

# Scripting Pathways of Change 2012-2013

## OFFERED AS:

Certificate of Professional Studies in Integral Education

4 month Onsite Training Programme

Intensive: 27-31 October : 9.30am-12.30pm

Classes: 5 Nov'2012 to 28 Feb'2013 : Mon-Fri, 9.30am-12.30pm

## PROGRAMME COMPONENTS

- Self-development
- Integral Education - concept & practice
- Facilitation tools (observation, planning, methodology, evaluation)
- Concepts (topics, language, numbers, etc.)
- Skill based training (creative work, rhymes & songs, experiments, sports etc.)
- Practice teaching (at the Centre's integral education school L'avenir)

## PARTICIPANTS: 8

<b>NAME / E-MAIL</b>	<b>BACKGROUND</b>
<b>Neeru Dewan</b>	LA ex-parent, PG (Management), Work ex as business executive
<b>Phalguni Freeman</b>	LA parent, Trained Facilitator, Work ex in setting up learning programs for youth, workshops in different areas. Meditator, on a spiritual path
<b>Prerna Goel</b>	LA ex-parent, Co-founder of education portal Readntick, Work ex in developing educational content
<b>Puja Gosain</b>	LA ex-parent, Work ex in Aviation sector, Staunch hands-on parent. Joined LA as teacher after the course.
<b>Rubeeka Pangtey</b>	LA ex-parent, Work ex in Telecom sector. Joined LA as teacher after the course.
<b>Ruchika Goel</b>	LA parent, BE (Electronics), Work ex as design engineer
<b>Shweta Joshi</b>	LA ex-parent, Trained in Education, Work ex in Montessori school & also student counseling for choosing right course & univ in UK
<b>Suman Rustagi</b>	LA parent, Work ex in Aviation sector & corporate training

## END-OF COURSE RESEARCH PROJECT & PRESENTATION

<b>THEME / TOPIC</b>	<b>PRESENTER(S)</b>
Initial Maths	Prerna Goel & Rubeeka Pangtey
Memory as part of Mental Education	Neeru Dewan & Suman Rustagi
Needs of the Child	Puja Gosain
Physical Education	Ruchika Goel
Story Telling	Puja Gosain
Teaching Language	Phalguni Freeman
Training of Senses in Kids with Freedom to Express, Explore and Experience	Shweta Joshi

## **TESTIMONIALS**

**Neeru Dewan:** Integral education has helped me become a better person, more insightful, I tend to introspect and connect better to my inner self. As a mother it has taught me more patience, become a better listener and focus on the positives of my children.

**Prerna Goel:** Integral Education came into my life as new ray of energy and knowledge - as it introduced me to new dimensions and thoughts on education and one's own self. It changed my way of thinking and my actions. It helped me to reflect on my action not only as a teacher or mother but in all relationships in life. It also helped me somewhat visualize the purpose of my life.

**Puja Gosain:** Integral Education has helped me broaden my view point over everything and makes me think on perspectives not otherwise clearly visible. My reactions towards situations are well thought of. Whether I play the role of a mother, wife, home-maker, daughter, sister or a teacher, I am always trying to perform each role to it's best using not just my physical, mental or emotional fronts but also including my deep consciousness. This gives me a certain sense of joy and fulfillment even though I may not always have achieved success. I take all experiences as learning and am able to enjoy each role I perform.

**Rubeeka Pangtey:** Integral education has helped me understand that learning is an inward journey leading to enquiry rather than just information. The various dimensions of the physical, mental, vital and spiritual come into play in every aspect of life. It has helped me in my role as a parent as well, to understand my child better, that each child is unique and the process of learning is unique to each. To explore experience and express while learning along with the child has made the whole process interesting and fun for both of us.

# **Scripting Pathways of Change**

## **2013-2014**

### **OFFERED AS:**

Certificate of Professional Studies in Integral Education  
4 month Onsite Programme  
3 Oct'2013 to 14 Feb'2014 : 9.30am-12.30pm (Mon-Fri)

### **PROGRAMME BRIEF**

The Programme is a blend of concepts and application, with interactive sessions, meditations, experiential exercises, reflection, hands-on work with children, research.

The Primary focus is on understanding the human nature, with oneself as the case study... extending to relationships at home, at work... children. The aim is to engage with processes of educating/training human resource/parenting... in an integral way.

It is a harmonious blend of inner processes and external actions. The needs of the participants drive the actual flow of the programme and components taken up.

