

## Professional Ethics and Social Responsibility

### **Inner Clarity and Meaningful Action for Personal and Social Well-Being**

Young people, especially students have a lot of questions about their future. They have a lot of options to choose from but this process becomes extremely complex, confusing and sometimes frustrating. To take the right decisions and lead a personal and professional life that is personally fulfilling and societally meaningful, they will need frameworks that go beyond routine aspects and provide deeper insights. This leads to inner clarity coupled with effective societal action leading to well being of all.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Wellness Session (1.5 hours)	Integrated wellness of mind, body and emotions based on Yoga					
Indic Frameworks on Leadership, Ethics and Success Sessions (3 hours)	Purushartha: A vision for life	Leadership: Inside Out (Daivi Sampat)	Neeti: Being Just	Shakthi Worldview: An expansive and embracing identity	Cognitive biases and Ethics	Designing aspirations : Social Responsibility
Case study-based Immersive Sessions (3 hours)	Purushartha based Business Case study	Reading and Discussion: Shanti Parva	Neeti based Case Study	Sense of self and others: Expanding boundaries	Yogic Psychology from Yoga Sutras	Understanding and Discovering Swabhava and Swadharma
Reflection & Introspection Sessions : Q&A (1.5 hours)	Application of Purusharthas	Ethical Self and Personal Values	Character building and self-goals	Business beyond profits	Health and Happiness	Personal and Collective -Dharmic Action

### **Profile of Resource Persons**

Adinarayanan Venkatachalam and Smrithi Rekha Venkatasubramanian are founders of Anaadi Foundation, a socio-spiritual organization dedicated to inspiring young people to lead a self-reliant, sustainable and fulfilled life. Vikasa, the Youth Leadership program focusing on Governance, Public Policy, Ethics and Personal values principles from the Mahabharata is a flagship program of Anaadi Foundation. Alumnus of IITs, IIMs, civil service aspirants, social workers and entrepreneurs have been part of this program.

Adinarayanan has an MS in Computer Engineering from North Carolina State University and has over a decade of academic and teaching experience at Amrita University. Adinarayanan

taught/co-taught 2 courses at IIT Delhi – a. Inner Development for Health, Happiness and Success, b. Yogic Neuroscience. He delivered a TEDx talk on the Cognitive impact of Yoga. He has spent more than 100 days in mouna (silence) as a way of first-person research into consciousness.

Smrithi Rekha has an MS in Information Systems from State University of New York at Buffalo and Amrita University. She was formerly an Edtech and Cognitive Science researcher at CREATE Labs and a Faculty member of the CSE Department at Amrita University. Her research work with Amrita University involves understanding group decision Making in software projects. In 2015, she was at the University of L'Aquila, Italy as Visiting Professor. A regular practitioner of Yoga and a technology enthusiast, she blends meditation, technology, humor and stories in all her sessions.

Both Adinarayanan and Smrithi have been involved in envisioning, developing and delivering courses on Computer Science, Indian culture, Mahabharata, Yoga and Indian Science and Technology at Amrita University.

They are part of the core group designing the National level Value Education Program of MHRD. They are speakers at various forums and programs.

They are also co-founders of Para Vidya Gurukulam along with Padmashri Dr. PR Krishnakumar. The Gurukulam offers an educational environment for the holistic development of children based on Bhasha, Shastra, Kala and Krida hosting Acharyas/Gurus of traditional Bharatiya arts and sciences.

Related Websites: [anaadifoundation.org](http://anaadifoundation.org) | [paravidyaschool.in](http://paravidyaschool.in)