



Building trust across the world's divides

Initiatives of Change

AP Newsletter - May 2016

Asia Plateau Newsletter



Brief up of Activities

Some amazing things happened in the month of May, not only at Asia Plateau, also in various parts of India and the world.

Starting from the North East of India, where IfL team is on outreach for almost 2 months, Jamshedpur team held a program for TSRDS youth, a Follow-up meet was done with IGR in Pune, the original glory of Rose Garden was revived, Asma went to Japan to attend one-month School Visiting Programme (SVP) arranged by lofC Japan, last but not least several programs took place at AP.

List of Programs held in May

The following programmes were held during this month

- Lead for Change workshop
- Education Today Society Tomorrow (ETST)
- Programme for Transasia Officers
- ELL for family
- ELL for Industries
- Government Administration Department, Madhya Pradesh
- Institute of National Integration (INI)
- HEL for Industries

Programmes at Asia Plateau

Lead for Change

After its commencement earlier this year in January, another Lead for Change Youth Workshop was held at Asia Plateau from 1st to 5th May. This time spread over 5 calendar days, the workshop saw tremendous output in terms of personal decisions of change, collective steps to bring positive change and overwhelming flow of emotions and bonding that took place among participants.

[Click here to read complete report.](#)

ELL for Families

The ELL for families was attended by 33 participants including three children, nine youth and the rest being parents of various ages. There were two large extended families and a few nuclear families present.

[Click here to read complete report.](#)

ELL for Industries

ELL programme saw 63 participants including 20 female participants, the message of how one can be the change agent was clearly delivered through the facilitators.

Participants came from various backgrounds and with a vivid experiences and expectations. It could be noticed that intellectual levels of the ELL participants are more in the in the lower age group.

All the female participants were very much active

and confident while sharing in various sessions.

The program beautifully held the participants to a common intention of being the change. Some sharings:

“I am a chef and cater to over 100 people every day, however about 20-30 people’s food is wasted every day, when I go back I will speak to my manager and give the food to Orphan’s rather than wasting.”

“I will use Public transport as much as possible”

“I will first seek forgiveness from the people I have hurt”

One of the key sharings was when a participant shared that he heads a team of 3200 workers and he is inspired enough to talk to the management and request them to train all the workers at Asia Plateau.

Ethics in Service Delivery for officers of General Administration Department, Madhya Pradesh



Asia Plateau is one of the 30 training centres recognized by Government of India from 2005 for in-service training of civil servants of the central and state governments. These programmes focus on ethics in public governance. Over 5000 civil servants have since then participated in these programmes at Asia Plateau. Currently, the government is striving to make governance more citizen-centric. The announcement of the '2nd National Symposium on Excellence in Training' held recently in New Delhi stated: "Citizen-centric governance epitomizes governance which is friendly and gives utmost priority to the interests of the people governed....Well designed, focused and planned training can bring attitudinal change in the government functionaries and inculcate sensitivity towards citizens, motivation to increase performance and efficiency in public service delivery."

At Asia Plateau, we are alive to this expectation of the government and are constantly aiming our training designs to relate to national priorities. The most recent effort of this nature was made in the programme conducted for 29 officers of the General Administration Department of the Government of Madhya Pradesh on Ethics in Service Delivery from May 16-20. At the start of the programme, in a session titled "Emptying the Cup", the officers were invited to 'mentally stand' outside their own offices like common citizens and rate the quality of governance that citizens currently experience from their state government. In the discussion which followed, it was interesting to observe the officers' considerable awareness of the hardships the common citi-

zen faces in availing of government services. This was followed by a session "From Here to There", in which the officers shared all the things about India which they feel proud of, things they feel ashamed of and what their dream is for India's future. On asking who was responsible for getting rid of things they are not be proud of, so that their vision for a new India could be fulfilled, they were unanimous in accepting their own responsibility towards it. With that backdrop, the rest of the programme focused on the kind of change they could bring about individually and collectively to improve service delivery to citizens, and also to enhance their own sense of happiness in the process.

[Click here to read complete report.](#)



Followup Program

A follow up visit was made with Dr.Ramaswamy N., the Inspector General of Registration, Maharashtra, in his office in Pune. Asia Plateau conducted 6 programs for the Stamps and Registration department

of Maharashtra. Started with the initiative taken by Dr.Shrikar Pardeshi (who is now Director, PMO), Dr.Ramaswamy has found value in continuing to send his officers to Panchgani. About 300 officers participated 'Ethics in Public Governance' program at AP. He said the feedback he received from his people was very positive. He was also positive about holding a refresher or follow up session at his office in Pune during one of their monthly meetings. He said he will continue to send his people to AP in the current fiscal too.

Rose Garden regains its glory:

AP Admin Team worked on the project of imparting its original glory and beauty to the rose garden on Asia Plateau. The entire garden area was dug to remove the roots of the Jamun Tree, which were hindering the growth of rose garden and about 65 rose plants of different enchanting colours were planted. You will find some of the photographs of the beautiful rose garden. Mrs Sarlaben Kapadia has generously helped this project.

Registrations open for:

- [Asia Plateau Volunteer Intern Programme](#)
- [Caux Scholars Program](#)

Other news from IfL Team!

Nagaland-I-Care programme at Dimapur
[Read more>>](#)

Dialogue on 'Learning to live together'
takes place in Nagaland
[Read more>>](#)

[Dialogue on 'Learning to live together...'](#)
-Newspaper article



IfL in North East India!



The IfL team was based in Sechu Zubsa, Nagaland at the residence of Niketu and Christine Iralu since the last week of April. In this residence, the team built an oven made of stone from scratch, painted some parts of the house, made a bamboo ladder and other maintenance activities.

