

**SSEHV Project is affiliated with Institute of Sathya Sai Education:** In process. This started as a service project in an underprivileged neighborhood. We have been in contact from the start with the Europe Institute of Sathya Sai Education trainers but have not completed the forms yet.

**Additional Comments:** The Amsterdam program is a regional effort with members from 4 volunteer groups/centers. Most of the children are of Islamic background and the parents appreciate the program very much. Both children and parents are very happy with the club. Several children have been coming for several years.

## *New Zealand*

### **Sathya Sai Education in Human Values (SSEHV) Studycare**

**Project Start Year:** 1999

**Location:** Auckland, New Zealand

**Venue:** Church (since 1999), Library since (2015)

**Project/Program Description:** Conduct Free Tuition Classes. In 1999 arrived the first batch of Burmese Refugees to New Zealand who were resettled in the Auckland low-socio economic suburb of Glen Inness. NZ continued to bring more Burmese refugees under a quota resettlement program with UNHCR and every child resettled in Glen Inness had no formal education. For the first couple of months the *Studycare* program was held in the living room of a refugee camp until the nearby Church gave their facilities. At present many of the Burmese parents have had their children born in NZ but do not have the resources or the education themselves to help their children with their school homework or give them a good foundation. The program is sustained largely due to the keen interest of the parents who want their children to do well in education. The program is open to any child and not just from refugee families. We have taken the opportunity to gently introduce the Human Values by incorporating them in their learning.

**Number of SSEHV Teachers:** 4 Qualified School Teachers

**Number of SSEHV Teacher Aides:** Approximately 21

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 50 - 60 (Not strictly an SSEHV Program)

**Age range of SSEHV students:** 4 - 16 years

**Parental Involvement:** Many of them stay during the program but their involvement with the program directly is minimal. At the end of the year the children will do a Christmas program for the parents incorporating certain aspects of Human Values. We hope to start a Parent English Conversation group next month. In the early 2000s we conducted English classes for Parents.

**SSEHV project/program impact on community:** A 15-year-old Burmese girl achieved Excellence last year for her Social Science assignment on "Child Poverty". When given a cash gift in recognition of her results by one of the volunteer teachers (who helped her with the assignment), she pledged the entire donation to City Mission to support homeless people.

**Demonstrated understanding of a Value/Values: Testimonies:** "Let me congratulate you and your volunteers who do tremendous work to support these young children. I met with some of your volunteers; their passion, dedication and energy was inspiring and I am sure children will gain immensely from their knowledge, support and experience." ~*Libraries Adviser, Multicultural Service*

**Outstanding Achievements:** One of the children from the 1999 batch has graduated with a degree in Neuroscience from Dunedin University. Others have completed their nursing degrees, some have entered university/institute of technology and are working towards a professional career.

**Challenges:** Getting Young Adults involved in the program has been the biggest challenge due to their own commitments. Most of the children, as they grow older, can greatly benefit from having good role-models for both their character development and help with their more demanding academic subjects.

Unfortunately, despite several requests the response is poor, and the program is mainly sustained by adult volunteers. On the positive side one of our teachers involves her young son and daughter on a regular basis to help the very young Burmese children.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The *Studycare* Program was expanded in 2015 from weekly to twice a week and is ongoing.

## Oman

### Sathya Sai Education in Human Values (SSEHV) Oman

**Program Start Year:** 2015

**Location:** Muscat, Oman

**Type of School:** Private

**Number of SSEHV Teachers:** 5

**Number of SSEHV students:** 50

**SSEHV Parenting Program:** Yes. We have offered the *Dynamic Parenting Program* to parents of Indian/Pakistani school children. We have plans to offer this program to local schools once we get the permission from the Ministry of Education.

**Outstanding Achievements:** Certificate of Appreciation from Ministry of Education for the 45th Teachers Training Workshop, Certificate of Appreciation from Ministry of Education for the workshop conducted at the Muscat Festival.

**Challenges:** The challenges are the slow progress of getting approvals and the fact that we strictly follow the norms and rules and regulations of the country.

**Affiliation with an Institute of Sathya Sai Education:** Not yet.

**Status of project/program:** Ongoing

#### PROGRAM EVALUATION

**Formal evaluation:** Yes.

Through observations and conducted a formal evaluation of the program.

Name(s) of observer(s): Assistant Director General for Educational Affairs, Directorate General of Private Education and 5 (five) Senior Supervisors from MOE conducted a formal evaluation of our program at the School in 2015.

**Comments/Information:** We are planning to reach out to more schools in the interior regions for SAI Essay Writing and Poster Making competition in the coming years. We are actively looking to revamp the *Dynamic Parenting Program* to cater to local needs and to emphasize the continuity of the program.

2011 - 2016 ongoing or special training and/or activities.

- Three SSEHV teachers got training during this period from Delhi.
- Two SSEHV teachers got training from Thailand much earlier.
- Conducted 45 teachers training workshops based on the SSEHV model.
- Conducted Assembly sessions and Value-based workshops for students of Omani Government and Private Schools in Muscat.
- Conducted workshops and an exhibition on Human Values at the Muscat Festival.

- For 13 years, conducted Essay Writing and Poster Making Competition for Schools in Oman on Value Themes, with the approval of the Ministry of Education.

## Paraguay

### Sathya Sai Education in Human Values (SSEHV) To Youth in a National Technical and Vocational College

**Project Start Year:** 2009-2011

**Location:** Asuncion, Paraguay

**Venue:** Colegio Vocacional

**Project/Program Description:** Around 120 youth of different school departments—like refrigeration, plumbing, electricity, graphic arts, informatics, motor mechanics and civil constructions—were given classes during the College year (March - October) in groups - between 21-25 students once a week. To each group we used to give the **direct method** and used to go three times a week.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 1

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 400+

**Age range of SSEHV students:** 16 - 24 years

**SSEHV project/program impact on community:** Very positive influence on the 400+ students we had in the three years there. Each group was so different, eager to learn, share with their families and friends.

**Demonstrated understanding of a Value/Values: Testimonies:** See photos and testimonies

[https://1drv.ms/f/s!AmZnQ4vAUdkJcVhon\\_8i7kwQWrs](https://1drv.ms/f/s!AmZnQ4vAUdkJcVhon_8i7kwQWrs)

**Outstanding Achievements:** We had workshops for one year with the teachers of the college.

**Challenges:** Initial challenges were motivation and unity of the various groups that came together for the courses, but within a few weeks, they were always more receptive, confident, cooperative and united with the other groups. For example, the graphic arts students were usually resistant to work with the plumbing students in terms; the informatica students with the mechanic group etc., but the beauty was in the process, as we took up Values and Sub-Values that each one related to as youth.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ended in 2011

#### PROGRAM EVALUATION

**Formal evaluation:** No

**Developed evaluation tools:**

- I liked very much the classes on Human Values, since it served for my everyday life. When going through hard times I would then remember what you have taught us. Overall what is friendship, patience to wait, to speak the truth, lots of things. Thank you for everything, teachers. I love you very much. Really, thanks for loving us, your patience with us, and for the Values you taught us. I hope you never forget us! ~*Kathia, Informatics*
- These workshops and guidance were a lot of value in my life, they helped me to overcome hard moments remembering every class and every teaching that was engraved in my mind. I put them in practice and took them seriously. I loved it very much and will always remember them. In the name of all, I would ask you for the next year you keep the guidance. I like very much the teachings you brought. Look! ~*Deiny, Construction*

**Ready-made evaluation tools:** Being a formal college, we were usually asked at the end of the year to give them an exam, but instead we used to give them some questions, situations to solve, role play to give solutions to existing youth issues, and through these outcomes we were easily able to see the progress that they had made from the beginning until the end of the year.

**Summary of evaluation outcomes:** Since Human Values cannot be taught—merely caught!—we as teachers tried our best to be good examples, encouraging, patient and positive during each class. Many of our students would remark that we should teach all the subjects to them as in our class we tell them that they are loving, good, smart, cooperative, capable of achieving what they put their mind to, disciplined etc. but their class teachers usually tell them the opposite.

**Comments/Information:** These gestures and comments of the students made us realize that the heart-to-heart communication with them, even though just once a week was helping bring a transformation in their self-confidence, self-esteem, strengthening their faith in themselves, motivating them to excel in what they were good and try harder at what needed more discipline and dedication.

## *Poland*

### **Sathya Sai Education in Human Values (SSEHV) Education through Theater**

**Project Start Year:** 2012

**Location:** Warsaw, Poland

**Venue:** Afternoon School in Culture Centers

**Project/Program Description:** All the students are studying Human Values through theater.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 1

**Number of participating Project Location Staff Members:** 3

**Number of SSEHV students:** 78

**Age range of SSEHV students:** 4 - 16 years

**Parental Involvement:** Yes

**Outstanding Achievements:** Twice a year, children prepare, together with the teacher, a performance based on Sathya Sai Education in Human Values (SSEHV). The decorations for performance are done mostly by the children during an extra weekend workshop. They love to spend time together. We also view short movies about Values and discuss the main problems in the movie.

The weekend workshops are twice a year. It builds unity and nice cooperation among the children. After a weekend of workshops, being and working together children become the "teachers for the parents"

**Challenges:** None

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by the director of the location and all the parents.

**Summary of evaluation outcomes:** All observers and parents notice the positive changes in the children. They are very polite, helpful, and patient. They know they are members of a spatial program based on SSEHV and they are very proud of it.

**Comments/Information:** There are not enough SSEHV stories for children. There is a big hunger for



SSEHV THRU THEATRE, POLAND

children's movies based on SSEHV. It is a big challenge for the Institutes of Sathya Sai Education to produce the movies and cartoons with Human Values for children.

## *Eastern Europe*

### **Sathya Sai Education in Human Values (SSEHV) Educational and Pedagogical Programs at International Volunteer Camp**

**Name/Title of SSEHV Community Project/Program:** Educational and Pedagogical Programs at International Volunteer Camp

**Project Start Year:** May 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** 2 Educational institutions

**Project/Program Description:** Educational and pedagogical programs were held for children at the 3 group levels in each of 2 educational institutions.

Each class received a series of 4 - 5 lessons based on Human Values.

Altogether, there were 38 creative workshops.

- Children from 2 - 3 years, at the kindergarten level, had developmentally appropriate lessons based on Values;
- Teenagers had 4 lessons on healthy lifestyles and prevention of bad habits through the use of motivational films
- Children of all groups observed 4 festivals.

**Number of SSEHV Teachers:** 18

**Number of SSEHV Teacher Aides:** 10

**Number of SSEHV students:** 251

**Age range of SSEHV students:** 5 - 15 years

**Parental Involvement:** Jointly participated with the children in opening and closing lessons in the creative workshops.

**SSEHV project/program impact on community:** The heads of children's educational institutions were interested in carrying out the same program.

**Demonstrated understanding of a Value/Values: Testimonies:** Mother of one child told us, "Thank you, that you gave so much attention and love to our children."

**Outstanding Achievements:** Orphaned children in the care of the state, began to open their hearts, began to smile, waited eagerly for classes, and asked us to stay in their city.

Disabled children, who could hardly hold a pencil, began to draw simple figures in the creative workshops.

This was a real achievement

**Publications and/or website links:**

- Article about an International Volunteer Camp in a local newspaper.
- Interview by a local broadcasting station with project participants.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Project ended in August 2016

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, a positive oral evaluation was provided by

- The coordinators of the project immediately following its end
- Representatives of the local public who provide a platform for educational programs
- The local population and the administration.

**Summary of evaluation outcomes:** Educational and pedagogical programs at IVC 2015 were prepared in advance including the development of lesson plans, scripts, etc. The roles and responsibilities within the team were distributed. The daily pedagogical council helped coordinate the work ahead of each day and summarized the results at the end of each day.

The IVC provided all services to the teachers. They provided transportation, food, resources and moral support by attending our events: an example of harmonious team work within the whole camp.

Teachers and assistants, responsible for different sections of the Educational Project, acted cohesively and exemplified the ideal of unity and cooperation.

Such programs have been held annually since 2011 at the camp.

The Team consists of qualified Teachers from all countries and regions. Within the team, there is close cooperation, and the exchange of experiences from the seminars and workshops held.

**Comments/Information:** The pedagogical team prepared a dance for a concert. Children were asked to imagine and draw together a world, where there was no reason for tears.

## **Sathya Sai Education in Human Values (SSEHV) Educational and Pedagogical Programs International Volunteer Camp**

**Project Start Year:** March 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Secondary School, 2 Kindergarten Schools

**Project/Program Description:** Sathya Sai Education in Human Values (SSEHV) Community Project included:

- Competitions in art, photography, poetry, crafts for the school students depicting their beloved city. The results of the competitions announced at the citywide festival.
- A series of 5 lessons on Human Values for children from 6 - 15 years in 4 different age groups (with a total of 20 lessons).
- 5 musical lessons based on Human Values for children of 2 - 4 years in 2 kindergartens
- Creative workshops for children from 6 - 15 years
- A total of 8 Seminars for teachers and parents
- 2 festivals based on Human Values for children and their parents
- A total of 26 consultations with a psychologist.

**Number of SSEHV Teachers:** 15

**Number of SSEHV Teacher Aides:** 6

**Number of SSEHV students:** 132 children, 26 adults (teachers and parents). Total: 158

**Age range of SSEHV students:** 2 -15 years, divided into 5 groups

**Parental Involvement:** Parents brought children to lessons, participated in festivals and creative workshops, attended seminars and consultations with a psychologist.

**SSEHV Parenting Program:** Yes. 2 seminars for parents were held.

**SSEHV project/program impact on community:**

- Children didn't want to part with SSEHV teachers and wanted to find ways to join the team of volunteers and help other people.
- The school teachers shared that they had never attended such interesting seminars that enabled them to improve and expand their repertoire of effective ways of interacting with students.
- Some began to practice a minute of silence while visualizing the sun in their heart.
- Parents were inspired to build relationships with children at the heart level, in love and cooperation.
- Teachers and parents made a surprising conclusion: "Upbringing of a child begins with their own self-education."

**Demonstrated understanding of a Value/Values: Testimonies:** Children came to the conclusion that a good character changes one's destiny for the better.

**Outstanding Achievements:** The city administration presented a letter of thanks to the team of volunteers, including the teachers.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project ended in August 2017.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, an oral, positive evaluation was given by the coordinators, parents and teachers of the city and the local administration.

#### **Summary of evaluation outcomes:**

- The educational team in the International Volunteer Camp (IVC) 2017 worked well, as it prepared for the project in advance: by developing all lesson plans, creative workshops, seminars, scripts of holidays observed long before the start of the project.
- During the project, the actions of SSEHV teachers were coordinated at the pedagogical councils, and everyone had the opportunity to improve their skills through the organization of seminars and master classes.
- All classes with children, their parents and local teachers were at the heart level. They were inspiring, filled with love and light. The children sang from their heart a song about the five eternal Values.
- Local teachers began to apply the knowledge they received in practice.
- Parents believed in the essential goodness of their children.

Such programs have been held annually during IVC since 2011.

The team includes qualified teachers from all the countries of Russia.

Within the team there is close cooperation, an exchange of experiences and ideas through the seminars and master classes held.

### **Sathya Sai Education in Human Values (SSEHV) Lessons of Kindness**

**Project Start Year:** October 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Secondary School

**Project/Program Description:** *Lessons of Kindness* are a series of 12 lessons on Human Values for students of elementary school (Group II).

**Number of SSEHV Teachers:** 1

**Number of SSEHV students:** 21

**Age range of SSEHV students:** 10 - 11 years

**Parental Involvement:** The task of the parents was to support children in the accomplishment of homework, to see only good in children and verbally reinforce it.

**SSEHV Parenting Program:** Yes. 2 meetings and the festival, *On the Path of Goodness* were held.

#### **SSEHV project/program impact on community:**

- The class teacher of children came to a conclusion that *Lessons of Kindness* are necessary not only for children in her class, but absolutely for all. She saw positive changes in students: children became kinder, turned to each other in communication.
- They began to surprise their class teacher with their ability to quickly fulfill her requests and with the results of their tests (mostly, they were "4" (good) and "5" (excellent)).
- The *Lessons of Kindness* made the children stronger even physically. The school was quarantined for flu. All the 21 children in the class were healthy and came to school, while in other classes, the attendance was only 6-8 students.
- Parents realized the need to highlight kindness in children. The grandmother of a boy said: "It is good that there are such cordial teachers in school! How important it is to sow in the

children the seeds of the eternal goodness!"

**Demonstrated understanding of a Value/Values: Testimonies:** Children came to the conclusion that thoughts, words and deeds must come from the heart: "thoughts must be pure and sincere", "words must be cordial", "deeds must come from the kindness of the heart".

**Outstanding Achievements:** The *Lessons of Kindness* had a beneficial effect on the spiritual development of children. The students strengthened their desire to do good deeds selflessly. They began to see the goal of life as "to Love all and serve all." Kindness became their conviction, internal motive and became a habit in their actions. Kindness blossomed in the kids at heart level. Parents realized the importance of forming the quality of kindness in children, that it should be nurtured by the whole world in unity by parents, teachers and children themselves.

**Challenges:** At the beginning of the project, it was difficult for some parents to accept the idea of holding spiritual and moral lessons for their children. Questions were asked: "What is spirituality? Will you talk to the children about God? We don't need that." In order to remove the wariness of parents, we provided a definition of spirituality: "It is a manifestation of humanity". It was said that the *Lessons of Kindness* would focus on good traits, and children would learn to show them at home, out-of-doors, with their peers.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes. It took place within the framework of project requirements in SSEHV Course 3.

**Status of project/program:** Project ended in February 2016. This project was within the purview of Course 3 and Final Requirements, Part 2.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes.

**Developed evaluation tools:** Yes. Evaluation Forms were developed for teachers, parents, and students.

<https://1drv.ms/b/s!AmZnQ4vAUdkJeK2W9UHs-Tgffl0>

**Summary of evaluation outcomes:** The purpose of this project was to research the impact of EHV classes with 10-11-year-old children in secondary school on their education and development of the quality of kindness. The goal was achieved.

The hypothesis put forward by the author, "Conducting SSEHV classes (using the 5 methods of SSEHV) will promote education and formation of the quality of kindness in children" was confirmed within this research.

The objectives that had been defined at the beginning of the project were realized. The children began to think, speak and act in kindness.

### **Sathya Sai Education in Human Values (SSEHV) the Life's Value**

**Project Start Year:** 2007

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Shelter for the temporary stay of orphans

**Project/Program Description:** A series of Human Values classes with children of the shelter (3 - 4 per year) was held for the moral support of the children (5 - 17 years) through a difficult period in their life and provide them joy, love and friendship.

The classes were on Sathya Sai Education in Human Values and comprised of games, competitions with prizes, creative workshops and performing arts.

It was a communication from heart to heart.

**Number of SSEHV Teachers:** 6

**Number of SSEHV Teacher Aides:** Up to 30 (different assistants attended the project at different times)

**Number of participating Project Location Staff Members:** Up to 5: the head of the shelter, a music teacher, other teachers

**Number of SSEHV students:** 20

**Age range of SSEHV students:** 5 - 17 years

**SSEHV project/program impact on community:** The project helped children to make friends and to establish heart communication between tutors and children of the Shelter.

**Demonstrated understanding of a Value/Values: Testimonies:** Children tried to show guests their talents in singing and acting.

**Outstanding Achievements:** Classes were regular and the project lasted for a long time. Children of the members from our groups participated in the project.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, staff and management of the Shelter gave a positive assessment of the project.

### **Lessons on Sathya Sai Education in Human Values (SSEHV)**

**Project Start Year:** November 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Children's Medical Center

**Project/Program Description:** 23 lessons on Human Values for 3 - 5 year old children to foster their spiritual and moral growth.

**Number of SSEHV Teachers:** 1

**Number of SSEHV students:** 6 children

**Age range of SSEHV students:** 3 - 5 years

**Parental Involvement:** Parents assisted children in their homework.

**SSEHV project/program impact on community:** The program had a positive effect on both children and their parents.

**Demonstrated understanding of a Value/Values: Testimonies:**

- Children became calmer, attentive, and started to play positive games and appreciate Human Values, say kind words and carry out kind acts, help each other and teachers.
- The parents' behavior towards their child changed in a positive way - they became more attentive to the kid's feelings.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project finished in June 2015. The contract with the administration expired.

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Summary of evaluation outcomes:** The project had a positive impact on children

**Comments/Information:** Children were happy to attend classes and told their parents that among other developmental activities, those were loved ones.

### **Sathya Sai Education in Human Values (SSEHV) Lessons on Kindness**

**Project Start Year:** September 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Children's Club

**Project/Program Description:** A series of 6 lessons on Human Values for a group of children of different ages with the purpose of promoting Human Values and their application in life.

Observed several festivals.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 4

**Number of participating Project Location Staff Members:** Club's administrators and volunteers

**Number of SSEHV students:** 15 children

**Age range of SSEHV students:** 7 - 11 years

**Parental Involvement:** There was active participation in lessons and workshops.

**SSEHV project/program impact on community:** The project motivated the local residents to bring families together in creative activities with children.

**Demonstrated understanding of a Value/Values: Testimonies:** Family members shared their impressions, on how children had changed for the better. They began to help in their homework, became more disciplined and responsive.

**Outstanding Achievements:** The members of the youth wing of our group of volunteers were SSEHV trainees and were active in the project.

**Challenges:** The long distance to location of program and lack of volunteers of our group in the town was a problem.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** On December 2017, the club was closed by local town administration.

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Summary of evaluation outcomes:** The project improved the relationship between the children and parents

### **A Series of Lessons on Sathya Sai Education in Human Values (SSEHV): A Special Education Youth Program held in School**

**Project Start Year:** November 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School

**Project/Program Description:** A series of 6 lessons on Human Values for students of Grades 6 -7 for the purpose of forming a good character, positive attitudes to each other and the world around them.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 30

**Age range of SSEHV students:** 12 - 14 years

**SSEHV project/program impact on community:** Pupils' hearts were opened and purified

**Demonstrated understanding of a Value/Values: Testimonies:** Pupils' hearts were opened and purified

**Outstanding Achievements:** The children became softer. During the conduct of our classes, they were friendly and sincere.

**Challenges:** Children of these classes were referred to as child prodigies. They were engaged in a special educational program. And the teachers did not have time to bring to focus on their moral growth, as their primary focus was on academic learning. Relations between teenagers were rigid, strained and children ceased to respect teachers. It was necessary to redirect the minds of children to the eternal Values and help them to act positively.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The classes were completed at the end of December 2015. The situation in the classrooms was resolved; the kids realized that it was necessary not only to study well, but also to cultivate a good character.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by me.

### **Children's Program - Sathya Sai Education in Human Values (SSEHV) Classes on Lessons of Kindness**

**Project Start Year:** January 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Association of Community Organizations

**Project/Program Description:** The course, *Lessons of Kindness*, is held for students of Grades 5 - 6 of a comprehensive school. The purpose is to help students to discover Human Values in themselves and develop a good character. The classes are held once a month at the request of the parents.

**Number of SSEHV Teachers:** 2

**Number of SSEHV Teacher Aides:** 1

**Number of SSEHV students:** 4

**Age range of SSEHV students:** 10 - 12 years

**Parental Involvement:** Parents helped children do their homework. They took completed questionnaires. They also took part in the service activities within the project. Two parents took an active part in the lessons.

**SSEHV Parenting Program:** Yes. There were parents' meetings, gatherings, and classes.

**SSEHV project/program impact on community:** Children go to the classes with great pleasure and 2 girls even attended the school during the holidays when children are free from the secondary school.

**Demonstrated understanding of a Value/Values: Testimonies:** One mom phones regularly and is interested to know when the next class is. She says her child wants to attend the next class.

**Outstanding Achievements:** The girls became friendlier, more modest, and disciplined. They learned to see good traits of character in others.

**Challenges:** The teachers had a lot of routine work to complete, so there was no possibility to hold these classes more often.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** Such classes should be held in all the schools. Students open up, do soul-searching, and realize their inner goodness and God-given capacities.

### **The Children of the Sun. A Middle School Youth Project**

**Project Start Year:** October 2011

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Private House

**Project/Program Description:** Holiday School, *The Children of the Sun*, is a project providing complementary education for children of middle school and older. The purpose of the school is to provide spiritual education to children through Human Values. The school has existed for 7 years. During that period, we have operated in 21 such schools.

**Number of SSEHV Teachers:** 8

**Number of SSEHV Teacher Aides:** 2

**Number of participating Project Location Staff Members:** 1 - 2



I HAVE A SOUL, SSEHV EASTERN EUROPE

**Number of SSEHV students:** 7 - 14

**Age range of SSEHV students:** 9 - 15 years

**Parental Involvement:** Parents help children do their homework, complete questionnaires, take part in the service projects together with the children. Some parents come as helpers. They help in the kitchen and take part in all the events, such as going on walks with children.

**SSEHV Parenting Program:** Yes

**SSEHV project/program impact on community:** The teacher is a guide through whom God inspires, fills and transforms the students. There is an understanding and friendly exchange among teachers. Such is the atmosphere that it fosters a deep understanding of the Values from the depth of the child's heart, and so the Value is experienced and lived through in a deep way.

**Demonstrated understanding of a Value/Values: Testimonies:** Children's feedback:

- I learnt to go inside myself
- Now I can distinguish good and bad.
- I know I should always listen to my conscience.
- The school is phenomenal.
- Wherever I go, I do understand I can have a proper rest here.
- In this school, my soul can rest.
- All the people are kind and are open-hearted in their communication. I thank all.

Teachers' feedback:

- I discovered that there are no limits for doing any tasks. The more humility I have inside, the more I feel God's help. Kind-heartedness strengthens the character and has no limits, it broadens the hearts of people.
- New possibilities and understanding were discovered – how to act in non-typical situations with children. I received new experiences when, instead of criticizing, I was able to manifest compassion. That's how a child's heart opens, and as a result, I felt greater love and gratitude from him, not only towards me, but also towards all the teachers.

**Challenges:** All the life at school is centered on community living with the children 24 hours a day. There are children from families with deprived backgrounds as well as children from the community. Earlier, we didn't know what to do with them. We thought that we should treat every student with love and didn't pay attention to discipline. And then we understood in a practical sense that discipline was as important as love. Now we try to maintain a balance between love and discipline.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by teachers and parents

**Comments/Information:**

- Increased teachers' professional skills as a result of a lot of team work.
- When we started working, only 2 teachers had experience in working with the older group, but now all the teachers are able to do so. Each town makes its own lesson and one teacher leads it. The second teacher chooses the teacher he/she would like to pair up and work jointly with. At the beginning we were very attached to our partner, but now with experience, we enjoy cooperating with all other teachers.
- The team work experience tested our character and we learned such traits as patience, tolerance, being able to cooperate with each other and manifesting love.
- Also, our approach to children has changed. We communicate more from the heart. In the past, we may have focused on ensuring the children received the necessary information, But, now, we are willing to take time to address issues that the child worries about currently. We give them time to ask questions and clarify and take time to discuss the topic. That is an indicator of teachers' mastery in managing the dynamics of the classroom.

## **Project, From Heart to Heart, Sathya Sai Education in Human Values (SSEHV) Lessons for Children**

**Project Start Year:** October 2013

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Youth orphanage

**Project/Program Description:** Classes with children of the orphanage were held for 2 years with a group of children ages 4 -14 years. The lessons continued with 9 children, ages 6 - 12 years. There were 20 classes on various topics such as: "Love", "I am unique", "Gratitude", "Time saving and sense control", "Proper nutrition", "About the benefits of porridge", "Confidence in yourself", "Persistence", etc. Children received a lot of love and attention.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 4

**Number of participating Project Location Staff Members:** 3

**Number of SSEHV students:** 9

**Age range of SSEHV students:** 6 - 12 years

**SSEHV project/program impact on community:** There were regular classes, and children changed markedly. Relations between children have become positive and benevolent. Children were broken into "families".

**Demonstrated understanding of a Value/Values: Testimonies:** During the lesson on "Children's Day" during the play, "From what we protect our children and how they protect us", a 7-year-old rushed to defend the host very decisively. The host thanked him and said that she would completely trust him to protect her if she was out late at night.

**Outstanding Achievements:** Children became more calm and peaceful

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project ended in late October 2015 shortly after the lesson on *Agility*. We were sincerely thanked and were told that the administration had many other interesting proposals from other people. They wanted to explore these opportunities as well. They promised to call if they needed us.

### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, the Project was highly appreciated.

**Summary of evaluation outcomes:** Working with children of the orphanage gave an opportunity to open up not only the hearts of children, but our hearts as well.

As a result of this service, one of the women in our group took custody of a girl when she was 15 years old and remained her guardian till she was 18 years of age.

The girl now lives in a faith-based family and has graduated from school. She was taught by tutors, since the quality of education in the orphanage was rather weak. She entered the Cooperative College and finished the first year. In a year, she will be a completely independent person. She went twice to the International Volunteer Camp.

She plans a trip to a Regional Youth Conference and loves singing.