### **PARTICIPANTS: 3**

<b>NAME / E-MAIL</b>	<b>BACKGROUND</b>
<b>Manju Verma</b>	LA parent, Creative Movement therapist, Work ex as workshop facilitator at schools
<b>Meenakshi Ahluwalia</b>	LA ex-parent, Work ex in Gender & Development sector
<b>Niwedita Singh</b>	Ex-Mirambika teacher trainee (Sunaina's sister), Work ex language sector (Italian & Spanish)

### **END-OF COURSE RESEARCH PROJECT & PRESENTATION**

<b>THEME / TOPIC</b>	<b>PRESENTER(S)</b>
How to Train Human Mind	Meenakshi Ahluwalia & Niwedita Singh
Pre-Natal Education: Womb – the Child's First School	Niwedita Singh

## TESTIMONIALS

**Manju Verma:** One of the biggest lessons of life I learnt was when I was studying Integral Education. It was an eye opener and it strengthened my belief on this kind of education. You don't learn the technical stuff but you browse through your body and learn how it responds to you as well as things around you. How authentic you are within yourself and with people around you. How clearly do you know your needs and how your energy works and changes things. How beautifully you can watch your emotions and not react to them. It balances you and brings you and opens you up.

**Meenakshi Ahluwalia:** The Integral Education Course came at a time when I was undergoing a particularly bad phase in life. I knew the faculty and had high expectations and therefore committed to an onsite course. The course helped me to regain a positive focus and to be in the present. I, like many others, have been taking pride in multitasking but have realized through this course that focusing on one thing at a time is always more effective. I began to hear sounds and seeing colors that I had never seen before. Moreover, I began to interrogate myself to find out what was my contribution to a problem and how can I be part of the solution. These attitudinal changes have made immense difference in my life and my work. The problems and the road blocks have not disappeared but they fail to disturb my inner peace - well I should qualify this with "most of the time".”

### Detailed Feedback from Meenakshi Ahluwalia:

I have been asked to write down the impact of a three-month course on Integral Yoga on myself. This was three hours a day for five days a week but frankly we managed to about 3 days a week. The course took us through the book, Sri Aurobindo and the mother on Education, did meditation, conscious raising activities and a few assignments at L'avenier. Now, for a person who is not extremely 'conscious' this is a tall order but in a way the timing of the writing is good as I do notice that certain things are reoccurring after a long time. But what I did notice is that the course had brought in peace and calm within me. I noticed that I was laughing more during the last class than in the first class. In the class, I also noticed that I was able to put my points across in a more friendly fashion and get answers to my concerns while steering clear of argument that sometimes erupt in discussions of ideologies. The calm was not restricted to classroom situation but had moved in other areas of my life. My sleeps were less disturbed. I was getting less stressed by situations or people who used to have affect me far greater. At one time I had gone into a compulsive sorting phase and one after the other I resorted all the almirahs. That they needed sorting was another thing but suddenly I had found the will and patience to see this through.

It is paradoxical that while trying to put in more in our life we try to do things on an autopilot mode. My drive to work was the time for me to drive, to network through phone, to eat my breakfast, comb my hair and also put on the lipper on the red lights. Also at another level, you often hear ignore the jibe, don't give much attention to what hurts you, don't be oversensitive to the criticisms and slowly you shut down another part of yourself to protect yourself. However, during the course we meditated and focus on the sounds, a work or an idea and eventually I became more conscious of my surroundings and my things. Earlier, I would inevitable miss the turn because I would start thinking of something while driving. Also, I would put things somewhere and then spend time trying to find it. I was not able to focus on conversations especially the ones I am not interested in so I would end up shaking my head and my mind was elsewhere. I would not remember faces of people I had met before. But somehow my state of consciousness had improved manifold and I was able to stay connected much more.

I have been married for seven years and did karvachauth fast for seven years. I think the reason I did karva chauth was not merely to follow a tradition though that is a part of it. As a feminist it was not expected of me from the fellow professionals that I would keep this fast and neither is my husband or in-laws care whether I fasted or not. So to fast was a thought through decision to follow on a tradition I had seen my mother go through. My

motivation was clear that it was a day when you pray for your life partner's long life. In my mind there was no disconnect between my empowerment and my fasting. I did not engage in rituals like touching feet of my husband on this day or any other day as that's not something that forms a part of husband-wife relationship the way I see it. However, over the year the consciousness had dimmed. This time I took time to actually pray for my husband's long life while doing that realized that his being in this world actually was important to me. In day-to-day life especially in a joint family set up and that impacts your relationship. I took time to remember the things that I admire in my husband and somehow rebounded with him at least at the spiritual level.

