

## **Report on the Rhythm of Life RETREAT at Zorba The Buddha**

The "Rhythm of Life" retreat was held at Zorba the Buddha, a serene and peaceful venue for teachers from HLJ SS School and LDJ girls SS School on Dec 23<sup>rd</sup> and 24<sup>th</sup> respectively. . Each program was attended by the principal and 17/15 teachers of each school.

The event began with tradition welcome of each participant by putting a sandalwood tika and a coloured thread on right hand wrist of each teacher followed recitation of the *Navokar Mantra*, creating a spiritual ambiance. Dr. Shugan C. Jain introduced Mrs. Anita Jain, an accomplished individual with over two decades of international corporate experience. Mrs. Jain is a certified 900-hour yoga practitioner, life coach, and founder of *Anandi by Anita*, a venture aimed at spreading joy through yoga, soulful retreats, sound baths, and transformative workshops and co-developer of Rhythm of Lie program. Her journey reflects her passion for personal transformation and her commitment to sharing her knowledge with the community.

Anitaji shared insights about co-creating the *Rhythm of Life* program with Dr. Shugan Jain in 2021. This program blends philosophy, neuroscience, and practical experiences to promote personal growth and well-being.

The session commenced with a one-minute yoga activity, followed by an introduction exercise where each teacher was asked to introduce themselves using the prompts:

1. My name is ...
2. I am ...
3. Today I want to ...
4. I teach because ...

Anitaji attentively noted key points in their introductions and highlighted recurring themes. A video recapping the essence of Rhythm of Life was shown to set the tone for deeper discussions.

Participants were then divided into four groups to explore the following four themes of RoL program and their application in their life as a teacher.

1. Who I am
2. Why me
3. What is my Dharma
4. Living my Dharma

Anitaji highlighted the common activities indicated by the teachers in each theme and related them to the four purusharthas, namely dharma, Artha, kaam and moksa.

The session broke for a refreshing 20-minute high-tea break to rejuvenate the teachers for the next sessions which will be activities based learning sessions.

## Session 2: Balloon Activity

This activity had three rounds, each emphasizing important life lessons:

- **Round 1:** Each participant kept their balloon afloat, symbolizing individual effort and focus.
- **Round 2:** The space was reduced, causing participants to inadvertently interfere with others' balloons. The takeaway: excessive self-focus can disrupt teamwork.
- **Round 3:** Participants worked together to ensure no balloons fell. The lesson: teamwork and collaboration yield success.

## Session 2: Reflection Activity

Teachers wrote motivational and demotivational words associated with *Dharmic* and *Karmic* principles on post-it notes. These were then categorized and discussed in groups to highlight common themes. The learning was to group these principles in easily understandable manner for implementing the same in classroom activities.

**LUNCH:** The program scheduled a nourishing *satvik* and organic lunch, in green open ambience of the campus for participants to enjoy, recapitulate the learnings and interact with each other in an open environment. The afternoon session resumed with yoga postures, fostering physical and mental relaxation.

## Session 3: Jain Values (My dharma) in Education

The principles of Jainism (*Shram, Ahimsa, Anekant, Aprigraha, and Sanyam*) were introduced under the acronym *SAAAS (breath)* essential to be alive. Five groups with three to four teachers in each group were formed, one for each principle, to discuss the same and its application in teacher's life in class room and beyond.

Each group presented their findings to the whole class for discussions and grouping them for application in the class room. Also they gave each principle a practical name for understanding by them and the students. Participants then discussed ways to incorporate these principles into school practices to enhance educational and total personality development outcomes of the students

## Session: Concluding Session

The participants discussed the neuro-mind-speech relevance and interaction of activities and need for applying the values learned, the method used throughout the day to enhance creativity and knowledge to students to become happier, enthusiastic, self-reliant, and better citizens, through their own efforts.

The program concluded with each participant making a resolution of today's learning to apply in their life to achieve the objectives of a teacher.

Dr. Shugan C. Jain summarised the learning with a better perspective of WHO is a Teacher. Certificates of participation were distributed to all attendees by Anitaji and Dr Jain, marking the end of an enriching and transformative experience.

Each participant felt the event served as a unique platform for self-reflection, collaboration, and the integration of philosophical values into practical life and education.

