

INTEGRAL EDUCATION WORKSHOP CONDUCTED IN OUR SCHOOL BY SRI SHIVA KUMAR, DIRECTOR, SRI AUROBINDO FOUNDATION FOR INTEGRAL EDUCATION AND RESEARCH (SAFIER) AND SMT. PRITI UMAMAHESVARAM, RESEARCH ASSOCIATE AT SRI AUROBINDO SOCIETY FROM PONDICHERRY.

Sri Aurobindo Institute of Education, Salt Lake Kolkata, organized a workshop on Integral Education for teachers from 23 to 26th October, 2024. Sri Shiva Kumar, Director, Sri Aurobindo Foundation for Integral Education and Research (SAFIER) and Smt. Priti Umamahesvaram, Research Associate at Sri Aurobindo Society, travelled all the way from Pondicherry to conduct this programme. Close to thirty five teachers participated in this three and half day long enlightening workshop. The school Principal, Mr. Anthony Das, commenced the workshop and Mrs. Nandita Chandra, one of the Schools Governing Body member, introduced the two mentors to the group.

The workshop highlighted the flaws of the current education system, where everything is judged and evaluated from a monetary perspective. A student learns that the only thing that matters in life is earning money. They don't learn for the sake of knowledge or to grow in consciousness and become master of themselves. Create 'inspired students' and not 'average students' was the basis of the workshop. Sri Aurobindo's quote from the first chapter of the book 'On Education' was brought to the attention of the teachers – "The chief aim of education should be to help the growing soul to draw out that in itself which is best and make it perfect for a noble use". The three principles of Sri Aurobindo from the above book were also discussed. Development of the four beings – the Physical, Mental, Vital and Psychic was stressed upon. This concept of the four beings was communicated through videos, skits and quotes. Teachers were also taught the vedic way of chanting the mantra 'Sahana Vavatu'. The workshop motivated the participants to become compassionate and motivated teachers.

The workshop concluded with a flame of meditation with the Mother's music. The teachers wrote down their aspirations on a card which they would use as a reminder to kickstart their inner exploration and live an integral life.