

Inspired by Late Smt. Urmilatai Karad



Life Transformation Centre | Boribel | Pune

आत्मानं विधि

Vision of Dr. Rahul V. Karad

The first-of-its-kind initiative
in higher education in Bharat



Physical Fitness
and Sports



Agriculture
and Nature



Spirituality
and Peace



Team Building
and Leadership



Patriotism and
Nation Building

मितं हितं
**Minimalism for
Sustainable Growth**

Established: 2025 - 2026



Aerial View of LTC Campus: P.C. Mr. Atharva Rhayakar



Aerial View of Life Transformation Centre

VISION

"Transforming students to empower Bharat and the World."

सशक्त भारत और विश्व के निर्माण के लिए हर युवा का परिवर्तन

MISSION

Transforming lives by shaping experiences in



Agriculture &
Nature



Physical Fitness
& Sports



Team Building
& Leadership



Patriotism &
Nation Building



Spirituality
& Peace

कृषि और प्रकृति, शारीरिक स्वास्थ्य और खेल, संघ निर्माण और नेतृत्व, देशभक्ति और राष्ट्र निर्माण तथा आध्यात्मिकता और शांति के विशेष अनुभवों द्वारा जीवन का परिवर्तन



Inspired & Blessed by

Late Smt. Urmilatai Karad

Prof. Dr. Vishwanath D. Karad



FOUNDER'S MESSAGE

जननी जन्मभूमिश्च स्वर्गादपि गरीयसी...!

Dear Students/Changemakers,

Greetings from Life Transformation Centre (LTC), Boribel, Pune.

With the power that pervasive technology and media gives you, you wonder about the pace with which change is happening around you and how you could do this better. You have seen or have been informed by your parents and grandparents, about the rewards of their ways of life and its pace and wonder how these should be not neglected in contemporary life. You are not alone!

Inspired from the vision of my mother, Late Smt. Urmilatai Karad, a distinguished poet, writer and pioneer who believed that education blossoms when it nourishes the whole being, at LTC, we honour her legacy by creating vibrant and transformative spaces where experiential learning meets timeless wisdom, youth are empowered to discover their infinite potential while reconnecting them with community life and nature. You will observe, that crafting tangible skills, builds both, inner fortitude and outward mastery that informs you of your inherent purpose and kindles the spirit of selfless service to our motherland. This also cultivates leadership that is forged in the crucible of nature's resilience and illuminated by unwavering clarity.

We at LTC, believe that the integration of agriculture and nature, physical fitness and sports, leadership and team building, spirituality and wisdom and patriotism and nation building, with mainstream education is essential for transforming one's life towards making it meaningful and rewarding for oneself and all.

LTC beckons you to this transformative experience. Be open in mind and at heart to the journey that awaits you. A journey to dream of a better future and build it too.

Let us walk this path together—with resolve, reverence, and responsibility...!

Jai Bharat, Jai Jagat...!

Dr. Rahul V. Karad
Educationist
Founder, LTC





BIRTH OF LIFE TRANSFORMATION CENTRE



Dr. Aditi R. Karad

Strategic Leader – Healthcare & Education

Life Transformation Centre (LTC) is the realization of Dr. Rahul V. Karad's vision to transform the youth of Bharat. Driven by his belief that nation-building begins with empowered youth, he has pioneered initiatives such as MIT School of Government, Bharatiya Chhatra Sansad, National Women's Parliament, National Teachers' Congress, and NLC Bharat, fostering leadership, dialogue, and civic engagement.

Through years of academic experience, Dr. Karad recognized a critical gap in modern education: its focus on careers often overlooks self-realization, values, and holistic growth. Inspired by the sanskar of his father, Prof. Dr. V. D. Karad, and his own insights, he established LTC as a transformative space for life-centric learning.

At the heart of LTC is the Life Realisation Program (LRP), a first-of-its-kind immersive initiative that empowers youth to become



Dr. Priyankar Upadhyaya

UNESCO Chair, BHU
Senior Academician and Philosopher

agents of change. This unique "living laboratory" encourages participants to connect deeply with nature, agriculture, society, and self, moving beyond conventional education toward meaningful life experiences.

LRP nurtures holistic development by cultivating discipline, resilience, mental strength, empathy, creativity, leadership, teamwork, adaptability, and physical fitness. It integrates spiritual well-being, mindfulness, ethical integrity, and social responsibility, enabling individuals to navigate life with confidence, purpose, and wisdom.

Rather than providing predefined answers, LRP offers experiences, challenges, and introspection that help individuals discover their own path. This bold initiative prepares youth not only for successful careers but for life itself, strengthening society and contributing to the progress of Bharat. For when youth transform, a nation does not merely grow—it awakens.

Advisory Board of LTC



Dr. Rahul V. Karad

Managing Trustee & Executive President MAEER's & MIT WPU, Pune, Bharat



Dr. Aditi Karad

Executive Director, MIT WPU, Pune, Bharat



Mr. Naresh Raju

Executive Director Power Media Pvt. Ltd.



Mr. Raju Manthana

Founder & CEO at BluePal



Mr. Shah Rudraraju

Agriculturalist



Dr. Rajendra Singh

Magsaysay Awardee, Well Known Water Conservationist (Waterman of India) & Chairman, Tarun Bharat Sangh



Shri. Kartikeya Sarabhai

Padmashri, Founder Director, Centre for Environment Education (CEE), Ahmedabad



Dr. Anand Bang

Joint Director, SEARCH



Shri. Ramji Raghavan

Social Innovator & Entrepreneur, Founder & Chairman, Agastya International Foundation



Smt. Krishna Poonia

Padmashri, Arjuna Awardee, Indian discus thrower, Former Hon'ble MLA (Indian National Congress), Sadulpur, Churu, Rajasthan



Maj. Gen.(Retd) Dr. Bipin Bakshi

AVSM, VSM, Executive Director, CyberDiplomat Tech Pvt. Ltd and Senior Fellow, Centre for Land Warfare Studies



Dr. Seema Rao

India's First Woman Commando Trainer Unarmed and Commando Combat Academy



Shri. Ronjan Sodhi

Rajiv Gandhi Khel Ratna Awardee, Arjuna Awardee, International, Trap Shooter



Shri. Popatrao Pawar

Padma Shri, Executive Director, Maharashtra State Government's Model Village Programme, Hivare Bazar



Dr. Jayaprakash Narayan

IAS (Retd.), President, Loksatta Party & General Secretary, Foundation for Democratic Reforms



Shri. Shubh Vilas

Author, Motivational Speaker & Spiritual Life Style Coach



Smt. Anuradha Prabhudesai

Founder President, Lakshya Foundation



Shri. Vonod Rao Tandra

Industrialist



Shri. Harshal Jawale

Heartfulness, Sahaj Marg Meditation Purity Weaves Destiny

Prerana Sthala

In cherished memory of Late Mrs. Urmila Tai Karad,
whose inspiring life continues to guide this initiative;
beloved mother of Dr. Rahul V. Karad.





