

**SRI AUROBINDO  
CHAIR OF  
INTEGRAL STUDIES**

**SARDAR PATEL UNIVERSITY  
VALLABH VIDYA NAGAR**

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**Light for Students**

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**Integral Education**

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THE TIME one spends as a college student is one of the most important periods of one's life during which the personality develops and takes shape. It determines to a great extent the course of one's future.

The dynamism of students is unparalleled, what they need most is the direction, the vision.

What we, as teachers owe to them is to show them and lead them to Light, under Whose Guidance they can organize their studies and move swiftly towards the true aim of education and life.

It is rightly said that students are not bottles to be filled; they are candles to be lit.

This section contains selected, inspiring passages from the writings of Sri Aurobindo and The Mother which we feel will extend a great help to its readers to become conscious of the true aim in life and to correctly organize important aspects of studies and life.

They are mainly taken from the book 'Light for students towards higher and deeper values' (published by Sri Aurobindo Society, Pondicherry, 605002) and reproduced with the kind permission of Sri Aurobindo Ashram Trust, Pondicherry, India.



**We  
should never tell ourselves, openly or indirectly, “I want to be great, what vocation  
can I find for myself in order to become great?”**

**On the contrary, we should tell ourselves,  
“There must certainly be something I can do better than anyone else,  
since each one of us is a special mode of manifestation of the divine power  
which, in its essence, is one in all.**

**However humble and modest it may be,  
this is precisely the thing to which I should devote myself,  
and in order to find it,**

**I shall observe and analyse my tastes, tendencies and preferences,  
and I shall do it without pride or excessive humility,  
whatever others may think**

**I shall do it just as I breathe, just as the flower smells sweet, quite simply,  
quite naturally, because I cannot do otherwise.”**

**THE MOTHER**

**Words of Long Ago, Collected Works of The Mother, Centenary Edition, Vol.2, p 53**

## INTEGRAL EDUCATION

**Think it over...**

Once upon a time a great teacher gave one rupee to each of his two students. He asked them to buy anything from that amount in such a quantity so that it would completely fill a small hut. The students were asked to report in the evening.

Both the students were soon busy in thinking and planning.

After much thinking and surveying throughout the day, the first student purchased a cart load of grass. It was possible in those days to purchase that much grass with one rupee. He came back in the evening with the grass, removed everything from the hut and then filled it completely with the grass.

The teacher saw this and was taken aback, even though the student carried out the instructions meticulously.

The second student, a silent man, pondered over the problem to be solved and kept quiet. He did nothing outwardly till the evening, no analysis, no survey, no hurry, no worry. In the evening, he came to the hut bringing with him Ghee and a wick, removed nothing from the hut and simply lighted a lamp in the middle of the hut. The hut was filled with the light of the lamp. Everything inside the hut received the light and the hut got illumined.

The first student applied his analytical mind; the second applied his enlightened vision.

Not to remain focused to the material objects, nor to deny the materialism, but to fulfill it with light and illumine it; transform the materialism with an illumined insight.

# INTEGRAL HEALTH

Dr. Bhalendu Vaishnav

## // Shariram Adyam Khalu Dharma Sadhanam//

The decisive step in our growth towards achieving a harmony among our milieu interior and milieu exterior comes from becoming clear about the goal of our earthly existence. A sense of the purpose for our existence, which is wide and noble, large and impersonal, effectively exceeding our present human frame, provides a perfect aspiration for an ever growing state of integral health.

Indeed health, as understood ordinarily is not a goal in itself, it is a means. A state of health (say, even a state of disease for that matter) is an opportunity to strive towards our self exceeding state of perfection.

Shariram adyam khalu dharma sadhanam means, ‘verily, the body is an instrument for fulfilling the dharma’. But what is the true dharma? In ancient India, at one time ascetic austerity and spiritual richness was considered as the ultimate dharma of human existence. The nation and its people did gain from this dharma, but suffered much more. Similarly, the western world pursued materialistic goal and gained from it, but it too suffered from denial of a spiritual outlook



An integral approach, a real dharma is one wherein we can synthesize these two irreconcilable extremes at individual, collective and universal levels and create a material frame which is a perfect expression of the Divinity waiting to manifest.

At an individual level, the dharma of the human being is to unfold the divinity at all planes of our existence. At the physical plane this implies manifestation of perfect beauty and harmony, at the mental plane this implies manifestation of perfect knowledge, at the vital plane it implies manifestation of perfect dynamism and at the psychic plane this implies manifestation of perfect Bliss, the Absolute.

Whenever there is resistance or unwillingness in man to raise himself to the light of the Soul consciousness, it results in an inner disequilibrium manifesting as disease.

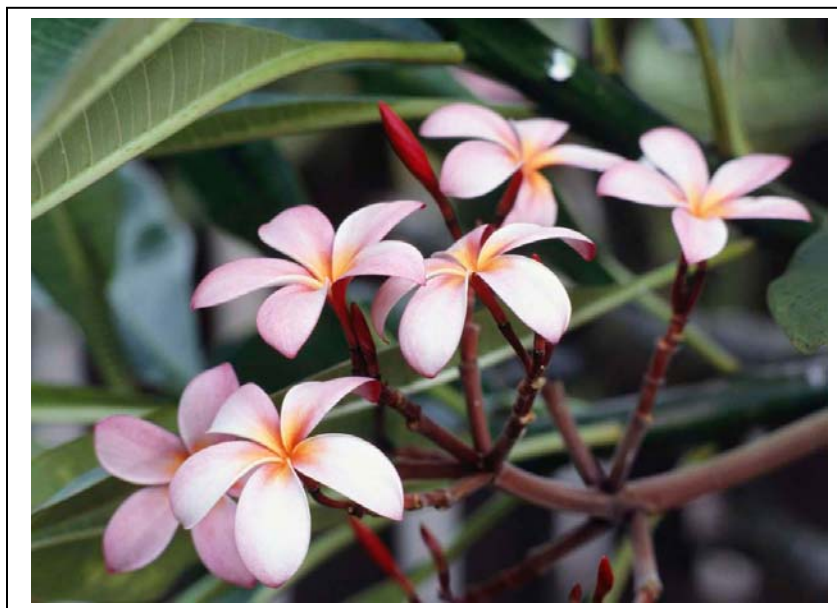
Viewed in this sense, the true role and goal of achieving health would be to make our body a tabernacle of God. All the health care activities are veils behind which, or through which a concealed Divinity is trying to become a revealed Divinity.

Indeed here lies the true demand from the health care systems and health care givers.

Such a perspective of a state of health must radically change our attitude towards our efforts for health. The external therapeutic interventions would necessarily become holistic, integral. Each health science is a partial reflection of the universal healing principle having an undeniable place in the therapeutics to which one must turn to. However, this does not mean an eclectic combination of various therapeutic systems.

**INTEGRAL APPROACH** to health, in its quintessence, is a matter of inner attitude. It is an attitude which leads us on our path from disease to recovery to progressive harmonizing of our entire existence around our central personality.

All states of our existence – in health as well as in disease, are opportunities for this realization.



## NEWS AND NOTES

A group of 26 students led by Dr. Param Pathak and Dr. Neepa Bharucha from Sardar Patel University shall visit Sri Aurobindo Ashram, Puducherry from 28<sup>th</sup> May,09 to 6<sup>th</sup> May 09.

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