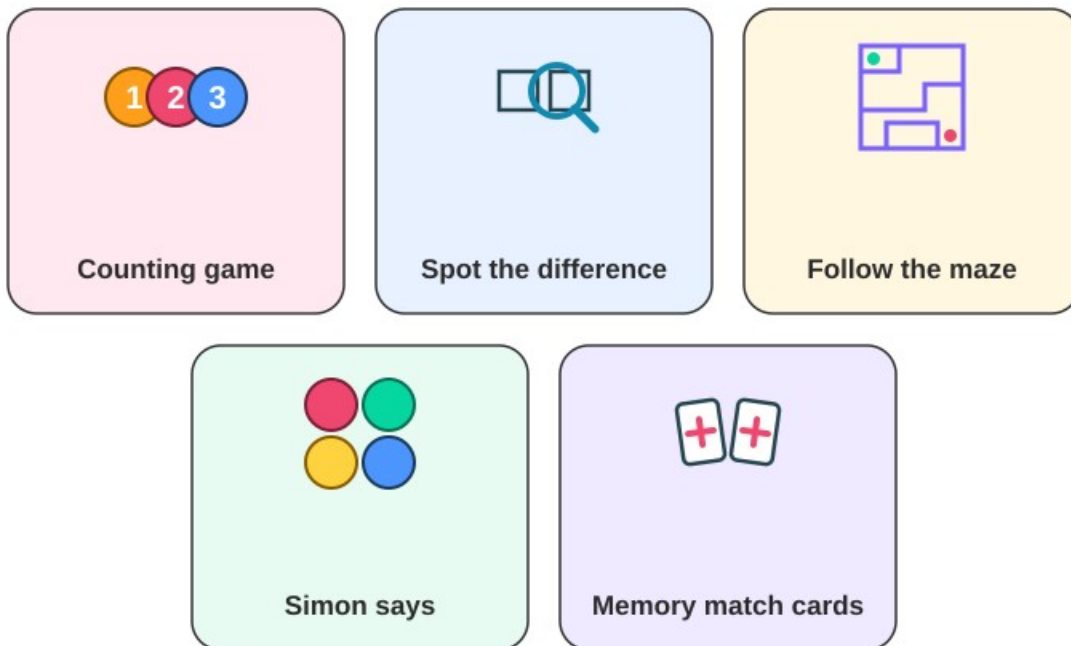
- ★ Work for 20-25 minutes, then rest for 5.
- ★ Stretch, jump, or get a drink of water.
- ★ Breaks help your brain recharge like a battery.

5. Drink Water & Rest Well

- ★ A thirsty or tired brain finds it hard to focus.
- ★ Drink water often during the day.
- ★ Sleep 9-11 hours a night to recharge fully.

Fun Concentration Exercises

Playing these games is a fun way to train your focus muscles! Ask a friend, sibling, or parent to play along.