ABOUT LIFE TRANSFORMATION CENTRE (LTC)

Life Transformation Centre (LTC) is a unique space for self-discovery, inner growth, and holistic transformation. Through a five-day residential experience set within a serene 170 acre natural sanctuary, surrounded by another 400 acres of reserved forest and natural landscape, LTC invites participants to reconnect with the essence of their being—mind, body, and spirit.

Rooted in the vision of Bharat—where ‘Bha’ signifies light, knowledge, and awakening, and ‘Rata’ devotion to that light—LTC serves as a

living bridge between timeless wisdom and youthful dynamism. Guided by its mission of transforming lives through five pillars—**Agriculture, Physical Fitness, Patriotism, Team Building & Leadership, and Spirituality**—LTC embodies the spirit of “**Connecting the Soul to the Soil.**”

Its guiding belief, “**We cannot transform LIFE unless we MEET it,**” inspires individuals to engage with life consciously, courageously, and authentically.





Learning from the soil, growing with nature – as part of Agriculture and Nature Pillar at LTC



Meditation brings clarity, calmness, and concentration – as part of Spirituality and Peace Pillar at LTC

CONNECTING SOUL TO SOIL

A Journey of Life Transformation

In an age of urbanisation, digital distractions, and relentless pursuit, LTC offers a rare opportunity to pause, reflect, and reconnect with what truly matters.

More than an educational experience, LTC is a transformative journey that helps individuals rediscover fundamental human values, cultivate resilience, and develop a deeper sense of purpose. Here, participants learn to balance ambition with inner contentment, intellectual growth with empathy, and personal aspirations with collective responsibility.

Through immersive experiences and a nurturing community, LTC empowers individuals to take ownership of their growth and contribute meaningfully to society.

अनुभवामृत सेविता “ANUBHAVĀMRTASEVITA”

The Nectar of Experience

Inspired by Sant Dnyaneshwar’s *Amrutanubhav*, LTC is a space where knowledge is not delivered but discovered—experienced like amrita, the nectar of direct realization.

At its core lies the belief that true learning emerges through *anubhav* (experience). Working with one’s hands, engaging in *seva*, embracing silence, and connecting with nature become pathways to *sahajasthiti*—the natural alignment of body, mind, and spirit.

LTC NURTURES THIS JOURNEY THROUGH:

Learning Through Nature – The Gurukul Reimagined

Nature becomes the classroom, cultivating awareness, rootedness, patience, and simplicity.

Real World Engagement – Wisdom in Action

Daily activities and mindful participation transform knowledge into lived understanding through *Karma Yoga*.

Transformative Living – From Learning to Being

Stillness, discipline, and self-inquiry become foundations for regenerative living.

Ancient Roots, Modern Wings – Grounded Aspiration

Grounded in Indian civilisation while addressing contemporary realities, LTC develops individuals capable of navigating complexity with clarity and compassion.

Cultural Reconnection – Returning to Source

Participants reconnect with Bhārat’s civilisational heritage, rediscovering identity, purpose, and reverence for land and lineage.



Meals in “Pangat” Style: every meal becomes a moment in equality and gratitude at LTC



Pangat style dining—nourishment, togetherness, and meaningful moments as Dr. Rahul V. Karad connects with students at LTC

MINIMALISM

A Simple Path to a Richer Life at Life Transformation Centre

At LTC, minimalism is not about giving up comfort—it is about creating space for what truly matters.

In a world dominated by screens, notifications, and constant stimulation, LTC encourages participants to experience life in its purest form. Meaningful conversations replace distractions, while nature becomes a source of clarity, balance, and renewal.

Inspired by traditional Indian wisdom, LTC promotes a lifestyle rooted in simplicity, mindfulness, and conscious living.

ONE MUST FIRST TAKE A STEP BACK

Modern life constantly urges us to move faster. Yet some of life's most important insights emerge when we pause.

Just as artists step away from their canvas to see the whole picture, or farmers allow the land to rest between harvests, human growth also requires reflection. Taking a step back is not a retreat from progress—it is often the pathway to greater clarity.

LTC creates opportunities to experience the power of pausing through nature walks, silent

SIMPLE HABITS, LASTING HEALTH

Urban lifestyles often lead to stress, poor digestion, low energy, irregular sleep, and mental fatigue. LTC adopts simple yet effective practices to restore balance:

- Fresh, nourishing meals prepared using wholesome ingredients.
- Consistent meal timings that support digestive health.
- Mindful eating in traditional **pangat style**.
- Indian-style toilets that support natural digestion.
- Personal responsibility through maintaining one's living space and daily discipline.

These practices foster a lifestyle that is natural, balanced, and sustainable.

hours, digital detox, mindful conversations, and reflection circles.

These experiences help participants gain fresh perspectives, realign priorities, and move forward with greater purpose and awareness.

Learning from the soil, growing with nature.

Meditation for clarity, calmness, and concentration.

At LTC, these are not merely activities—they are pathways to transformation.

FIVE PILLARS OF TRANSFORMATION

At Life Transformation Centre (LTC), these Five Sacred Pillars are not independent domains but interconnected pathways of holistic transformation. Nutritious food supports physical vitality. Physical vitality strengthens mental resilience. Resilience enhances teamwork and leadership. Leadership nurtures responsibility toward society and nation. Spirituality provides the inner stability that sustains every aspect of life.

When one pillar grows, all others become stronger.

The objective is not merely to prepare individuals for careers, but to prepare them for life—healthy in body, balanced in mind, responsible in action, and peaceful within.



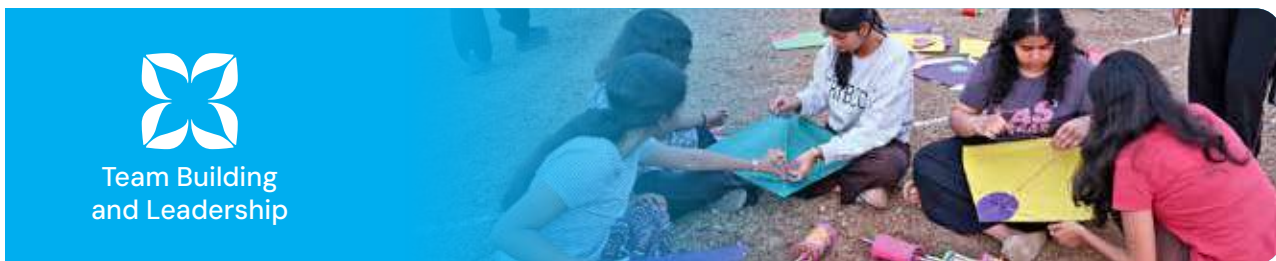
Agriculture and Nature



Physical Fitness and Sports



Team Building and Leadership



Patriotism and Nation Building



Spirituality and Peace





Students working with hands in the soil build strength, awareness, patience and respect for food at LTC

AGRICULTURE & NATURE

A Sacred Return to Source

A Sacred Dialogue with Bhūmātā

Have you ever paused to wonder where the food on your plate truly comes from?

