Comprehensive

It is almost impossible to find a workshop that is
as comprehensive, in-depth, all-in-one
as this workshop by Medha Jananam !
It delves into many aspects of life
and all the three dimensions of the personality:
Professional, Personal and Spiritual,
in an integrated, logical and an easy to understand manner !

Classical and Modern

This workshop brings the best of the Classical wisdom of India
and the best of the Discoveries of Modern Science,
in order to not just excite you or inspire you,
but to provide you 'take-away's
that will ring in your head for life time.

Five Days

In this age of sound bytes and nano attention spans,
it is hard to imagine anyone devoting five days
to ponder about the deeper aspects of life.
But we urge you and challenge you to do so.
And we bring you this opportunity to do so.

Open, Informal and Vibrant !

When is the last time, after you early days of college,
that you discussed anything openly with anyone,
with no holds barred ?
This workshop brings you one such opportunity
to discuss everything in the open.
Even if you are one of the most shy persons in this world,
you will open up by the end of the workshop, for sure !
The informality, openness and vibrancy of
this workshop is only to be experienced to believe !

Maximum participants limited to 18 !

The maximum number of participants in this workshop
is restricted to eighteen in order to allow close relationship
to develop between the instructor and the participants
and among the participants themselves, as well !

Full money back guarantee !

If you attend all the five days and not happy for any reason,
you can simply ask and get all your money back !

You may want to note that most of the time
these workshops are sponsored by a non-profit organization
and the proceeds go to charity.
Discounts are available for those facing financial hardships.

A simpler way to understand
the complexities of life.

**An all-in-one workshop
that takes you on a fascinating journey
for five full wonderful days
into multiple aspects of life.**

**Based on many discoveries of modern science
and classical wisdom of India.**

Workshops run for five consecutive Sundays
in Raleigh, NC year round.
They are offered in other cities in USA and India
on a scheduled basis.
For schedule, venue and other details:
www.medhajananam.org

INTRODUCTION TO LIFE

A five day workshop by Medha Jananam

A simpler way to understand
the complexities of life
and become stress-free,
successful and happy.

MARRIAGE
CHILDREN
CAREER
PROFESSION
BUSINESS
SPIRITUALITY

What is covered in the workshop ?

Human Relationships

Dissect the human complexity using the 'chaturvarna' (four COLORS) concept of ancient India combined with the behavioral evolution concepts of modern times. Use it to improve your effectiveness in raising children and understanding your spouse at home and managing relationships with colleagues and customers at work.

Female and Male Sensitivities and Sensibilities

Crack the puzzling behavior of the opposite gender using the 'parakriti-purusha' (female-male polarity) concept of ancient India, combined with the advances in modern physics, sociology and psychology and nuero-biology. Enhance the romance in your relationship with a good understanding and appreciation of the sensitivities and sensibilities of the other gender.

Magic of the Mind

Make sense of the complexity and contradictions inside of you using the 'pancha kosa' (five layers) concept of ancient India combined with the developments in anthropology, biology and psychology in modern times.

Opportunities and constraints

Get simple and elegant picture of the world you live in, based on a model derived from ancient wisdom of India and modern research into sociology, biology and humanities. This simple picture will help you understand the opportunities and constrains of the world, essential for advancement in your career or entrepreneurial dreams.

Growth patterns

Growth spurts occur throughout life. Understand the dynamics of the growth spurts. Plan your life in sync with your growth spurts. Manage expectations about yourself better.

Balancing Life

Understand the concept of the 'four primary urges'. Learn how to balance them to stay calm and cool and 'in-control' all the time.

Gods, Religions and Spirituality

Get deep insights into how and why Gods, Religions and Spirituality evolve based on the 'Ishta Devata, Kula Devata, Grama Devata' concept of India. Get a better appreciation of your own religion, if you are religious. Get a better appreciation of why gods, religions and spirituality are part of human psyche, if you are not religious.

Medha Jananam is a Sanskrit phrase. We chose it for its poetic beauty and with reverence to the language that has been the lingua franca of one of the oldest surviving Civilizations on the face of the planet. Sanskrit has a vast repository of works, ranging from astronomy to mathematics to medical sciences to management to architecture, drama, dance, music and sensuality.

Similarly, Medha Jananam workshops also deal with a vast number of subjects ranging from marriage to management, religions to relationships, astrology to astronomy, economy to politics and sensuality to spirituality.

Workshop Guidelines

1. Participant must be at least of age 25. You get most out of the workshop, if you have been 'on your own' in life for at least three years, i.e., thinking about it and experiencing it and acting on it by yourself, independent of influences from parents, culture and tall figures.
2. Plan for this workshop as you would plan for a vacation. Leave everything behind and get on this field trip into the recesses of your mind. This is time you take for yourself, in the company of people who are just doing that.
3. At least one major or minor concept is introduced every ½ hour, throughout the workshop. And they build on top of each other. Hence, even if you miss ½ hour of the workshop, you will miss some connections in the concepts.
4. Avoid attending the workshop with a family member or a friend or a co-worker. You have to come out of your world, to explore yourself.
5. Bring food and share food. It is an excuse to connect with other participants and make friends out of them. Cultures grew around food.
6. You leave the workshop making several new friends. It is very common to see the participants of the workshop becoming friends for life.
7. The more diverse the participants, the more enriching the experience of this workshop would be. So we try to have both men and women of all ages, from 25 to 75 and from multiple socio, economic, religious and ethnic backgrounds.
8. When conducted as a residential workshop, it includes breathing and yoga in the morning and talent show (of the participants) in the evening.
9. You are not only a beneficiary, but also a contributor into the workshop. You share your wisdom, life examples, etc., with others to make the discussions more lively and useful.
10. Your feedback and observations are actively solicited during the workshop and they will go into improving the workshop's content, for the benefit of the future participants.
11. The workshop concludes with a convocation. Each participant gets a certificate and is encouraged to give a convocation speech.