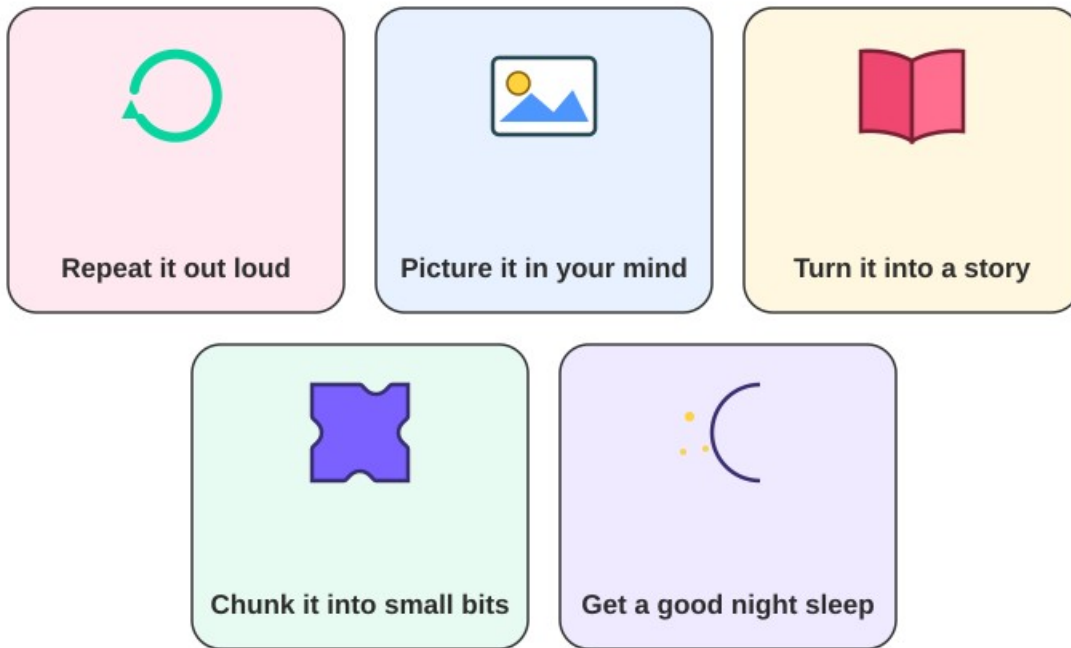


How to Play

- Counting Game: Count backward from 50 to 1 without losing your place.
- Spot the Difference: Look at two similar pictures and find what changed.
- Follow the Maze: Trace a path through a maze puzzle with your finger or pencil.
- Simon Says: Follow the leader's instructions only when they say "Simon says" first.
- Memory Match Cards: Flip two cards at a time and try to find matching pairs.

Memory-Boosting Tricks

Want to remember things better? Try these clever tricks used by memory champions!



Try It Yourself

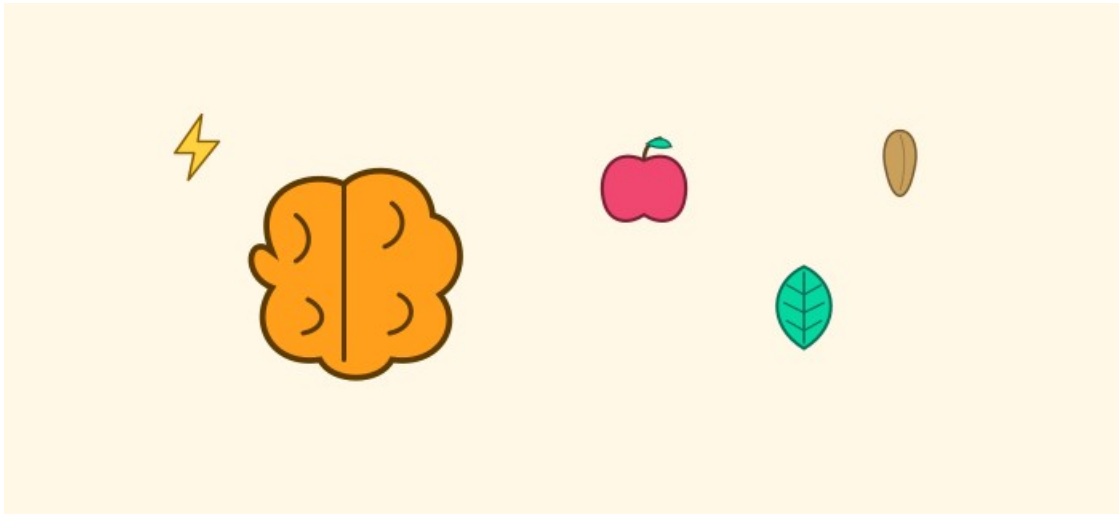
- Repeat it out loud: Say a new word or fact 3 times to lock it in.
- Picture it: Imagine a funny or colorful picture of what you want to remember.
- Turn it into a story: Connect facts together like chapters of an adventure.
- Chunk it: Break a long list into small groups, like phone numbers do.
- Sleep well: Your brain organizes memories while you sleep, so rest is important!

Remember!

- ★ Your brain is like a muscle — the more you practice focusing and remembering, the stronger it gets.
- ★ Be patient with yourself and have fun while you learn.
- ★ Great focus and a great memory are superpowers YOU can build every day!

DOES FOOD AFFECT MEMORY?

A Fun Guide for Curious Kids!



