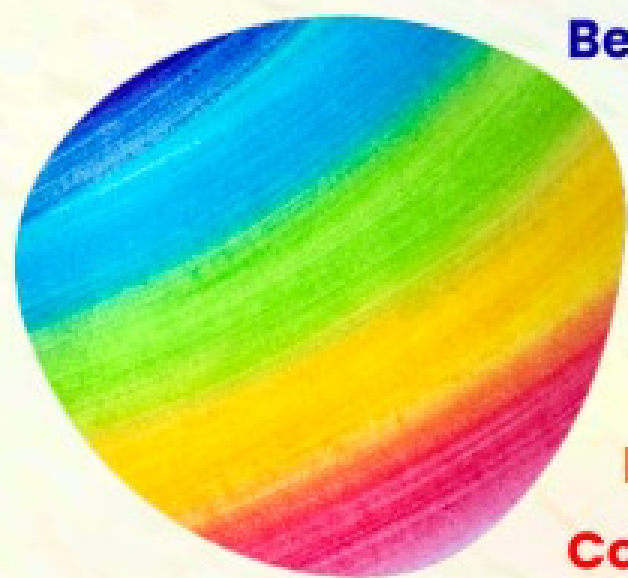


DESIGN MY LIFE BEYOND ACADEMICS



Being – Imagination & Inspiration

Interest – Unseen levels

Passion – Communicate with purity

Emotion – Healing

Personality – Brilliance

Potential – Creativity

Core – Wisdom & energy

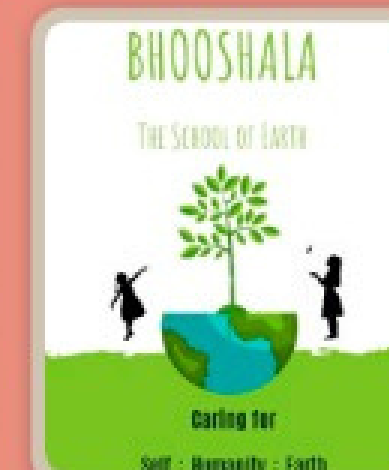
**WE WELCOME CHILDREN TO JOIN OUR
PROGRAM TO EXPLORE FURTHER...**

EXPLORE & DESIGN YOUR THOUGHTS, EMOTIONS, IDEAS AND THEN DESIGN
YOUR CAREER WHICH IS MEANINGFUL AND DEEPLY SATISFYING FOR YOU.
CHOOSE YOUR PURPOSE!!

Program Details

- Know the Self in Esteem
- Understand your Uniqueness, Multiple Intelligence & your Potential
- Your Interest & Self Motivation
- Non Violence Communication
- Success, Failure & Personality
- Learn the art of Reflection
- Passion – What makes you Alive
- Discover your Core Values
- Create your Self

AGE – 13-19 YEARS
1 INTRO + 9 SESSIONS ONLINE
TIME – 9-11 AM
MONDAYS & THURSDAYS

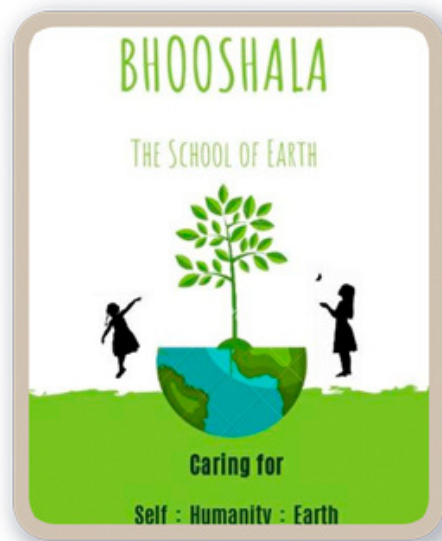


BHOOSHALA – THE SCHOOL OF EARTH IS A SPACE BEYOND ACADEMICS & IS OPEN FOR LEARNERS OF ALL AGES – A CHILD, A PARENT OR AN INDIVIDUAL. ONE LEARNS THROUGH A PROCESS OF SELF DISCOVERY, SELF EMPOWERMENT & SELF CREATION.

