

The Confluence

Centre of Yoga Science and Sustainability

A Not-for-Profit Initiative by



Inner Search Foundation



Contents

1. Introducing, “The Confluence!”	2
2. The Vision and Guiding Philosophy of The Confluence.	2
3. Mission	2
4. Aims and Objectives.....	3
5. Proposed Campus Facilities	3
6. Vishnu – The Symbol of Sustainability!.....	4
7. Proposed Programs at The Confluence	4
8. Development Plans of The Confluence.....	6
9. Seeking Support for The Confluence	7
10. About Inner Search Foundation	8
11. The Confluence Development in Progress.....	9



1. Introducing, “The Confluence!”

Welcome to **The Confluence**, the holistic Centre of Yoga Science and Sustainability by **Inner Search Foundation**, being built on the principles of Sustainability supported by Yoga Science.

Spread over 7.5 acres of serene, green landscape on the banks of Amba, a tributary of river Kundalika, in the Raigad district of Maharashtra, The Confluence is designed and being developed to provide an ideal environment for initiating and sustaining a positive change in the direction of Sustainability and Sustainable Development.

Our philosophy percolates in all our proposed programs which include research, mentoring, training, social welfare, all focused on developing attributes in humans that promote Sustainability, and facilitate personal growth based on the philosophy and practice of Yoga in its truest form.

2. The Vision and Guiding Philosophy of The Confluence.

Man’s eternal quest remains for a state of peace, harmony, well-being, and happiness. The Vedic seers have beautifully summed the eternal vision in a shloka which does not limit this wish to just humans but to all life on the planet. The Inner Search Foundation and has embraced this Vision as its own, to be realised and propagated through the activities at The Confluence.

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु, मा कश्चिददुःखभाग्भवेत् ।

May all be happy, may all be free from illness.

May all have auspicious perceptions, may no one ever experience misery.

3. Mission

To influence and promote: Feeling, Thinking, and Actions that lead to an increasingly sustainable future for our planet and for all the entities inhabiting it.





4. Aims and Objectives.

Towards realization of the Vision and Mission, the Inner Search Foundation aims:

- To develop and manage an **Environment Friendly Infrastructure at The Confluence**, which is efficient, and needs optimal carbon footprints for its sustainability.
- To design, develop and organize **On Campus Programs** in line with the Vision and Mission and ensure optimal sustainability of The Confluence.
- To **Collaborate and Conduct Research** in various fields which are in line with the Vision and Mission.
- To **Disseminate Information and Knowhow** to the needy through various media and through off campus programs that The Confluence may plan.

5. Proposed Campus Facilities

- **Temple with idol of Vishnu, the symbol of sustenance.**
- **Reception**
- **Academic Program/Seminar Halls**
- **Library and Knowledge Centre**
- **Yoga, Meditation and Holistic Health Centre**
- **Guest Rooms**
- **Cafeteria**
- **Sports and Recreation Area**
- **Open Spaces for floriculture/horticulture - Vegetables, Fruits, Herbs, etc.**





6. Vishnu – The Symbol of Sustainability!

One of the first structures of The Confluence, a small, prominently located temple of the Lord Vishnu on the Northeast end of the campus is to serve as the symbol of Sustainability.

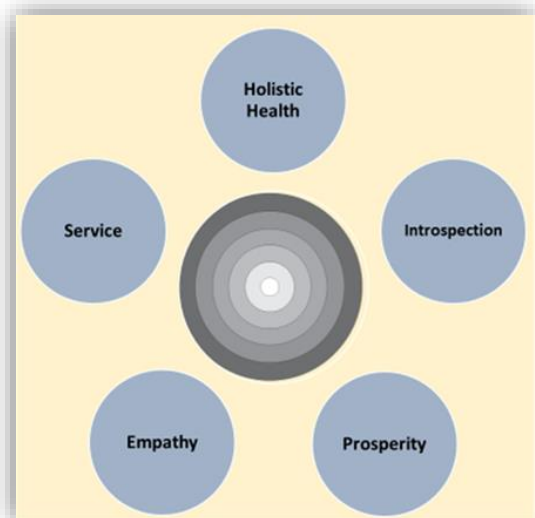
The ancient texts describe the phenomenal universe to have emerged from Pure Consciousness with three forces responsible for this process i.e., Creation, Sustenance and Dissolution, depicted by the symbols in human form conceived by the seers as Brahma, Vishnu, and Shiva, the trinity. This symbolization provides common folk a relatable model for easy comprehension.



While Brahma is responsible for creation of the phenomenal universe, it is Vishnu who Sustains/Preserves the universe until it is dissolved again in the Pure Consciousness by Shiva. Vishnu possesses qualities which preserve and sustain this universe and motivates us to seek such attributes for sustainability in our lives and respective areas of influence.

7. Proposed Programs at The Confluence

- The Programs at The Confluence address the humans at the levels of Body, Mind, Emotions, and Beyond – The True Self. While the subjects of discussions on Sustainability may vary depending on the profile of attendees, the core practices related to health, clear perceptions, emotional balance, sense of peace, sensitivity, awareness and empathy towards the surroundings shall remain part of all programs at The Confluence.
- Programs at The Confluence are designed for specific target audience, duration ranging from 2-day workshops to 3-6 days courses, to 2-6 weeks comprehensive programs. Program topics and scope also range from Basic Introductory Programs to Advanced Comprehensive Programs for each target audience.





