



# SAHAJ FOUNDATION

...connecting people with their hearts

## ATMARANJAN- A LIFESKILLS TRAINING PROGRAM

Our very first Atmaranjan Lifeskills Training program was launched in Learnwell Public School, Bir from April 22-29, 2014. The eight days long program followed Project Based Approach to nurture curiosity among 19 kids of 12-16 years old. The entire group was divided into four different teams in which they were encouraged to plan their projects, decide the execution strategy, divide roles and responsibilities and come up with presentable results. The chosen projects required kids to understand the functioning of institutions that they come across in their daily lives. The select setups were a Village Panchayat, a Local Restaurant, a Farming Business and a Local Grocery Store.



For more information about the program and its outcome, visit our blog [here](#).

## HEAD2HEART RETREAT 2



We organized our second Head2Heart Retreat this May in the same beautiful venue, Deer Park Institute. This time, the retreat was open to working professionals only. A very diverse batch of 10 seekers coming from different parts of the country, mainly from metropolitans like New Delhi and Mumbai, joined us for the seven days long journey.

The retreat came to all its seekers with amazing realizations and insights. Some of them were earlier having troubles in sharing their emotions, some were too confused in worldly noise created by friends and family members, and some had family issues that were bothering their professional lives.

During the retreat they all got great chances to learn from each other and to connect with their inner selves. By the end, all the seekers were able to open up their hearts and understand the change in their perspectives towards life. "This too shall pass away", "Let it be", "There is no secret ingredient to life" were some of their takeaways on their way back into the world.

## LEARNING2LEARN PROGRAM

Our sessions with the kids continued with lots of enthusiasm in April as it was a beginning to a new academic year and we had planned to do the teachings in an experiential learning manner. We started with a mathematics curriculum package that included the understanding of integers, units conversion, mathematical operations and logical sequences. The adopted approach was 3-step in nature- 1. Understanding the basic concept 2. Understanding the mathematical procedure to solve the problems 3. Connecting the concepts with daily life examples. A total of 6 kids took part in the course on regular basis and a few others kept joining us on irregular basis.



As of now, we are finding it difficult to maintain regularity of kids as well as continuity from our own side. We sometimes need to take breaks due to our other workshops/retreats.

## OUR EFFORTS TOWARDS SELF-GROWTH

### VIPASSANA COURSE

In March end, we both attended a Vipassana course in Dharamshala, Himachal Pradesh. The silent time we spent there helped us to re-connect with ourselves on a deeper level. The experience left us with better understanding of the world around us and the way we can find our purpose by following our hearts!

### YUVA PRERNA YATRA (May 18-24, 2014)

[YPY](#) is an annual event organized by I for Nation Foundation in Uttarakhand with a purpose to ignite the entrepreneurial spirit among Himalayan youth of the country in order to reduce migration in hilly states. We both volunteered for Selection procedure and Programming part of the Yatra. It was a huge learning experience for both of us!

### CHALLENGES IN FRONT OF US

#### Ensuring regularity of kids:

In our Learning2Learn program, we are finding it difficult to ensure regular attendance of kids as it being a community based setup. Therefore, in next few weeks, we intend to shift the classes from community to AVN School where we will conduct the sessions after school hours.

## MIRACLES HAPPENING TO US

### AVN PUBLIC SCHOOL, BIR

Anant Vidya Niketan is the newest school that has come up in our region. It has been started by its Principal, Ashok Sir, with a vision to provide an education that focuses more on learning, skills and values while going beyond exams and marks. Ashok Sir is quite positive about our work as well. We believe that we will have a great opportunity to work together in future.

### Shantideva Homeopathic Research Institute

We were finding it hard to Practice Organic Farming and understand Ayurveda/Homeopathy ourselves so far. And then, we came across Spero and Robin at [SHRI](#). They are working in Bir region for last couple of years. We hope to collaborate with them and learn from their experiences.

### MR AND MRS SWAMI

#### Purkal Youth Development Society (PYDS)

We recently came across Mr and Mrs Swami who started PYDS 18 years ago and have come up with an extraordinary school and women empowerment wing in Purkal Village, Uttarakhand. They started working on this project after getting retired at the age of 60! Today, we see them as our mentors as they have already walked upon the path that we aspire to follow in our lives.

## UPCOMING PROGRAMS

We plan to come up with following programs/activities in next few months:

- I. **SwaNirmaan- A Holistic Development Program for children (12-16 years)(Tentative Dates: July 10-25, 2014)**  
We plan to launch the 15 days long program in upcoming summer break. The program shall primarily focus on building skills and values among kids. We also plan to provide career specific exposure to the kids and talk about unconventional subjects such as Ayurveda, Local History, Kabaad se Jugaad etc.
- II. **Atmaranjan- A life skills training program (August, 2014):** Post Summer Break, we plan to do our second [workshop](#) with Crescent Public School in Bir. The school has already given approval for the same.
- III. **Head2Heart Retreat 3:** The third retreat shall be organized in September, 2014 at Deer Park Institute.
- IV. **Understanding Organic Agriculture:** We wish to work with SHRI for understating the subject in depth.

### NEWLY LAUNCHED

Sahaj Foundation's Blog  
[www.inservicetohearts.blogspot.in](http://www.inservicetohearts.blogspot.in)  
Sahaj Foundation's Facebook Page  
[www.facebook.com/sahajfoundationinhimachal](http://www.facebook.com/sahajfoundationinhimachal)

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or mail Sahaj Team directly at  
[sahajfoundationinfo@gmail.com](mailto:sahajfoundationinfo@gmail.com)

For exploring volunteering opportunities or contributing to our work financially, contact  
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