The Worth of the Program is ₹ 14,000. However, we work on Gift Culture (AKSD)*. *AKSD – Apni Khushi Se Dein

For more information, call us on – **7304926740 / 9004133388**

TEAM – LIPIKA MITRA – FOUNDER – BHOOSHALA , PURPOSE & PARENT COACH | SANGETA IYER – CO – PROGRAM CREATOR AND MENTOR



After working in corporations for 15+ years, I wasn't really happy. One day I was peeping through my window and a thought came knocking, have I found my purpose of life having lived for these many years?

Is my child going to be sailing on the same boat when she reaches my age? Or can I guide her in a better way?

I took the plunge and made a voyage down to my core and was able to guide her.

Many of us have thought like this but have we taken any steps toward it?

We welcome children to join our program to explore further...



**A muddy seed to a glorious blossom...
You are what you want to become...**

Bhooshala - The School of Earth is a space beyond academics & is open for learners of all ages - a child, a parent or an individual.

You learn through a process of self discovery, self empowerment & self creation.

Write to us at lipika.mitra@bhooshala.org

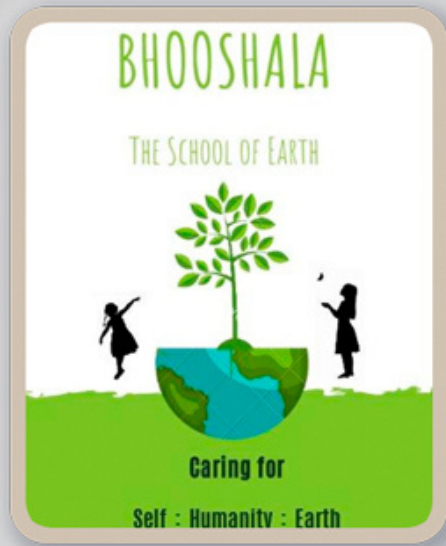


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1



Sipping my cup of tea, I was looking at the report card of my 15 year old daughter who did miserably in chemistry in her pre board. How much disappointment & frustration?

Just then I started thinking about the 9 month old she & how she was trying to stand on her own & failing which happened for quite a few days.

As a parent, are we enabling the children with experiences or haunting them with failures?

We welcome children to join our program to explore further...



Success & Failures are part of the journey and not the destination.

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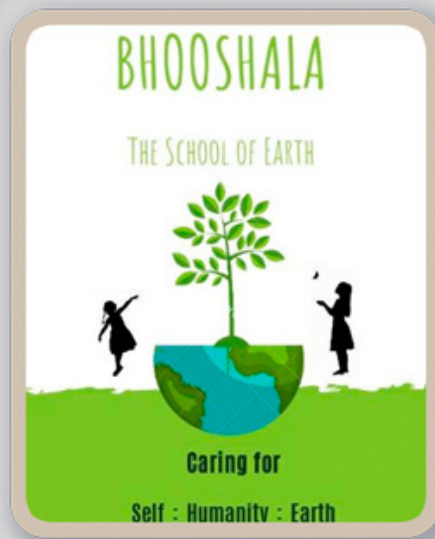


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2



While taking a walk on the lake side, I was wondering at the numerous green shades the leaves display. Observing closely, I realized not even one shade or structure of a leaf is the same as the other one amongst the varieties of the trees I found.

**If we look around, every creation is unique... but as a parent,
are we NURTURING the seed that has been gifted to us as unique as they are ?**

**or
are we MOULDING them to the predefined role models and ideals that our society has defined?**

We welcome children to join our program to explore their uniqueness...



Sculptor or Gardener - What choice would you want to exercise?