In an era where convenience is only a click away, LTC invites participants to reconnect with the source that sustains life. Agriculture here is not simply farming; it is a return to Earth, to Bhūmātā, and ultimately to oneself.

The relationship with soil shapes health, awareness, and perspective. Agriculture becomes a sacred conversation with the nurturing force of nature—a reminder that food is not a commodity but a gift arising from countless cycles of care, effort, and grace.

Embodied Learning: Touching the Annamaya Kosha

Through sowing, planting, nurturing, and harvesting, participants engage deeply with the Annamaya Kosha, the physical sheath of existence.

Strength is developed not through machines but through sweat, soil, sunlight, and meaningful work. This direct interaction cultivates patience, gratitude, humility, and resilience.

Modern urban life often distances young people from forests, farms, and natural rhythms. Surrounded by screens and artificial environments, many lose touch with the restorative power of nature. LTC restores that connection through immersive experiences that allow participants to experience nature as teacher, healer, and guide.

From Soil to Soul

Agriculture at LTC fosters awareness of the complete journey from seed to sustenance. Participants learn how food is grown, why seasonal cycles matter, and how mindful consumption reduces waste and deepens gratitude.

Traditional wisdom surrounding seasonal foods—bajra, jowar, ragi, karela, jamun, and other locally appropriate foods—helps participants reconnect with nature’s intelligence.

Ultimately, the journey from soil to soul becomes a journey of character. Like a seed, transformation requires patience, surrender, and nurturing. Farming becomes meditation. Nature becomes mentor. Reverence becomes responsibility.





Lagori: fitness, agility, and team spirit in action at LTC

PHYSICAL FITNESS & SPORTS :

Reclaiming Vitality Awakening Prāna

Reclaiming Vitality, Awakening Prāna

At LTC, physical fitness is not pursued for appearance or performance alone. It is approached as a sacred discipline that reconnects individuals with vitality, balance, and inner strength.

In earlier generations, movement was naturally integrated into daily life through walking, farming, and indigenous games. Today, excessive screen time and sedentary habits have contributed to rising physical and mental health challenges.

LTC restores movement as a joyful and natural expression of life.

Awaken Your Prāna

Participants cultivate Prāna Shakti, the life force, through:

- Yoga
- Running and outdoor activities
- Indigenous martial traditions
- Traditional Indian games
- Group sports and physical challenges

These activities strengthen both the Annamaya Kosha and Prānamaya Kosha, improving stamina, flexibility, immunity, focus, and emotional well-being.

Traditional Games, Timeless Learning

Games such as: Kabaddi, Kho-Kho, Lagori, Langdi, Gilli Danda, Vish Amrit, Atya Patya, Kanche, Tipri develop agility, strategic thinking, resilience, teamwork, leadership, and decision-making.

These are not relics of the past; they are powerful tools for holistic development.

The Body as a Sacred Instrument

Inspired by the Bharatiya ethos of samatvam (balance), tapas (discipline), and seva (service), LTC views the body as a sacred instrument for action and transformation.

Physical challenges teach perseverance, self-belief, and courage. Movement becomes a pathway to self-discovery, where strength is cultivated not merely in muscles, but in character.





Building leaders who know the strength of teamwork through Team Building and Leadership Pillar

TEAM-BUILDING & LEADERSHIP :

Meet the Community

From Individual Aspiration to Collective Elevation

At LTC, leadership is not defined by authority or status. It emerges through empathy, responsibility, service, and community.

Students are encouraged to evolve into **lokāhita nīratah**—individuals devoted to the welfare of the world.

While modern society often rewards individual achievement, LTC emphasizes the importance of collaboration, trust, and collective purpose.

Cultivating the Inner Compass of Leadership

Drawing inspiration from Chanakya, Swami Vivekananda, and the Ramayana, participants learn that leadership begins with self-mastery.

Like Lord Ram's alliance with Hanuman, Sugriva, and Jambavan, great achievements emerge when diverse strengths unite around a common purpose.

Leadership at LTC is rooted in:

- Self-awareness
- Empathy
- Trust-building
- Listening
- Discernment
- Shared responsibility

Leadership as Seva

Leadership is understood as **seva**, not status. Participants engage in simulations, leadership camps, collaborative challenges, and group activities that require cooperation, communication, accountability, and decision-making under pressure.

The journey is one from "I" to "We."

Students discover that real leadership is not about standing ahead of others—it is about lifting others and enabling collective success.

Strong teams build strong communities. Strong communities build a stronger Bharat.





PATRIOTISM & NATION BUILDING:

Discover the Soul Of Bharat

Discover the Soul of Bharat

At LTC, patriotism is not reduced to slogans or ceremonial observances. It is a living relationship with Bharat—its civilisation, culture, people, and values.

Participants explore India's rich diversity of languages, traditions, philosophies, arts, and histories, developing a deep sense of Rāstra Chetanā.

Patriotism is understood as reverence, responsibility, and belonging.

Culturally Grounded Awareness

Students are encouraged to appreciate Bharat not merely as a nation-state, but as a continuing civilisation rooted in dharma, wisdom, resilience, and harmony.

Through reflection, dialogue, and cultural immersion, they develop pride that is grounded in understanding rather than ideology.

Discipline, Service, and Strength of Spirit

Military-inspired activities, obstacle courses, endurance challenges, and interactions with distinguished officers cultivate discipline, courage, teamwork, and respect for those who serve the nation.

These experiences help participants understand that patriotism is ultimately expressed through kartavya—a sense of duty toward society, community, and country.

At LTC, patriotism becomes a lived value. It inspires participants to preserve cultural heritage, act with integrity, and contribute meaningfully to the future of Bharat.





At LTC through a few minutes of Meditation, students benefit a day of focus

SPIRITUALITY & PEACE

Awakening the Inner Compass

Spirituality at LTC is not withdrawal from life—it is deeper engagement with it.

Rooted in India's timeless wisdom traditions and inspired by thinkers such as Swami Vivekananda, spirituality is approached as a journey of self-discovery, self-mastery, and purposeful living.

Participants explore dhyāna, śravana, and sādhana, nurturing the Ānandamaya Kosha and moving toward the experience of Satchidānanda.

Dive into the Depths of Being

Practices such as:

- Meditation
- Yoga
- Pranayama
- Silent reflection
- Nature contemplation
- Philosophical dialogue

help cultivate mental clarity, emotional balance, resilience, gratitude, and self-awareness.

Students learn that peace is not something external to be acquired—it is a quality that emerges through conscious attention and practice.

Spirituality in Action

LTC emphasizes that inner growth must express itself through compassionate action.

Service, gratitude, reflection, and community engagement become vehicles for spiritual development. Participants are encouraged to live by Dharma, aligning intention, action, and values.

Drawing from the teachings of the Bhagavad Gita and the ideal of Vasudhaiva Kutumbakam—the world as one family—students explore how inner peace contributes to social harmony and responsible citizenship.

Ultimately, spirituality at LTC is a journey from stress to awareness, from confusion to clarity, and from self-interest to service.

