

LIFE SKILLS

HOW TO GO ABOUT IT ?



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Life Skills: New dimension in education

**Life Skills Education is
Knowledge,**

Attitude and

Skill Development

For healthy and growing life

*based on an all comprehensive
understanding of life*



1. Why do we need Life Skill Activities?
2. How? - The basis and framework of Life Skill Activities.
3. What do we include in these activities?



Why?

1. Need to introduce Life centred education.
2. Need of all comprehensive education.

The Days of compartmentalization and fragmentation of knowledge should go.

All knowledge is essentially one

3. Need of imparting self reflecting, self
observing process for acquiring knowledge,
Need to create a life long learner and also a
teacher

4. Need to include training of the mind.

The instrument of learning has to be perfected

5. Need to include training of emotional being

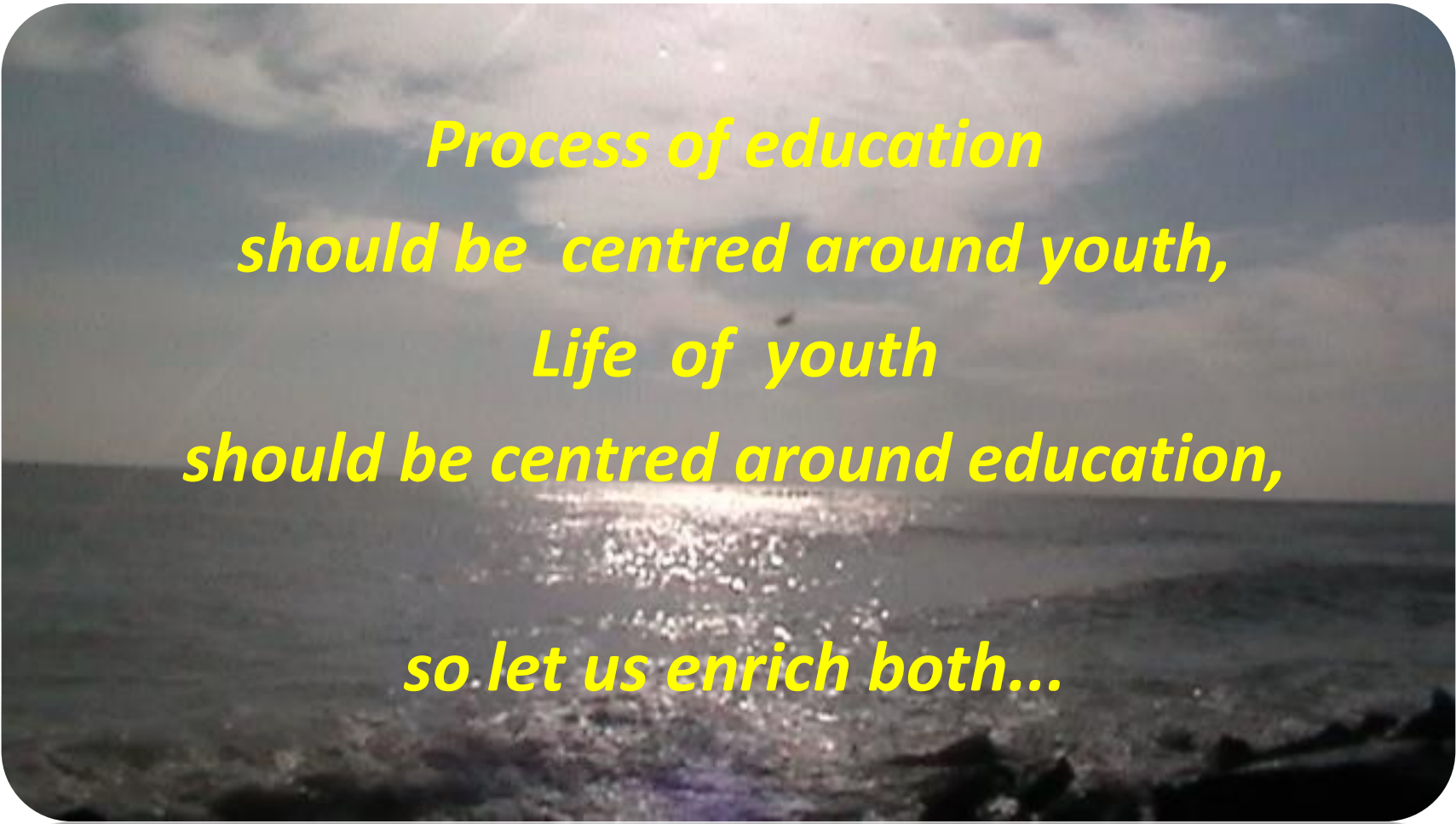
6. Need to include training of physical being

7.Studies have proved that Happiness Quotient
depends equally on material and spiritual
well being.

