

My soul honours your soul.

I honour the love, light, beauty, truth and kindness within you because it is also within me.

In sharing these things there is no distance and no difference between us.

We are the same. We are one.

## Namaste

#### Etymology Namaste

Namaste is used both for salutation and Valediction and has been part of life style in India and South Eastern countries since ages. It is usually spoken with a slight bow, hands pressed together, palms touching the fingers pointing upwards, thumbs close to the chest and the heart in an Anjali mudra. Namaste represents the belief that there is Divine spark within each of us that is located in the Heart Chakra.

The God within me is bowing to the God within you and thereby we create a ring of spiritual emotion and create vibration to one receiving the gesture. Namaste creates a loop of bliss to pass positive energy.

Dashrath Manjhi, popularly known as the "Mountain Man", was a poor landless labourer, who had worked relentlessly for over two decades to single handedly carve out 36 feet long, 30 feet deep road through Gehlour hills, with a mere hammer and chisel. His legacy exemplifies and unveils the moJOsh inspiratory mindset and its powers, inspiring and carving out a way for each one of us to conquer our own mountains in life.

# ASTRATIONAL - THE MOUNTAIN MAN

Manjhi was born in 1934 in Ghelaur, a remote and backward village near Gaya in the Indian state of Bihar. A landless labourer, known as Musahar, he was considered amongst the lowest in a society plagued by caste system and was denied basic amenities such as water, electricity, medical care and school.







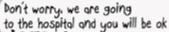




Manjhi lived in the rocky terrain of Atri, with a 300-feet mountain separating them from civilization in Wazirganj. He trekked across the mountains everyday to till land for a landlord on the other side.



One unfortunate day, while on a similar errand, his wife tripped on a loose rock and fell several feet down the mountain, injuring herself fatally. She was then pregnant with their second child.





But the nearest medical help was about 70kms away. Unable to reach the hospital in time, Falguni died on the way. Fortunately their child (a baby girl) was saved.



The incident devastated Manihi. He was unable to accept that he had lost his beloved because of the treacherous mountain way and because he was unable to get her medical help on time. His helplessness broke his heart. The mountain had for long impeded their access to basic human amenities and he could not bear to see more lose their loved ones to the mountains and social discrimination. Manjhi decided to lead (LEADERSHIP) the way through the mountains himself. With a hammer, chisel and a crowbar, he setout on a path of TRANSCENDENCE to carve a road, that would improve the lives of his people in the region.



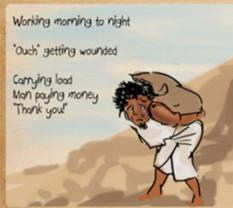
His PURPOSE had stemmed from his Evolved Mindful Consciousness (EMC) that gave him new thinking. A thinking, that stemmed from LOVE, first for his wife and then for others. A thinking, that ushered in his realization of his INDIVIDUAL SOCIAL RESPONSIBILITY. It gave him courage (BRAVERP) to pursue a life to DIGNITY for himself and for others who had long been victimized by social inequality. His limited resources did not deter him from his PURPOSE. Infact his RESOURCEFULLNESS and ZEST always carved out a path forward.



Passion means suffering, a struggle to achieve the impossible. Those who underst and this struggle and break through are the ones who go beyond survival and come alive by unleashing their infinite potential.

~Jeroninio Almeida





His unparalleled ZEST and PERSEVERENCE was born out of LOVE, HUMANITP, COMPASSION and DIGNITP and it gave him the strength to remain dedicated to his cause through all adversities.

Every morning he

One day...

We are leaving this place, there is no food or waten come with us

No. I will not leave till
I have fulfilled my dream

exhibiting the virtue of TEMDERANCE. An allurance of a

exhibiting the virtue of TEMPERANCE. An allurance of a better personal life did not sway him from his purpose. His resolve was of steel and he fulfilled it with DIGNITP and INTEGRITP.

Your son has lost his mind chasing an impossible dream!!

I have given up on him! Lunatic would follow routine.

His EVE CONSCIENT CONSCIENT CONSCIENT CONFID PERSENTED AND CONFID PERSENTED AND CONFID PERSENTED AND CONFID

His EVOLVED
CONSCIOUSNESS
helped him realize his
RESPONSIBILITY to
society and gave him
COURAGE,
CONFIDENCE to
PERSEVERE and made
him RESOURCEFUL,
despite all odds.



With hard work and sacrifice, Dashrath Manjhi was able to make only a cleft in the mountain. But he was not discouraged. On the contrary, he was encouraged and thankful (GRATITUDE) for the few helping hands that now joined him.

After 22 years (1960 to 1983) he was finally successful in carving a path through the mountains. The poor landless labourer had created a marvel. He had carved out a 360-feet long, 25 to 30-feet deep road through the rocks in Gehlour hills, using his rudimentary tools of hammer and chisel.



But Dashrath Manjhi did not rest here. His EMPATHP for others did not let him rest!



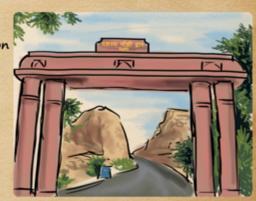


As a mark of respect and overwhelmed by his achievement, Mr. Kumar, offered him the minister's chair, a rare honour to be bestowed on anyone. He was also rewarded with a plot of land. HUMBLE and modest, Manjhi donated it for a hospital exhibiting INTEGRITP, DIGNITP and COMPASSION for others, yet again. He did not care about awards or fame or money (TEMPERANCE).



That same year, the Bihar government also proposed his name for the prestigious Padma Shree awards for social service. However, the forest ministry opposed his nomination, terming his work to be illegal, because he had mined a protected mountain; an offence under the wildlife protection act. A year later, on Aug 17, 2007, at the age of 73, the man who conquered the mountains finally succumbed to gall bladder cancer and breathed his last at the All India Institute of Medical Sciences (AIIMS), New Delhi. He was honoured by a state funeral by the Bihar government.

The road that he built is now paved, marked by an arch with a memorial in his honour. His life has inspired many documentaries and movies including Films Division documentary, The man who moved the mountain, in 2011, directed by Kumud Ranjan, the Ketan Mehta movie, Manjhi- the mountain man in 2015, with Nawazuddin Siddiqui and Radhika Apte, playing the lead roles. Other movies in regional languages, such as the Kannada movies, Olave Mandara, and Bhoomi Thayiya Chochchala Maga, have also been inspired by this modern day Shah Jahan, an emperor who build a mausoleum in memory of his wife. The first episode in season 2 of the popular Star Network TV show, Satyamev Jayate, hosted by celebrated Bollywood actor Aamir Khan, was also dedicated to the legend.



Dashrath Manjhi has been an epitome of a moJOsh Inspirator mindset. A PROACTIVE ENLIGHTENED CITIZEN, he chose to be the change he wanted to see in the world and proved that nothing was impossible. Tragedy had become a turning point in his life evolving his consciousness with a new thinking, a thinking that shielded him against all negative feelings and urged him along the virtuous cycle of positive feelings. A man of strong determination, passion and compassion, his works are now a wonder to the world.

Designed and Illustrated by Creative Designer Tina Rajan and written by moJOsh Inspirator leadership and life lessons book author Jeroninio Almeida for www.rexideas.com





Letter from APJ REX iCongo and iVo

Our Story

The iVO Credo

The Need

Joy of Giving

Unpacking the science of brain for happiness

What it is iVo

How it will iVo pan out

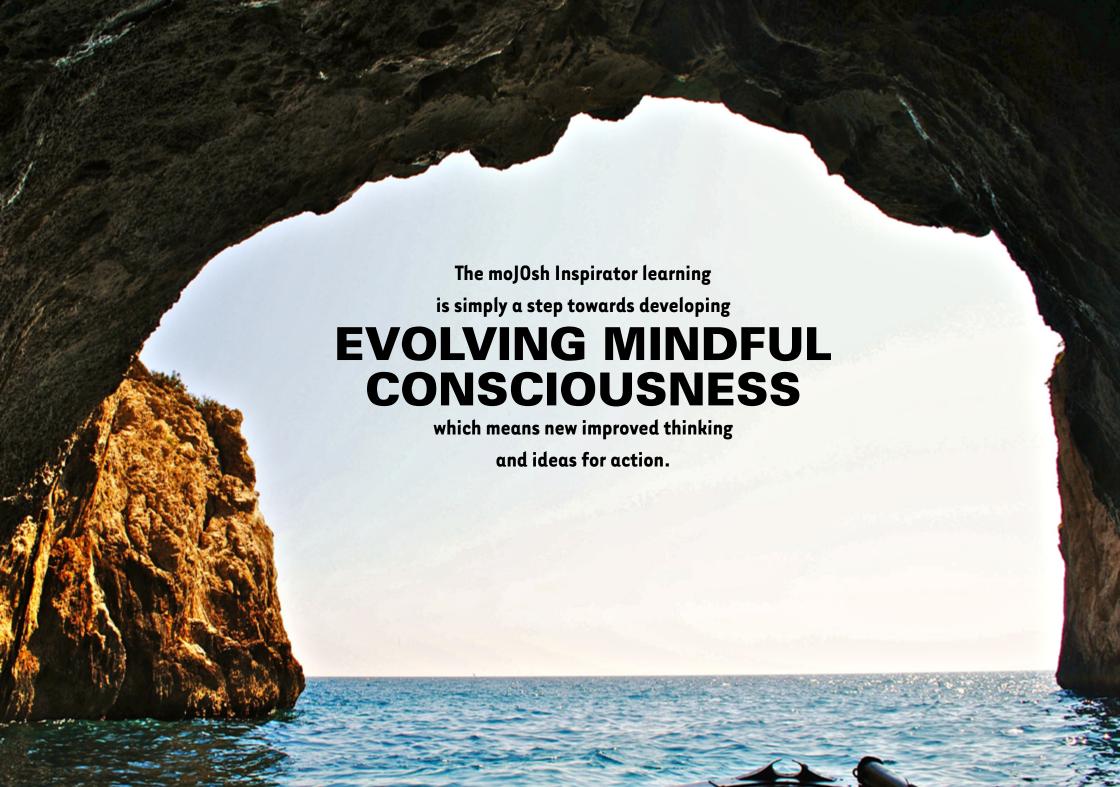
Que sera sera twist

Moments are like seeds small short and tiny but therein lies a life and lifeline.

Moments is life but we crave to stretch to future.

That's when we are lost and lose the enigma that is now .

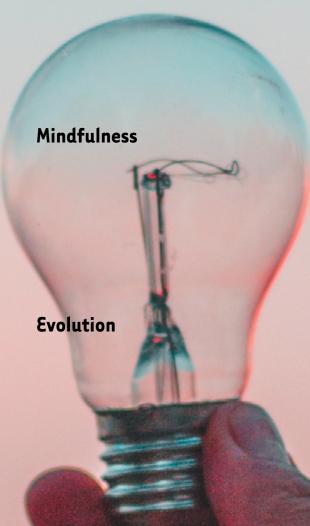
Eitu Vij Chopra



# So, what is EVOLVING MINDFUL CONSCIOUSNESS (EMC)<sup>n</sup>

Let us UnBox, UnPack and UnRoll this thought backwards, since there is a huge debate happening around the world, which is only making the concept of consciousness, mindfulness and evolution more complex. Therefore, let us simplify EMC.

#### Consciousness



In simple terms, it is the quality of awareness, responsiveness, cognizance, understanding, openness, sensitivity and **alertness to ONE's own innate beliefs, values, mindsets** which are deep within ONESELF, which shapes the patterns, designs, outlines, of how ONE sees the world around themselves. Consciousness find's its origin in the French word: conscience (a person's moral sense of right and wrong, based on which we make our choices that manifest into our consequences) and is also defined in the 1753 volume of Diderot and d'Alembert's Encyclopédie, as "the opinion or internal feeling that we ourselves have from what we think, believe, rationalize, feel and do.".

Finds its roots in the ancient language Pali, which has the word Sati, which essentially means "TO REMEMBER", and for me simply means to **GAIN INSIGHT in the now**, so that we can always understand the true nature of any phenomena or situation happening in our life. Mindfulness is a psychological, philosophical, and practical processing of happenings in the moment or also simply put mental, physical, spiritual, emotional and moral process of bringing one's attention to the internal and external experiences occurring in the present moment in the NOW.

It finds its roots in the Latin word Evolvere or Evolutio, which basically means the unrolling (or opening; like how petals of a flower open to the sunlight or how the human mind opens up with knowledge, wisdom and insight by sharing thoughts with each other) and **developing of all our senses** (auditory, visual, olfactory, gustatory and kinesthetic, including our sixth sense, which is called intuition or clairvoyance by the Gurus; what I prefer to call as common sense of which there is a serious deficiency in our world today.) Evolution for me is simply the process of gradual development of all our senses and positive change through continuous improvement.

**EVOLVING MINDFUL CONSCIOUSNESS** (EMC), therefore in a nutshell is **mindful**, **continuous improvement of the self in all dimensions** and our contribution to constantly change and develop everything in the world that we live in. EMC is your **Inner-Most- Guru** (IMG) which will help you with your Inside-Out- Architecture. I always tell people there is ONLY ONE GURU in the world who can enable you to create and lead your own life to attain a personality rooted in great character and super success rooted in purpose, happiness, personal commitment, industriousness, zest and peace of mind. That ONE GURU I am talking about is YOU, yourself. **Only You can truly be your own Guru.** 



\* These are clippings of just one or two months in one newspaper so one can imagine the stats

Evolving Mindful consciousness brings about a **positive beautiful change in** young minds **response to a real life trigger** rather than a reaction that can be abrasive, dangerous or fatal as seen in our present society and unrest that has crept in the actions of young children that we hear in news and see all around us not only in India where a young teenager has reacted and killed parents or in America where the youth resorted to gunning down many a fellow teenagers in a school to many more heart wrenching stories of children committing suicide etc.

## If the reaction is changed to Pause Mindful Conscious Response the end to many a story would be truly happy for example let's take a situation

Karma is bullied by someone and is called pigheaded daft for not getting pass marks in a English subject.

Reaction: Karma punches his classmate in the nose till he bleeds and both of you are expelled from school for few days and parents called in and example given in bad light given in the assembly.

Mindful conscious Response: Karma

Mindful conscious Response: Karma answer with acceptance that yes you right I did not get good marks as I am weak in it but will you help me to score well as you good at it.

B) Veer sees a classmate not bringing food for lunch break and she sees a lot of children laughing at the child and making fun that your mom did not give you food but Veer puts her apple and a sandwich in the child bag quietly and nudges the child to look at the bag. When he sees he is happy and Veer feels happy to give without even a mention.

3 situation: Home

The children of house help are making a lot of noise and disturbing Karama and Veer and the children's mother scolds them that they don't study and are good for nothing and slaps them. Karama and Veers mother sees this and asks the children what should we do with them, is it not our responsibility to help the poor house help and her kids to find a solution.