Let's find out how the food we eat helps our brain think, learn, and remember! 🍎🧠

Food, Energy & Your Body

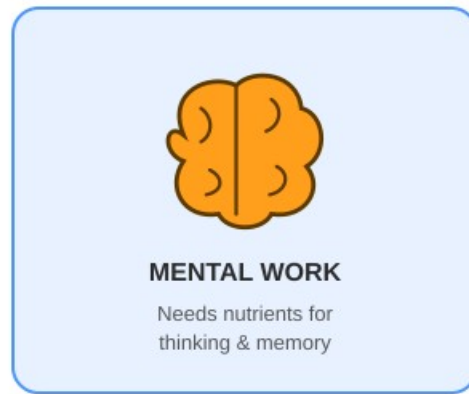
Our body gets its energy from the food we eat. Every single activity we do — whether it is running, playing, or even thinking — needs energy!



The quality and quantity of the food we eat can change how well our body and brain work. Good food means good energy!

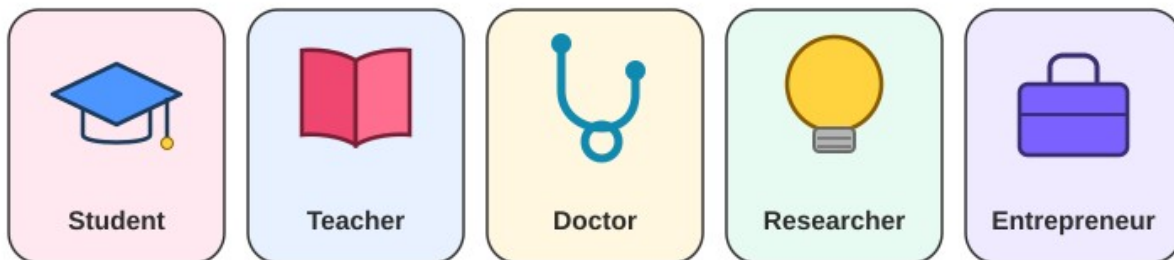
Physical Work vs. Mental Work

People who do a lot of physical activity, like athletes, need good nutrition for strong muscles and stamina. But what about people who use their brain all day?



Who Uses Their Brain the Most?

Students, teachers, researchers, writers, doctors, engineers, and entrepreneurs all use their brains constantly — for thinking, learning, analysing, remembering, and making decisions. Their brains need energy and nutrients too!



Can Food Influence Memory?

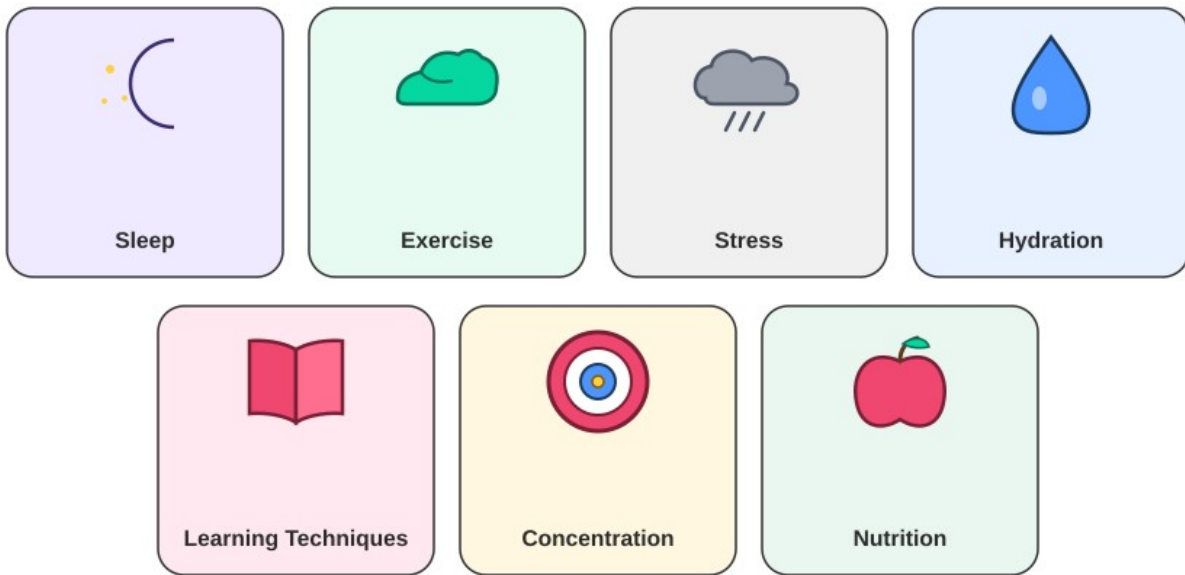
The brain is one of the hungriest organs in our body! It needs a steady supply of energy and nutrients to help us pay attention, concentrate, learn, and remember things.