It is a path that nurtures individuals who are grounded in wisdom, guided by compassion, and inspired to contribute to a more peaceful and awakened world.





Life Transformation
Centre | Boribel | Pune

आत्मानं विद्धि

Vision of Dr. Rahul V. Karad

LIFE AWAKENING PROGRAM

FOR SCHOOL CHILDREN

Awakening Potential.
Shaping Foundations for Life.



Life Awakening Program has emerged from the belief that every child possesses extraordinary potential, waiting not merely to be informed but to be awakened, the program is designed to cultivate character, values, leadership, resilience, and purpose—the foundations of a meaningful and fulfilled life.

The Life Awakening Program (LAP) is a first-of-its-kind immersive residential transformative experience designed for School children.

At LTC, children are taken away from the noise of everyday life into an environment that nurtures clarity, confidence, resilience, responsibility, and conscious growth. It is the beginning of a lifelong journey of self-realisation.

Through experiential learning, self-discovery, leadership development, physical challenges, nature immersion, and reflective practices, children embark on a journey that helps them better understand themselves, their strength, uniqueness and their role not only within their friends, and families but for the world.

WHY THIS PROGRAM MATTERS TODAY

Today's children are growing up in a world of constant stimulation, digital distractions, increasing expectations, and rapid change.

While academic education equips children with information, many essential life skills are increasingly neglected.

The Life Awakening Program addresses this growing gap by helping children reconnect with the foundations that support lifelong growth and well-being:

- Sustained focus and attention
- Emotional resilience
- Self-confidence
- Real-world social skills
- Leadership and teamwork
- Connection with nature
- Values-based decision-making
- Inner calm and self-awareness

DESIGNED FOR

Schools and Educational Institutions seeking experiential, value-based, and holistic student development programs with customizable 2-day, 3-day, or 5-day formats tailored to specific learning and developmental goals.

School Children (Age 11–16 Years)



WHAT MAKES THIS PROGRAM UNIQUE

The Transformation Philosophy

At the heart of Life Transformation Centre lies a simple yet powerful concept:

“Connecting the Soul to the Soil”

Children grow best when they are connected—to themselves, through earth, nature, community, and meaningful experiences.

Guided by LTC’s philosophy of Minimalism and the principle: **“If you want to accelerate, first take a step back”** the program creates space for children to slow down, observe, reflect, and grow.

Away from excessive digital stimulation and academic pressure, participants experience a simpler way of living that encourages curiosity, awareness, confidence, and inner strength.



THE FIVE PILLARS OF TRANSFORMATION



Agriculture & Nature

Learning from the Earth

- Children develop a meaningful connection with nature by understanding where food comes from and how natural systems sustain life.
- Through gardening, farming activities, nature walks, and environmental exploration, they cultivate curiosity, responsibility, mindfulness, and ecological awareness.



Physical Fitness & Sports

Building Strength, Energy, and Confidence

- Movement becomes a pathway to growth.
- Through traditional Indian games, outdoor activities, sports, and physical challenges, children develop strength, stamina, coordination, discipline, resilience, and teamwork.
- Most importantly, they rediscover the joy of movement and active living.



Team Building & Leadership

Growing Together

- Leadership begins with learning to work with others.
- Through collaborative challenges, group activities, communication exercises, and problem-solving tasks, participants learn cooperation, empathy, responsibility, confidence, and initiative.
- They discover that leadership is not about authority—it is about service, teamwork, and positive influence.



Patriotism & Nation Building

Discovering Responsibility Beyond Self

- Children are introduced to the values of discipline, courage, responsibility, and contribution.
- Through engaging activities, discussions, leadership challenges, and military-inspired experiences, they develop respect for the nation, appreciation for diversity, and an understanding of their role as responsible citizens.



Spirituality & Peace

Cultivating Inner Calm

- Spirituality at LTC is about inner awareness.
- Through meditation, yoga, mindfulness practices, reflection exercises, gratitude activities, and meaningful conversations, children learn how to develop focus, emotional balance, compassion, and inner peace.
- These practices provide valuable tools for navigating life's challenges with confidence and clarity.



WHAT WILL AWAKEN

The Life Awakening Program nurtures seven essential dimensions of development.



Thinking & Understanding

Developing curiosity, creativity, reasoning, and problem-solving abilities.



Relationships & Collaboration

Strengthening communication, empathy, teamwork, and social confidence.



Self & Emotional Regulation

Building resilience, self-awareness, emotional intelligence, and inner stability.



Body & Action

Improving physical fitness, coordination, stamina, and healthy habits.



Values & Judgment

Developing integrity, responsibility, fairness, and ethical decision-making.



Imagination & Creativity

Encouraging innovation, expression, originality, and creative thinking.



Meaning & Awareness

Fostering reflection, purpose, mindfulness, and a deeper understanding of self.

WHAT PARTICIPANTS WILL GAIN

✓ Personal Growth

- Greater confidence and self-belief
- Improved focus and attention
- Stronger resilience and adaptability
- Better emotional awareness

✓ Social Development

- Enhanced communication skills
- Improved teamwork and cooperation
- Greater empathy and respect for others
- Leadership through service and responsibility

✓ Physical Well-being

- Increased strength and stamina
- Healthier lifestyle habits
- Appreciation for active living
- Better mind-body balance

✓ Inner Development

- Greater mindfulness and calmness
- Improved self-awareness
- Stronger connection with values
- Sense of purpose and belonging

SIGNATURE EXPERIENCES

- Gardening & nature: Hands-on planting and exploration to build curiosity and responsibility.
- Farming basics: Age-appropriate sowing, watering, and harvesting to teach food origins and patience.
- Medicinal plants: Guided discovery of common herbs and their safe uses.
- Indian games: Kho-kho, kabaddi, Rupal Pani for fitness, coordination, and teamwork.
- Leadership & teamwork: Short challenges to boost confidence and communication.
- Army-style discipline & obstacle courses: Safe, fun drills to strengthen focus and resilience.
- Reflection circles: Guided discussions to grow listening, empathy, and thinking skills.
- Yoga & breathwork: Child-friendly yoga and pranayama for calm and body awareness.
- Mindfulness & gratitude: Brief practices to build attention, emotional regulation, and appreciation.

Every activity is designed to make learning engaging, memorable, and transformational.

In a minimalistic approach children learn to be self-sufficient & discover the strength they carry to support not only themselves, but their friends, peers & society.

PARTICIPATION PRINCIPLES

Participants are encouraged to embrace:

- 
1. CURIOSITY AND EXPLORATION
 Embrace curiosity, ask questions, and explore new ideas and experiences.
- 
2. RESPECT AND INCLUSIVITY
 Show respect for yourself, others, and diverse perspectives, and create an inclusive environment.
- 
3. REFLECTION AND SELF-AWARENESS
 Take time to reflect, understand yourself, and grow with awareness.
- 
4. DISCIPLINE AND RESPONSIBILITY
 Be disciplined, take ownership of your actions, and contribute responsibly to the community.
- 
5. TEAMWORK AND COOPERATION
 Work together, communicate effectively, and support one another to achieve common goals.
- 
6. ENVIRONMENTAL STEWARDSHIP
 Care for nature, conserve resources, and commit to a sustainable and greener future.
- 
7. CONTINUOUS LEARNING AND GROWTH
 Stay open to learning, seek improvement, and strive to become your best self.

