

EDUCATION TODAY

Sathya Sai Education in Human Values

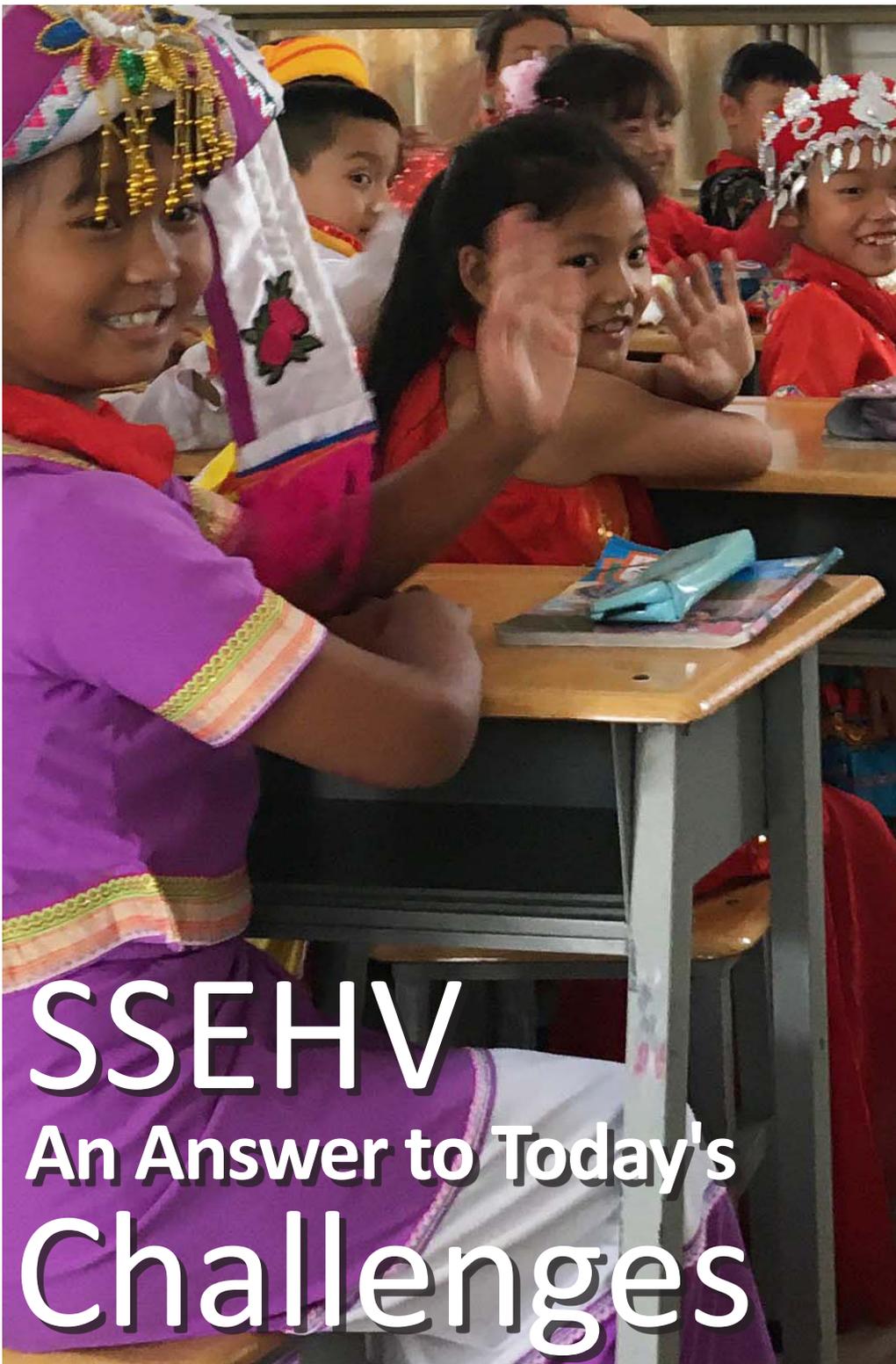
NEWSLETTER

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October 2023

Editorial: Worldwide Sathya Sai Education in Human Values

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FROM CHINA

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EXCELLENCE

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"The broad objective of Sathya Sai integral education is that a student should have the benefit of a trained intellect as well as the constant light of an awakened intuition. In other words, s/he should have an integrated education, combining the brilliance of reason with the quiet calm and depth of moral and spiritual education."

Dr. Vinayak Krishna Gokak

EDITORIAL

Worldwide Sathya Sai Education in Human Values

SSEHV programs play a role in bringing peace and harmony to our planet earth.