Karama and Veer look at their

mother and don't know what to say! The mother responds let take up the responsibility of the two kids and their study I will pay for their school etc and what do you two do? Excited and amazed they both ask the mother what can we do we have our school and play etc. But the mother says no each of you will take turns to help them for school t4 times a week and in return I will see how the children do and give you a gift at the end of the year. This not only motivates Karama and Veer but also gives them purpose.

Situation 4: Metro Rail

Karama and Veer are travelling with their parents from Dwarka to Rajiv Chowk for some outing. While they board the train it is very crowded and their parents ask them to keep away from this poor man who was too trying to board thinking he may harm the kids or be a thief. Karama and Veer later tell their parents that he may have been a man in need and if we all well to do people help them rather then scorn them can make their life better and get them opportunity.

Situation 5:

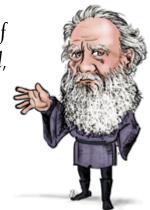
A new student from NE region takes admission in the class and most students begin to call him the C word thereby saying he looks like a person from another country. The boy is bullied but Karama and Veer intervene and say that he is as Indian as anyone and their geography is so poor. Treat the diversity with respect as that is what our constitution stands for.

Situation 6:

Karama and Veer's father scolds and shouts at them for wasting time in singing and painting rather than study a he feels this will not fetch them a moneyed job when they grows up and it is a sheer waste of time. The mother intervenes and tells him the use of following passion as profession no matter what it is and also time to not go after the clichéd' definition of success and money. As having a fruitful hobby is a sign of intelligence and creativity.

"Everyone thinks of changing the world, but no one thinks of changing themselves."

~ Leo Tolstoy



5 whys

A Real Life case Study in Root cause analysis

One of the Wonder of the World Taj Mahal yellowing with great speed in the last two decades Why? Because the air pollution was not being managed man made cause

Why? Because discolouration of the marble due the oxidation of its constituents that is natural cause

Why? Wear and tear caused due to millions of visitors
Why? Environmental Neglect?
Felling of trees around Taj and
Agra has Semi Arid air.

Why? Iron dovels was used by the Indian government for work on the Taj which rusted and left a layer.



#### **SOLUTION:**

Plant trees around Taj
Corridor that shall help air
pollution and restrict the
entry of number of tourist.

This simple solution shall help to preserve 360 year old monument and One of the wonders of the world.

Read in detail the Reasons. https://www.scienceabc.com/ eyeopeners/taj-mahal-turnedyellow.html or scan QR code "Jerry, I have a humble request regarding my nomination. I read through the website and trivia booklet to learn more about the criteria for the Karmaveer Puraskaar awards. I agree with Dr. Verghese Kurien that the Karmaveer ward is the most credible honour, because award is the most credible honour, because of your guiding principles of egalitarianism, of your guiding principles of egalitarianism, simplicity, austerity, fairness and integrity. I have huge respect for Dr. Verghese Kurien, who was a dear friend and your first lifetime achievement award recipient.

Therefore, I feel, that I need to do more in my personal capacity, to deserve the lifetime achievement award which all of you have nominated me for. Iwould therefore request you to kindly accept my regrets, since I would not like to accept the lifetime achievement award like to accept the lifetime achievement award at this time. Let me do more to serve the nation and society. Let me begin add value as your chief believer and ambassador to promote the chief believer and ambassador to promote the International Volunteering Olympiad. Once I have done that, I shall consider myself to be more worthy and deserving for the lifetime achievement award."

"Teachers are the backbone of any country, the pillar upon which all aspirations are converted into realities." - Dr. Kalam in his book My Life iVo is a tribute to celebrate the life of Dr. APJ Abdul Kalam who had agreed to be our iVo Mission Ambassador since he loved working with children and here is what he said.

# Letter from the founders

Rote method versus understanding and studying and making the wise teachings in Quran something that is also way of life to make children better human beings. Jerry inspired the maulvis to talk about the great power of wisdom in the holy book to make better and sensitive humans once they understood what they were merely cramming up earlier.





The teachers were very apprehensive about the moJOsh Inspirator learning being imbibed by students as they hail from a certain strata of life and school teachers already have a preconceive notion hat they are already criminals as they come from that kind of back ground. Jerry made them understand that no child carries an lineage but it is up to the teacher and school how they mould the child and if they still become a criminal then it is the fault of teachers ,school and its teaching that they grew up to be a criminal.





THE PROGRESSIVE TEACHER'S CONCLAVE was held in New Delhi on Saturday, 26th August, 2107.

ii. Processes in schools through which trained teachers use child-centred teaching approaches in well managed classrooms and schools, skilled assessment to facilitate learning and reduce disparities.

iii. Outcomes: encompass knowledge, skills, attitudes, and leed to the national goals. Abhe Adams, Advisor - Rita Wilson, Editor, The for education for positive Education, Step by Step Progressive Teacher participation in society. Professional teachers:



 Use school time effectively Examinations should be reformed to test not just recall but to test understanding; schools should invest in technology; we should work on the mind sets of the people through public awareness campaigns to change them from fixed mindset to growth

This was followed by a Keynote Address by Abha Adams, Advisor - Education, Step. by Step School, Noida.

An alumna of Lady Shri Ram College, Abha Adams is Advisor - Education, Step by Step School, Noida. She has worked for over 37 years in the areas of Education, Media and Arts management in India and the UK. She works with several national and international educational, arts and training organisations and is the lead education partner for Carnegie Hall New York.

She spoke how education system. has undergone changes in the last three decades - 1990s, 2000, 2010.

In the 1990s the term DOL Daily Oral Language was coined by Black Burn.

#### Twenty-first century:



School Noida



Four Cs: Collaboration. Communication, Critical thinking.

Creativity Questioning-training on questioning

BYOD and BYOT: Bring your own device (BYOD)-also called bring your own technology (BYOT), ...

Talking about quality in education, she said it is not about the report card, but the soul that walks out of the institution after fourteen years. According to her students should be creative, compassionate, courageous, participatory, peace loving human beings. Quality Education as defined by UNESCO is not to be measured

According to her we should not force choice about subject --- Science, Arts, Commerce

Eight things to look for in today's

1. Voice 2. Choice 3. Time for reflection 4. Opportunities and innovation 5. Critical thinkers 6. Problem solvers/ finders 7. Self-assessment 8. Connected

Both the Panel Discussions were on Smart classes\_smart teachers, smart Quality in Education, which was the theme of the Conclave



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#### Panel I: The first Panel Discussion was on Quality in Education Introduction & Initiation



MODERATOR: Dr Aruna Apasamy : Principal & Director, Asan Memorial Sr Sec School, Chennal.

#### The Panellists were:

Dr Aruna Apasamy, Principal & Director, Asan Memorial Sr Sec School, Chennai. She spoke about the life cycle of a child's education, focusing on the relations etc., have a connect with the affiliated to three examination boards experiences a child undergoes before child's family.

Rachna Pandit, Principal, Lotus Valley International School, Noida Extension, has headed Delhi Public School International in Singapore and Delhi Public School. Maruti Kunj, Gurgaon.

Sharing what she feels about Quality in Education she said -

of compassion and love, and the language of touch in teaching. She talked about the School, Pusa Road, New Delhi. She was the and creativity.



Ashutosh Aggarwal, Rachna Pandit, Rachna Pant

gets into school, relearning comes later; the Global Indian International School. making an effect to know the background Bangkok. She started this first and only of the child-family, community, personal CBSE school in Thailand which was

& Secretary, Sanskriti The Gurukul, Baccalaureate. As the head of an Guwahati, Co-Founder, The Atelier, institution, she is constantly working Guwahati & Bangalore, is an Educationist against deadlines and managing things who also teaches Math at the senior with great skill and efficiency, thus aecondary level.

in the education scenario of North East UK, USA and Japan. When a child comes to school for the India; to introduce lateral thinking at

process of unlearning as soon as the child founder Director Academics / Principal of i.e. CBSE, Cambridge International Ashutosh Aggarwal, Founder Examinations (CIE) and International producing amazing results. She also has He emphasized on bringing change tie up with schools / organizations in the

She spoke about the human first time, it is a duty of the teacher to make the school level, and vocational skills at dimension of Quality in Education. She her feel at home - an environment she can Senior Secondary level. He also advocated stressed upon warmth and support of relate to. She talked about the importance re-imagination of the assessment system. the family. Other aspects she touched Rachna Pant is the Principal of Ramias upon were: good communication skills

She believes in nurturing multiple Intelligences and honing life skills, "We hope to create an atmosphere of reverence for education and a healthy, happy environment where right amalgamation of work sports and co-curricular activities will mould our students and spurthern on to be the brightest and the best. Keeping the contemporary global and national content in mind, we at Bharat Ram Global School strive to make the pursuit of excellence a way of life, a habit," she said.

Sandhya Awasthi, former Principal of Salwan Public School, Gurgaon, is the Director DPS Society, New Delhi, While speaking about quality in education she said, "We are committed to personal excellence of each student. We impart holistic activity based quality education cannot be thought of by machines. This is enriched with high moral values in a healthy competitive learning environment. Our vision is leveraging potential through innovative learning methodology, capacity building and continuous improvement in the ability driven education system. We are also committed to enhancing our credibility as an excellent educational institution by empowering the learners to the satisfaction of our stakeholders and continually improve our established quality management system, while complying with the applicable regulatory requirements."

School, Dwarka, New Delhi, focused on education at Maxfort. what her school is working towards in imparting quality education to students.

give our students in the 21st century.



we will be taken over by the new age computers and robots. Only those individuals will be able to carve a niche for themselves who create something that where schools will need to change their role and become centres of excellence with creativity and problem solving being nurtured in students. Maxfort Dwarka Delhi nurtures all its students by making lessons relevant. She also said that students get a strong foundation which gives them wings to help them soar to the highest pinnacle. Through theatre, music, dance and presentations we nurture creativity in all our students", she said. Priyanka Bhatkoti also talked about the involvement Priyanka Bhatkoti, Principal, Maxfort them equal partners in imparting quality

These two Panel Discussions were followed by a sumptuous lunch and a of the country. She said creativity will be the most session on Champions of Change which important asset that we will be able to was conducted by Jeroninio Almeida, motivational speaker and corporate Mechanised and replicated by machines. trainer. The entire audience enjoyed this of thanks to all present



roninio Almeida

session and also actively participated in it. Everyone had been looking forward to the final event and the high point of the of parents in all activities that truly makes day - S Chand's Teaching Excellence Awards, which was the crowning event of the Conclave. Sixty-three awards were conferred on educators from various parts

> K M Thomas, Business Head of S Chand Publishing, wound up The Progressive Teachers' Conclave with a vote

#### Panel-II: The Panel Discussion II was on Quality in Education - Development



MODERATOR: Debiani Sengupta Principal: Surajkund International School, Faridabad, Harvana

#### The Panellists were:

Debiani Sengunta, Dr Sushma Malik. Sandhya Awasthi, Priyanka Bhatkoti

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Dr. Sushma Malik, K.M. Thomas, Debjani Sengupta, Priyanka Bhatkoti, Sandhya Awasthi

create a niche in the little hearts by smile, quality time with their children. greetings and touch. According to her, about the humane dimension of quality of students should be to become global society.

in education, she said a teacher needs to citizens. She spoke about parents spending

As an educator and administrator, she Dr. Sushma Malik is the Principal at quality is inherent in every person and every keenly supports the pivotal, proactive role Bharat Ram Global School, Speaking person has the right to education. The aim an educational organization plays in today's



Teaching Excellence Awards S. Chand Group Teaching Excellence

Awards 2017, along with The Progressive Teacher Conclave, were given away in New Delhi on August 26, 2017. Entries were called for 63 awards in 18



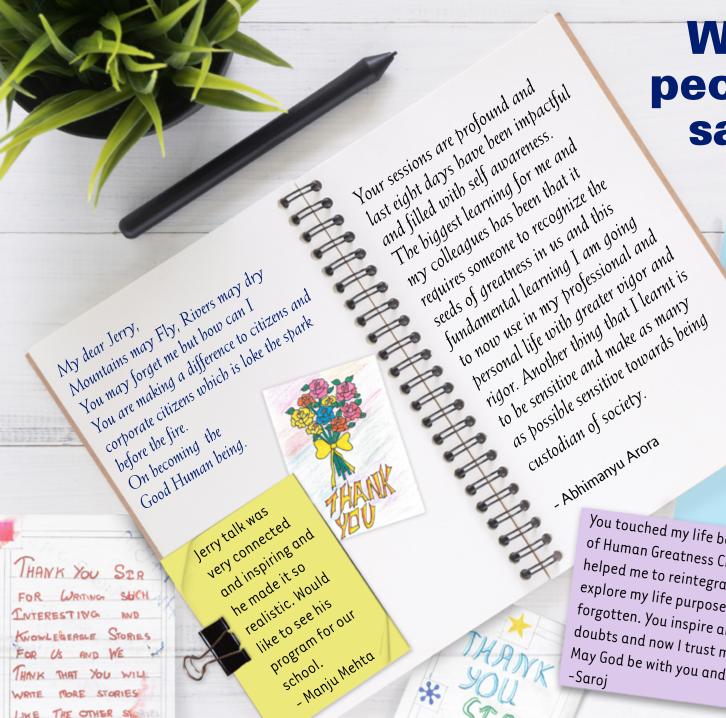
ACRIEVEMENT AWARD Dr Pawan K. Samha, Narayana Group of



AWARD: STAR CONTRIBUTOR (K-12) EDUCATION IN INDIA Pr George Paul, Director, Diocese,



less of TEA 2017 with Rits Wilson, Editor, The Progressive Teacher and K.M. Thomas, S Chand Publishing



## What people say.

Mr Jerry's class was in true sense a perfect reflection of the theme "Larger than life Leadership". Small efforts can bring large change. Looking forward to reading his work and having him over to inspire my kids, parents and staff.

> - Sunita Pant, Principal Abhay International School Virkholi

Session by Jerry was inspiring and real life example cited. And were very touching. We would love to have him over in our

> – Padmavat Joshi Principal, PPS Pune

\_ Abhirnanyu Arora You touched my life beyond the modules of Human Greatness Challenge. You helped me to reintegrate myself and explore my life purpose that I had forgotten. You inspire and cleared my doubts and now I trust myself even more. May God be with you and you with his people.

custodian of society.

"I can just say 'Namaste' This session proved that really small things can make a buge difference thank you Jerry

Principal, Scholars High school



Began as the International Confederation of NGOs and over time has become the International CONCLIVE (LIVE Confluence) of GOOD-DOERS with these 3 simple objectives.

- To recognise and mainstream small and micro NGOs/ CBOs and raise funds for them.
- To create infrastructure and an ecosystem for small and micro NGOS/ CBOs to become sustainable.
- To recognise and bring together Human Beings and socially proactive Citizens to collaborate and co-create with each other to experience and feel THE JOY OF GIVING and practice RIGHTING WRONGS for SOCIAL JUSTICE rather than just indulging in CHEQUEBOOK CHARITY.

