

EDUCATION TODAY

Sathya Sai Education in Human Values

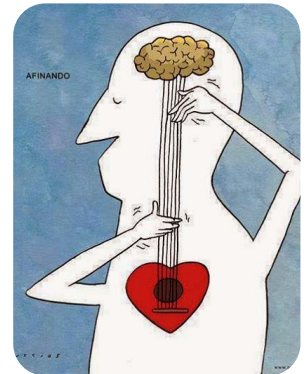
NEWSLETTER

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April 2023

Editorial: The secret of harmony and peaceful coexistence

HIGHLIGHTS



'TUNING IN'

Words
Actions
Thoughts
Character
Heart

DAILY
CHECKLIST

HUMAN VALUES
EXCELLENCE

Health is
WEALTH

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Unity of
3HV

"What the mind thinks should be examined critically by the heart and the right decision carried out by the hand. This should be the primary product of the education process."

– Sathya Sai

EDITORIAL

The Secret of Harmony and Peaceful Coexistence



We are living in times of intense outer information. However, what is really needed is a deep inner transformation. Modern man needs to do a thorough self-inquiry to learn more about himself. Alexander Pope, a well-known 18th century English poet and writer, has said: *"The proper study of mankind is man"*. This wise advice has been cited very often by Sri Sathya Sai Baba, the Founder of Sathya Sai Education, as the only means to rediscover the treasure of the Human Values of Truth, Righteousness, Peace, Love and Non-violence, hidden within ourselves. Human Values are the high Ideals that should guide our lives. The word *Ideal* comes from the Greek word *Idea*, introduced into philosophical thought by the great Greek philosopher Plato. It derives from the verb *idein*, which means to see, so *Idea* literally means "form" or "that which is

seen". Thus, Human Values or *Human Ideals* are not merely moral principles that guide our Hands in everyday life, but eternal truths that can be seen through the inner eye of the Soul. Ordinary perception and the systematic reflection of the mind or Head cannot grasp them; they must be experienced through the direct illuminated vision of the spiritual Heart.

Thus, the unity of the 3 H's, namely Hands, Head and Heart, becomes a fundamental principle of Sathya Sai Education. EHV = 3HV. This brilliant and easy to remember formula encompasses the essence of Sathya Sai Education. Today's education is concerned mainly with the first two H's, i.e., body and mind, without reaching the third H, i.e., the spiritual dimension of the student. The formula 3HV is identical to the well-known tripartite division of the human soul, initiated by Plato in his famous book Republic. According to Plato, individual and social justice, prosperity and happiness consist in maintaining the three parts of the soul in a harmonious coordination, where the spiritual part, Heart or Conscience,

has the ruling authority. So, if we want to bring about a true change towards inner peace and lasting happiness, the focus should be directed towards this inner dimension, which is easily manifested if students are made aware of it from their tender age through a proper educational system.

This has been very nicely stated in the Republic: *"Educators should devise the simplest and most effective methods to turn the soul towards the Light of Goodness. Not to implant sight in it, because it already has the capacity, but to correct its orientation, because it is now improperly aligned and not facing in the right direction."* (Rep. 518d)

Life's journey starts from and ends with the ancient Delphic maxim: *Know Thyself*. This is the essence of Sathya Sai Education, which is the synthesis of spirituality and morality, wisdom and character, knowledge and practice. The end result is Harmony and Peaceful Coexistence.

"Eons may come and go, continents may appear and disappear, people may pass away, but Ideals and Human Values remain a perennial source of inspiration to the whole mankind."

- Sathya Sai, 24 March 1991

Dr. George Bebedelis
EC Co-Chair

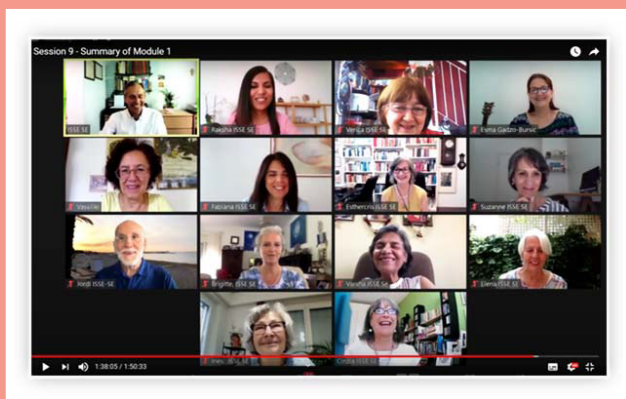
EHV is 3HV!

DAILY CHECKLIST TO 'TUNE IN' TO 3HV

With the aim of taking care of the physical, mental, social, emotional and spiritual aspects of education in a holistic manner, this daily checklist contains 10 useful tips for students and adults of all ages to practise every day in order to keep our Head, Heart & Hands united, connected, healthy and happy!



To download this excellent source of practical material click here: <https://valuetransform.org/download/daily-checklist-and-tips.pdf>



ONGOING TRAINING IN SSEHV (Online, 2021-2022-2023)

In 2021 the **Institute of Sathya Sai Education of South Europe (ISSE SE)** launched its first-ever online Course 1 on Sathya Sai Education in Human Values (SSEHV) based on the curriculum drawn up by the ISSEs for teacher training. The programme, presented in English, is ongoing, and offered every other Saturday to participants from European and other countries. The fourteen members of the ISSE SE Coordinating Team share insights and experience, and include trainers, SSEHV educators and ISSE referents from Croatia, Greece, Israel, Italy, Serbia, Spain and Switzerland. Modules 1 and 2 have been completed; Module 3 will be concluded on 10th June 2023.