One of the objectives of doing this course was to understand the philosophy on parenting. The course did offer many useful pointers, some that I could not have got from elsewhere and some that were reaffirmed. The philosophy is based on free and natural growth process. In other words the role of the parent is to expose the child to a variety of experiences for his growth; to observe the ones he is more interested in and to provide opportunities for growth in the fields that he is interested in. This will include physical, vital, mental and psychic development. The philosophy stresses the physical development as an integral part of overall development. That the physical is important has been widely known but the way the integrality of physical suggested in this philosophy is noteworthy. A child should be given opportunities to develop both his left and the right brain- his thought should be wakeful, alert and quick. She should be given the opportunity to use all the six senses and to learn from experience rather than cramming up information. She should be encouraged to be a keen observer, committed recorder of the observation, ability to compare the information dispassionately and also have good sense of judgment to decide on what to do with the information. She should be given opportunity to be creative in the field she chooses but should be have to capability for logical reasoning. To love to learn through healthy curiosity is the biggest gift one can give to a child according to this philosophy. The child should be exposed to intellectual culture, to observe oneself and to choose light from shadow from an early age and to eventually gain self-control and self-mastery. The philosophy has something to say on food, sleep, discipline, praise etc. of the child. These ideals and many more that are not possible to pen down here is not something you associate with good parenting.

While, I was entered the course to learn more on how to educate a child yet I ended up focusing on a journey of self-discovery and growth- a journey that has only begun.

# Scripting Pathways of Change

## 2014-2015

### OFFERED AS:

Scripting Pathways of Change : insights & tools from an integral education perspective  
A 12-week Course

Mode: Blended (Onsite, Online, Practicum, Action research, Project work)

3rd November, 2014 onwards

### PROGRAMME COMPONENTS

- Understanding Human Nature, with oneself as the case study
- Understanding relationships-dynamics at home, at work
- Understanding children
- Tools for training the mind, character, physical
- Meditation & self-reflective exercises
- Action research based project work
- De-coding Parenting challenges
- De-coding Human Resource training / Teaching challenges
- The needs of the participants drive the actual flow of the programme and components taken up.

### PARTICIPANTS: 6

<b>NAME / E-MAIL</b>	<b>BACKGROUND</b>
<b>Alka Gupta</b>	LA ex-parent
<b>Mona Modi</b>	LA teacher (new entrant)
<b>Monika Dhingra</b>	LA parent Work ex as teacher
<b>Nidhi Jain</b>	Montessori teacher
<b>Suparna Popli</b>	LA parent. Joined LA as teacher after the course.
<b>Vrushali Gurjar</b>	LA ex-parent, Work ex as Graphic Designer

### END-OF COURSE RESEARCH PROJECT & PRESENTATION

<b>THEME / TOPIC</b>	<b>PRESENTER(S)</b>
Handling multiple responsibilities with balance & poise	Vrushali Gurjar
How to strengthen Concentration in 2-3 year olds	Mona Modi
Journey: from Bitter to Sweet	Alka Gupta
Mother: A True Educator	Suparna Popli
Self-Confidence	Monika Dhingra
Surrender: Making it a living act/fact	Nidhi Jain

## TESTIMONIALS

**Mona Modi:** Integral education has helped me to connect with my inner self. I have emerged as a confident, stronger and a better human being. It has helped me to aspire for beauty and refinement. I am more open to take up challenges and responsibility. I am able to connect with children on a deeper level.

**Nidhi Jain:** Integral education is an education of life and has been extremely helpful in my journey for self-growth and self-exploration. According to me, as a parent and a teacher I believe No education is complete without first knowing yourself, as only once the adult is ready and open, can he understand the child and help in his growth.

### Detailed Feedback from Nidhi Jain:

The whole atmosphere at Gnostic Centre is of calmness and subtle joy in the air. Even when it used to take me one-and-a half-hour to come to the Centre everyday from New Friends Colony, I always tried to come 15 minutes earlier so that I could enjoy the serene atmosphere, a walk in the garden and talk to my dear trees and birds around. There were many days when I dreaded the ride up but the minute I entered the place I always felt I have come home. I love the library, the round circular sitting, the beautiful different flowers arrangement in the centre, the photo of the Mother overlooking us and the aroma of the incense in the room.

Anuradha Di, our mentor, is childlike, boyish, joyful yet calm loving person. She could read us all like an open book. Her eyes and her crooked smile always knew everything. The three peacocks I used to see everyday were my source of great joy, the banyan tree right outside our library – I miss you all.

