



CONSCIOUS LIVING

TOWARDS VIKSIT BHARAT

Varun Vidyarthi
MANAVODAYA

THE CONTEXT

THE WORLD IS WITNESSING
CONTINUING CONFLICT, OVERT OR COVERT
BETWEEN
RELIGIOUS GROUPS, NATION GROUPS, POLITICAL GROUPS ..
TO EXERCISE CONTROL OVER PEOPLE AND RESOURCES
RESULTING IN



CONTINUING POVERTY, SOCIAL INJUSTICE AND CLIMATE THREAT

CONSCIOUS LIVING

- **Conscious living is essential to meet the challenges faced by mankind i.e. growing inequality, continuing poverty, multiple insecurities and the existential threat of climate change.**
- **This is an agenda for a humanitarian approach to all aspects of living including the development and application of technology.**
- **This can be practised by all through simple steps like Self reflection, Conscious Self Control, Collective Reflection, Conscious Relationships.**

Self Reflection

Examining Purpose

**SINCERE, SYSTEMATIC
ANYWHERE, ANYTIME**

There is Illusion of coming light
As I grope through the dark
The more I try to reach it
The darkness increases
Though at times there is
An illusory spark.



**Poem written while working in a crankshaft
production plant at Tata Motors, Pune, after
graduation from IIT Kharagpur**

A CIVILISATIONAL ETHOS REFLECTION ON PURPOSE



SELF REFLECTION

**LET US HAVE THE COURAGE TO REFLECT ON
EVERYTHING WE DO AND TO ACT ON OUR
INNER CALLING**

LIVELIHOOD FOR A LIVING, LIVING FOR WHAT PURPOSE



जीवनीय जीवन के लिए ,
जीवन किसके लिए



Nardananda

AN AIMLESS LIFE IS ALWAYS A MISERABLE LIFE

MIRA ALFASSA

Better known as

THE MOTHER



INNOVATIONS ARE BUILT ON STORIES OF PURPOSE, COURAGE & PERSISTENCE DESPITE FAILURES

**Carcass Flayers, New technology
in Weaving, Gur making,
Dal making**



**ALL PHOTOGRAPHS AMONG
PEOPLE ARE ACTUALS
SHOT DURING WORK**

CONSCIOUS SELF CONTROL

CONTROL OVER

Greed

Lust

Envy

Hatred

Anger

Impulsive Buying

Fake Projection of Oneself

The Middle Class Syndrome

THE PURSUIT OF PLEASURE

I had seven hundred wives of royal birth and three hundred concubines. I had music from men and women singers; all the wine I could drink; and a palace full of people falling all over themselves doing everything they could think of to get in my good graces.

- When you get everything you want whenever you want it, you quickly discover how meaningless pleasure really is.

COLLECTIVE REFLECTION

CAPACITY BUILDING OF CORE TEAM

Dialogue on Individual Practices & Beliefs
Sharing Mistakes, Weaknesses, Learning
Reflection on Goals and Direction
Discussion on Issues of Common concern



REFLECTIONS BY GOVERNMENT OFFICERS

TOWARDS A NEW UNDERSTANDING OF CHANGE



I had never thought about myself. It is true that my earlier notions were based on an arrogance that whatever I am doing is right. Not any more, I realize that I know so little. I can learn from an honest caring attitude towards one another.

Praveer Dubey

The earlier negative thinking has completely changed. This will start a new chapter in my life. It will be possible to bring social change only after abandoning selfishness and consumptive nature.

Raja Ram

REFLECTIONS TOWARDS A HUMANITARIAN SOCIAL ORDER



It dawned to me and many other participants that life is more than just earning an income and raising a family. Those deep reflections were quite fundamental in reinforcing the power of self-consciousness and inner peace.

James Musyoka KENYA

To be able to make the right decisions and think clear you must have knowledge about what happens in your mind and how you can control it.

To be able to control a tiny part of it, you have to work on yourself and your inner life. Try to understand where thoughts come from. Why do they make you feel the way you feel ?

In an uncalm and unclear mind you make wrong decisions. You can't help others without a calm mind.

**OLAV, Norway
Manavodaya Student**

THE CHALLENGE
COMBINING SOFT SKILLS WITH
HARD SKILLS

Multiple Opportunities exist to do so
To
Work towards the goal of VIKSIT BHARAT