8. Need to include awareness and growth of inner being, called psychic being; i.e. Awareness of one's inner self, increasing its influence on one's outer self and thereby progressive transformation of outer being in the light of the inner being. In a word, introduction of **spiritual dimension of education is urgently required.**

9. Also required are systematic efforts to synthesise science and spirituality, synthesise East and West.

- The necessity of new education



*Process of education
should be centred around youth,
Life of youth
should be centred around education,
so let us enrich both...*

Expected outcomes

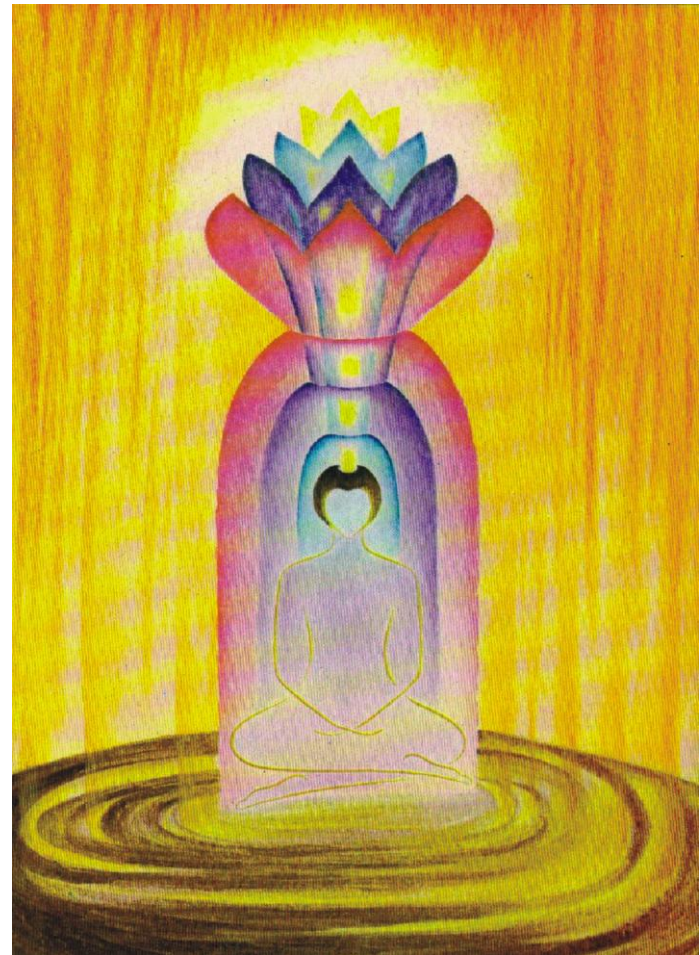
- Awareness: Realization of importance of Life enriching education
- Improved capacity of understanding oneself and controlling oneself (mind, body, emotions and inner self/soul) : Life Skills
- To achieve better perspective of health
- Improved ability to cope with various life situations based on inner values (Acting from within)

A vibrant rainbow arches over a forested landscape under a dramatic, cloudy sky. The rainbow's colors are bright and distinct, contrasting with the dark, moody clouds. The foreground shows a line of trees and a grassy field, partially in shadow. The overall scene conveys a sense of hope and renewal.

