# Medha Jananam Workshops

www.medhajananam.org

Medha Jananam offers a set of five workshops: 1) 'Welcome to Life' workshop, 2) 'Welcome to Marriage' workshop, 3)'Welcome to Workplace' workshop, 4) 'Welcome to Indic mythology and rituals' workshop and 5) 'Welcome to Religions' workshop, all based on a framework of concepts called framework of Aum.

Framework of Aum is a simple, poetical, elegant and logically coherent arrangement of carefully selected concepts from classical sources of Indic culture and heritage like Vedas, Upanishads, Puranas, Mahabharata, Ramayana, other valuable sources of Indic heritage like Panchatantra, writings of Vemana, Kabir and Tagore and from modern developments in the human thought such as physics, astronomy, biology, psychology, sociology, anthropology, geology, economy and political sciences.

The first of the five workshops, the 'Welcome to life' workshop, presents the key concepts of the framework in a simple, lucid and enjoyable discussion format, aimed at the layman. It offers **three different kinds of benefits to the participants**, as described below, depending on their needs and interests.

## 1. Tools and techniques for better life

'Welcome to Life' workshop provides a treasure chest of tools and techniques to the participants that will help them hone their faculties and expand their abilities, so that they understand and manage every single facet of their life in a better manner.

Youngsters will get better understanding of their own core personality, so that they make better choices in choosing a career and a life partner.

Married people will get a better understanding of the core personalities of their spouse and children, so that they know how to cater to each other's needs, enjoy a happy family life and raise happy and positive children.

Professionals, businessman, entrepreneurs and social workers get a better understanding of the social structure and social dynamics, so that they build and nurture productive, profitable, respectful and long term relationships with their colleagues, customers, beneficiaries and partners.

## 2. A primer on classic texts and concepts

Classic texts like Mahabharata and Ramayana are too long. The generally available lectures on them by learned personalities are too short. The books and websites are too impersonal. The books and websites are too impersonal. It is hard to find a source that gives a concise, yet comprehensive and personal introduction to the key topics of Indic Thought. Medha Jananam is designed to fill that void for generations to come.

Medha Jananam provides the common man with a fascinating, yet simple and personal introduction to the texts and concepts such as Bhagavad Gita, Pancha Tantra, Upanishads, Ashtavakra Gita, Vasishta Gita, Gitanjali, Vishnu Sahasra Namam, Aum, Brahman, Trimurtis, Prakriti/Purusha, Purushardhas, Chaturvarnas, Pancha Kosas, Yoga, Meditation, Rituals and Poojas.

## 3. Answers to deeper questions of life

Medha Jananam provides the participants with an opportunity to discuss deeper questions of life in an open, candid and fun atmosphere, which is hard to find elsewhere.

The concepts of the Framework of Aum provide a broad basis that encompasses everything from the mundane to the profound, from personal limitations to infinite opportunities, from issues of personal concern to the issues of national and international concern, from material aspects of life to the spiritual aspects of life.

Participants are encouraged to reflect on that broad basis and discuss it with the other participants, so that they derive **their own answers** to many of the frustrating riddles of life, so that they resolve and reconcile the baffling contradictions of life and so that they find a direction and purpose in life that is in line with their core personality.

Medha Jananam workshop in April 2010
at NC State University, Raleigh NC USA.

# Medha Jananam Workshops

www.medhajananam.org

## Objective of Medha Jananam

The contemporary world is dividing itself in every possible way; one religion vs. another, science vs. religion, secular vs. religious, scientists vs. artists, philosophers vs. poets, men vs. women, rich vs. poor, politician vs. common man, agriculture vs. industry, environment vs. jobs, individual vs. society, individual vs. family, humans vs. nature, and the list goes endless.

Growing up and living in this world deciphering all the conflicting and confusing signals that it sends and figuring out what is the smart and right thing to do, is not easy.

But there was a time in the history of humankind, which lasted till couple of centuries ago, when people held an **integral view of life and the world** and saw everything as a part of the same whole, interconnected with each other inextricably (*Vasudhaika kutumbam*). Everything is perceived as part of one single continuum from an ant to humans to nature to the universe (*Pipeelkadi brahma paryantam*).

We need to get back to that integral view of life again, in order to restore unity and harmony in our society and find contentment and happiness in our individual lives. For example, we need to look at religion with a scientific (objective and analytical) view and science with a religious (detached, yet passionate) view.