What I learnt in this course 'Scripting pathways of change' is hard to put in words. But in one line, now I know for sure Life is beautiful. It made me believe in my inner voice, in this world. I am filled with gratitude towards the Mother, Sri Aurobindo, Nirod da, Ameeta Didi, Anuradha Di and all the other wonderful people who started this Centre. I love you all; thank you for being there.:))

**Suparna Popli:** Integral Education has helped me in widening my approach (in thoughts and actions) and introduced me to the element of self-reflection in my interpersonal relations and as an educator. It has also made me understand the importance of individual needs of children within group needs.

# Scripting Pathways of Change 2016-2017

## OFFERED AS:

Scripting Pathways of Change : insights & tools from an integral education perspective  
A 12-week Course

Mode: Blended (Onsite, Online, Practicum, Action research, Project work)

3rd November, 2014 onwards

## PROGRAMME COMPONENTS

- Insights into Human Nature, with oneself as the case study
- An understanding of relationships, and people dynamics
- Tools for training the mind, refining character, and developing the physical being
- De-coding challenges at work and within the home
- Methods for coming in touch with your inner self

## PARTICIPANTS: 3

<b>NAME / E-MAIL</b>	<b>BACKGROUND</b>
<b>Monica Setia</b>	LA parent
<b>Rohit Dhar</b>	LA parent
<b>Saheli Bose</b>	LA parent. Started volunteering at Office (twice a week) after the course.

## END-OF COURSE RESEARCH PROJECT & PRESENTATION

<b>THEME / TOPIC</b>	<b>PRESENTER(S)</b>
Pursuit of Peace	Saheli Bose
The Lever is Shifting	Monica Setia

## TESTIMONIALS

**Monica Setia:** SPOC 2016 was a very fluid yet structured course for getting in touch with our inner being. The base of the course were the readings from Sri Aurobindo and The Mother. There was also a basic understanding of Integral Education relevant for children and adults both. It would not have been possible for such a fluid course to yield results (stirring) if not for a mentor like Anuradha di.

Here are a few suggestions for consideration :

- 1) Challenging physical activities : One session with Durjee Bhaiya showed us how our physical mind is related to our vital and mental. Getting out of our comfort zones physically, simultaneously challenged our vital resistances too. I would say helped us to make our margins leaky.
- 2) Contact with animals : Getting in touch with animals - horses, dogs, cats, rabbits, etc. could help us connect with the beings that they are and simultaneously to our own selves and might develop a sense of faith in the Universe.
- 3) A bigger group size : Although it made it very easy for us to get intimate and personal with each other and to touch issues concerning our daily lives in a smaller group;

nevertheless a bigger group size (interactive atmosphere) might be helpful in invoking more questions and hence widening of our consciousness.

- 4) Contact with Nature : Getting our hands dirty with soil, clay, earth etc. might also be considered as a source of grounding.

**Saheli Bose:** On the very first day, our course facilitator Anuradha wanted to know from us our expectations from the course. As we draw close to the completion date of our course, I have realised that we have not only met all our expectations from the course but have gained a lot more than that. I, as a student of this course, have integrated a lot more than just information. I have understood myself a lot more and I have now got a set of aspirations which I feel are essential for the survival of the body, mind and soul.

The course, Scripting Pathways of Change, because of the expectations of the aspirants had an extremely open ended and fluid structure. The skill and depth of our facilitator has been phenomenal. She tied all the threads of our expectations – Sri Aurobindo and the Mother’s philosophy of Integral Yoga, Integral Education, our personal goals of reconnecting with our souls, know ourselves better – into an intricate design where everything fitted into a beautiful work of art, of understanding.

Apart from gaining knowledge and perspective on Sri Aurobindo and the Mother, I have also got a glimpse of how one should teach from Anuradha, our facilitator. She never let us lose focus from the course or our goals. Whenever the classroom discussions went out of “syllabus” she would effortlessly drive our attention back to the point of discussion. On the other hand, discussions which needed clarity were dealt with at length and in great detail to enable complete understanding. My special thanks to her for helping me gain new perspective on teaching.

The course was divided into classroom discussions, reflections on our understanding, meditation sessions, hands-on experience where we had to teach the children of L’avenir, and physical exercises. All combined together and aimed at meeting our individual as well as collective goals – a step towards scripting a way ahead for the change we aim to see in ourselves, our work space, and our lives.

Now that we have reached the fag end of our course, I feel nostalgic. I only wish we had at least 2 more of our class on Physical exercises. Since I was trying to exercise after more than a decade, I felt inordinately rusty. Two more of the Physicals would have probably tested my strength a little more. I also wish we could have another month of the course as it kept my spirit continuously awake during each day of this course.

I enjoyed each day of the class, in fact each day since 13<sup>th</sup> September 2016, the day when we first started our course.

Thank you.