## **Project, From Heart to Heart, Sathya Sai Education in Human Values (SSEHV) Lessons for Children**

**Project Start Year:** February 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School

**Project/Program Description:** This is a series of 6 Human Values lessons for children of the 2<sup>nd</sup> Grade. The 20-minute sessions were held after main lessons.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 1

**Age range of SSEHV students:** Grade 2

**SSEHV project/program impact on community:** All the children were actively engaged and showed compassion.

**Outstanding Achievements:** The children opened their hearts; they began to show friendliness, sincerity and softness.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Project Ended in May 2015

**Program Evaluation:** None

## **Lessons on Sathya Sai Education in Human Values (SSEHV)**

**Project Start Year:** February 2012

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School

**Project/Program Description:** This is a series of 32 lessons on Human Values for primary school children, which were held after classes during 20 minute-sessions in Grades 2 - 4.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 3

**Number of SSEHV students:** 80

**Age range of SSEHV students:** 7 - 11 years

**SSEHV project/program impact on community:** Children changed markedly.

Relationships in one of the classes have become much friendlier.

The school administration praised the class teacher of this class for the good behavior of the children. This class was singled out as the best in the school.

**Outstanding Achievements:** Children started to take care of each other.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project was completed in 2015.

The children grew up, completed their primary education; we did not sign a new agreement with the new class teacher for conducting classes on Human Values.

**Program Evaluation:** None

**Comments/Information:** There was an aggressive fighter in the class. He offended both boys and girls. After the lesson on *Honesty*, where he was entrusted with the role of the Major, the defender of all, he changed dramatically. We agreed that now he would be the Defender! And everyone would come to him for help.

There were no more complaints about him. The children discovered in him a good friend.

## **Spiritual and Moral Education for Teachers**

**Project Start Year:** September 2013

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Boarding School for children with delayed mental development

**Project/Program Description:** A series of classes on spiritual and moral education for teachers and tutors of the boarding school.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 24 teachers and 12 tutors

**Number of SSEHV students:** 24 teachers and 12 tutors. Total: 36

**Age range of SSEHV students:** 30 - 50 years

**SSEHV project/program impact on community:** Teachers inspired by the idea of self-improvement, began to apply the methods of spiritual and moral education in their own classes.

**Demonstrated understanding of a Value/Values: Testimonies:**

- **Teacher of Russian:** "I just grew up spiritually, and now it gives me the opportunity to live a full and happy life in a team, in the family and see the fruits of our labor when the children show their love, care, diligence and do well in their assessments. And most importantly, children have become much kinder, more fun to be around, and better able to remember what they learned in school. They are better able to understand and appreciate what they have learned about forming a good character in life. "
- **Teacher of Mathematics:** "The Values and Methods of teaching in spiritual and moral education incredibly enlivens the lesson."
- **Teacher of Drawing:** "We have witnessed amazing outcomes: A girl who almost never spoke, suddenly started SPEAKING! She began to communicate and began to express such qualities of kindness that we marveled, as if something heavenly had been revealed to us!"

**Challenges:** The boarding school is far beyond the city so it takes a long time to get there. Children are delayed in their mental development.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project was completed in 2015

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by the coordinator and the teachers

**Summary of evaluation outcomes:** The consciousness of the children and teachers has been changed, the work has begun to bring us joy.

Teachers have begun to develop new lessons integrating Values and spiritual and moral methods.

The atmosphere at school and in the classes is joyful, there is a desire to learn and develop.

**Comments/Information:** It is important to educate teachers on the integration of Values into lessons and methods of integrating spiritual and moral education into their subjects.

### **Sathya Sai Education in Human Values (SSEHV) Classes for Students with Delayed Mental Development**

**Project Start Year:** September 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** State boarding school

**Project/Program Description:** Human Values classes were conducted as part of the Institute of Sathya Sai Education Course 3 Final requirements.

The Theme of the project, *The impact of Human Values classes*, using the 5 teaching methods with 10-12-year-old boarding school students with delays in their mental development.

The purpose was to discover and foster their ability "to speak to all affectionately and with love".

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 2 - 5

**Number of SSEHV students:** 12

**Age range of SSEHV students:** 10 - 12 years

**Parental Involvement:** Parents are foster parents or staff of the school

**SSEHV Parenting Program:** Yes, for teachers of adopted children

**Demonstrated understanding of a Value/Values: Testimonies:** Testimonies of 12-year old students:

- Human Values are when Values start to grow in the heart, and the person creates good. His/her heart becomes pure. My heart has become pure, and I want to do good, take care of the younger ones, listen to the elders, help the sick and homeless animals.
- Human Values are good qualities that are manifested in a person. My friends said that I have

become kinder and more attentive; I can give good advice; now I choose to be around like-minded friends.

- I realized that it's important always to speak softly and with love; it makes my heart joyful; it rejoices when I speak quietly and affably. I have become calmer at my home, and at school my friends always support me.

**Challenges:**

- The school is located far from the city, takes long to reach. Children suffer from a delay in mental development.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**PROGRAM EVALUATION**

**Formal evaluation:** Yes, by coordinator, teachers, tutors, children and School's Director

**Summary of evaluation outcomes:** Evaluations are excellent

## **Sathya Sai Education in Human Values (SSEHV) Classes with Children from the General Public**

**Project Start Year:** 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Public Meeting Center

**Project/Program Description:** Human Values classes are held twice a month using the five methods of teaching Human Values with children of the public in three age groups: Children under 7 years, 7 - 11 years, 12 - 16 years.

**Number of SSEHV Teachers:** 4

**Number of SSEHV Teacher Aides:** 1

**Number of SSEHV students:** 30 children

**Age range of SSEHV students:** 3 - 16 years

**Parental Involvement:** Parents bring their children to classes, attend classes and take part.

**SSEHV Parenting Program:** Yes, parents attend seminars on spiritual and moral upbringing of children.

**SSEHV project/program impact on community:** Children are improving in their character and have become more caring and attentive, more open and self-confident and respect their elders.

A kind of surprising outcome was that the children of the older group (12 - 16 years old) began to bring their friends to classes.

**Outstanding Achievements:** Children, together with their teachers, began to go to the orphanage and help in conducting classes.

**Challenges:** Some children do not regularly attend classes.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** No

## **Sathya Sai Education in Human Values (SSEHV) Program Seminars for Parents**

**Project Start Year:** 2012

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Public Meeting Center

**Project/Program Description:** Seminars on universal Human Values are held 1 - 2 times a month for parents of the public. In addition to this, the *WhatsApp* program organizes a chat for parents, which publishes materials on the spiritual and moral education of children

**Number of SSEHV Teachers:** 1

**Number of SSEHV students:** 10 Parents

**Age range of SSEHV students:** 28 - 50 years

**Parental Involvement:** This is a program for parents

**SSEHV Parenting Program:** Yes

**SSEHV project/program impact on community:** Parents received knowledge about Human Values. They applied them in their lives and in their relationships with children.

Parents became attentive to the needs of their families, learned to understand their children and love them, as they are. Parents discovered Love and Divine Beauty within their children and themselves.

**Outstanding Achievements:** Parents regularly attend seminars, thank the teachers for their work. Some parents have become volunteer members of the group.

**Challenges:** No comfort room

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Summary of evaluation outcomes:** Parents are really interested in seminars, the seminars help them solve issues with children by focusing on universal Human Values.

### **Sathya Sai Education in Human Values (SSEHV) Classes and Observance of Festivals with Children**

**Project Start Year:** 1996

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage - Children's Rehabilitation Center.

**Project/Program Description:** Within the project there are the classes on Human Values, puppet performances, creativity workshops, sports festival.

We hold celebrations to observe Christmas and Easter, with a tea party and presents for the children

**Number of SSEHV Teachers:** 3

**Number of SSEHV Teacher Aides:** 6

**Number of participating Project Location Staff Members:** 4

**Number of SSEHV students:** 20

**Age range of SSEHV students:** 5 - 16 years

**Parental Involvement:** The classes are held for children deprived of parental care who live in the orphanage.

**SSEHV project/program impact on community:** Children are always moving in and out of the orphanage all the time, so there is a lack of continuity and it's difficult to say what influence the classes have had on them.

After the classes and the festival observances, the children seem happy and want us to come again. Each time we go to the orphanage, the children greet us with hugs and joy. We feel that children are more open, seem to integrate and absorb the lesson easily. Nursery school teachers are also always viewed as being benevolent and invited to come again.

**Outstanding Achievements:** Joy, smiles; children and adults seem to be more open-hearted.

**Publications and/or website links:** There was a publication in the local newspaper that mentioned and thanked the volunteers.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** We try to make the program even more interesting and more varied. We always prepare new materials.

The project brings joy to both children and facilitators alike as we share Love with one other.

### **Sathya Sai Education in Human Values (SSEHV) Programs for Youth and Children of Community and School Teachers within the Regional Volunteer Camps**

**Project Start Year:** 2013

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Schools

**Project/Program Description:** Within the project there are classes on Human Values, games, performances, creativity workshops, sports events.

**Number of SSEHV Teachers:** 2

**Number of SSEHV Teacher Aides:** 4

**Number of participating Project Location Staff Members:** 3 - 8

**Number of SSEHV students:** 5 - 20

**Age range of SSEHV students:** 8 - 15 years

**SSEHV project/program impact on community:**

- The director coordinating the projects with youth, asked us to supervise their work within the volunteer movement.
- After the seminar about spiritual and moral education, the Principal of the school was inspired, and asked us to give such a seminar for all the teachers of the local area.

**Demonstrated understanding of a Value/Values: Testimonies:** After the final concert for villagers, we received a lot of friendly praise. The old people noticed that they haven't felt such joy and positive emotions since the end of the Second World War.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** The project is held regularly, once or twice a year.

From year to year the educational projects are organized more intentionally and with higher quality.

There was a proposal to consider making this the main field of work in the volunteer camps.

### **Sathya Sai Education in Human Values (SSEHV) and the School of Kindness Activities for Children**

**Project Start Year:** 1999

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** In a private apartment

**Project/Program Description:** We conduct Sathya Sai Education in Human Values classes for children of the family club using the 5 methods of teaching. In the classes for preschoolers the teaching of reading is included. There are creativity workshops, sports festivals, excursions to museums and exhibitions, observance of feasts on New Year and Easter with tea parties and presents. We also take part in the campaign of cleaning public spaces within the town.

**Number of SSEHV Teachers:** 4

**Number of SSEHV Teacher Aides:** 6

**Number of SSEHV students:** 11 children

**Age range of SSEHV students:** 7 - 14 years

**Parental Involvement:** Sometimes the parents are there during the creativity workshops and sports festivals.

**SSEHV project/program impact on community:** Children visit our classes quite willingly and seem reluctant to part for the holidays. The lessons seem to make a deep impression on the children and we see a great deal of enthusiasm and interest on the children's part.

**Demonstrated understanding of a Value/Values: Testimonies:** We can see the children only during the classes, so it's difficult to evaluate their understanding and implementing of the learning into practice.

It's a great joy to see children showing great interest and at the end of the lesson to hear "Aha! I have understood!" Once a student was upset and was in tears that he couldn't come to the lesson.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** We try to choose topics that take into account the children's needs and the real-life situations they face in their family and at school.

### **Online SSEHV lessons within the Electronic School Project launched by the Head of the Republic**

**Project Start Year:** 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Institute

**Project/Program Description:** Online lessons are conducted by the winners of the award, "Teacher of the Year 2014", in order to disseminate their work experience to 200 schools in the Republic.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 3

**Number of SSEHV students:** 12

**Age range of SSEHV students:** 12 - 13 years

**Parental Involvement:** Parents watch these lessons online or on YouTube

**SSEHV project/program impact on community:** Students take great interest in participating in the online lessons. Staff members of the Institute note good preparation by students and a calm, positive, loving atmosphere during the lessons.

**Demonstrated understanding of a Value/Values: Testimonies:** We observed the children stating the following: Man and Nature are one; Pocahontas loved all and helped all; we consist of the 5 elements of creation; 5 elements of creation and 5 senses are interconnected; we want to take care of Nature.

**Outstanding Achievements:** The teacher received the Gratitude Certificate from the Ministry of Education and Science.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Comments/Information:** The English teacher is a member of "Teacher of the Year" Club which consist of the winners of the "Teacher of the Year" award from different years. She conducted online lessons in accordance with a schedule.

### **Sathya Sai Education in Human Values (SSEHV) Classes with Children at the Orphanage**

**Project Start Year:** 2008

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage

**Project/Program Description:** Human Values classes for children of the orphanage are held once a month (except for summer holidays).

**Number of SSEHV Teachers:** 3

**Number of SSEHV Teacher Aides:** 4

**Number of participating Project Location Staff Members:** 3

**Number of SSEHV students:** 15 - 30

**Age range of SSEHV students:** 6 - 16 years

**SSEHV project/program impact on community:** The children are changing. They are instilled with Human Values. They are discovering their best character traits, more and more children express Love, feel more Tranquility and show Prudence.

The teachers of the orphanage are also changing. They attend the classes and draw a lot of new insights for themselves; they also learn Human Values and new approaches in working with children based on Human Values

**Outstanding Achievements:** The best achievement for us is that children are waiting expectantly for us and are actively participating in classes.

**Challenges:** The composition of children is constantly changing.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

## *Serbia*

### **Sathya Sai Education in Human Values (SSEHV) Workshops for Children**

**Project Start Year:** 2014

**Location:** Belgrade (Borca), Serbia

**Venue:** School

**Project/Program Description:** Approximately once a month, young children are gathered and SSEHV stories are presented with all five elements of SSEHV class.

**Number of SSEHV Teachers:** The coordinator is always there. One or more additional teachers out of a group of 5 teachers are occasionally present.

**Number of SSEHV Teacher Aides:** 1 - 8

**Number of participating Project Location Staff Members:** At least 5 teachers from school who passed through at least one SSEHV seminar for teachers

**Number of SSEHV students:** Varies from 15 - 50.

**Age range of SSEHV students:** 7 - 10 years

**Parental Involvement:** Parents do not participate in workshops, but they bring their children and are involved in the last part of the class, when we have some relaxing art activities. They give great support to our workshops and like that their children are involved in such work.

**SSEHV project/program impact on community:** Children are very open, have better communication with adults and peers and feel supported in many ways.

We do not have discipline problems with these students.

The processes we initiate in them are transferred to their homes and regular school. The venue is highly respected in our surroundings.



SUNSHINE SCHOOL, SSEHV SERBIA

**Demonstrated understanding of a Value/Values: Testimonies:**

- “I was happy in your classes!”
- Children think much more about each other and use Human Values rules to solve some problems.
- I witnessed (without children noticing it) one situation in which one young, but problematic student (age 6, parents in some criminal jobs) told another, who behaved badly, that he cannot behave badly, that he is only a child and should respect elders.
- When students have problems, they come to me to talk.
- Once when I petted one girl on the head, the other students gathered and formed a line, waiting to be petted as well.

**Outstanding Achievements:** The complete atmosphere in school is very supportive among elders and students and among teachers as well. Parents often come to ask for advice and cooperate with teachers when any problems arise.

**Challenges:** We are in surroundings which do not support any spiritual activities outside the Orthodox Church and have to be very proficient and careful not to be labeled as a sect school. The volunteers are not educated enough. They are aging and have been losing interest in participating in workshops with children.

This work is too much for one person, but now, when school teachers are involved, it is much easier.

**Publications and/or website links:** The presentation of Educare program at the professional conference *The Quality of Contemporary Education* faculty for preschool teachers, Serbia

- **Broadcast, *Good to Know*:** In cooperation with Ivana Srdanov Popovic, who is the member of our educational group, we were guests in the broadcast “Vredi znati” (Good to Know) of RTV Vojvodina in November 2016, in which we presented how we do SSEHV workshops in our school. The program is posted on you tube. Here is the link: [http://media.rtv.rs/sr\\_lat/vredi-znati/23799](http://media.rtv.rs/sr_lat/vredi-znati/23799)
- **Broadcast, *The Joy Of Life*:** One more broadcast with the name “Radost zivota” (The Joy of Life) occurred in December 2016 and was presented in Belgrade’s TV Pink 3. Our topic was Educare program. Here is the link: <http://www.radost-zivota.com/briga-o-decjoj-dusi/?preview=true>

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** It is still in progress. As long as children like to come, we will continue to organize the workshops.

**PROGRAM EVALUATION****Formal evaluation:**

- Yes, by coordinator. After every workshop I make some kind of estimation of each part of the class
- School directors reflect, but not in a formal way; we follow children’s reactions and development

**Summary of evaluation outcomes:** The children are much more aware of themselves and their surroundings, emotionally and socially much more mature. When problems are experienced, they use Human Values rules to solve them.

## *South Africa*

### **Sathya Sai Education in Human Values (SSEHV) WATCH Project**

**Project Start Year:** 2008

**Location:** Durban North, South Africa

**Venue:** Primary School

**Number of SSEHV Teachers:** 10

**Number of SSEHV Teacher Aides:** 2

**Number of participating Project Location Staff Members:** The school's Principal is crucial to the program though she is not present in classes.

**Number of SSEHV students:** 150

**Age range of SSEHV students:** 5 - 18 years (Grade R - Grade 12)

**Parental Involvement:** Parents' meeting held at the beginning of year to sign indemnity forms; Parents' meeting held quarterly; Parents invited to school sports day; Parents invited annually in Dec. for an afternoon of entertainment coordinated by the children

**SSEHV Parenting Program:** In Progress

**SSEHV project/program impact on community:** Improvement in school results; Reduction in teenage pregnancy; Reduction in substance abuse; our relationship with the parents is very good; they are always willing to listen to suggestions for resolving problems in their homes—especially the mothers; Child-headed households included in Center food donation program

**Demonstrated understanding of a Value/Values: Testimonies:**

Note of appreciation from a student:

- “Greetings ma'am. I'd like to thank you and Sir P.B for all the good you have done for me. I'm really grateful about the house, and I'd like to say thank you for that as well. I see you as my parents, and I'm really honored to have you in my life. Without you and the other SSEHV teachers...I don't know where I'd be. Maybe I would've become a drug addict by now, but you kept me and fed me with knowledge that someday I will teach my own children...I wish that all the goodness and blessings shall rain upon you, and I wish that God can keep you alive until I grow up and work, so that I can thank you in a good way...and be able to show my children that these are the people that taught me all the good things in life. Thanks a lot.”

**Outstanding Achievements:**

- One of the SSEHV teachers introduced a student, who completed matric 3 years ago, to the proprietor of a salon. After completing a year of training, she is now fully employed at a salon.
- Another student had to be taken away from the informal settlement where she lived due to unbearable living conditions and was accommodated by one of the SSEHV teachers. She had 3 “As” in matric, and is now at University doing a BA degree, hoping to become a teacher.
- Having no parents, another student was accommodated by one of the teachers. He is currently doing an Accounting Diploma at DUT.
- Similarly, another student moved out of the informal settlement to live with the previously mentioned student. He, too, is currently doing an engineering Diploma at DUT.

**Challenges:** We have 2 SSEHV classes – Tuesday & Saturday. Fewer teachers on Tuesday make it more difficult. We are trying to start a formal reading program at the school – *SHINE*.

**Publications and/or website links:** Project coordinator was once interviewed by the Sunday Tribune and an article appeared in the paper. Unable to retrieve copy for now.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:**

Kindly assist us with evaluation techniques and questionnaires.  
Would like to see more involvement from the Education Wing.

Use of our local website for more interaction for SSEHV nationally, e.g. sharing ideas, requesting assistance, etc.

### **Sathya Sai Education in Human Values (SSEHV) Gledhow**

**Project Start Year:** 2015

**Location:** South Africa

**Venue:** Primary School

**Project/Program Description:** SSEHV classes held on Saturdays from 8:00 am - 9:15 am.

**Number of SSEHV Teachers:** 5

**Number of SSEHV Teacher Aides:** 4

**Number of SSEHV students:** 60

**Age range of SSEHV students:** 5 - 17 years

**Parental Involvement:** Parents are always involved in all SSEHV fun activities: sports day, Walk for Values, etc., and parents' meetings are held when the teachers find the need.

**SSEHV project/program impact on community:** Personally, I have seen a change in the children that I have been teaching for the past 2.5 years. I can see their character blossoming and minor changes in their behavior and attitude as well.

**Demonstrated understanding of a Value/Values: Testimonies:** One example that comes to mind: I was teaching a lesson on Love and I went around the class asking each child what they understood Love to be. I came to a boy who told me that Love is caring for others and being kind. My heart melted at his answer because when my class started in 2015 (2.5 years ago), he would have probably given me a very different answer. He comes from a broken home and presently lives with his grandparents. When he started classes in 2015 he had a difficult time controlling his mouth and wanted to fight with everyone all the time. His response to my question really blew me away.

**Challenges:** Attendance

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** We targeted the area where we are, in 2015 as we saw an opportunity for SSEHV there. A few of the children that attend classes come from broken homes, and as a result, believe that violence is always the way out. If they have a problem with someone, they are ready to abuse them physically and mentally. From 2015 to date, the teachers have strived to change the attitudes of these children through the five Human Values. We have seen success in a few of them, although there is still a lot of room for improvement. These children mean the world to us, and we will continue to do what we can until the day we cannot.

### **Merebank Sathya Sai Education in Human Values (SSEHV)**

**Project Start Year:** 2010

**Location:** Durban, South Africa

**Venue(s):** Place of Safety for Children

**Project/Program Description:** Ongoing program for children at both locations

**Number of SSEHV Teachers:** 2 teachers; 1 teacher

**Number of SSEHV students:** 18; around 32

**Age range of SSEHV students:** 5-16 years; 3-20 years

**Parental Involvement:** Very few parents at one location and assisted by House Mothers at other location

**SSEHV Parenting Program:** Yes – one location only

**SSEHV project/program impact on community:** Programs like *Parents' Evening* (gratitude to mothers, children's messages projected),

Transformation of these SSEHV children is noted in the community because our children project the 5 Human Values. Whenever the community holds a program, our SSEHV children are asked to perform on stage with talks, dance or song.

**Demonstrated understanding of a Value/Values: Testimonies:**

- Graduation speech by the children thanking parents and teachers for the knowledge they gained.
- Parents Evening program – Parents thanking the SSEHV teachers/guides for having instilled such Values in their children.

**Outstanding Achievements:** Certificates and trophies are awarded to students at graduation. Certificates are also awarded to children from the community, for participating in community programs.

**Challenges:** Punctuality is poor due to house chores and homework because parents are working. Children come and go so there is no continuity with the children.

**Publications and/or website links:** Yes. Pictures were sent to National and were also printed in the local newspaper.

**Status of project/program:** Ongoing

**PROGRAM EVALUATION**

**Formal evaluation:**

**Developed evaluation tools:** Monthly attendance reports, Lesson Plan, General comments from teachers

**Ready-made evaluation tools:** No test. Outcome is from discussion at Gurus meeting and monthly meetings.

**Summary of evaluation outcomes:**

Keep record of attendance. Prepare well before classes

**Comments/Information:** Activities: bead work, card making, team building, games, sports, visit to Nature Preserve, participating in Centre culture program and in National Samadhi as Drum Majorettes.

The Centre also provides hot meals, school books, water containers, school uniforms, shoes, grocery hampers, blankets, etc.

## **Sathya Sai Education in Human Values (SSEHV) Khayelitsha**

**Project Start Year:** 2016

**Location:** Cape Town, South Africa

**Venue:** Community Center

**Project/Program Description:** In this program we teach Human Values, Computer Classes, Veda Classes, Dance Lessons, Chess Lessons, Violin Lessons and Recorder Lessons.

**Number of SSEHV Teachers:** 2

**Number of SSEHV Teacher Aides:** 1

**Number of participating Project Location Staff Members:** 4

**Number of SSEHV students:** 35

**Age range of SSEHV students:** 5 - 15 years

**Parental Involvement:** At this time we have very minimal parental involvement in the program. Though the parents are very happy and keen that their children are here.

**SSEHV Parenting Program:** In Progress

**SSEHV project/program impact on community:** There has been a huge change in the general mindset of the community, in that the people are more loving, more supportive of each other. The children are cleaner in their outward appearance, they look healthier and the streets are relatively cleaner than before.



WALK FOR VALUES THROUGH THE STREETS OF KHAYELITSHA, SSEHV SOUTH AFRICA

**Demonstrated understanding of a Value/Values: Testimonies:** There has been a number of testimonies from parents. One parent told us that her kids were very diligent on prayers. One child wrote a letter expressing her gratefulness for the values she has learnt.

**Outstanding Achievements:** We basically do not have any outstanding achievements, save to say that there has been a significant transformation in the lives of the children and community at large. Also, that one of our children won a cup in the Chess competition. And a number of other children played very well in that competition.

**Challenges:** The challenge we are facing now is resources. We need to be able to feed the children on a regular basis. Attendance is not a problem at all, the children are always here promptly after school. People are also very accepting of the program. We also need a plot of land where we can establish a skill center for the community.

**Publications and/or website links:** None – save for SABC -TV that broadcasted an overview of our programs on their *Sadhana* show.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** It is important to note that we have undertaken a number of both formal and informal programs to meet the challenges that the community is facing. To date we are far from where we need to be. Yet we made a number of interventions to meet both the long and short-term challenges facing the community, still we have only touched the surface. Having said that, it is very important to note that our volunteers have done a lot to contribute to the general welfare of this community.

## **Sathya Sai Education in Human Values (SSEHV) Malagazi**

**Project Start Year:** 1995

**Location:** South Africa

**Venue:** Ashram

**Project/Program Description:** None

**Number of SSEHV Teachers:** 2

**Number of SSEHV Teacher Aides:** 4

**Number of SSEHV students:** 80

**Age range of SSEHV students:** 6 - 15 years

**Parental Involvement:** Very Minimum

**SSEHV project/program impact on community:**

- The children are taught personal hygiene as they come from a rural community.
- They are taught Value-based songs which they sing at the Sunday service.

**Outstanding Achievements:** The children assist by becoming teacher aides at classes.

**Challenges:** No support as we are a small group with a huge congregation but no properly trained teachers; so, parents have assisted. A very great challenge that needs attention.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**PROGRAM EVALUATION**

**Formal evaluation:** Yes; by someone else

**Comments/Information:** We need teachers to give of their time to this rural area that needs this help.

## **Sathya Sai Education in Human Values (SSEHV) Educare Pre-school Class Grade R**

**Project Start Year:** 2002

**Location:** Durban, South Africa

**Venue:** Service Center

**Project/Program Description:** The SSEHV Pre-school class started in 2002 to serve the community

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 1

**Number of participating Project Location Staff Members:** 9

**Number of SSEHV students:** 37

**Age range of SSEHV students:** 5-year-olds

**Parental Involvement:** Parents send their children regularly to the class. They attend the parent meetings, graduation function and accompany the children on excursions.

**SSEHV project/program impact on community:** No survey was conducted. The feedback from past parents is that they prefer to send their children to this class as compared to the government school across the road because of the Human Values program. They found their children to be smarter, obedient, respectful, caring for others, well behaved, well mannered, loving etc.

**Demonstrated understanding of a Value/Values: Testimonies:** When these children go to the normal government schools, their behavior and work ethics stand out.

- One child was asked to open the windows in the class in a Grade 1 class. The boy removed his shoes, climbed onto a desk and then opened the window. The teacher was taken aback and told the other children about this child's manners and respect.
- A number of the children have become vegetarians. This was noted in one of the neighboring school. The school has an annual meal day. These children enrolled at that school eat only the vegetarian dish instead of the meat dish.
- The children are now in Grade 6. When asked about their choice, they indicated that they attended the Sai Pre-school, as it was known then, and learned about Human Values.

**Outstanding Achievements:** All the children graduate at the end of the year. They perform very well in the government schools. The neighboring school gives these children preference to enroll for Grade 1.

**Challenges:** The outreach program has been sustainable through the love offerings by devotees mainly from the Newlands Center.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The program is still continuing in spite of attempts to shut it down.

#### **PROGRAM EVALUATION**

**Developed evaluation tools:** None. The change in the children's character speaks volumes. The CAPS curriculum is followed.

Human Values are integrated into all lessons.

**Comments/Information:** Parents have indicated that the program has made a tremendous change in their children's lives and at home.

To some extent parents have changed by practicing some of the Human Values that their children have been exposed to. The unfolding of the Human Values, as proposed by Sathya Sai Education in Human Values, is really working.

### **Sathya Sai Education in Human Values (SSEHV) Umbhayi**

**Project Start Year:** 2001

**Location:** Tongaat, South Africa

**Venue:** Primary School

**Project/Program Description:** SSEHV classes held on Sundays from 8:00 am – 11:00 am

**Number of SSEHV Teachers:** 6

**Number of SSEHV Teacher Aides:** 6

**Number of SSEHV students:** 120

**Age range of SSEHV students:** 6 - 17 years

**Parental Involvement:** Parents meetings were held as needed, and at the commencement of each year.

**SSEHV Parenting Program:** No

**SSEHV project/program impact on the community:** The children were regular with class attendance, and the basic Human Values they learned became the ABC's of their good conduct. Their general attitude and behavior also improved.

**Demonstrated understanding of a Value/Values: Testimonies:** In 2010, we had 21 children from Umbhayi participate performance in India. It was an amazing experience for both the children and their teacher/guides and this was possible due to the efforts of the classes.