It is neither difficult nor impossible, to get back to that integrated view again. It is just that some one has to start speaking about that need clearly. The objective of Medha Jananam is to fill that void and help all of us move in the direction of that integrated, connected, meaningful, rich, contended and happy lives.

Medha Jananam practices what it preaches. The format of the workshop is designed to illustrate how people can realize that connection, integration and richness of relationships through personal, candid, open and inapprehensive interactions.

Medha Jananam limits the number of participants in any given workshop to eighteen to serve that very purpose. It is an optimum number that is big enough to add diversity within the group and small enough for the participants to get to know each other well.

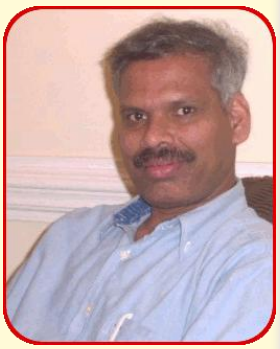
The workshop is designed to be five long days on purse. It gives the participants enough time to interact with each other, trust each other, connect with each other, discuss with each other and learn from each other.

The forty hour long interaction between the participants and the instructor is essential to develop a personal and intimate relationship, which will help them become friends or mentor/protégées or partners in various activities for the rest of their lives.

The objective of Medha Jananam is not to indoctrinate or change the core personality of any individual, but to shed light on it, so that they **know** themselves better and **shine from with in.**

## Origins of Medha Jananam

Medha Jananam workshops and the underlying Framework of Aum are the brain children of Sri Krishna Sharma. He was born in 1958 in the village of Kavur, near Kotappa Konda, in Guntur District, Andhra Pradesh, India, where lord Shiva is worshipped in the form of Medha Dakshina Murhty, the supreme universal teacher.



Krishna Sharma
*Founder, Medha Jananam*

krishna@medhajananam.org

Sri Krishna Sharma obtained Master's degree in Mathematics from University of Hyderabad with a gold medal in 1980. He has been working in the information technology industry since then.

He started his career at ECIL, Hyderabad and migrated to USA in 1989. Currently (as of Sept 2010), he is working as Solution Architect at Blue Cross Blue Shield of North Carolina, USA.

His interest in the Indic Thought and the concern for the world at large, was ignited at an young age by his maternal uncle, Sri Chintalapati Venkata Rama Sharma, which led him to conceive the idea of Medha Jananam in 2005.

He picked up the inspiring Sanskrit phrase 'Medha jananam', which can be loosely translated into English as 'Igniting the Intellect', from the name of a ritual that is part of one of the traditional ceremonies of Indic culture called Upanayanam.

He spent more than three years putting together the framework and designing the workshops, sorting out through everything he learned over the previous thirty years. The concepts he distilled into the Framework of Aum come from the numerous books he read in every discipline of human thought ranging from mathematics to poetry to religion to science to astronomy to anthropology to economics to political science, from his personal experiences growing up in small villages and towns of India to working in major cities of India and USA and from watching the world move from the concerns of colonial and cold-war eras to the concerns of global warming, diminishing natural resources and extinction of species and languages and cultures, while sustaining double that of the population and connecting half of the world through internet and leaving behind close to a third of the population below poverty line.

His passion is to help every single individual become aware of the innocence, strength and beauty (*sat*, *chit*, *ananda*) that lies at their core and help them bring it out into the world. And to do it all in a **personal and interactive setting**, just as he experienced it with his uncle.

# Medha Jananam Workshops

www.medhajananam.org

## 'Welcome to life' workshop - topics by day

| Day | Topic | Practical | Theo-retical | Informa-tional |
|---|---|---|---|---|
| Day 1: **Basics** | Introduction, three Gods, four petals (Purushardhas) and a overview of Indic Thought | 30% | 20% | 50% |
| Day 2: **The Stage of universe and the players** | Universe (Brahman), Organisms(Bhootas), Cycles(AUM), Consciousness Levels (Satva, Rajas, Tamas), Five Layers (Pancha Kosa), Energy Levels | 30% | 40% | 30% |
| Day 3: **The Play of the universe** | Manifestation (Prakriti and Purusha), Images (Manasa Sarovar), Yoga, Bhakti | 40% | 30% | 30% |
| Day 4: **The natural energies** | The four energy types a.k.a. personality colors (Chaturvarnas) | 70% | 20% | 10% |
| Day 5: **The Essence** | The four energy types a.k.a. personality colors contd. Final words and Convocation | 70% | 20% | 10% |

## In the words of former participants :

"In the past five years, I have done MBA and attended sales and management workshops. None of them compare to Medha Jananam ! I got great insights into managing team members and dealing with the tough ones."

