

## The Ikigai Quest 2020

### The way for professional and personal success

**Date- 13<sup>th</sup> June 2020**

**Time- 11.00-12.30pm**

**Speaker- Mr. Manoj Anchan, Mr. Anil K, and Dr. Sandeep Pachpande**

ASM Group of Institutes in association with ASMA brought yet another enriching webinar on The Ikigai Quest 2020. "Ikigai" is a Japanese word that translates to 'the purpose of one's being'. As the name suggests, this webinar was all about studying Ikigai, which paves the way for professional and personal success.

To host this inspiring session, we had invited the extraordinarily talented motivational speakers and experts Mr. Manoj Anchan and Mr. Anil Kumar. They talk about What is Ikigai, Ten principles of Ikigai, A Blueprint for a Happier, Healthier Life?

As we are dealing with uncertainty in this pandemic, it becomes even more important to pause, re-evaluate our purpose, and take the next step. Our webinar was to help everyone in this situation.



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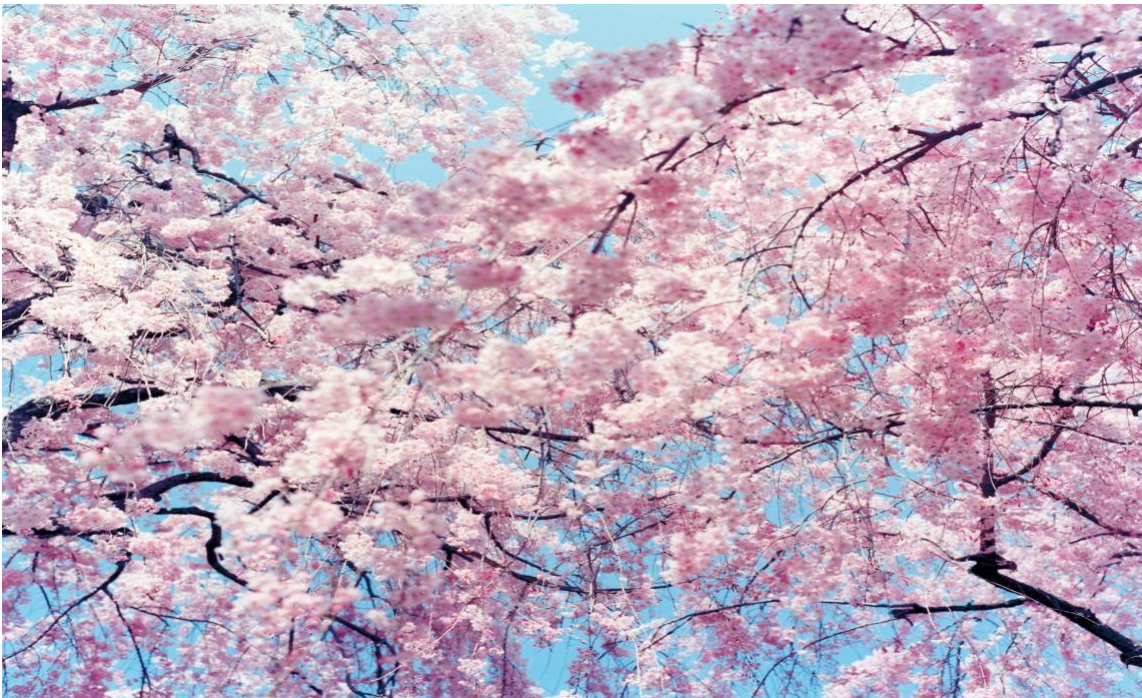
**Manoj Anchan**  
Happiness Evangelist, Ex-Global Banker,  
BFSI Specialist and Fintech Scholar  
An Alumnus of Harvard and  
Columbia Business School

**Anil Kumar**  
Leadership, Motivational &  
Stress Management Speaker  
An Alumnus of London Business School,  
Indian School of Business

**Dr. Sandeep Pachpande**  
Chairman, ASM Group of Institutes  
An Alumnus of Harvard Business School

# **THE IKIGAI QUEST**

## **(IQ) LEARNING SERIES**



**THE TEN PRINCIPLES TEACHER FRAMEWORK2020**

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# Ten Principles of Ikigai: A Blueprint for a Happier, Healthier Life?