[The recordings of all sessions can be found at:](https://videos.educaere.org/)
<https://videos.educaere.org/>



TRANSFORMATION CLUB (Sathya Sai School Lagos)

Every school has its own slice of naughty children no matter how well one runs the school. At the Sathya Sai School in Lagos, Nigeria, the students are invited to participate in a special club, to sensitize them on the consequences of bad behaviour. Under the guidance of caring, patient teachers, students learn how good thoughts bring good actions, build a good character and lead to a good destiny. In this dedicated ambience behaviour challenges become an opportunity for the children to openly express themselves and identify obstacles that hinder good behaviour. Through this initiative, when the teachers discover that the problems the children may be having lie in the child's home environment, more than in the school's, the parents are involved in the process and invited for counselling, so they may improve their own habits, conduct and practices. The Sathya Sai School in Lagos believes that as a school community it can achieve more and progress towards character excellence through this Transformation Club.

HUMAN VALUES EXCELLENCE

On the 14th of December 2022, the **Sathya Sai College of Australia** was honored to receive a Minister's Commendation Award, a remarkable achievement for the School Community and its Higher Secondary Certificate (HSC) students. This extraordinary recognition pays tribute to the school's

commitment in guiding its students and broader student body, through an incredibly challenging year characterized by the major floods that

MINISTER'S COMMENDATION AWARD

Sathya Sai College of Australia
(Sydney, 14 December 2022)

impacted thousands of people in the area. These awards for excellence are bestowed by the New South Wales (NSW) Education Standards Authority (NESA), and were

established by the Hon. Sarah Mitchell, Minister for Education and Early Learning, to acknowledge the resilience and dedication of schools faced

with similar challenging circumstances. The Principal of the

Sathya Sai College and the school captains were conferred the award by Minister Mitchell in person, within a special category of the 2022 HSC First in Course ceremony.

This outstanding event will remain an unforgettable experience for the students and school staff of the **Sathya Sai College of Australia**, whose merits, selfless service and dedication have given rise to the praise and admiration of their overall community.



EASE INTO HEALTH

Health care should be free of cost, comprehensive care with a focus on body, mind and soul, available with Love and compassion and should focus on the prevention of the disease.

- Sathya Sai Baba

E Healthy Eating
A Awareness
S Sleep
E Exercise

SSEHV's focus on holistic development leads to key aspects of human excellence, including health. The World Health Organization (WHO) defines health as "the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." In addition to that, our spiritual growth happens as we train ourselves to listen to our heart, the voice of the Conscience. This has an immediate result in the balance of the vital energies on the basis of which our mind and body work. Any disruption in this human values chain gives rise to mental agitation which causes anxiety, depression, etc. True to the above statement, Dr. Ramadevi Sankaran, a faculty member of the ISSE-USA, had the opportunity to present Human Values and Health (EASE into Health) to students from kindergarten through middle school classes at a Sathya Sai School in Mexico. The workshop, conducted as part of a Medical Camp organised by Sri Sathya Sai International Organisation (SSSIO), integrated Sathya Sai Education in Human Values into the four aspects of **Eating, Awareness, Sleep, Exercise (EASE)**.

Dr. Ramadevi Sankaran, M.D., FAAP, DNB (PED), Medical Director - Department of Pediatrics, Indiana, USA, and Coordinator of the ISSE-USA SSEHV Medical Programs Committee



HEALTH IS WEALTH

5th and 11th grades. Project classes are held during class hours or extracurricular activities. The selection of videos is grouped by topics reflecting the most common bad habits among

Three SSEHV teachers in the area around Sochi in southern Russia noticed the recent widespread increase in bad behaviour of students due to the negative influence of social media. The teachers decided to do something about it using questionnaires and carefully selected videos followed by guided discussions. This led to a healthy lifestyles project, which is currently implemented in two schools with 1200 students between

young people: alcohol, tobacco smoking, drug addiction, foul language, gambling addiction. The videos explain the impact of bad habits on health, consciousness, and human life. Some videos are dedicated to successful people who set high goals and achieve them. Thus, schoolchildren are motivated to set life goals based on universal values. The questionnaire method is used in the classroom, which helps to identify gaps

in children's knowledge and their attitude to the issues that are raised and discussed during meetings. The analysis of questionnaires helps the organizers of the project to build a conversation with children most effectively. The organizers of the project, in addition to considering the age characteristics of children, carry out an individual approach to each class: in one of the schools there is an 8th grade, where girls only study, in another school there is a 9th grade, consisting mainly of boys with bad behaviour. All this is considered when selecting video material and choosing the topic. The implementation of this project shows that,

on the one hand, children lack objective information about the formation and impact of bad habits on human life and health, and on the other hand, children have a pronounced interest in these topics and a desire to understand everything. Such classes develop children's discrimination, the ability to adequately perceive incoming information, the ability to plan their lives and activities, compare, analyze, draw conclusions, form a responsible civic position in children, an understanding of the importance of a healthy lifestyle; they motivate students to refuse to use any psychoactive substances.

Front cover: Sathya Sai School Lagos, Nigeria. Illustration, "Afinando" (Tuning) : Turcios (Spain), with gratitude for the permission granted for its use.



The Sri Sathya Sai International Organization (SSSIO) is a spiritual and humanitarian organization active for over 50 years and in over 120 countries. The SSSIO Education Committee supports and promotes Sathya Sai Education worldwide including 40 Sathya Sai Schools, 27 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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