- Program Manager at Cisco. Age 50.

"The best thing that happened to me in 2009 is Medha Jananam. Medha Jananam had been an exciting journey, more like a field trip into the concepts of Indic Philosophy."

- Ph. D. student at NC State University. Age 27.

"Each of the modules made perfect sense to me and gave me the perfect reason/explanation as to why the world works the way it works."

- Professional at RTI International. Age 26.

"When I attended the intro session, I came back home thinking 'hmmm, this could be interesting', little did I know how it would transform me !"

- Systems Analyst at Duke University. Age 39.

"Medha Jananam is the best 36 hours in my 39 years of life."

- Firmware consultant. Age 39.

"I wish my father took Medha Jananam. He would have probably saved himself from bankruptcy."

- Research associate at UNC, Chapel Hill. Age 35.

"My mother gave me everything on a platter when I was child. I felt the same with Medha Jananam !"

- Research associate at UNC, Chapel Hill. Age 35.

"I completed my Ph.D. and Medha Jananam in the same week. Guess what excited me most? Medha Jananam !"

- Student at NC State. Age 27.

"Medha Jananam is definitely life changing and enlightening. You get to talk about things that you have knowledge of, but no one has ever really pointed it out or talked about with you."

- Student at Duke University. Age 18.

"Medha Jananam gave me useful tools that will help me make good, solid life choices."

- Home Maker. Age 37.

"I wish I got Medha Jananam 20 years ago. I would have given better guidance to my children."

- Parent with teenage children. Age 43.

"Ironically, I learned the best of Indic Thought only after migrating to USA. Thanks to Medha Jananam!"

- Immigrant from India. Age 44.

"Medha Jananam delves deep into difficult aspects of life, which are skipped by every other forum."

- Professional at NC State DOI. Age 48.

You can find more detailed feedback from the former participants at;
www.medhajananam.org/tm/

# Medha Jananam
## 'Welcome to Life' Workshop
### Oct 1,2,3 and 9,10. – Hyderabad.
### Venue: Satyam Auditorium @ IIIT

## Guidelines to participants

Medha Jananam 'Welcome to Life' workshop is of forty hour duration spread over five full days. It is open for people of ages 20 to 60, from any background, such as professionals, businessmen, housewives and students, regardless of caste, creed, gender, religion, economic status, race, ethnicity or nationality. There are no pre-requisites to attend Medha Jananam. The material is presented in a simple, lucid and enjoyable discussion format, targeted to the layman.

Each concept presented in the workshop is significant in itself and builds on the concepts established previously. Hence, it is required that the participants attend all the 40 hours of the workshop. If participants miss or skip more than 2 hours of the 40 hours at any time, they will be asked to discontinue the workshop and join another workshop scheduled at a later time in the future.

The doors of the workshop will be closed 30 minutes after the start of the workshop on the first day. Participants will not be allowed after that on the first day. Participants who could not attend on the first day will not be allowed to join the workshop on the subsequent days.

Workshop on each day is scheduled to be of 8 hours duration. However, it has been the experience that the discussions become lively and participants continue beyond the eight hours to complete the discussions. So participants are advised to keep their evenings clear, without any other obligations, so that they can take full advantage of the discussions.

The medium of instruction for Medha Jananam will be either English or Telugu depending on the language that is most familiar to most of the participants.

Participants can pre-register themselves and their friends and family members for the workshop by sending an email to rameshtupakula@gmail.com with their name, phone number, email, year of birth, country of residence and postal code. Walk-ins are allowed as long as the number of participants does not exceed the ideal limit of eighteen.

People who like to get a feel of Medha Jananam before committing their time to attend the workshop, can do one of the two things: a) attend an introductory session (send email to info@medhajananam.org about introductory sessions) or b) attend a convocation session at 3:00pm on the final day of any workshop.

Participants are strongly encouraged to attend an introductory session, if at all possible, before attending a workshop. Introductory sessions introduce certain simple concepts and provide a sense of the informality that can be expected in the workshops.

For further information about the workshops, visit the website at www.medhajananam.org or send an email to: krishna@medhajananam.org, rameshtupakula@gmail.com, haribabuc@yahoo.com, syamal.sanmath@gmail.com.

You can reach Sri Krishna Sharma, founder and instructor of Medha Jananam in Hyderabad from Sept 25 to Oct 18, 2010, at: 2787.2787 or 99668.10188