## What is Ikigai?

First, let's start with a definition of Ikigai. Ikigai is a Japanese concept that means "reason for being". It is the heart of things, the motivation at the centre of our existence: the source of value in a person's life or the things that makes them put one foot in front of the other each day.

So why do you get up in the morning? Do you know the answer or are you still pondering the question? And what can you learn from the Japanese philosophy on health, longevity and meaning?

While it is easy to say that Japanese longevity owes much to culture, and in this way abdicate any responsibility for improving our own chances of emulating their defiant centenarians, there are many things we can learn from them in order to reduce our chances of chronic illness, enjoy high levels of vitality throughout life and particularly in our senior years, and infuse our days with a genuine sense of purpose.

## Here are the ten principles of Ikigai

### **1) Stay active, find the flow and don't retire.**

"Those who give up on the things they love doing and do well, lose their purpose in life. That's why it's so important to keep doing things of value, making progress, bringing beauty or utility to others, helping out, and shaping the world around you, even after your 'official' professional activity has ended."

You should do everything possible to find a vocation that inspires you. Don't wait until retirement to do what you want to do. While many of us can't wait to retire and relax, the truth is that a void or chasm can open up inside us after we lose our sense of purpose.



## **2) Take it slow.**

“Being in a hurry is inversely proportional to quality of life. As the old saying goes, ‘walk slowly and you’ll go far.’ When we leave urgency behind, life and time take on new meaning.”

The logic in this is undeniable. Don’t rush through life: take time to appreciate meaningful moments along the way. Don’t move with languor, progress with patience and a sense of appreciation for the passage of time.

The hyper-focus on productivity might win you an award but it probably won’t add years to your life.

## **3) 80% food rule.**

“Less is more when it comes to eating for long life, too. According to the 80 percent rule, in order to stay healthier longer, we should eat a little less than our hunger demands instead of stuffing ourselves.”

Hara hachi bu is a teaching that instructs people to eat until they are 80 percent full. Roughly, in English the Japanese phrase translates to, “Eat until you are eight parts (out of ten) full” or “belly 80 percent full”.

## **4) Connect.**

“Friends are the best medicine, there for confiding worries over a good chat, sharing stories that brighten your day, getting advice, having fun, dreaming... in other words, living.”

Having solid friendships in our life even helps promote brain health. Friends help us deal with stress, make better lifestyle choices that keep us strong, and allow us to rebound from health issues and disease more quickly. Friendship is equally important to our mental health.



## **5) Healthy mind, body and soul.**

“Water moves; it is at its best when it flows fresh and doesn’t stagnate. The body you move through life in needs a bit of daily maintenance to keep it running for a long time. Plus, exercise releases hormones that make us feel happy.”

Accepting that your body simply goes to seed when you get older might seem normal, but it isn’t: the body was designed to move, right through life. If you’re currently out of shape, make a pledge to get fit this year. Lifelong exercise routines positively influence your performance later in life.

## **6) Smile.**

“A cheerful attitude is not only relaxing – it also helps make friends. It’s good to recognize that things aren’t so great, but we should never forget what a privilege it is to be in the here and now in a world so full of possibilities.”

You might not immediately appreciate the connection between something so simple as smiling and good health or longevity. But smiling lifts your mood by releasing endorphins, and positively affects those around you. It helps retune to your attitude and puts you on a more optimistic footing. Smiling could even boost your immune health, due to the connection between neurotransmitters and the gut.

## **7) Reconnect with nature.**

“Though most people live in cities these days, human beings are made to be part of the natural world. We should return to it often to recharge our batteries.”

Okinawans are of course known to garden well into their senior years, as are residents of other long-living regions such as Icaria in Greece, Sardinia in Italy and Nicoya in Costa Rica. This has the dual benefit of encouraging time outdoors in green spaces and moderate physical activity.



## 8) Gratitude.

“To your ancestors, to nature, which provides you with the air you breathe and the food you eat, to your friends and family, to everything that brightens your days and makes you feel lucky to be alive. Spend a moment every day giving thanks, and you’ll watch your stockpile of happiness grow.”

Gratitude can centre you and bring inner peace: you start to appreciate all that you have and disregard all that you do not. Cultivate a habit of expressing gratitude often, and let your woes drift away on the ether. It is a tremendously empowering exercise.