**Outstanding Achievements:** Many of the youth have now completed the program. One, in particular, has joined a catering company in Tongaat. When we engage in community service, this child always participates. The Brake Village Kavady is one of the biggest in KwaZulu-Natal KZN. She and her friends come the day before and assist with cleaning the veggies. Also, the participation of the 21 children in their 2010 Production.

**Challenges:** The location of classes is at a nearby school, and when the weather is inclement, attendance is poor.

**Publications and/or website links:** None

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The program ended in 2015. The school was in ill repair.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes

**Developed evaluation tools:** No

**Ready-made evaluation tools:** No

**Summary of evaluation outcomes:** The evaluation was done by someone else.

**Comments/Information:** Persons on the north coast would be very excited to resume the program. However, obtaining a suitable venue is a challenge.

### **Sathya Sai Education in Human Values (SSEHV) Leadership Programs for Learners and Educators**

**Location of projects:** Durban, South Africa

**Physical Location of Project:** Various cities and locations of South Africa

**Year the Project Began:** 2005

**Number of SSEHV Teachers:** 30

**Number of Project Location Staff Members Involved with Project:** 10

**Project Age Levels:** Youth 10 - 17 years + adults

**Total Number of SSEHV Students:** 300 youth, 100 adults

**Ongoing or special training and/or activities:** 2014 - Present, the outreach program has expanded to include

- SSEHV Introductory Certificate cluster training programs for teachers and community
- Public Schools Leadership And Team Building Programs For Youth,
- Public Schools Prefects;
- Special School Development Programs For Youth with Learning Disabilities
- Public Schools Educators Orientation And Leadership Workshops
- Workshops in *On Inspired Commerce for Business People*
- Parenting.

**Parental involvement:** Yes

**SSEHV Parenting Program:** Yes

- Aims of the workshop is to become aware and practice correct parenting skills
- Importance of Integral education and the creation of a conducive ethos at the Sai School
- Role of Parents as exemplars in parenting
- Communication and Character Molding
- Use of a Diary in Parenting Skills

**Outstanding achievements:**

Positive feedback from public schools and graduates of SSEHV Certificate programs.

E.g. one of our graduates from the Newlands cluster who is really trying to make a difference in her community. We are so proud that she is extending her experience with the Human Values course to her community. She has started a tuition program for Grades 4 - 7 learners in subjects like Math, Science, English and Isuzulu and also the other smaller subjects. Classes are held from Monday to Friday from 1:30 pm - 3:30 pm at 2 primary schools. She is also mentoring senior learners to keep them away from negative influences that they are exposed to. Most of the children are either orphans or from single parent homes. All this is despite having a 5-month-old baby of her own to care for. She is currently using matriculates to assist her.

**Challenges:** Marketing

**Program Evaluation:** None

## *Spain*

### **Sathya Sai Education in Human Values (SSEHV) Classes in Risco de San Nicolás**

**Project Start Year:** 2014

**Location:** Las Palmas de Gran Canaria, (Canary Islands, Spain)

**Venue:** Community Center

**Project/Program Description:** This project started in connection with “Serve the Planet”, having the theme *Children—Our Future*. In a suburb of our city, a group of trained SSEHV teachers, in collaboration with the neighborhood social worker, offered to hold SSEHV classes. We were welcomed to hold classes once a month during the school academic year in a hall lent by the church. Because the children belonged to financially challenged families, they were given a snack bag at each class. The assistants and parents are very happy with the Values-based classes, which, until today, continue successfully.

**Number of SSEHV Teachers:** 4 - 6

**Number of SSEHV Teacher Aides:** 3

**Number of participating Project Location Staff Members:** 2

**Number of SSEHV students:** 25 - 30

**Age range of SSEHV students:** 8 - 11 years

**SSEHV project/program impact on community:** The classes have had a positive impact on the children who have benefitted from them, and in turn, their families, and thus the community. The Parish Priest and catechists have also expressed their gratitude and appreciation for the classes conducted.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing Project

**Program Evaluation:** None

## **Sathya Sai Education in Human Values (SSEHV) - Catechesis**

**Location:** Las Palmas, Canary Islands, Spain

**Physical Location of Project:** Catholic Church

**Year the Project Began:** 2014

**Number of SSEHV Teachers:** 3

**Number of SSEHV Teacher Aides:** 3

**Project Ages:** 6 - 10 years

**Total Number of SSEHV Students:** 24

**Ongoing or special training and/or activities:** Institute of Sathya Sai Education – South Europe (ISSE SE) trainers finished the Sathya Sai Education in Human Values (SSEHV) Standard Diploma Course.

Once a month the SSEHV Teachers are in charge of the Catechesis groups of children.

**Outstanding achievements:** The group of 5 SSEHV trained volunteers started this Community Program in 2014, as an activity prepared for *Save the Planet*, then it was agreed to continue once a month. The 24 children are distributed in five groups of 4 - 5 children, with one SSEHV teacher per group. The time of the lesson is 75 min.

**Challenges:** This is a neighborhood of low-income families. The lesson is prepared by the team of SSEHV teachers. As there are also two or three other volunteers, they can rotate.

**Program Evaluation:** None

**SSEHV Project is affiliated with Institute of Sathya Sai Education - ISSE SE**

**Additional comments:** The children are given a bag with some snacks: biscuits, sweet bread, chocolate and juice.

## **Sathya Sai Education in Human Values (SSEHV)**

**Location:** Las Palmas, Canary Islands, Spain

**Physical Location of Project:** State Infant and Primary School

**Year the Project Began:** Academic Year 2009 - 2010

**Number of SSEHV Teachers with Project:** 3

**Number of Project Location Staff Members Involved with Project:** 1

**Project Ages:** 6 - 8 years

**Total Number of SSEHV Students:** 12

**Ongoing or special training and/or activities:** 17 Teachers were trained up to the Diploma Level by the Institute of Sathya Sai Education - South Europe (ISSE SE)

**Parental involvement:** Yes

**Outstanding achievements:** At the end of the academic year the teachers and parents of the school are invited to share all the activities based on Values during the academic year and the experiences of the pupils.

**Challenges:** The main challenge has been the change of the school Directors and the involvement of other teachers of the school.

### **PROGRAM EVALUATION**

Yes. Have observed and conducted a formal evaluation of the program in the past 5 years by staff member of school and the tutor of class group

**SSEHV Project is affiliated with Institute of Sathya Sai Education: ISSE SE**



WALK FOR VALUES, SSEHV TAIWAN

## Taiwan

### Sathya Sai Education in Human Values (SSEHV) Educare Program

**Project Start Year:** 2000 – 2015. 2015 program was changed.

**Location:** Taipei, Taiwan

**Venue:** SSEHV Center

**Project/Program Description:** It first started as an unregistered kindergarten where children would attend class from 8:30 am – 11:30 am. This was later changed to an Educare program in 2015. In the current program, we recruit those 4 & 5-year-old students whose parent/grandparent or family member can come with them every day from 8:30 am – 11:30 am Monday to Friday. On Tuesdays and Thursday, the adults and kids attend different classes; otherwise, they attend the same class.

**Number of SSEHV Teachers:** 6

**Number of SSEHV students:** About 6 - 10 students each year

**Age range of SSEHV students:** 4 - 5 years

**Parental Involvement:** Most parents/family members actively participate in this program. They attend classes with their kids, prepare snacks, and clean the classrooms. They learn SSEHV teaching methods and learn how to design SSEHV lessons on Tuesday. Some of them become our volunteer teachers.

**SSEHV Parenting Program:** Yes / Ongoing

**SSEHV project/program impact on community:** This program has a good reputation in the community. We actively participate in different community events.

**Demonstrated understanding of a Value/Values: Testimonies:** One mom told us that she has changed a lot after participating in this program. Her husband noticed her change as well and was very happy about our program. Whenever there is a need in our center, he is always ready to lend a helping hand.

**Outstanding Achievements:** In 2016, Da-ai TV News introduced our program in a special report.

**Challenges:** Financial constraints are a huge challenge

**Publications and/or website links:** We have a quarterly newsletter and a Facebook page.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** No

**Status of project/program:** Ongoing

**Program Evaluation:** None

### Sathya Sai Education in Human Values (SSEHV) Big Tree SSEHV Weekend Program

**Project Start Year:** 1997

**Location:** Taipei, Taiwan

**Venue:** SSEHV Center

**Project/Program Description:** In this program we recruit students in the elementary, junior high, and senior high schools. Classes are conducted every Saturday for two hours.

**Number of SSEHV Teachers:** 8

**Number of participating Project Location Staff Members:** 3

**Number of SSEHV students:** About 30 - 40 students each year

**Age range of SSEHV students:** 6 - 17 years

**Parental Involvement:** Some parents are more active than others. The active ones participate in the teacher-parent meeting, prepare snacks, and clean the classrooms.

**SSEHV project/program impact on community:** This program has gotten a good reputation in the community. We actively participate in different community events.

**Demonstrated understanding of a Value/Values: Testimonies:** A volunteer teacher in the weekend program (*Big Tree* class) treats the students as his own children. Students usually stay longer to share their own stories/experiences/questions with him and ask for his opinion and guidance.

**Outstanding Achievements:** Appreciation certificates from different organizations after the services we conducted, such as charity service at Happy Mount and blood donation service.

**Challenges:** Financial constraints

**Publications and/or website links:** We have a quarterly newsletter and a Facebook page for the Big Tree class.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

## *Thailand*

### **Sathya Sai Education in Human Values (SSEHV) Classes**

**Project Start Year:** 2012

**Location:** Bangkok, Thailand

**Venue:** Children's Home

**Project/Program Description:** Start with silent sitting, story-telling, singing Human Value song, group work and quotation.

**Number of SSEHV Teachers:** 4

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 35

**Age range of SSEHV students:** 9 - 17 years

**Parental Involvement:** None, because in this Home most of the children are orphans, and some of them come from very poor families where parents cannot afford to look after them. These children are residents of the home.

**SSEHV project/program impact on community:** Sisters from the home appreciate SSIO Thailand for the improvement in the children's behavior.

**Demonstrated understanding of a Value/Values: Testimonies:** Children composed and sang Human Value song in Thai language

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Comments/Information:** Children participate every year in Celebrations and Annual Sports Day.

## *Trinidad*

### **Sathya Sai Education in Human Values (SSEHV) - Enterprise**

**Project Start Year:** 2015

**Location:** Central Trinidad

**Venue:** ECCE Centre



ADULTS RACE, SSEHV THAILAND

**Project/Program Description:** Small class of 15 children. Most of them are preteens and teens. These are underprivileged children who live in an area where there has been ongoing gang warfare for a few years now. The unemployment rate is high and the children who attend class come mainly from single parent homes. SSEHV classes are held once a week. The children participate in the sports meet.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** A few persons assist in organizing, depending on the activity.

**Number of SSEHV students:** 15

**Age range of SSEHV students:** 5 - 13 years

**Parental Involvement:** The parents are cooperative; they are happy that their children are attending SSEHV class because they feel that it can steer their children in a positive direction and help to counteract the negative influences of the community in which they live. Parents give permission to the teacher to take their children on field trips, for drama presentation practice, to attend annual Sports and Family Day events and other organized activities. Some parents have also attended annual Sports and Family Day events with their children.

**SSEHV Parenting Program:** In Progress. The parenting program has not started yet, but there are plans to introduce the SSEHV Dynamic Parenting Program.

**SSEHV project/program impact on community:**

- The entire community is now aware of Sathya Sai Education in the five Human Values.
- The children recently took part in a drama presentation that was aired on television a few times, and this has created a greater awareness of the Values in the community.
- The community also benefits from an aspect of the project where meals are served twice a week.

**Demonstrated understanding of a Value/Values: Testimonies:**

- The children are developing an understanding of the Values, but they are short on practice when they go home because the intense home environment is unsupportive.
- They are exposed to caring, helping and empathy in the SSEHV class, but they do not see these Values in operation in their home environment. It's a dog-eat-dog world where they live and it's 'every man for himself' so to speak. For example, a child from the class was bitten by a dog. He felt scared and alone because, though people witnessed the incident, no one came out of their house to assist him for fear of the gang warfare prevalent in the area.
- A few of the children were very sad one Fathers' Day because they had no fathers to give the gifts and cards to that they made.
- In SSEHV class they work peacefully together; they show respect for the teacher; they cooperate; they take turns; they share and are loving. These actions demonstrate their understanding of the Values they are being exposed to.

**Outstanding Achievements:** The fact that the children are able to come out of their negative home environment to attend SSEHV class, is in itself an outstanding achievement, and they should be commended for their effort.

**Challenges:** Attendance issues:

- Some students have extra lessons in order to complete their secondary school entrance exam, which prevent them from attending SSEHV classes every week
- SSEHV classes sometimes clash with extracurricular activities (cricket, football and music practice.)
- Transportation limitations for students.
- SSEHV volunteers are hesitant to interact with children from the area because of the neighborhood violence. Personal safety is a big concern.

**Publications and/or website links:** The students took part in a Value- based drama that was aired on television a few times.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The program has been suspended until the SEA exams are completed as the majority of the class are SEA students, and their priority at this time is on the extra lessons. The program was temporarily suspended in January 2018 and will resume in May 2018.

#### **PROGRAM EVALUATION**

**Summary of evaluation outcomes:** To ensure that each child puts into daily practice the following:

- Prayer before meals; Silent sitting; Daily prayer and meditation

**Comments/Information:** This project requires trained manpower: SSEHV teachers, counsellors, psychologists, law enforcement and social workers, teaming together to impact the community in a positive way. More hands are needed on board.

### **Sathya Sai Education in Human Values (SSEHV) - Learning Center**

**Project Start Year:** 2011

**Location:** Trinidad and Tobago

**Venue:** Learning Center

**Project/Program Description:** The Learning Center offers: SSEHV; Remedial classes; Free Internet Service; Community Development: Skills/Training programs; Community Outreach Programs; Health and Environmental awareness; Food/clothing/hamper distribution; Sports; Cultural programs

**Number of SSEHV Teachers:** 2

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 45

**Age range of SSEHV students:** 3 - 20 years

**Parental Involvement:** Parents assist for: Diwali and Christmas programs. Some just send their children but never attend.

**SSEHV Parenting Program:** Yes

**SSEHV project/program impact on community:**

- More young adults are pursuing higher education and/or skills training.
- Slightly higher employment in and outside of the community
- Less alcoholism and drug abuse
- Fewer school drop-outs
- Less teen pregnancies

**Demonstrated understanding of a Value/Values: Testimonies:** Parent's comment: "The children who attend the Center are not found *liming*, (hanging around in cliques). Comments from two 5-year olds: "Mummy said God is in everybody" and "I will share my toys with Baby Jesus."

**Outstanding Achievements:** In 2013, the Ministry of Community Development, Culture and the Arts, awarded a Community Heroes Award. In 2015, the Ministry of Community Development, Culture and the Arts, awarded a Community Heroes Award.

**Challenges:** Attendance and participation; Lack of SSEHV volunteers; Semi remote location.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** The number of persons we serve through the Learning Center provides hundreds of underprivileged villagers, youths and children with the services. There is an annual environmental awareness hike to different sectors of the Nariva Wetlands– the largest wetland in

the West Indies and the Learning Center is at the edge of this Wetland. Other organizations partner with the Learning Center and take the children on outings.

## *Eastern Europe*

### **Sathya Sai Education in Human Values (SSEHV) Classes, the Lessons of Kindness. A Youth Program**

**Project Start Year:** March 2012

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Secondary School

**Project/Program Description:** There was a series of lessons for children in Grades 1 - 3 and the aim was to introduce children to Human Values and foster good habits.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 1

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 25

**Age range of SSEHV students:** 6 - 9 years

**SSEHV project/program impact on community:** The class teacher invited us to present lessons on Human Values.

**Demonstrated understanding of a Value/Values: Testimonies:** The teacher commented she found the various activities in the lessons interesting.

In the class about the conflict resolution, one of the children exclaimed: "That is what I really need!"

**Challenges:** The limited possibility of keeping *The Lessons of Kindness*.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** It has finished. The project continued until 2014.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes

**Developed evaluation tools:** Yes, some tools were developed by me.

**Comments/Information:** The lessons aroused interest not only in the children, but also in the class teacher, and that gave rise to the possibility to provide more lessons on Human Values in her classroom in the future.

### **Sathya Sai Education in Human Values (SSEHV), Lessons of Kindness. A Youth Program**

**Project Start Year:** October, 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Secondary School

**Project/Program Description:** The series of lessons was held for school children 8 - 9 years of age. The purpose of the course is to discover Human Values in the child, form positive habits and nurture good character.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 32 - 34

**Age range of SSEHV students:** 8 - 9 years

**Parental Involvement:** Some parents help children with their homework.



SSEHV CLASSES IN PROGRESS  
EASTERN EUROPE

**SSEHV project/program impact on community:** Parents responded positively to the classes and tried to bring children to the lessons on time, even though our classes started quite early.

**Demonstrated understanding of a Value/Values: Testimonies:** The class teacher wrote down students' feedback and comments in a notebook and took pictures of some parts of the lesson. She also took part in the discussion and in class activities. Children told that the *Lessons of Kindness* taught them to love, think and care about others.

**Challenges:** The time for the classes is too short, just 30 minutes.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by me

**Comments/Information:** The class teacher is deeply interested in the *Lessons of Kindness*.

As she herself gets the experience and understanding of Human Values, the children will then open their hearts to those around them.

### **Sathya Sai Education in Human Values (SSEHV) Classes, the School of Kindness. A Youth Program**

**Project Start Year:** September 2011

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Reception Center for Children

**Project/Program Description:** There was a series of lessons for children aged 8 - 11 years of age. The aim was to introduce Human Values to the children and help them apply them in their lives.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 3

**Number of SSEHV students:** 12

**Age range of SSEHV students:** 8 - 11 years

**SSEHV project/program impact on community:** The children received loving attention and experienced the warmth of care from people around.

**Challenges:** Limited access to the children in the Reception Center as they are frequently transferred to the orphanages midway during the year, causing disruption in lessons

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** It finished in December 2011 because of quarantine.

## ***United States***

### **Childcare After-School Program – Sathya Sai Education in Human Values**

**Project Start Year:** 2015

**Location:** Oxon Hill, Maryland, USA

**Venue:** Private After-School Program

**Project/Program Description:** A weekly direct SSEHV class is taught at the Childcare After-School Program to approximately 15 elementary and middle school students.

To accommodate the range in ages, two classes are held sequentially; the first for the elementary students (Grades K-5), and the second for the middle school students (Grades 6-9).

**Number of SSEHV Teachers:** 1

**Number of SSEHV students:** 15

**Age range of SSEHV students:** Grades K - 9

**Parental Involvement:** I try to interact with the parents when they come to pick up their children. They are all very grateful that their children are being exposed to SSEHV and several have commented on changes they have seen in their child's behavior.

**SSEHV project/program impact on community:** The SSEHV program has not had any impact on the community; just on the families that bring their children to the After-School Program

**Demonstrated understanding of a Value/Values: Testimonies:** I have noticed the children correcting each other if one of them says or does something that is not in keeping with the Values they have been exposed to. For example, if somebody speaks out of turn, the other children will remind them that they are not being respectful to me or to the child who is speaking. The older children are more likely to help the younger ones without being asked; in fact, sometimes there seems to be a contest over who will help the younger children!

I give a handout at the end of each class which includes the Life Application activity and a place for the student and parent to comment. Among the comments received:

- After a lesson on self-awareness, one parent wrote: "My child made a new friend, and introduced herself as nice, friendly, and someone who cares about people. I thought that was really nice and it showed me that she is learning in the SSEHV class."
- Also, after the lesson on self-awareness, another parent wrote: "Somebody said they didn't like something about my child, and she told them that they are wrong; that she is pretty and nice. They need to get to know her."
- Another comment: "I heard my child talking about your class to a friend. I thought it was nice that she really does take in what she is learning in your class."
- "My child is very consistent and always exhibits values such as being honest and she's very helpful to others."

**Outstanding Achievements:** After a class on service, the middle school students wanted to make something that they could sell to raise money for breast cancer awareness. They made rubber band bracelets and are selling them to their family, friends, and parents that come to pick up their children at the After-School Program. I gave them a list of organizations and they chose the one they wanted to support.

**Challenges:**

- Even though I have split the class into younger and older students, the range of ages makes it a challenge to design lessons to capture everybody's interest. The main issue is that the kindergarten children are really not able to sit through a lesson or concentrate on it. Next year, I will no longer include kindergarten students in the class.
- The other issue is getting students to complete the Life Application exercise and return the Life Application handout. When we discuss the prior week's Life Application, the children all have something to share about how they implemented the Sub-Value, but they are still not in the habit of filling out and returning the handout. I have reminded the parents and several will bring the handout back the following week but then it drops off.
- Attendance is not a problem since all the children come to the After-School program, but some of the children sometimes get picked up early so they do not benefit from an entire lesson.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** I have not done any formal evaluation, but informally I have noticed changes in the behavior of the students over the 4 years that this program has been conducted, most noticeably in the way the children act towards one another.

## **Sathya Sai Education in Human Values (SSEHV) for Formerly Homeless Women and Their Children**

**Project Start Year:** 2006 - 2011

**Location:** St. Louis, MO, U.S.A.

**Venue:** Center for Formerly Homeless Women and their Children

**Project/Program Description:** In 2006, the ongoing Project was implemented for abused and/or homeless mothers and their children. The partnering organization provides housing and a 2-year program for each of the families. Thirty-five case managers and staff, and a team of volunteers, including persons from the University of Missouri, St. Louis, and our local Public Broadcasting Station (TV) were trained in SSEHV.

A needs assessment conducted, with the organization's staff and clientele, provided the venue for the SSEHV program's inculcation into workshops for the women on health issues, etiquette, parenting skills, budgeting, tutoring classes and others.

The same SSEHV lesson plans presented to the adults were modified to age appropriateness and presented to their children. This helped to:

- promote dialog within the family about the lessons
- help provide a better understanding of the five Human Values, and
- promote better practice or daily practical application of the SSEHV lessons within the family structure.

The organization's Case Managers provided follow-up to the lesson plans during their home visits with the families. A local Center supported the project and Center members provided donations of used furniture, household supplies and toiletries, computers, quilts and lunches for each meeting.

**Number of SSEHV Teachers:** Over 35

**Number of SSEHV Teacher Aides:** 3

**Number of participating Project Location Staff Members:** 10

**Number of SSEHV students:** Adults: Approximately 75

Children: Approximately 100

**Age range of SSEHV students:** Adults and Children ages 5 – 15 years

**Parental Involvement:** Yes

**Challenges:** Executive Director resigned and the new Director did not support the SSEHV Project so it was discontinued after 5 years

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Discontinued in 2011

### **PROGRAM EVALUATION**

**Formal evaluation:** Evaluation administered to organization's staff and clientele after each session.

**Summary of evaluation outcomes:** SSEHV Project very well received by both staff and clientele.

Clientele (mothers) also felt their children greatly benefited from SSEHV:

- The lives of families at our location are plagued with so many crises such as mental and physical, illness, sexual, physical and economic abuse, classism, racism, and many economic and education difficulties. The Sathya Sai Education in Human Values service project looks at true core Values families need to help them avoid and /or better deal with the above issues through singing, stories and writings. The holistic approach helps to reinforce these important Values to the families.
- Your positive and uplifting staff is greatly appreciated.
- This is an excellent program for children because they are taught using an unconventional approach on topics they may not have learned about in another setting. They learn about topics that can help mold and guide their steps throughout the rest of their lives.
- I think it is a good program. It lets you get stuff off your chest and if you don't talk about anything it allows you to listen to what others are saying.

- You all have been doing a dynamic job. I have observed the children. Many of them are growing. They are learning that you can't change others but you can change yourself. Silent sitting is great.
- I love hearing the children tell their mom what they discussed. Often the children help to teach the parents.
- Children are optimistic and learning and they help encourage the parents.
- I like the silent sitting and listening to the music. I listen to it at home in the morning. Even though I don't share a lot, listening to everyone else who is in the same situation helps.

**Project Volunteers:**

- I am grateful to God, the divine healer, for allowing me to enjoy a little of this experience; bringing medical advice to these strong, sensitive women on issues relevant to their physical, mental and spiritual health has expanded my personal healing. I am so touched to see the effort that they put in to caring for their children while trying to take care of them too; it sets a great example for me with my children. I am very blessed to have this opportunity to empower women and children to lead healthier and happier lives.
- After being involved with this project since its inception, I have come to appreciate life more. Working with the children and the women has been a very rewarding experience for me. It is amazing to see their faith and determination and their ability to make the most out of any situation. I feel that I learn more from them each time I am with them and it is a true blessing to be part of this project.
- Coming to this project has filled my heart like no other project so far. Here we see women- who are actually trying to find their place back in society- and the hardships they have to overcome are huge. Being with them, learning along with them not to give up and to count on the higher loving forces for support has been an eye opener. The love we give and get in return is priceless- it has truly helped us all "Expand the Light."
- Expressing the experience in words is not so easy. We feel so blessed that we are becoming useful as instruments in the Divine's hands. The outcome is always Joy. We sometimes feel "what we are trying to share with divine energy' is a very minimal part of what we get from the same Divine energy. Getting hundreds of fruits because of God's grace and we are offering one fruit out of it".
- To me, being able to participate in a program like this is a blessing by itself. I know it is a small drop in God's overall effort, but I learned every drop counts. This is just a beginning in the computer learning process. We need more ways and ideas to get interest in the attendants. But I pray that please make me part of this in whatever small way I can contribute!
- I feel I am very blessed to get involved in this project since I get to directly connect myself with the children of the world whom I didn't know before... But, it tells me vividly LOVE and the energy of the children takes us to different planes. It gives me the golden opportunity to know and to help these children at least a smaller amount of the time/material/ love that we gave to our biological children. I want to be part of their lives to influence their confidence, strength and character. God has given us so much it is our time to give that back with love/ honor and dignity to the needy ones. I strongly felt when I was in the midst of the children that they were all very rich and great human beings. They are richer than us volunteers in many ways. They all are blossomed flowers from such hard family hardships and still they smile, they talk with humor, they don't worry, they don't mourn. We can mutually and certainly learn a lot from them and bring a difference in their lives (a good chance of transforming our psyche and to understand our own ego.)
- As far as the adult (both mothers and sisters) women are concerned I would like to get more involved with them when the time comes. I am glad they are all receptive to all the programs we offer. It is a good start. This entire experience helps me understand my ego of "me and mine only" and to see the real world through clean glasses.

- Serving the children gives me much joy, the children have so many Values and the divine energy within them; we are mere instruments in bringing SSEHV to them. We asked the children to do a role play about positive thinking and negative thinking and so many of them could not think of anything negative. That should make us realize the purity all children have inherent in them.
- This opportunity to be with women and their children has been the most uplifting experience I have ever had in my life. Having been involved in this project from the beginning and to see it grow is very inspiring. We can see how sincere and committed these women are in learning the Sathya Sai Education in Human Values. They truly appreciate the Values being taught to their children. It is amazing to see how these kids imbibe the Values. When I am there I learn so much from these women, their strength, courage and faith in God is amazing. The love I receive from kids and mothers is priceless!

## **Sathya Sai Education in Human Values (SSEHV) Teen Project for City Health Department**

**Project Start Year:** 2008

**Location:** St. Louis, MO, U.S.A.

**Project/Program Description:** The *Teen Peer Education Program* was under the leadership of the St. Louis City Health Department Commissioner and the Chief of Family and Community Health and Department of Health Promotion and Education.

SSEHV became a component of the program. The teens developed and presented an SSEHV skit which was performed, filmed and televised on Education Station in Metro St. Louis area. Two of the teens were reformed gang members.

On behalf of the Health Department, they made presentations at their schools, churches and community on youth health-related issues and integrated what they learned about SSEHV into their talks.

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 4

**Number of SSEHV students:** 5 teens and 5 adults. Total: 9

Exposure to SSEHV: approximately 5,000 persons

**Age range of SSEHV students:** 16 - 18 years + Adults

**SSEHV project/program impact on community:** Huge impact on community. Based on teen peer educators integrating SSEHV principles into school, church and community presentations on health-related issues.

**Demonstrated understanding of a Value/Values: Testimonies:** See SSEHV Skit Video at <https://1drv.ms/v/s!AmZnQ4vAUdkJer1ienJPh0yHges>

**Outstanding Achievements:** The video-taped SSEHV Skit was outstanding and is still being used worldwide. It was shown numerous times locally on public television.

**Challenges:** None other than simply working with teenagers!

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Has ended due to end of funding of City Health Department's Teen Peer Education Program

### **PROGRAM EVALUATION**

**Formal evaluation:** The results of the video-taped SSEHV skit can be considered a good project outcome

**Comments/Information:** Excellent project for teens and teen peer educators.

## **Sathya Sai Education in Human Values (SSEHV) Women's Project**

**Project Start Year:** 2015

**Location:** St. Louis, MO, U.S.A.

**Venue:** Community Outreach Center St. Louis, MO

**Project/Program Description:** Sathya Sai Education in Human Values classes for women preparing to enter or reenter the job market.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 1

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** Adults - 15

**Age range of SSEHV students:** Approximately 21 – 50 years.

**SSEHV Parenting Program:** Not at this time.

**SSEHV project/program impact on community:** Too early to know

**Demonstrated understanding of a Value/Values: Testimonies:** The women seem to have a deep sense of understanding of the Human Values but admit to the lack of understanding of how they work in everyday practical life application.