Karmaveer Puraskaar are the Global awards for SOCIAL JUSTICE and CITIZEN ACTION.

- Given to CITIZENS from all sectors and from around the world for making a difference with their head, heart and hands.
- Karmaveer Chakra was instituted at the behest of the UN in 2008 to recognise voluntary action of citizens from around the world.
- In 2011 the Rex Karmaveer Global Fellowship was announced to recognise CHAMPIONS OF CHANGE who are making a difference with their small but significant actions to change society and change mindsets.







Conceived as the RIGHT every WRONG CONCLAVE in 2004, it was rechristened to REX CONCLIVE in 2012

- REX CONCLIVE is a pioneering Oratory, Talk and Storytelling Confluence which promotes KNOWLEDGE SHARING AND WISDOM TRANSFER.
- Creating mindset, attitudinal and behavioral change for encouraging social justice and citizen action.
- Encourages Ordinary People to share their TRUE STORIES and talk about their impact for betterment of humanity and society

## REX Karmaveer Global Fellowship and moJOsh Inspirator Credo

Cheers and Kudos to all our Rew-Herres, Brave-Hearts and Champions of Change in the world.

All those idealistic, insane, unreasonable, impractical, impossible people, who believe they can be and lead the change. The Oddballs, the Mavericks, the Non-Conformists, the Revolutionaries, the Thought-Leaders, the Rabble-Rousers, the whistle-blowers, the Free-Spirits, the Alternative-Thinkers, the Missionary-Entrepreneurs, the Game-Changers. The Non Violent Round Warriors, the PEACE-SOLDIERS, the ECO-CRUSADERS, the KNOWLEDGE\_KNIGHTS in shining armour. The Square Pegs in Round Holes.

the Optimists who go out without umbrellas seeking Rain and Dark Clouds. People who LIGHT CANDLES TO DISPEL DARKNESS. People who never follow the herd and walk the path less trodden. People who contest foolish dogmas. People who are Voices-of-

Conscience. People who are Voices-of-Dissent. People who are VOICES FOR TH

VOICELESS. People who are DIVINE-BEINGS on a HUMAN MISSION.

People who FULFILL THEIR RESPOSNIBILITY as HUMAN BEINGS. People who believe in creating a better, safer, just, humane, fair, egalitarian and responsible world. People who know that it is not mindless charity, but mindful social justice (fairness) that is wanting in our world. People who think, see, speak and do things, differently. People who believe in exploring synergies with other

GLOBAL FELLOWSHIPS

people, to find a better, bigger, higher way that lifts up humanity, breaks barriers, expunge borders, demolish walls and build bridges

Heal the World. People who become channels between the world as it is and THE BETTER WORLD that we could create together. People who believe in their POWER OF ONE. People who follow their heart, fulfill their dreams, pursue their passion and speak their mind to take their ideas to action. People who innovate by creating a CULTURE OF FAILURE and thrive to experiment without FEAR OF FAILURE. People who experience, feel and spread THE JOY OF GIVING. People who SHARE KNOWLEDGE to learn eternally. PEOPLE WHO DO UNTO OTHERS, AS THEY WOULD WANT OTHERS TO DO UNTO THEM. People who practice the MORAL CODE OF HUMANITY and not some inane, inhuman rules, traditions and laws. People who come together as ONE to RIGHTevery WRONG. People

who are vulnerable and yet ARE unstoppable, limitless and relentless to unleash their potential for transforming themselves and the world. People who know that they possess THE ENERGY TO MOVE MOUNTAINS, if they put their mind to it. People who have a vision and follow their mission and do not just live in default mode. People who believe, understand, know and live our slogan "I Change to Change the World", B'coz change is inevitable and EACH AND ALL OF

US can LEAD THE CHANGE. We the ORDINARY PEOPLE with EXTRAORDINARY CHARACTER, are the UNREASONABLE ONES, who know that change in our world has always been led by the FEW and not by the MANY. We choose to be COUNTED IN THE FEW. People who believe that each of us is NOT JUST A TEACHER, but an ENLIGHTENER, AWAKENER and TRANSFORMER who has the potential to influence change for the progress of the future. The world can speak against us, disregard us, snigger at us, fight us, differ with our righteousness and yet they cannot ignore us. Because WE THE FEW COMMON CITIZENS OF THE WORLD transform the world for the better with our small but significant IDEAS FOR ACTION We kindle hope and inspiration for the future of the human race. And while many may see us as the CRAZY ONES, they also see in us True-Wunderkind and Real-Heroes. Because at the end of it all, We the Deople who are SILLY to think, that we can make a difference in our world, are THE FEW thoughtful, mindful, committed

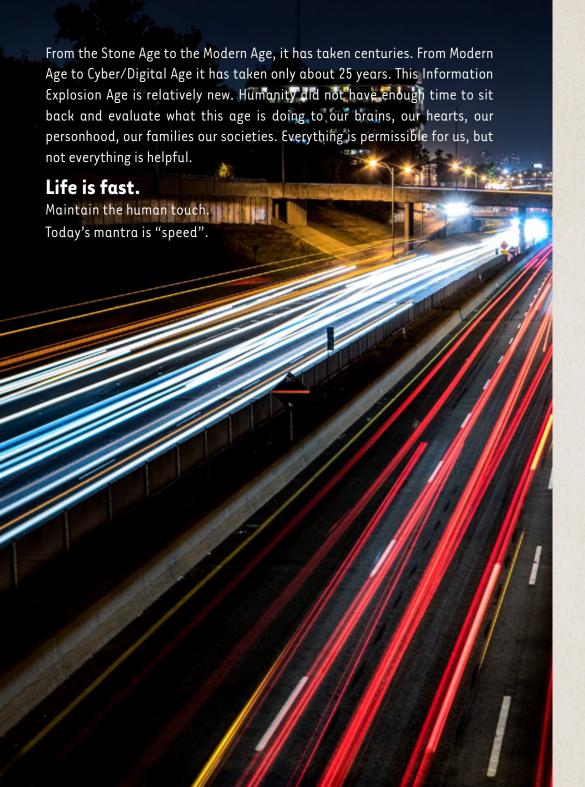
ONES, who do! We are THE FEW, who are the hope for humanity and our world. We are THE FEW who are worthy and deserving for the REX Karmaveer Global Fellowship, Karmaveer Awards and becoming Karmaveer Noble Laureates, Champions of Change and moJOsh

Inspirators.

Ideas for Action - Life is not just about creating and amassing wealth and materialistic gains for one's own near and dear ones. Life is about creating a legacy of a better world for our future generations, because our own children also belong to the future generations. A better world benefits all and each of us can do something to create a better world. And if each and all of us 7 billion people do our little bit then the world will change for the better. We as individuals cannot change everything, but can change something. We can change ourselves to change everything. Each of us is just another human being, just another volunteer and just another moJOsh missionary, but we all have the heroic potential, to question ourselves about everything and do something to be the change.

Come experience and enjoy The Joy of Giving.

Together as ONE, we can RIGHT every WRONG.



With iVO GET SET at 21...the age to step into Adult Life and sets you up to be the architect of your life.

Let moJOsh thrive in your life at an early age with the 21 POWERS moJOsh has to offer.

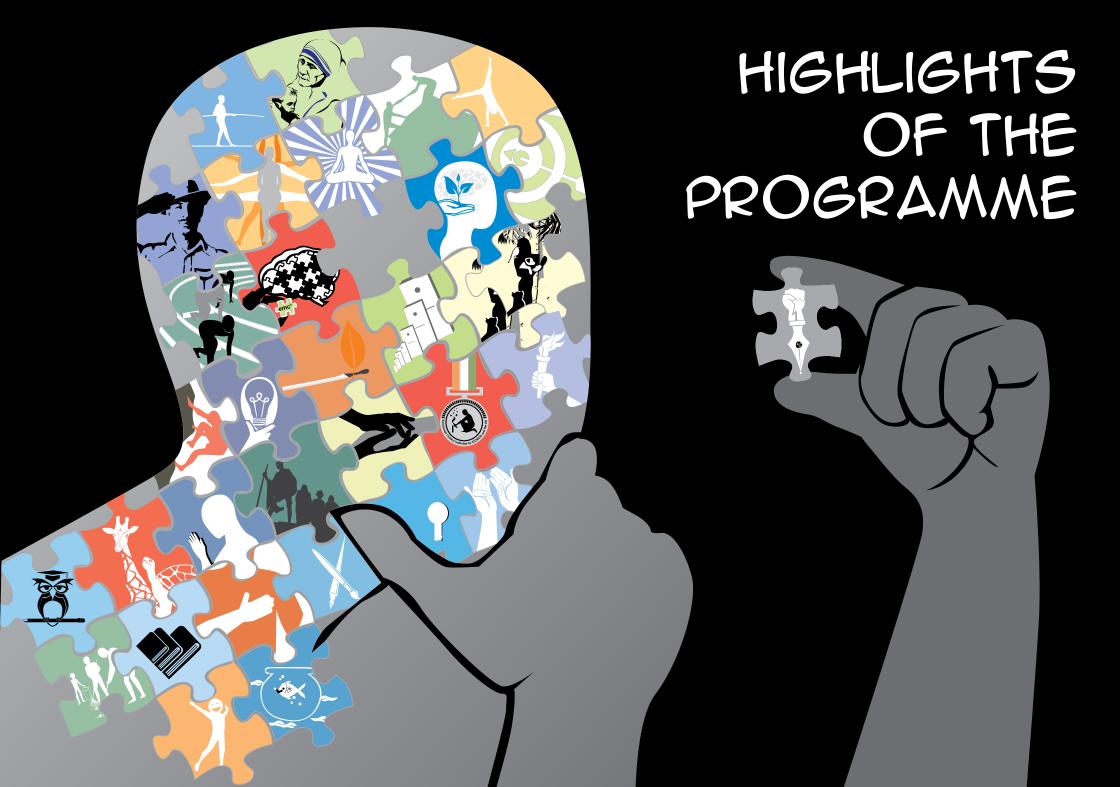
Ask the question -

# Do I present myself as the light of the world?

With iVO – Be the light of the world.

IVO aims to harness potential within students, parents and teachers to bring about a change in society at large.

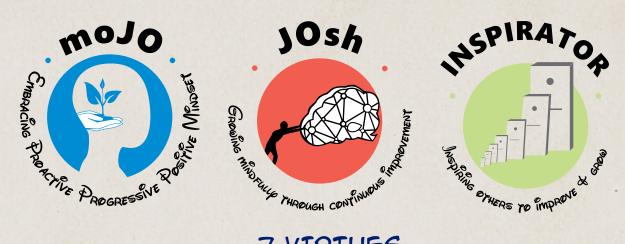




#### THE PROGRAM IS BASED ON:

## 3 MAGNIFICENT MINDSETS, 7 VALUABLE VIRTUES AND 21 PRICELESS POWERS

## 3 MINDSETS



## 7 VIRTUES



## GRATITUD CAIRNES TEMPERANCE FUL FOR EVER PERFORM WIN-WEN CHANGE DAME TO THE BRAVERY ZEST LOVE CURIOSITE HUMILITY ENTHUSIASM EADERSHIP GER TO KNOW-M OURPOSE HONESTL TO DIAME CHANGE (OCE THE MOUD ETINDLE INNER-FIRE THROUGH YOUGH- PENT INTEGRITA REATIVITL DIGNITY MAING RIGHTEOUS CHOICE THOUTHOUT FER CONTENTMEN ERSEVERANC

## 21 PRICELESS POWERS

#### The MINDSETS help:

- transform from a FIXED to a PROGRESSIVE POSITIVE MINDSET.
- attain a CALM CURIOUS MIND to support the CHILD to dream
- set goals, plan and prepare to make those dreams a beautiful reality.
- bring Mindfulness and EVOLVED MINDFUL CONSCIOUSNESS (EMC) concept into children's way of life for better decision outcome and being undeterred in adversity.
- make a positive contribution to family, community, society, country and the world.
- simply being the change themselves to create an egalitarian, just, humane, responsible and beautiful world.
- change themselves to change the world.
- change to change India because the world and India will change when students become the CHANGE.
- develop robust mindsets, beliefs, virtues, powers and habits.
- develop an ability and agility to embrace change.
- increase the child's propensity to act and not just react in everyday situations and in crises.
- build integrity and foundation for moral character and ability to differentiate right from wrong so that children themselves become the right role models for their peer groups and there by become natural leaders for the community.
- open one's mind to its own grand potential.
- develop children holistically in mind, body, heart, spirit and soul.

IMPORTANTLY, it shall aspire them for this UN partnered award and certification that would add value for their higher education pursuits.

## Rationale

## Need behind International Volunteering Award iVO

No day goes without the news of a young child (teenagers) either committing suicide or killing someone or the news of altercation with a parent or a teacher or a school authority. WHY have we come to his heart wrenching state of unrest, insecurity and fear as a parent, as a teacher or as an educator and at large as a society? WHY is there an underlying current of pressure on the young hearts either self inflicted or from parents or from peers or from teachers and school to excel a certain way? WHY is depression, stress a huge portion and emotional and happiness quotient missing from life of the youth? WHY as a society, as apparent, as a educator we harp about getting marks is doing well and rest no, creativity, sport, excellence is of consequence in life of a youth. WHY we have to lose young children to learn our lessons of shift from moral indepth education rather than rant about so called education pedagogy.



"We keep waiting for another Mahatma to make a difference in our society and nation. Well it is time to stop waiting. The mantra is "I change to change India". Which means each of us is the Mahatma and has the power to change this nation. Failing which we shall never change for the better."

~ Jeroninio Almeida



Never Stop to dream

Falling but sure my wings have power.

They shall aid and help to tower.

The emotions and stance seems to wobble

I am strong won't duck or be throttled.

I have grit and inner charm that is enough for me to sail.

Downtime is a furnace that will brighten and endure my gleam.

I will conquer my fears and fly with vigour for all to never stop to dream.

(Eitu Vij Chopra)

There certainly is a glaring gap that the Government of India along with State Governments and leading corporate to news agencies are talking and fill in with, about need to build emotional, character and resilient skills with same gusto as the skills to learns Science, Math or the English.

We all see the gap and see the opportunity and most importantly the need for a program for every child to unleash his heroic potential to make a success story of every child that is unique and inspiring with his uniqueness. We need the world to be kindhearted, happy empathetic place not gruff, harsh, negatively competitive and non inclusive. We need children that bloom uniquely with the innate beauty that is within them and we as parents, educators and society need to give them the conducive environ that celebrates each one of them in their distinction which is special and extraordinary only then we can expect a world that is calm and happy not restless and agitated.