2. The basis and framework of designing Life Skill Activities

The Basis

- The first need is to look at ourselves and become self aware .
- We live day in and day out, but how well do we know who we are?
- Western and Indian understanding of human being



Human Being

Human Being		
Outer Nature	Inner Nature	Core
Physical	Inner Physical	Self: Atman Remains unchanged (life, birth and death)
Mental	Inner Mental	
Vital	Inner Vital	Soul: Psychic Being Unique to each individual, grows through life experiences, it is a spark of the Divine. Usually remains behind the veil.
Visible to everybody. We deal with the world through outer nature	Not visible to other people, sometimes not even to oneself	

Plane of Consciousness	Characteristics	Function
Physical	Firmness, Stability	Beauty and harmony
Mental	Thinking, analysis, imagination, synthesis	Knowledge
Vital	Desire	Love
Psychic	Quiet, Unassuming, Serene	To effuse joy and contentedness

Life Skill Activities

1. Exercises for the physical consciousness
2. Exercise for the mental consciousness
3. Exercise for the vital consciousness
4. Exercise for the psychic consciousness

Exercises for the physical consciousness

1. Yogasana,Pranayama
2. Breathing exercises
3. Games
4. Importance of proper food and sleep
5. Awareness about mind-body- soul oneness:
Kirlian photography, PAER studies

Exercises for the mental consciousness

1. To know which type of learner one is
2. Ability to concentrate
3. Ability to analyse a situation
4. Ability to synthesise multiple inputs from a higher perspective

5. Conflict management

6. Austerity of speech

7. Ideas about the concepts of success and perfection

8. How to find one's true role in Life

9. How to refine and strengthen one's will

Success

What is Success?

Why do we want success?

What is immediate success/late success?

What is true success/ false success ?

What is absolute success/relative success?

What is success in failure and failure in
success?

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Strengthening one's Will Power

- Observe the source and motives of what you will
- Lower will (Desire).....
Mental will (executive force)....
Higher will (psychic will)....
- Make strong the higher/psychic will

- **Strengthening one's will power...**

- ✓ Make a list of what weakens and what strengthens your will
- ✓ Who is your greatest helper inside you and outside you?
- ✓ Reject the expression of your weakness in action...thought...feelings.
- ✓ Strengthening of positive points
- ✓ Receptivity and aspiration for highest knowledge and truth

Exercise for the vital consciousness

1. Control of anger
2. Control over desires
3. To be quiet
4. Right brain activities

Exercises for awareness and growth of psychic consciousness

1. Self awareness through observation and reflection
2. Know yourself
3. Worksheet for locating 'I'
4. Becoming aware of inner most self
5. Self purification through inner and outer means
6. Power of Prayer

Exercises for self observation

1. When, where or from whom do I find maximum guidance in my life?
2. A moment or a situation in my life of great learning was...
3. A most valuable moment in my life was...

4.The feeling associated with that moment is..

5.What brings me closure to my inner nature?

6.The best present I can give to myself is...

7. Something I would like to develop in myself is...

8. What is it in me that wants a deeper consciousness?

9. How much time am I willing to put into this journey
of self discovery?

Know yourself...

Are you ...

- More like a leader or a follower?
- More like the past ,present or future?
- More like a clothline or a string of a kite?
- More physical , mental or vital?

- More giver or a receiver?
- More like a table tennis ball or a bat?
- More like a mountain or a valley?
- More like a packing or the content of a parcel?
- More like a cloud or earth?

Worksheet for location of “I”

- My feet are paining , let us stop walking.
- I love roses ,they are my favourite flowers.
- I remember a lot of this subject.
- That stupid remark makes me angry.
- Feeling of Divine’s presence feels me with gratitude.

Locate your consciousness in your Head

Observe your thoughts:

- Are these positive or negative?
- Are they about you or others?
- Are they about things or happenings?
- Do feelings come up with some thoughts?

Locate your consciousness in your Heart.

- Observe your feelings.
- Are these about yourself or others?
- What kind of feelings are in foreground irritation, happiness, jealousy, gratitude.etc?
- Do your thoughts have an influence on your feelings?
- Do some feelings bring back some memories/

Locate your consciousness in your body.

- Become aware of how your body feels?
- Observe your muscles...Arms ,shoulders , legs...
- Do some words or thoughts make you tense in some muscles? Where?
- Does your heartbeat change with certain words? Does your breathing change with certain words or feelings?

A video showing how to turn within...