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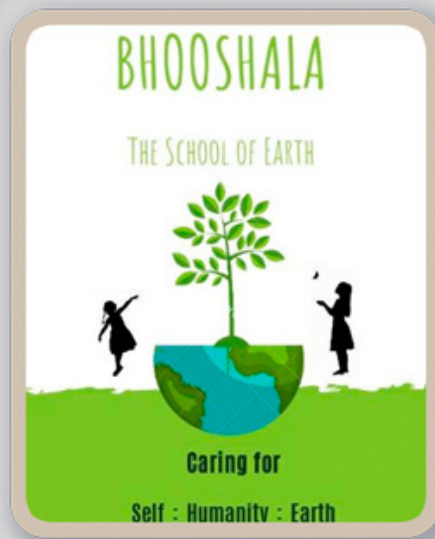


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3



Can communication become violent?

How do we feel when a teenager raises his voice against us?

How does he/she feel when we raise our voice?

Is it right that whenever we raise our voice, we end up only with the exchange of words and emotions?

Do you really express your feelings, needs and actions required to the other person when you communicate?

Let the children join us to reflect & explore further learning...



Response is a choice we can exercise which is in harmony with our values

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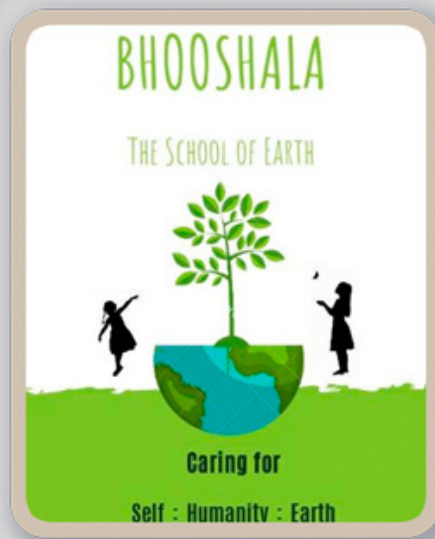


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4



I remember seeing one of my friend's son always wear 'Nike' shoes. Once I asked him the reason, and the answer was, 'It's cool...'. Is it really so cool?

While it maybe intriguing to my mind, is it not a concern for all of us parents? Are we drawing self value from our wardrobes? Do we really understand self esteem deeply enough?

When we understand ourselves deeply, we can be free of such images.

Lets not cage children with nice adjectives, let them experience life purely & live with verbs.

Let the children join us to explore the self...



I do not need to live out of images, Instead I can live out of choices.

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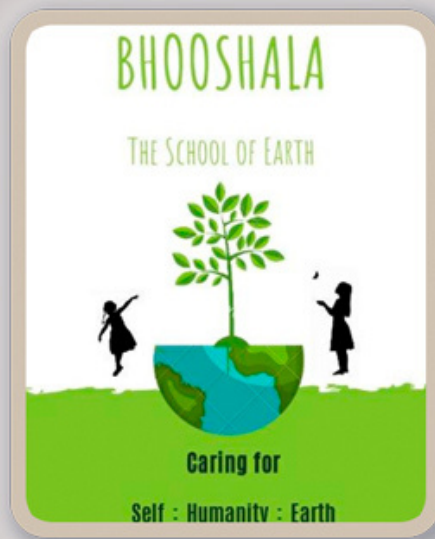


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5



The other day I overheard a mom saying, "my son can't sit in one place, keep on moving...". I too have experienced this with my daughter, listening to music while studying, or reading whilst walking. Have you also noticed such mannerism from your child?

Each one of us has at least one strong intelligence and many more others. It is not just about knowing or discovering one's strong intelligence but also about understanding how one can use their strong intelligence to develop other intelligences as well.

Let the children join us to explore their multiple intelligences and various potentials...



What Makes ME ALIVE!!