It's the need if the hour to and we at Ivo see the need for shift in mindsets, learning curriculum, pedagogy and more character based inclusion of the content to bring out the Solid Character and Heroic Potential. The International Volunteering Olympiad (iVo) has a 3 pronged objective.

- 1. Leadership Learning to unleash Heroic Potential in children.
- 2. Volunteering and Proactive Citizenship to Inspire Solid Character
- 3. UN Partnered award and recognition for unleashing more potential and building Individual Social Responsibility

Rex Karamveer a wisdom transfer and knowledge sharing forum and thus REX and Karmaveer awards and platform to learn the better nuances from real life heros in a three day workshop/learning and first hand meeting with people and Real Life Hero's who have made a difference in lives of others and their own.

**iVO** is **focused** on students and youth with **ONE INHERENT BELIEF** — The Hero in Me (THiME) — we sincerely believe that every human being has a hero and unlimited potential within to achieve, unleash and empower GREATNESS in themselves and others.

The idea is to help children, discover, develop and unleash the unlimited heroic potential within through the moJOsh Inspirator learning model that focuses on Leadership, Life & Moral Lessons. This is complemented by hands on Volunteering and Community Service Leadership Learning to enable Individual Social Responsibility and Personal Discovery & Development.

And most importantly recognition and reward through the Karmaveer Chakra badge of honour award and citation to acknowledge and appreciate every child's contribution for nation building and ACTIONS to make the world a better place.

iVO has a grand mission to recognise, empower and develop heroic potential in students and instill in them a sense of INDIVIDUAL SOCIAL RESPONSIBILITY. iVo through various activities would empower CHARACTER and COMPETENCE to nurture and sustain every child's INHERENT POTENTIAL AND TALENT.

iVO is the vehicle (medium) for MoJosh Learning of leadership and life lessons which have been tried and tested on 7 lac people who have been observed closely involving educators, parents and students. We are embarking on a mission to teach moJOsh powers to children which would enable them to be self-dependent and disciplined.

VISION AND VALUES Visioning helps us to understand which direction we want to go and enables us to prepare for the obstacles and respond to them to get our desired results in the right way without compromising on our values and guiding principles.

#### ATTITUDE FOR ACTION

A lot of people acquire the best of skills and have the best of ideas but do not have the attitude to apply their skills or act on their ideas. Excellence is not a skill, but an attitude to get better whether one succeeds or fails.



ETHICS Ethics are principles or natural laws. Ethics or principles are unwritten or written codes, guidelines or laws that are permanent, unchanging, and universal guiding principles and morals of humanity.

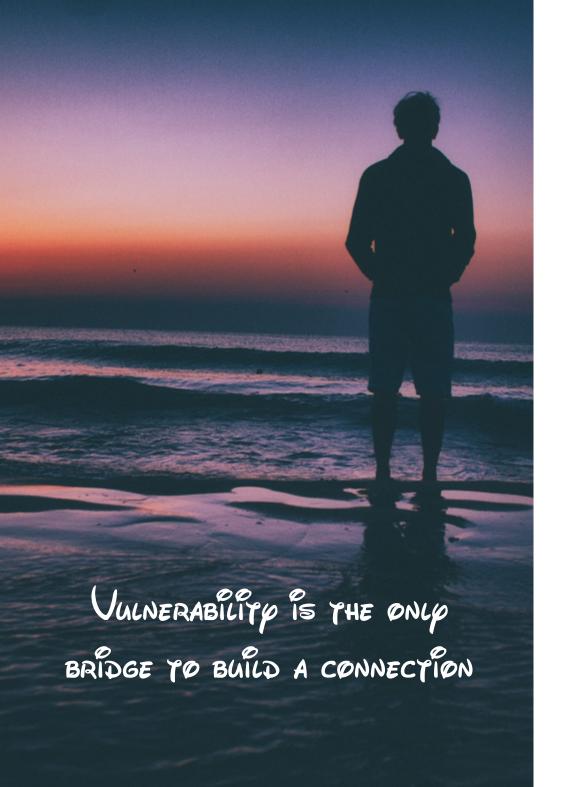
> DEEDS Our deeds and actions of our lifetime, our significant contributions as human beings, friends, family members, citizens and members of society. They are the legacy we leave behind.

CHARACTER BUILDING WITH SAVED



SKILLS AS STRENGTHS

SKILLING is not just about studying the text books and theories but about constantly upskilling and upgrading that knowledge to transform it into wisdom. Skilling is seamless and unending.

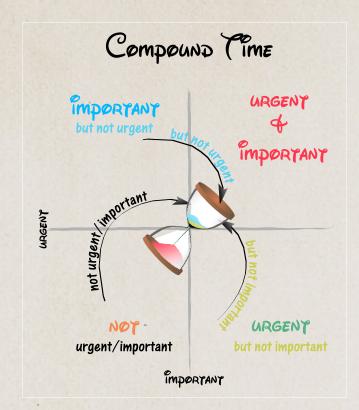


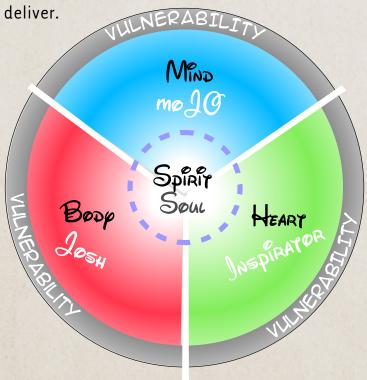
Through iVO we endeavor look out for, watch out for children so that they feel validated from within spite of their vulnerability that they can make it through life and garner support from within and parents and teachers to aid them to sail the harsh realities of life and grow up to be a wonderful holistic, complete being and reaffirm the following:

- 1) Am I validated from within or am I always only looking for validation from outside?
- 2) Would I need validation from outside if I truly have given it my best. Do I ask myself have I given whatever I do my best or am I just happy DOING what needs to be done.
- 3) Do I truly focus on Prior Proper Planning Preparation to Prevent Poor Performance or do I things with a LACKADAISCAL attitude and mindset.
- 4) Am I taking feedback and acting on it for continuous improvement or am I always defensive which hampers my improvement?
- 5) Do I do things of my own initiative or do I wait for others to tell me to do things!
- 6) Have I truly understood and imbibed the spirit and core of what I am learning and doing or AM I superficial and just doing it to pass and go to the next class.
- 7) Am I truly cultivating the soul for self-learning and being proactive or am I always reactive and waiting for someone else to show me how to learn?

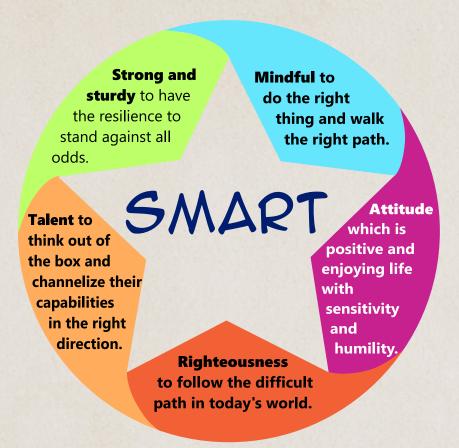
#### iVO and Life

iVO is a journey of finding your true potential and your power to change the outcome of How life will pan out, It will most certainly bring out the best of you that may otherwise lay dormant as the right exposure or trigger gets missed. It shall certainly change the DNA of your thought process. It will also bring a greater amount of satisfaction to a life of giving through volunteering and being a helping hand in the journey of others there by making a difference to how you live and feel. How you will understand the simple truth of life that when we inhale we take and when we exhale we give and this if not in exact proportion the alignment of the body functioning and that of nature goes awry and same rule applies for us we wish to expect and take from life we need to give it in same proportion fir the divine balance. Because to gain true happiness one has to sincerely Volunteer and SERVE WITH LOVE and HUMANEISM. Volunteering and Community service has huge benefits that all the wealth in the world cannot deliver.





Research Studies show that many people are headed towards depression and anxiety disorders. We as human beings are all vulnerable to these concerns specially when we have a chemical imbalance in our brains and our essential energy chemicals get reduced. The answer to true purpose and happiness is Giving. It's really simple and yet complex for people who live in the material world, always chasing materialistic goals in the pursuit of happiness and wanting more and more of everything, to understand. I have a clear and compelling answer for people who pose this query, because it explains the science behind the most important thing which makes our life good: HAPPINESS



#### **Family**

The mindsets shift helps ,supports and prepares to stand tall and be tenacious to manage one's own temptations through sifting the energies through a mind that is enlightened and can see the pitfalls and long term as well as short term repercussions of succumbing to temptation like drugs or bad company or any other thing that would distract and deviate from purpose ,zest and learning. The program and its learning is like an armour that toughens the inside and makes us act and respond to the best in a situation for our good and the greater good of all.

**iVO** is a program to enlightens the mind to see, feel and act understands our own empowerment and independence to contribute to interdependence of humanity and society. Enlightenment is ego's ultimate disappointment because you have learned to be humble and vulnerable in your life. It helps to practice integrity, humility and resourcefulness when needed. It an effort that shall helps us to be responsible for our own actions and life. It helps to ignite the quest to learn and know more to be able to create more of more.

It's a program to make the mind learn temperance in its various forms to practice all the moral virtues; the moderation it enjoins is central to each of them. It helps to be in gratitude for everything we have and find contentment in our present and its needs and the humility to know that everyone is the same and goes through ups and downs too.

**iVO is an endeavor teaches wisdom** and gives us the sensitivity for insight into depth of mind, experiences and instances that becomes great valuable gift of the tutelage. It will aid to understand human emotions that are vehicles to experiences to garner love for learning, piquing curiosity to know more and learn more and keep alive a child like curiosity to be on a fulfilling road of life.

**iVO** is a vehicle to unleash your power of courage to walk tall and make every negative experience into a learning a choice to keep moving ahead with honour and dignity to pursue the passions no matter if the road is less travelled or arduous. Aid and support through teachings and tools to unfurl inner courage to make weakness into strength, hardship into opportunity and responsibility into accountability. iVO is a program that shall bring out your hero in the face of fear.

iVO is a tool to bring out transformation and evolution to alter and change the tapestry of one's life. It makes the flicker a roaring fire and helps to fan away worries as problems need solutions and pragmatic approach but with the glint of joy. It's an effort to make your heart a feeling humane soul that feels for others in their pain, misery and success equally. It understands that sympathy kills and empathy lifts. It knows that you need heart to heart and mind to feel and purpose to move out of dark pit and an understanding safety belt of the compassion and a purpose to find a fulfilling direction in life.

It's an endeavor to unleashes the mind to go beyond your comfort zone to help out the family beyond the four alls of home to city to country to the family; the whole world the earth with its earthlings. The cord that connects us to the world is interconnected and has ripple effect on each of us. If I change I change the world, and fairness in life in every act is a win win for all.

Our ability Our drive for meaning and to analyze, reason, connection with the think abstractly, use infinite. It corresponds language, visualize, to spirit or Spiritual and comprehend. It Spiritual corresponds to mind. Quotient. MORAL MENYAL INTELLIGENCE (CQ) INTELLIGENCE (HE FIVE INTELLIGENCES Our understanding Our and fulfillment of self-knowledge moral or human self-awareness. values in alignment social sensitivity, with principles empathy and ability defines our to communicate character and successfully with conscience what others. It PHOSICAL EMOTIONAL I call as CO. corresponds INTELLIGENCE (PQ to heart. Our ability to maintain and develop our physical fitness. It corresponds to body.

## K IS FOR KINESTHETIC The sense of feeling which is one of the most powerful senses in our 5 conscious senses. When you feel the learning to understand intrinsically as others share their insight, about how you can apply the learning in your life, the learning is felt deeply and becomes natural for you. A IS FOR APPLICATION Try and make notes on the go about how you can apply the learning in your day to day life and in your different personal and professional

dimensions.

E IS FOR EXAMPLE

Try and relate an example from

your life or any other example

to the learning. In this way, we

the learning inherent.

create a stickiness factor to make

- an acronym AIR is at the personal mastery level and

SPEAK is inter-personal mastery

AIRSPEAK

#### A IS FOR AUDIOVISUAL All learning comes to us in the AV form. Our brain is gaining learning from all we do through the day. However most of the times we are not MINDFUL. and miss out on learning from every moment.

## I IS FOR INTROSPECTION

AND INSIGHT When we are mindfully learning from Audiovisuals at a deep unconscious level we are introspecting and forming insights about what we are learning. These insights give us the Aha moments as we begin to get this idea joggers and though triggers as we mindfully absorb the learning.

#### R IS FOR REFLECTION

After the unconscious introspection, at a more conscious level we start reflecting on the insight and can start applying and that is when we move from the personal mastery to the inter-personal mastery.

## P IS FOR PRINCIPLE

Understand the principle or the spirit (essence of the learning). What is the deeper meaning of the learning? S IS FOR SHARING Once we start reflecting, we as humans want to share our thoughts

and insight and when we share knowledge we learn more as then others also share their knowledge and insights and our learning becomes more enriching. By sharing knowledge, we learn more and our learning can grow up to 95%.

## **Eternal Lifelong Learning**

It builds our core to steer through life that is unpredictable and the only way through it is by reinventing and reorienting our self.iVO padegogy and tools when lived and practiced and imbibed and imbued in the breath of out soul, is the seed the root the trigger to unleash the highest potential into our character. It brings Enlightenment to our Integrity so that we make the right choices with our head high in Dignity and be resourceful to bring on changes innovatively and imaginatively. Helps us to understand that there will be many a change and obstacle in this journey and helps us to understand the law of transformation. Inspires us to understand how to use our time well because we have just those many moments in our life and even if things go wrong, we must learn to adapt, transform and continue our journey. Motivates us to understand that life is not just about hoarding wealth but that life is about making a contribution to leave a legacy of a better world for future generations because a better world benefits all including my children.

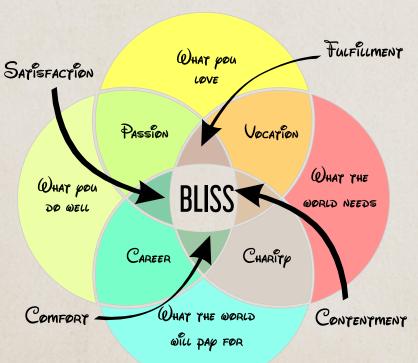
"Teachers in our world today need to realise the pride and power of this vocation. We are not just teachers, but awakeners, enlighteners and transformers because only teachers have the power to see, touch and change the future."

