



A basket of hope

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For the first time in India, Avyudaya, the festival of learning that kicks off in Pune, will provide a host of self-realisation techniques under one roof

Learning is finding out what we already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You are all learners, doers and teachers.

- Richard Bach

The Vedas taught this, eighteen chapters of Bhagwadgita preach this, the Koran, the Bible, they all have been saying that happiness is within us and that self-realisation is the only way to supreme happiness. But we the management maniacs, the faithful followers of science understand just one thing- logic, not understanding that truth starts where logic fails. So here is something that will present to you, the same old theories in a language that you can comprehend.

Avyudaya, a festival of learning has been organised at Symbiosis Institute of Management Studies Auditorium, from June 1 to 15 with a motive to create self-awareness with a belief that self-realisation is the only solution to a number of problems. According to Dr Monica Gupta, independent consultant, "Training is learning, no doubt about it. But what happens in training is that knowledge is given to a person from outside. The logic behind Avyudaya, the learning festival, is training one for self realisation, so that what emerges is the real self of a person and not the replica of the trainer."

The festival called the celebration of the precious process of self-discovery is a 15 day workshop where authorities from various fields will be delivering lectures on self realisation techniques. For instance, techniques like T-group, Body sensing, Appreciative inquiry, Creative movement, Theatre, Meta-music, Reiki, Psychodrama, Yoga, Meditation, Dream therapy and so on. The beauty of these techniques is that once experienced these remain with the person forever and can be used at will, just like a swimmer never forgets swimming.

"Take meditation for example. Meditation is and has been proved to be an effective technique for self-realisation. But there might be someone who is interested in self-discovery but not through meditation. Avyudaya will teach them various techniques and they can use any one that they are comfortable with," says Gupta.

Aroop Banerjee of Avyudaya adds, "Though the festival talks about meditation and similar techniques, it has got nothing to do with spirituality. But yes, it is certainly about one's psychology. Post self-realisation comes an understanding of what exactly it is that you want. It can be anything from wanting to become a good human being to being a manager or for that matter an efficient performer." He further says, "We all feel that we are liberal thinkers but we don't realise that we have countless blocks and our learning and thinking processes are quite isolated. Opening them up is what Avyudaya will do."

Papiya Banerjee, director, HR, Aviva global services will be delivering sessions on Body sensing and she says, "We all have felt-sense. And this sense is beyond intuition and intelligence. In a six-step process, I will teach the participants the technique to enhance felt-sense. What would improve after the session is the communication between you and your body. And once the body understands you, life becomes easy and ecstatic."

Another facilitator is Sushma Sharma, COO of a consultancy and she will be throwing light on Appreciative inquiry and Sensuality, sexuality and creativity. Sharma feels, "Appreciative inquiry will teach one the techniques to duplicate or replicate the success that he or she's earlier got, whereas Sensuality, sexuality and creativity will help them get rid of the blocks in thinking process."

The workshop aims at individual metamorphosis believing in the truth that social transformation is the collection or sum total of individual transformations.

Workshops to be conducted

- * Human process lab
- * Language of non-violence
- * Sensuality, sexuality and creativity
- * Appreciative Inquiry
- * Miracles through manifestation
- * Hadayoli joy shop
- * Who am I?
- * Power of felt sense
- * Self portraits
- * Reiki – first degree
- * Dream therapy
- * Diversity and identity
- * Self-discovery through
- *creative movement
- * Psychodrama
- * Learning theatre workshop
- * Entrepreneurial spirit

- * Women's journey
- * Meta-music