## 9) Live in the moment.

“Stop regretting the past and fearing the future. Today is all you have. Make the most of it. Make it worth remembering.”

Prolonged resentment eats away at the spirit and eventually eats away at the body. Don’t be defined by your past, focus on the here and now!

## 10) Follow your Passion.

“There is a passion inside you, a unique talent that gives meaning to your days and drives you to share the best of yourself until the very end. If you don’t know what your ikigai is yet, as Viktor Frankl says, your mission is to discover it.” Do it...

## Conclusion

As described in the module introduction, a deep connection with, and appreciation for, ikigai is one probable reason for the remarkable longevity of the Japanese, particularly those residing on Okinawa. There is much we can learn from the longest-living people walking the Earth, but there is much we can learn, too, from looking inside ourselves, as well as out there at the world, and finding our true purpose.

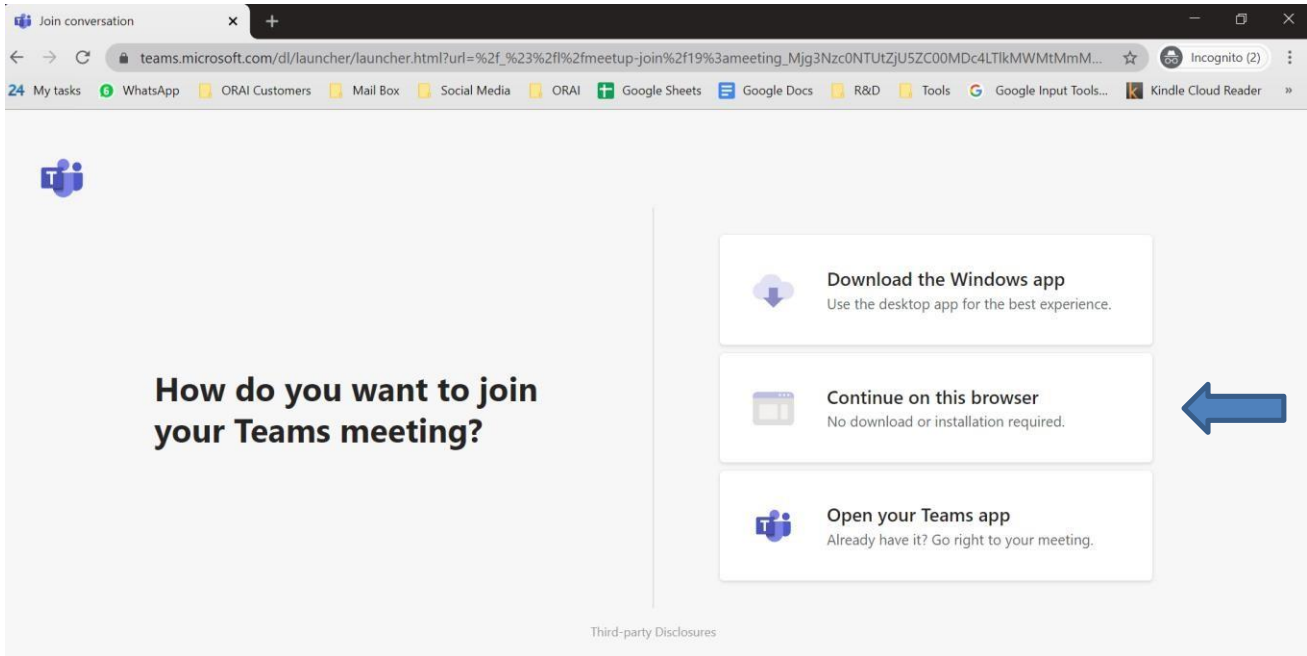
The Ikigai project is a joy to study, and hopefully the module will compel you to design your own teaching purpose framework and start incorporating its actionable lessons into your own educational life journey.

