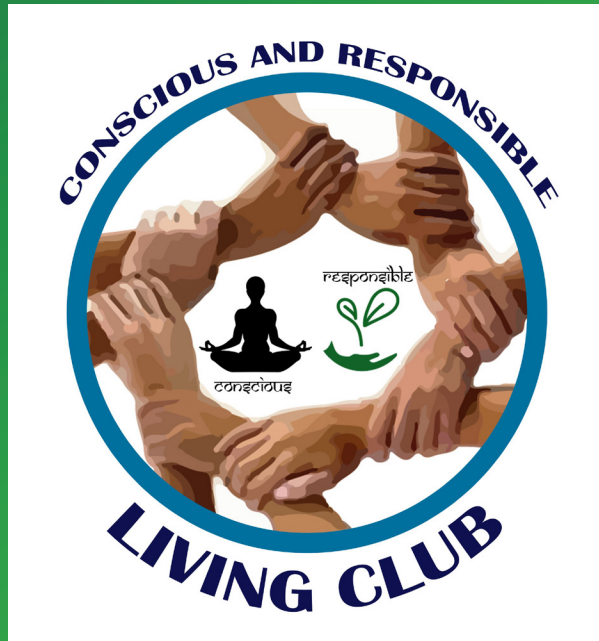


# CARL CLUB



# CARL CLUB EMBLEM

(Conscious and Responsible Living Club )



The Emblem designed by Ms. Aanya Mishra, signifies our philosophy with which the CARL club was founded. Here we have joined hands for the purpose of living a more conscious and responsible life and spread the same message to all.

The blue color of the band signifies the depth, the stability and calmness, to move together calmly towards a life bringing forth the depth of our thinking and stability in actions.

Being Conscious means -being 'aware of' our inner & outer way of living and thinking.

Black color here signifies power and strength, being aware is definitely empowering ourselves with the choices we make in our day to day thinking & acting upon them.

Being responsible generally means taking charge, meaning nurturing anything or any environment (by being a chairperson, being parent, being the CEO you name it) so essentially bringing growth and prosperity to one & all. No other color would have done justice to signify growth than the green!!

# ABOUT CARL

We do believe Margaret Mead, who was an American cultural anthropologist; when she said, 'Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has'.

Having faith in ourselves we started out in the October of 2018, meeting regularly to discuss how we can live a more conscious and responsible life.

There is no ONE way to do it and get it. It's a unique journey for each one. While people remain disappointed with government efforts to tackle the world's big social and environmental problems, a new era of optimism is emerging.

People are increasingly relying on themselves and their communities to instigate positive change. In particular, individuals are recognising that they have significant power if they work together with other members of their social networks.

self made quote



# ABOUT CARL

In the same spirit we as club members started becoming conscious and bringing about change in us as an individual & in our neighbourhood, we started this CARL club where members have a monthly meeting. During these meetings members

**1.** Identify the problem/issue that they would like to change

**2.** Design a solution to address that

**3.** Work & volunteer to make it happen

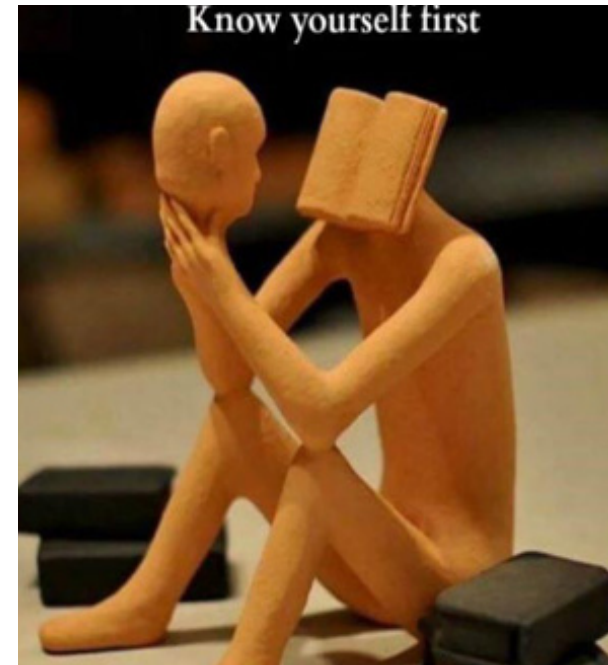
Proceedings of the membership are used to support the logistics needed to run a project or an event, or may be used to support drives & other social causes in the area.