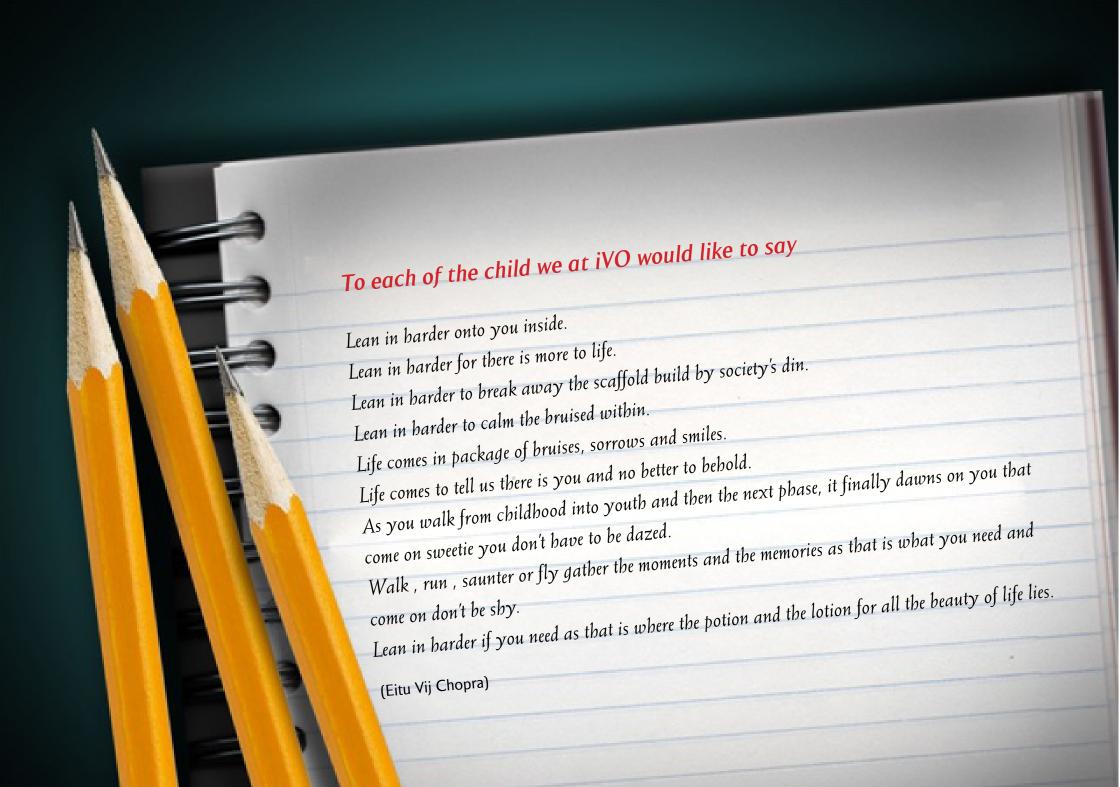
\*\*Comparison of the power of the power to see to the pow

JAICO PUBLISHING HOUSE

## iVO and aid and support to your Career

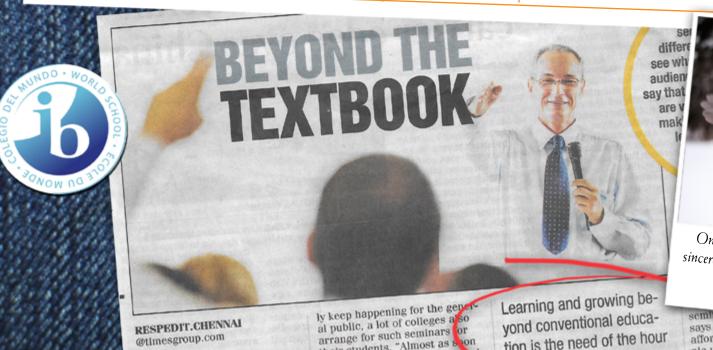
It is surely a passport to a bigger learning for the children as each child aspires and should be able to cope with international standards laid down by universities and colleges. The simple act of Volunteering is given each student lessons in management that is the hugest take away from a program. It gives students management skills like team work/ time management/communication skills to speak to all age groups/work ethic/ ability to work with different kinds of people and different situations / timeliness/leadership/professionalism/work ethic/confidence/customerservice/teachability/organization/flexibility/workethic/follow instruction/ planning / creativity / training /problem solving/ following instructions right from the age of 10 to 18 and this shall not only raise their self confidence and self esteem and but will make them a HERO that our 3 mindsets 7 virtues and 21 powers stand for. Sky is the limit then what they can thereafter contribute to family ,home their own self and to the society.







What Parents and Business Leaders want from Edexel UK research	21st Century Life Skills	moJOsh learning	El II paialasi	International Baccalaureate Standards
Goal Setting Organization Time management	Initiative Responsibility	moJO Mindset	8 Key Competences  Learning to learn Confidence & responsibility for digital	Six trans disciplinary  How we are
Planning Teamwork	Self-direction Personal productivity problem solving	JOsh Mindset	Sense of initiative and entrepreneurship	How we organize ourselves Where we are in place and time
Conflict management Creativity Analytical Skills	Communication Collaboration Cross-cultural skills	) o sii minuset	Communication in native/foreign language Social and civic competence Cultural awareness and expression	How we express ourselves How the world works
bygian-	Meaningful work Emotional stability Technical skills	Inspirator Mindset	Lifelong learning	Sharing the planet



etudents "Almost as soon

Lifelong

Learning

Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: True Fulfillment. ~ Tony Robins

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ew days, often they would have "By the time a they retain only hat was con-

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# Preamble of Our Constitution

Our constitution has a preamble that describes in clear terms. the hopes and aspirations of the people of our country. It can be considered the soul or the heart of the Constitution. The preamble was adopted by the Constituent Assembly on 26th November, 1949 and came into effect on 26th January, 1950.

# The Millennium **Development Goals**

In September of the year 2000, leaders of 189 countries met at the United Nations in New York and endorsed the Millennium Declaration, a commitment to work together to build a safer, more prosperous and equitable world.



#### PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR

DEMOCRATIC REPUBLIC and to secure to all its cit...en :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity;

and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity

and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty - sixth day

of November, 1949, do HEREBY ADOPT, ENACT AND GIVE

TO OURSELVES THIS CONSTITUTION.

# **Fundamental** Rights

The fundamental rights given to all Indians are:

Right to equality

Right to freedom

Right against exploitation

Right to freedom of religion

Right to cultural expression and education

Right to constitutional remedies

# List of Fundamental Duties

Art. 51A, Part IVA of the Indian Constitution, specifies the list of fundamental duties of the citizens. It says "it shall be the duty of every citizen of India:

- 1. to abide by the constitution and respect its ideal and institutions;
- 2. to cherish and follow the noble ideals which inspired our national struggle for freedom;
- 3. to uphold and protect the sovereignty, unity and integrity of India;
- 4. to defend the country and render national service when called upon to do so:
- 5. to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional diversities, to renounce practices derogatory to the dignity of women;
- 6. to value and preserve the rich heritage of our composite culture;
- 7. to protect and improve the natural environment including forests, lakes, rivers, and wild-life and to have compassion for living creatures;
- 8. to develop the scientific temper, humanism and the spirit of inquiry and reform;
- 9. to safeguard public property and to abjure violence;
- 10. to strive towards excellence in all spheres of individual and collective activity, so that the nation constantly rises to higher levels of endeavor and achievement.

Further, one more Fundamental duty has been added to the Indian































# **Arrogant Charity**

# **Is no Charity**

Jeroninio Almeida says the real joy of giving is all about having a win-win mindset

t is not mindless, arrogant charity but humble, involved social justice that is wanting in our world.' This is my motto and the inherent belief that led me to conceptualise and create The Joy of Giving movement a decade ago. The idea was to try and encourage a change in mindset at a mass level, and to provoke a thought process about social justice – which is essentially about universal fairness and equality – for one and all, and not just opportunities for a few.

Why do I say 'mindless arrogant charity' as against 'humble, involved social justice'? Islamic prophet Imam Ali asked, 'What are human beings so arrogant about? Our origin is a sperm, our end is a carcass and in between we are a vessel for excrement.' In that light, it makes one think about how ordinary we are, mere mortals, who in the end go from ashes to ashes, and dust to dust. This should humble us enough to realise our space and live with humility. However, most people in today's world think that humility is weakness and arrogance is powerful.

In a world where everything seems to be going wrong, the apathetic question that most people ask is, 'What can I do?' Few believe that they can actually do 'something' that makes a difference to our world – but this because, today, there is little focus on human values, and much more on materialistic values. Doing 'something' is not about giving a little money and believing that one has changed the world. Rather,

oing 'something' is not about giving a little money and believing that one has changed the world. Rather, it should be about being involved and committed to be the change and make a difference.

it should be about being involved and committed to be the change and make a difference. A number of individuals are, indeed, humbly and quietly working to make a difference.

#### Humble social justice instead of arrogant charity

Many people are in the habit of giving money – say, to a children's foundation – and then boasting about it in their social circles. They give the money, get a tax receipt, and then wait for a glossy report. Most people who sponsor a child do not bother to visit him or her even once. This lack of accountability is what allows much of the money to get siphoned off, and for some NGOs to even sell the donated clothes and supplies in the second-hand market. This amounts to nothing more than

giving money to a child begging at one traffic light, and then forgetting about him or her by the time you reach the next light. Leave alone changing the world, the reality is they may not even be impacting the life of a single child. Far more worthy would be to actually look into the child's progress, demand accountability, and ensure that he or she is truly empowered to live a life of dignity. Very few people make such a commitment, and the majority practice what might be called 'arrogant charity' - which only works to make you feel good and enjoy your materialistic life by thinking you have 'done your bit.'

It is amusing to hear such people boast – usually over cocktails during the Joy of Giving week – about how much money and clothes they donate to charities. The sad reality is that they do not even know what is happening with the children of their house-help or drivers, and nor would they have bothered to even get their domestic staff basic medical insurance to help them – or their families – cope with illness. To truly experience the joy of giving, one needs to also empower the people who work for you.

# Do not give just for the sake of giving

During the 2004 Tsunami, many people came forth to donate money. About 10,000 people died in the disaster, and while much international aid poured in, most of it was squandered – because the fact is that the money was not really needed.

# **THINK TANK**

What, though, about the 'Tsunami of hunger' that claims thousands of lives every day? Why are we blind to that, while we continue living our opulent, ostentatious lifestyles? We observe Earth Hour, take pictures in darkness, put them up on Facebook and claim that we have done our bit to 'save Earth' and then spend the rest of the year with every light on in every room in our house. Many businesses follow practices that usurp people's natural resources, impoverish communities, displace or harm millions (including children) and damage the environment - but then pay lip service to CSR by feeding a few hundred children. This is not only arrogant, but faddish charity.

#### A 'Joy of Giving mindset'

What does it mean to have a humble, win-win social justice mindset that lies behind the Joy of Giving? Let me just provoke a little thought by asking you to imagine this:

 By taking a bucket bath instead of a shower 3-4 times a week, we any people are in the habit of giving money – say, to a children's foundation – and then boasting about it in their social circles. They give the money, get a tax receipt, and then wait for a glossy report.

may save over 1,000 litres of water, which can go to people who have no access to safe water.

 If we use electricity prudently, the power we save may be made available to poor children, who might be able to learn better and achieve more in life.

- By buying our house-help a medical insurance policy, we can ensure they have access to good healthcare when they or their children fall ill.
- Engaging with the children of our domestic help and local slums, and counselling them on their school- or career-progress, is like gifting them better opportunities in life.
- If we can get together with our neighbours, friends and associates to clean our neighbourhoods once a week or month, we can help create a cleaner society.
- By teaching our children human values and fundamental duties to practice 'Individual Social Responsibility' (ISR), we will move towards a more just, humane, egalitarian and responsible society.

This is what I mean by a win-win mindset. A better world is possible, but we need to go beyond just donating a little money. As Mahatma









Gandhi said, 'There is enough for everyone's need but not enough for anyone's greed.' The real joy of giving is about social justice, fairness and equal opportunity for one and all, and if we can think it, we can achieve it. However, it all begins with 'I': I change to change India; I move myself to move the world.

#### True stories of extraordinary courage

In my Karma Kurry book series, as well as at a recent talk I delivered at a UN forum, I narrated several stories of 'ordinary heroes' who are creating extraordinary change. Four of them have never been to school, and yet, are creating livelihoods and opportunities for millions of people.

Subhashini Mistry lives in Hanspukur village, 20 km from Kolkata's city-centre. Her husband, a labourer, died of gastroenteritis in the 1970s. Soon after his death, Subhashini decided that she would not let anyone else face the kind of difficulties she had to face due to a lack of healthcare. She had to bring up her five children and keep her own body and soul together. Over the next twenty years, she toiled as a housemaid, manual labourer and vegetable seller, managing to save Rs 20,000. Meanwhile, with help from philanthropists, she managed to educate her son Ajoy Mistry to be a doctor. She was also able to get the residents of Hanspukur to pool together money and establish a 'humanity trust'. The money was used to buy a half-acre of land and start a hospital in a small hut. Today, the hospital provides healthcare to thousands of needy people while Subhashini continues to sell vegetables and live a humble lifestyle. The question to ask ourselves is, how many of us can say that we have provided healthcare to even 10 people who have worked with us in our households? That is the real joy of giving.

Fr. George Pulikathiyil, runs Jananeethi, an organisation that fights for human rights through the ach of us has the power within to right wrongs in our own space and time. If we begin to do this, then together, we can right every wrong – and that is when we shall truly enjoy the real joy of giving.

judiciary. Based in Thrissur, Kerala, Jananeethi has to date helped hundreds of thousands people and even transformed the Thichur ward in Thrissur to a litigation-free village. 'My mission is to make justice administration a mass movement. Protection of human rights should be part of a people's culture,' says

Fr. George. 'We step in when nobody else can or will file a case,' he continues. In a country where top Supreme Court lawyers say that nothing can be done until you grease the judges' palms, Fr. George and his community have filed - and won cases without paying a single bribe. How many of us are willing to stand up for what is right and do things the 'right way', such as not paying capitation fees or asking for favours to secure school admissions for our children? Do we have the integrity to file an application through the RTI rather than use short cuts? That is the real joy of giving.

Tulasi Munda was born into a poor tribal family, a day before India attained independence, in the remote and impoverished Serenda region of Orissa. She learned to read and write by herself. Inspired by Mahatma Gandhi, Vinobha Bhave and Jayaprakash Narayan, she decided that the only gift she could give to her people would be education. Thirty-five years ago, she



# **THINK TANK**

established a school under a tree, selling puffed rice to raise money for it. Over the years, the school has educated over 25,000 people, and her organisation, Adivasi Vikas Samithi, which runs the school, has 16 outreach centres in the villages of Keonjarh district to help make primary education accessible to the poor. The question to ask ourselves is, how many of us can say that we have educated and empowered even one child, who is not our own, to find their place in the sun?

