

## Anupam Kher to start 'power of living' course

After opening acting schools in India and abroad, actor-cum-filmmaker Anupam Kher is all set to start personality development schools to help people express their 'real emotions'.

These schools, to be branded Change Within, will show students of every age a means to self-realisation. He plans to open them not only in India but also across the world.

'The Change Within classes won't be for actors, although acting would be a part of the course. Neither is it an 'Art Of Living' course. I'd describe it as a 'power of living' course. My schools would show the common man why he needn't be afraid to show his real emotions,' Anupam told IANS.

Anupam is in discussion with therapists, psychiatrists, psychologists and astrologers who will form a part of his core group.

'The first branches of Change Within would open in [Mumbai](#) and Delhi in the next six months. Thereafter I want to take it to other cities all over the world. Mine won't be a finishing school, it will be a 'starting' school.

'When I was a struggler in Mumbai I was told not to eat with loud chomps or laugh too loudly although I enjoyed doing both. I'd rush to the beach every morning and laugh as hard as I could. Why is an unbridled emotional expression considered downmarket? More importantly, why are we so insecure about our level of achievements?'

The actor, who has recently collaborated with Karan Razdan to make two sequels to 'Mr. Bhatti on Chutti', says he also went through aspirational insecurities.

'The ad slogan 'Bhalaa usski shirt meri shirt se zyada safed kyon?' has become a mantra for modern living. There was a time when I was getting Filmfare Awards every year. Then they stopped, even the nomination.

'I battled with my competitive insecurities until this seeming snub ceased to matter. My autobiographical play 'Kuch Bhi Ho Sakta Hai' helped me to overcome my aspirational insecurities. I want the Change Within courses to show how an individual can be secure, content and at peace within his or her space.'

*Subhash K. Jha* ( © IANS / India eNews)