

Forest Karmayogi Training Program

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Delhi (founder: Ms. Radhika Bhaget) to conduct a workshop intervention, “Forest Karmayogi Training Program.” The program was delivered to Forest Officers and Rangers in Dudhwa Tiger Reserve in Uttar Pradesh. The group was also joined by the Foundation for Contemplation of Nature (Uttarakhand) founded by Ajay Rastogi. The Program was conducted from March 11th to 15th, 2024.

The key topics delivered were Building Mental Strength, Karmayogi Principles, Yoga Asana sessions, Conscious Leadership, Understanding Varied Personality Types, and Sacred Ecology. The mental health/strength training included interactive sessions on cultivating skills by which to better balance mental negativities that can lead to dangerous conditions (e.g., anxiety and depression).



program that pertained to their lives in very tangible, relevant, and personal ways.

They encouraged the team to return for additional trainings.

The Core Team includes:

Dr. LM (Malini) Frey of Amrita Vishwa Vidyapeetham in Kerala, Ajay Rastogi, (Foundation for Contemplation of Nature (Uttrakhand); Ms. Radhika Bhaget, founder and director of Sacred Earth Trust (SET) and her support staff: Ms. Rubina Rajan and Mr. Namet Khanna all of Delhi.

Video address was delivered to the participants from the CCF & Field Director, Dudhwa Tiger Reserve, Mr. Sanjay Kumar Pathak. At the end of the program other addresses were delivered by: Mr. Lalit Verma, IFS, CCF & Director, Dudhwa Tiger Reserve; Mr.

This is the second visit of Dr. Frey to Dudhwa forest reserve. Her first visit was in December 2022, when she met the Forest team for the first time. During this visit she had conducted needs assessments with frontline forest staff. The needs assessment was carried out jointly by representatives from Sacred Earth Trust and Dr. Lisa M Frey from Amrita Vishwa Vidyapeetham, Amritapuri Campus, between the 19th to 22nd of December 2022. Forest staff were interviewed, representing various positions. They represented 6 ranges: Kishanpur, Mailani, Salukapur, Gaurifahnta, Banjati, and Dudhwa. She also had a meeting with the Director and Deputy Director of Dudhwa Tiger Reserve. The needs assessment survey has helped to gain a deeper understanding of the challenges and strengths that must be kept in mind while developing a training module that effectively addresses the staff motivation levels, state of mind, efficiency, and ethics as the key objectives.