

# Dussehra Within: Choosing Dharma

Interactive workshop led by Monique Baidjnath-Badloe | The White Umbrella

What if our greatest challenge is not knowing what is right, but choosing it when it matters? Using the story of Rama and Ravana as a mirror for modern life, this interactive workshop explores why knowledge and intelligence alone do not lead to wisdom - and what it takes to consciously choose and live our Dharma.

## Workshop description for participants

We live in a time of extraordinary human capability. Knowledge is available at our fingertips, and artificial intelligence is rapidly expanding what we are able to know, create and accomplish. Yet one fundamental human question remains: **does knowing more necessarily help us to act more wisely?**

The story at the heart of Dussehra offers a surprisingly contemporary perspective on this question.

Ravana was not characterized by a lack of knowledge, intelligence or capability. On the contrary, he is remembered as highly learned and powerful. Yet these qualities alone did not ensure that his actions remained aligned with Dharma. His story therefore confronts us with a deeper question: *What happens when our capabilities grow, but our ability to govern ourselves does not?*

**Dussehra Within: Choosing Dharma** invites participants to explore the battle between Rama and Ravana not only as a story to commemorate, but as a mirror for the inner struggle between knowing Dharma and actually living it.

Through guided reflection, experiential exercises and dialogue, participants will examine some of the inner forces that can influence judgement and action - such as ego, attachment, desire, fear and the need for control - and explore what it takes to choose Dharma when these forces pull us in another direction.

## From knowing Dharma to living it

Rather than reducing Dharma to a general idea of wellbeing or personal growth, the workshop asks a more demanding and practical question: **How do we translate what we know to be right into how we actually choose, act and live?**

Participants will leave with greater insight into the forces shaping their own choices and formulate a personal **Dharma commitment**: one concrete way of bringing greater alignment between inner awareness, right action and their contribution to the world.

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| <b>Workshop language</b><br>English | <b>Format</b><br>Guided reflection, experiential exercises and dialogue | <b>Outcome</b><br>A personal Dharma commitment |
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## About the facilitator

**Monique Baidjnath-Badloe** works at the intersection of leadership, communication and human development, bringing contemporary professional practice into dialogue with classical Indian perspectives on the mind.

For nearly eight years, she has worked as a Leadership Communication Expert with executives, leaders and professionals across corporate and public-sector organizations. Over the years, this work led her to explore a deeper question: *What determines how we lead ourselves before we attempt to lead or influence others?*

This question became the foundation for her work on Inner Leadership and led her to deepen her study of Ayurveda and classical Indian perspectives on the mind. Alongside her professional practice, Monique has undertaken advanced studies in Ayurveda, including clinical training in India, with a particular focus on the mind, mental wellbeing and human development.

She is the founder of **The White Umbrella**, where she brings these fields together and translates insights from classical Indian knowledge traditions into contemporary questions of leadership, communication and human development.

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| <b>Affiliation / organization</b><br>The White Umbrella | <b>Role / title</b><br>Founder   Leadership Communication Expert |  |
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