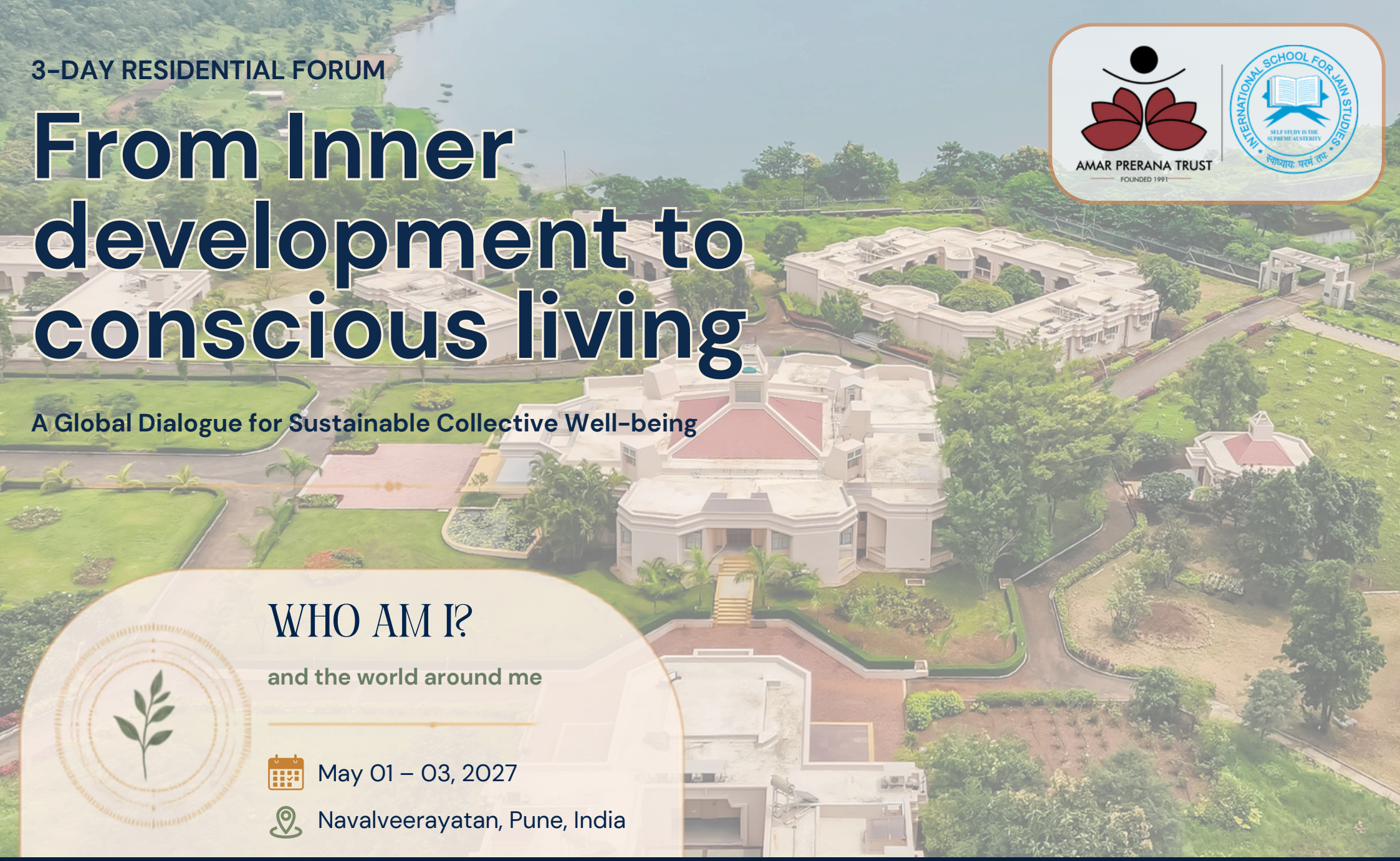


3-DAY RESIDENTIAL FORUM

From Inner development to conscious living

A Global Dialogue for Sustainable Collective Well-being

AMAR PRERANA TRUST
FOUNDED 1991

INTERNATIONAL SCHOOL FOR JAIN STUDIES
SELF STUDY IS THE SUPREME AUSTERITY
स्वाध्यायः परमं तपः

WHO AM I?

and the world around me

May 01 – 03, 2027

Navalveerayatan, Pune, India

by

International School for Jain Studies
(A Division of Amar Prerana Trust)
www.isjs.in

3-DAY RESIDENTIAL FORUM

FROM INNER DEVELOPMENT TO CONSCIOUS LIVING

The world feels more connected technologically, yet more disconnected from nature, each other, and meaning. Crises like climate change, biodiversity loss, polarization, and loneliness are deeply intertwined — and solving them demands not just systemic change, but a deeper understanding of the human being and the inner capacities that shape how we perceive, relate, and act.