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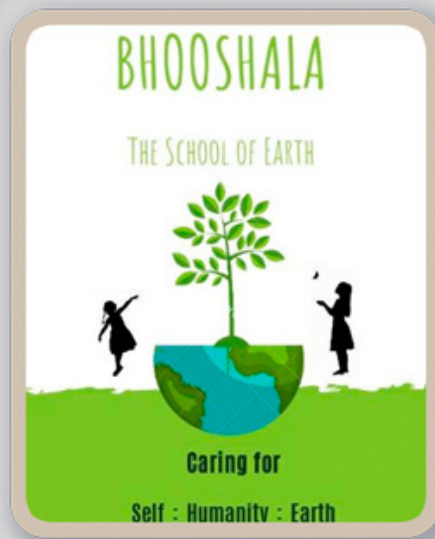


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6



Almost everyday I see this man coming on a scooter & distributing food to animals & birds while I take a walk around the lake. I feel he is not bothered by who is going to say what, he is just expressing himself.

The example might look silly to you, but wait... On Feb 6, 2018 Prince Charles wanted to give the Lifetime Achievement Award to Mr. Ratan Tata at his Buckingham palace. Mr. Tata didn't go to receive the award because one of his dogs fell ill. Prince responded by saying, "That's the man!"

The choice is yours - whether you want your child to LEAD a life of freedom & responsibility or merely FOLLOW other's expectations & requirements.

Let the children dig the gold within & find their way to express themselves...



**I am not here to impress others,
I am here to express myself!!**

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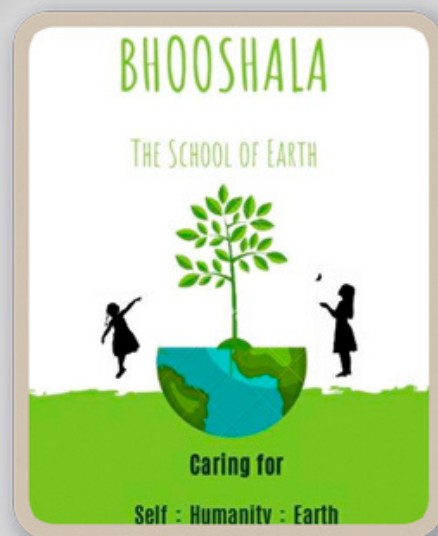


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Introducing a unique self exploration program "*Design My Life - Beyond Academics*" for children Age 13-19 years. The program comprises of 9 sessions, each session of 2 hours, weekly twice on Mondays & Thursdays, preferably between 9 & 11 am + 1 Ice breaker session. The Ice breaker & the concluding session require parents involvement. There will be 2 batches in a year - Summer (May-June) & Winter batch (Oct-Nov).

Content

1. Know the Self in Esteem - Let's discover Self Esteem & let's also explore if this is the key to happiness. I want YOU to hug yourself and say 'I love me!!'.
2. Understand your Uniqueness, Multiple Intelligence & Your Potential - Every Creation is Unique and so are YOU. Understand your uniqueness!!

We all have different abilities; One seems to be good at something, the other at something else. Lets understand multiple intelligences and explore its implications.

Do you know that you have a Pitara of Potential inside you? Let's see how to ignite that Potential...

3. Your Interest & Self Motivation - Let's explore what work interests YOU by doing some exercises. And, also understand how can YOU be self motivated without the assistance of adults around.
4. Non Violence Communication - The universal need of all is to be understood. And the most important lesson I can give to YOU is of taking care of yourself emotionally. This session explores how we understand, relate, connect and become emotionally intelligent.
5. Success, Failure & Personality - While you maybe working on yours academics, do YOU consciously work on success skills? Let's explore how to develop success characteristics via day to day experiences and let's also explore characteristics like perseverance, sensitivity, responsibility, integrity, open mindedness...
6. Passion - What makes YOU Alive!! - When you are passionate about something, there is effortlessness in your inner self. YOU live out of yourself. Let's explore the Passionate YOU inside & make this life come Alive!!
7. Discover your Core Values - We all live by our Values. Let's Discover the Values that resonate with YOU to understand yourself better & people around you.
8. Learn the art of Reflection - Now that YOU have started your journey of experimenting with self & unconstrained life, let's reflect this journey of self discovery and make a beginning for YOU and this earth so that all of us can attempt to make this world a better place to live for each one of us and care for each other.
9. Create your Self - Manifest yourself & Create your future through the self discovery process & self empowerment tools that you learnt.

