

Sri Aurobindo Chair of Integral Studies

Sardar Patel University

Report of Activities: November 2014 to 31st March 2016

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The following activities were carried out during the period of December 2014 to 31st March, 2016.

1. The Sunlit Path:

The e magazine 'The Sunlit Path' is being published with a view to offer to its readers a compilation of inspiring writings on various themes such as 'Integral Life', 'Integral Education', 'Integral Health' so as to awaken in them newer dimensions of Higher Education and Life. The first issue was published on 15 August, 2009. 75th issue of the e magazine was published on 15th December, 2015.

The magazine is being circulated to all PG Heads and Principals of the University their units and library. The magazine (electronic/print version) is being circulated to about 1000 individuals. All the issues are also uploaded on the University webpage.

Platinum Jubilee issue of The Sunlit Path is attached herewith.

2. The Science of Living: Integral Education Workshops:

One of the important educational innovations carried out during this period by Sri Aurobindo Chair was introduction of The Science of Living workshops.

Aim:

The aim of these workshops was to offer inspiring learning activities for becoming self-aware and develop true perspective about life and education.

The activities were based on an essay 'The Science of Living' written by the Mother. This essay has been considered by renounced educationists to be the best essay on self-development. It offers a very profound basis of self-exploration and describes very succinctly the practices which an individual can undertake for knowing oneself, controlling oneself and perfecting oneself.

An amount of Rs. 1,00,000 was approved specially for carrying out these workshops.

Objectives:

1. To sensitize the participants about Integral perspective of Life and Education based on teachings of Sri Aurobindo and The Mother.
2. To bring awareness amongst the participants about aim of life
3. To stimulate self-reflection upon the quality of one's aim

4. To offer Self-exploration activities which can be helpful in aligning one's life to one's aim.
5. To offer self-exploring experiences about different planes of consciousness, the physical, the mental, the vital and the psychic.
6. To explain about integrality of various planes of consciousness and emphasize importance of becoming aware of one's psychic consciousness.
7. The chair organized 13 Integral Education Workshops (Integral Education Study Camps) during the period of November 2014 to March 2016 for students and teachers of Sardar Patel University, its affiliated colleges and several educational institutions in Anand and Kheda Districts. Total 489 students participated.

The activities carried out in the workshop included:

1. Study of 'Science of Living'*, written by The Mother: Self- study, group discussion, presentation
2. Study of a short play 'The Great Secret'* written by The Mother: Self-study, reflections and expert remarks by the resource person
3. Overview of Integral Education, Integral Life
4. Self-study on 'Meta-cognition :Knowing one's cognitive style'*, becoming aware of one's cognitive dominance, whether it is right brain dominant, left brain dominant or middle brain dominant and learning about means to strengthen one's cognitive styles and learning to expand the same.
5. Awareness about planes and parts of one's being
6. Study of 'Golden Light'* a poem written by Sri Aurobindo
7. Yoga Nidra Session
8. Learning recitation of a prayer 'Ek j Ratana'* written by Sundaram

(* : these resource materials are attached herewith)

All workshops were of 6 hours' duration (the first workshop was carried out for three days); many of them were conducted in the serene atmosphere of Sri Aurobindo Sadhana Kendra.

Dr. Vibha Vaishnav, Associate Professor, Postgraduate Department of Electronics, Sardar Patel University and Dr. Param Pathak, Professor, Postgraduate department of Gujarati, Sardar Patel University untiringly offered commendable services in planning and carrying out these workshops as coordinators and resource persons. The resource persons who contributed were:

1. Dr Vibha Vaishnav
2. Dr.Param Pathak
3. Ms. Jyoti Thanki
4. Dr.D.S.Mishra
5. Dr.Bhalendu Vaishnav

6. Dr.Rajeshwari Singh
7. Dr.Bhagirath Brahmbhatt
8. Dr. Utpala Kharod
9. Dr.S.V.Vaishnav
10. Dr. Smruti Vaishnav
11. Shri Kalpan Mistry
12. Dr. Nimesh Joshi
13. Shri Hiralal Amin
14. Ms. Anjanaben
15. Dr.Ushaben Sharda
16. Dr.Neepaben Bharucha