**Challenges:** Slow process of getting project up and going.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Sporadic

### **PROGRAM EVALUATION**

**Formal evaluation:** Evaluation administered to organization's staff and clientele after each session.

**Comments/Information:** The SSEHV direct approach is integrated into Mentoring program for women entering or re-entering the workplace after coming off welfare. The program women are paired with successful professional women in a mentee- mentor relationship.

Monthly meetings are held, bringing all the mentees and mentors together for sharing, inspirational speakers and SSEHV.

At the end of each SSEHV lesson, the women are strongly encouraged to focus on the lesson's practical application (one of the SSEHV indirect approaches) as a follow-up to the SSEHV lesson.

To encourage the follow-up, they each are given a colorful laminated copy of the "Positive Thought" and the "Story" used in the lesson along with other materials relevant to the SSEHV lesson.

The project will be ongoing in 2017. At some point, the project will coordinate with the annual Medical Camp.

## **Sathya Sai Education in Human Values (SSEHV) for Abused Women and Their Children**

**Project Start Year:** 2010

**Location:** St. Louis, MO, U.S.A.

**Venue:** Center/Shelter for abused women and their children

**Project/Program Description:** The Center is an emergency home for abused women and their children. The women leave their homes and take shelter in safe houses to protect themselves and their children.

Most of them do not have the tools for gaining independence and to become self-sufficient. This is due to variety of factors including lack of education or job experience, low wages, loss of job, illness and injuries from being a victim of domestic violence or in controlling relationships.

Our team members conduct SSEHV sessions with the women and their children to inspire, motivate, and help them gain self-confidence alongside extending our selfless love.

We conduct workshops and arrange different motivational speakers to present topics such as Leadership, Money Management, Forgiveness, Health and Exercise, Nutrition, Time and Stress Management and Discipline, etc.

Volunteers that are unable to attend the service project donate food, beverages, toys, and other items for the women and children.

We usually start the women's program with silent sitting and a positive thought and discussion of the Positive Thought before we present a particular topic workshop for the day. Then we have interactive discussions on the topic and end with a Value song that is related to the topic.

We celebrate Mothers' Day and other holidays and festivals with the women and children. They look forward to our visit!

The *Children's program* is conducted separately. Also topics for both groups include national cultural occurrences in that month, for example, January is Martin Luther King Jr. Birthday, so in accordance, we discussed his life and teachings and his non-violent outlook. February is President Day, so we discuss George Washington and Abraham Lincoln's values of leadership and honesty. In March, we celebrate St Patrick's Day. April is Earth and Arbor Day; therefore, we try to instill the worth of our world. In May, for Mother's Day, the children make beautiful Mother's Day cards and gifts for their mothers. We always celebrate Christmas with the giving of gifts and a fun filled activities.

After 1 ½ hours, the children re-join their mothers and show them all the exciting things they did that day. Then everyone enjoys a healthy lunch provided by the volunteers.

**Number of SSEHV Teachers:** 3

**Number of SSEHV Teacher Aides:** 5

**Number of participating Project Location Staff Members:** 5

**Number of SSEHV students:** 25 adults and 10-15 children per session. Over 5 year period, project served approximately 200 women and 75 children

**Age range of SSEHV students:** Female Adults and Children (5 -15 years)

**Parental Involvement:** Yes

**SSEHV Parenting Program:** No, but in retrospect, it would have been ideal

**Challenges:** Women and children only allowed to live at location for a period of 3 months. Therefore, their exposure to SSEHV classes was short-term. Therefore, we created dynamic, impactful lesson plans to make an impact on the Value of SSEHV's Human Values in their lives.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Additional information: This project was discontinued in 2015. We began having problems with staff members not informing women of upcoming SSEHV workshops, the cancellation of SSEHV workshops without notification and general confusion as to our needed set-up for workshops. Perhaps we can get it back on track.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Evaluation administered to participants after each session.

**Comments/Information:** The women always showed and expressed their appreciation of the SSEHV Program and its team of volunteers.

There was one incident of them being very detached and disengaged upon our arrival. We stuck it out and halfway through the session they informed us a particular lady, had been severely beaten by her partner and hospitalized. After a short stay at the hospital, she was discharged to the Center/Shelter. The night before she died in her room. Needless to say, our presentation shifted and at the end of the session, the ladies thanked us profusely for being understanding of their behavior and for helping to uplift their spirits. This is the impact of SSEHV!

### **Sathya Sai Education in Human Values (SSEHV) Afterschool Project**

**Project Start Year:** 2002 - 2011

**Location:** St. Louis Missouri, USA

**Venue:** Community Organization with 4 locations in city of St. Louis

**Project/Program Description:** A non-profit community organization choose the SSEHV Program as their afterschool and summer youth program of choice for their 4 locations throughout the city of St. Louis. The social service organization serves low- income children, families and this community at large. A team of seasoned trainers conducted an SSEHV training for the organization's youth program teachers, center directors and administrators. Ongoing refresher trainings were conducted regularly and approximately 150 teachers were trained and/or retrained in SSEHV. This number includes college students that work with the organization's Summer Day Camp and interns from various colleges in the metropolitan area.

The children's program teachers developed lesson plans and conducted the SSEHV program classes at their respective locations.

New staff were mentored in SSEHV by existing staff members until the annual refresher training was held.

The project was overseen by the SSEHV project coordinator. A part of the tasks were to conduct observations of SSEHV classes as they were taught and make recommendations for improvements.

The SSEHV Project was strongly supported by the Executive Director, a minister; the Director of Programs and Directors at each site location and the Counselor.

In collaboration with other community agencies, we organized and held a *Walk for Values Parade/Event*. A picnic in the park with entertainment was held after the walk.

**Number of SSEHV Teachers:** Over a 9-year period, approximately 150

**Number of SSEHV Teacher Aides:** Included in above number

**Number of participating Project Location Staff Members:** All staff members that worked with the children; approximately 150

**Number of SSEHV students:** Over 700

**Age range of SSEHV students:** 5 - 12 years

**Demonstrated understanding of a Value/Values: Testimonies:** "The Sathya Sai Education in Human Values program has proven to be priceless. I have had the opportunity to observe children pre-Sathya Sai and post- Sathya Sai. Children not previously exposed to the Sathya Sai program often times exhibit the inability to tolerate others' opinions, differences or choices. However, after being introduced to Sathya Sai not only do the children learn to tolerate others' differences, opinions and choices, they learn how to disagree peacefully. The program is so skillfully designed, anyone can teach the disciplines and character traits intended of each lesson.

Sathya Sai appeals to all senses allowing no child to be left behind. Whether children are auditory learners, visual learners or kinetic learners the program reaches them all. The program is packed with both character traits and Human Values. Each lesson is linked with a culminating life applicable lesson. The lessons not only enhance the children's ability to learn; it permits the teacher to be creative as well.

The lessons are designed so that they can be comprehensively mastered by the children. ..." (After describing the five techniques, the counselor continues) ...In conclusion, a life applicable lesson is introduced by the teacher allowing the child the chance to see how they can link the character trait or Human Value into their personal lives. The Sathya Sai program is truly invaluable. I am proud to teach the Sathya Sai program to the children at our organization and our affiliate agencies."

Counselor, M.ED, PLPC

**Outstanding Achievements:** We organized and held a *Walk for Values Parade/Event* which was coordinated with other community agencies.

A division of the USA Department of Education would periodically check with the organization on its Character Education Program (SSEHV) and pleased with the reports, recommended a major University to adopt SSEHV for their Summer Youth Program. An SSEHV training was held at the University for its summer program staff.

**Challenges:**

- The SSEHV teachers sometimes encountered problems in finding Human Values related songs and stories relevant to the community in which they served.
- The SSEHV Project ended when there was a change in Executive Director of Neighborhood Houses and the new ED didn't support the project

**SSEHV program affiliated with an Institute of Sathya Sai Education:** SSEHV Project affiliated the USA SSEHV Foundation before the Institute of Sathya Sai Education came into existence

**Status of project/program:** Ended in 2011

**PROGRAM EVALUATION**

**Formal evaluation:** Evaluation administered at end of each SSEHV teacher training.

**Comments/Information:** The SSEHV Program was strongly supported by the organization's Executive Director (a minister), Director of Programs, Social Worker and Counselor. This greatly contributed to its longevity and its success.

## **Sathya Sai Education in Human Values (SSEHV)**

**Project Start Year:** 2012 - 2016

**Location:** Ashburn, Virginia, USA

**Venue:** Private home/Community Center

**Project/Program Description:** Regular SSEHV Classes

**Number of SSEHV Teachers:** 1

**Number of SSEHV students:** 13

**Age range of SSEHV students:** 9 - 12 years

**Parental Involvement:** Yes

**Outstanding Achievements:** The class started out in the home of a friend. All of the students were kids of her friends who wanted Values education. At first, the kids were very reticent to speak up as everything about the class was very different than anything they had experienced.

However, as the first semester progressed (and over the next four years), I saw an enhanced awareness of putting Values into action in their everyday lives. This was evident from comments they would make in class -- they all wanted to share their experiences from the previous week, and from conversations I had with the parents. For instance, a parent remarked that her child had said that something was the right thing to do -- and that they had learned this in the Human Values class. Food service at homeless shelter -- students cooked and served breakfast to residents. One parent shared that her son said that the service made him feel really good and he really enjoyed the activity. In fact, they wanted to do it regularly (we did go back a few times). Many of the parents and their kids had not engaged in service activities before so it was a wonderful learning experience for all.

**Challenges:** In the final year, the class moved to a community center, to allow additional students to attend.

Unfortunately, the center was only available twice a month, and during the holidays, only once a month. Kids stopped coming regularly as they filled up the SSEHV class time with other after-school activities because SSEHV was not being held weekly.

This experience confirmed that these classes have to be held weekly, otherwise the continuity in learning is lost. The class ended in June at the end of the school year, and I did not resume it in September because we couldn't find a venue for weekly classes.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ended

**PROGRAM EVALUATION**

**Formal evaluation:** Not formal but informal observation of changes in students

### **Sathya Sai Education in Human Values (SSEHV) Inner Strength - Self Awareness Integration**

**Project Start Year:** 2005

**Location:** New York, USA

**Venue:** County Jail

**Project/Program Description:** Discussion Groups

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 2 (Correctional officer and Counselor)

**Number of SSEHV students:** 15

**Age range of SSEHV students:** 20 years and above

**Demonstrated understanding of a Value/Values: Testimonies:**

**Outstanding Achievements:** The ingenious program and introduction of 3HV (*Head-Heart-Hands*) on prisoners from different groups – making them to reflect on their lives which no one was able to do earlier on.

Several 'Aha moments' were described in their write-ups (proceedings for the graduation event) which were compiled and distributed at the graduation ceremony.

**Challenges:** Challenging to get them to submit their written reflections of each previous session. Always one or two trouble makers.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**PROGRAM EVALUATION**

**Formal evaluation:** Yes. There is always a sit-in officer and a counsellor of each participant and they see the hand-outs and written reflections.

**Comments/Information:** In almost every weekly session, God's presence was felt in some way or other. So, it's more for me than for them.

### **Sathya Sai Education in Human Values (SSEHV) - P.A.D.O. (Principled Partnerships for Progressive Aptitude Development and Orientation)**

**Project Start Year:** Two locations – 2015 and 2016

**Locations:** Colorado USA

**Venue:** Youth Services Center and County Judicial Community Service

**Project/Program Description:** SSEHV Values Character Development combined with Community Service Life Application *Transformation for Life*

**Number of SSEHV Teachers:** 1

**Number of participating Project Location Staff Members:** 1

**Number of SSEHV students:** 27

**Age range of SSEHV students:** 17 - 21 years

**SSEHV project/program impact on community:** Powerful impact drawing out innate goodness, Values and authentic life application relevant to all.

**Demonstrated understanding of a Value/Values: Testimonies:** Weekly testimonies from self-reflections of how students used the Values taught the week before - bringing new light to all that is needed is within- and the foundation of love, our "super-power"!

**Outstanding Achievements:** Several students became mentors for others in the program utilizing their strengths to serve and better their community. Also, two students created a mentor program focus for young girls at risk. "How can I use the lessons learned to give back and encourage others?" Focus shift from "what do I get?" to "what can I give?"

**Challenges:** Limited time with students beyond class and community service once a week as they are under supervision from the state.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ended January 2018

#### **PROGRAM EVALUATION**

**Formal evaluation:** No, but I am in consistent contact with ISSE-USA concerning PADO's progress, sending updates and adjusting to needs.

**Readymade evaluation tools:** The Value Reflection and Life Application Sheet Pre/Post Self-Assessment at <https://1drv.ms/b/s!AmZnQ4vAUdkJeZ5o7I2cVZf4PWA>

**Summary of evaluation outcomes:** The main outcomes of my evaluation of these "Youth in Need", both in Pueblo and Centennial, progressive character development through life application and community service within SSEHV lessons taught evidenced in self-reflection, perspective, and life choices for greater good. This, in turn, creates hope, confidence, self-inquiry and life sustaining skills, transforming students with love, inside out. Seeing their families and communities through the eyes of "needs assessment"; then creating solutions and service projects to address them. Powerful!

**Comments/Information:** Many of the girls or young women in this Community Project/Program had no access to anyone showing them love, a new perspective of themselves and options in life, different from their difficult circumstances. Arriving angry, beat down, and hopeless, life stories unfolded as week by week, story by story, one by one, sharing small victories of how innate goodness is always available for life.

There is always someone in need and something we each can give.

### **Sathya Sai Education in Human Values (SSEHV) in Caring Communities Afterschool Program**

**Project Start Year:** 2000s

**Location:** St. Louis, Missouri, USA

**Venue:** Public School Annex

**SSEHV Community Project Description:** SSEHV was integrated into an existing 5-day per week afterschool program. The children attended the elementary school across the street from the school's annex building. Student interns from a local university assisted with the program. SSEHV was an integral part of the daily schedule. Sometimes lesson plans were extended over a 1-to-3-week time period with a change in activity, song etc. This worked well in assisting the children gain a deeper understanding and greater comprehension of the Human Values and Sub-Values.

Emphasized:

- Good manners – Children greeted each day with: hello, how are you, how was your school day and their responses were acknowledged. When eating snack, children were taught and encouraged to practice good table manners.
- Cleanliness - Handwashing after using bathroom and before having snack; handing up coats, book bags, etc. and care of paper, pencils, crayons etc.
- Orderliness - Children taught to form lines of two to walk from school to program building and encouraged to always walk rather than run in hallways.
- Thankfulness - Children were allowed to write prayers and recite them before eating their snacks.
- Not wasting food - Children designed posters to place on trash cans as a reminder to not



SSEHV AFTERSCHOOL PROJECT  
USA

waste food. Children reminded and discussed being thankful for the food they receive. Colorful Human Values and positive thoughts posters were placed in classrooms, hallways and entrance of building.

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 4

**Number of Project Location Staff Members:** 4

**Number of SSEHV students:** 35

**Age range of students:** 6 - 12 years

**Parental involvement:** Yes. Parents sometimes helped with activities.

**SSEHV impact on the school and/or community:**

- The Principal of the school the children attended stated the positive change she observed in the SSEHV children and was very supportive of the program.
- A 99-year-old lady that lived in the neighborhood gave space next to her home for the children to grow a garden. The food grown was shared with the neighbors and the children, in this low-income area, took some home.

**Examples of children's or adult's participants' specific words or actions that demonstrate their understanding of a Value/Values including any testimonies:** Parents loved the SSEHV program. The children developed talks and plays about the Human Values and made presentations for the parents. The children helped design an Instruction Booklet and a decorative cloth for a Peace Table. If there was a conflict between the children, they would go to the Peace Table to discuss the conflict. The guidelines in the Booklet were adhered to. Once resolved, they would ring the bell on the table to let adults know they had amicably and peacefully resolved their conflict.

**Outstanding Achievements:** Ecology Project: We obtained a Rain Forest Educational Kit free of cost from local Zoo with videos, puppet shows, and other educational materials. SSEHV lessons plans were developed on the topic. The children built a Rain Forest on classroom blackboard; wrote essays and poems on ecology, conducted puppet shows, and went on field trips to Botanical Gardens and the Butterfly House. They were instructed to observe the neighborhood and their own neighborhoods for different kinds of trees, plants and flowers and birds, with the goal of appreciation for the beauty of nature and the need to protect it.

**Challenges:** None

**Has the program ended?** Yes. *Caring Communities* no longer exists.

**SSEHV project/program affiliated with the Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None for SSEHV. The overall program was evaluated by the organization and the State.

**Additional Comments:** This was an excellent well-received, afterschool program and can be a model for others to use.

## **SSEHV Program for At-Risk Young Adults and Adults**

**Project Start Year:** 2008

**Location:** Fairfax, VA, USA

**Venue:** Non-profit organization (OAR of Fairfax)

**Project/Program Description:** Sathya Sai Education in Human Values weekly classes were offered as part of a prison re-entry program, called The Beacon. This program was implemented under the auspices of a non-governmental organization called "OAR of Fairfax County (Virginia);" OAR stands for "Opportunities, Alternatives, and Resources." OAR brings volunteer mentors, life skills and other classes into the Fairfax County, VA jail, and provides resources, classes, and assistance once inmates are released. The Beacon Re-entry Program's objective was to allow formerly incarcerated

individuals to develop the skills and values needed to re-enter society and rebuild their lives. Character development and values training were a critical component of this program.

**Number of SSEHV Teachers:** 2

**Number of SSEHV students:** 10

**Age range of SSEHV students:** 40-55

**Parental Involvement:** The participants were all adults. Their family members were aware of their involvement with the program and were supportive but there was no direct contact with any of the family members.

**SSEHV project/program impact on community:** The participants were all incarcerated or formerly incarcerated individuals. They joined this program because they wanted to successfully return to society and not repeat the mistakes that landed them in prison. Through this program, they were able to turn their lives around, successfully gain employment, and learned better ways to respond when faced with difficulties or adversity. The recidivism rate for most formerly incarcerated individuals averages around 60%. These participants were able to successfully re-integrate into society and positively contribute to their communities.

**Demonstrated understanding of a Value/Values: Testimonies:**

- “The most important thing I have learned is that all of these values are already inside everybody.” – Beacon Participant
- “Human Values identifies the person in you that you do not see.” – Beacon Participant
- “[SSEHV] has taught me to stop and think before reacting. I’m trying really hard to internalize the qualities in the lessons.” – Beacon Participant
- “The [SSEHV] Program has changed my approach to people and situations.” – Beacon Participant
- “The Human Values course keeps me in touch with other aspects of my development and I can admit that I am more thoughtful and considerate in words and deeds. I look forward to the challenges ahead with a much sounder mind....” – Beacon Participant
- “I’ve been told by a lot of people that I seem to be taking this [a negative situation in participant’s life] too well. I think Human Values altered my thinking and I just realize it could’ve been worst [sic] and I’m grateful. ...I truly learned, absorbed, and utilize much that I learned from my experience.” – former Beacon participant

**Outstanding Achievements:** There were many moments that underscored the amazing impact that the SSEHV program had on the lives of the participants. For example, one student received a letter that initially made him angry, and his immediate reaction was to respond in anger. Instead, he realized that the only person that would be hurt by this would be himself. Another student said that he is trying to apply the lessons he has been learning in class. He now stops and thinks before reacting, and is really trying to internalize the qualities in the lessons. There have been many incidents when we have observed the participants learning to connect with and act from their heart.

**Challenges:**

- There were many challenges in bringing SSEHV to incarcerated and formerly incarcerated individual. Our students have all been men in their late 40’s and 50’s. One challenge was overcoming habitual behaviors built up over a lifetime. During the first class, we explained that one of the goals of the class was to demonstrate that there are alternate ways of behaving. We explained that the values are inherent to everyone and that usually, at a young age, we learn how to tap into these values, and these help develop our character. However, due to life’s circumstances, not everybody is guided on how to practice these values, and instead we learn the easiest way – not necessarily the smart way – to react to situations. In time, we react out of habit, and these habits can stay with us our entire lives –

they're comfortable, they're known, the results are predictable – even if they ultimately hurt us. So changing behavior patterns developed over a lifetime can be challenging.

- A second challenge is these men were never taught to listen to their “inner voice.” This is basically the reason they react without thinking of the consequences both to themselves and to those around them. When asked, all of the participants acknowledged that when they did something “wrong,” they did know it deep down inside. They just choose to ignore that voice – their conscience.
- Another challenge was to develop a level of trust between the participants and us. These men have learned that the only person they can trust is themselves, so to learn to trust somebody else is not easy. From the first class, the participants are told that everything they share will remain in the classroom (except if there is imminent danger to them). That they were able to open up and share experiences showed that they learned to trust us.
- Probably the greatest challenge was having the participants learn to trust and forgive themselves. Because their habitual behaviors led them to incarceration, they had low self-esteem and self-confidence. Teaching them to trust and like themselves – and forgive themselves for their past actions – was our greatest challenge. Unless they were willing to forgive themselves and learn from their past mistakes, they could not change their behavior patterns and re-enter society. Many of our lessons focused on these issues.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** ended due to inability of OAR to raise funds to sustain the Beacon Re-entry Program

**Program Evaluation:** Progress was measured anecdotally, through responses on the “Character Traits Inventory,” and responses on the “Beacon SSEHV Survey”:

- Anecdotally, we saw slow but steady progress during the duration of the program. As participants became comfortable with us and with the programs, they became very engaged and responsive. Their summaries of their life application experiences were usually thoughtful. At the beginning, the responses usually consisted of a few words, or the life application wasn't completed in full as they said that they did not have an experience to write about. However, through discussions it was apparent that they did have experiences to write about. For example, one of the lessons was on selfless service, and the life application asked them to write about ways they helped others during the week. When it came time to review the life application, two of the participants said they hadn't done anything to help others. However, upon review, it was apparent they helped others without realizing because it wasn't a “big deal”; it just came naturally to them and was something they do regularly. We explained that this is the primary reason for the life applications, to bring these qualities to their conscious level. We constantly stress that we are not “teaching” them anything new, just making them more aware of their reactions and responses. This in turn has led to more complete and substantial responses to the life applications.
- We have seen their comfort level rise as well and they genuinely seemed to enjoy the classes once they realized they were in a non-threatening, loving environment, and which allowed them to open up and give honest responses. Over time, they began to realize that although the choices they made in the past were not always the best, they don't define who they are, and they gained confidence as they learned new ways to confront issues.
- Another way we measured progress was through regular completion of a “Character Traits Inventory.” In response to statements such as “I like myself,” “I like the choices I make,” or “My past does not have to define my future,” participants check whether they agree “A

little," "A lot," or "Not at all." The responses give us one way to measure progress. For example, in response to the statements "I like the choices I make," and "I am happy with my problem-solving abilities" one participant had checked "A lot" the very first time. Since then, he has checked "A little." This shows that he is realizing that he can be making better choices. However, for the statement "I believe I can do anything I set my mind to," the initial response was "A little" and that has now changed to "A lot," which seems to indicate that they have a more positive view of themselves and their future.

### CHARACTER TRAITS (HUMAN QUALITIES) INVENTORY

Name \_\_\_\_\_

Date \_\_\_\_\_

Read each statement. Think back to the answers you gave on the last three questionnaires. Complete this now and we'll compare your thinking now with then. Check the response that you believe to be true now.

	Not at all	A little	A lot
1. I like myself.	_____	_____	_____
2. I like the choices I make.	_____	_____	_____
3. I like the way I look.	_____	_____	_____
4. I am happy with my abilities.	_____	_____	_____
5. I like my family.	_____	_____	_____
6. I am happy with my problem-solving abilities.	_____	_____	_____
7. I believe I can do anything I set my mind to.	_____	_____	_____
8. I can contribute to society.	_____	_____	_____
9. My past does not have to define my future.	_____	_____	_____
10. I am able to accept the things I cannot change.	_____	_____	_____

I would like to improve the following qualities:

- 
- Another tool we used to measure progress was a "Beacon SSEHV Survey," which consisted of six questions which asked if each component of the lesson plan and SSEHV in general has been helpful to the participant in their daily life (they answer yes or no and then explain). Without exception, all participants felt that all components and SSEHV in general had been beneficial. They all said when faced with various situations, they will remember a quote or parts of a story or song, and they all noticed a change in their behavior.

**Comments/Information:** SSEHV was truly transformative for the participants in this program. After the program ended, I received emails from a few of the participants acknowledging how the classes continued to impact their lives and the decisions they made. They were extremely grateful to have had the opportunity to experience SSEHV and looked forward to embracing their future endeavors with the knowledge that they were able to trust themselves and the choices they would be making.

## *Eastern Europe*

### **Sathya Sai Education in Human Values (SSEHV) Series of Lessons on the Theme, Leadership Teen Program**

**Project Start Year:** October, 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School

**Project/Program Description:** A series of 5 lessons on the theme *Leadership* for teenagers.

**Number of SSEHV Teachers:** 1  
**Number of SSEHV students:** 30  
**Age range of SSEHV students:** 14 - 16 years (Grades 8 – 9)  
**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes  
**Status of project/program:** Ongoing  
**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) Classes. A School Teachers' Program**

**Project Start Year:** February 2015  
**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)  
**Venue:** School  
**Project/Program Description:** A series of 7 lessons on Human Values for school teachers. The duration of the training was 2 academic hours over 7 days during specially designated hours.  
**Number of SSEHV Teachers:** 1  
**Number of SSEHV students:** 13 Teachers  
**Age range of SSEHV students:** 20 - 50 years  
**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes  
**Status of project/program:** Ongoing  
**PROGRAM EVALUATION**  
**Formal evaluation:** Yes by the director of the school

### **Sathya Sai Education in Human Values (SSEHV) Classes**

**Project Start Year:** February 2016  
**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)  
**Venue:** School  
**Project/Program Description:** A series of 14 lessons on Human Values for school teachers. The duration of the training was 2 academic hours over 14 days during specially designated hours.  
**Number of SSEHV Teachers:** 1  
**Number of SSEHV students:** 28 teachers  
**Age range of SSEHV students:** 20 – 50 years  
**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes  
**Status of project/program:** Ended April 2016  
**PROGRAM EVALUATION**  
**Formal evaluation:** Yes, by the director of the school

### **Sathya Sai Education in Human Values (SSEHV) Lessons on the Theme, Leadership**

**Project Start Year:** April 2016  
**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)  
**Venue:** School  
**Project/Program Description:** A series of 6 lessons on the theme *Leadership* for teenagers.  
**Number of SSEHV Teachers:** 1  
**Number of SSEHV students:** 90 pupils from Grades 7 - 9  
**Age range of SSEHV students:** 14 - 16 years  
**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ended in May 2016

**Program Evaluation:** None

**Comments/Information:** The series of lessons had a big impact on the students. They were filled with kindness, magnanimity, respect and love for each other and adults.

### **Sathya Sai Education in Human Values (SSEHV) Lessons on the Theme, Leadership for Teenagers**

**Project Start Year:** October, 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School

**Project/Program Description:** A series of 5 Human Values lessons on the theme, *Leadership*, for teenagers.

**Number of SSEHV Teachers:** 1

**Number of SSEHV students:** 87 pupils from Grades 7 - 9

**Age range of SSEHV students:** 14 - 16 years

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ended in November 2017

**Program Evaluation:** None

## **Venezuela**

### **Sathya Sai Education in Human Values (SSEHV) Knowledge of the Self**

**Location of Project:** Carabobo, Venezuela

**Year the Project Began:** 2015

**Number of SSEHV Teachers with Project:** 5

**Number of Project Location Staff Members Involved with Project:** 5 members of the Institute of Sathya Sai Education are involved in this project.

**Project Age Levels:** 25 - 50 years

**Total Number of SSEHV Students:** 145

**Ongoing or special training and/or activities:** Trainers have taken *3HV (Head, Heart, Hands)* updating courses, which is the program we take to communities. Before receiving the training the employees were not really interested in each other. After the training they got to know each other better and to care more.

**SSEHV Parenting Program:** An enterprise where parents take their mentally handicapped children and pay for their education. Here, we give Parenting workshops to approximately 18 parents. First we trained the employees that teach the children.

**Outstanding achievements:** The employees said that the *3HV* and Parenting programs helped them to improve their personal and family life.

**Challenges:** None

#### **PROGRAM EVALUATION**

Observed and conducted a formal evaluation of program in the past 5 years. Have conducted a formal evaluation of the outcomes of the program.

- Have developed tests/instruments to measure the SSEHV outcomes.
- Have not used any ready-made tests/instruments to measure the SSEHV outcomes. We have created our own.

**Summary of evaluation outcomes:** Those who are trained give a good evaluation of the training staff saying they are teachers that inspire - being clear and simple.

**SSEHV Project is affiliated with an Institute of Sathya Sai Education:** Yes. Institute of Sathya Sai Education of Venezuela.

**Additional information:** The change is that a program we call *3HV* which we previously used is now being implemented in the community. The Parenting book we made has been taken to the community.