ભારતીય શિક્ષણનો કેન્દ્રસ્થ હેતુ

હિંદે હંમેશાં માણસમાં એક વ્યક્તિરૂપ આત્મા જોયો છે, એ આત્મા તે પ્રભુનો મન અને શરીરમાં વીંટળાયેલો અંશ છે, એ તત્ત્વ પ્રાણ અને મન દ્વારા વિકાસ પામી રહ્યું છે પરંતુ તેને એક ઉચ્ચ અંતિમ આધ્યાત્મિક લક્ષ્ય રહેલું છે.

જે કેળવણી વ્યક્તિના અને રાષ્ટ્રના મનમાં અને શરીરમાં આત્માનું આ જે સાચું કાર્ય ચાલી રહેલું છે તેને માટેનું કારણ બની શકે તે જ સાચી કેળવણી કહેવાય.

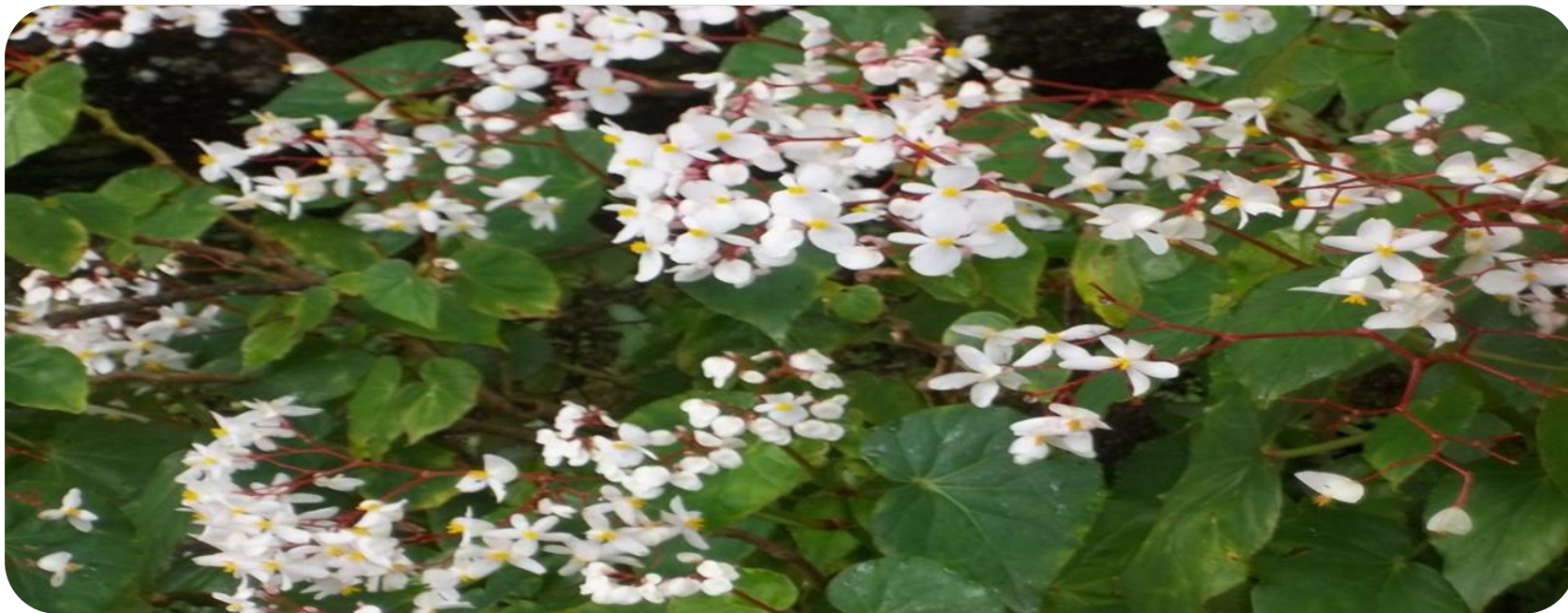
આ સિદ્ધાંત ઉપર આપણે મંડાણ કરવું જોઈએ, એ આપણો કેન્દ્રસ્થ હેતુ અને માર્ગદર્શક આદર્શ બની રહેવો જોઈએ.

શ્રી અરવિન્દ

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Some exercises on spiritual dimension

1. Widening, Deeping, Heightening
2. Finding deeper meaning in common activities
3. Project work based on multiple planes of understanding



Thank you...