Sr No	Date	Participants Faculty/College	No. of Students	Coordinators / Resource Persons
1	5.12.2014 -7.12.2014	Open for all students of Sardar Patel University	37	Bhalendu Vaishnav (BSV), Param Pathak (PRP), Suryakant Vaishnav (SVV), D.S. Mishra (DSM), Smruti Vaishnav (SBV), Utpala Kharod (UNK), Rajeshwari Singh (RPS), Kalpan Mistry (KM)
2	11.1.2015	P.G. Department of Gujarati	27	VSV ,PRP/ DSM, VSV,BSV,SBV, PRP,UNK,RPS,
3	8.2.2015	Students selected for study tour to Pondicherry	51	VSV ,PRP/ DSM, SVV, VSV, BSV,SBV,PRP, UNK, RPS, KM
4	16.2.2015	P.G. Department of M.S.W and M.H.R.M.	39	VSV ,PRP,DSM, SVV,VSV,BSV,SBV, PRP,UNK,RPS,KM
5	18.2.1015	P.G. Department of M.S.W and M.H.R.M.	48	VSV ,PRP,DSM, SVV,VSV,SBV, PRP,UNK,RPS,KM
6	20.2.2015	P.G. Department of M.S.W and M.H.R.M.	37	VSV ,PRP,DSM, VSV,BSV,PRP,UNK,RPS,KM
7	15.3.2015	ILSASS	38	VSV ,PRP, Hiralal Amin ,VSV,BSV, PRP,UNK,
8	21.3.2015	Faculty of Business Administration, D.D. University, Nadiad	32	VSV ,PRP, VSV, KM,Bhagirath Brahmbhatt, Anjanaben, Nimesh Joshi
9	22.3.2015	ILSASS, Vallabh Vidyanagar	35	VSV ,PRP,DSM, SVV,VSV,BSV,SBV, PRP,UNK,RPS,KM
10	5.4.2016	ILSASS, Vallabh Vidyanagar*	40	VSV ,PRP,DSM, SVV,VSV,BSV,SBV, PRP,UNK,RPS,KM

11	13.9.2015	Faculty members of Auroma Academy of education and Research, Students of M. Ed, P.G. Department of Education, S.P. University, Vallabh Vidyanagar	30	Jyotiben Thanki, VSV, BSV
12	4.10.2015	N.H.Patel College of Education, Anand	35	Jyotiben Thanki, VSV, BSV, Ushaben Sharda-Faculty member, N.H. Patel College of Education, Anand
13	24.1.2016	Students selected for Study tour to Pondicherry (June 2016) in preliminary round of selection process	40	BSV, PRP, DSM, UNK, Neepa Bharucha,

3. Assessment of Cognitive Style of students of the university:

Cognitive style of students participating in Integral Education workshops was carried out using Alert's scale of cognitive style (as described above).

Additionally, Dr. Bhalendu Vaishnav and his colleagues also carried out cognitive style assessment of more than 250 medical students and 80 medical faculty members with a view of creating a data base of cognitive styles of the medical college. The participating students and teachers were made aware of their cognitive traits and shown how to strengthen the same as well as how to expand the cognitive processes so that the teaching practices can be enriched to meet learning preferences of right brain, left brain and middle brain students.

(Study of assessment of Cognitive style of teachers of Medical college was carried out as a part of project work under pursuance of 'Fellow of Indian Medical Education' by Dr. Bhalendu Vaishnav

4. A.B.Patel Endowment Oration:

2015:

Topic: Health and Happiness

Guest Speaker: Dr Kalu Sarkar, Sri Aurobindo Ashram, Pondicherry

Monday, 30th March, 2015 Time: 3.00 pm to 4.30 pm

2016:

Topic: My experiments and experiences in Integral Education

Guest Speaker: Prof. Kiran Vyas, Founder Director, Tapovan Open University of Yoga and Ayurveda, Normandy, France.

Wednesday, 20st January, 2016.3.30 pm to 5.00 pm

5. Invited Lectures:

Guest lectures were delivered by Dr. Kalu Sarkar, Shri Kireet Thakkar, Prof. Kiran Vyas during the year.

5.1. **Dr. Kalu Sarkar**, Head, Department of Physiotherapy, Sri Aurobindo Ashram, Pondicherry delivered the following lectures:

Sr No.	Topic	Day and Date	Time	Venue
1	How to live stress- free life	Friday, 27 th March, 2015	7.15-8.15pm	Sri Aurobindo Sadhana Kendra
2	Integral approach to life: Interactive session	Saturday 28 th March, 2015	9.30-11.00	Sri Aurobindo Sadhana Kendra
3	The secret of healing: I	Monday, 30 th March, 2015	10.00-11.00am	K.M Patel Institute of Physiotherapy
4	The secret of healing: II	Monday, 30 th March, 2015	11.30-12.30 pm	K.M Patel Institute of Physiotherapy
5	New Education for the New Consciousness	Monday, 30 th March, 2015	3.00-4.30pm	The Senate Hall, Sardar Patel University
6	Education for the New Age	30.3. 2016 Wednesday	10.00am to 12.00 noon	Teachers and students of La Vision School Matar

5.2 **Shri Kireet Thakkar**, Sri Aurobindo Nivas, Vadodara delivered a lecture on Sri Aurobindo's Teaching on 11th August, 2015 at the commencement of elocution competition

6. Life Enrichment Course :

Life Enrichment Course which was introduced from the academic year 2010-2011 (Second Semester) as a Soft Skills Course under Choice Based Credit System for all the Post graduate Departments of Humanities and Social Sciences, is now being offered as a full subject course

in Gujarati and English. The original short credit course is being offered in Post graduate Studies in Master of Social Work, Master of Human Resource Development. In addition to faculty members from respective departments, Shri Purnanad Purohit, a Scholar of Sanskrit also rendered his valuable services in taking the lectures for the course.

