

A peek into the Jeevan Vidya Coexistence Workshop



Decipher. Your life

Navigate through Living.

Get a grand unified view of everything with
yourself in it.

Begin a meaningful journey

[Attend a Workshop](#)

Why Attend?

Engage in discussions without any judgements or filters.

Get a holistic picture of life.

HAPPINESS

- What is comprehensive happiness?
- Is it an internal state of mind?
- Is it a mirage?
- Is it only sensory?

FAMILY & RELATIONSHIPS

- Can expectations in relationships be understood?
- What is the true purpose of marriage?
- What does it mean to be a father, brother...
- Actual nature of emotions such as trust, affection, love...

EXPAND PERSPECTIVES

- Who/Why am I?
- Know the depths of your mind
- What is existence/reality?
- What is the ultimate purpose of all life?

MAKE SENSE OF THE WORLD

- Long-term solutions for Social conflict?
- Wholesome purpose/nature of Education
- Environmental issues
- How can I contribute meaningfully?

Life Topics

Jeevan Vidya provides long-term fundamental solutions to real-life issues

Love

Happiness

Marriage

Spirituality

Desire

Relationship

Ego

Mind



Current Situation

- Climate change – imbalance in Seasons
- Increasing conflict, insecurity in humans

The Need

- Climatic balance be maintained
- Humans continue peacefully on this planet

What is a Jeevan Vidya Shivar/Workshop?

A 7-Day Journey to understand yourself as a human being

An interactive, safe space

Ask any meaningful question
- across the cosmos

No traditional texts

Only thought provoking questions
- to examine & question

Get authentic answers

Through
self-scrutiny & reflection

Explore Reality

Through critical thinking in
a facilitated dialogue

An Immersive Experience

Paradigm changing concepts,
'meditate' with your eyes open.

This 'teaching' is *never* charged

Knowledge is free, like the wind.
It's everywhere

.

How is the Shivar/Workshop conducted?



Information

This interactive 7 day shivar/workshop is designed to make the participant enquire about your own self and the fundamental nature of reality. The workshop is conducted in a classroom setting where an accomplished facilitator will engage with you in a dialogue that is meant to answer questions from every aspect of your life. Any and all questions are welcome.



Knowledge

The workshop does not refer to any traditional or existing texts. The facilitator puts forth proposals from reality for you to examine and reflect upon. There is no sermonizing and all participants are encouraged to examine it from every possible perspective and ask questions. Gradually, the pieces of information form a meaningful thread in our minds.



Wisdom

By the end of the workshop, you will have a broader canvas & framework to think about and understand reality. The content of the workshop is not just theoretical but experiential, facilitating the clarity and maturity needed for your own inquiry. Many participants have become life-long students and practitioners.

Typical Eight Day Syllabus

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

Being here

General introductions are made. We start with a list of questions/areas we'd like to discuss. These are typically brought down to two-three basic questions: Basic Desire (Why to live?); Basic Program(How to live?). We discover that understanding the Coexistence in all aspects of our living is what we truly seek. We also decide that we shall avoid beliefs and dogma.

**Typical Timings: Classroom discussions are from 9AM to 6PM with breaks for Tea & Lunch. Remaining time is for reflection, personal interaction & helping around. No 'meditation postures' etc are followed.*

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

The Human

We start with understanding ourselves as human beings & our various dimensions of living – such as intellectual, behavioural, occupational & spiritual. We explore the distinction between the Mind and Body based on certain observations and reflective exercises.

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

The Mind

We dive into ourselves and explore our various faculties - such as that of reason, emotion, will, etc.

How & why these function, and malfunction, and the solutions for the same. We discover that understanding the mind, indeed, is the key to understanding everything.

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

Human Relationships

Based on the mind, we delve into the very nature of everyday Human Relationships. Why they 'work' and why they 'don't work'. We discover that people are not as mysterious as they seem & that we are linked, inextricably

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

The Human Family

What is the purpose of Marriage? Is it purely physical, totally arbitrary or does it have real meaning?

Family is a set of responsibilities and expectations. We explore family life and what makes our emotional lives tick. Being a Father or Mother, a Son, a Teacher and a Brother or Friend...

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

Human Society

Individuals and Families makeup society. Minds maketh the Individual. We now better understand why

Human Society is the way it is. What is the Ultimate Human Goal? We address issues in Education, Production, Income inequality, War, Strife, Resource Depletion & more.

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

Nature & Reality (Existence)

We now explore Nature and its fundamental building blocks. We look at natural evolution and the Cosmic Design and how we humans & our living on this planet is related to it. We also address common questions on Gods and Dieties.

Day1

Day2

Day3

Day4

Day5

Day6

Day7

Day8

Summary

We neatly tie up everything we've seen so far – the Mind, Human Living, Family Relationships & Society and Nature & Reality into a coherent whole. We end with participants feedback and some way ahead reading & practices. Every participant takes back something. Some, make it a lifelong pursuit.

Typical Benefits of the introductory 7 days session

For Students

Making Sense of Your

- Studies & career
- Peers & surroundings
- Relationships – with parents, siblings & friends
- Your aspirations, true capabilities, identity
- Your role in the 'larger scheme' of things

For Adults/Parents

- 'Balancing' your aspirations, work & family responsibilities
- Understanding yourself & your state of mind
- Relating to your children, spouses & friends
- Exploring your 'true-purpose' of life

For Thinkers, Activists

- Environmental activism – the basic laws of nature & how we can live with complementarity
- Social Activism: Evolutionary & societal reasons for inequality and how they can be resolved – how Human Race is one.

