

Karunai Prakash

Passion-Kindle Speaker & Trainer

Hi I'm Karunai Prakash, Life Skills Trainer. I am providing "Activity Based Life Skills Training Program" for Corporates and colleges.

Coming from village Background, my Vision is to start Village Student Foundation and support the first generation entrepreneurs with great dreams

Contact me to get rid of Life related challenges like Stress, relationship, family pressure.



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Follow me on Social Media to get daily Life skills Videos

S.No	Sites	Links
1	Web Site	www.karunaiprakash.com
2	You-Tube	https://www.youtube.com/c/karunaiprakash
3	Facebook Page	https://www.facebook.com/pagekarunaiprakash
4	Instagram	https://www.instagram.com/karunaiprakash/
5	Twitter	https://twitter.com/karunaiprakash3\
6	Linked In	https://www.linkedin.com/in/karunai-prakash-44229588/
7	Telegram	96880 66303

YOUTUBE #SHORTS

50 Days of 50 simple ways to create Happiness

s.no	Topic	Link
1	Happiness is a choice	https://youtu.be/gCNXaurBr5A
2	Past is Past	https://youtu.be/QCLOiPR966E
3	Do what you Love !	https://youtu.be/Qc6eAOK4_sE
4	Talk with Someone!	https://youtu.be/vV4afg1dNrY
5	Being Grateful !	https://youtu.be/okkbooYgsrE
6	Avoid someone!	https://youtu.be/tttBROcnqJl
7	Setting a Goal !	https://youtu.be/t8FZf8AK6o4
8	Don't Expect more! !	https://youtu.be/1qwlUqlsG0Q
9	Love Yourself !	https://youtu.be/Aw7ThqnYbbg
10	Connect with Music !	https://youtu.be/X2w5KfM9uvI
11	Learn a skill !	https://youtu.be/uVdD_cW_PVs
12	Have a Healthy Food !	https://youtu.be/VatHsL_A-EE
13	Take a good Sleep !	https://youtu.be/gSRR5GMGnzY
14	Smile and Laugh!	https://youtu.be/0XWWVJ30mxw
15	Talk with our old Friend!	https://youtu.be/FrNfalDRfKY
16	Forgive someone!	https://youtu.be/zXp7_HCMn94
17	Do Something new!	https://youtu.be/SwTyJDxWkTE
18	Celebrate Every Moment!	https://youtu.be/qCcOEhE0HhI
19	Take a Bath!	https://youtu.be/vbHSjddq5kE
20	Spending time with Kids!	https://youtu.be/iu_ZSvBsUwc
21	Everything happens for a reason!	https://youtu.be/P1Kr1Qga16o
22	Creating a Vision Board!	https://youtu.be/8-8-LSl7rFk
23	Watching Success Stories!	https://youtu.be/4XlmgjFxnXm
24	Dancing and Singing!	https://youtu.be/SOOqa4CaMNc
25	Spending time with Books!	https://youtu.be/2ChFA_Y5Y6U

26	Change your Environment!	https://youtu.be/UMzghPEklMc
27	Find a Accountability Partner!	https://youtu.be/KKY_WBIOCW4
28	Help your Family members	https://youtu.be/6NNhKG-KX40
29	Talk to your best Teacher!	https://youtu.be/3DbbuDjeZMo
30	Take a walk!	https://youtu.be/KGtW5SsyVKY
31	Give a Surprise Gift!	https://youtu.be/m-b1FGxC7b4
32	Connect with Positive community!	https://youtu.be/td9S4WknBrI
33	Immerged in something!	https://youtu.be/lkT0eTBe5q8
34	Watching movies and series!	https://youtu.be/2E9OUSNI6II
35	Play a Game!	https://youtu.be/HNuCUUn2YJUI
36	Nurturing a Plant!	https://youtu.be/wsc4BfE943A
37	Effective use of apps!	https://youtu.be/bzeUtgZodgg
38	Spending time with Pets!	https://youtu.be/nUqOSCIJB-o
39	Travel!	https://youtu.be/zlan_7jBDow
40	Cooking!	https://youtu.be/o9eRvgP6deg
41	Do what you Loved in childhood!	https://youtu.be/6T0jplP3SAU
42	Visit a NGO!	https://youtu.be/7fCoizF6Zel
43	Yoga and Meditation!	https://youtu.be/GGg8xrJmJ3o
44	Visualization!	https://youtu.be/ParXJMrOC_E
45	Connect with Nature!	https://youtu.be/-0RrvSKM5EY
46	Look back at your memories!	https://youtu.be/hTbh03Q_NyU
47	Visit a memorable place!	https://youtu.be/U5IH87DJEAi
48	Focus on what can we do!	https://youtu.be/xoV8_GGAJ3Y
49	Find a Mentor!	https://youtu.be/hzR_SD0SnF0
50	Nanbenda!	https://youtu.be/T0-t9GMLIJc

JUST CLICK THE LINK AND WATCH THE VIDEOS