So just like we eat well to keep our bodies fit, we should also eat well to keep our brains sharp!

Is There a Magic Memory Food?

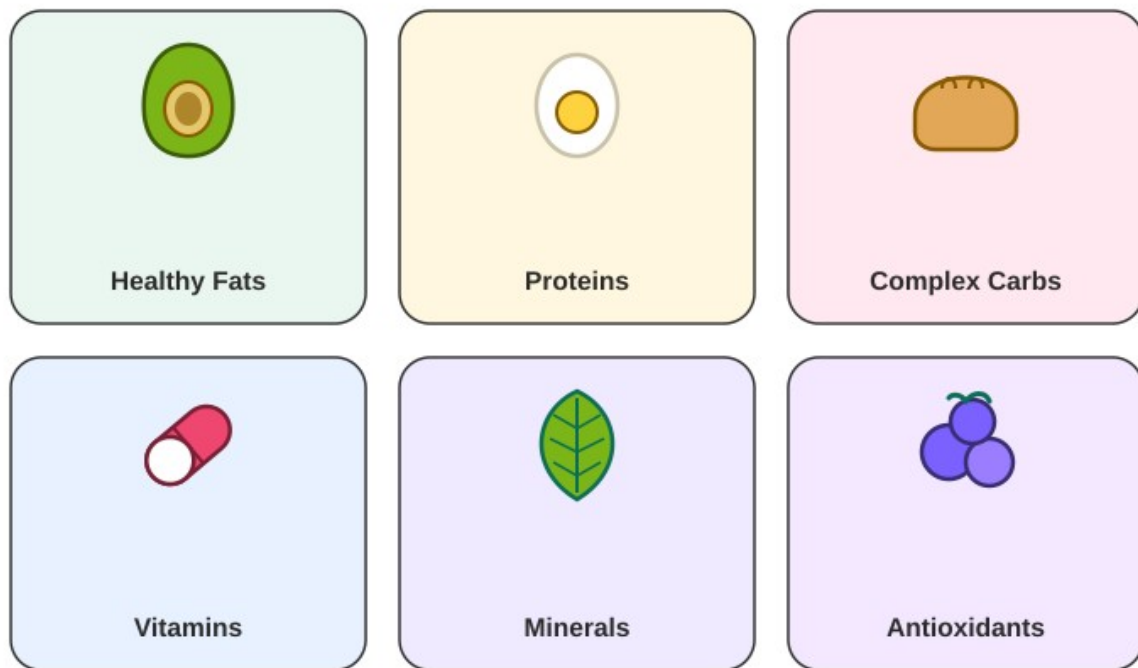
Here is something important to know: there is no single "magic food" that can suddenly make you super smart or boost your memory overnight!

Memory is influenced by many things working together, not just food:



Foods That Support Your Brain

A balanced, nutritious diet gives your brain the fuel it needs to work properly. Here are the important nutrients your brain loves:

