

## Work Life balance. An integrated approach- By Rahul Kapoor Jain.

On Tuesday July 21, 2015 The Diamond, Gemstones & Jewelry Community of New York in partnership with YJA and YJP organized a motivational lecture “Work life Balance- An integrated Approach” – by Rahul Kapoor Jain at the Republican Women’s club. Rahul Kapoor Jain is an entrepreneur, Speaker, Presenter and Author. In the last 15 years, he has founded 3 companies and 2 charitable trusts. He is the youngest faculty at Indian Institute of Management, Bangalore. The event was organized at short notice but still almost 200+ people participated. Almost 20% of participants were under 40 years of age. This shows how people of all ages want work life balance in their lives.

Rahul Kapoor Jain has transformed over 100,000 lives through his Effective Communications Workshops (KWEC), Ignite India Initiative and Jain Youth Leadership Forum. In less than five minutes he got the audience electrified and engaged. He surprised the audience when he claimed that there is Mahatma in all of us. He gave slogan of “Constant Consistent Commitment”. He showed how Mohandas Karmchand Gandhi became Mahatma Gandhi by constant consistent commitment. He explained that great people like Mahatma Gandhi, Steve Jobs, Indian cricketer Sachin Tendulkar are not lucky or born great, but they become great by constant consistent commitment. Further he explained importance of integrity in achieving success.

Next he explained that work-life balance is actually work-life happiness. He showed how spirituality/ dharma is needed for work life happiness. Dharma is not rituals but it is nature of soul. When one is dutiful, forgiving, at peace and happy one is in dharma. He further explained how four kasaya’ (sins) Anger, Ego, Deceit and Greed cause stress in our lives and end our happiness. Due to these kasaya’ a person’s soul goes in Adharma. He finally put all the pieces of puzzle together. Through Constant Consistent Commitment one can become mahatma, but this has to be done with integrity and with dharma. If same work is done under influence of greed, pride, ego or deceit it will be stressful because it puts one’s soul in unnatural state. Sharing his personal experience he convinced that work may keep someone extremely busy, away from family but as long as one is fulfilling duties of father, son and husband one will be happy creating work-life happiness. His final piece of advice was to live in awareness/mindfulness.

This motivational lecture struck a chord with lot of people. One participant Anuja Jhaveri remarked “Work life happiness translates to work life balance. But to achieve that Jain Dharma principals should be foundation of all the endeavors of life and one should also appreciate life and people in our life. It may be difficult to put these learnings in practice but with constant consistent commitment one can achieve it.” Another participant was very touched too and wanted to know how to convert anger into compassion. In response to which Rahul Kapoor Jain responded that being aware helps us to catch ourselves when we are about to get angry. If we can think at that moment that how anger causes adharma, we will be able to convert anger into compassion. One more YJP participant felt connected because of Mr. Rahul’s down to earth attitude and strong values.

The session ended with a short questions and answer session.