- The target audience include:
 - Individuals
 - Social Groups
 - Children and Young Adults
 - Corporate and Non-Profit Organization Groups



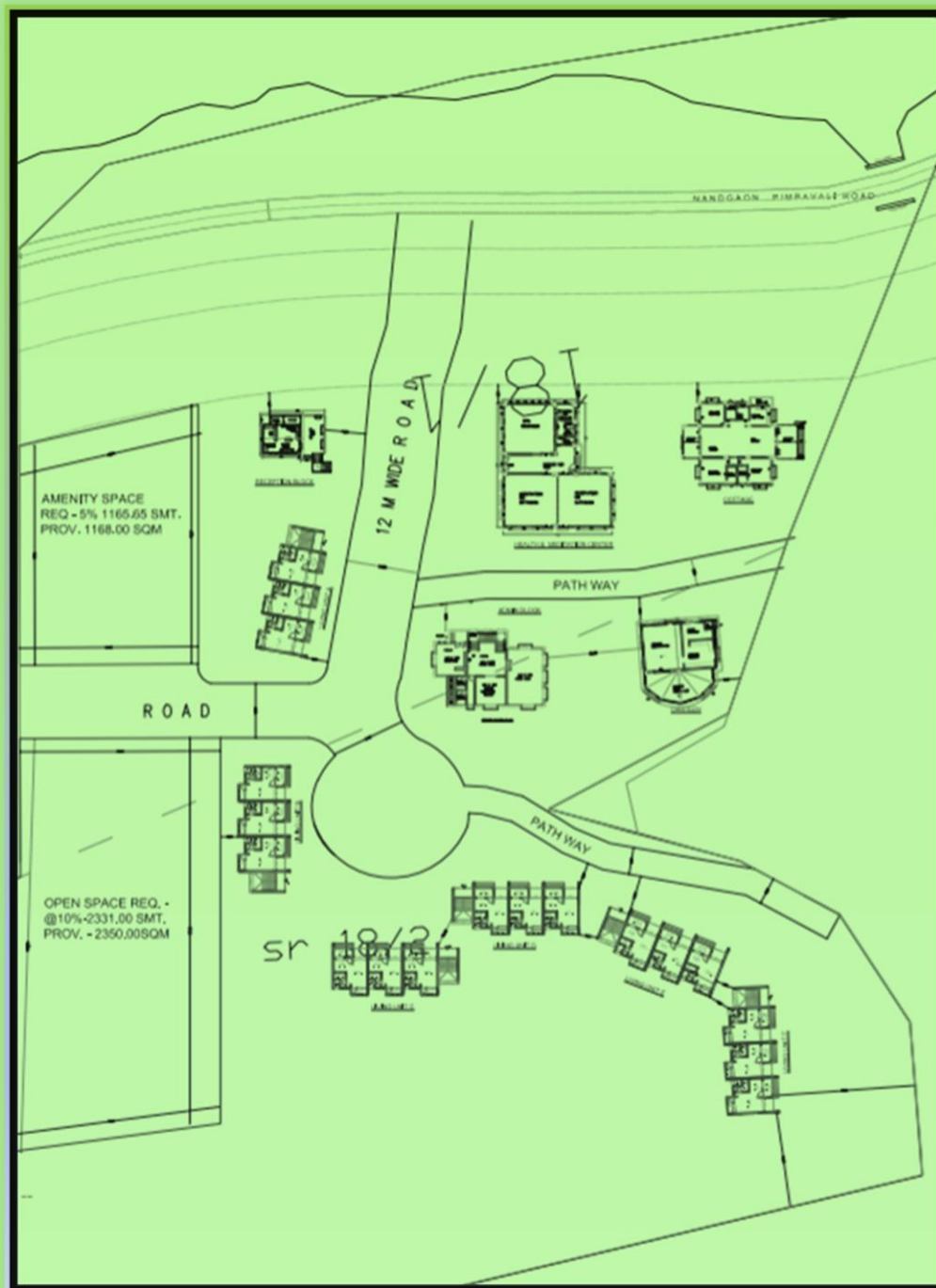
Individuals	Social Groups	Children and Young Adults	Govt./Corporates/Non-Profit Organizations
Introduction to Holistic Living	Holistic Health and Wellbeing	Introduction to Ecology and Sustainability	Stress Management and development of Personal Power
Workshops on Music, Arts, Science, Dance, Literature, etc.	Introduction to Ecology and Sustainability	Workshops on Music, Arts, Science, Dance, Literature, etc.	Effective Communication, Assertiveness and Emotional Intelligence
Basics of Ayurveda as applied in day-to-day life.	Organic Farming.	Health and Hygiene	Sustainable Leadership
Basics of Hatha Yoga including joints and glands exercises.	Programs in Upanishads and Philosophy.		Sustainable Management
Creative Use of Emotions	Yoga – Eight-Fold Path based on Yoga Sutras of Patanjali		Program for Research Groups working on Sustainability
Introduction to Raja Yoga including basics of Meditation.	Gender Equality and Empowerment		
Yoga – Teachers Training Program			
Basic and Advanced Meditation camps and Silence Retreats.			
The schedule for all programs at The Confluence include the core day to day living philosophy and practices for enhanced physical, mental and emotional health that support individual and universal sustainability.			