Sathya Sai Education in Human Values (SSEHV) began in 1983 in India. Shortly after, this unprecedented program was adapted and implemented in other parts of the world by persons keen on value-based education who shared it with their respective countries. This is a mere 40 years ago! In support of this distinguished human values educational program, in the early 1990s Institutes of Sathya Sai Education (ISSE) were established in the various parts of the world to train SSEHV teachers, be a resource and to assure quality. Also during this time, Sathya Sai Schools began to be established around the world. At first the program's philosophy and teaching strategies were initiated in public schools in a few countries, for example Australia, England, and United States of America. Culturally appropriate training materials and courses for SSEHV teachers were developed and the delivery of its programs was

on a limited scale. As the focus was predominately on public school systems the early SSEHV programs had an academic focus. The introduction of SSEHV programs for the general public in community venues was a later development and their growth was mainly through word of mouth. These programs which were centered primarily in schools have evolved over a course of time into many programs in a variety of community venues. This expansion required adjustments to the SSEHV materials, with a changed focus on meeting the needs of the community and on how the program's principles may be applied in practical daily life and daily situations. At present, along with schools, SSEHV programs are being implemented at orphanages, in afterschool activities, juvenile justice systems, partnership schools, workplaces, higher education, prisons, individual classrooms settings, homeless and abused women and children centers, youth community organizations, government instrumentalities and more. Details of such projects are given in the Sathya Sai Education in [Human Values Global Compendium](#). The Global Compendium is the result

of a 2017 SSEHV Questionnaire circulated worldwide to gather data on the variety of existing SSEHV School and Community Programs and Specialized Workshops between the periods of 2011 through 2017, or on any significant programs that took place prior to this timeline. We were aware from the start that for various reasons we may not reach everyone previously or now involved with SSEHV projects. As of July 2023, there are over 8 billion human beings on the planet earth! The current state of education and the challenges for this huge population of young people and adults and what they face in a complex and rapidly changing world may appear at times unsurmountable. The underlying principles and the methodology of SSEHV have proven to be the answer to the myriad of conditions humankind face daily. SSEHV uses five universal human values: Truth, Right Action, Peace, Love and Nonviolence, and their values aspects in var-

ious approaches to achieve practical, holistic human development. Using these human values themes, the program focuses on the development of: self-confidence, self-esteem, and self-discipline; critical thinking, written and oral communication skills; the entire range of social skills; physical, intellectual, emotional, and moral balance; positive regard for the rights, life, and dignity of all people; harmonious living at home, at school, and in the community; and respect for the interdependence and unity of all life. These are all forms of positive productive behavior. May we wholeheartedly continue supporting SSEHV Programs as they continue expanding across the globe for they undoubtedly play a major role in bringing peace and harmony to our planet earth.

Doris Hampton
EC Board Member

"Do not try to graft the SSEHV principles on to a tree in your own country. Instead, take the seed of the teachings and plant it into the soil of your country."

Sri Sathya Sai Baba

SSEHV IN MAINLAND CHINA

An example of how SSEHV is culturally adaptable, as mentioned in the Editorial, is a project conducted by the **Institute of Sathya Sai Education of Hong Kong** since 2002 in China. A communist country, China's culture is based on its 12 Core Socialist Values (national values of prosperity, democracy, civility and harmony; social values of freedom, equality, justice and the rule of law; individual values of patriotism, dedication, integrity and friendship) and also steeped in the traditional Confucian values which focus on the importance of personal morality. There are dozens of values-based quotations that people know well. But with the rush towards greater material wealth, their practice has often been forgotten. This was compounded by the now phased out One Child Policy, which meant that for every child there were six adults (two parents and four grandparents) depending solely on that one child's academic and social success. As well, teachers were unsure how to teach these values, especially when they were under great pressure for their students to achieve academically. While the values were addressed in moral education classes, the teachers' understanding of them was often not deep, and children gave the right answers about how to behave but did not put them into practice outside the class. SSEHV gave the participating teachers a framework to classify their own cultural values into the five categories of Truth, Right Action, Peace, Love and Nonviolence, which made it simpler for them to identify the deeper messages that were the most important for their students. As well, the framework enabled them to draw on examples of silent sitting, story telling and singing from their own culture and use these tools to integrate the messages from their own Confucian quotes across the curriculum and into extra-curricular activities. As this happened, the children saw that the teachers appreciated these values enough to integrate them into all aspects of daily life, and the effect began to spread.

