

SAMPLE RESPONSES

Impact Of Manavodaya Programmes

BANK MANAGERS

"The programme contributed to constructive thinking, optimistic attitude and faith in struggle for truth and justice, This applies to both personal and official work situations. It was very meaningful to come to such a distant place. "

I.L. Jain, Lead District Manager, Punjab National Bank, Datia, Madhya Pradesh

This programme was an attempt to bring meaningfulness in our lives. Really remarkable. The total dedication of the organisers in bringing social change, the morning session was very useful. Developed a purpose in life and a perspective on society.

R.P. Shukla, Chief Manager, State Bank of India, Raigarh

We obtained very useful thoughts on how we can meet our social responsibilities.. If there is willingness, the goal is not far. In the competitive world today, I am realizing the need to develop better self control and to keep in touch with organization like yours.

T. Shankar, Allahabad UP Gramin Bank, Lakhimpur

GOVERNMENT OFFICERS

It is a complete training in character building and knowledge about the art of living. Such a training should be compulsory for all government employees and officers before they join service.

Siyaram Rawat, Assistant Development Officer, Banda

This six days programme has brought earth to sky difference in my thinking. My mind and heart is now feeling relaxed. I feel like I am reborn.

Ram Vilas, Village Development Officer, Agra

I have been filled with so much energy after being through this institution that I am confident that I will be able to set an example in the field of my work. I can only suggest that I would be obliged if more time and information can be given to confused persons like us.

Malik Masood Akhtar, Village Development Officer, Sitapur

NEPALESE BANKS

The new aspect of this training was that we got theoretical learning as well as learning through yoga and reflection. As a result, we benefitted not only in our professional life but also in our personal life. It will be

my responsibility to put in practice in my organization and in my personal life all that was learnt here. I consider myself blessed for getting this opportunity.

Laxmi Pd. Sharma, Bhairahawa, Nepal

This training is one of the best training in my life to improve myself, to link myself with supreme power by doing something to poor people living in remote areas. It helps me, my bank and my whole country.

Anil Kumar Mishra, Prasauni, Nepal

I felt that I am not sitting in a training hall, but that a guardian is teaching me at home. Every day after meditation, yoga and collective reflection the entire day training gave a nice feeling. Overall this was an opportunity to gain vast knowledge in a family atmosphere.

Hariram Mahato, Khandbari, Nepal

FARMERS OF FARMER PRODUCER ORGANISATIONS

(Translated from Hindi)

We were explained in a simple language the meaning of life. My mind became compassionate on several occasions while listening to you. I realized that life has to be made simple and the mind calm. We were given tips for the same.

Shakir Ali

I have now understood what is life and how to live it. You have increased the faith and strength within us. Why do we feel weak? We can do everything. I pledge that I shall create an identity for myself before coming to Manavodaya again. I will always remember this programme, not just remember but shall try to achieve its objectives.

Monika Chauhan

I learnt how to build trusting relationships. I got to know how to curtail ego and develop human qualities. I will explain this to thousands of farmers on return for making progress.

Dinesh Mehar

I would like to elaborate a little on Manavodaya. Anyone, male or female, getting an opportunity to get trained here is fortunate.

Suman

STUDENTS OF IIT DELHI

I realised that we have greater goals than getting self absorbed, chasing materialistic success and trying to impress the world at the cost of our well being. It had been a very helpful and enriching course for me and I would like to thank Prof. Varun Vidyarthi in sharing and teaching us about how to live a better life.

Trishani Sarkar, Mech Engg

This course is far better than reading dozens of books as it covers vast topics. We learned about a brief history of Greek civilization, Chinese civilization, and Indian civilization. We had a dedicated lecture on the teachings of Sri Aurobindo and Mother which was very inspiring and enlightening. It was a life-transforming experience. Most of the learning will stay with me forever.

Dushyant Soni, Research Scholar

I would recommend this course to everyone since, despite the short time, Sir has left an impression on us. This course has taught me how to live a simple life. Basic living entails more than just wearing simple clothes and eating simple, natural foods; it also entails empathy for others, environmental stewardship, and personal development. What I discovered is that the solution is already inside us; all we need to do now is put it into action.

Harsh Priya, Civil Engg

This course was really thought-provoking and made me see things from a new perspective. We should focus on sustainable consumption in our buying habits, avoid buying things recklessly. Take steps to curtail ego as it is the root of all misery. One should try to get away from biases, prejudices and preconceived notions. One should also stay away from envy as it is the source of misery. Self-reflection on life and its purpose is super necessity. Self-reflection can help us to have a deeper connection and empathy with people and nature. Collective reflection provides a very good mechanism to deal with any problem. Sir gave numerous examples of how it solved the problems of people in villages.