RESIDENTIAL EXPERIENCE

The residential format enables:

- 
IMMERSIVE
 EXPERIENTIAL LEARNING
- 
REDUCED
 DIGITAL DISTRACTIONS
- 
STRONGER
 FRIENDSHIPS AND TEAMWORK

- 
GREATER
 INDEPENDENCE AND RESPONSIBILITY
- 
DEEPER ENGAGEMENT
 WITH NATURE
- 
MEANINGFUL
 PERSONAL GROWTH

ABOUT LIFE TRANSFORMATION CENTRE

Life Transformation Centre is a 170 acre transformation ecosystem, thoughtfully designed for holistic growth, featuring residential facilities, sports and activity zones, leadership and obstacle-course infrastructure, meditation

and reflection spaces, amphitheatres, learning environments, and over 100 acres of farmland—all nestled amidst more than 400 acres of natural forests and open landscapes.

Because every great journey begins with discovering yourself.



Venue
Life Transformation Centre (LTC)
 Boribel, Near Daund, Pune

For More Details: **9879616220, 9309177426**

Email: **life@lifetransformation.org.in**

Website: **lifetransformation.org.in**



Life Transformation
Centre | Boribel | Pune

आत्मानं विद्धि

Vision of Dr. Rahul V. Karad

LIFE REALISATION PROGRAM

5 Days Residential Program

Discovering Purpose.
Realising Potential.



WHERE THE JOURNEY INWARD BEGINS

Every individual seeks a meaningful and purposeful life. Yet in today's fast-paced world, opportunities to pause, reflect, challenge oneself, and discover one's true potential are increasingly rare.

The Life Realisation Program (LRP) is a first-of-its-kind immersive residential transformation experience designed for higher education students. Through experiential learning, self-discovery, leadership development, physical challenges, nature immersion, and reflective practices, participants embark on a journey that helps them better understand themselves, their purpose, and their role in the world.

Over five transformative days, students step away from the noise of everyday life and enter an environment that nurtures clarity, confidence, resilience, responsibility, and conscious growth.

This is not merely a program. It is the beginning of a lifelong journey of self-realisation.

DESIGNED FOR

Young Minds Seeking Purpose
and Possibility

University and College Students

Higher Education Institutions

Youth Leadership Groups

Emerging Young Professionals

Student Communities and Leadership
Cohorts

WHY THIS PROGRAM MATTERS TODAY

Today's youth are navigating unprecedented opportunities and challenges.

While higher education equips students with academic knowledge and professional skills, many continue to struggle with questions such as:

- Who am I beyond my qualifications?
- What truly gives meaning to my life?
- How do I handle uncertainty and setbacks?
- How do I develop confidence and resilience?
- What kind of leader do I want to become?
- How can I contribute meaningfully to society?

Many students experience:

- Academic pressure and performance anxiety
- Information overload and digital distractions
- Lack of clarity about purpose and direction
- Reduced connection with nature and community
- Limited opportunities for self-reflection
- Growing stress and emotional fatigue

The Life Realisation Program is designed to address these challenges by helping students build the inner foundations required not only for successful careers, but for meaningful lives.



THE LTC TRANSFORMATION PHILOSOPHY

At the heart of Life Transformation Centre lies a simple yet powerful principle:

“Connecting the Soul to the Soil”

True transformation begins when individuals reconnect with themselves, nature, community, and purpose.

Guided by the wisdom of Bharatiya values and inspired by the belief that:

“We cannot transform LIFE unless we MEET it”

The program creates an environment where students experience life directly rather than merely learning about it.

Through minimalistic living, experiential learning, nature immersion, teamwork, self-reflection, and meaningful challenges, participants discover that growth begins when they step outside their comfort zones and engage fully with life.



WHAT MAKES THIS PROGRAM UNIQUE

The Life Realisation Program goes beyond conventional education.

Experience Before Instruction

Students learn through participation, reflection, challenge, and discovery rather than passive instruction.

A Living Laboratory for Growth

Every experience becomes a classroom—whether working with soil, participating in physical challenges, leading a team, serving a community, or sitting in silent reflection.

Holistic Development

The program nurtures physical vitality, mental resilience, emotional intelligence, leadership capability, social responsibility, and spiritual awareness.

Transformation Through Immersion

The residential format creates an uninterrupted environment where students can disconnect from distractions and reconnect with what truly matters.

THE FIVE PILLARS OF TRANSFORMATION



Agriculture & Nature

Learning from the Earth

Participants reconnect with nature through hands-on agricultural experiences and environmental engagement.

They gain an appreciation for food systems, sustainability, ecological responsibility, and the deep relationship between human well-being and the natural world.

Agriculture becomes a pathway to humility, gratitude, patience, and environmental stewardship.



Physical Fitness & Sports

Building Strength from Within

Physical fitness at LTC is not merely about exercise—it is about developing discipline, resilience, endurance, confidence, and mental toughness.

Through sports, outdoor activities, traditional games, and physical challenges, students strengthen their bodies while learning perseverance, teamwork, adaptability, and self-belief.



Team Building & Leadership

From Individual Growth to Collective Impact

Leadership begins with self-awareness and extends to service.

Through collaborative challenges, leadership simulations, problem-solving exercises, and group experiences, participants develop communication skills, emotional intelligence, accountability, critical thinking, and the ability to inspire others.

Students learn that true leadership is not about authority—it is about responsibility, trust, and contribution.



Patriotism & Nation Building

Discovering Responsibility Beyond Self

Students explore the deeper meaning of citizenship, responsibility, and nation-building.

Through leadership challenges, military-inspired activities, discussions, and experiential learning, participants develop discipline, courage, integrity, and an appreciation for the role they can play in shaping society and contributing to Bharat's future.



Spirituality & Peace

Cultivating Inner Clarity

Spirituality at LTC is not a retreat from life but a deeper engagement with it.

Through meditation, yoga, reflection, community service, philosophical dialogue, and mindful practices, students cultivate self-awareness, emotional balance, gratitude, compassion, and inner peace.

These practices provide tools that support lifelong well-being, clarity, and purposeful action.

WHAT WILL TRANSFORM

The Life Realisation Program is designed to awaken seven critical dimensions of growth.

Identity & Purpose

Develop greater clarity about personal values, aspirations, and life direction.

Confidence & Self-Belief

Strengthen self-esteem through meaningful challenges and accomplishments.

Leadership & Responsibility

Develop the courage and capacity to lead through service, integrity, and action.

Resilience & Adaptability

Learn to navigate setbacks, uncertainty, and change with confidence.

Relationships & Collaboration

Build stronger communication skills, empathy, trust, and teamwork.