For more information about the positive impacts on teachers, students and even their families, please refer to <https://www.sathyasai.org/education/ssehv/china>



VALUE-BASED CULTURE AND TRADITIONS IN GHANA

On March 30th 2023, the students of the **Sathya Sai School in Ghana** celebrated a Cultural Day showing how the universality of the Sathya Sai Education in Human Values programme (SSEHV) perfectly aligns with local customs and socio-spiritual heritage. Dressed in their traditional clothes the students highlighted the need to glorify Nature, and express one's gratitude to God for having given us this beautiful planet Earth, the Sun, the Moon and the Stars, good vegetation and good air to breathe. The Traditional and Cultural Celebration Day attracted 600 observers including the elders of the town called Tafo, and its catchment areas in the Eastern Region of Ghana. Other people who attended the event included educationists, teachers, students from nearby schools, musicians and various people familiar with the Sathya Sai Organisation of Ghana. The students recited songs and poems that kindled awareness as to how the solid foundation of Ghanaian tradition and culture is based on Love, Peace, Truth, Right Conduct and Non-violence, and is thus integrally related to the noble teachings of the founder of SSEHV, Sathya Sai Baba. A short drama, enacted by the students, displayed that no society can thrive without relying on these moral and spiritual values. The poems shared by the students were enlightening, and their very titles impacting, such as: **Except God, no man can**



protect you; Be patient in life, if you are a youth; Be grateful to God; Body will turn to ashes; Hate no one. The entire event showed how the themes and topics imparted through SSEHV lessons have been understood and are being practiced by these students. It furthermore emphasized which roles are expected to be played by students, parents and teachers for societal development and upliftment. The Sathya Sai School in Ghana was built in a rural community, it currently has 180 students and is managed by a team of 18 people, both teaching and non-teaching staff. Most of its talented students come from vulnerable homes, and paying even \$10 a term as a school fee is a problem for them. Hope is that despite its financial inadequacy the school's determination to groom these talents to become efficient and effective leaders in their communities will be fulfilling and fruitful.

PRESCHOOL AND PRIMARY EDUCATION IN COLOMBIA

The **Sathya Sai School of Funza** is a formal educational institution located in the municipality of Funza, on the outskirts of Bogotá D.C. in Colombia. It was founded 13 years ago and offers preschool and primary education. It is a private and free-tuition school. It serves children from low socioeconomic backgrounds and families interested in an integral education. The goal of the school is to reach out to the entire educational community (students, parents, teachers and administrative staff) in a coordinated manner through the same annual project on Human Values. This year, the tools **"pause and feel"** were introduced which promote stillness of the body and the mind, and the capacity to observe oneself, connecting with our inner voice. By experiencing how some feelings/thoughts "contract" and make us and others feel bad, while other feelings/thoughts "expand", making us and others feel good, we learn to differentiate between them, and make conscious changes to improve our character. Allowing the expanding feelings to grow in

us leads to transformation. The teachers adopt the tools themselves through weekly experiential workshops. Once they have forged a habit of their own, they incorporate them into the classroom according to the age of the children. Parents are also offered a monthly experiential workshop so that they can share the same practice as a family. Thus, the educational community of the school has a common objective: to express Human Values in thoughts, words and deeds, and to focus on defining the values in actions and habits. The **"pause and feel"** tools complement the 5 techniques of SSEHV, together with a self-assessment and external evaluation system.



*A powerful SSEHV technique that helps children learn to cultivate inner quietude is **Silent Sitting**. The benefits are many, including improved concentration and memory, and less anxiety. By inviting the students to sit comfortably and close their eyes, focusing on their breathing, they experience and appreciate the calm and peaceful inner ambiance. In this intimate quiet environment they pause and learn to observe themselves and make conscious choices. As they become aware that the Goodness and Beauty of Human Values reside within them, their conscience is aroused and consciousness illumined.*



Front cover: School visits in Gengma, China

Students of the **Sathya Sai School of Ribeirão Preto** have taken part in the **"Astronomy and Astronautics Brazilian Olympics"** for many years. In 2019, one 4th Grade girl ranked third in the country and earned a Bronze Medal. The good results were repeated during the following years. In 2020, the students of the Sathya Sai School earned one Gold Medal, three Silver Medals, and six Bronze Medals. In 2021, the students of the school earned one Gold Medal, two Silver Medals, and four Bronze Medals. In 2022, they earned five Silver Medals. In 2023, they earned two Gold Medals and five Silver Medals! Beyond medals, the performance of the students speaks about the Sathya Sai School's high educational standards and its achievement of a perfect balance of academic excellence and integrity of character.



The Sri Sathya Sai International Organization (SSSIO) is a spiritual and humanitarian organization that has been active for over 50 years, currently in 114 countries. The SSSIO Education Committee supports and promotes Sathya Sai Education worldwide including 39 Sathya Sai Schools, 28 Institutes of Sathya Sai Education, and programs of Sathya Sai Education in Human Values (SSEHV) and Sai Spiritual Education (SSE). For more information please contact: ec@sssio.org

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