Sixty-nine year-old Chewang

Norphel stands on the bund of a 'Zing' (or reservoir) that he built in Phey village near Leh. Chewang designs and builds artificial glaciers at heights of 13-15,000 feet above sea level by refreezing the glacial melt. His technique is simple and cost effective. At about Rs 300,000 per glacier, it is also the only hope for the water-starved region of Ladakh. A few years ago, I was invited to address students at IIT, Guwahati about how each of them could make a difference in our world. The night I reached IIT, I happened to meet one of the senior professors there, who argued that building artificial glaciers defies the laws of engineering. Rather than debating with him, I gave him a copy of the project manuscript and asked him to read up on how Chewang does it. The next morning we met over breakfast, and he asked me very sheepishly how the project succeeded. I told him the secret: because Chewang never went to school, he does not know the laws of engineering and his thoughts are therefore unconstrained. The guestion to ask is, how many of us can say that, with all of our education, we have had the courage to even make an attempt with one simple, selfless idea that would make a difference to the lives of many?

Lakshman Singh's village, Lapodiya, is 65 km from Jaipur, on the way to Ajmer. Lakshman helps rural communities to implement traditional water conservation and natural resource-management syshe question to ask is, how many top entrepreneurs and wealth creators can claim to have provided opportunities and dignified livelihoods to the un-served communities of India?

tems His ingenious water-harvesting methods have made the village drought-proof and poverty-free, and he is working hard to return control over water resources to the rural youth and citizens, replacing centralised government planning with self-reliance and local pride. Starting from his home village, Lakshman has spread his ideas across more than 200 other villages, benefiting over 350,000 individuals. Lapodiva has over a million trees and 180 different varieties of birds. Laxman never went to school and has no clue what modern agricultural science or environmental engineering are - and yet, he has created opportunities, livelihoods and wealth for millions. Today, budding environmental engineers and agricultural scientists from around the world come to learn from the humble wisdom of Lakshman Singh. The question to ask is, how many top entrepreneurs and wealth creators can claim to have provided opportunities and dignified livelihoods to the un-served communities of India?

#### A mantra for change...

There are many other stories of ordinary, everyday heroes that will feature in the Karma Kurry series of books. None of us can do everything, but each of us can do something. Even if the 'something' is

very small, the idea is to get involved and experience the real joy of giving. Yes, there are several things going wrong in our society and the world more generally, but it is time to stop being indifferent and apathetic and change our mindset. Each of us has the power within to right wrongs in our own space and time. If we begin to do this, then together, we can right every wrong - and that is when we shall truly enjoy the real joy of giving. It is by including the need to serve society in our purpose of life that you will notice how fulfilling your life can be, in every dimension. You can unleash the power and greatness within you and become extraordinary and limitless, because if our everyday heroes can do it, then so can you.

Try to experience the real joy of giving, and this will help you find contentment, happiness and your purpose in life. Remember, one can never invent the purpose of life, but only discover it while doing something meaningful and contributing to the greater good. Go beyond money. Get involved. Be committed. Think win-win and fairness for all. You have the power to make a difference. If you can think it, then you can do it. In the words of the great Hans Selye, 'To make a great dream come true, vou must first have a great dream. A long, healthy, and happy life is the result of making contributions, of having meaningful projects that are personally exciting and contribute to and bless the lives of others.' Let us all go out there, dream more, get inspired and inspire others to be the change. Together, as one, we can right every wrong by experiencing and spreading the real joy of giving.



Jeroninio Almeida (Jerry) is a bestselling author of Karma Kurry-The Hero in Me book series. Jerry is a management & OD consultant and an internationally certified

leadership subject matter expert, trainer & coach. SCIENCE OF BRAIN FOR HAPPINESS

So what about the other two chemicals?

It turns out that human happiness is incomplete without all 4 chemicals constantly being produced in and released by the brain. So now you need to also understand how to work on releasing serotonin and oxytocin.

Way that benefits others. When we CONTRIBUTE TO CAUSES, beyond ourselves and our own profit. When we connect with people on a deep, human level. Writing this thought is releasing serotonin in my brain right now because I'm using my precious time on the weekend to give back my learning by sharing knowledge with all of you my beloved readers for your progress and happiness. Hopefully I'm providing useful information that can help other people, like yourself and you can share this with all your friends, family and other people whose lives you come in touch with.

That's why you often see millionaires and billionaires turning to charity when they have already bought everything they wanted to, and experienced everything they wanted to in life. They've had enough dopamine from material pleasures, now they need the serotonin. So here is the idea I shared when I

launched the JOY OF GIVING mission in 2003 "When we give we get much more back. We experience happiness, we enjoy gratification and gratitude, we feel contentment. Hence we experience and spread the joy of giving, not by just giving some money or old clothes but by giving little of ourselves to make a small yet significant difference in our world, we gain much more than what we give, we learn moral intelligence and neuroscience has proven this". Read the Joy of Giving and Arrogant Charity features in the book.

**OXYTOCIN** on the other hand, is released when we become close to another human being and share meaningful communication. When we hug a friend, or shake someone's hand, oxytocin is released in fluctuating amounts. Oxytocin is easy to release. It's all about becoming more social and working on our emotional and spiritual intelligence!

Share your wealth with your friends and family to create amazing experiences. Laugh, love, Hug, Collaborate, Cooperate and Play with others. That's all it takes to be happy my friends! A good balance of all the 4 chemicals with alignment of the mind, body, heart, soul and spirit.

So here are some simple ways to increase your feel-good hormones and

We are happier

neurotransmitters.

These Four main neurochemicals, hormones, and neurotransmitters generated in the brain are fundamentally responsible for creating the sensations and emotions we've come to associate with happiness.

This is actually fantabulous news. It means even when circumstances, possessions, or people in our lives aren't exactly as we'd like them to be, there are simple ways we can increase our happy brain chemicals and alter our moods.

I have taught this with to several moJOsh Inpirators coaching participants (Including students who

have attended my sessions in school), and they really understand the concept. I'll often have a kid tell me about the rush of dopamine she just got from getting an A+ on her spelling test, or the hit of oxytocin a boy felt from giving his mom and dad a hug.

Here's how you can trigger the 4 chemicals at your will and choice but remember it must be done with sincerity and not just to get a chemical rush and balance.

# ENDORPHINS

Endorphins are opioid neuropeptides, which means they are produced by the central nervous system to help us deal with physical pain. They also make us feel lightheaded, and even giddy at times. One non-painful (well, not too painful) way to induce endorphins is exercise.

Endorphins are released after both aerobic and angerobic exercise.

MY

ENDORPHIN & SEROTONIN

FIX!

In one study, as little as

30 minutes of walking on a treadmill

for 10 days in a row was sufficient

to produce a significant

reduction in

depression among

clinically depressed subjects.

So walk as much you can and walk



regularly through the day. That my friends is the simplest way to produce endorphins.

# SEROTONIN

Serotonin may be the best-known happiness chemical because it's the one that antidepressant medication primarily addresses. Serotonin is a neurotransmitter that is naturally triggered by several things we can do each day.

Exposure to bright light, especially sunshine, is one way to increase serotonin. Exercise and happy thoughts also stimulate production of this chemical. Some research has found that a

higher intake of tryptophan-heavy foods, relative to other foods in the diet, may do

the trick as well.

# DOPAMINE

Dopamine is a neurotransmitter often referred to as the "chemical of reward." When you score a goal, hit a target, or accomplish a task, you receive a pleasurable hit of dopamine in your brain that tells you you've done a good job. But you can also get a natural dose of dopamine when you perform acts of kindness and compassion toward others or take a moral stand on an issue with righteousness and humility.

Volunteering and Community Service has been shown to increase dopamine as well as have other long-term health benefits. And some research has even found that it only takes thoughts of loving kindness to bring on the dopamine high. Please do not just indulge in insincere acts of giving like making a little donation for a cause to address the guilt. This will not create a dopamine high naturally. To reiterate the act of giving has to be sincere where you give not just some money but time, effort and involvement to experience the real joy of giving.

# OXYTOCIN

Mothers may be familiar with oxytocin, the hormone produced in abundance during pregnancy and breastfeeding. It's also the high behind MDMA, a popular party drug, which releases oxytocin in the brain. Oxytocin is primarily associated with loving touch and close relationships.

This hormone provides a multiple whammy of warm fuzzies, by stimulating dopamine and serotonin, while reducing anxiety. To get your hit of oxytocin without popping ecstasy or getting high on alcohol, have a nice meaningful, mindful conversation with someone everyday, dance with someone, sing a song, give someone you love a cuddle,. Even a pet will do. That is the reason dogs are our best friends.

For many, happiness may at times feel like the unachievable holy grail of emotion. But luckily, our brains and bodies are constantly undergoing complex chemical processes that we can affect with our daily actions. Once we understand how our feelgood hormones and neurotransmitters work, we may be able to trigger them more easily than we realized.

gratified, I think it all comes down to the likelihood that you are missing the three most essential things:

- Connecting with the self to keep your own human spirit ALIVE and not just becoming existential for survival and portrayal in the pecking order of the materialistic world,
- 2) Making meaningful contributions for the greater good of humankind and our word by feeling, fulfilling, and spreading the joy of giving
- 3) Having emotional connections through meaningful, mindful conversations with family, friends and even people who you encounter in a plane or a train or a restaurant.

Remember there are no strangers here, only friends we have never met and that we are all connected with an invisible umbilical cord. One of the biggest gifts we can give anyone and everyone is the gift of learning and knowledge. Share knowledge and learning with others. Write a blog or a column or a book to influence people with the learning you can share. This is what inspired me to write this book based on learning programs, I facilitate for corporate and Business

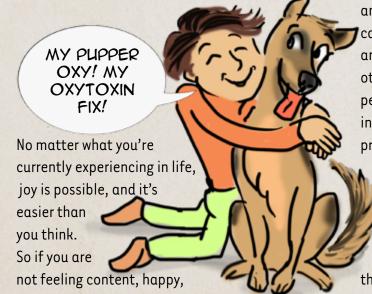
Leaders, UN Leaders, Educators, Teachers,
Students, Parents, Journalists, Political and Civil
Society Leaders and Social workers. Over 5 million
people have benefited live from the moJOsh

Inspirator life, career and leadership learning through my talks, lectures and coaching/ training workshops and programs. Many more millions have

benefited through my columns in leading business and current affair magazines like Time, Business World, CFO Connect, The Economist, Forbes etc, and daily newspapers like Times of India, Economic Times, Independent Journal Review, Speaking Tree and others. Since I cannot reach out LIVE to all, I felt the book may reach out to many more and hopefully all.

I felt the best way to spread this learning with many and more would be to compile it all in a series of books so that I could gift them the shared, collective wisdom I accumulated from the books from many centuries and validated with people I learned LIVE. So I began to read more voraciously for my research and read books dating back to centuries ago on self-help, psychology, practical psychology, positive psychology, neuroscience, mindfulness, success, prosperity, philosophy, religion, anthropology, spiritualism, social-sciences, productivity, autobiographies, business, human sciences (Enneagram, Gestalt, NLP etc.) and ancient wisdom from several cultures alongwith ancient and modern philosophical scripts from Eastern and Western wisdom which taught us the way of life. I also researched real heroes who have gone beyond to unleash and realise their extraordinary potential.

While reading all the fascinating literature and stories, the thing that absolutely dodged me and then began to enthrall me and tantalize me was "Why have we as the human race with all our displayed



progress, not understood what makes the difference between the run of the mill ordinary people who settle for being commonplace and moJOsh Inspirators who go for extraordinary? We have been together as rational and social animals for centuries and yet we have not understood what differentiates highly effective who go beyond and unleash their potential as moJOsh Inspirators, when we can learn from all the teachings and the people from over the centuries. I then realised that all this learning is there but has not been simply explained and made practical. And since I do this in my learning workshops and talks, I decided to write this book with simplified learning that could be understood and practically used by 7 to 70+ year old human beings. So this is a gift and my best effort for all of you my beloved readers and friends I have never met.

And friends please do remember, kindly do not wait to make contribution or connections till you feel you have achieved and amassed more, start today. Even if you have less share and experience happiness in THE JOY OF GIVING from early sage and stages of your life. That is a great lesson we learn from our vulnerability that we should not wait to give for tomorrow and start now to feel and fulfill THE JOY OF GIVING.



## REPLICATIONS AND REFINEMENTS

# Acts of Kindness and Acts of Novelty Affect Life Satisfaction

KATHRYN E. BUCHANAN University of Kent

ANAT BARDI Royal Holloway University of London

ABSTRACT. The present experiment was designed to establish the effects of acts of kindness and acts of novelty on life satisfaction. Participants aged 10-60 took part on a voluntary basis. They were randomly assigned to perform either acts of kindness, act of novelty, or no acts on a daily basis for 10 days. Their life satisfaction was measured before and after the 10-day experiment. As expected, performing acts of kindness or acts of novelty resulted in an increase in life satisfaction.

Keywords: kindness, life satisfaction, well-being

KIND ACTS HAVE CONSISTENTLY been positively correlated with enhanced life satisfaction (e.g., Dulin, Hill, Anderson & Rasmussea, 2001; Hunter & Lin, 1981). However, only a few unpublished studies have conducted interventions to establish the direction of causality (reviewed in Boehm & Lyubomirsky, 2009). For example, students who performed five kind acts per week for 6 weeks expecienced an increase in happiness, an effect not mirrored in the control condition (see Lyubomirsky, Sheldon, & Schkade, 2005). The present study asked participants to perform a daily kind act for 10 days and expected to replicate research indicating enhanced life satisfaction.

The success of kind acts may be due to the potential element of novelty counteracting adaption effects (Brickman & Campbell, 1971; Brickman, Coates & Janoff-Balman, 1978). Indeed, participants who performed five kind acts in I day every week had a larger increase in happiness than those who performed five kind acts over a week (see Lyubomirsky et al., 2005), presumably because performing the acts regularly allowed participants to adapt faster. This highlights novelty as an important factor in increasing happiness and raises the question of whether performing new acts is sufficient to increase life satisfaction. Presently, only correlational support linking positive activity change with positive affect has been obtained (Sheldon & Lyubomirsky, 2006). To test if novelty can promote happiness, we added an experimental condition in which participants performed new acts every day for 10 days. We predicted that participants performing new acts would report a greater improvement in happiness than the control group.

We recruited 86 participants (38 males and 48 females, aged 18-60, M = 26, SD = 6) via opportunity sampling to complete the study in 2008. Because all participation was voluntary, this may have resulted in a smaller sample size than anticipated. Participants were randomly assigned to perform either kind acts, new acts, or no acts. Participants performed acts every day for 10 days and received daily email reminders containing a web-link used to record the act performed. We used the 5-item Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985) to measure life satisfaction before and after the intervention.

A one-way ANOVA established that life satisfaction increases (T2-T1) differed across the activity conditions (kind, new, or none), F(2,83)=4.13, p<.05, partial  $\eta^2=.09$ . Life satisfaction increased in the experimental conditions (Kind condition: M=.54, SD=.86; New condition: M=.35, SD=.73) but not in the control condition (M=-.04, SD=.74). Planued comparisons revealed that the increase in life satisfaction was significantly higher in the experimental conditions compared with the control condition (Kind condition: (83)=2.84,  $p\le.01$ , d=.62; New condition: (83)=1.86,  $p\le.05$ , d=.41). The experimental groups did not differ in life satisfaction increase (183)=9.4, NS, d=.21).