**M.Anchan...**



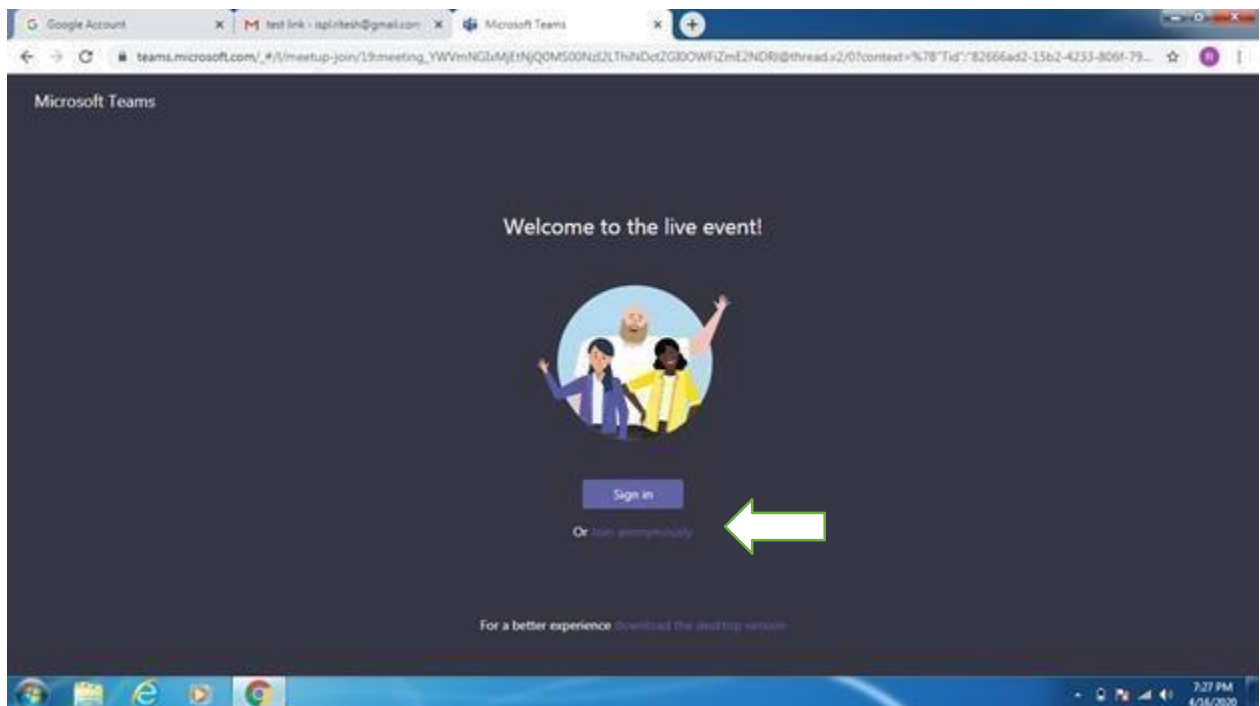
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