Natural Scientists

- Go beyond 'cause & effect' to understand the form-less dimensions of reality.
- Understand the 'observer' in the 'observation'.

For Spiritualists, Philosophers

- Understand existence as reality and mans place in it
- The true-nature of the 'spirit' in a non-mystical, realizable manner

For Psychology, Cognitive Sciences

- Resolve the mind-body problem.
- The nature of 'conscious' and its many activities and its relationship with the brain

For Social, Economic Sciences

- Understand human behavior and its actual basis & reasons
- Role of material needs & its relationship with prosperity and the dependency on nature

For Religionists

- Role of beliefs & conditioning in our perspective of reality
- How stones, plants & animals also have religion. How Human religion is One.

Frequently Asked Questions

About the Workshop

Logistics & Participation

Who can Attend?

1. What is the Jeevan Vidya Introductory Workshop? —

It is a 7–8 day dialogue-based interaction designed to explore our lives, human values, ethics, relationships, society, and our place in nature. It does not rely on preaching or traditional scriptures but instead uses a method of 'reflective reasoning' for self-examination. The facilitator puts forth Proposals for the same. Also, there are no 'Meditative Practices', 'Chanting', etc.

2. What is the main objective of this workshop? —

- To discover clarity about life and human purpose.
- To get an integral view of self, family, society, and nature.
- To enable the path towards harmony in our thoughts, relationships and occupation.
- To impress the need for systematic study for the same.

3. What topics are covered? —

- Universal nature of Human beings and consciousness.
- Mind, body, and desires, wisdom and universal experience.
- Relationships: family, marriage, friendship, parenting.
- Society: education, economy, justice, and resolving conflicts.
- Human–nature coexistence and the universe.

4. What philosophy is it based on? —

It is based on Madhyasth Darshan (Coexistential Philosophy), propounded by Shri A. Nagraj and meant to be a behavioural introduction to the same.

5. Who can attend? —

Anyone—students, professionals, homemakers, educators, thinkers or social workers. No prior knowledge is needed.

6. Is there any fee for the workshop? —

There is no fee for 'teaching'. It is a purely voluntary expression & hence offered as a 'gift'. However, a nominal daily contribution is expected to cover food and basic stay arrangements (typically. ₹300- 500 per person per day for residential participants; reduced for non-residential participants).

8. What are the stay arrangements? —

- Simple shared accommodation is provided on campus.
- Basic bedding (mattress, pillow, blanket) is available, but participants are advised to bring an extra bedsheet/blanket if possible. Check with the workshop organisers for further details
- Accommodation is limited, so rooms are allotted based on availability.

9. What about food? —

- Nutritious vegetarian meals are provided.
- Children below 10 years old are not charged for food.
- Accommodation for special meal preferences like Jain, no dairy etc can be organised. Please check with workshop organisers for further details

11. What are the daily timings? —

- Classroom Sessions typically run from 9:00 AM to 6:00 PM, with breaks for breakfast, lunch, tea, and dinner
- Evening goshthi (group dialogue) is held from 8:00–9:00 PM post dinner.

14. What is the policy on contributions? —

- No tuition or teaching fee is charged.Ever.
- Voluntary contribution only for food and accommodation.
- Participants unable to pay may discuss individually—contribution is never a barrier to attendance.
- Full transparency: at the end of the workshop, a summary of expenses and contributions is shared with all participants.

15. Are there any restrictions during the workshop? —

- No alcohol, tobacco, or intoxicants are allowed.
- Participants are advised not to bring valuables.
- Everyone is expected to take care of their own health and follow a simple lifestyle during the stay.

About the Workshop

Logistics & Participation

Who can Attend?

This workshop is for you if:

You feel existing paradigms are inadequate to explain the Human Condition and/or your Questions.

You do not want an 'Authority figure' to prescribe how you should live your life. You don't want to be part of a 'following' or a 'Cult'.

You are comfortable thinking independently, being challenged and drawing conclusions from your own first-hand reasoning & experience.

You don't want to stop at 'mere intellectualisation' but pursue something that can be lived.

You are open to reflect on your own behaviors & are willing to change. Open to occasional Hindi/Sanskrit Terms

You are looking for something more than just 'relief' measures.

You (also) value Family & Relationships

You (also) want to participate in meaningful social action.

You Exist.

Who conducts these workshops? Why?

About Us

We are humans from diverse walks of life who are driven by our enquiry to understand reality and live with meaning and harmony on this planet.

We are a self-supporting group of people, with no religious, political affiliation or 'formal membership', bound by a common vision and purpose – and no, we are not a 'sect'!

~

This work is seminal in nature.
We have found a resolution in this
proposal.

~

We are, or have been engineers, farmers, architects, housewives, scientists, social activists, corporate honchos, monks, educationists and students, rich, middle-class and poor; well-read and not so much from villages, towns and cities across India, from small colleges to top-notch institutes.

We are common in that we have an honest quest for the truth and a meaningful, useful life. We feel this 'knowledge' is the fundamental need of the human and the 'long-term' solution to humanities problems.

~

WORKSHOPS are not a source for our livelihood. We are engaged in various activities for our material needs. And common activities for our behavioral, intellectual and existential fulfillment.

~

Those engaged seriously with the philosophy number in the few hundreds. Not everyone who studies also conducts workshops or shivirs.

[.Register now...](#)