



Building trust across the world's divides

Initiatives of Change

AP Newsletter - Sep 2016



Asia Plateau Newsletter

Editorial

Even before the monsoon rains had ended, a cloud-burst of programs filled up the month of September at Asia Plateau. The rich variety included programs for management students from a Symbiosis institute, government officers from the state of Odisha, religious teachers from the Indian army, union leaders, and senior managers from industry.

With the constant growth in demand for programs from a variety of sectors, a need for a greater number of competent facilitators is always felt. To meet this need a special 3 days Facilitation Development Program was conducted in partnership with an NGO called Institute of Cultural Affairs (ICA), which specializes in what they call Training for Participation (TOP). 24 of our facilitators had a great learning experience attending the workshop in which they were taught through demonstrations and practice sessions a methodology called O.R.I.D. which can involve participants in systematically exploring a subject from awareness, to realization, to action. They also learned a participative methodology of evolving a plan of collective action which draws out the best of ideas of all involved in a project such that everyone feels heard and the final action plan is owned by everyone as their own. These techniques will go a long way in making our training more interesting as well as effective.

The month of September was also a time when a number of lofC outreach actions took place outside Asia Plateau. Members of the lofC for Life team spent 15 days with surrendered militants in the Garo Hills district of Meghalaya in the North-East, during which they befriended them to facilitate their re-induction into normal life. Several of our Jamshedpur team were on a month long yatra called 'Walk for Peace' through villages of Jharkhand, taking with them the message from their own lives of "change in society has to begin with my own change". The response received was overwhelming.

-Kiran Gandhi

Programmes

ELL for Industries

An ELL program was attended by 55 participants from seven companies, led by Jagdish Joshi. A lot of participants went back with better understanding of their relations and how to practice quiet time in their daily life.

One of them shared: *'I had fight with my cousin; I called him and asked for forgiveness'*

HEL for Industries

Twenty-nine participants from six companies took part in the Heart of Effective Leadership (HEL) this month. Interactive sessions about how to change the society by first changing oneself were delivered by the facilitators.

Institute of National Integration (INI)

There were two batches of the one-day program of INI held in September. Officers from Indian Army participated in the program. These officers are the Religious Teachers in Indian Army.

Program for Odisha Administrative Services (OAS)

17 officers from Odisha Administrative Services came to AP for the Program on Ethics in Service Delivery from September 12-16. The course was designed on the idea that ethical behaviour for good governance arises from one's own Inner voice or conscience, with integration with one's own family and friends, colleagues and co-workers. Integration with community country and its systems, and finally, integration with the environment. With these leanings there is an awakening within the capacities for building empathic listening, caring and forgiveness to see renewed, capable ethical leader.

Facilitation Development Workshop

This month a workshop for people who are associated with IofC to develop skills of facilitation further was held by Asia Plateau in collaboration with ICA. 25 participants from different parts of India joined it. The course director Mr. Shankar Jadhav gave a warm welcome to all the participants and introduced ICA to them. He started the workshop by defining the role of a facilitator,

which is teaching participants to teach themselves. We want to be better facilitators was one of the most common expectation from the participants, to which Mr. Jadhav responded saying that we will first learn to be a facilitator, as it is more important than being a better participant. The workshop was a fine blend of IofC inputs and sessions along with practical examples of how to facilitate which enabled participants to have first hand experience of the tools provided by ICA. Towards the end of the program participants were quite clear on the methods of facilitation and went back with some tools to deliver the same.



ELL for Symbiosis Institute of Business Management

Asia Plateau welcomed two batches of SIBM comprising 102 and 120 students separately, along with seven faculty members for four-day Effective Living and Leadership programme. How business is one of the major pillars to change the country and the world was clearly explained by Dr. Ravi Rao. While emphasizing on how important is the role of the individual he also shared his personal story of change back in his student years which was inspiring.

INTERNS' SPACE!