8. Development Plans of The Confluence

Phase 1 – Mid 2022 comprising 12-18 guest Rooms, Cafeteria, Academic Block with Seminar/Yoga Hall and a Knowledge Centre, Recreational Facilities. Total Approximate Area 10000 sq ft.

Phase 2 – By Mid 2024 comprising complete set of 36 guest rooms, Yoga and Meditation Centre, Admin/Academic Block with Seminar Hall, Knowledge Centre, Offices, etc., Souvenir Shop, Complete set of Sports and Recreational facilities, Water Bodies, etc. Total Approximate Area 25000+ sq. ft.





9. Seeking Support for The Confluence

We invite individuals, groups and organizations whose thinking and philosophy may resonate with ours enabling us to create a larger impact. Contributions can be by way of:

- **Recognition and Affiliation:** with Govt. and Non-Govt. Institutions and Organizations who believe in the philosophy and practices of Sustainability.
- **Monetary Support:** Donating funds to the Inner Search Foundation which is a 21-year-old registered trust founded under the Bombay Charitable Trust Act 1950. Income Tax Benefits may be claimed as the trust is approved for 80G and 12A exemptions. All the funds will strictly be used for campus programs, infrastructure development and sustenance.
- **Donating Equipment and Devices which promotes sustainability** – Solar systems, water management and waste management systems, agriculture, and farming equipment, etc.
- **Intellectual Contribution** by way of expertise in various aspects of sustainability. This can be in form of:
 1. Literature and relevant study material, in various media formats.
 2. Conducting workshops on various subjects related to sustainability which may include:
 - Yoga and Meditation
 - Philosophy – Indian and Western.
 - Psychology – Indian and Western Concepts
 - Health and Healing
 - Modern Medicine and Alternate Therapies
 - Ecology and Environment Protection including water, air, waste, etc.
 - Sustainable Management and Leadership
 - Forestry, Organic Farming and Agriculture
 - Healthy Holistic Cooking Practices
- **Temporary and Lifetime Service Memberships:** Becoming a temporary or full-time active member of The Confluence (subject to your application being approved by the trust). This membership will include a system of time sharing whereby you can live on campus for certain number of days annually and participate in serving/managing campus activities based on your expertise. You may avail of all facilities for personal growth and development while you are on campus.



10. About Inner Search Foundation

The Inner Search Foundation and all entities within the ISF Group collectively resolved in 2019 to adopt the United Nations goals for sustainable development as our corporate goals, since they resonate with the vision, aims and objectives of the Inner Search Foundation which was established in the 2000 as a public charitable trust under the Bombay Charitable Trusts Act of 1950.

Inner Search Foundation derives its core principles from the age-old authentic Yoga Science expounded by sage Patanjali in the Yoga Sutras. Adopting a holistic approach to life and living, a human being is able to achieve his/her full potential, and also remain aware and sensitive to his/her surroundings.



The Confluence

Inner Search Foundation

Survey No. 18/1, 18/2

Village Nagaon, Tal. Sudhagad,

Dist. Raigad.

Maharashtra—410205

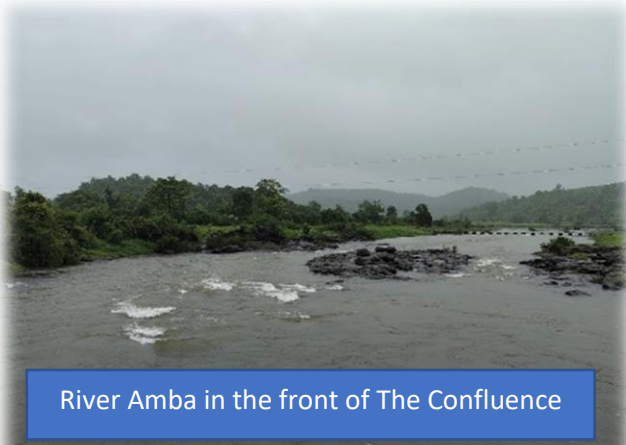
Google Map Location:

<https://www.google.co.in/maps/place/The+Confluence+by+Inner+Search+Foundation/@18.4821601,73.3120722,17z/data=!3m1!4b1!4m5!3m4!1s0x3be8190ceac95709:0xa3aaf55e80de3563!8m2!3d18.482155!4d73.3142609?hl=en&authuser=0>

Contact us at www.inner-search.org or write to us at isfgi@isfgroup.in



11. The Confluence Development in Progress



River Amba in the front of The Confluence



UG Storage Water Tank



Land levelling and preparation in progress



Tree Plantation – Fruits, Herbs & Vegies



Striking Water at The Confluence Campus



Tree Plantation Drive