Beginning for a larger vision

We warmly invite you to the first Forum on From Inner Development to Conscious Living, a global exploration of how inner development can contribute to personal well- being, collective wisdom and sustainable living. This inaugural gathering marks the beginning of a long-term international initiative. The Forum is intended as the first step towards a continuing platform for research, dialogue, experience-sharing, change-leader and youth programmes, international collaboration, policy dialogue and sustainable living initiatives for implementation.

A shared spirit

With over twenty years of international experience, International School for Jain Studies (ISJS) www.isjs.in, under the leadership and shared vision of Dr. Shugan C. Jain, has engaged scholars and academicians globally in exploring the inner and outer self. Our shared spirit is rooted in meaningful dialogue, openness, and diverse perspectives, drawing from the Indian Knowledge System and Jain philosophy, enriched by contemporary scientific, psychological, and social research. Together, we aspire to meet today's challenges and shape a future rooted in connection, responsibility, and possibility.

The questions at the heart of the Forum



1 WHO AM I?

The Forum begins with enquiry into the divine inner self, beliefs, emotions and actions. I am a soul, a unique expression of divine, having human experience.

2 Who are WE?

WE is a collection of several I's—across family, friends, neighbourhood, state and country. Indian knowledge systems explore air, space, water, fire and earth and their relationship with human well-being.

3 What is OUR world?

The dialogue moves from I to WE to OUR through reflection, dialogue, contemplative practices and lived experience.

From inner awareness to collective well-being.

A JOURNEY OF SELF-AWARENESS TO COLLECTIVE RESPONSIBILITY

From Self-Understanding to Inner Transformation

Inner awareness begins with examining our values, assumptions and habits.

AWARENESS

WHO AM I?

"I am a soul, a unique expression of the divine, having a human experience."

WHEN SELF-AWARENESS FADES, WE SEEK HAPPINESS OUTSIDE

Inner disconnection
I forget my deeper nature.

Outer chasing
More status, things, praise or pleasure.

Restlessness
Desire returns; comparison grows.

PERSONAL ISSUES: THE PRESSURE OF "I"

Unfulfilled desires
The feeling that something is always missing

Stress, fear & loneliness
Fear of losing health, position, friends or family

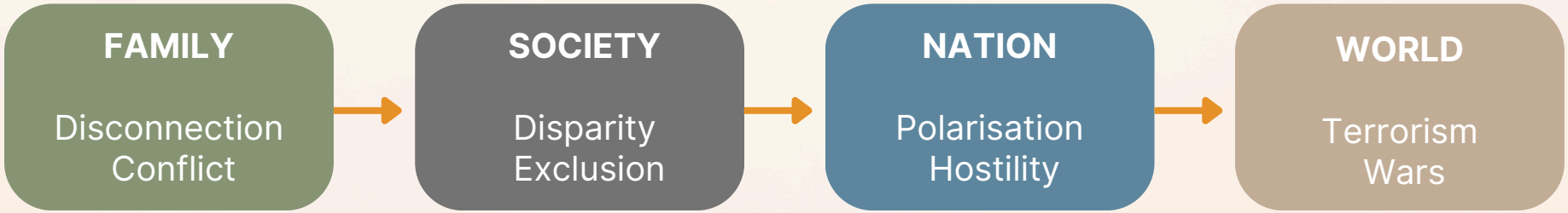
Comparison & ego
Pride in "me", my group, status or achievements

Pleasure chasing
Expecting objects and sensory experiences to provide lasting happiness

Rights without duty
Insisting on what I deserve while neglecting responsibility

Social and National Issues: The Pressure of “WE”

Wellbeing depends on relationships and communities—not only on the individual.



A FIRST STEP

Begin with neighbours • Listen before judging • Protect dignity • Share responsibility

From “I” to “WE”: understanding others is the bridge to shared responsibility.

Our World: Shared Resources, Shared Consequences

Our choices affect nature, health, technology and future generations.

Nature & resources

- Non-renewable energy
- Scarcity of safe drinking water
- Climate change and extreme events
- Forest fires, floods, droughts and coastal risks

Health & food

- Food security and changing crop yields
- Spread of viral and other serious diseases
- Food choices affect body, mind and environment

Technology & society

- Comforts alongside new dependencies
- Mass media and social networking
- Misinformation, cyber insecurity and AI ethics

Our world is not a backdrop: our choices shape it, and it shapes our lives.

What Should We Do? Make Reflection a Repeatable Practice

The aim is not to reject the world, but to engage with it more wisely.

Inner strength

Spiritual and moral values that guide conduct

Conscious living

Education at every level; choices made with awareness

Self-reliance

Personal, community and global responsibility

Food & wellbeing

Consider physical, mental, spiritual and worldly effects of food

Guiding values

Vivek • Shram • Kshama • Ahimsa • Anekānta • Sanyam • Seva

Mindful activities

Mindfulness, minimalism, autophagy and intermittent fasting-under appropriate guidance

A SIMPLE CYCLE FOR DAILY LIFE

1 AWARENESS

Who am I? We? Our world?