Faizan Raza, Master of Science

STUDENTS OF QUANTUM UNIVERSITY

The sessions with Dr. Varun Vidyarthi sir have been really enlightening and soul opening. The interactions especially make me understand myself better. For me, this is not just a discussion, but a whole new perspective on how I see things in life and how they affect me.

Unnati Chaudhary

From last session I have learnt many things like how to treat people in a better way, how to talk: don't always show your anger. Just try to stay calm then respond. How to live a simple and happy life without use of luxury thing like not showing that we have branded things. Just be simple and yourself. To do your work yourself like to make your food, to clean the utensils yourself. Thank you

Manali Patidar

STUDENTS OF IT COLLEGE, LUCKNOW UNIVERSITY

The most eye opening topic for me was sustainable living. It changed my perspective of living forever. After that class, I always ask myself before buying – Is it necessary ? Earlier, every week there would be a new trendy dress, accessories, gadgets and I would want all of them anyhow. Thinking of those days, I regret it.

Shreshtha Bal

I am grateful that I opted for this course which not only changed my views and behaviour but also encouraged me to inculcate life skills which are important for every individual. It has made me understand the realities of the world.

Vasundhara Shukla

NGO LEADERS

We were introduced to real life in the five days here and came to realize that the life we were leading was full of falsehood. We learnt about our professional work, but at the same time we are going back with a lot of learning about life too.

Vandana

The way issues of consciousness raising were discussed and turned towards social change, the mind was mesmerised. I realised the truth that true social service can only be done by a person who systematically thinks about self and society.

Vidyakant

Training at Manavodaya once a year should be compulsory for all workers. I have developed a special affection for our trainers and hope that they continue to provide training. They should open centres in districts for the benefit of those who cannot come to Lucknow.

Akshay Srivastava

ETHIOPIANS

This kind of training is new of its kind. It should not end with this. It should be given to other Woredas also. We have learnt a new way of organising people. We learnt about depending on own self without depending on outside support for moving out of poverty. I am also able to develop a better vision.

Yeshareg, Mekelle

This is an extra ordinary training for me. Everything was clear. I was specially impressed by the way the process of change is cascaded to the grassroots level. Even without thinking of funds, I will disseminate the concept at all stages in the local community. Though I had a language problem, even a deaf man can understand your explanation. It was special.

Mustafa Mohammad Abdala, Afar friends, Ethiopia

I feel that this training is very important to eradicate poverty from Afar region and from Ethiopia as well. Personally, I am impressed by the concept of "Poor can save" through thrift. The techniques of easy record keeping and federation establishment was also nice and workable. I want to thank you and wish that you work more in the area of poverty eradication nationally and internationally.

Tahir Abas, Cooperative Desk, Ethiopia

KENYANS

It dawned to me, and many other participants I had the privilege to interact with, that life is just more than 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

NORWEGIANS

It feels like we are thinking too much about the materialistic things, that we are busy thinking about how people look at us, about being "perfect", having "perfect" children, the best education, the best job, earning most money and so on. We have to change the whole mindset... how can we help people to do things when we are doing the exact opposite ourselves?

Beate

The philosophy of Manavodaya is that change must come from within, from within every individual and from within every group of people. In the quest for sustainable social change, fundamental importance lies in evolving human consciousness and relationships. This differs from the conventional paradigm of development, where experts implement strategies from the top-down, without taking into consideration the vast variety of complex underlying influences and powers within a community.

Maren Moss

This course has made me think about myself, how I act, how I talk and actions. From now on, it will be very important for me to be sincere, real and truthful to my values and my beliefs and I am going to stand up for what I believe in. I will let my values be reflected in my actions.

Renate

I seldom stop and think "Why am I doing what I am doing". For me it will be important to challenge myself on this thinking. I will try my best to be courageous. This is something I truly mean and not just writing it here. Varun you have asked a lot of hard and reflective questions. Who I am and what are my habits and faults. You cannot help others if you don't help yourself first. That is why I shall continue to challenge myself on this thinking and hopefully be the best version of myself.

Elisabeth

OTHER COUNTRIES

It helps me tremendously in my teaching to be able to point to an organisation that uses a values based approach consciously and consistently in development work. Manavodaya experience creates legitimacy for such an approach.

Prof. P. Wilson, University of Texas at Austin, USA

The two weeks have served to reinforce for me the essential connection between my own inner self and the work that I do trying to help disadvantaged people to find their voice and their place in society. In particular, the striking examples of successful work that have been achieved by the Manavodaya approach were really heart warming.

Nick Ball, Operations Manager, UK

