

Guitar for Working Men

Outline

After completing the session, the learners will be able to:

- Feel the improvement in mental health from learning an instrument
- Experience improvement in social life
- Prevent monotony in life after work to ensure
- Reawakening of creativity that one might have forgotten about.

Modules		Takeaways	Key Exercise
Module 1	Anatomy of Guitar	a. The parts of guitar b. Note Names	Participatory class
Module 2	Strength and Dexterity	a. Basic finger strength exercise b. How to use a tuner	Q&A
Module 3	Learn some tunes	a. Learn chords (open) b. Learn Barre Chords c. Learn Simple hit songs	Group Discussion, Q&A
Module 4	Learn Soloing	a. Learn Soloing	Q&A and personal 2-3 min guidance individually