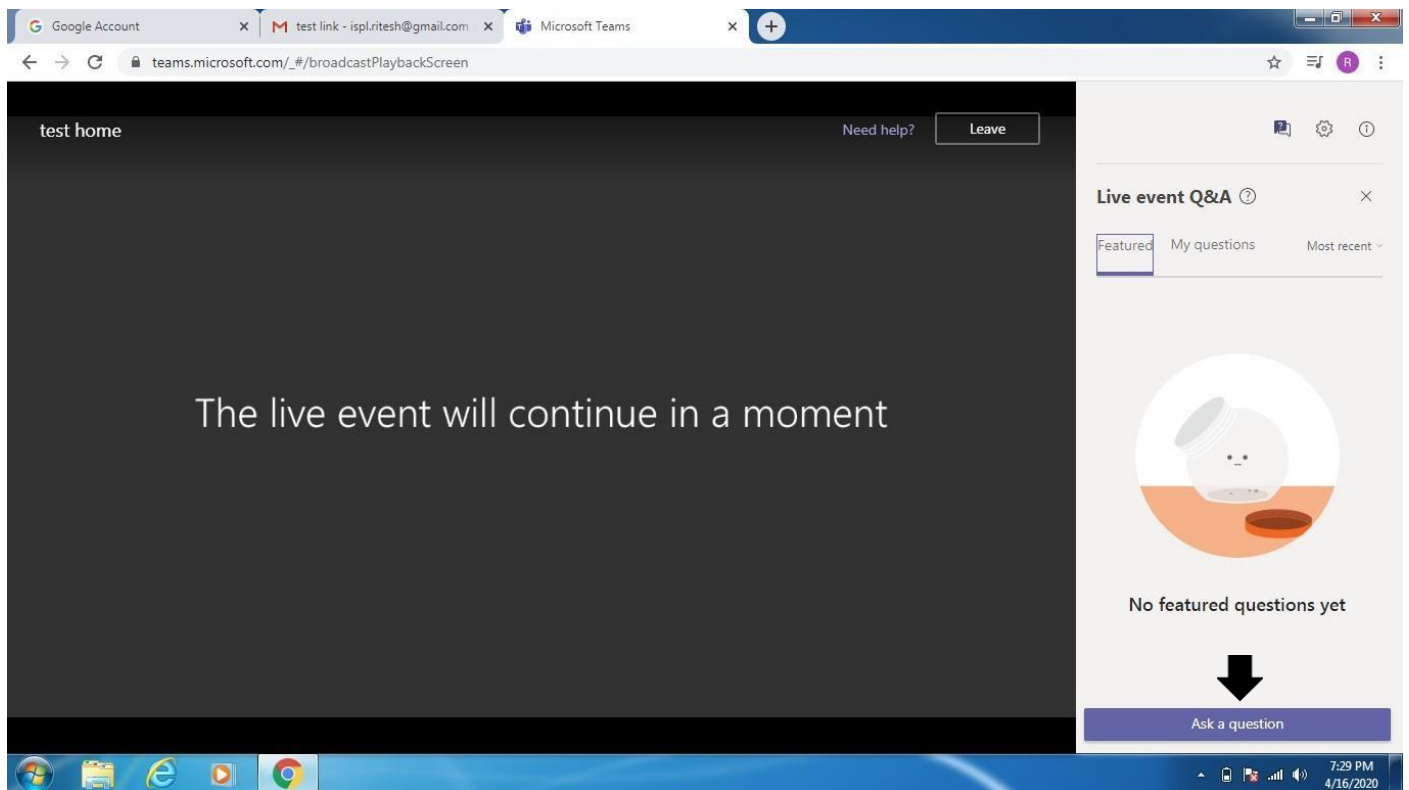
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