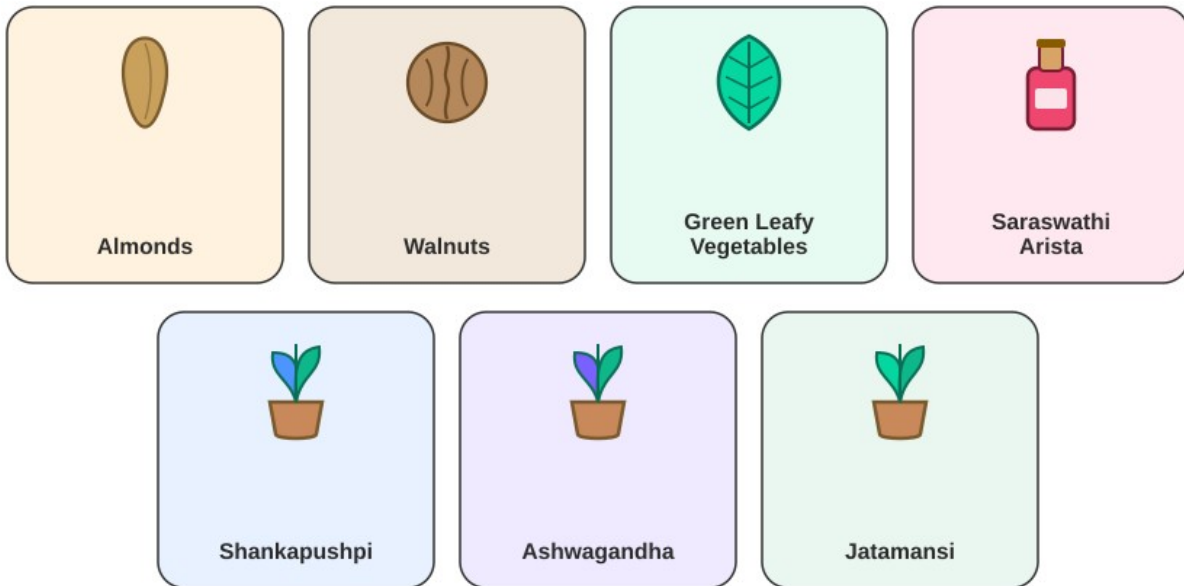


Remember!

- ★ Think of food as part of your **WHOLE** lifestyle — not just a "body diet" or a "brain diet".
- ★ The same healthy foods that help your body grow strong also help your brain think clearly!

Brain-Activating Foods & Herbs

Here are some foods and herbs that are known to be great for brain health and memory:

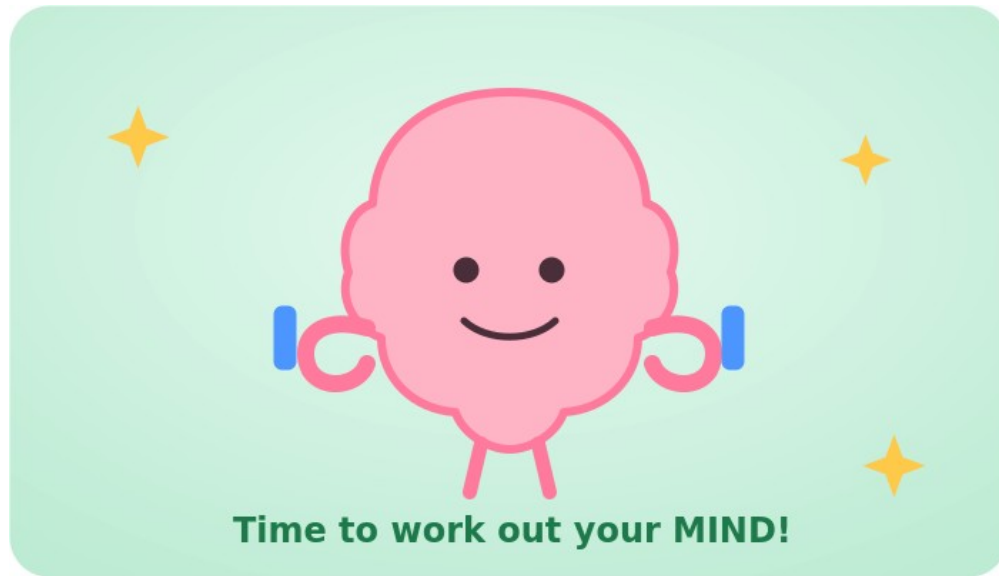


- Almonds & Walnuts: Tasty nuts full of healthy brain-friendly fats.
- Green Leafy Vegetables: Packed with vitamins and minerals for the brain.
- Saraswathi Arista, Shankapushpi, Ashwagandha, Jatamansi: Traditional Ayurvedic herbs believed to support memory and calmness.

Big Idea to Remember!

- ★ A healthy, balanced diet + good sleep + exercise + low stress + concentration = a happy, sharp brain!
- ★ There is no single magic food — it is your whole healthy lifestyle that helps you learn and remember better.

EXERCISES TO DEVELOP MIND POWER



Train Your Mind Like a Muscle!