Nation Consciousness

Cultivate a deeper understanding of civic responsibility and contribution to society.

Inner Awareness & Clarity

Develop mindfulness, reflection, and a stronger connection with one's authentic self.

Digital Detox

To encourage deeper engagement and reflection, participants deposit mobile phones upon arrival and spend the program immersed in direct human interaction, nature, and lived experiences.



WHAT PARTICIPANTS WILL GAIN

Personal Growth

- Greater self-awareness
- Stronger confidence and self-belief
- Improved decision-making ability
- Clearer life direction and purpose

Leadership Development

- Enhanced communication skills
- Stronger teamwork and collaboration
- Greater responsibility and accountability
- Leadership through service and influence

Physical & Mental Well-being

- Increased resilience and stamina

- Better stress management
- Improved focus and discipline
- Healthier lifestyle habits

Social & Civic Awareness

- Stronger sense of responsibility
- Greater appreciation for community and nation
- Increased empathy and social consciousness

Spiritual & Emotional Development

- Greater emotional balance
- Improved self-reflection
- Stronger inner clarity and peace
- Deeper connection to values and purpose

SIGNATURE EXPERIENCES

Participants engage in a wide range of immersive transformational experiences, including:

- Agriculture and Farming Activities
- Nature Immersion Experiences
- Traditional Sports and Physical Challenges
- Leadership Simulations
- Team Missions and Collaborative Exercises
- Obstacle Courses and Resilience Challenges

- Patriotism and Nation-Building Activities
- Yoga and Meditation Sessions
- Community Service Experiences
- Silent Reflection Practices
- Group Discussions and Dialogue Circles
- Journaling and Introspection Exercises

Every experience is intentionally designed to create meaningful insights and lasting transformation.

RESIDENTIAL EXPERIENCE

The residential format enables:

- Deep self-reflection
- Complete experiential immersion
- Reduced digital distractions
- Stronger peer connections
- Nature-based learning
- Lasting personal transformation

PARTICIPATION PRINCIPLES

Participants are encouraged to embrace:

- Discipline and Commitment
- Respect and Inclusivity
- Integrity and Responsibility
- Community Living
- Environmental Stewardship
- Reflection and Self-Awareness
- Service and Contribution
- Continuous Learning and Growth

ABOUT LIFE TRANSFORMATION CENTRE

Life Transformation Centre (LTC) is a pioneering initiative envisioned by Dr. Rahul V. Karad to nurture holistic human development through leadership, experiential learning, nature, spirituality, patriotism, and nation-building. Set amidst a 500-acre natural sanctuary near Pune, LTC serves as a living laboratory for transformation—where young individuals

discover not only what they can achieve, but who they can become.

The Life Realisation Program reflects LTC's larger mission to nurture Vijigīṣū Jīvanavādī Yuvān (विजिगीषु जीवनवादी युवा)—young seekers who are life-affirming, purpose-driven, resilient, and committed to creating positive change in the world.

Because some decisions change your life forever. Attending the Life Realisation Program may be one of them.



Venue
Life Transformation Centre (LTC)
Boribel, Near Daund, Pune

For More Details: **9879616220, 9309177426**
Email: lifetransformation.org.in
Website: lifetransformation.org.in



Life Transformation
Centre | Boribel | Pune

आत्मानं विद्धि

Vision of Dr. Rahul V. Karad

LIFE REALIGNMENT PROGRAM

2 Days / 2 Nights Residential Program

Recalibrating Leadership.
Rebuilding Human Potential.

Exclusive Invitation for HR Leaders



2 Days & 2 Night Complimentary
Residential Experience - Limited to
100 HR Heads Across Industries

A First-of-Its-Kind Immersive Leadership Transformation Experience

In an era defined by AI, constant acceleration, information overload, and relentless performance pressure, leadership is being tested like never before.

Organizations today are not struggling because of a lack of technology, strategy, or talent. They are struggling with leadership fatigue, fragmented attention, declining trust, burnout, reactive decision-making, and the challenge of sustaining high performance amidst uncertainty.

The Life Realignment Program (LRP) is an immersive residential leadership experience designed to help leaders pause, recalibrate, and realign themselves with what matters most.

Conducted at the Life Transformation Centre (LTC), this transformative journey integrates leadership science, organizational psychology, resilience frameworks, physical conditioning, Indian wisdom traditions, experiential learning, and reflective practice to develop leaders who can sustain excellence—within themselves and within the organizations they lead.

Why This Program Matters Today

As technology continues to reshape industries, human leadership has become the defining competitive advantage.

Modern leaders are expected to:

- Navigate complexity and ambiguity
- Build trust across diverse teams
- Adapt rapidly to change
- Make ethical decisions under pressure
- Inspire performance without creating burnout
- Balance ambition with responsibility
- Create cultures that sustain innovation and engagement

DESIGNED FOR

Leadership Cohorts & Corporate Teams

CXOs and Business Leaders

HR and Organizational Development Leaders

Founders and Entrepreneurs

Senior Management Teams

Functional Heads

High-Potential Leadership Pipelines

Future Organizational Leaders

Yet many organizations face challenges such as:

- Leadership fatigue and executive burnout
- Fragmented thinking and declining attention
- Low emotional resilience during uncertainty
- Weak trust ecosystems
- Collaboration challenges
- Cultural disengagement

THE LTC TRANSFORMATION PHILOSOPHY

At the heart of LTC lies a simple yet powerful belief:

“Connecting the Soul to the Soil”

Transformation begins when individuals step away from constant noise and reconnect with themselves, nature, community, and purpose.

Guided by the principle:

“If you want to accelerate, first take a step back”

the program creates a rare space for leaders to pause, reflect, and rebuild their leadership architecture from the inside out.

Through immersive residential experiences, minimalistic living, nature immersion, disciplined practice, collaborative challenges, and reflective learning, participants experience a powerful shift from reactive leadership to conscious leadership.



- High attrition among emerging leaders
- Strategy execution gaps
- Performance without fulfillment

The Life Realignment Program is designed to address these challenges by strengthening the deeply human capabilities that will define leadership in the future.

WHAT MAKES THIS PROGRAM UNIQUE

Unlike conventional corporate training programs that focus primarily on skills and frameworks, the Life Realignment Program focuses on transforming the leader behind the role.

Experience Before Theory

Participants experience themselves under pressure, uncertainty, fatigue, collaboration, responsibility, and reflection.

Integrated Human Development

The program develops:

- Physical resilience
- Mental clarity
- Emotional intelligence
- Leadership capability
- Strategic thinking
- Social connection
- Purpose orientation

India as a Leadership Laboratory

Participants experience timeless Bharatiya principles such as simplicity, discipline, community living, self-awareness, and purposeful action integrated with modern leadership practices.

Sustainable Transformation

The focus is not temporary motivation but lasting behavioural change through practical tools, reflection frameworks, resilience systems, and sustainable high-performance habits.



THE FIVE PILLARS OF TRANSFORMATION



Agriculture & Nature

Grounded Thinking. Sustainable Leadership.