INDIVIDUAL CLASSROOM  
SSEHV SPAIN



# SSEHV INDIVIDUAL CLASSROOM PROGRAMS

SSEHV Individual Classroom Programs refer to those initiatives that describe a teacher's implementation of SSEHV in his or her own individual classroom. This includes any other program implementations provided by SSEHV trained volunteers in one or more classrooms, yet not throughout the entire school.

Number of Countries with SSEHV Individual Classroom Programs: 13

Average Number of SSEHV Individual Classroom Programs Per Year: 44

Average Number of SSEHV Individual Classroom Program Teachers Per Year: 205

Average Number of SSEHV Individual Classroom Program Students Per Year: 2241

## *Australia*

### **Public Primary School**

**SSEHV Program Start Year:** 2015

**Location:** New South Wales, Australia

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** None

**School's Total Enrollment:** Not known

**Number SSEHV students:** 15 - 20 per year

**Grade Levels involved with SSEHV:** Grade 6

**Age range of SSEHV students:** 11 - 12 years

**Parental involvement:** None

**SSEHV Parenting Program:** None

**SSEHV impact on the school and/or community:** Not able to assess

**Outstanding Achievements:** None to report

**Challenges:** Discipline in the class; especially among the boys.

**Publications and/or website links:** None

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

### **PROGRAM EVALUATION**

**Formal evaluation:** No formal evaluation has been made.

**Developed evaluation tools:** None

**Ready-made evaluation tools:** None

**Comments/Information:** The primary school is situated in an area highly concentrated with people of Sri Lankan and Indian descent. There, I was initially requested to teach a 45-min class on Hinduism, once a week, for the duration of the school year. Ten additional teachers teach different religions.

Parts of the class syllabus I found to be irrelevant, therefore, I combined information on Hinduism with my own reading and experience.

Additionally, I used the SSEHV material published by the Institute of SSEHV Fiji, as well as local material. Some of this material was shared with the other teachers who found it to be useful, relevant and helpful. Consequently, they have incorporated some of it into their own classes.

The current plan, contingent upon approval of the people in-charge, is to initiate a parenting program provided there is enough interest. We intend to ask the Principal to consider introducing a parenting program, as it is my feeling that without the involvement of the parents the SSEHV classes will not reach their full potential.

## *Eastern Eurpoe*

### **Private University**

**SSEHV Program Start Year:** May 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Name of Project:** Integration of Human Values into the subject of *Legends and Myths of all Nations*

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 4000

**Number SSEHV students:** 11 students each in 2 years. Total of 22 students

**Grade Levels involved with SSEHV:** 4th year students

**Age range of SSEHV students:** 20 - 21 years

**Parental involvement:** No cooperation with parents

**SSEHV impact on the school and/or community:** The impact of this SSEHV project was through integration of Human Values into the subject of *Legends and Myths of all Nations*.

- It was a special course developed by myself based on Indian, Greek and Slavic mythology. Mythology is the study of myths.
- A myth is a story that has significance to a culture, a story that addresses fundamental and difficult questions that human beings ask: who and what am I, where did I come from, why am I here, how should I live, what is the right thing to do, what is the universe, how did it all begin?
- Impact was made through the study of positive heroes.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Testimonies:

- In difficult situations, I believe and rely on God;
- I will succeed in life, because I have such qualities like purposefulness and self-confidence;
- I will succeed in life, because I have such a quality as faith in God

**Outstanding Achievements:** Most of the students developed self-confidence.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes, it took place within the framework of Course 3. Final requirements, part 2 of Europe Sathya Sai Education Institute (ESSE), under the supervision of the trainers of ESSE.

**Status of project/program:** This project ended in 2016.

This project was within the framework Course 3. Final requirements, part 2 of ESSE.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by coordinator

**Summary of evaluation outcomes:** It should be added that this work has both theoretical and practical significance. The experience gained in writing and conducting this course can be useful for universities and Institutes of Sathya Sai Education. In conclusion, we can say that all the expected results have been confirmed.

## *Fiji*

### **Public Muslim Primary School**

**SSEHV Program Start Year:** 2016

**Location:** Lautoka, Fiji Islands

**Number of SSEHV Teachers:** 24

**School's Total Enrollment:** 854

**Number SSEHV students:** 854

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1 - 8

**Age range of SSEHV students:** 6 - 13 years

**Parental involvement:** Good level of parental involvement through CAPS program and Parent-Teacher discussion.

**SSEHV Parenting Program:** In Progress

**SSEHV impact on the school and/or community:** Instilling Values with desirable behavior. Recognizing the essence of education with Values and virtues being pivotal for community development.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:** Vital element for development and growth, both spiritually and personally.

**Outstanding Achievements:** Personal enrichment in terms of discipline and behavior.

**Challenges:**

- Resources
- Level of participation and commitment
- Time constraints
- Limited cooperation and co-ordination by other key stakeholders
- Publications and/or website links: Newsletters informing parents

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** In Progress

#### **PROGRAM EVALUATION**

**Developed evaluation tools:** Informal assessment such as oral questioning, role-play, class-based talks and drama.

**Summary of evaluation outcomes:** Instill and impart fundamental Values and virtues through partnership and ownership initiatives.

**Comments/Information:** The implementation of the SSEHV program is gradually gaining momentum and positive results are evident.

### **Public Primary School**

**SSEHV Program Start Year:** 2015

**Location:** Suva, Fiji

**Number of SSEHV Teachers:** 12

**School's Total Enrollment:** 732

**Number SSEHV students:** 732

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1 - 8

**Age range of SSEHV students:** 6 - 14 years

**Parental involvement:** Parents have not been involved in the program.

**SSEHV impact on the school and/or community:** The use of the SSEHV helps students to improve on their discipline.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:** It is seen that majority of the students do respect the school culture. During prayers in the morning there is no movement. Everyone stands still wherever they are. This is happening although the children come from various cultural backgrounds.

**Outstanding Achievements:** Able to see change in students' behavior after the implementation of Values education. Every morning Values program is taken in each classroom. This is very well laid out in the school term planner; therefore, it has become a school culture.

**Challenges:** None

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes, but there is no formal agreement

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Ready-made evaluation tools:** School has 'No Running Policy'. This is recorded and submitted to respective AHT's on Fridays. Also, each class has a 'log book' that records all, if any, mishaps or disciplinary issues.

**Summary of evaluation outcomes:** The outcome focuses on universal Human Values. Values education is taken daily in the morning.

In addition, students are counselled by the AHT's and/or Head teacher. The school also has/conducts gender meetings on monthly basis. Here students are directed in vernacular language as well.

**Comments/Information:** More workshops would refresh teachers who are trained and also train those individuals who were left out.

### **Public Primary School**

**SSEHV Program Start Year:** 2012

**Location:** Tavua, Fiji

**Number of SSEHV Teachers:** 6

**School's Total Enrollment:** 120

**Number SSEHV students:** 120 + 10 Early Childhood Education (ECE)

**School Grade Levels:** Grades 1 - 8 and ECE

**Grade Levels involved with SSEHV:** Grades 1 - 8 and ECE

**Age range of SSEHV students:** 5 - 13 years

**Parental involvement:** Most parents take initiative in playing their role.

**SSEHV Parenting Program:** Yes - during community outreach

**SSEHV impact on the school and/or community:** Change in behavior and attitude of parents and children towards school.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Using magic words

**Outstanding Achievements:** Discipline of children is noted and awarded in all levels at the end of the year.

**Challenges:** Resources and limited time

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Summary of evaluation outcomes:** Change in children's behavior and general conduct

**Comments/Information:** Sathya Sai Education in Human Values program in school allows students to widen their understanding through activities, notes and also by designing posters.

### **Public Primary School**

**SSEHV Program Start Year:** 2015

**Location:** Tavua, Fiji

**Number of SSEHV Teachers:** 5

**School's Total Enrollment:** 47

**Number SSEHV students:** 47

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1- 8

**Age range of SSEHV students:** 6 - 13 years

**SSEHV impact on the school and/or community:** Invited parents for silent sitting.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Using magic words.

**Challenges:** Transportation and parental participation

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**PROGRAM EVALUATION**

**Formal evaluation:** No

**Summary of evaluation outcomes:** Children have learned some of the Yoga positions and importance of silent sitting.

**Comments/Information:** Students have learned to talk in a polite manner. They always practice the use of magic words to show their appreciation to each other.

**Public Primary School**

**SSEHV Program Start Year:** 2000

**Location:** Fiji

**Number of SSEHV Teachers:** 8

**School's Total Enrollment:** 170

**Number SSEHV students:** 170

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1 - 8

**Age range of SSEHV students:** 6 - 13 years

**Parental involvement:** During CAPS (Community and Parental Support) meetings, parents are reminded about their roles

**SSEHV impact on the school and/or community:** Most children have improved their discipline and behavior.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- Greeting teachers.
- Using the magic words.
- Well behaved.
- Children work in groups and share ideas.
- Children play together maintaining racial harmony.

**Outstanding Achievements:** Honesty in children is noted

**Challenges:**

- Acceptance of ideas.
- Limited time as more curriculum to cover hence less emphasis on Values education.
- We are an exam-oriented society.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** No

**Status of project/program:** Ongoing

**PROGRAM EVALUATION**

**Formal evaluation:** No

**Ready-made evaluation tools:** Integrated in Social and Health.

**Summary of evaluation outcomes:** We actually do morning talks on the Values education. Children are able to behave as expected as far as we are concerned.

**Comments/Information:** Human Values should mostly be used in lower primary curriculum to train students on how to behave in different social settings.

**Public Primary School**

**SSEHV Program Start Year:** 2015

**Location:** Labasa, Fiji

**Number of SSEHV Teachers:** 8

**School's Total Enrollment:** 54

**Number SSEHV students:** 54

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1 - 8

**Age range of SSEHV students:** 6 - 14 years

**Parental involvement:** Parents are supportive of Sathya Sai Education in Human Values.

**SSEHV impact on the school and/or community:** People are concerned about teaching Values to children.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- Respecting others
- Being honest
- More confident.

**Outstanding Achievements:**

- Improvements in children's behavior have been noted.
- Hardly any bullying occurs.
- Challenges: 100 % Attendance

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes, no formal agreement.

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Appointed a monitor to look after the program.

**Ready-made evaluation tools:** Yes, notes and drawing.

**Comments/Information:** It is a useful program.

### **Public Muslim Primary School**

**SSEHV Program Start Year:** 2014

**Location:** Labasa, Fiji

**School's Total Enrollment:** 139

**Number SSEHV students:** 130

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1 - 8

**Age range of SSEHV students:** 6 - 14 years

**Parental involvement:** Parents are involved. They support Sathya Sai Education in Human Values.

**SSEHV impact on the school and/or community:** Generally the communities are very peaceful.

**Outstanding Achievements:** Behavior of many students improved.

**Challenges:** Needs further assistance and training in Sathya Sai Education in Human Values.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Monitoring.

**Ready-made evaluation tools:** We are using the test books provided by your Sathya Sai Education.

**Comments/Information:** Because of exam pressure, teachers prefer to use the time allocated for Sathya Sai Education in Human Values for teaching academic subjects.

### **Public Primary School**

**SSEHV Program Start Year:** 2016

**Location:** Labasa, Fiji

**Number of SSEHV Teachers:** 21

**School's Total Enrollment:** 516

**Number SSEHV students:** 74

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1 - 8

**Age range of SSEHV students:** 13 - 14 years

**Parental involvement:** No parental involvement. Only school-based program. The CAPS program is used to remind parents of their roles, rights of children and the need to monitor the behavior of the children.

**SSEHV Parenting Program:** In progress

**SSEHV impact on the school and/or community:** Improvement in children's discipline.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- Feeling peaceful
- Using good language
- Use of Magic words
- Children are clean and tidy.

**Outstanding Achievements:**

- Less discipline cases.
- Children co-operate and get along well.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Appointed a monitor. Assists with the program.

**Comments/Information:** Some teachers take it regularly while others do not since it is not a Ministry of Education's program.

### **Public Primary School**

**SSEHV Program Start Year:** 2016

**Location:** Labasa, Fiji

**Number of SSEHV Teachers:** 12

**Number of SSEHV Teacher Aides:** 2

**School's Total Enrollment:** 144

**Number SSEHV students:** 144

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grades 1 - 8

**Age range of SSEHV students:** 6 -14 years

**Parental involvement:** It is a school program.

However, parents do advice their children.

**SSEHV impact on the school and/or community:** Improvement in the attitude of parents and children towards school and importance of participation in programs.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Values, according to students, are the behavior that should be acceptable in the society.

**Outstanding Achievements:**

- Children have greatly shown interest in school work.
- Realized the essence of life and the ultimate purpose of them being a member of society.

**Challenges:**

- Follow up in the school is important.
- Parents must be involved in this program ensuring the realization and importance of Human Values in life.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** The MOE, in collaboration with Sathya Sai Education in Human Values (SSEHV), has implemented this activity in the curriculum.

**Status of project/program:** Ongoing

## **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by me. As classroom teachers, the SSEHV program is implemented daily using the themes of each week.

**Developed evaluation tools:** Monitoring the behavior displayed by children in school daily.

### **Public Primary School**

**SSEHV Program Start Year:** 2010

**Location:** Fiji

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 936

**Number SSEHV students:** 120

**School Grade Levels:** Grades 1 - 8

**Grade Levels involved with SSEHV:** Grade 5

**Age range of SSEHV students:** 11-year-olds

**Parental involvement:** Parents are informed through newsletters.

**SSEHV Parenting Program:** In Progress

**SSEHV impact on the school and/or community:**

- The discipline of children changes when this program is going on.
- Positive behavior noticed in students

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- Respect for teachers
- Use of magic words- please, excuse me etc.

**Outstanding Achievements:** More positive effect on behavior of children.

**Challenges:**

- Overcrowded room when SSEHV program takes place.
- Student teacher ratio 1:120

**Publications and/or website links:** Only through school newsletters.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

## **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by someone else

**Developed evaluation tools:**

- Evaluation form
- Observing silent sitting
- Display of quotation around school compound

**Summary of evaluation outcomes:**

- Improvement in child behavior
- Effective when it is ongoing

**Comments/Information:**

- More of these programs will help children change in their discipline.
- Very effective when presented by our co-coordinator for SSEHV in our area.

## *Italy*

### **Public Primary School**

**SSEHV Program Start Year:** 2015

**Location:** Rome, Italy

**Number of SSEHV Teachers:** 1



ARTWORK BY SSEHV CHILDREN, ITALY

**School's Total Enrollment:** 19

**Number SSEHV students:** 19

**School Grade Levels:** I Media School- II Media- III Media

**Age range of SSEHV students:** 10 -12 years

**Parental involvement:** All of the parents are enthusiastic and also gave permission to practice yoga with the pupils.

**SSEHV Parenting Program:** In Progress

**SSEHV impact on the school and/or community:** At the end of the year, the headmaster, pupils' parents and relatives were invited to the final performance about Peace, which was written by the students. The class was divided into 2 groups: the peaceful koalas and the litigant monkeys, but in the end, the monkeys also became calm, peaceful and happy.

There was full participation and parents asked to continue the experience the next year in II Media.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

After storytelling, students created slogans, poems, drawings and enacted role-plays. Slogans:

- *Keep calm and save energy*
- *Be quiet and all will be OK*
- *Smile is the door of Peace*
- *Calm and trust can blow away the clouds*
- Some of these were accompanied by paintings.

Many students expressed their resolve to better themselves.

- One girl said, "I'll speak less, at the right moment, and I'll be sure of what I say."
- One boy wrote on a drawing, "When I am too intrusive I'll put my mouth, eyes, and ears in my pockets."

Many parents asked that the project be continued. They expressed their gratitude when their children spent time in the park at the Yoga Center after school.

Here, after practicing yoga in nature, students played their instruments and sang *Imagine* by John Lennon, and *We are the world*. They also made paintings while outdoors.

**Outstanding Achievements:** The climate of the class became calmer—no more crying for bad votes. Also, some teachers changed their point of view, encouraging pupils and talking with them in a more friendly manner. All learned silent sitting.

**Challenges:** Some students asked to make a "summer camp" in the Yoga Center and they did. The *Peace Laboratory* continued in the II Media from 2016-2017, and also began in the III Media in 2017 and is ongoing.

**Publications and/or website links:** For now, no official publications, but at the end of this III Media year there may be one.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The Project will continue until the end of the school year, June 2018. At that time, it will be held at other campuses, along with meeting in the Yoga Center "L'ARCO".

## **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by me.

**Developed evaluation tools:** In the Second Unit on the theme, *Contentment and putting a ceiling on desires*, a questionnaire was introduced asking what it means to be content:

- Can you get the most out of what you have and appreciate it, or do you always want more and more?
- What is your bedroom like? Is there something you don't use that you can recycle or donate to someone?
- Are you happier having many things, or having just what you need and can use?
- Are you glad when you can have everything for yourself, or does it make you happy when you can share—for example sharing your games with friends?

**Summary of evaluation outcomes:** Nearing the end of three years for the program, the main outcome is particularly evident in the attitude of the schoolteachers towards the students and myself. The climate has changed due to keeping close company with different teachers at the school and frequent interaction. There is also more confidence and enthusiasm for the program; teachers have asked for information about the Human Values.

**Comments/Information:** *Breathing Peace* is a program with an aim to create a Peace Laboratory for Inner Peace, Brotherhood and Dialogue. It's like a "region" where everyone can find refuge and breathe Peace, not only when needed, but also as a daily attitude—a discipline that gives calm and serenity.

As a schoolteacher (pre-pensioned) and as a Yoga teacher, I expressed my personal evaluation to Institute of Sathya Sai Education trainers about the first year I spent in this experience.

### Public State Elementary School

**SSEHV Program Start Year:** 2015 - 2016 school year

**Location:** Abruzzo, Italy

**Number of SSEHV Teachers:** 1

**Number SSEHV students:** 15 - 18 pupils per class; 4 classes

**School Grade Levels:** Elementary school

**Grade Levels involved with SSEHV:** First grade

**Age range of SSEHV students:** 6 - 7 years

**Parental involvement:** The parents participated indirectly in the project.

**SSEHV impact on the school and/or community:** The project has aroused much interest and attention because the children have learned to be more disciplined and express their personal talents.

The children express their enthusiastic participation in classroom activities by telling the parents about their experiences in class.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- Positive word transformation for example: "it's nice to go to school and be with others..."
- Performing activities remaining calm and concentrated in a harmonious atmosphere.
- Every child is committed to manifesting qualities such as, generosity, goodness, obedience, being studious, helping others, etc.

**Outstanding Achievements:** The teachers of the school I worked with, as well as others, have expressed their willingness to attend an SSEHV course.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project started in October 2015 and finished in April 2016.

Classes were held every Monday for one hour, in each of the four first-grade classrooms.

#### PROGRAM EVALUATION

**Formal evaluation:** No

**Developed evaluation tools:** Developed a survey to question whether the project was interesting, constructive, well liked, etc.

**Summary of evaluation outcomes:** The *Silent Sitting* project was useful in helping children to learn to be more disciplined, use positive language, and to respect teachers and classmates. It promoted harmonious behavior during creative activities, while learning manual skills, and while working with others. It also helped to develop the child's intuition.

**Comments/Information:** Project: *Silent Sitting*

## Primary School

**SSEHV Program Start Year:** 2005

**Location:** Latina, Italy

**Type of School:** Other

**Number of SSEHV Teachers:** 3

**Number of SSEHV Teacher Aides:** 3

**School's Total Enrollment:** 7

**Number SSEHV students:** 7

**Age range of SSEHV students:** 6 - 10 years

**Parental involvement:** Periodic contact with parents

**SSEHV impact on the school and/or community:** The good behavior that the children have learned from this SSEHV program had a positive impact on the community.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

The children were very happy to attend classes. Parents had a high regard for the program because it gave their children an opportunity to learn and practice proper behavior. Parents were also satisfied with the calming effect the program had on their children.

**Publications and/or website links:** *Human Values* by A. Craxi-S. Craxi ed. Litorama 1989.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Project ended May 31, 2011

### PROGRAM EVALUATION

**Formal evaluation:** No

**Developed evaluation tools:** Periodic contact with the parents to determine how much the children were benefitting from the classes.

**Summary of evaluation outcomes:** We have observed the overall satisfaction and wellbeing of the children.

**Comments/Information:** The SSEHV classes met for an hour and a half, twice a month. Subjects covered were: Respect for parents; Help ever, Hurt never; Head, Heart & Hands; Learning about Nature; God within; From 'I' to 'we'; Brotherhood, and Collaboration.

## Public Primary School

**SSEHV Program Start Year:** 2016

**Location:** Italy

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** About 160

**Number SSEHV students:** About 160

**Grade Levels involved with SSEHV:** All

**Age range of SSEHV students:** 6 - 9 years

**Parental involvement:** Parental involvement is minimal; they are involved in only two out of eight classes and are invited to participate in the final lesson as observers. Initially, the thinking was that the program was only for children as it was held during regular school hours when only students are present. Teachers, however, may be realizing the significance of the experience. The last lesson of the Grade 3 class was an "open lesson" for parents as well, and the majority of the parents enthusiastically took part. All of their comments were positive and some of them even asked me what techniques I used to keep calm!

**SSEHV impact on the school and/or community:** There are two main and simple reasons that make Yoga an excellent medium through which to spread and convey Human Values.

- Yoga involves the necessity of applying in one's own life, an ethical and moral code in order to preserve energies and direct inner growth.

- The approach of yoga is “learning while doing”. In this way the message can be immediately understood thanks to our musculoskeletal system (the one with which we start to learn when we are little) which is directly involved in the activity, allowing all of our being to take part in the experience. As a matter of fact, yoga considers the human being at 360°, which means it considers physical, emotional, energetic and mental aspects, making sure not to overlook ethic and Value-related aspects.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

The children always sat in a circle and listened to and followed the story during activities.

Teachers also actively took part in some of the classes, allowing themselves to lead from and into the experience, and deriving benefits from the relaxing effects of the practice—just like the students. To the question, “what is yoga?” which was asked at the start of the course, many answered: calm, making up with friends, relaxing, chanting the OM, etc. At the end of each lesson when they were asked what it was that they liked most, half of the students would say ‘everything’, expressing some preferences to specific yoga positions or techniques.

**Outstanding Achievements:** It is important to mention that I was asked by some of the teachers to give a one-hour talk to the 4th grade classes about the Indo civilization.

**Challenges:** The experience, certainly challenging, has given its best results in metaphorically sowing some of the main concepts and principles that the culture of yoga brings and embraces. These concepts involve both the unification of the being and the emergence of virtues and goodness in the young.

With this perspective in mind, these children might approach this discipline in the future in a more determined way out of necessity; to always know where and how to find tools to face difficult moments that life might bring, to overcome situations of stress, tension, physical or mental discomfort or simply to live happily! They might also be inspired to live according to the Values of Love, Peace, Non-Violence, Truth and Right Action.

**SSEHV program affiliated with an Institute of Sathya Sai Education: No**

**Status of project/program:** Project duration: March - May 2016, consisting of four sessions of one hour per week. No future projects at the moment.

**PROGRAM EVALUATION**

**Ready-made evaluation tools:** This was a mind-free experience, with lightness of heart and soul.

**Comments/Information:** In the course of the four lessons, a reinterpretation of the story of Prince Siddhartha by Herman Hesse was told. In every lesson, first there was a warm-up period, followed by a time in which the children would experience some yoga positions (animals, jobs, nature-related images). This was a moment always loved by the children. All the positions took inspiration from any of Siddhartha’s experiences and sometimes were experienced through games. There was also a part dedicated to breathing and concentration before concluding with a moment of relaxation. This activity turned out to be extremely appreciated by students.

**Public Primary and Secondary School - Istituto Comprensivo “Galileo Galilei”**

**SSEHV Program Start Year:** 2000 - 2001

**Location:** Italy

**Number of SSEHV Teachers:** 3

**School's Total Enrollment:** Unknown

**Number SSEHV students:** Approximately 150

**School Grade Levels:** Primary and secondary

**Grade Levels and ages involved with SSEHV:** Primary: 8 - 10 years and Secondary: 11 - 14 years

**Parental involvement:** Occasionally we have the parents experience “storytelling”, which helps to explain the types of activities carried out in class.

**SSEHV impact on the school and/or community:** Curriculum teachers integrated into their lessons and activities, the Human Values taught to the children through *Story Telling*.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by myself and also by the curriculum teachers.

**Ready-made evaluation tools:** The evaluation of goals, objectives, and evaluable performances, is prepared annually by the teachers of the various classes, and delivered to the Institute Management.

In general, we can say that the activity of telling stories is very much welcomed by the students, and can help stimulate reflection on oneself and on one's behavior. It certainly favors the creation of a good working atmosphere in the classroom and focuses on the importance of Human Values in everyday life.

**Comments/Information:** Project Name: *Story Telling*

### **Public High/Secondary School**

**SSEHV Program Start Year:** 2014 - 2015

**Location:** Latina, Italy

**Number of SSEHV Teachers:** 2

**School's Total Enrollment:** 21

**Number SSEHV students:** 21

**Age range of SSEHV students:** 18 - 20 years

**Parental involvement:** Parents receive information from class council.

**SSEHV impact on the school and/or community:** Most definite impact on the community. Students have achieved graduation certificates through their good performance and have been acknowledged with congratulations for good results.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:** Students are showing an interest in the Human Values by questioning a consciousness which brings harm to life and humanity. They are consulting interesting literature in the process.

**Outstanding Achievements:** Conserving money, usage of water, food, energy, and plastic

**Publications and/or website links:** Books: *Serge Latouche*, *La Megamacchina*. E.Fromm *Essere o Avere*. Cioffi-LuppiVigorelli *Corso di Filosofia vol.3.-B*. Mondadori.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Project ended May 31, 2015

#### **PROGRAM EVALUATION**

**Formal evaluation:** No, only favorable valuation by Teachers, Headmaster and final examinations.

**Developed evaluation tools:** We have contacts for future project.

**Summary of evaluation outcomes:** We have observed the attention of the students being drawn to seeking knowledge about aspects and causes of the deterioration of our habitat due to the utilization of nature for economic purposes. This is a positive effort towards understanding the seriousness of the matter, and it is very important that we all get involved in this way.

**Comments/Information:** Project: *Progress between Science and Ethics*

Weekly, hour and a half lessons from Nov. 2014 - May 2015

- Modern Age has brought about a change in understanding of the cosmos; man is ‘not’ the center of the universe.
- Previously, nature has been studied through the lens of quantity—not quality. Scientists watch the external phenomenon, but fail to explore the divinity found within man. This

process has opened the doorway for much reflection about Man and Nature.

- Progress without moral responsibility, and lack of values and respect for the community and home, is a true disaster. Today, many people want to see this change. Our culture must change; it can change.

## *Eastern Europe*

### **State Physics and Mathematics School**

**SSEHV Program Start Year:** September 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Type of School:** State

**Name of Project:** Integration of Human Values and 5 Teaching Methods in the discipline *Physics*

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 1200

**Number SSEHV students:** 1200

**School Grade Levels:** Grades 1 - 10

**Grade Levels involved with SSEHV:** Grades 1 - 10

**Age range of SSEHV students:** 6 - 16 years

**SSEHV impact on the school and/or community:** Children became more disciplined, began to respect teachers and parents.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- The integration of self-knowledge into the course of Physics allows us to "revive" the course of Physics and make accessible the understanding of complex laws and principles.
- I realized that telling the truth is the way to the Truth.
- The fifth-graders could not forget the parable for a long time, in which insults were compared with rotting potatoes in a bag, which they had to always carry with them. This parable helped them overcome their grievances.
- "Teacher, why do you not shout at us?" - "Who are you?" - "We are disciples" - "Disciples means bright Souls who seek Light and Love. And who am I?" - "Teacher" - "Yes, Teacher is the Soul giving Light and Love. But can the Soul scream? The Soul can only shine." – Silence.

**Outstanding Achievements:**

- Love and trust of children.
- One eight-year-old student shared the secret feeling of first love ("I did not even tell my mother"), someone who learned to restrain his anger.
- My Saturday was the day of the conversation *From heart to heart*, when any student could come up and talk about something important.

**Challenges:** It was difficult at first to work in each class, because everyone was a "star".

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The work was completed in October 2017 due to the fact that I resigned.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by the director of studies, the director, other teachers

**Summary of evaluation outcomes:** The tension in the behavior of some children has decreased noticeably. I hope that they will be all right.

### **Private University**

**SSEHV Program Start Year:** September 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Name of Project:** *Integration of Human Values and 5 Teaching Methods into Self-Knowledge Discipline*

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 700

**Number SSEHV students:** Approx. 20 students per each semester. Approx. 100 students over the period of 5 semesters

**Grade Levels involved with SSEHV:** 1st and 2nd years of study (humanitarian and teacher training department)

**Age range of SSEHV students:** 18 - 23 years

**SSEHV impact on the school and/or community:** In September 2017, a humane pedagogics club was established, where teachers and students from other universities began to come.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- Selected statements from participants:
- Perception of myself as part of the One Whole was born. Understanding of my soul, my inner Self.
- The Self-Knowledge discipline helped me hear not just myself but others as well, not to deceive myself and to follow the inner voice of conscience.
- Many things changed in me, I view the world differently now and understand the timeless Values. I am very fond of mentally sending Love. Practicing Love feels good – the soul is light and joyful.
- I tend to see more bright sides in the bad. I try to listen to my higher Self, to my soul. The state of peace comes more often. I experience faith in myself.
- Now I see that people are souls in their essence, who are primordially pure, and all souls are interconnected, composing the One single entity.
- I loved the discourse on Truth. It helped me develop a different view of things, discriminate between the truthful and false, see something greater and better in everyone than what they try to display outwardly.
- During classes I was introduced to the Great Teachers of Mankind who devoted their entire lives to other people. Having read their works I've changed a lot in myself. First and foremost my outlook has changed. I want to serve people too.

