



UNLOCK YOUR SELF – The Kabir Way 4.0

Emerging in a post pandemic world, with love, sensitivity and courage.

COURSE MANUAL

This document is your manual for schedules, timings, tasks, technical details, submissions and contact sheet. Please read it thoroughly before the course begins. Also please ensure that you have read the documents sent for prior reading as well as watched the DAY 0 videos.

BASICS

- ➤ The course is for a total duration of 6 weeks.
- ➤ Participants will be added onto a WhatsApp Group for the duration of the course for ease of communication and discussions.
- ➤ Administrators will create personal Google Drive folders for submissions.
- ➤ All modules and content will be loaded for access on the Unlock Your Self website.
- ➤ Certificate will be issued upon satisfactory completion (Submissions, interaction, participation, attendance)
- ➤ Personal report will be sent at the end of the course upon satisfactory completion. (Submissions, interaction, participation, attendance)

SCHEDULE – 8 am Indian Standard Time

- Every Sunday – Tuesday – Friday the following will be uploaded to the website portal.
 - ➤ Your module video of the doha and its meaning.
 - ➤ Your module video of the task and self-work.
 - ➤ Lesson plan for each module.
 - ➤ You will be able to access each module by 9AM IST
- Every Monday – Wednesday – Friday the schedule is as below.

➤Submission of your action item before 5PM IST.

Every Thursday will be the collective group meeting.

- ➤ Time will be decided collectively with the group for 1.5 hours - 2 hours between 4 PM to 8 PM IST. This will be finalised as the group finds suitable. Our proposed timing is 7 PM IST.
- ➤ This is when community building, sharing and collective work will take place.

SUBMISSIONS

- ➤ The submission will be viewed only by the faculty members and will not be shared with other participants.
- ➤ Participants have 32 hours to complete each task for submission.
- ➤ Sunday due by Monday, Tuesday due by Wednesday and Friday due by Saturday.

➤ There are a total of 18 action items. For certification and personal reports a minimum of 15 action items need to be submitted.

TECHNICAL STUFF

Meetings on GoogleMeet

Mentoring on WhatsApp

Website - www.unlockyourselfcourse.org

Login details - Will be sent via mail.

Submission portals - Google Drive - Access will be sent on mail.

SUPPORT SYSTEM

Logistical support, technical queries, submissions. Dakshayani Athalye

Breath-work, Singing, Kabir related queries Mandar Karanjkar

Action items and task based queries Pooja R. Bhale

FACULTY BIO

Pooja R Bhale

Pooja R Bhale (PRB) is a Conservation Biologist with an MSc Conservation from UCL, London and a BSc (Hons) Animal Biology & Conservation, UEL, London. She has previously worked with reputed wildlife organisations such as WPSI, Sanctuary-Asia, Elephant Family, Shamwari Game Reserve and Indian Herpetological Society. Her ancillary certifications include Leadership for Young Adults, Reiki, Telepathic Animal Communication and NLP amongst others. Currently she heads Protecterra Ecological Foundation (PEF), a non-profit dedicatedly working in ecological awareness, education and outreach. The Farm is PEF's flagship project, an effort to reconnect people to the planet through love, awareness and learning. PRB lives at The Farm in a tent with her animals, nearly 40 of them. Spiritual ecology is the niche space in which The Farm, PRB and PEF operate. On her own time, PRB is a sportswoman and currently plays rugby on the Maharashtra team. She has also extensively travelled and worked in protected areas in South Africa, England and across India. Pooja is a light worker with a star seed past and is deeply involved in the spiritual realms of shamanism, bhakti and meditation.

Dakshayani Athalye

Dakshayani is a kirtankar, an avid reader and a connoisseur of Indian Classical Music. She is the author of two books; her recent one being 'Freddy' a beautifully illustrated book about Pt. Firoz Dastur. With her academic understanding of Law, she continues to discover the essence of 'Education' even after pursuing Masters in Education from TISS, Mumbai. She is currently the CEO of Baithak Foundation, looking after an array of initiatives and programs.

Mandar Karanjkar

Mandar is a writer, speaker and strategic communications consultant. With B Tech from COEP he is also a visiting faculty at his alma mater and other colleges in Pune. A lifelong student of Kabir; Mandar expresses his understanding of the 15 century Indian Mystic and Poet through his regular blogs and also his book The Kabir Way. As a musician he has also composed saint poetry; mainly Kabir, Tukaram and Dyaneshwar. Music has been with Mandar since his childhood and he found a life-changing Guru in Late Pt. Vijay Sardeshmukh. He is also the co-founder of Baithak Foundation an NGO working to build artistic foundations to create a better society.