Nature becomes a leadership classroom that teaches patience, systems thinking, resilience, humility, and long-term perspective.

Participants engage in agriculture and nature-based experiences that encourage strategic clarity, cognitive renewal, and sustainable decision-making.



Physical Fitness & Sports

Building High-Performance Energy Systems

Leadership performance is deeply connected to physical regulation.

Through endurance challenges, movement-based resilience practices, Indian sports, and disciplined routines, participants strengthen stamina, composure, focus, adaptability, and mental toughness.



Team Building & Leadership

Creating Trust-Centered Leaders

Leadership is ultimately about people.

Through simulations, collaborative missions, team challenges, and real-time leadership reflection, participants develop adaptive leadership, collaborative intelligence, emotional agility, accountability, and trust-based influence.



Patriotism & Nation Building

Leadership Beyond Self-Interest

Inspired by values of discipline, service, courage, responsibility, and institution-building, this pillar expands leadership beyond individual success.

Participants engage in military-inspired drills, obstacle challenges, coordinated team exercises, and service-oriented experiences that cultivate ownership, ethical leadership, resilience, and collective responsibility.



Spirituality & Peace

Building Inner Stability

Modern leadership often suffers from overstimulation and constant mental noise.

Through mindfulness practices, yogic sciences, breathwork, silence, guided reflection, and self-awareness exercises, participants develop emotional regulation, mental clarity, resilience, and sustained inner balance.

Why HR Leaders Should Attend

The Life Realignment Program is structured around three critical leadership shifts.

From Reactive Leadership to Strategic Clarity

Participants strengthen executive composure, emotional regulation, cognitive steadiness, and the ability to make better decisions under pressure.

From Fragmented Teams to High-Trust Cultures

Participants learn how to build trust ecosystems, improve communication quality, navigate conflict constructively, and align teams around shared purpose.

From Short-Term Success to Sustainable Leadership Legacy

Participants redefine success through contribution, long-term impact, responsible growth, and conscious leadership.

WHAT PARTICIPANTS WILL GAIN

Leadership Evolution

- Stronger executive presence
- Adaptive leadership capability
- Strategic decision-making
- Greater influence and credibility

Performance Sustainability

- Improved resilience under pressure
- Better energy management
- Reduced burnout vulnerability
- Enhanced focus and productivity

Team & Organizational Capability

- Better collaboration
- Higher trust and accountability
- Stronger communication
- Improved organizational adaptability

Personal Realignment

- Greater self-awareness
- Emotional steadiness
- Stronger connection between ambition and purpose
- Sustainable leadership habits

SIGNATURE EXPERIENCES

Participants engage in carefully curated immersive experiences including:

- Leadership Simulations
- Nature Immersion Exercises
- Physical Resilience Challenges
- Team Missions & Collaboration Labs
- Army-Inspired Leadership Drills
- Strategic Problem-Solving Challenges
- Yogic & Breathwork Practices

- Silent Reflection Sessions
- Guided Introspection Frameworks
- Service & Responsibility Modules
- Executive Resilience Practices
- Reflection & Integration Circles

Every experience is designed to create meaningful insight, behavioural transformation, and leadership growth.

RESIDENTIAL EXPERIENCE

DIGITAL DETOX – 48 Hours Without Mobile Distractions

The residential format enables:

- Deep experiential immersion
- Reduced digital overload
- Meaningful reflection
- Stronger collaboration
- Human connection
- Psychological reset and recalibration

PARTICIPATION PRINCIPLES

Participants are encouraged to embrace:

- Discipline and Commitment
- Respect and Inclusivity
- Reflection and Self-Awareness
- Collaboration and Accountability
- Environmental Stewardship
- Service-Oriented Leadership
- Continuous Learning and Growth

ABOUT LIFE TRANSFORMATION CENTRE

Life Transformation Centre (LTC) is a pioneering human development ecosystem that integrates leadership, experiential learning, wellbeing, spirituality, nature, and nation-building.

Set amidst a vast natural sanctuary near Pune, LTC offers transformational residential experiences that combine timeless Indian wisdom with contemporary leadership and developmental frameworks.

The Life Realignment Program reflects LTC's larger mission—to nurture leaders who are resilient in action, clear in thought, grounded in values, and committed to creating a positive impact on their organizations, society, and the world.



Venue
Life Transformation Centre (LTC)
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AMENITIES AT LIFE TRANSFORMATION CENTRE

A Living Ecosystem
for Growth

Spread across **170 acres of campus and farmland**, Life Transformation Centre (LTC) is designed as a living, breathing ecosystem where every space serves a purpose in the journey of transformation.

The campus comprises **57 acres of thoughtfully designed residential and learning spaces**, complemented by **113 acres of agricultural land, forests, and natural ecosystems**. Surrounded by fragrant **Seetaranjan** plantations and immersed in nature, LTC offers an environment where learning extends far beyond classrooms.

From community spaces and reflection zones to farms, forests, adventure areas, and collaborative learning hubs, every amenity at LTC is intentionally created to foster self-discovery, resilience, leadership, teamwork, and a deeper connection with nature.

संस्कृति सभागृह MULTIPURPOSE HALL

The **Multipurpose Hall** serves as the heart of LTC's collective learning experience.

Designed to accommodate **500 participants for yoga and meditation sessions** and over **3,000 participants in seated arrangements**, this versatile space hosts large-scale gatherings, orientation programs, workshops, debates, cultural programs, motivational talks, and transformational learning experiences.

More than a venue, Sanskriti Sabhagruha is a space where participants come together to reflect, exchange ideas, practice mindfulness, and engage with inspiring personalities. Whether through group meditation, yoga, discussions, competitions, or interactive sessions, the hall nurtures a culture of shared learning, community, and growth.

अन्नपूर्णा पाकशाला KITCHEN AND DINING

At LTC, food is not merely consumed—it is experienced.

The kitchen operates as a vibrant community space where participants actively contribute to meal preparation through **shramdaan** and collective responsibility. From preparing ingredients to serving meals and maintaining cleanliness, every individual becomes part of the process.

The dining experience follows traditional Indian practices, with participants sitting cross-legged on the floor, encouraging mindfulness, gratitude, equality, and healthy digestion.

A unique **farm-to-table ecosystem** connects participants directly with the food they consume. Produce grown on LTC's farms becomes part of daily meals, helping participants appreciate the effort, care, and interdependence involved in sustaining life.

More than nourishment, the kitchen cultivates teamwork, humility, leadership, service, and gratitude.



वसन्त मण्डप GAZEBOS

Scattered across the campus, **12–15 uniquely designed gazebos** serve as dedicated breakout spaces for focused learning and collaboration.

Accommodating approximately 25–30 participants each, these eco-friendly structures host small-group discussions, role plays, leadership exercises, strategy games, debates, and experiential learning activities.

Nestled amidst greenery, water bodies, and shaded landscapes, each gazebo provides an environment that encourages creativity, participation, and deeper engagement. Free from the constraints of traditional classrooms, these spaces transform learning into an interactive and immersive experience.