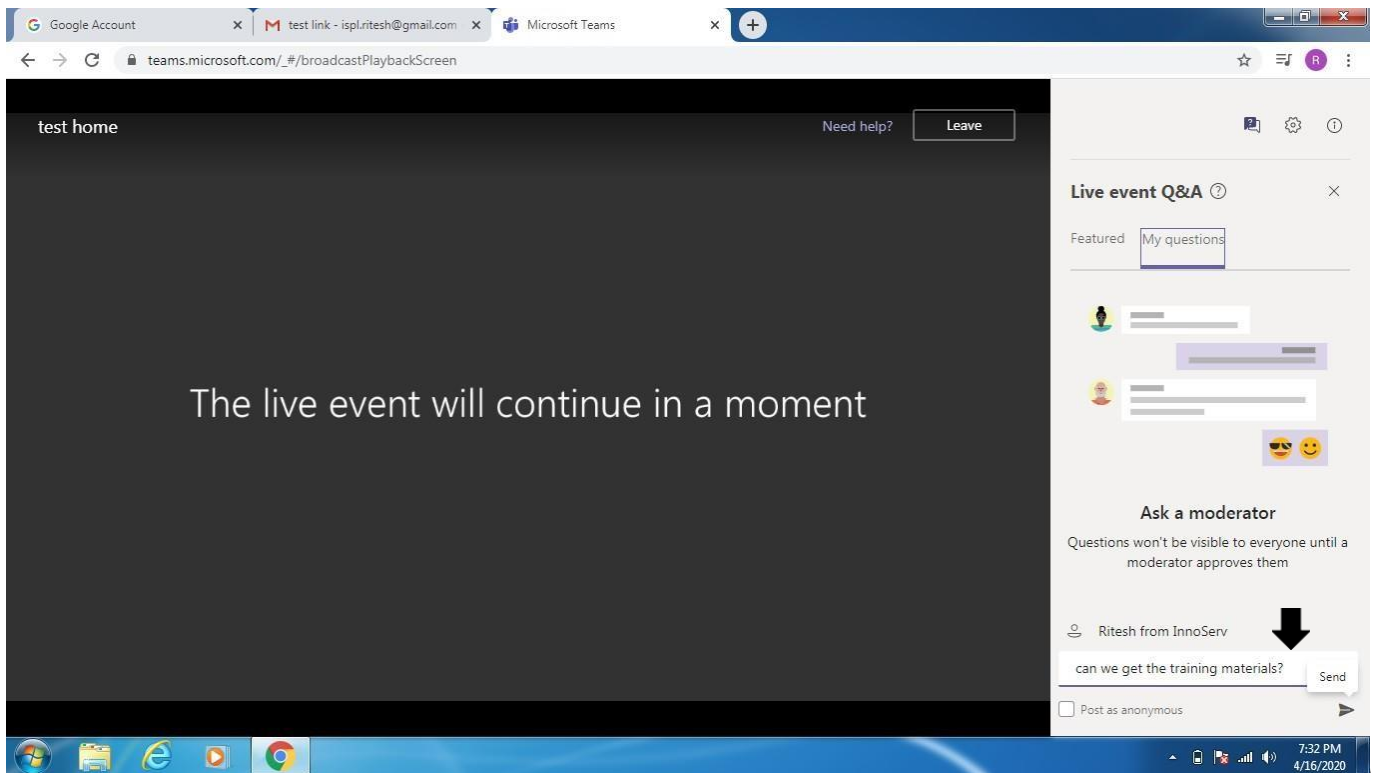
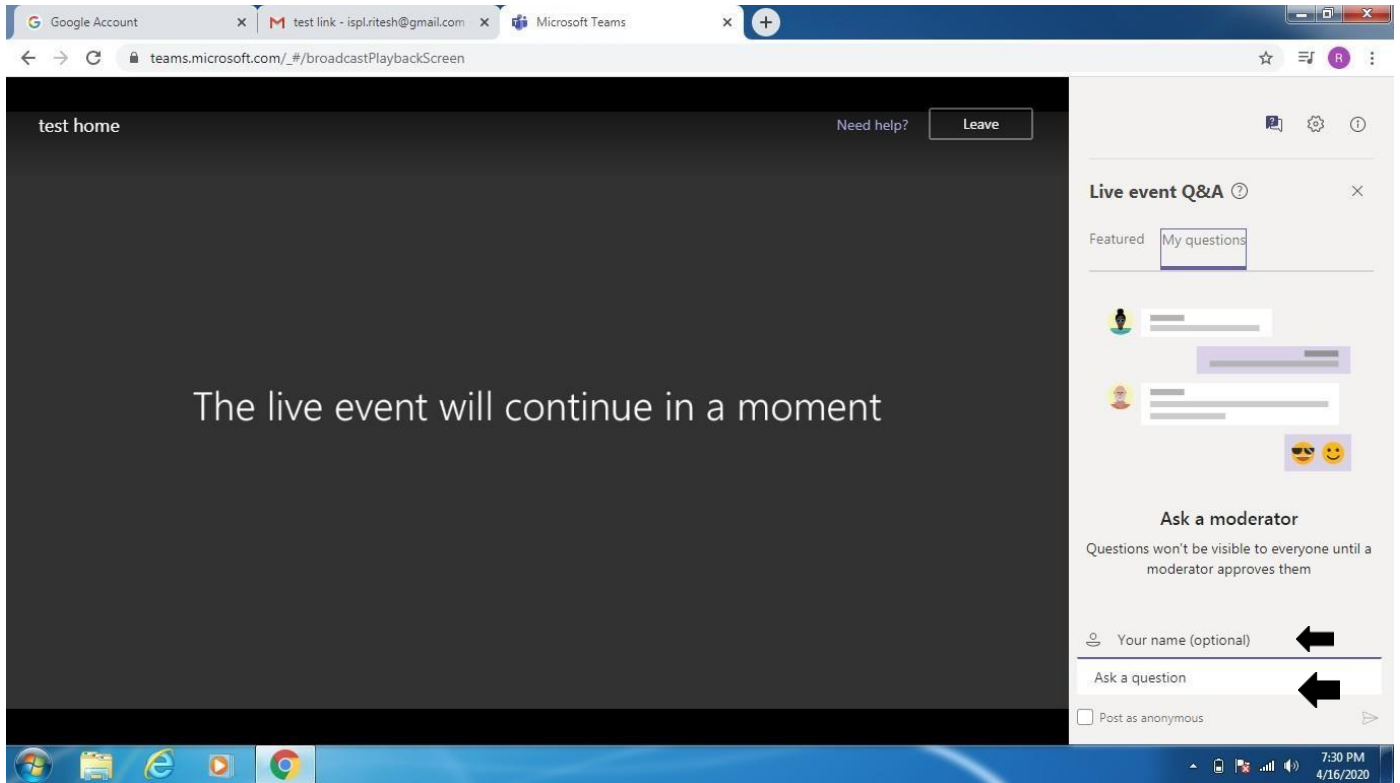
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