The current experiment indicates that kind and new acts, performed daily over as little as 10 days, can increase life satisfaction. Furthermore, the results highlight novelty as an integral feature of happiness-enhancing interventions.

#### AUTHOR NOTES

Anat Bardi, PhD, is a senior lecturer (equivalent to associate professor) in Royal Holloway, University of London. Dr. Bardi received her PhD from the Hebrow University of Jerusalem, Israel. Kathryn E. Buchanan is a doctoral student at Royal Holloway University of London.



# What is iVo

# **Mission Statement**

# Inspiring Solid Character to unleash the Heroic Potential

iVO is the vehicle (medium) for MoJosh Learning of leadership and life lessons which have been tried and tested on 7 lac people who have been observed closely involving educators, parents and students.



# **USP OF IVO**

iVo will touch every dimension of a student's life and influence every aspect of their life. Children and Parents will get tangible benefit and advantage through iVo co-curricular learning.

Powerful Personal and Interpersonal mastery

for growth in all dimensions.

Better self- awareness,

imagination, conscience, independent will and social consciousness

Sharpening of the Child's **Multiple** 

**Intelligences**, character and competence in all fields.

Impact on **Personal Discipline** of Students that will also impact studies and other activities.

UN partnered award and

**certification** that would add value for their higher education pursuits.

High Resourcefulness and

**Initiative** will be in the children after participating in iVo

Better understanding, confidence, trustworthiness and **interdependence**.

Leadership Learning at a young age to unleash and develop powerful potential. Become understanding of personal roles and responsibilities as human beings, family members and citizens of the world.

Holistic Development for better physical, mental, emotional and spiritual health.

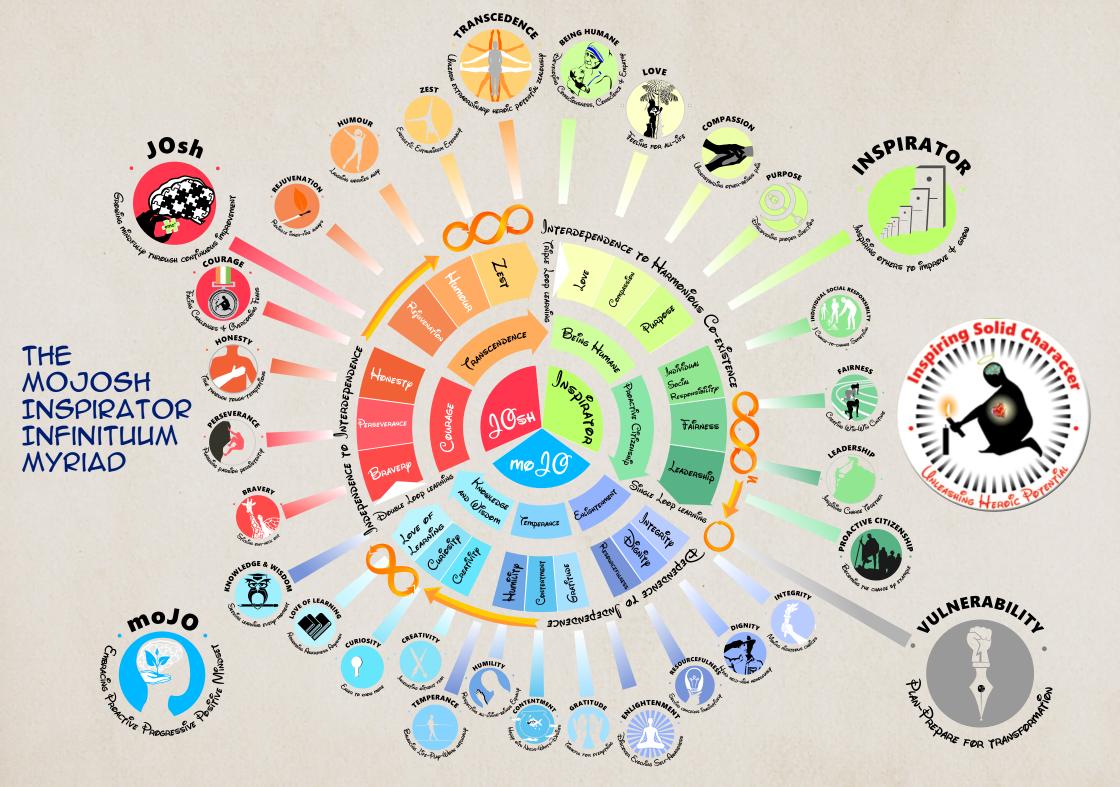
# ADVANTAGES

Life lessons as well as leadership lessons through moJOsh learning in the world.

Value learning that has proven in the world that brings out MoJosh Value of Empathy

Reward and recognition program which empowers students, parents and educators to shoulder the responsibility of being more, doing more and giving more.

The idea to bring out the love of doing good for yourself, society and world at large to come out and when you enjoy something your engagement increases.



# moJOsh

A person who inspires others with her or his simple, small and heroic actions that make the big difference. The program inculcates the learning of the moJOsh inspirator mindset, virtues and powers. Practicing and living them will give you immense power to unleash your potential and work towards success rooted in purpose in all dimensions of your life. These are skills and powers important for personal discovery, awareness, development and growth which helps to develop interpersonal relationships. The values imbibed helps get things to be done in the right way in our interdependent world and understanding our responsibilities towards friends, associates, family, community, society, nation, world, environment, animals and most of all, towards all of humanity.

Mindset 1 Mindset. Skillset. Impact.

I am devoted to self-discovery and opening my natural gifts. I consciously explore my powers and scope for improvement daily. Self-awareness and social consciousness.



Mindset 2 Mindset. Skillset.

I am committed to emotional, mental and spiritual balance. I mindfully balance and renew all my roles, relationships & responsibilities.

Impact.

I have great mental, emotional and spiritual connections.

Mindset 3

Mindset.

Skillset.
I dedicate myself to bringing out the best in others.
I inspire others by example and walking my talk.
I enable people to model and emulate the best

practices of humanity.

# Virtue 4

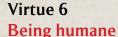
Courage

**Powers** 

10. Bravery

11. Perseverance

12. Honesty



Powers

16. Love



18. Purpose

PURPOSE



Virtue 5
Transcendence



Powers
13. Rejuvenation



14. Humor



15. Zest



Virtue 7
Proactive
citizenship



Powers
19. Leadership



20. Fairness

21. Individual











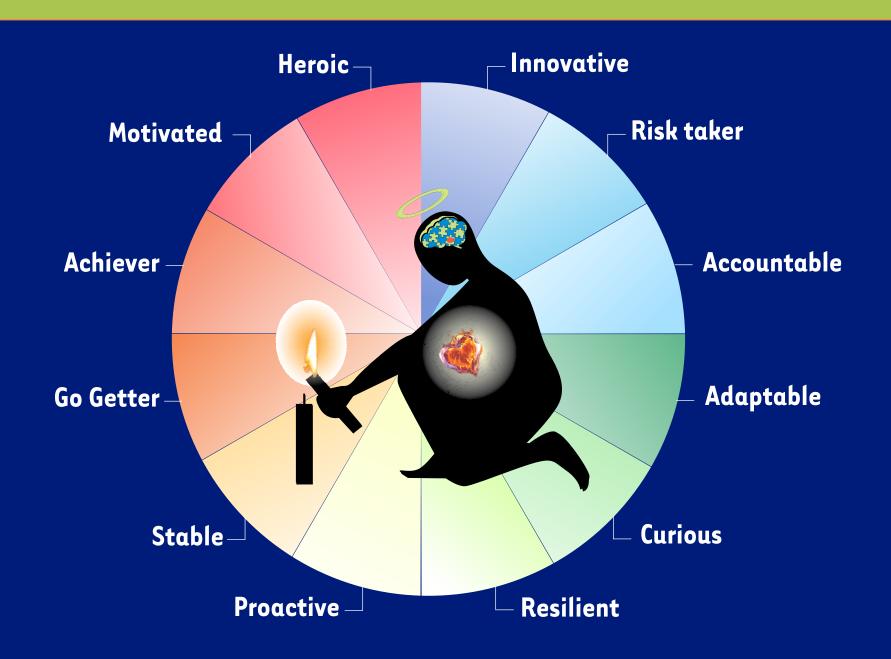








# 12 Visible Changes Post iVo





Virginia Wolf said, in one of ber journal entries, that when she re-read "(her) old volumes" she "found the significance to lie where I never saw it at the time." When you turn to read over time, that of which you have written, you begin to understand how powerful journaling is. You begin to value the words you put on your journal, and understand how that 300 words jumble you wrote a year ago justifying a decision, can help you today make better choices and live a happier life."



The biggest and the most awe-inspiring example One can think of journaling for children is Anne Frank. She would just escape to the world of words and pen down all her questions, emotions and fears erupting in the tender mind and also put down solutions along with what her fragile mind made sense off, of the most overwhelming situation that she her family and her country and the world was in during world war 2 and Hitler's barbaric regime. She unknowingly while journaling left the most beautifully crafted piece of journaling for the world to study, research and learn from. And she was all of 13 years. Journaling has immense power to heal, to grow, to express without judgments, to question and to find answers and solutions for big or inane issues that any mind undergoes at any time in life. It's a safe haven where it soothes you, calms you, saddens you, helps to reflect, introspect, motivate and innovate, makes you hate yourself and at the same time love yourself and fight s with thoughts, feelings, ideas and questions which our thinking mind forever puts on to us. Journaling is a mirror of you, your image in its true colors and entirety.



"In my life, writing has been an important exercise to clarify what I believe, what I see, what I care about, what my deepest values are. The process of converting a jumble of thoughts into coherent sentences makes you ask tougher questions. The repetition of this process allows for a greater understanding of oneself. Consistently writing down your thoughts becomes an automatic funnel through which, unconsciously, you determine what is of deepest significance for you." ~ Barrak Obama

Journaling is not diary writing but an art that has been followed by famous literary essayist Bacon to scientist Charles Darwin to leader Churchill to our first Prime minister Pandit Jawaharlal Nehru to most loved US President Barack Obama. Journaling is an act and an art that anyone can undertake, learn and hone. It allows you to: Allow other people to understand you better, it may be a personal activity but once you write you lend clarity to your thoughts, actions and yourself on paper first before sharing it with the world as you. Remember the little details of your life, we think we will remember the beauty of moments which may be nice, good memorable but human memory fades but when the thoughts are worded they are like flowers that never wither. Journaling makes you a better writer, as just the act of writing your thoughts hones your writing skill no matter what the spelling, syntax or grammar. Journaling is the best motivation you will ever have as situations that seemed bad will have been overcome by you and journaling is a proof that you can are courageous, super being when you look back at the situations that bettered. Journaling lowers memory lapses.



Journaling is a beautiful habit that has the power to document you, your life and immortalize you and thoughts. It is cathartic and lends clarity and focus to a mind when it is in a state of shock, excitement, sadness or questioning. It like an acclimatizer that readied you to wear a safety belt and carry a safety net no matter where you are and who you are.

# The most Difficult part is What to write?

Begin with anything that touches your sensibilities it could be:

- Things that impacted/left impressions on you, Articles, Quotes, Movies, Events, Books or Music.
- 2. Goals you wish to achieve.
- 3. Little moments of Joy.
- 4. Places you visited, meals you enjoyed.
- 5. Incidents that disappoint you.

#### Harvard Business Review

LEADERSHII

# Want to Be an Outstanding Leader? Keep a Journal.

by Nancy J. Adler JANUARY 13, 2016



FROM THE NEW YORK RUBLIC LIBRARY

Research has documented that outstanding leaders take time to reflect. Their success depends on the ability to access their unique perspective and bring it to their decisions and sense-making every day.

Extraordinary leadership is rooted in several capabilities: seeing before others see, understanding before others understand, and acting before others act. A leader's unique perspective is an important source of creativity and competitive advantage. But the reality is that most of us live such fast-paced, frenzied lives that we fail to leave time to actually listen to ourselves.

#### FURTHER READING



HBR's 10 Must Reads on Managing Yourself MANAGING YOURSELF BOOK \$24.95 ADD TO CART

SAVE SHARE

Gaining access to your own insight isn't difficult; you simply need to commit to reflecting on a daily basis. Based on research (my own and others') and many years of work with global business leaders as a consultant and international management professor, I recommend the simple act of regularly writing in a journal:

- Buy a journal. Writing online doesn't provide the same benefits as writing by hand. So buy a real journal. I've created Leaderskip Insight, a journal that includes blank pages, paintings, and provocative questions designed specifically for leaders – but any journal will do.
- Commit to reflecting for 15 minutes a day. This is by far the most difficult step. So if 15 minutes initially seems impossible, start with three minutes. But start somewhere.
- Find a quiet place where you won't be interrupted.
- 4. Choose the right time, preferably the same time each day when you won't be disturbed. Pick a time that works for you, but keep those 15 minutes carefully guarded in your agenda as an appointment with yourself.
- Write whatever comes to mind. A journal's blank pages invite you to hold an

3. Find a quiet place where you won't be interrupted.

But start somewhere.

- Choose the right time, preferably the same time each day when you won't be disturbed. Pick a time that works for you, but keep those 15 minutes carefully guarded in your agenda as an appointment with yourself.
- 5. Write whatever comes to mind. A journal's blank pages invite you to hold an honest conversation with yourself every day. In the journal, you can say anything. So give yourself permission to follow your stream of consciousness without judging, censoring, or trying to direct where your thoughts might take you. In my best reflection sessions, I feel like I am peering over my hand, just waiting to discover what I'll write next. And don't worry about grammar; however you express yourself is fine.
- 6. Don't share your journal with anyone. Your reflections are yours; they are not for anyone else. They bring you what all the world's experts, advisers, and executive coaches combined can't offer you; your own unique perspective.

If you find yourself not knowing how to begin when you're facing the journal's blank pages, here are some suggestions:

Ask yourself a trigger question, and capture your response. These are some of my favorite questions:

- · How am I feeling right now?
- · How am I feeling about my leadership?
- · What deserves my highest-quality attention...
- · in my leadership?
- · in my life?
- · in the world?
- What is the most outrageous (or fun or novel) idea I've heard in the last 24 hours? What do I love about it?
- What is the most exciting initiative I've heard about this week that is happening outside of my industry or in another part of the world?
- What contributed most to my happiness this week (or to the happiness of my people)? How can I have more happiness in my life?

Let art ignite your imagination. Art invites leaders to go beyond the frantic busyness of life. Viewing paintings and other forms of art offers possibilities to experiment with new perspectives. If I really focus on a painting, what do I see? If I connect what I'm seeing with my current situation, what new vantage points does the painting reveal?