**Outstanding Achievements:** Students took children of an orphanage under patronage.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** At the end of 2017, the program was concluded due to teacher moving to another city.

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, evaluation has been done in process of conducting research for the Europe Sathya Sai Education-Institute.

**Summary of evaluation outcomes:** In the process of the research that has been conducted a hypothesis was put forward that studying the *Self-Knowledge* discipline with Human Values and 5 teaching methods integration furthers the development of discernment in youth. The results of the research confirmed the hypothesis.

## *Malaysia*

### **Multiple Public Elementary Schools**

**SSEHV Program Start Year:** 2012, 2013, 2016 and 2017

**Location:** Malaysia

**Number of SSEHV Teachers:** 30

**Number of SSEHV Teacher Aides:** 10

**Number SSEHV students:** Total: 400

**School Grade Levels:** Grades 1 - 6 grades at all schools

**Grade Levels involved with SSEHV:** Grades 1 – 3 grades at all schools

**Age range of SSEHV students:** 7 - 9 years at all schools

**Parental involvement:** Overall, the parental involvement in each school is moderate, as the parent-teacher association, together with the school administration, monitor the classes and the results of the program yearly.

**SSEHV impact on the school and/or community:** Based on the input received from the school administration, there has been a positive impact among the students. As a result, this has encouraged the continuity of the program in the schools.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents.**

The children are attentive and look forward to the Sathya Sai Education in Human Values (SSEHV) classes with great enthusiasm. They share their feedback about the classes with the teachers who come in on a daily basis to conduct such classes. The regular teachers at the schools have commented on how the program uses techniques to discipline the children in a more loving and caring manner. This observation has resulted in their increased interest in the program.

**Challenges:** The initial stage of the SSEHV program was challenging as it had to ensure that all stakeholders were receptive to the program and its benefits. To continue to reach the benchmark of achievable results is of major importance in ensuring continuous improvement to the program.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** In one of the schools where the school administration and its main deciding personnel has changed, there is a change in the program.

## *Netherlands*

### **Private Training College for Doctors' Assistants**

**SSEHV Program Start Year:** 2011

**Location:** Amsterdam, the Netherlands

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 0

**School's Total Enrollment:** Approximately 100 students

**Number SSEHV students:** Approximately 700 students over 7 year period

**School Grade Levels:** Secondary education

**Grade Levels involved with SSEHV:** One level only

**Age range of SSEHV students:** 17 - 55 years

**SSEHV impact on the school and/or community:** Provides spiritual awareness of oneself, warmhearted, empathetic attitude for each other, intellectually positive focus on the study, and serves as a basis for an internship placement

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Testimony of school Principal:

“Also, during Doctors’ Assistant/Medical Secretaries’ last schooldays each year, students demonstrate fine farewells through exchanging small personal gifts and dear words. During final lessons, the students described a lesson on *Heart, Head and Hands* as fun while I continuously drew a red triangle pictogram on the blackboard, serving as a constant reminder to them of the classes.”

**Outstanding Achievements:** Happy students and happy atmosphere at the school

**Challenges:** None

**SSEHV program affiliated with an Institute of Sathya Sai Education:** No

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by the school Principal

**Developed evaluation tools:** Utilizing the effectiveness of the **indirect method** of Human Values education a test was formulated by the Principal of the school using role-play as a means of evaluating the competence of each student. During the test, students could realize the positive effects of practicing Human Values during intake phone calls. Some of the areas tested were: dealing with pressure and misfortune, following instructions and procedures, professional expertise, medically correct communication, acting ethically and with integrity, working together and consults, giving attention and showing understanding to the patient, making decisions, initiating action and determining urgency.

**Ready-made evaluation tools:** None

**Summary of evaluation outcomes:** A lot of positive reviews

**Comments/Information:** For intake methodology and practice association with patients, we use the before mentioned format. For the other subjects, the 5 Human Values are reflected in the school director's Statement.

## *Panama*

### **School Government Project for Street Children**

**SSEHV Program Start Year:** 1996

**Location:** Panama, Panama

**Number of SSEHV Teachers:** 20 - 22

**School's Total Enrollment:** 350

**Number SSEHV students:** 350

**School Grade Levels:** Grades 7 - 9

**Grade Levels involved with SSEHV:** Grades 7 - 9

**Age range of SSEHV students:** 10 - 17 years

**Parental involvement:** There is a program called *School for Parents* and some parents assist and work together with the teachers.

**SSEHV Parenting Program:** Yes, and In Progress

**SSEHV impact on the school and/or community:** With this school there is a complete acceptance of the Principal. There's a continuity of the program. The impact can be noticed in the way children from the streets enter and they achieve a title and continue college.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

There was an incident when a child took out a knife to hurt another child and after the Principal having a talk with him and explaining using the Sathya Sai Education in Human Value (SSEHV) classes, the child cried, left the knife and changed his behavior.

**Outstanding Achievements:** There is a child who after being a street boy, joined the school, graduated with honors and won a scholarship to study teaching in Argentina. The boy returned after finishing college and now wants to become a teacher in the school as he believes and thanks the system.

Many children have graduated with honors.

**Challenges:**

- There are limitations of the structure of the school, sustainability is difficult as government help is not on time when there are structure filtrations.
- Another challenge is the SSEHV volunteers, as the school operates in the mornings, it's difficult to organize seminars.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**PROGRAM EVALUATION**

**Formal evaluation:** Yes, by the Principal of the school

**Developed evaluation tools:** The report cards include evaluations in punctuality, discipline and respect.

## *Peru*

### **Public Preschool**

**SSEHV Program Start Year:** 2017

**Location:** Cajamarca, Perú

**Number of SSEHV Teachers:** One, a 26 years old, is in charge of the Project. In the year 2016, the Sathya Sai International Leadership Program took place, which led her to carry out this project.

**Number of SSEHV Teacher Aides:** 3

**School's Total Enrollment:** 52

**Age range of SSEHV students:** 5-year-olds

**Parental involvement:** The parents of the children are informed of the activities carried out by the children in the school. However, we do not have any direct involvement with them.

**SSEHV Parenting Program:** No. Due to time issues it has been a bit difficult to coordinate these sessions.

**SSEHV impact on the school and/or community:** Children are learning about care for the environment. Therefore, we are inspiring them to apply what they have learned at home.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

In a workshop where we work on the Value of love, the teacher asked: "Does anyone know what the Value of love means?" and a 5 year old girl answered, "Love is to love my duck Roberto, who is my little mascot. I take care of him and keep him in my house when it rains." (A Royal Duck)

**Outstanding Achievements:**

- The first sessions of the project required a lot of concentration whereas the children had never practiced meditation before. We tried to find creative ways to teach them concentration. After only 3 sessions, the children began to sit quietly and concentrate. We had two children who had problems at home that affected their behavior. We worked with them in a more personal way because it was very difficult for them to concentrate. Finally, all the work and effort that we put in had results. Now the children are able to concentrate the moment they begin to meditate.
- Children have become more extroverted and are no longer timid. They no longer fight, are much more expressive, and now they even ask us to participate as storytellers. They show greater empathy among themselves, and are ultimately recognizing the importance of each one of them on this planet.
- Three other children have had the opportunity to participate in the workshops. We believe that from a young age they must be made aware of the service that should be offered to our brothers and sisters. Example:
- For each class the children carry their cushions so that they can sit on them and perform



CHILDREN IN MEDITATION, SSEHV PERU

meditation. (Usually each child takes his own cushion and sits in an orderly manner.) In this case, older children decided to do this service for the little ones and carried their cushions. Likewise, 3 children served during the break, and also told a story to the kindergarten children.

- Just as children are generating change, we as their leaders are perceiving changes. Today, we are a part of their lives and they are a part of ours. We feel that our way of reacting to the different adversities that can be found in the project has changed. Our priority now is only the well-being and happiness of the children.
- The kindergarten has 3 classes of 5-year-olds. At first, and due to the little experience we had in education, we decided to work with only one classroom. After 2 sessions, the Kindergarten Director asked us to work with the other two classes. They had observed our love and dedication to the little ones. Coming from completely different living situations than the children had desensitized us to their specific needs. However, now we try to innovate the activities in such a way that the children can learn and more easily apply Human Values in their daily lives.

**Challenges:** Attendance: In each of the classes that we have scheduled with the children, one of them is usually absent and this is typically due to illness.

**Publications and/or website links:**

<https://www.facebook.com/JovenesAdultosSai/posts/621390311585686>

<https://www.facebook.com/JovenesAdultosSai/posts/594075097650541>

<https://www.instagram.com/p/Bc4Qbr6g7LZ/>

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** We have not made any formal evaluation. However, we have been repeatedly analyzing the changes that we perceive in the children and in ourselves.

## *Eastern Europe*

### **Elementary School - State Budgetary Institution of Complementary Education**

**Name of Project:** Students Activity Center: *Integration of Human Values and 5 Teaching Methods into Theatre Games*

**SSEHV Program Start Year:** September 2004

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 1000

**Number SSEHV students:** 12

**Age range of SSEHV students:** 8 - 10 years

**Parental involvement:** Helped getting materials for creative activities.

**SSEHV impact on the school and/or community:** It made students think of the importance of good character traits and try to put them into practice.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Question for children: What has changed in your character in relation to classes in theatre community?

The answers were:

- I have become more open-hearted to people around, become more responsible and disciplined, I have got the ability to think creatively

- Now I'm trying to think things over first before doing something, and I have gotten the striving for self-knowledge.
- I have become kinder literally to everything, have stopped spending time in meaningless activity with bad company

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, the program, *Theatre Games*, which has the part, *Educating Human Values*, was certified as authorial, i.e. it was acknowledged as an achievement that there hasn't been applied in the theatrical pedagogics before. Also, this program is a diploma winner of All-Russian contest program of complementary education.

**Developed evaluation tools:** Pedagogical supervision and a questionnaire for parents where they are asked to enter points, before and after class, for questions. This survey is a clear indicator of the effects of the program. The answers from parents:

- My child willingly shares the impressions and ideas at home
- When we communicate, he (she) mostly uses soft and sweet words in the speech
- He is attentive and caring to the family members.
- Expresses benevolence, tactfulness, politeness, forthcoming manner
- Striving to help and do together
- Able to control feelings and emotions
- We have got mutual understanding
- I'm satisfied with our relationship (with our child)

**Summary of evaluation outcomes:** The program has been applied since 2004 as an experiment due to need in pastoral work. It has been going on regularly since 2007 twice a month. Children enjoy these classes as there is a possibility to have a heart to heart talk about one's problems, and also to draw, sing and listen to an inspiring story. The classes help to bring up topics that are important for forming children's character in an unrestricted form without any didacticism. The children remember these lessons with warmth in their hearts.

### **State Secondary School**

**Name of Project:** Secondary School: *Integration of Human Values and Five Teaching Methods into the Lessons of the Basis of Life Safety*

**SSEHV Program Start Year:** October 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 960

**Number SSEHV students:** 30

**Grade Levels involved with SSEHV:** Students of the 5th year of studying

**Age range of SSEHV students:** 11 - 12 years

**SSEHV impact on the school and/or community:** Students take an active part in research school projects with the elements of Human Values.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Children's reports:

- I like the classes on Human Values. They help me make friends with the classmates.
- I have never done research projects. Make researches cool!

**Outstanding Achievements:** School research project with the elements of Human Values got the first-place diploma on the scientific research conference for school children.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

### **Primary/Secondary Children's School of Arts**

**Name of Project:** *Integration of Human Values and 5 Teaching Methods in Studying the History of National Music*

**SSEHV Program Start Year:** 2003

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 300

**Number SSEHV students:** 100

**School Grade Levels:** 1-10 years of studying

**Grade Levels involved with SSEHV:** 3-10 years of studying

**Age range of SSEHV students:** 9 - 16 years

**SSEHV impact on the school and/or community:** The program influences very positively on the traits of children's character.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Student's report:

- I thought that this music is similar to a little fire that does good work. The little fire softens the heart, so that hatred and evil pass away. The light and warmth came into my heart and showed me a clean and light road.

**Outstanding Achievements:** February, 2016: The Association of Creative Pedagogues of Russia rewarded a diploma for spreading this kind of pedagogical experience, in the nomination "Complementary Education of Children and Schoolchildren". February, 2016: The Association of Creative Pedagogues of Russia handed the Certificate on the teaching aids: "Manual for Students of Children's School of Arts on the Subject History of National Music "Bashkir Folklore".

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by someone else. The teacher of theoretical department of children's School of Arts:

I think that the aim of this program is not only introduction, but also introduction of the audience to the treasury of the creativity of the Bashkir people –where the wisdom of the nation was kept, moral and aesthetic rules of life were formed. This aim is achieved. This program has an active nurturing impact, gives the possibility to understand and appreciate the distinctive character of the Bashkir people, and motivates the growth of interest and striving to learn history and culture of these people.

**Comments/Information:** This project is performed within 2 school subjects: History of Arts and the History of National Bashkir Music. The purpose of the project is integrating the Human Values (into the subjects described above) and forming children's capacities that lead to successful education, the ability to implement the received knowledge consciously in everyday life. One of the ways of achieving this purpose is the beauty of treasures of art, touching the hearts and arousing an emotional response, evoking creativity in the children's souls which carries light and kindness. I use all kinds of work – a lesson and extracurricular. I share the experience with colleagues.

### **Primary School**

**Name of Project:** Classes *Path to Real I*

**SSEHV Program Start Year:** September, 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 720

**Number SSEHV students:** 60 children

**Grade Levels involved with SSEHV:** Grades 2 - 4

**Age range of SSEHV students:** 7 - 12 years

**SSEHV impact on the school and/or community:** Children behave kindly, trying to help each other and relatives. A common field for positive communication is forming.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by school administration. It was given positive assessment.

**Comments/Information:** The project *Path to Real I* is regular - once a week during the school year. Lessons of psychology on the basis of Human Values.

### **Kindergarten**

**Name of Project:** *Kind Fairy Tale*. An Integration of Human Values and 5 Teaching Methods into Classes with Children

**SSEHV Program Start Year:** September 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 1 (musician)

**School's Total Enrollment:** 250 children

**Number SSEHV students:** 28

**Grade Levels involved with SSEHV:** Senior preschool group

**Age range of SSEHV students:** 5 - 6 years

**Parental involvement:** Parents are active in events preparation; respond to all requests of the teacher.

**SSEHV Parenting Program:** Seminar for parents: the mother's role in the education of a noble person.

**SSEHV impact on the school and/or community:** Children became open with respect to each other, they began to trust the teachers, help each other, became more positive and friendly.

**Challenges:** New children experience difficulties in communication; it takes time for their adaptation.

First, they ignore the process, observe from the side. Later they stand in a circle and begin to show affection for teachers and other children.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Administration and parents gave positive assessment.

**Comments/Information:** The project, *Kind Fairy Tale*, is the integration of Human Values into classes with children in kindergarten for the purpose of their spiritual and moral education.

### **State Cultural and Creative Center**

**Name of Project:** *Human Values in Native Culture*. Purpose: To identify Human Values in children through folk-choral culture. Two (2) folk choirs: Ensemble *Lelya* and Ensemble *Gulenki*.

**SSEHV Program Start Year:** December 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 100

**Number SSEHV students:** 25

**School Grade Levels:** 6 - 16 years

**Age range of SSEHV students:** Ensemble *Lelya* with students of 10 - 16 years and Ensemble *Gulenki* with students of 6 - 12 years.

**Parental involvement:** Parents sewed costumes for performances.

**SSEHV impact on the school and/or community:** The project's activities help children to feel supported by national culture, open their hearts through games and creativity; the learning songs, dances, fairy tales and festive rituals of Slavic people based on Human Values, teach them to communicate from heart to heart.

**Outstanding Achievements:** Children participate and win prizes at folk festivals in Moscow region.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**PROGRAM EVALUATION** No

**Comments/Information:** At an early age, children get acquainted with their native culture, learning and developing Human Values, notice the unity in diversity and harmony in creation. They learn to identify the true human qualities through examples of heroes, the stories of saints, and other heroes from their native culture. They actively participate in the public life of the city - in the preparation and conduct of holidays.

### State Higher Educational Institution

**Name of Project:** Institute of Radio Engineering, Electronics and Automation. *Integration of Human Values into 'Information Technology' Discipline*

**SSEHV Program Start Year:** September 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**Number SSEHV students:** 40

**Age range of SSEHV students:** 17 - 18 years

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** In 2017 the project was completed in connection with the retirement of the teacher.

**Program Evaluation:** None

**Comments/Information:** Lectures and seminars on Information Technology discipline provided basic knowledge about Human Values and on the basis of spiritual principles identified in analogies of the characteristics of efficiency in: The person (student), learning systems, and the computer system.

### Private Kindergarten

**Name of Project:** *Integration of Human Values and 5 Teaching Methods into the Classes with Children and Meetings for Staff and Parents.*

**SSEHV Program Start Year:** July 2012

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 40 children

**Number SSEHV students:** 40 children; 40 parents; 6 members of staff. Total: 86

**School Grade Levels:** Kindergarten

**Grade Levels involved with SSEHV:** Kindergarten



BIRD CARE  
SSEHV EASTERN EUROPE

**Age range of SSEHV students:** Children and adults

**Parental involvement:** Parents took part in children's holidays on the basis of universal Human Values.

**SSEHV Parenting Program:** Yes. Meetings on children's spiritual and moral education held for parents

**SSEHV impact on the school and/or community:** Staff, and parents began to realize the importance of forming a good character in children and the need to be a good example to them.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:** Staff and parents came to the understanding that it is necessary to bring up children in both love and discipline.

**Outstanding Achievements:** Children opened their hearts, filled with light and love; were happy.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project ended in October of 2015.

### State Nursery School

**Name of Project:** Sathya Sai Education in Human Values (SSEHV) Classes Entitled *Lessons of Kindness*

**SSEHV Program Start Year:** October 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 255

**Number SSEHV students:** 22

**Age range of SSEHV students:** 4 - 5 years

**Parental involvement:** They attended the workshop for parents

**SSEHV Parenting Program:** A workshop for parents titled, *A happy family*, and individual talks on parenting were conducted.

**SSEHV impact on the school and/or community:** Human Values were brought out from within children.

Their attitude to each other became more considerate. Children started to take care of each other, animals and birds. They also learned to listen to their heart and their understanding of kindness deepened.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Children were asked to answer the question 'What is kindness?'

Some of their replies:

- Kindness is a mother's smile,
- Kindness is when you love all and help all,
- Kindness is a mother's soul and heart,
- Kindness is good manners,
- Kindness is a kind sun,
- Kindness is when you help others,
- Kindness is when all live in friendship,
- Kindness is the heart, it is a family,
- Kindness lives in the heart,
- Kindness is when all are together.

**Outstanding Achievements:** The main achievement brings a feeling of deep satisfaction regarding the fact that the children appreciated the Value of Love and Kindness, were filled with light and learned to listen to their heart.

**Challenges:** Due to large groups in a state institution a teacher may find it difficult to work with so many children alone.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The project continues till May 2018

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by coordinator

### **Municipal Budget Educational Institution of Additional Education**

**Name of Project:** *House of Creativity for Children and Youth Harmony: Integration of Human Values and 5 Teaching Methods into English Lessons*

**SSEHV Program Start Year:** 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 2300

**Number SSEHV students:** 60

**School Grade Levels:** Various

**Grade Levels involved with SSEHV:** 5 groups

**Age range of SSEHV students:** 3 - 20 years

**Parental involvement:** Parents of preschool children actively participate in preparation of lessons and help in realization of lessons.

**SSEHV impact on the school and/or community:** During classes, the teacher creates a friendly atmosphere. Children become more united and begin to work together. A girl with a developmental disability went to classes. At first, the children were unfriendly to her, but at the end of the session everyone helped her to do the work. The attitude of the children has changed.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:** Parents are thankful from the heart.

**Outstanding Achievements:** The program was highly evaluated at festival of Pedagogical Skill and took first place in nomination, *Give the Heart to Children*, among teachers of additional education.

**Challenges:** A large amount of work, so there is limited time for preparation.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by city Department of Education

**Comments/Information:** The program is in the process of revision, testing, adjustment. Now the program has been implemented for 3 years. The following topics were discussed at the lessons:

- What do you value your friends for? How can you help strangers? What Values should each person have on our planet? What Values do you have and which one would you like to develop in yourself? How should each person relate to the world around him? How do you show care and respect to people, animal and plants around you? What does a person need to be happy?

### **State Secondary School**

**Name of Project:** Integration of Human Values and 5 Teaching Methods into the Lessons of Psychologist *School of Kindness*

**SSEHV Program Start Year:** 2013

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1 Person

**School's Total Enrollment:** 940 people

**Number SSEHV students:** Each class with 27 - 32 students for a total of 108 - 128 per year.

Approximately 432 - 512 students in four years.

**School Grade Levels:** Grades 1 - 11

**Grade Levels involved with SSEHV:** 1st, 5th, 8th, 9th grades

**Age range of SSEHV students:** 7 - 15 years

**SSEHV impact on the school and/or community:** 1st graders love the lessons in *School of Kindness*. They wait with anticipation for lessons and participate in them actively.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- Children express gratitude for interesting lessons.
- Class teacher reports she heard children reminding each other of what the psychologist told them in *School of Kindness* lessons.
- When 1<sup>st</sup> grade children meet me in the school hallway, they share how they practice homework and how they succeed. In Grades 8 and 9 the relationships become better.

**Challenges:**

- There are a large number of students in one class (from 27 - 35 students) and the lesson lasts 40 minutes.
- There is no assistant (helper) to make such lessons.
- Not all children take in and absorb material.
- It is not always possible to use method of group singing because there is not enough time.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** Children from the 1st and 5th grades apply in life the knowledge they receive in the lessons. Some children do not perceive such activities, but there are children for whom this knowledge is very necessary and important.

For them, this is an opportunity to talk and express their opinion, acquire the necessary skills - how to communicate, how to be friends, understand what kindness and selflessness are, how to become self-confident and how to be happy.

## State University

**Name of Project:** *Sathya Sai Education in Human Values (SSEHV) in Courses for Improvement of Professional Skills for Teachers*

**SSEHV Program Start Year:** 2013

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 2 People

**School's Total Enrollment:** Each year - from 15 teachers

**Number SSEHV students:** Each year - from 15 teachers. Total for 4 years: 60 teachers

**Grade Levels involved with SSEHV:** Primary school teachers

**Age range of SSEHV students:** 20 - 55 years

**SSEHV impact on the school and/or community:** Teachers learned new knowledge about spiritual and moral education. They learned how to fulfill it at school, engaged in an experience exchange.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Testimonies from the survey:

- This course became for me a very important moment. We all became closer to each other. Communication with teachers, their lectures and practical lessons occurred in a friendly atmosphere.
- Thanks to the courses I came to the conclusion that live teaching based on humane attitude to all around you, in particularly to all us, will bring great benefit to society. Human Values must be at first place, and by using them in life and at work, life will become wonderful. We need to improve ourselves.
- I noticed changes in myself. Started to see my own children differently. I understood that lessons of kindness start from the teacher. The teacher who believes and lives with it, will

naturally be followed by the children, thus achieving great results.

**Challenges:** The problem is with the recruitment of teachers, as not everyone understands the essence of the course.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Summary of evaluation outcomes:** We think courses helped teachers to understand what spiritual and moral education is, and through what forms and methods it can be realized at schools. Teachers were always thankful and said this knowledge is important not only for school but for their personal improvement.

**Comments/Information:** Courses for improving professional skills for teachers are courses on development and organization of the educational process in primary school based on Human Values. Courses are planned for 72 hours. Seminars were held about integral education, work with parents, 5 methods of education, 5 Human Values and their realization as lessons, workshops and family camps.

### **State University**

**Name of Project:** *University Integration of Human Values into Geography Lessons*

**SSEHV Program Start Year:** 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 2 People

**School's Total Enrollment:** More than 10,000

**Number SSEHV students:** 15 - 20 students in each of 5 -7 groups. 75 - 140 per year for 3 years for a total of approximately 225 - 430

**Age range of SSEHV students:** 18 - 22 years

**SSEHV impact on the school and/or community:** We hope that the students implement the knowledge they realized in their everyday life.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

The student who was sleeping regularly during the Geography lessons said, after the lecture about Sathya Sai Education in Human Values (SSEHV), it's an interesting topic and he would like to learn it instead of Geography. The students always get involved actively in the discussion. One girl has become a vegetarian.

**Challenges:** Challenges arise because the activities are not contained within regular classes, and it is difficult for some students to accept some of the ideas discussed.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Comments/Information:** We talk about Human Values and try to integrate them into the school subject, Geography of the population with the principles of demography. The subject includes global and regional problems of steady development and regional ecology. We hold the discussions about the ecology and health care.

### **State Kindergarten School**

**Name of Project:** *Parent Program*

**SSEHV Program Start Year:** 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 120 Parents

**Number SSEHV students:** 78 Parents

**Age range of SSEHV students:** 23 - 65 years

**SSEHV impact on the school and/or community:** Parents thought about spiritual and moral values and began to bring them into the process of raising children.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The program is designed for one academic year, completing in May 2018.

#### **PROGRAM EVALUATION**

**Formal evaluation:** No

**Comments/Information:** Classes are held once a month.

The program consists of 9 meetings.

### **Private Secondary School**

**Name of Program:** *Integration of Sathya Sai Education in Human Values (SSEHV) and 5 teaching methods into English lessons*

**SSEHV Program Start Year:** 2006

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 250

**Number SSEHV students:** On average, 21 students. Over 12 years, a total of 252 students.

**School Grade Levels:** Grades 1 - 11

**Grade Levels involved with SSEHV:** All groups of this teacher from Grades 1 - 11

**Age range of SSEHV students:** 6 - 16 years

**Parental involvement:** Parents participate in preparation of model lessons, sometimes attend them.

**SSEHV impact on the school and/or community:** Students, teachers and parents enjoy the model lessons.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Only positive feedback

**Outstanding Achievements:** Teacher received Certificates of Appreciation from the school administration.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ongoing

**Program Evaluation:** None

**Comments/Information:** In addition to her daily SSEHV lessons, for the past 12 years, the English teacher conducts model SSEHV lessons and activities in English for colleagues and parents at School 1 - 2 times a year.

## **Spain**

### **Public Infant and Primary School**

**SSEHV Program Start Year:** 2014

**Location:** Girona, Spain

**Number of SSEHV Teachers:** 2

**Number SSEHV students:** 20 – 40. Total for 4 years: 80 - 160

**Grade Levels involved with SSEHV:** Grades 5 - 6

**Age range of SSEHV students:** 10 - 12 years

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Especially during the first year of the project, the children wrote about what they were learning in every session because the teacher in charge of the group asked them to do so. A 12-year-old girl said: "I am going to remember these lessons, which are going to be useful to me for all my lifetime." The children learned that it is a good thing to go home and hug their parents. Before the lessons, they were not aware that this simple action could make their parents feel happy.

**Outstanding Achievements:**

- At the end of the first year of receiving the Sathya Sai Education in Human Values (SSEHV) sessions, the children of Grade 6, leaving the Primary School to go to the Secondary Education Institute, made the teacher of their group realize that "they had not written any negative things on a paper that the teacher had pinned on the classroom wall for the purpose of writing the negative things that happened in the group".
- The children said that whenever they had an exam or other worries, they breathed three times, as they had learned in the SSEHV lessons, and became calm.
- 40 children of grade 6 participated with drawings about Peace in an international project, *Peace Run*, which took place in Rome in September 2017. They made the drawings during one special session guided by the SSEHV volunteers and their teachers.

**Challenges:** The sustainability of the project depends on the availability of the two SSEHV volunteers involved, and on the personal involvement of the teacher who had asked for the project in the first academic year.

During the first and second year five sessions were given. The third year four sessions were given. The fourth year (2017 - 2018) the school has been committed to another project, related to *Literary Works*.

In 2017 - 2018, there have been political conflicts in the region and very difficult weather conditions – lots of snow - that have been obstacles for the development of the project. There have been less sessions this year. There is less availability of the volunteers because of their professional work, which has been very demanding this year; less availability of the teacher involved the previous years. Only 1 session has been planned.

**Publications and/or website links:** During the first and second year of the project, brief reports and photographs of the sessions appeared on the website of the school. With the title, *Human Values: Educare*.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** From January - May 2017, considering the possibility to strengthen the project in the area, the ISSE SE Team of Trainers in Spain offered to give the Course 1, Module 1 in a Community Centre in the nearby village, and an application was presented to the Town Hall, to use the facilities of the Community Center, for three sessions, four hours long, which was approved, and about 20 people attended the sessions.

