



Building trust across the world's divides

Initiatives of Change

AP Newsletter - April 2016



Asia Plateau Newsletter

Activities at Asia Plateau

Month of April was a bit lean as far as the activities at Asia Plateau, however so many significant things took place.

We started with a day's program for Indian army (INI) followed by this year's third Effective Living and Leadership program for industries led by Chandreshwar Khan and supported by a team from Jamshedpur.

Annual National Team Meet concluded over inspired learnings and a greater bonding amongst the team. You will read some key things that happened over the 4-day meet in this newsletter.

Kiran Gandhi led a course director's workshop with the objectives:

1. To build a community of course directors of lofC training programmes who share a sense of common mission of all our programmes, beyond obtaining good feedback and appreciation of participants,
2. To ensure all of us share the same complete understanding of our role as course directors and the key tasks involved before, during and at the end of a programme.
3. To practice a few key skills required of course directors, e.g. how to make sessions more participative, how to conduct effective Set-up meetings, etc.

The month concluded with a Heart of Effective Leadership program led by Virendra Shukla. We could see a definite impact of the course directors workshop, the way this HEL was conducted.



A short Report on Course Directors' Workshop

“The role of course directors is like that of the thread in a garland – it invisibly holds all the sessions and facilitators together”, said S N Singh who has conducted many programmes over the years. 22 present and future course directors attended the first ever Course Directors' Workshop.

The objective of the workshop was to build a versatile community of course directors for carrying a wide variety of lofC training programmes, with a detailed appreciation of a course director's tasks and a quality of 'being', which is integral with the ideas lofC stands for.

The 3 ½ days workshop [design](#) was specially developed by Kiran Gandhi with inputs from some of those who participated. Mohan Bhagwandas, the Vice President of the International Council of lofC was also a participant. He had this to say about his experience: “As a facilitator who focuses on leadership development, I found the four days very productive and I take away insights on how to bring the inner transformation element into training, which is the USP of lofC.” For details of what was learned in the workshop [click here](#).

National Team Meeting

We concluded the 4 day National Team Meeting on the 10th of April.

About 70 of us, including the Asia Plateau family, had a time of connection, reflection and visioning, together.

The key focus of this gathering was to focus on building a personal connection within the fellowship and also to look at some of what we are meant to do together.

These are some of the things that happened over the 4 days:

1. Each day started with 'Seeds of Inspiration' where we let nature do its magic along with extended quiet time and some inspiring thoughts.
2. Reflection on our personal understanding and experience of lofC/MRA
3. A very creative Treasure Hunt which took everyone to the nooks and corners of Asia Plateau we also re visited some of the inspiring stories of change and inspired action. We got a glimpse of what it means to be in the shoes of the people in the various departments at Asia Plateau, from making beds to chopping onions. This left everyone in equal parts stretched, inspired and aware of what it means to keep Asia Plateau running.
4. Listening to stories of impact of some of the work of lofC has created from all across the country and some from outside as well. TSRDS programs in Jamshedpur to Outreach initiatives in Sri Lanka and the North East of India, and so much more.



5. A look at the various action groups that were formed during the NTM in 2014 and what has worked and not worked since then. These groups also got opportunities to have meetings to work on these initiatives.

6. Collectively thinking about Asia Plateau's 50th Anniversary coming up soon. There was a feeling that more than a big bang celebration, we should mark this occasion with renewed commitment to making a difference in the world and revision our relevance in today's changing context.

7. A community kitchen where everyone present had a part to play in cooking serving and cleaning up, followed by celebration.

8. A small group also took time out to go to the spring box built by the Grampari team in Sigher, which provides drinking water to the village of Kavdi. Also had a few villagers come up to interact with us.

9. Everyday we connected with each other for an hour in an intimate community of 4 to 5 and shared deeply from our lives.

Some things that we have to make more time for:

1. Time to look at, what we are concerned about in our world and how do we need to respond to it.
2. Needs that the various initiatives across the country have in form of support.

Interns going beyond!

The Internship programme is currently in its 15th week. During the course of these weeks we have had several weekly leaders implementing their ideas and knowledge they have with the group. The Theme of the Month in April was Connection, Correction and Direction.

Week 10 we had Aditya as the week leader. The significance of this week was that it was the first time we as interns had a quiet time in Table land.

Week 11 Lorena was the week leader. It was during this week we had an appreciation workshop. We got connected as a group where we listed down each member's strengths and weakness and shared constructive advice on how to improve ourselves as individuals. We also explored our creative skills, in which we made some gifts by recycling materials.

Week 12 we had Avituo as our week leader. During this week we had our 2nd quiet day. Since the theme of the month was connection, correction and direction our Quiet day was spent reflecting on this theme. We also had a workshop on the Ideal Village. The interns were divided into groups and then thus making a presentation of their village.

Week 13 we had James as the weekly leader. His week theme was looking beyond the individual. In this week we had sessions talking about our strengths, interest and passion, how these three combined can bring about a change in the society. We also had an evening where the interns prepared dinner. We called it the International Food Night. It was amazing to see the diversity of food we had on our plates. And the weekend was spent preparing for the Lead for Change program.

Week 14 we had Marshal as our week leader. We did an activity where we wrote down what we learned from each individual i.e. our intern mates in a letter and then giving it to them. It was a good experience to see how what individual had to offer. We also started working on our country presentation during this week.

IfL goes to North-East India



The highlight of April has been the amazing interactions with many people. This began at the National Team Gathering, and has continued through the month.

Our outer journey involved travelling from Panchgani to Bombay, to Kolkata, to Dimapur, to Sechu Zubza, to Kiphire, to Meluri, to Ukhrul, to Imphal, to Senapati, and back to Sechu Zubza. Along with this outer journey, we each experienced an inner journey of discovery, learning, understanding and forging of new friendships.

With so much wrong happening in the world, one sometimes wonders if there is really any hope. In the last few days, we have met so many people who want to bring a change and really 'be the change' themselves. These interactions have left us inspired and filled with hope.

One would have never thought that we could have entered into these areas, and this only became possible because of the conviction of a few young people, Lipichem Sangtam of Kiphire, and Rock Lungleng and Aran Chihui of Ukhrul, who have been inspired by Niketu Iralu, with his constant active listening and thinking for the future of the North East region. They arranged programs in these areas, having faith that the right people would come.



Many of the people who came shared with a rarely-heard depth of personal life examination and honesty. Some indicated that they realized that they need to be the torch-bearers for this area which is full of complex issues including tribalism, insurgency and feelings of isolation and neglect from the rest of India.



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

Upcoming Programs:

Annual Youth Camp: www.imad.in

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

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