Just like your body, your mind gets stronger with regular training! By building the right habits and doing mentally stimulating activities, you can boost your concentration, creativity, confidence, memory, and overall mental strength.

Habits 1–5

Daily Habits — Part 1

1		Wake Up Early Rise between 4–6 A.M. — healthy, wealthy, wise!
2		Exercise Regularly A healthy mind lives in a healthy body!
3		Read Positive Books Readers are Leaders!
4		Mind-Challenging Games Strategy, planning, quick decisions
5		Draw a Realistic Landscape Observation, imagination, creativity

Habits 6–10

Daily Habits — Part 2

6



Tell a Convincing Story

Builds storytelling & communication (never lie!)

7



Listen to Positive Music

Boosts mood, energy & mental state

8



Visit a Far-Off Place Alone

Safely explore — builds independence

9



Chat with a Stranger

Kindly — builds confidence & connection

10



Learn Something New Daily

A word, fact, or skill — keeps brain active

Habits 11–15

Daily Habits — Part 3

11



Practise Meditation

Sit quietly, observe your breathing

12



Solve Puzzles & Riddles

Sudoku, crosswords, logic puzzles

13



Practise Mental Mathematics

Calculate without a calculator!

14



Memorise Something Daily

A poem, words, names, or facts

15



Write with Non-Dominant Hand

Challenges coordination & focus

Habits 16–20

Daily Habits — Part 4

16



Observe Your Surroundings

Notice details, then recall them later

17



Practise Visualisation

Picture a place or object in detail

18



Keep a Gratitude Journal

Write what you're thankful for daily

19



Practise Mnemonics

A 360° mind development skill!

20



Learn Vedic Maths

A powerful path to your full potential

REMEMBER :



The mind grows strong not
by training once in a while...

but by training it
CONSISTENTLY, every day!

A Gateway to Advanced Mnemonics

This material provides only a basic outline of the fascinating world of Mnemonics. There are many more powerful, innovative and amazing mnemonic techniques that can help you remember almost anything and everything with greater ease.

Those who are interested in exploring advanced memory techniques and secret mnemonic methods and learning directly from Dr. Sai Kiran can contact him on the numbers given below.

For Advanced Mnemonics Training & Enquiries:

SreeNiwas SuMman (Trainer & Consultant),

Maa Sai Nivasam, Plot no. 12, Kethana Avenue,

Fathullaguda, Opposite to : Vasanth Vihar A.C function Hall,

Nagole, Uppal, Hyderabad -500068,

Telangana , India.(BhaRath)



+91 7396134001 , + 91 9441155774



Vedic Maths & Memory Techniques

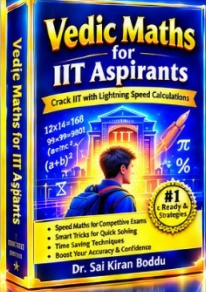
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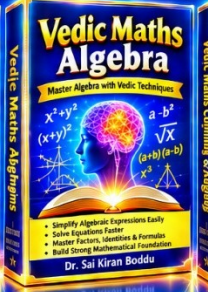
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- Smart Tricks for Quick Solving
- Time Saving Techniques
- Boost Your Accuracy & Confidence

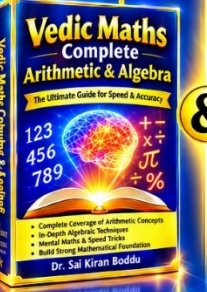
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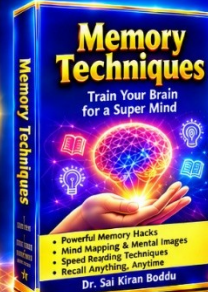
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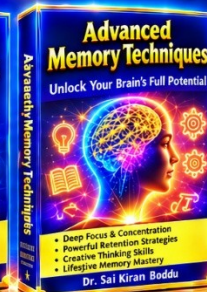
Memory Techniques Series



Memory Techniques
Train Your Brain for a Super Mind

- Powerful Memory Hacks
- Mind Mapping & Mental Images
- Speed Reading Techniques
- Recall Anything, Anytime

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- Powerful Retention Strategies
- Creative Thinking Skills
- Lifelong Memory Mastery

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Build a Genius Mindset

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