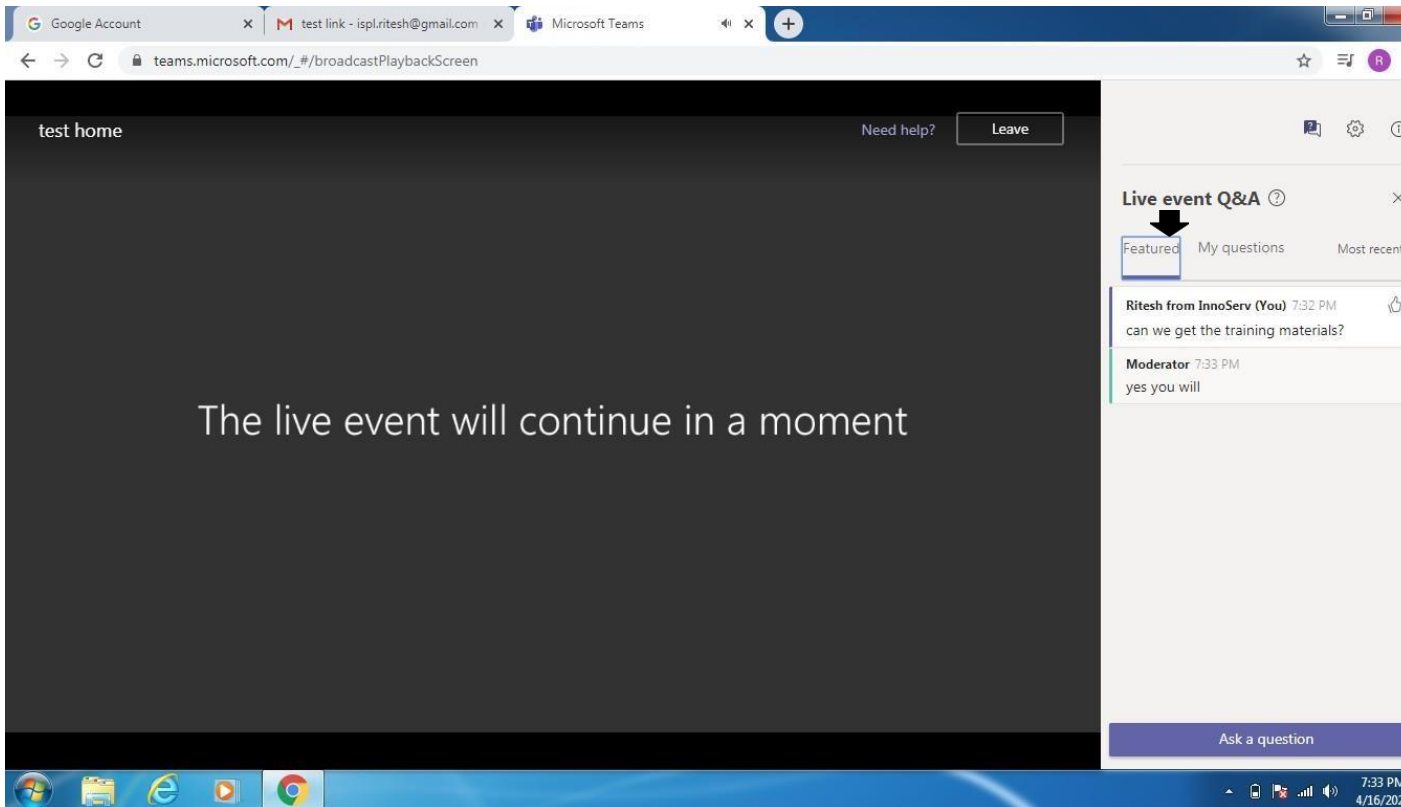




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