



SAHAJ FOUNDATION

...connecting people with their hearts

HEAD2HEART RETREAT

Our very first Head2Heart Retreat was organized from February 16 –22 in Deer Park Institute at Bir, Kangra, Himachal Pradesh. The purpose of the retreat was to take its seekers on a journey from their Heads to their Hearts so that they can not only identify their heart's calling, but also gather courage to follow the same in the real world. A total of seven participants joined us from different parts of the country. Some of them came from Pune and Hyderabad, while some came from smaller town in North India such as Patiala and Kurukshetra. Some were students, while some were experienced professionals with wide range of interests in multiple domains such as photography, writing, pottery etc. All of them shared a space in where they could reflect on their thoughts and gain more clarity about the way they should lead their lives through hearts. The retreat was well covered by Rural Call through an online coverage which can be accessed from [here](#).



Our sessions with the kids are going quite well five times a week, two hours a day! Since December last year, approximately 15–20 kids are coming to spend time with us on regular basis. Their exams have just finished, and now they are all set to learn from our specially designed games and activities. They have already started enjoying their library books that have been gifted to us by Sandhya didi and Sarit Bhaiya from Kandbadi, Palampur.



LEARN2LEARN PROGRAM

The major challenge we come across in our teaching sessions is to handle the cramming attitude of kids. Since their kindergarten, they have been taught to cram stuff without paying attention to its meaning. The result is kids get full marks in exams but know very little of what actually is written in their textbooks. In next 4–5 months, our focus is to shift their focus from cramming to learning by using library books, mathematics games and science experiments. We also wish to work on their skills and value system.

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UPCOMING PROGRAMS

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

- I. **Head2Heart Retreat 2:** The retreat shall be organized from May 4–10, 2014 at Deer Park Institute.
- II. **Academics Workshops with Kids:** We are planning to do mathematics and Science based workshops with our kids and also with government/private schools in the region. The workshops will be based on daily life experiments.
- III. **Atmaranjan– A life skills training program:** Through this 10 days long school program, we wish to track as well as improve skill set and value systems of our kids.
- IV. **Understanding Organic Agriculture:** As in long term, we wish to work on promoting organic agriculture, therefore in next few months, we wish to explore avenues of understanding the subject in depth.

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