The schoolteacher of the referred school, who is involved from the first year, attended the training sessions. The rest of the attendants came from other places in the area. Some of them, about five, are teachers of Primary Education; others are interested in education or in understanding Human Values for their own lives.

More support and motivation from the Institute of Sathya Sai Education-South Europe team in Spain would be necessary to make a follow-up of the project along the academic year, to help the SSEHV volunteers to feel they are not alone.



"Peace looks like a beautiful and relaxing sunset." ~Harper

ARTWORK BY PRIMARY SCHOOL CHILDREN,  
SSEHV SPAIN

## Private Infant and Primary School

**SSEHV Program Start Year:** 2014

**Location:** Palma de Mallorca, Spain

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:**

**School's Total Enrollment:** 180

**Number SSEHV students:** 180

**Grade Levels involved with SSEHV:** All levels

**Age range of SSEHV students:** 3 - 11 years

**Parental involvement:** At the beginning of the year, general workshops are organized for parents on the school's philosophy and teaching methodology, which is inspired by Sathya Sai Education in Human Values (SSEHV) Educare. The School has two Directors, the Academic Director and the Human Values & Character Building Director who also has regular meetings with parents throughout the year on an individual basis, as a follow-up, to their child's progress.

**SSEHV Parenting Program:** No

**SSEHV impact on the school and/or community:** The SSEHV program given to all classes has a great impact on the children who, from a very young age, learn to dive within themselves and bring out their latent Human Values. In addition, all teaching staff is present in one of the SSEHV classes given by the SSEHV teacher to learn the five teaching techniques, the basic components of the Sathya Sai Educare philosophy. This is done with the aim of all educators working in the same direction, helping bring out from within through intuition rather than imposition, from "heart to heart" rather than "head to head", WATCHing our Words, Actions, Thoughts, Heart and Character. Parents too use this language at home which, in turn, brings great benefit to the whole school community involving children, teachers and families on a larger scale.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

In the attached .pdf doc, there are examples of the work carried out by children, their learnings and experiences.

<https://1drv.ms/b/s!AmZnQ4vAUdkJew2LZDmTtfZsFig>

**Outstanding Achievements:** None

**Challenges:** Not being a Sathya Sai School as such, it is hard to find teachers who are completely committed to this educational philosophy. However, some teachers have now asked if they can be trained formally in the SSEHV program after seeing its effectiveness and impact on the children's hearts over the years.

**Publications and/or website links:** The School appeared in the local Newspaper "El Diario de Mallorca" in October 2016, in a general article on its infrastructure, philosophy. Although specific mention is made of Human Values, it does not carry the official name of the program.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

### PROGRAM EVALUATION

**Formal evaluation:** No formal evaluation. The main outcome observed is the transformation in the children's understanding and behavior and general school atmosphere. This change is also noticeable in their homes. In addition, regular feedback is given by the teaching staff. Anecdotal evaluation comes in the form of oral feedback from parents, teachers and children.

**Summary of evaluation outcomes:** After implementing the program in the classroom context over the past years, it is clear SSEHV has a great impact and is transformational for children, teachers and families. The feedback received depicts that the classes have left a deep imprint on the children's hearts and help us all to tune our head, hearts and hands to work in unison and enable us to manifest our true innate nature.

## Public Primary and Secondary School

**SSEHV Program Start Year:** 2012

**Location:** Canary Islands, Spain

**Number of SSEHV Teachers:** 1

**Number of SSEHV Teacher Aides:** 2

**Number SSEHV students:** 18

**Grade Levels involved with SSEHV:** Grade 3

**Age range of SSEHV students:** 8 - 9 years

**Parental involvement:** Sathya Sai Education in Human Values (SSEHV) class materials were regularly handed out to students and brought home to parents. At the end of each year, parents were invited to an event prepared by the students and teachers. Most of the parents attended these events, and expressed their appreciation for the SSEHV classes and the positive effects they had on their children.

**SSEHV impact on the school and/or community:** The classes have had a positive effect on the children and their families, and as a result, their communities have benefitted.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

At the end of the academic year during a festival celebration, one of the children went up to the stage and expressed her gratitude to the SSEHV teachers. Her words were very touching, and touched the hearts of all of the parents present.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** The school administration changed hands in 2015, and the new director did not allow the school premises to be used for SSEHV classes. The children, however, continued to attend classes in the Sai Center until the program ended in 2017, when the lead teacher retired.

### PROGRAM EVALUATION

**Formal evaluation:** An evaluation was presented by the lead SSEHV teacher along with her two teaching aids, in their ISSE SE Diploma assignment.

**Developed evaluation tools:** Feedback from parents was used for evaluation purposes.

**Summary of evaluation outcomes:** In the SSEHV program, both in the classroom and as an extracurricular activity, the main outcome as observed by the teacher who followed the SSEHV methodology, was that it helped the children to develop their ability to concentrate, and increased their overall level of happiness. The school was situated in an area that was challenged both socially and financially, and the disharmonious living conditions of most of the students presented challenges for them as well.

## Trinidad

### Multiple Public Schools – Preschool, Primary, Secondary, High, Girls’ College, Library, Life Center and Learning Center

**SSEHV Program Start Years:** 2000, 2006, 2010, 2012, 2014, and 2016 to present.

**Locations:** Various school sites in Trinidad and Tobago

**Number of SSEHV Teachers:** 11

**Number of SSEHV Teacher Aides:** 10

**Schools Total Enrollment:** 3500 (all schools)

**Number SSEHV students:** 350 (all schools)

**Schools Grade Levels:** Pre-school, Primary and Secondary

**Grade Levels involved with SSEHV:** All levels

**Age range of SSEHV students:** 3 - 17 years

**Parental involvement:** Parents have an awareness of the five Values.

**SSEHV Parenting Program:** Two parenting programs at two locations.

**SSEHV impact on the school and/or community:** Students share. They help one another, show empathy and cooperate. The teachers have an awareness of the five Values. Parents are learning from their children and are showing improved attitudes. There is a greater awareness of harmony and appreciation of different religions and cultures in these schools.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

Parents report: Children practice silent sitting with them at home. They are more peaceful; they are less quarrelsome. They watch less television. They do more chores at home. They are more helpful. They do not waste as much. They are more contented. Help to an autistic child who is a member of the class. Help to a child who has a “motor skills” challenge.

**Challenges:**

- The major challenge is enough SSEHV committed volunteers. A handful of volunteers go out to schools. Also, those who go out to schools are mostly all retirees.
- The perception by the various education boards is that Sathya Sai Education in Human Values is another denomination even though the Values program is marketed as “secular” and they have been given Values materials published by the Institute of Sathya Sai Education (ISSE). As such, the various denominational boards of education are not receptive to SSEHV. Offers to the Ministry of Education by the ISSE to do Values workshops with teachers have met with no response. This has negatively affected setting up of “partnership schools”.
- In 2000 our partnering with the Ministry of Education to offer Education in Human Values Teacher orientation sessions came to an end when they created a post for a Curriculum Officer in Values Education. The Officer developed a Values program but they were busy with the “academics” and this is still so.
- Change of governments brought new ideas. The subject “Character Education” was added to the primary school curriculum as an examination subject. The Ministry of Education conducted workshops for teachers and introduced a continuous assessment component to it. The teachers were stressed by it; they felt the MOE was putting too much pressure on the children with a plethora of new subjects all with continuous assessment components. The parents too were stressed. The parents and the Teachers’ Union reacted. The Present Minister of Education has eliminated the Character Education program.

**Publications and/or website links:**

*Education for Living life Fully:* November 2018, *Trinidad Guardian*; Six newspaper articles on *EDUCARE:* August - September 2013, in the *Guyana Times* and Television Interview on *EDUCARE:* 11<sup>th</sup> August 2013, on *Guyana National Television*. The purpose was to create national interest in the program.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** These classes are ongoing

#### **PROGRAM EVALUATION**

**Formal evaluation:** No formal evaluation. Principals of the schools provide anecdotal evidence, for example, far fewer fights; students are more cooperative; and they work more peacefully with their peers; they are more focused and are doing better.

**Comments/Information:**

- Hundreds of children in schools in Trinidad and Tobago have been exposed to SSEHV since the period 1988-2000. During this period SSEHV Society of Trinidad and Tobago (1987) and, later, the SIEWI (Sai Institute of Education in West Indies), were given permission by the Ministry of Education to conduct SSEHV Teacher Orientation sessions.
- Orientation sessions were held in all 8 Education Districts and three SSEHV symposia were

held at three Teacher Training Colleges (one each). *Education in Human Values-Teachers' Handbook* was published, and all schools in the country received copies. The books were given at cost, and free to teachers attending orientation sessions. For many years it was the only Values publication available to teachers, and the Ministry of Education had recommended it to teachers for classroom use. The book was much sought after, particularly by teachers who were doing the Values "elective" at Teachers' College.

- Two subsequent editions were printed- one also for use by teachers in Barbados and Jamaica. In these two islands, teacher orientation sessions were held by the SSEHV Society of Trinidad and Tobago in collaboration with the respective Ministries of Education.
- The SSEHV program was used in schools in Barbados for a short period and then its use was discontinued by the Ministry of Education.
- Two teacher orientation sessions were also held in Guyana (1992, 1993) and in Curacao (1997), sessions were held for all Principals and teachers. This was in collaboration with FUNDASHON MATERIAL PA SKOL.
- In August 2013, teacher training was conducted in Guyana and a core group was identified for training teachers in the public-school system. An SSEHV presentation was done for the Hon. Minister of Education in Guyana. An ISSE Coordinator for Guyana (Guyana Chapter of ISSE) was selected. The core group has conducted a few SSEHV workshops. The Ministry of Education has not accepted the offer to train teachers in SSEHV.
- The Ministry of Youth and Sports did accept from the Director of the ISSE on that visit a Life skills publication, *Pathways to Living Well*, in which the Director and persons belonging to several denominations had been invited to make a Values input. The existing Life Skills curriculum was revamped to include Values. The Coordinator for Guyana has been using this book to conduct Values sessions in some communities.

#### **New Publication**

- The Sai Institute of Education West Indies published and launched a new Values book in 2014: *Sathya Sai Education in Human Values for the Foundation Years and Beyond*.
- A free copy was given to every school in Trinidad and Tobago (762 schools: primary, secondary and some pre-schools). At this point (2018) the ISSE is spearheading a drive to give additional copies to schools and other organizations for teacher/volunteer use. The name of this project is *Gifting Values to Our Communities*. SIEWI is offering help to those who would like to be trained to use the program.
- Development of a Values Alphabet for Sathya Sai Pre-schools (illustrated alphabet).
- SIEWI Training
- The SIEWI conducted the following training for volunteers and professional teachers:
- SSEHV Course I: Feb. 16 – May 25, 2014
- SSEHV Course II: 2015
- SSEHV Dynamic Parenting Facilitator Training: 2015
- Two- day workshop for teachers assigned by the Ministry of Education in Sathya Sai Government assisted pre-schools – December 2015
- November 22, 2014 - *Nurturing Values in the Foundation Years* - a workshop conducted at the SERVOL Centre in Freeport for 35 preschool teachers in SERVOL Schools.
- SIEWI Training for Teachers of Sathya Sai Pre-school - 2016
- Dialogue between the teachers of the Sathya Sai Primary School (private, independent and full-time) and the Director of SIEWI is ongoing and intensive. She serves as Principal of the School which started in 2016. Her guidance is always available.

## United States

### Public High School

**SSEHV Program Start Year:** 1997

**Location:** St. Louis, Missouri

**Number of SSEHV Teachers:** 1

**School's Total Enrollment:** 700

**Number SSEHV students:** 20 to 40 Per Year. Total: 200-400

**School Grade Levels:** Grades 9 - 12

**Grade Levels involved with SSEHV:** Grades 9 - 12

**Age range of SSEHV students:** 14 -18 years

**Parental involvement:** Parental involvement was limited to mainly student-parent-teacher conversations during the Direct Approach. There was more active involvement of some parents in the **Indirect Approach**, because of the participation of students in regional and state leadership competitions and conferences, which are part of the state of Missouri's Department of Elementary and Secondary Education curriculum.

**SSEHV impact on the school and/or community:** Students participating in the program impacted the school culture by their interactions with peers, teachers and parents. Noted by the district's Character Development program, Sathya Sai Education in Human Values (SSEHV) listed with the school's Activity Director as an approved after-school club called *3HV (Head, Heart, Hands)*; teacher was a member of the district's Character Development Committee and leader of the school's Character Development Committee. Students impacted the community with interactions at the home and community levels and, most important experienced, the joy within.

**Demonstrated understanding of a Value/Values. Testimonies from children and/or their parents:**

- "Who came up with this program anyway? It is of benefit for now, for the future and forever."
- "I told my mom that she needs some *3HV*".
- "We need to do this every Friday, I did not know a person could feel so good [happy inside]."
- "I feel so empowered when I leave this class. I feel like I can take on the world."
- "We are one with the world!"
- "I've learned how to find my happy place inside."
- Former SSEHV student after completing college and leaving the state to pursue a post graduate degree, came to the school to speak to students in the department." The (SSEHV) program that would teach you to love yourself."

In meeting with a faculty member at a district Character Education Committee meeting, the following was shared with the teacher:

- I had one of your students in Time Out the other day and the whole group was being rowdy. I instructed them to calm down and get quiet. One student caught my eye. I asked her, "What are you doing now?" The student replied, "I'm meditating. I'm sorry, I just forgot myself. I meditate every day. I learned how to meditate in Ms. S.'s class." (I never used the word meditation when doing the **Direct Approach**).
- Students would start sharing the trauma in their lives and would free the pain of their conscience.
- Frequently, during silent sitting or inner reflection or the telling of an inspirational story, the students would write or do art work that was to be an expression of the feelings of their heart that the SSEHV experience was creating. What they would write would be so very profound and of great human expression of moral character and Human Values.

- A parent of the student who was in the after-school club with the Direct Approach wanted to contact the district's Board of Education to share the impact the program had on her daughter. Other parents would comment about the overall classroom benefit at Parent-Teacher Conferences.
- One 18-year "drop out" enrolled back in school to get his high school diploma. As a result of interactions with the **Indirect Approach**, the student graduated, and the father said at graduation. "It is because of SSEHV he is graduating."
- A parent was so dedicated that she would travel with us to all conferences and competitions.

**Challenges:**

- Secondary scheduling formats including block scheduling for students.
- Teachers assigned to teach different courses per semester and yearly as well.
- State and District requirements, State and National competencies, MSIP (State testing), Technical Skills Assessments, Industry Based Assessments.
- Constant change in staffing of Administration and Activity Director.
- Students transferring in and out of the district.
- Limited Resources – Teachers are already spending a huge sum of personal money for just the basic teaching supplies and items needed to support the basic curriculum.

All the above threaten sustainability.

**Follow up** – Some students from the Leadership Group stay in contact by text messaging or telephone and we meet annually. Difficult for teachers, especially at the secondary level, to stay in contact with former students. Teachers are legally advised to not engage in social media, such as, Facebook.

The teacher experienced no problem with acceptance of the name SSEHV, and always wrote Sathya Sai Education in Human Values on the board.

**Publications and/or website links:** Local newspaper and Regional School district's Character Development Newsletter wrote and published an article on students and service projects. Articles were written on the work and achievement of leadership students in the district's newsletter and at the Board of Education Meetings.

**SSEHV program affiliated with an Institute of Sathya Sai Education:** Yes

**Status of project/program:** Ended. Teacher retired from teaching in June 2013.

**PROGRAM EVALUATION**

**Developed evaluation tools:** Formative Assessment comprising the following: verbal or written exit slips, student self-assessment through written reflections, drawings, art work, peer review, verbalization, active participation in service projects, synthesis of the components of the program and impact through delivering short talks to the public, leadership skill development by participating in regional and state competitions and demonstration of leadership skills.

**Summary of evaluation outcomes:** Evaluations were for **Direct** and **Indirect approach** aspects of SSEHV and were used to provide feedback for the students and the teacher on a student-by-student basis, not of the overall program.

Evaluations were used mainly to identify when and how students were being impacted by the program, effectiveness of the teacher as exemplar and assisting them in developing their own pathway to self-confidence, self-satisfaction and finding the joy and happiness within.

The goal was for students to take ownership of their own character development through learning how to create their own internal stimulus that would bring forward a response based on the Human Values within.

**Comments/Information:** I loved working with the students and with SSEHV. When writing my board configuration in my classroom, I always used the name Sathya Sai Education in Human Values and when seeking approval of the school's Activity Director. However, with the students I used the term

3HV which was quick and easy to say and easy for the students to identify with. Through practicing the Values of the heart, you will find unity in thought, word and deed.

I gained experience implementing aspects of SSEHV on the secondary level:

**Direct Approach** - as part of the State/National curriculum for the subject area.

**Direct Approach** - as a "Character Development Moment" a classroom culture experience.

**Direct Approach** – As an approved after-school Character Development Club.

**Indirect Approach** – Nurturing all students' character and coaching students who expressed interest in leadership development. Interfacing with a State and nationally sponsored leadership organization for students that is part of the Missouri Department of Elementary and Secondary Education curriculum for the subject area.





# SSEHV SPECIALIZED WORKSHOPS

A SSEHV Specialized Workshop refers to SSEHV-focused talks or presentations by SSEHV trained presenters that are offered to any audience and integrate the fundamental principles of SSEHV. These include universal Human Values-based presentations, workshops, seminars, etc. that focus on Parenting, Health Issues, Peer Pressure, Substance Abuse, Cyber Bullying, Teen Pregnancy, Leadership Skills, Workplace Dynamics, and other topics.

Number of Countries with SSEHV Specialized Workshops: 37

Average Number of SSEHV Specialized Workshops Per Year: 117

Average Number of SSEHV Specialized Workshop Teachers Per Year: 268

Average Number of SSEHV Specialized Workshop Students Per Year: 15971

## *Africa*

### **Sathya Sai Education in Human Values (SSEHV) and HIV/AIDS Education Workshop**

**Workshop Topic:** Sathya Sai Education in Human Values (SSEHV) and HIV/AIDS Education Workshop

**Date(s) Conducted:** 2002

**Location of Workshop:** Africa

**Venue:** Sathya Sai School in Zambia, Africa

**Duration - hours:** 3 hours

**Frequency:** Once

**Presenter(s):** 1

**SSEHV Workshop Description:** SSEHV was integrated into HIV/AIDS education. The HIV/AIDS education focused on the United Nations' 5 priority areas for HIV/AIDS in the country of Zambia. This was integrated into the "activity" section of the SSEHV lesson plan and each of the priority areas were explored by 5 breakout groups. The breakout groups gave reports on how they could demonstrate "practical application" to the information learned, how they can express greater compassion to those infected with the virus and how this can be integrated as they provide the information in their schools and in the community.

**Participants:** School teachers, community workers and visitors from England and Zimbabwe

**Presenter(s):** 1

**Number of adult participants:** Approximately 50

**Outcomes of this workshop:** There was an overwhelming response to the integration of Human Values into the workshop which brought about a deep sense of compassion for persons infected with the virus. Infected persons are usually isolated and sometimes scorned by the community persons. Infected children who have lost their parent(s) to the disease most times become street children with no protection by even the police. The group discussed, especially the teachers, how they can make a positive impact to help ease the suffering of infected persons, especially the children.

**Workshop Follow-up:** Participants stated they would follow-up with what was learned.

**SSEHV workshop affiliated with the Institute of Sathya Sai Education:** Yes

**Workshop evaluation:** None

## *Eastern Europe*

### **Seminar on Healthy Lifestyle**

**Date(s) Conducted:** March & April 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** State University

**Duration - days:** 1 day each for 2 seminars

**Duration - hours:** 1 hour

**Frequency:** One-time offering each

**SSEHV Workshop Description:** The topic of the 1st seminar was *The Mystery of Women's Nature*. In the seminar there were items about woman's predestination and a film, "The Mystery of Women's Nature" was shown. After watching a film, there was a study circle. At the end of the seminar the students made a poster where they reflected what a real woman should be like.

The topic of the 2nd seminar was *The Secrets of Manipulation: Alcohol*. There was a discussion about what harm alcohol does on human organism. Students shared what they already knew and after that they could see a video “The Secrets of Manipulation: Alcohol”. The seminar finished with the study circle.

**Presenter(s):** 1

**Number of youth participants:** 16

**Age range of SSEHV students:** 17 - 19 years

**Demonstrated understanding of a Value/Values. Testimonies:** Some impressions about the seminar *The Mystery of Women’s Nature*:

- I thought if I act properly in my life, what should I change in myself and what can my future be like
- I have formed an ideal image of a woman. There was good and useful advice about creating relationships with young men.

The content of the 2nd seminar comprised self-discovery and promoting right actions for students.

**Affiliation with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, orally by students. They said the seminars were interesting and informative.

### **Seminar on the Purity of the Speech**

**Date(s) Conducted:** November 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** College

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The seminar plan:

- The purity of speech as manifestation of wisdom
- Coupling of organs of perception, action and mind
- Speech as a cultural layer, the basis of the ethnos
- The influence of speech and music on the structure of water
- 4 sins of the tongue
- How our speech influences our character

**Presenter(s):** 1

**Number of youth participants:** 34

**Age range:** 16 - 21 years

**Number of adult participants:** 2

**Extended Workshop:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, the listeners said the seminar was interesting and useful

### **Classes on Human Values**

**Date(s) Conducted:** March; August 2014 – June 2015, and October 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Boarding School for children with psychophysical peculiarities

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering each seminar

**SSEHV Workshop Description:** One-time classes for boarding school children, for different age groups.

The topics of the classes were:

- *About Music* - The aim: through music to foster sensitivity and kindness, being able to sympathize and empathize
- *About Flowers* - The aim: through communication with flowers to help children become tender, kinder and richer spiritually
- *The Journey to the City of the Sun* - The activity was held outdoors, it was a cooperative game-journey to the City of the Sun. The aim: to know about the significance of Sun for the Earth, and to learn unselfishness from It.
- *Being able to listen to the Nature's voice* - The aim: to learn to communicate with nature, to listen to Its voice in the sounds of nature and take care of nature.

**Presenter(s):** 3

**Number of youth participants:** 10 - 35 participants

**Age range of SSEHV students:** 10 - 14 years

**Number of adult participants:** 2 - 5 people

**Extended Workshop:** Yes

**Challenges:** The boarding school is 25 km from the city. The administration of the boarding school required holding the classes on week days till 5 pm. The group volunteers had to ask for leave from work and go to these classes.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

## Classes on Human Values

**Date(s) Conducted:** March, October 2016 – January 2017, June 2017, October 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Boarding School for children with psychophysical peculiarities

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** One-time classes on Human Values for different age groups.

The topics of the group were:

- *Being Able to Make Friends*  
The aim: to show character traits that help people live in friendship, unity, and appreciation of each other
- *The Value of Any Life*  
The aim: to tell about the value of life, to give the understanding of animals' presence on Earth, their intrinsic worth, and to foster a caring attitude toward the animals
- *The Christmas Fairy-Tale*  
The aim: the importance of the holiday of Christmas and how it reminds us that we can give kindness and care to others
- *Smile is the Inner Core of a Human Being*  
The aim: to show children kindness is the inner light of our heart.
- *Water in Our Life*  
The aim: to understand the value of water and to foster a caring attitude to it.

**Presenter(s):** 3

**Number of youth participants:** 10 - 15

**Age range of SSEHV students:** 9 - 15 years

**Number of adult participants:** 2 - 3

**Extended Workshop:** Yes

**Challenges:** The Boarding School is 25 km from the city. The administration of the boarding school required holding the classes on weekdays till 5 pm. The group volunteers had to ask for leave from work and go to these classes

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## **Classes and Workshops on Human Values**

**Date(s) Conducted:** December 2012 - January, March, May, November 2013

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Children's Social Orphanage of temporary children's destination

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** Onetime classes and workshops on Human Values for different age groups for the children's social orphanage were held. The topics of the classes and workshops:

- *Miracles are Everywhere!*

Making New Year decorations for decorating the facilities of the orphanage. The aim: to learn to see good in everything, sharing joy with each other.

- *I'm Unique and My Life is Valuable:*

The activity included making a picture frame for a self-photo as a present to the family. The aim: to develop self-belief, to value your life and to love yourself.

- *My Love is Flowing Towards My Mom:*

The activity included making postcards for 8th of March for mother and grandmother. The aim: to develop kindness, express caring and bring joy to the relatives.

- *Festival Day - The Day of the Family:*

The aim: to learn to appreciate your family, to be friendly and to cooperate.

- *If You Study, You Become Useful:*

The aim: to express industriousness in studying, to understand the worth of knowledge and apply it in practice.

- *New-Year Program Theme: Waiting for a Miracle:*

The aim: to express kindness and joy to the people around and to be able to cooperate.

- *To See Good in Everything:*

The aim: to have positive attitude and develop self-belief.

- *Healthy Life Style is Good Habits:*

The aim: to know about the importance of health, good habits and the power of the thought.

- *To Be Thankful for What You Have*

The aim: to learn to see good in everything, to be thankful and share joy with each other.

**Presenter(s):** 1 + 2 helpers

**Number of youth participants:** 12

**Age range of SSEHV students:** 6 - 12 years

**Number of adult participants:** 2 teachers of the orphanage

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** The teachers of the orphanage reported: All of us need such classes! Each time we learn something new! Thank you!

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** All the workshops, classes and festival were held with the usage of 5 methods.

## Classes and Workshops on Human Values

**Date(s) Conducted:** February, March, October, December 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Children's Social Orphanage of temporary children's destination

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** These were one - time classes and workshops on Human Values for different age groups at the children's social orphanage. The topics of the classes and workshops:

- *Love Lives in Each Heart:*  
Made a panel picture by the 8th of March for mothers and grandmothers.  
The aim: to develop kindness, to stimulate children to bring joy to relatives
- *Always Tell the Truth, Even When You are Joking:*  
The aim: to learn to be truthful in everything and to value the truth.
- *With Love to the Animals. We are the Children of the One Earth-Mother:*  
The aim: to love animals, to express care about them with love.
- *Miracles are everywhere:* Making New Year decorations for decorating the facilities at the orphanage.  
The aim: to learn to see good in everything, sharing joy with each other.

**Presenter(s):** 1 + 2 helpers

**Number of youth participants:** 12

**Age range of SSEHV students:** 6 - 13 years

**Number of adult participants:** 3 teachers of the orphanage

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Teachers of the orphanage reported:

- We are always waiting for you! Please, come! Children need you! And that is important for us, too!
- We are very grateful to you for your ideas, interesting activities and love to the children!

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** All the workshops, classes and festivals were held with the usage of the Sathya Sai Education in Human Values 5 teaching methods

## Bolivia

### Protect the Planet

**Date(s) Conducted:** Oct. 14 - Nov. 25, 2017

**Location:** Sucre, Bolivia

**Venue:** Center

**Duration - days:** 7 days

**Duration - hours:** 2 hours each day. Total: 14 hours

**Frequency:** Weekly

**SSEHV Workshop Description:** The study circles and workshops are based on principles of Sathya Sai Education in Human Values (SSEHV).

**Presenter(s):** 2

**Number of youth participants:** 5

**Age range of SSEHV students:** 18 - 30 years

**Number of adult participants:** 10

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:**

- The participants expressed that after the workshops they became aware of the amount of food bought that is actually not consumed. This has allowed them to rationalize use of food and not waste it.
- Plastic was avoided, especially that which cannot be used more than once. In the team, work experienced was shared on how to keep food to avoid its fast decomposition. In some cases, the results of the utility of the domestic composters were shown, as well as exposure to the fact that food could be cultivated without chemicals.

**Outstanding Achievements:** The issues and contents addressed in some of the workshops are now used by the teachers of some schools in Science and Environment classes.

**Challenges:** The theme *Protect the Planet* under the Sathya Sai Education in Human Values Program has to be expanded on all levels of formal education, since it is a practical subject and applicable to all Primary and Secondary Schools.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## **Sathya Sai Education in Human Values (SSEHV) Toward Women Leadership**

**Date(s) Conducted:** May 16 - Sept. 14, 2014

**Location:** Sucre, Bolivia

**Venue:** Social Works of the Archbishopric

**Duration - days:** 16 Days

**Duration - hours:** 3 hours each. Total: 48 hours

**Frequency:** Weekly

**SSEHV Workshop Description:** This is a course with the fundamentals of Human Values particularly applied to women leadership. The group of attendants is basically constituted by women leaders of different NGOs serving communities.

**Presenter(s):** 2

**Number of adult participants:** 12

**Age range of SSEHV students:** 40 - 60 years

**Demonstrated understanding of a Value/Values. Testimonies:** The group of women that attended this course later on themselves facilitated an Education in Human Values course for the staff of two public daycare institutions, replicating the course.

**Outstanding Achievements:** Some of the participants continued their work, training SSEHV staff related to elders.

**Challenges:** These women leaders are members of the National Confederation of Women Institutions (*Confederación Nacional de Instituciones Femeninas, CONIF*) and expressed their wish that there could be a deeper training, including new members.

**Workshop Follow-up:** There has been follow-up to the women leaders that requested help for the development of their work.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** The group of women leaders were particularly motivated by the workshop and the waiting for the training of the staff of the public daycare institutions. These institutions are often affected by the change of staff, which makes it difficult to keep up with a trained team on SSEHV.