At LTC, the gazebos become hubs of collaboration, innovation, and meaningful dialogue.



विहंग माची OBSERVATION POINTS

Strategically located across the campus and farmland, 15–20 Observation Machis offer elevated spaces dedicated to reflection, observation, and introspection.

Overlooking valleys, forests, agricultural landscapes, and open skies, these structures invite participants to slow down and reconnect with nature's rhythms.

Here, students can witness changing seasons, observe farming practices, experience breathtaking sunrises and sunsets, and simply be present in the moment.

These spaces encourage:

- Mindfulness and awareness
- Observation without judgment
- Photography and sketching
- Journaling and creative expression
- Solitude and self-reflection

Vihang Machi reminds participants that some of life's deepest lessons emerge through stillness and observation.



प्रशासकीय आलय ADMINISTRATIVE OFFICE

Designed with LTC's philosophy of minimalism and functionality, the Administrative Block ensures the smooth operation of the centre while remaining accessible and participant-focused.

The facility includes:

- Reception and support services
- Administrative offices
- Conference and meeting spaces
- Counselling and mentoring facilities
- Medical Centre and Pharmacy

The counselling space provides students with guidance, emotional support, and mentorship whenever needed, ensuring that well-being remains an integral part of the LTC experience.



हंस सरोवर THE FARM POND

Spanning nearly 1.5–2 acres, Hans Sarovar is both an ecological asset and an experiential learning environment. Originally designed for water conservation and irrigation, the pond has evolved into a space that integrates sustainability, adventure, leadership, and team building. Set against dramatic cliffs and adjoining forest land, participants engage in:

- Boating activities
- Water-body crossing challenges
- Team-building exercises
- Leadership development activities
- Adventure and endurance training
- Army-inspired experiential learning

Hans Sarovar teaches participants to navigate challenges, build confidence, work collaboratively, and develop resilience while appreciating the importance of water conservation and ecological balance.



गुरु निवास FACULTY HOUSING

Located adjacent to student residences, Guru Nivas creates a unique environment where mentorship naturally extends beyond formal classrooms.

The housing includes:

- Comfortable 2-BHK residences
- Single-room accommodations
- Facilities for visiting and resident faculty

This proximity encourages spontaneous discussions, mentorship opportunities, idea exchange, and meaningful interactions between faculty and participants.

At the same time, the tranquil surroundings provide faculty members with a peaceful environment for reflection, rejuvenation, and continued contribution to the learning community.



प्रतापगड, सिंहगड-छात्र निवास STUDENT HOUSING

Inspired by the traditional **Wada architecture of Maharashtra**, Chhatra Nivas is designed as a vibrant community living experience.

At its centre stands a majestic **Putranjiva Tree**, creating a natural gathering space that serves as the heart of student interactions.

The housing encourages:

- Community living
- Shared responsibility
- Collaboration and friendship
- Simplicity and minimalism
- Cultural exchange and networking

Comfortable accommodations, open courtyards, well-ventilated spaces, and thoughtfully designed common areas create an environment where students learn not only from structured programs but also from one another.



रंगवेदिका OPEN AIR THEATRE

Set beneath the open sky and surrounded by a natural wall of evergreen Seetaranjan plants, Rangvedika is a vibrant space for expression, inspiration, and cultural engagement.

With a seating capacity of over 500 participants, the Open Air Theatre hosts:

- Cultural performances
- Storytelling sessions
- Film screenings
- Debates and discussions
- Artistic showcases
- Inspirational presentations

This unique venue celebrates India's rich cultural heritage while encouraging creativity, communication, and self-expression.

Here, learning unfolds through stories, performances, dialogue, and shared experiences under the open sky.



आरोग्य सुविधा MEDICAL FACILITIES

Participant well-being remains a top priority at LTC.

The campus includes a dedicated medical facility equipped to handle routine healthcare needs as well as emergencies.

Key facilities include:

- Outpatient consultations
- First-aid and emergency care
- On-site medical practitioner
- Trained nursing support
- Ambulance services
- Healthcare guidance and preventive care

In partnership with Vishwaraj Hospital, Loni, participants have access to expert medical support whenever required.



औषध PHARMACY

Integrated with the medical facility, the LTC Pharmacy provides convenient access to essential medicines and healthcare supplies.

The pharmacy stocks:

- Prescription medicines
- Over-the-counter medications
- First-aid supplies
- Wellness products

It also serves as a resource centre for basic healthcare guidance and preventive wellness support for participants, faculty, and staff.



आनंद वाटिका ANAND VATIKA

Nestled within the agricultural landscape, Anand Vatika offers serene spaces for reflection, relaxation, and connection with nature.

Whether sitting beneath a tree, observing farm life, or engaging in quiet contemplation, participants experience the restorative power of simplicity and natural surroundings.



कृषि वनम् KRISHI VANAM - FARM

The 100-acre agricultural landscape forms the living laboratory of LTC.

Developed within a semi-arid region receiving less than 500 mm of annual rainfall, Krishi Vanam demonstrates how resilience, innovation, and sustainability can transform challenging terrain into a thriving ecosystem.

Participants engage directly with:

- Crop cultivation
- Sustainable farming practices
- Horticulture
- Livestock management
- Water conservation
- Climate-responsive agriculture
- Rainwater harvesting

The farm grows a diverse range of crops including:

- Jowar
 - Wheat
 - Soybean
 - Cotton
 - Bajra
 - Tur
 - Groundnut
 - Sugarcane
- along with orchards featuring mango, chikoo, pomegranate, banana, jackfruit, citrus fruits, coconut, cashew, tamarind, pineapple, and more.

At LTC, agriculture is not viewed merely as production—it is an exercise in responsibility, patience, sustainability, and experiential learning.



ऋतु वन FLORA

Ritu Van is LTC's living forest ecosystem.

This carefully developed woodland introduces participants to the complexity, beauty, and interconnectedness of nature.

Walking through the forest, participants experience:

- Native biodiversity
- Seasonal transformations
- Ecological relationships
- Sensory immersion in nature

The forest nurtures environmental awareness, patience, and a profound appreciation for the delicate balance that sustains life.



प्राणि वन FAUNA

Prani Van offers participants meaningful interactions with animals including sheep, goats, cows, and poultry.

These experiences provide valuable lessons in:

- Responsibility
- Compassion
- Caregiving
- Interdependence
- Sustainable living

By engaging directly with animals and understanding their role within agricultural ecosystems, participants develop empathy and a deeper appreciation for the interconnected nature of life.



MORE THAN AMENITIES

At Life Transformation Centre, these spaces are not merely facilities—they are carefully designed experiences.

Every hall, pond, farm, forest, residence, theatre, and observation point contributes to LTC's larger mission of nurturing resilient, self-aware, responsible, and compassionate individuals.

Together, they create an environment where learning becomes living, nature becomes a teacher, and transformation becomes a way of life.



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LTC Concept Film



Student Testimonials



Batch Experience

आत्मान विद्धि

“Understand Your True Self”



**Life Transformation
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