AP for me is a place where i have a chance to listen to my inner voice, understand my deep wishes, share my values, experiences and passion with others and contribute to society.

- Marina Rasputana, from Ukraine



I've cried every day, out of joy and happiness.

-Dwaraka, from India



AP people have great love to support each other. I have learned what is important in my life through inner voice.

-Woomi Jo, from South Korea



I understand about sincerity, friendship, coexistence and imaging visualization.

-Mahboobullah, from Afghanistan



Diversity creates balance in life. When I do not have division in my eyes, all I can see, all I can feel is love.

-Qianhan Xiong, from China

True love and support comes from someone who challenges you, stands beside you when you need them.

-Archana Dubey, from India



My month of September experienced here in Asia Plateau has been a self-discovery of my inner being and taught me of finding a real purpose of my life.

-Rachel Abi Gina, from Solomon Islands.



I experienced growing in silence and I familiarized with inner voice.

-Hassan, from Afghanistan



I am enjoying being in India. The weather for me is a little cold, but I have many blankets and a lot of people give me their love to warm me up. Now i feel warm, not because the weather gives me sunshine, but the people give me inner sunshine.

-Miaolun Lu (Nana), from Taiwan



I don't know what happened, but something did happen in my life.

-Keli Wang, from China



Initiatives of Change for Life team - Reaching out



The month of August and September saw the initiatives of the life team visiting Bihar and conducting workshops for different groups of people in the districts of Chapra, Nalanda, Buxar, Patna and Gaya. The invitation was extended by CARE, an NGO working with the Bihar government on maternity and child health. We interacted with doctors, nurses, peons, administration staff etc. One person shared "The people I work with are very rude and the language is very rough. I have also started behaving similarly with those under me. I realise that is not my true nature.", another said, "I have decided to stop taking money at the labour table." She shared this in front of her seniors.

The team then spent 2 weeks in Tura, the hilly town of Meghalaya. Interactions with schools, surrendered militants and front line government officers were lined up. Our experience with the surrendered militants was that the care the society can provide to them after they have surrendered will make all the difference. A more detailed report is available on the website.

The next day's saw the IFL team splitting up and going to different places to connect with people with whom friendships in previous programs had been created. Some also went to Jamshedpur to support in the padyatra (Walk for Change) that was in process since the 15th of August. Also the team in Sri Lanka conducted Peace Circles (using modules from the Creators of Peace) for the war-affected women in Northern Sri Lanka. The hope is to be able to bring together women of different ethnic and religious communities in Sri Lanka in such Circles of sharing and building friendship.



Read detailed report of Tura Outreach here:

[Tura Outreach](#)

Read detailed report of Peace circles in Sri Lanka Here:

[Peace Circles - Sri Lanka](#)

Followup meeting of the Siloam Dialogue

[Siloam Dialogue](#)

LETTER BY AN OFFICER OF JANALAKSHMI FINANCIAL SERVICES
TO HIS MANAGER WHO ATTENDED HEL

Dear Ramesh,

My sincere and deepest gratitude for giving me an opportunity to attend this excellent Leadership program.

This programme has helped me to connect with my inner self – Listen to Inner Voice, Life's Balance sheet, Power of Pause.

It also made me to understand my leadership style and also learnt how to improve my relationships with others by adapting to their different styles.

The importance and the Joy of Giving back to our community/society and our environment.

Change within first and Be the Change Leader.

Thanks once again.

Best Regards

K.Girish Kumar

Regional Head – MSE

Karnataka Region

Janalakshmi Financial Services Ltd..

We now look forward to Oct, a month full of planned programs.

[Click here for updated Asia Plateau Calendar](#)

Now you can download / read previous AP newsletters by [clicking here](#)

A Clean, Caring, Prosperous India for a Sustainable Future



Asia Plateau, IofC-MRA Centre,
Panchgani - 412805



www.in.iofc.org www.iofc.org



(02168) 240241/42



ap@in.iofc.org



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