

## **Amma Appa 2026: life at full potential**

### **Context:**

In an effort to reduce addiction, this project offers a positive prevention strategy of building empowerment to challenge and change adverse behaviors and social norms towards creating a counterculture of healthy lifestyle and social responsibility. We want to unfold agency and co-create activities that are life enhancing rather than activities that socialize around alcoholism, peer pressure and addiction. We will use a well-being campaign with evening village talks, street theater, sports, literacy/skills development and RTL leadership training for young people in the surrounding villages of Auroville. In a world that constantly poses challenges, it becomes important to support each other, so that we manifest humanity to transcend these challenges and be in continuous action. Addiction disrupts lives to the extent that there is an imperative need for support and action. At this point, awareness and information enhance knowledge about addiction and rehab gives respite with counselling and medical support. In order to realize the potential and wellbeing of people, it is important to go beyond this, and be in action to generate equitable and enduring results, by sourcing one's inner capacity to shift life depletion. In doing so, we can foster self-responsibility, agency and wellbeing for all.

Health and addiction issues can be seen as an appropriate entry point to shift unworkable systems and norms in the society by creating alternatives that are empowering and sustainable. What is required today is a full spectrum response that inspires people to source their inner capacity, shift patterns of life depletion, systems and cultural norms of stigma and disempowering isms and generate results that contribute to personal and community health and well-being for all.

### **Shifts:**

In order to generate results, participants will address issues related to self, others and the system (such as family, workplace, school, community), by being able to shift

- Shift from substance use as recreation and peer connection to life-enhancing recreation, e.g., sports and arts as wellbeing and supporting agents of change.
- From low income and unemployment to skills training and fulfilling careers and jobs.
- From the acceptability of drink related violence to zero tolerance for domestic and other forms of violence.
- From limited awareness about addiction and stress related to addiction -- to increased awareness of addiction & stress, its manifestations and learning how to deal with stress, knowing when to get help and conflict resolution.
- Shift from partial responses for substance use disorder -- to conscious full spectrum responses for wellbeing.
- From being entrapped in discriminatory and divisive practices based on region, religion, language, gender, caste and class, and other isms to creating enabling spaces and lifestyles that foster full potential of people for wellbeing.

- From working with stakeholders in silos (with only one stakeholder group) -- to developing partnership for results.
- Shift from stigma and discrimination to inclusion and dignity; from deprivation and loss of dignity to responsibility for life.
- Shift education in schools and higher education institutions from only knowledge and information on addiction – to responding effectively and realising the full potential of all. (with community as entry point).
- From only responding to stress using knowledge and the logical mind --to responses, strategies and action based on universal values as the foundation for all learning, healing and building resilience as we solve problems for individuals and societies.

### **Objectives of the module**

1. To identify the stress due to addiction and deal with it by sourcing my universal values for action.
2. To learn skills of dealing with stress and conflict resolution to build resilience.
3. To learn skills for self-care and transforming addiction, learning job skills and cocreating meaningful jobs/ careers.
4. To identify social and cultural norms that are life enhancing and promote them; and identify social and cultural norms that are diminishing and challenge them in oneself and others.
5. To identify, develop and utilize support systems for providing care and build projects in local communities including sports that will lead to a counterculture of health and well being.

### **Action:**

A Learning in action program will be held over 4 days, the last week in April and first week in June 2026. It will be offered multisector - to youth, community and those working in the field of addiction and education. The content will cover the following RTL tools (with Srilatha, Poovizhi and Savithri), and will include thought breaks (with Bhuvana and Rashmi) that embody the RTL concepts covered in the program. This includes knowing who I am and what I bring to my life, family and work, designing my interventions for life enhancement, concepts related to understanding basic neuroscience and reactions to stress, principles and techniques of psychological first aid and psychosocial care, and caring for self. The methodology would include experiential exercises creating a space for enquiry and practice.

### **Proposed tools covered:**

- Sourcing inner power
- My 4 profiles
- Deep Listening
- What is stress; what triggers & maintains substance abuse - systems and cultural norms
- Design for wellbeing

- BTI - Designing my life for full potential (routine activities, recreation, study/work, relationships)
- Realising the full potential of my BTI
- My typical reactions to stress - RUTFA
- Transcending stress - judgment discernment/overwhelm overload, destructive anger/principled outrage, complaints
- SABFDAA -SABF (Rashmi); Discernment - RTL
- Assertiveness & Action - RTL
- Designing my life for full potential - speaking powerfully; conversation for action/completion.