Contribution

We run our program that works on contribution basis. We want to reach many people & finances should NOT be a constraint for people to attend the program.

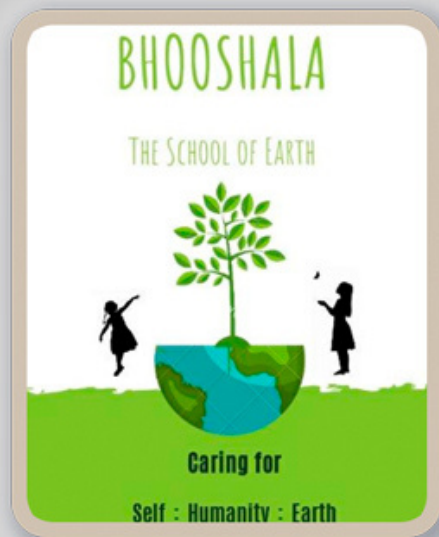
People contribute as per the value they derive from the program.

The worth of the program is Rs 14,000/-. However, you can pay AKSD - Apni Khushi Se Dein (Give as per your wish). To begin with we expect you to commit something as you value the program.

What you gain from the program is our gift to you. What you give us (contribution in terms of money) is your gift to us. Obviously you can give us other gifts too - like blessings or talking about the program to your friends.

So the above contribution indicated is not the value of the program. You can gift us how much ever. You can give us more than this amount - in which case it will be a gift to people who cannot afford the cost.

Whatever you pay, we will gladly accept it - no questions asked. You can pay in advance, or during, or immediately after the sessions or much later or even in installments. You may even wake up one morning after 5 years and realize how much this program has helped you and send us a big fat cheque :-). Or you may simply forget us. Either way we will remember you, always, for giving us an opportunity to interact, learn and grow with you!



"To Understand life is to understand ourselves, and that is the beginning and the end of education." - Jiddu Krishnamurti.

We truly believe in the above statement & are on the journey to create an Environmentally Sustainable Alternative Education Community - "Bhooshala - The School of Earth".

The Journey

Though the vision may look far fetched, we have decided to embark on this journey by initiating 3 dry run projects:

1. Conducting online programs
 - Empowering children Design their Life through curated program "Design My Life - Beyond Academics"
 - Guiding Parents Understanding their Children through curated program "Jharokha - Reimagining Parenting"
 - Impacted 300+ people through transformational workshops online & offline so far
2. Creating environmental eco-system through various projects
 - Taken up consultancy to develop a 6.5 acre land in MH using the principles of permaculture
 - Upcoming workshop on "Permaculture" by End of May 2022
 - Associated with Indian permaculture experts
3. Creating Earthen Habitats through various projects
 - Taken up consultancy to develop earthen habitats for the same 6.5 acre land
 - Planning Future workshop on Earthen Habitat later in the year 2022
 - Associated with different Indian organizations & architects that work on mud architecture

What Can You Do!

It may happen that you are interested and want to enquire and know further about the program, in that case you can fill the Enquiry Form to receive a call from us.

It may happen that your child has crossed this age and is doing great in life. In that case, you may want to introduce this program to your inner circle of influence.

It may happen that you would want to participate in any of our other projects, you can write back to us.

It may happen that you would want to introduce any of our programs to your corporate, school or a group, we will be happy to reach out with detailed profile.

It may happen that you would wish to offer your support & expertise in our larger vision, we would be happy to receive the same.

**Don't ask what the world needs. Ask what makes you come ALIVE!! And go do that.
Because what the World needs is People who have come ALIVE!!**

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