



PUDHIYA OOUR
Varadharajapuram - Kanchipuram District, Tamil Nadu, India

Uni5 personality development session for adults [staff members]

Conducted by: **Sakthi Foundation** - Dr.M.Madeswaran

Attended by: Mrs.Vijayalaxmi, Mrs.Padmini, Mr.Prabhakaran and Mr. Praveen

Dates: 5 days session. 1.5 Hours per day.

Timing: 3.30 - 5 P.M

We are very happy to convey that the 2 school finals boys and 2 ladies who have taken the great serious responsibility for the transformation of Varadharajapuram children are positive. When we asked their objective of life they said,

- * I need children to study well and score good marks with understanding of the subjects.
- * I need children to have good communication skills.
- * I need children to have acceptable manners and language.
- * I need good guidance to children for betterment of life.

All the above 4 objectives reflect the trust's wholistic objective for initiating an after school session in this village.

The session underwent with the following agenda. Adults underwent discussions and thinking. They shared their views, cleared their doubts too.

Agenda:

1. Self-initiation



2. What is the objective of our life?
3. What is an objective?
4. Happiness is the objective of life - what is that happiness?
5. How and when and who can make transformations in life?
6. Concept of natural 5 elements - Panchabootha - their natural phenomenon
7. Experiencing our own hand for the uni5 concept - [Body-Mind-Intelligence-Awareness and Consciousness - BMIAC]
8. Today we saw the little finger as body.
9. What is body? - feel the body with 5 sense organs and their functions.
10. How we are dependent upon 5 aspects of nature? [food-water-temperature-air and space]
11. What is happiness in connection with body?
12. **Exercise:** Make a list for a day. It must have various happiness - joy - pleasure - enjoyment which you have attained through body. This is body level happiness.

Next meeting will be after 2 days.

Minutes of the session:

* Every man is the same unless he has an objective.

* We are also only animals when we just eat, sleep, reproduce and die. When we seed an objective we are differing.

* Every man's objective will differ. But all have the same core link which is called the transformation and development of an individual - group - mass - society - whole human community.

* A man with an objective must come forward to work towards that objective without any expectations. That will give him all fame and satisfy his needs.

* We must not feel ego and pride that we are the cause for all success. That will break the team spirit and unity is very important.

* Every individual's objective is like a river which will empty into the sea called "social development"

* Do not have time constrain in your work.

* Patience and tolerance are most important tools for our achievement.