"Knowing yourself  
is the beginning  
of all wisdom."

- Aristotle



Know yourself first



# ABOUT CARL

For us, being “conscious” is about: bringing AWARENESS to every aspect of your life both internal & external. Think about it. How many opportunities are there to bring “consciousness” to? There are many big and small things to bring our attention to.

When I brought awareness to reduce plastic in my mind, magic happened! I saw plastic in places I had never noticed before, including when it was right there in my hand!

Being responsible, as per dictionary it is having an obligation to do something, or having control over or care for someone, as part of one's job or role.

Responsible living in social context encompasses eco-friendly choices, being a conscious consumer, volunteering, helping your community and working for raising the collective consciousness of the humans as self-help agenda or as a mass movement for world peace.

## REFLECT AND THINK HOW ARE WE LIVING?

1.

This could mean being aware of the impacts we create - carbon foot prints, health impacts of food & various prejudiced thinking etc.

2.

Even need to stay conscious of our thoughts and belief systems that are shaping our lives.

3.

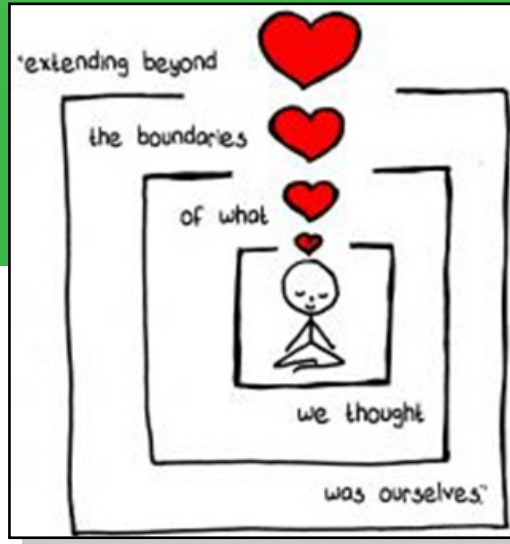
If need be opt for alternates available, better still create one! And share with us J

4.

We can consciously evaluate each area of life, such as our health, relationships, fun, our environment and our spirituality.

## BE CONSCIOUS OF WHAT & HOW WE FEED OUR BODY, MIND & SPIRIT.

# SHANTI



We love to pray and start all our meetings with Gayatri mantra or Shanti path.

We are firm believers of peace for all.

Shanti shanti shanti !! Sarve shanti (peace for all)

ॐ सर्वे भवन्तु सुखिनिः।  
सर्वे सन्तु निरामयाः।  
सर्वे भद्राणि पश्यन्तु।  
मा कश्चित् दुःख भाग्भवेत्॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

Om, Sarve bhavantu sukhinah  
Sarve santu nirāmayāh  
Sarve bhadrāni paśyantu  
Mā kashchit duhkha bhāgbhavet  
Om Shāntih, Shāntih, Shāntih

May all be prosperous and happy  
May all be free from illness  
May all see what is spiritually uplifting  
May no one suffer  
Om peace, peace, peace

# CARL FOUNDERS

CARL club was founded in a spirit of service by Shilpi Gaur, who is a software engineer professionally but a homemaker, a spiritually inclined person & a happy person by choice.

As someone, who wanted to spread awareness to a way of life: where we all live such that we are making conscious decisions to live in harmony with ourselves and the environment around us, she ventured and started a CARL Club to bring awareness to various aspect of life- internal & external.

We can consciously evaluate each area of life- spiritual, mental, emotional, professional, social, physical etc. and embark upon a journey to become more responsible and conscious of what & how we feed our body, mind & spirit and also spread the same to all.

A conscious life is a deliberate and thought-out life.