7. Study Tour To Sri Aurobindo Ashram, Pondicherry:

Sri Aurobindo Darshan Adhyayan Shibir at Sri Aurobindo Ashram, Pondicherry was conducted between 28.6.2015-8.7.2015. 21 students participated. The faculty Coordinators for 2015 were Dr.Bhagirath Brahmhatt, PG Department of Gujarati, Dr. Neepa Bharucha, M.B.Patel Education College

(The process: From about 150 student applicants, about 50 students are shortlisted through a process of interview. A day long workshop for orientation and introduction to Integral Life and Integral Education at Sri Aurobindo Sadhana Kendra is arranged for them and at the end of this workshop, about 25 students are finally selected for study tour to Pondicherry every year. During the stay at Pondicherry, students undertake a systematic study of 'Four Austerities and four liberations'. Invited lectures by eminent sadhakas and scholars are arranged. Students undertake a day long visit to Auroville.) The activity is regularly conducted by Dr Param Pathak for last more than 2 decades.

8. Essay Competition

An essay competition for undergraduate and post graduate students of the University and its affiliated colleges was organized in February, March, 2015. The topics of the Essay Competition were:

- The Aim of Life જીવનનું ધ્યેય
- True Spirituality સાચી આધ્યાત્મિકતા
- Spiritual Dimension of Health આરોગ્યનું અધ્યાત્મિક પરિમાણ
- How can India become the true leader of the world ભારત વિશ્વનો સાચો નેતા કેવીરીતે બની શકે ?

The winners were:

Undergraduate students:

First prize: Megha Rana, K.P. Institute of Physiotherapy, Anand

Second prize: Megha Budhwani, C.P.Patel and F.H.Shah Commemorative College, Anand

Third prize: Falguni H.Dalwadi, Anand Institute of Business Studies, Anand

Postgraduate students:

First prize: Akshay M. Purohit, P.G.Department of Chemistry,
S.P.University

Second prize: Sagarkumar B.Patel, N.S.Patel Arts College, Anand

Third prize: Princi R.Patel , Shri D.N.Institute of P.G.Studies, Anand

9. Elocution competition

An Elocution Competition for undergraduate and post graduate students of the University and its affiliated colleges was organized on Tuesday, 11th August, 2015. The topic was 'True Spirituality: Gift of India to the World'. 29 students participated. Dr. Param Pathak and Dr. Rajeshwari Singh offered their services as judges. The first, second and third winners were given prizes of Rs. 750/=, Rs.500/= and Rs.250/= respectively.

The winners were:

First Prize: Riya Bhatt, SEMCOM

Second Prize: Zeal Vadodariya, V.P. Science College

Third Prize: Nayan Boghra, P.G. Department of Gujarati

10. Workshop on Patriotic and Devotional Songs

A workshop on Patriotic and Devotional Songs was organized for the undergraduate and post graduate students of the University and its affiliated colleges on 20th, 21st and 22nd August, 2015. Nineteen students participated. Dr. Rajeshwari Singh, Shri Devanand Chavda and Dr. Bhalendu Vaishnav conducted the workshop.

11. Other activities:

11.1: Dr. Bhalendu Vaishnav, Chairperson, Sri Aurobindo Chair of Integral Studies was invited to deliver a keynote address in National Seminar on Vedanta on the theme of "Sri Aurobindo's Teaching" on 18th February, 2016

11.2: Dr. Bhalendu Vaishnav has been invited on the editorial board of Horizons of Holistic Education being published by the Children's University, Gandhinagar

11.3: Sri Aurobindo Chair obtained multimedia projector for delivering various educational activities especially during The Science of Living Workshops.

11.4: Dr. Bhalendu Vaishnav published an article entitled 'Ethics and Spirituality' in HARBINGER, Volume I, August-September 2015 Published by UNESCO Chair of Bioethics, H.M Patel Center of Medical Care and Research, Karamsad.

11.5: Webpage of Sri Aurobindo Chair of Integral Studies: Detailed information about various activities of Sri Aurobindo Chair of Integral Studies, all issues of e magazine 'The Sunlit Path', text books and video lectures of Life Enrichment course are uploaded on the webpage of Sri Aurobindo Chair of Integral Studies, Sardar Patel University: http://www.spuvvn.edu/academics/academic_chairs/aurobindo/

12. Annexures:

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