Vitono Haralu had organised a one day interaction with the 4th and 6th semester students of National Tool Room and Training Centre. Fredy Bodmer also played an active part in this program when he shared his experience of listening to the Inner Voice. There was also a one day program conducted for the Nagaland State Legal Service Authority, where the team met some remarkable people. The Ifl Team had very far-reaching meeting at the power centre of Kohima and Angami-dom. The Chairman of Barabasti insisted the whole village (one of the biggest in Asia, they say) to host the team and welcomed with great thought in his opening address. Robert Solo, who is very active in Nagaland under the mentorship of Mr. Niketu Iralu, organized it all, drawing people of different

tribes. Another meeting between the divided Semas and Angamis in Dimapur is also an outcome of such an effort. A group of students from Patkai Christian College (known best for their music) after hearing the lofC songs and seeing the skits, were very much interested in learning them. They joined us at Sechu Zubsa and a day was spent interacting with them, having a quiet time and also learning some songs and performing some skits.

A meeting with the Chairman of Barabasti and some other guests held in the house was also one of the highlights where the prime motive was to listen together to the inner voice and then share and listen to one another.

During the stay of the Ifl Team, lot of things seem to have stirred in the hearts of people in Nagaland and the members of team would continue to prepare and pray for the dialogue in Meghalaya on the 'Future we want'.

Intern's Space!

The month of May started off with the Lead for Change Conference. This conference was attended by youths from different parts of the country as well as three lofC members from Indonesia. It was a different experience for the Interns as they had an active participation in leading the sessions and vice versa. New friendships were formed during the course of this conference. We bid goodbye to our intern mate James during the period of this conference as he heads out to Sri Lanka.



During Marta Week, interns completed the Country presentations. It helped them learn more about the traditions and cultures of different countries along with the problems that are going on in the world. Anand from Pune came and held sessions like 'Non Violent Communication', 'The Dramas we play' and 'The Terrorist inside us'. These sessions were beneficial for the interns as they helped them in engaging more with their inner selves. Anand also guided the interns with many movement sessions to help them reconnect with their mental, physical and spiritual self.



The interns had a day of 'No Complaints', i.e. the day where they refrain themselves from complaining and instead, being grateful for what they have.

Lorena was given a warm farewell during Marta's week, as she embarks on her journey to Sri Lanka.

Week 17, we have Santa as weekly leader. Interns started the week off with World Cafe as they took up issues in the world they feel strongly about. They had discussions on it and made presentations as well.

Interns had another challenge to be aware of the judgements they make against people. They adopted

'Wrist Bank' method for this wearing a wrist band. No sooner, one feels that he has made a judgement, he would switch over the wrist band from one hand to another. This helped the interns to become aware of the situations in which they make judgements.

Anand Aitihal from Bombay held sessions with the interns on empathy. The interns had discussions along with some exercises on empathy. It was a great experience for the interns as Anand's session helped them look at empathy at a deeper level. His presence also added a lot of energy to the group.

The month of May was filled with learnings, experiences and goodbyes.

International Outreach Experience!

A group of lofC friends in the land of the rising sun, rise and accept the sovereignty of the God, despite many constraints, move ahead to make a difference in their own capacities for the moral and spiritual amelioration of their nation, with a higher purpose of world peace.

One of the best landmarks in my life was this international School Visiting Program in Japan, which brought together four volunteers (Asma, Hoa, Minha, Nonie) from four different nations (India, Vietnam, Korea, Indonesia) to Japan, with a shared vision and mission. In this one month journey of learnings, we as a team visited many Schools, High Schools, Special Schools for differently abled students, Colleges and Universities, and to see both the students and the teachers realising that-- 'To see the Change, we must be the Change', was adding to our own spiritual awakening too.

After our workshop, the students of varied age groups, started questioning themselves that what's their purpose of life, How happy their homes are, how are they contributing to the things they go through in their lives- both positive and negative. We would introduce the concept of Quiet time to them, and listening to the inner voice was quite a meaningful experience for many of them. "There are many people who help me, but I hardly help anyone, to keep that chain of goodness going on, I will start helping people around me from today", said a student.

"The information about your countries and other related topics can be accessed from the internet, but the real experience of meeting you and listening to your personal experiences has really made an impressive impact on the minds of our students, broadened their vision and encouraged them to think beyond themselves. I believe this is the real education our children need", said a professor of a university while expressing his gratitude to us.

"It's for the first time that they are interacting with foreigners in a language other than their mother tongue, it will boost their confidence as well as contribute to their inquisitiveness to learn and experience things at a broader scale", said a school principal.

Some of the glimpses of our workshops were also captured in the local newspapers of Japan highlighting the ideology of lofC

At times I envy Japanese children, they have seniors, who CARE for them and are ready to face challenges to make a difference in their lives. In this mission, Lions Club members also join hands with lofC Japan family, supporting them to sow the seeds of Change for the larger good by reaching out to the children and youth of Japan. Even the challenging factor of ageing doesn't prevent them from doing their best for their new generations.

At the end of the month, the final evaluation meeting of the international School Visiting Program 2016, brought together all the lofC Japan friends, both new and old at the lofC Japan office to get some main glimpses of the one month journey, presented by our team leaders, Nakayama San and Nagano San.

One of the major takeaways for me from this one month International SVP is – Kindness needs no language and it always makes a difference! From the very first day in Japan till the last day, when I was seen off at the airport, the kindness I received from Japanese people touched my heart and I will try to pass it on. We received a great farewell party, which concluded on the following remarks, This SVP -2016 has succeeded in bringing a shift in the mindsets of Japanese children -- Strengthening their Roots to maintain their unique individuality as Japanese and giving them Wings to share the responsibility for the World Peace.

-Asma

Rose Garden Re-created at Asia Plateau!



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

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

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