2 RESOLUTION

Yama-niyama, daily duties, anuvratas, pratikramana

3 PRACTICE

SAAAS values in everyday choices

4 REVIEW

Manage time; review actions; update commitments

Review → refine → repeat. The goal is habit formation, not mechanical repetition.

FROM INNER DEVELOPMENT TO CONSCIOUS LIVING

3-DAY RESIDENTIAL FORUM

Who We Are

Amar Prerana Trust

APT, Pune promotes knowledge, education, cultural heritage, human values and holistic development, connecting India's intellectual and spiritual traditions with contemporary education and society.
Its divisions are the International School for Jain Studies,
Abhay Prabhavana Museum and Knowledge Centre, and Navalveerayatan.

International School for Jain Studies (ISJS)

Established in 2005, ISJS has the mission to introduce Jain Studies in universities globally. It conducts courses, seminars, research and publications on Jainism and its contemporary relevance in collaboration with universities, research institutions and scholars worldwide.

Website: www.isjs.in



Abhay Prabhavana Museum and Knowledge Centre

A knowledge centre created by the Firodia Institute of Philosophy, Culture and History, a division of Amar Prerana Trust. A "Museum of Ideas" presenting timeless Jain values through a scientific, logical, accessible and contemporary perspective.

Website: www.abhayprabhavana.org



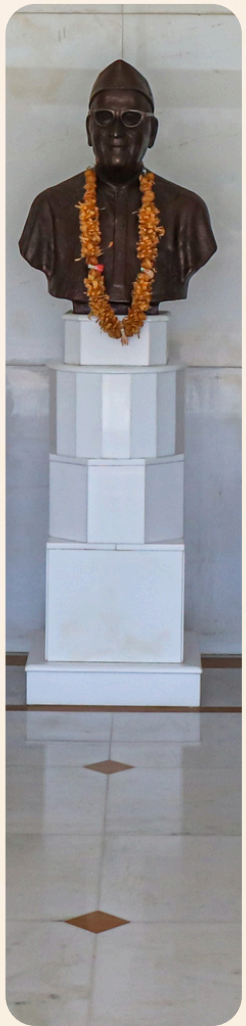
Navalveerayatan

A serene campus in the Tiwai Hills near Rajgurunagar, Pune. Spread over 25 acres overlooking the Chaskaman Dam amidst the Sahyadri Hills, it offers an environment for learning, reflection and experiential engagement. Facilities include training facilities, meditation and cultural halls, residential accommodation, dining facilities and a library.

Video: Click here

A three-day immersive journey

Participants are invited to experience, reflect, engage and co-create, moving from awareness to self-effort, from self-effort to ethical action, and from individual transformation to collective well-being.



- Inspirational keynote dialogues and interactive workshops.
- Reflective practices, meditation, yoga and nature immersion.
- Small-group dialogue and collaborative learning.
- Action planning for a peaceful, compassionate and sustainable world.

The Forum experience

OUR COMMON DAILY RHYTHM

- Meditation, Yoga and Movement
- Breakfast
- Plenary Session
- Tea break
- Community Circles
- Lunch
- Mindful Walk or personal reflection
- Multiple Workshop Sessions and academic sessions with a tea break
- Dinner
- Informal Evening of Light Entertainment and Community Interaction



Who should participate?

scholars, educators, researchers, young professionals, organisational leaders, policymakers, civil society organisations and individuals committed to personal growth and social and environmental transformation.

The Forum is particularly intended for knowledgeable and relevant persons and presenters willing not only to learn, but to examine their own lives, engage with others and explore how inner development can contribute to society.

What participants will take away

- deeper experiential understanding of the self
- greater awareness of thoughts, emotions, relationships and patterns of action
- practical approaches to self-effort, compassion, nonviolence, dialogue and responsible action
- perspectives across cultures, disciplines and traditions
- connections with people committed to human development and sustainable living
- an action plan for personal, professional and community life

Beyond the Forum

The conversations, relationships and commitments formed here continue beyond these three days—nourishing our work, our communities and our shared future.

Wisdom becomes action. Compassion becomes conduct. Nonviolence becomes a way of life.

3-DAY RESIDENTIAL FORUM

FROM INNER DEVELOPMENT
TO CONSCIOUS LIVING

Participation & Hospitality Contribution



For Partners

- Representatives from each partner organisation may participate.
- Participants arrange and bear their own to-and-fro travel expenses.
- Complimentary hospitality at the Forum venue will be provided by the organiser for up to 2 participants from each partner organisation.

For Participants

- Registration fee: INR 15000/-
- Participants arrange and bear their own to-and-fro travel expenses.
- The registration fee includes the accommodation (sharing basis), meals and other on-site arrangements.

An open and evolving global dialogue.



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