This may seem far-fetched, but the unexpected juxtaposition between a painting and real-world challenges often exposes concealed dynamics and surprising new insights. Yale University, for example, discovered that young physicians became significantly better diagnosticians after taking an art history course. Why?

Because looking at art teaches the viewer — whether artist, physician, or CEO — to make sense of a richer palette of complexity. It helps us all to more accurately and creatively make sense of our world. At the same time, it instills the humility to realize that current interpretations are just one of many possible worldviews.

To use art as a reflection trigger, follow the steps below. You can try this exercise now using a painting from my most recent exhibition:





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- Choose a painting (or other work of art). Let your eye rest on a work of art that
  attracts you for any reason whatsoever (because you love it, you hate it, or for
  a reason that is unknown to you).
- Observe the painting uninterrupted for at least three minutes. Time yourself!
   Three minutes may feel like a very long time.
- Strengthen your ability to see. Describe the painting: What did you see? How
  did it seem to change as you viewed it? What were you able to see at the end of
  the three minutes that you didn't notice when you first chose the painting?
- Ask bridging questions. What new perspectives does the painting reveal? For example: How is the current situation in the economy (or in my company or team) like this painting? How does the painting's complexity reflect the hidden complexity in our recent tri-continental merger? In what ways does the painting reveal opportunities we are missing in transitional economies?
   Let yourself be surprised by the insights that emerge.

Connect to purpose. All too many leaders have a surfeit of opportunities but suffer a paucity of meaning. Asking questions that bring us back to what is most meaningful to us personally, as well as to what we believe is most important for society and the planet, deepens our sense of purpose. For example, you might ask: What is my daily work? What is my life's work? Similarly, reflecting in your journal on inspirational words from world leaders or wisdom traditions can act as an antidote to superficiality and parochialism. Here are two of my favorites:

"Listen. The more faithfully you listen to the voice within you, the better you will hear what is sounding outside without fear."

-Dag Hammarskjöld

Economist and Secretary-General of the United Nations, 1953-1961

"We have a responsibility in our time, as others have had in theirs, not to be prisoners of history but to shape history."

-Madeleine Albright

U.S. Secretary of State, 1997-2001

Such insights remind us that our leadership needs to be significant, not merely successful – that strategy and tactics remain meaningless without ultimate purpose.

No matter what question you start with, let your reflection take you on a journey where you are the passenger, not the conductor. Using a journal regularly will give you the courage to see the world differently, to understand the world differently, and to lead in new and needed ways.

Nancy J. Adler is the s. Bronfman Chair in Management at McGill University. She conducts research and consults worldwide on global leadership, cross-cultural management, and artsinspired leadership practices. She has authored more than 125 articles, produced 3 films, and published 16 books and edited volumes. Nancy is also a visual artist and has been an artist-inresidence at The Banff Centre. Her pointings are held in private collections around the vorid.

# **Experiential Learning Lessons through Volunteering**

# How iVO will pan out

The idea is help children discover, develop and unleash unlimited Heroic potential within through moJOsh Inspirator learning model that focuses on Leadership, Life and Moral lessons. This is WWW.complemented by hands on volunteering and community service leadership learning to enable Individual Social Responsibility and Personal Discovery & Development.

Rex Karamveer Student fellowship and Karamveer Chakra Awards for selected outstanding students. And most importantly Karmaveer chakra badge of honour award and citation to acknowledge and appreciate every child's contribution for nation building and actions to make the world a better place. The idea is to help children, discover, develop and unleash the unlimited heroic potential within contribution for nation building and ACTIONS to make the world a better place.

iVO Karmaveer Chakra awards instituted in partnership with the UN

1. Student Hero Awards

2. Teacher Hero Awards

3. Parent Hero Awards

4. Principal Hero Awards

5. REX Karmaveer Hero Schools

6. I Change to Change India Pledge

Awards will be given at the Karmaveer Bhoomi cultural event every 26/11 All students will be given

A Certificate and a Badge of Honour



 $\begin{tabular}{ll} \textbf{YellowHeart Badge of Honour-For all students who participate from Class 2-11.} \end{tabular}$ 

GreenHeart Badge of Honour – For 4 students chosen in each class (2 male, 2 female) chosen by class teachers.

WhiteHeart Badge of Honour – For 6 students in each form (chosen by council of class teachers)

Saffron Heart Badge of Honour – For 2 children chosen from each form at school level. (Chosen by school committee with teachers from across forms)

PurpleHeart Badge of Honour - 8 students from overall school (Chosen by School Committee)

• TricolorHeart Badge of Honour- 4 students from each school (chosen by iV0 presented at Karmaveer Bhoomi annual cultural event)



Parents, Teachers and

# Principals Awards - The Parents of the 100 top performing Students shall be chosen for the Rex Karmaveer Global fellowships and Karmaveer Chakra Bronze award for the guidance and encouragement given to the children. The Teachers who inspired and motivated the top 100 students shall be chosen for the Rex Karmaveer Global fellowships and Karmaveer Chakra Silver awards. The Principals and Vice Principals who inspired and motivated the top 100 students of their schools shall be

chosen for the Rex Karmaveer State

Level Awards.

Rex Karmaveer Global
Fellowship with
Karmaveer Chakra
Bronze Medal — 2 students
from each school given
an opportunity to attend
fellowship and THiME (The
Hero In Me week workshop)
with Team iVo.





# Global fellowships and Karmaveer

Chakra Gold School Level Awards – At State level the best 10 students from each School (5 boys and 5 girls) will be awarded the Tricolor–Heart Karmaveer Chakra Badge of Honour. These awards shall be given in the State–held Karmaveer Bhoomi event by our guests of honour. The students' will be decided by a the Principal and Vice Principal along with 4 other senior teachers from the school and 1 Karmaveer Award recipient.

Tricolor-Heart Karmaveer Chakra Badge of Honour International Level Awards – At International level the best 100 best students' shall be chosen for the Rex Karmaveer Global Fellowships and the Karmaveer Chakra Bronze medal. These awards shall be given in the annual REX CONCLIVE and Karmaveer Puraskaar Awards ceremony. The students shall be chosen by a panel of 7 Karmaveer Awards recipients and 2 renowned educators.

## AWARDS KARAMVER SCHOOLS

(TORCH BEARER 7 SCHOOLS FROM NCR)
We at iVO would like to felicitate those Schools/
Principals /School owners/ Social activity
co-ordinators who have been instrumental in
inculcating the idea of Giving to the society
and diligently inspiring the students by means
of their Social work program or volunteering
program as part of the school activities or
some fruitful way ,over the years and making
an impact in the life of people and society and
also walking the talk and giving students a
sense of purpose , social engagement and social
engagement.

iVO has a grand mission to recognise, empower and develop heroic potential in students and instill in them a sense of INDIVIDUAL SOCIAL RESPONSIBILTY.



# Karmaveer Bhoomi

Planning a huge gathering of 25,000 + children, youth and citizens at large to come together and pledge "I Change to Change India" by practicing human values and fulfilling my fundamental duties in order to enjoy my fundamental rights. We want to make this a nationwide movement



# THiME - The Hero in Me Camp

Offsite for kids

Look deep into nature, and then you will understand everything better.

~ Albert Einstein

THIME is for the selected few students from Class 8-11 who will be chosen for a week-long experiential learning program.

- This is by invitation only and the students who excel will be chosen for this program that will be a holistic immersion in the moJOsh Inspirator learning to understand the purpose of life and create life goals for the students.
- This will be held in a secure camp and would involve Motivational Speeches by Real Heroes, Video Based learning, physical exercises, yoga and other experiential and inspirational learning activities. This learning will be a lifelong memory and gift for the students.

IVO MOJOSH Tools to practice compassion Tools to practice gratitude INSPIRATOR PLAYBOOK ARE pou A BUCKET FILLER OR BUCKET DIPPER? When I was a kid, I dreamt of I can't pass up a 10 book/movie about If I won the first prize in a talent show it would be for If I played hookey FIND YOUR from work for a week, The closest I come I'd spend the time to a runner's high is PASSION when I'm The first part of figuring out how you want to spend yout one and only life; DO NOT PUT THINGS AWAP AFTER USE identifying the activities that make you light up - the things you love to do Most people don't THE NOT TAKE TURNS AND SHARE more than anything else. know this about me PUT THINGS AWAP AFTER USE I've tried it only but I really enjoy Use this exercise to PAKE YURNS AND SHARE once or twice but I zero in on them. LISTEN AND FOLLOW DIRECTIONS really enjoy USE SOFT VOICES INSIDE I an the go to Playbook shall be given to all students. USE KIND WORDS If I were to make a person when my friends need help homemade gift it If I could start my would involve own how to TV show it would be about Brainstorm your list. In each circle above, complete the sentence with a different activity. You may find

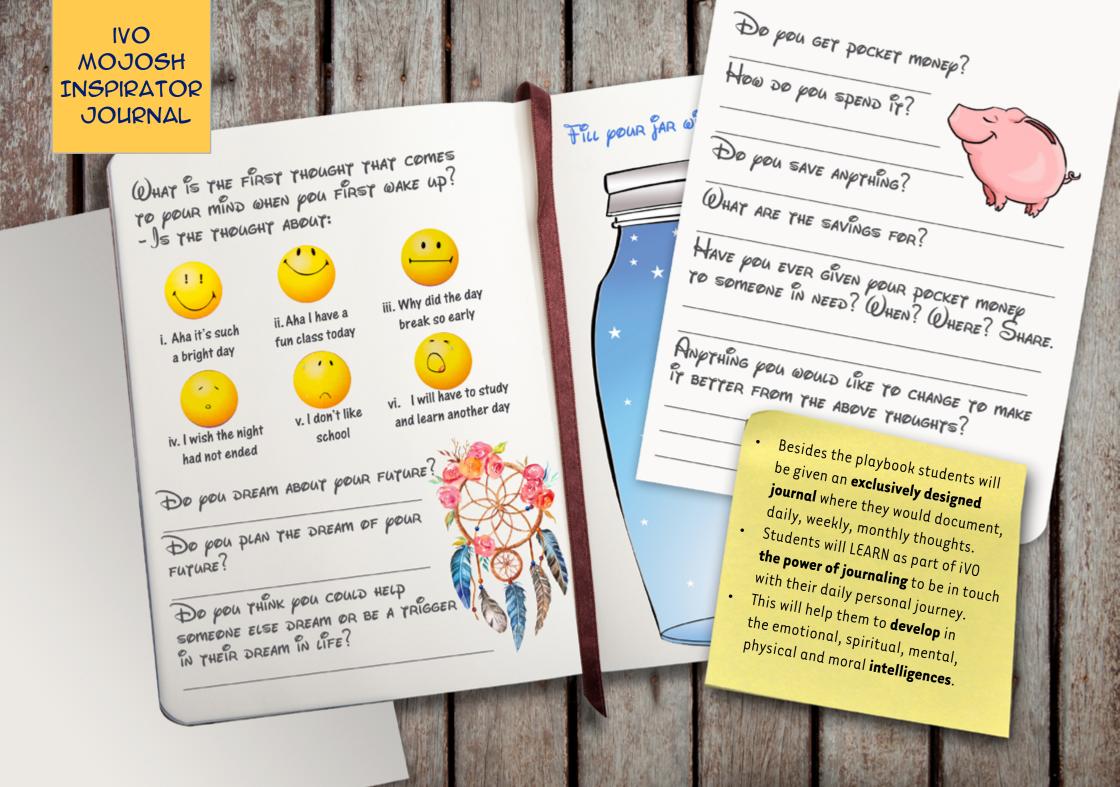
that your answers range widely (from, say, apple picking to burlesque dancing to meditating)—which is fine. Try not to censor yourself or respond in ways you think you "should". Be as honest as possible.

Now whittle it down.

A specially designed moJOsh Inspirator

The playbook shall have **mindset** altering content, skill -pills and **cooltools** to help and enable children to unWleash their unlimited potential.

These Playbooks are specially designed for the workshops that the students





- A special customised web and mobile app will be designed where students can upload their daily/weekly stories from their journal and document their special highlights of the day and week.
- This would be done with parental support in the early years from Class 3 to Class 8 and would help in creating child-parent bonding.
- Students would get their **entire student journey in an eBook** in the year
  they pass out from school and can
  continue journaling on the app.

This will be preceeded By a 2 day Rex KaramVeer Education Leaders Fellowship Awards that would kick start the moJOsh Inspirator Journey for the school/students/teachers and parents of the Torch bearer and awarded KaramVeer school in Delhi NCR. (shortlisted after a form filling and social good impact evaluation by iVOteam and A special Jury. Where school owners /Directors/Principals/Headmasters/Headmistress/Social Activity Inchargeor Coordinator will be feliciltated after a two days of learning program for them which will have eminent Educationist and Real life heroes to inspire and share their stories. Teachers will coordinate THE SPECIAL SCHOOL AWARDS FOR CHILDREN which are mentioned above as colour badges above.

The teachers will assess students EVERY MONTH FOR ONE ACTIVITY and this will facilitate the hierarchy of school children awards on the bases of the following on the theme of Social Impact on Society we live in and what do children feel and believe and practice:

- 1. Story writing completion
- 2. Cartoon contest
- 3. National song writing
- 4. Story writing
- 5. Earth day contest
- 6. When I grow up
- 7. What do I see my country in 2050
- 8. I change to change what in my country
- 9. Why I need to Give to my country
- 10. Essay Competition

The mind that is open to growing, experimenting and learning is able to be more malleable and resilient at work and in life in general. When we harness the inner powers (21 powers and 7 virtues) it will automatically give the mind a mechanism to deal with stress and strains of life. The mind rather than having a negative functioning during stress where by the body releases cortisol harming the vital organs and hazing the mind. But on the contrary when the mind is calm it will respond and not react. This we get solutions to the problem and that gives body and mind affirmations and releases happy hormones which reaffirm to mind and body to keep up with Growth mindset and draw inner power that we talk about in iV0 moJ0sh learning.

Learning is possible and feasible to all and everyone at any stage of life if we keep our minds open and iVO learning is about opening the mind to its own grand potential and capacity to be successful, aware and conscious world citizen.

# QUE SERA SERA WITH A TWIST

When I was just a little child. I asked my mother, what will I be Will I be happy Will I be rich Here's what she said to me

Que será, será Whatever will be, will be The future is yours to be. Que será, será What you think, will be.

When I grew up and fell in love I asked my sweetheart, what lies ahead Whatever you think, you will be Will we have rainbows Day after day Here's what my sweetheart said

Disclaimer

Que será, será Whatever you think will be. The future is ours to be. Que será, será What you believe, will be

Now I have children of my own They ask their parents, what will they be Will I be happy Will I be rich I tell them tenderly

Que será, será The future is yours to be. Que será, será What you believe, will be Que será, será