### **Sathya Sai Education in Human Values (SSEHV) Teachers Workshop**

**Date(s) Conducted:** September 2017

**Location:** Institute Bolivar

**Venue:** School

**Duration - hours:** 5 hours

**Frequency:** One-time offering

**Presenter(s):** 1

**Number of adult participants:** 12

**Challenges:** The teachers need to follow, practice and experience the program in order to achieve improvement in the children.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## ***Brazil***

### **Talk on Sathya Sai Education in Human Values (SSEHV) and Workshop on Non-Violence/Cooperation Values**

**Date(s) Conducted:** July 2016

**Location:** Sergipe, Brazil

**Venue:** Community Center

**Duration - days:** 1 Day

**Duration - hours:** 4 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** We presented the Sathya Sai Education in Human Values Program to the community, formed of parents and educators. At first, the SSEHV Program was presented through a lecture, which also included the five major Values, their related Values and technics, parents' and teachers' roles as educators and as examples to their children and students. Afterwards, we had dynamics through which we worked with the value of cooperation in the Workshop by using the **direct method**. Besides, there was storytelling and games for the children.

**Presenter(s):** 4

**Number of youth participants:** 15

**Age range of SSEHV students:** 7 - 12 years

**Number of adult participants:** 30

**Demonstrated understanding of a Value/Values. Testimonies:** One of the educators revealed how she liked getting to know about the Sathya Sai Education in Human Values Program.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** This workshop happened in the context of the Medicare Medical Camp action in the countryside in the Brazilian state of Sergipe.

### **Sathya Sai Education in Human Values (SSEHV) Presentation to Educators**

**Date(s) Conducted:** July 2017

**Location:** Bahia, Brazil

**Venue:** Municipal Secretary of Education

**Duration - days:** 1 Day

**Duration - hours:** 4 hours

**Frequency:** One-time Offering

**SSEHV Workshop Description:** We presented the Sathya Sai Education in Human Values Program to the City Mayor and Educators of the Municipality Educational System. At first, the SSEHV Program was presented through a lecture, which also included the five consciousness levels, the five major Values, their related Values and technics.

Moreover, we showed a film about Sathya Sai School of Thailand, and a former SSEHV Educator talked about her classroom experience in Sathya Sai School in state of Minas Gerais. Afterwards, we had interactive dynamics through which we worked with the Value of honesty in the workshop by using the **direct method**.

**Presenter(s):** 4

**Number of adult participants:** 16

**Age range of SSEHV students:** 40 - 70 years

**Demonstrated understanding of a Value/Values. Testimonies:** The educators loved the Program. We all ended the presentation very happy. There was love in the air as we finished the workshop.

**Publications and/or website links:** The Institute of Sathya Sai Education of Brazil announced it at its website:

<http://institutosathyasai.org.br/cursos/curso-basico/salvador-ba/programa-sathya-sai-de-educacao-em-valores-humanos-em-muritiba-ba-3>

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## *Chile*

### **Introductory Course of Sathya Sai Education in Human Values (SSEHV) for Kindergarten Staff and Managers**

**Date(s) Conducted:** February 2016

**Location:** Santiago de Chile

**Venue:** School

**Duration - days:** 6 days

**Duration - hours:** 48 hours

**Frequency:** 8 hours per day

**SSEHV Workshop Description:** The course intended to provide the teachers the conceptual and practical fundamentals for the understanding of SSEHV and its practice, by building educational

experiences that promote the integral development under the perspective of the Educare philosophy.

**Presenter(s):** 5+

**Number of adult participants:** 25 administrative staff and 5 managers

Total: 30

**Age range of SSEHV students:** 22 - 35 years

**Demonstrated understanding of a Value/Values. Testimonies:** "My personal commitment is to be more tolerant, to accept opinions from others without being angry. I commit to share all this knowledge with my family so they can also learn about this wonderful Human Values program. In a professional sense, I commit to keep working with vocation and love, to teach and guide these beautiful boys and girls that are the future of this world. I feel a happy person, full of peace and love."

~Participant

**Outstanding Achievements:** The kindergarten annual reports for 2016 - 2017 show that the Human Values Program became one of the pillars of the educational activities. Moreover, this is spreading to other kindergartens in Chile. There is production of educational material in Human Values. It has also been inspiring for the Bolivia Institute team that is now working with a kindergarten in the rural zone of Cochabamba. It has been very inspiring.

**Challenges:** The more important challenges that can be added here is that not always can there be coherence between work and personal and family life. These are the challenges that are worked out in the SSEHV Values Workshops.

**Workshop Follow-up:** There is a two-hour follow-up every week with the entire staff.

**Affiliation with an Institute of Sathya Sai Education:** Yes, the Bolivia Institute.

**Program Evaluation:** None

## *Ecuador*

### **Axiology (Values Theory)**

**Date(s) Conducted:** November 2012

**Location:** Guayaquil, Ecuador

**Venue:** University

**Duration - days:** 5 days

**Duration - hours:** 10 hours

**Frequency:** 1 week

**SSEHV Workshop Description:** An axiology in the Sathya Sai Education in Human Values (SSEHV) Programs

**Presenter(s):** 1

**Number of adult participants:** 48 students

**Age range of SSEHV students:** Undergraduate students aged 22 - 24 years from the Faculty of Social Communication, Hospitality, Tourism, Advertising and Marketing

**Extended Workshop:** Ongoing

**Demonstrated understanding of a Value/Values. Testimonies:** A student representative of the class thanked the teacher and said that she had never attended such a heart-centered seminar before and that there was more to life than the obvious.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**



PARENTING WORKSHOP, SSEHV ECUADOR

**Summary of evaluation outcomes:** Students connected with the unity of all religions, and mentioned that they had never seen it from this perspective before.

**Comments/Information:** I feel the workshop was useful in bringing about an inner awakening that promotes respect for other religions.

## *Europe*

### **Sathya Sai Education in Human Values (SSEHV) in Leadership**

**Date(s) Conducted:** **Estonia:** Sept. 2011, February 2012; **Hungary:** March 2013, March 2014;

**Lithuania:** March 2013, March 2014; **Sweden:** September 2013, May 2014

**Venue:** Community Center(s)

**Duration - days:** 2 days each. Total of 4 days

**Duration - hours:** 14 hours each. Total of 28 hours

**SSEHV Workshop Description:** The workshop was based on the principles of Sathya Sai Education in Human Values (SSEHV) in relation to Leadership, with the objective of preparing the participants for taking up leadership roles in personal as well as in professional life. It included the foundation and methodology of Sathya Sai Educare, with the intention of helping participants to strengthen their ability to lead a meaningful life based on these spiritual principles.

**Topics:** Leadership Skills and Qualities, Co-ordination and Cooperation, Group Dynamics: Communication, Leadership Roles in different activities, and Selfless Service as a Spiritual Practice. The workshop provided the means by which participants could broaden their knowledge in Spiritual Leadership and Responsibility. They were introduced to different activities as modes for individual transformation and spiritual growth. The topic, "The Way towards Spiritual Excellence," completed the program. At the end of the lectures, workshops helped participants to digest the information presented. The program was a great help for those who wish to be more authentic at work.

**Presenter(s):** Trainers

**Number of adult participants:** Estonia, Latvia - 16; Hungary - 27; Sweden, Norway, Denmark & Finland – 23. Total: 66

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** The weekend set the stage for a really exciting workshop, which provided us with many new experiences and a chance to find unity among each other in several fields. Despite the long workdays of the participants, they were full of eagerness and enthusiasm, actively listening, asking questions and enjoying the friendly and loving atmosphere of the workshop. Everybody was happy that this lovely event took place, and that they all had the opportunity to attend. The whole seminar was based on mutual relationship, providing plenty of opportunities to express ourselves in an atmosphere that was very interactive, intimate and homely.

The fact that 27 people participated in a seminar in Hungary on *Leadership* shows the interest in this topic. Some participants took down nearly every single word in order to pass the notes on to those who could not attend. Participants received an abundance of practical guidance on how to organize various activities. This weekend intensive was particularly important, as it made clear how the organisational work was, in fact, a lifestyle.

The participants found the topics interesting and relevant for their professional as well as their personal lives. Eager to continue their studies, participants were looking for ways to implement their new knowledge into everyday life. They were attentively listening to the lecturers and taking notes. Handouts of the Power Point Presentations were translated into the respective languages of the participants and provided for all.

The atmosphere during the lectures and workshops was full of love, cooperation, mutual assistance and understanding, which was especially useful for the new leaders. Participants could deepen their understanding of the various activities, and had an opportunity to check-in with their own lives to see if they reflected Truth and Love. They not only acquired knowledge on how to improve, but also gained the inspiration necessary for spiritual leadership.

All in all, it was a very inspiring and beautiful weekend, and we are grateful to the trainers for making this opportunity available to us. Our heartfelt thanks to them, for sacrificing their time and making this weekend a memorable one.

**Workshop Follow-up:** The participants were additionally taking part in the SSEHV Training Courses.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) Public Speaking Seminar (PSS)**

**Date(s) Conducted:** April & September 2011; September & March 2011-12; April & June 2013; April & June 2013; September & October 2014; April 2016

**Locations:** Community Centers in: Helsinki, Finland; Estonia; Budapest, Hungary; Ebensee, Austria; Linz, Austria and Vilnius, Lithuania.

**Duration - days:** 2 days

**Duration - hours:** 14 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** The essence of communication is heart-to-heart. However, it is also considered important to work with structure, objective, audience involvement, and visual aids as well as making a heart-to heart connection with the audience.

This seminar on Public Speaking presents the principles of Sathya Sai Education as related to Personal Development, with its focus on how to strengthen relationships for the individual among family, in the workplace, and in society through practicing the Universal Five Human Values.

**Topics:** Adult Learning Processes, Communication, Co-operation through Dialogue, Self-evaluation and other Spiritual Practices, all of which support the personal transformational process that helps one to live spiritually in day-to-day life.

The seminar is designed to help participants to overcome mental obstacles to public speaking by giving new incentives along with teaching practical tools which can be used at work, for presenting a lecture, or in everyday communication. Mind Mapping is a technique believed to support memory and creativity by activating both hemispheres of the brain. Therefore, the technique of mind mapping was taught as a means of structuring a lecture as opposed to using a written manuscript. In Hungary, in the second part, the participants selected a topic to present from a designated list of topics. Each 45-minute presentation was videotaped for the purpose of self-evaluation. 20 minutes were allotted for presenting the topic, 10 minutes for video feedback, and the rest of the time was used for feedback from SSEHV teacher-trainers and the audience.

**Presenter(s):** Trainers

Number of participants: Estonia – 1; Finland and Estonia -12; Hungary – 35; Austria – 35; Lithuania – 42;

Latvia – 8; Total of 132.

**Demonstrated understanding of a Value/Values. Testimonies:**

- Understanding the learning processes from childhood through adulthood, is a good reminder of our own developmental stages, and how we can affect transformation in ourselves and in others. Self-evaluation, collaboration and dialogue, further prepare us to become the exemplars we seek to be. As always, the atmosphere was beautiful and stimulating. Our heartfelt thanks to the trainers for their knowledge, experience, examples,

inspiring presentations and presence.

- It was an inspiring weekend, which provided lots of ideas and enthusiasm for facilitating communication about SSEHV, and for living the Human Values. The focus was on connecting to family, work and local culture. The seminar had three parts: 1) common Human Values in the world religions (interfaith engagement), 2) community engagement (e.g. service or Go Green-projects), and 3) sustainability and environmental issues.
- Many new experiences were gained from this very exciting workshop where one could experience a strong sense of unity among the participants. The atmosphere was both interactive and supportive. One comment received was, "I can think of the lecturers with superlatives only." Feedback from the participants exhibited positive feelings, with special appreciation for the straightforward delivery of each subject and the use of visual aids, but the love of the trainers was considered the most inspiring. Additionally, participants stated that the information presented was very helpful for them in their personal lives, as well as professionally. The whole seminar was based on mutual relationship and provided lots of opportunities for self-expression and communication. The techniques learned were practiced by all with great joy. Immediately after the seminar in Austria, 11 participants choose topics for presentations and registered for the next Public Speaking seminar in June.

Additional feedback from participants:

- "It was very educative; I learned a lot."
- "Topics and techniques have been refreshed and I discovered new ways of mediating."
- "It was good practice in active listening."
- "The method of mirroring (video) was especially helpful and valuable."
- "Self-evaluation was very useful."
- "Feedback opens and widens one's own perspective."
- "I experienced the honest feedback given as very positive; thus hindrances, regarding further presentations, were reduced for me."
- Participants felt that the great amount of information received would be useful when drafting their own presentations, moreover, this would enable them to consciously develop their presentational skills.
- Gratitude was expressed for learning where they needed to improve, and to use the method of Mind Mapping with confidence.
- During a workshop on Mind Mapping, one group found it helpful to elaborate upon an actual issue in order to support work towards its solution.
- The video recording of the presentations and constructive feedback from the SSEHV trainers pointed out aspects for potential improvement of both presentation and communication techniques, as well as professional and factual accuracy.
- The seminar was very useful for the spectators, who had the chance to gain some insight into the challenges of preparing and performing a presentation.
- The presenters evaluated the seminar as highly useful, highlighting among other aspects the deeper understanding of the most important steps to a comprehensive preparation, the creative value of both the act of presenting and receiving encouraging feedback, and inspiration for the continuation of learning and sharing.
- Participants stated that the atmosphere was full of mutual interaction, understanding and love.
- High ratings in the feedback form show the usefulness and clarity of the topics, and the positive and inspiring impact of the seminar.

**Workshop Follow-up:** Most of the participants followed the Course 1 and 2 of the Institute Training

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## Human Values for Life

**Date(s) Conducted:** Netherlands: 2013; Austria: 2013; Hungary 2011 -2014; Lithuania 2015 – 2016; Denmark 2017.

**Venue:** Community Centers

**Duration - days:** 2 days

**Duration - hours:** 14 hours

**Frequency:** As requested

**SSEHV Workshop Description:** The essence of communication is heart-to-heart. However, it is also considered important to work with structure, objective, audience involvement, and visual aids as well as making a heart-to heart connection with the audience.

This seminar on Public Speaking presents the principles of Sathya Sai Education (SSE) as related to Personal Development, with its focus on how to strengthen relationships for the individual among family, in the workplace, and in society through practicing the Universal Five Human Values.

**Topics:** Adult Learning Processes, Communication, Co-operation through Dialogue, Self-evaluation and other Spiritual Practices, all of which support the personal transformational process that helps one to live spiritually in day-to-day life.

The seminar is designed to help participants overcome mental obstacles to public speaking by giving new incentives along with teaching practical tools which can be used at work, for presenting a lecture, or in everyday communication. Mind Mapping is a technique believed to support memory and creativity by activating both hemispheres of the brain. Therefore, the technique of Mind Mapping was taught as a means of structuring a lecture as opposed to using a written manuscript. In Hungary, the workshop was presented in 2 parts, and in the second part the participants selected a topic to present from a designated list of topics. Each 45-min presentation was videotaped for the purpose of self-evaluation. 20 minutes were allotted for presenting the topic, 10 minutes for video feedback, and the rest of the time was used for feedback from SSEHV teacher-trainers and the audience.

**Presenter(s):** Various Presenters

**Number of adult participants:** Netherlands – 32; Estonia, Latvia, Lithuania - 100; Denmark - 23, Hungary- 20, Austria – 18. Total of 193.

**Extended Workshop:** Workshop presented in 2 parts in Hungary and Austria

**Demonstrated understanding of a Value/Values. Testimonies:**

- Understanding the learning processes from childhood through adulthood, is a good reminder of our own developmental stages, and how we can affect transformation in ourselves and in others. Self-evaluation, collaboration and dialogue further prepare us to become the exemplars we seek to be. We are very grateful to the trainers for their effort to adapt this course specifically to the needs of the Dutch SSEHV trainers and trainees. As always, the atmosphere was beautiful and stimulating. Our heartfelt thanks to the trainers for their knowledge, experience, examples, inspiring presentations and presence.
- It was an inspiring weekend, which provided lots of ideas and enthusiasm for facilitating communication about SSEHV, and for living the Human Values. The focus was on connecting to family, work and local culture. The seminar had three parts:
  - Common Human Values in the world religions (interfaith engagement),
  - Community engagement (e.g. service or Go Green-projects), and
  - Sustainability and environmental issues.
- Many new experiences were gained from this very exciting workshop where one could experience a strong sense of unity among the participants. The atmosphere was both interactive and supportive. One comment received was, “I can think of the lecturers with superlatives only.” Feedback from the participants exhibited positive feelings, with special appreciation for the straightforward delivery of each subject and the use of visual aids, but

the love of the trainers was considered the most inspiring. Additionally, participants stated that the information presented was very helpful for them in their personal lives, as well as professionally. The whole seminar was based on mutual relationship and provided lots of opportunities for self-expression and communication. The techniques learned were practiced by all with great joy. Immediately after the seminar in Austria, 11 participants choose topics for presentations and registered for the next Public Speaking seminar in June.

Additional feedback from participants:

- It was very educative; I learned a lot.
- Topics and techniques have been refreshed and I discovered new ways of mediating.
- It was good practice in active listening.
- The method of mirroring (video) was especially helpful and valuable.
- Self-evaluation was very useful.
- Feedback opens and widens one's own perspective.
- I experienced the honest feedback given as very positive, thus hindrances regarding further presentations were reduced for me.
- Participants felt that the great amount of information received would be useful when drafting their own presentations. Moreover, this would enable them to consciously develop their presentational skills.
- Gratitude was expressed for learning where they needed to improve, and to use the method of Mind Mapping with confidence.
- During a workshop on Mind Mapping, one group found it helpful to elaborate upon an actual issue in order to support work towards its solution.
- The video recording of the presentations and constructive feedback from the SSEHV trainers pointed out aspects for potential improvement of both presentation and communication techniques, as well as professional and factual accuracy.
- The seminar was very useful for the spectators, who had the chance to gain some insight into the challenges of preparing and performing a presentation.
- The presenters evaluated the seminar as highly useful, highlighting among other aspects the deeper understanding of the most important steps to a comprehensive preparation, the creative value of both the act of presenting and receiving encouraging feedback, and inspiration for the continuation of learning and sharing.
- Participants stated that the atmosphere was full of mutual interaction, understanding and love.
- High ratings in the feedback form show the usefulness and clarity of the topics, and the positive and inspiring impact of the seminar.

**Workshop Follow-up:** Some of the participants were additionally taking part in the ESSE Training Courses.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## *Fiji*

### **Why Sathya Sai Education in Human Values (SSEHV)?**

**Location:** Fiji

**Venue:** Center

**Duration** - hours: 1 hour

**Frequency:** Monthly

**SSEHV Workshop Description:** *Why Sathya Sai Education in Human Values*; Story Telling; Quotation

**Presenter(s):** 1

**Number of youth participants:** All class students and teachers

**Age range of SSEHV students:** 6 - 20 years

**Number of adult participants:** All teachers and support staff

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** They enjoy the sessions

- Able to tell moral of story
- Some able to tell the story using sign language

**Outstanding Achievements:** Students' response towards positivity.

**Challenges:** Difficulty in communication in sign language and some students have hearing disability issues.

**Workshop Follow-up:** Yes

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** More visits and more time spent will keep the students polished up with Human Values education.

## **Sathya Sai Education in Human Values (SSEHV) Good Parenting**

**Workshop Topic:** *Good Parenting*

**Location:** Nawai, Fiji

**Venue:** Kindergarten Class

**Duration - days:** Monday

**Duration - hours:** 2 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** Guideline to students on how to mold them in becoming good citizens.

**Presenter(s):** 1

**Number of youth participants:** 17 Children

**Number of adult participants:** 25 Parents

**Demonstrated understanding of a Value/Values. Testimonies:** Parents are to become role models for their children. Mold children and instill moral values.

**Outstanding Achievements:** Certificates were given to individual parents.

**Challenges:** Language was a problem.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **PROGRAM EVALUATION**

**Summary of evaluation outcomes:** Parents were encouraged to be good role models and guide the children along.

## **Greece**

### **Workshops on Sathya Sai Education in Human Values (SSEHV) and a Variety of Topics**

**Date(s) Conducted:** 2011 – 2017 ongoing

**Locations:** Filothei, Palaio Faliro, Halandri (areas within Athens), town of Marcopoulo in Attica, cities of Patras, Thessaloniki, Chania, and Heraklion

**Venues:** Various



WORKSHOPS ON A VARIETY OF TOPICS  
SSEHV GREECE

**Duration - days:** Depending on the availability of trainers and participants, the workshops last either two days (Saturday afternoon & Sunday morning) or a few hours on working days.

**Duration - hours:** 2-4 hours each time

**Frequency:** One-off, weekly, monthly

**SSEHV Workshop Description:** The format of these workshops is: Lecture, Workshop/Study Circle, Outcomes/Conclusions, brief music interval, Lunch.

Lectures have various topics starting with the main teachings on the SSEHVs' five Human Values and include: Leadership Skills, Unity in Diversity, Selfless Service, Self-Knowledge, Healthy Eating, Environmental Care, Regenerative Agriculture, Economical Crisis as a chance for Spiritual Awakening, European Union and Dharma, Animal Care and Vegetarianism, etc.

**Presenter(s):** The workshops are organized by a group of the senior members of both Institute of Sathya Sai Education – South Europe and Greek SSO, which meets at least once a month to evaluate each meeting, weigh the pros and cons, and to organize the next meeting.

**Number of youth participants:** 5-10 x 6 years. Total: 30 - 60

**Number of adult participants:** 15-80 x 6 years. Total: 90 - 480

**Age range of SSEHV students:** 18 - 70 years

**Extended Workshop:** Ongoing

**Demonstrated understanding of a Value/Values. Testimonies:** New members were introduced to the SSEHV program and the teachings on Human Values. The program is being enhanced by comparisons of the Sathya Sai philosophy with the ancient Greek philosophy, especially Socrates, Plato, Aristotle and the Pre-Socratic philosophers. This has caused an awareness and greater respect for the ancient Greek philosophy and has paved the path to a deeper understanding. An additional benefit of the workshops is that some members of the audience have become regular attendees.

**Workshop Follow-up:** Regular study circles on Sathya Sai Education in Human Values and ancient Greek philosophy are taking place for participants who have expressed their interest for an in-depth understanding of Human Values and Spirituality. At the end of each workshop, participants are given a typed overview of the subjects covered and the points raised.

**Publications and/or website links:** Some presentations have been videotaped.

**Affiliation with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Summary of evaluation outcomes:** While a formal evaluation has not been conducted, there is always positive feedback from the participants on how these workshops awaken a deeper understanding of themselves, and a change in their outlook of life. They often participate in service projects and there is constant encouragement for them to continue to spread the message of Human Values to a greater audience.

## *Guatemala*

### **Talks on Parenting to Parents of the Children at the Sathya Sai School of Guatemala**

**Date(s) Conducted:** Since 1999, have been conducting talks regularly, until now

**Location:** Guatemala City

**Venue:** Sai School

**Duration - hours:** 1 – 2 hours

**Frequency:** Regularly

**SSEHV Workshop Description:** Talks for parents on parenting, hygiene, parenting etc.

**Presenter(s):** The Principal and some guests

**Number of adult participants:** 90 - 150 parents

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:**

- Parents who used to find it very difficult to be on time are now taking their children to school without any delay
- Parents usually became more involved and encouraged children to do their homework
- A mother knew how to stop her husband during a moment of home violence

**Outstanding Achievements:** After a series of talks, parents embraced a more positive attitude, start praying and meditating together, they use language more properly now, provide more nutritious meals to their children, and become vigilant of their children's hygiene.

- Excellent attendance – 90% of the parents.
- A small snack is provided.

**Challenges:** We would like to have more trained guests to address the parents through the talks.

**Affiliation with an Institute of Sathya Sai Education:** Yes

## *Guyana*

### **Sathya Sai Education in Human Values (SSEHV) Facilitator Workshops in Guyana**

**Date(s) Conducted:** May - Oct. 2017

**Locations:** Georgetown, Essequibo Coast, Essequibo Coast, Corentyne and Berbice, Guyana

**Venue:** Local Centers

**Duration - days:** 5 sessions per day.

**Duration - hours:** 3 hours per session. Total: 15 hours

**Frequency:** Once per month

**SSEHV Workshop Description:**

- Ideals in Human Relationships
- Communication
- Managing the Environment
- Financial Management

**Number of youth participants:** 31

**Number of adult participants:** 18

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** Please see Appendices:

<https://1drv.ms/b/s!AmZnQ4vAUdkJfA4ple2CieIEYxk>

**Outstanding Achievements:** 90% fully participated in each training session.

**Challenges:** SSEHV volunteering not sustained.

**Workshop Follow-up:** None to date.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Ready-made evaluation tools:** As per PTLW.

**Comments/Information:** Participants are empowered to coordinate and conduct minor workshops and programs.

## Haiti

### Sathya Sai Education in Human Values (SSEHV) for Teachers, Students of Education and Youth

**Location:** Haiti

**Venue:** Mostly in a school

**SSEHV Workshops Description:**

- **June 2010:** A training in Human Values and Youth Leadership.  
Participants: 20 people, including youth, from a neighborhood seeking to offer support to the children of their community and other youth. Duration: One week. 30 hours.  
Content: Human Values and personal transformation, transformational leadership and community service, needs assessment.
- **Spring 2011:** SSEHV training and activities for teachers, the youth who started the ABC for Life school and interested public. Duration: Two weekends  
Content: Human Values in education, 5HV aspects of the Values. Practical workshops on cooperation and communication, and group activities.
- **Spring 2011:** SSEHV activities for high-school students and adults. Duration: 3 times per week, one hour each time. Content: Human Values study groups, silent sitting exercises and group activities.
- **Spring 2011:** SSEHV for high-school seniors of Collège -at their request. Duration: One hour per week for 4 months. Content: Interactive lessons on Human Values and character development related to practical issues and Haitian context through discussions and group activities.
- **August 2016:** Training sessions for teachers and other interested teachers and youth: one in each of the two partnership schools (ABC for Life and EMNJ). Duration: Two 5-day sessions  
A 4-hour theory (the 5 Human Values, integral education, teacher as exemplar, in the morning and preparation of the afternoon lesson.  
A 2-hour SSEHV lessons for 100 schoolchildren led by the trainees in the afternoons.
- **August 2017:** Training in Port-au-Prince: A two-day introductory course followed by three days of more in-depth study for 45 teachers, students in education and other youth. Duration: 5 days, 6 hours each day. Content: Basic principles of SSEHV, education today, character development, the 5 Human Values, role of parents and teachers, philosophy of Educare, direct and indirect teaching methods.
- **August 2017:** Introductory course in a town two hours North of Port-au-Prince, for 27 teachers and youth. Duration: Two days. Content: Basic principles of SSEHV, education today, character development, the 5 Human Values, Educare, role of parents and teachers, teacher as example.
- **February 2018:** Training for 30 participants, follow-up of the training in August. Duration: 4 days, 4 hours each day. Content: More in-depth study of the Values and teaching techniques, with many examples and activities of the **direct method** at the request of the participants. Presentations on *Who am I? And Unity of Heart, Head and Hands*.
- **February 2018:** A presentation with High school students on *Who am I? And the 5 Human Values*. Duration: 4 hours
- **February 2018:** Introduction to SSEHV in Gonaives for young adults, 32 participants. Duration: Full day. Content: Introduction to the SSEHV program, the 5 Human Values and Educare, *Who am I? And Unity of Heart, Head and Hands*.

• **April 2018:** SSEHV introduction at school one hour south of the capital. Duration: 3 hours  
All sessions since 2016 included PowerPoint presentations, the five lesson techniques and (except for the High school and Léogane) a written assignment and evaluation. The trainings were very well received and generated enthusiasm, understanding and a determination to practice Human Values.

**Presenter(s):** 2

**Number of youth participants:** 15 - 45 depending on the workshop. 62 high school students + 100 schoolchildren

**Age range of SSEHV students:** 16 - 30 years

**Number of adult participants:** Approximately 154

**Extended Workshop:** Yes: The trainings continue in Haiti depending on the availability of the international trainers. The goal is to expand the local resources and get help from neighboring ISSE's.

**Demonstrated understanding of a Value/Values. Testimonies:** There are many positive and inspiring testimonies, and the atmosphere of love, joy and inspiration to work with the Values are signs of the positive outcome. Great motivation for self-transformation by developing the Human Values and awareness of the role as example.

**Challenges:**

To find French speaking trainers able to come to Haiti. We may have to give future trainings using translators (for English or Spanish speaking trainers) and a few of the more experienced trained Haitian teachers can help out with various activities using the Creole language.

- To respond to the demand and opportunities to spread SSEHV in Haiti. As most teachers do not receive any or little training and as character building and Values education are desired by good school directors, teachers and youth, the trainings are most appreciated and valued. SSEHV matches well the moral Christian Values prevalent in Haiti. The methods provide alternative and fun ways to awaken the children's interest. There is great potential as the need is great as well. To date the program has been kept small.
- To find a suitable location. It is expensive to rent a location. The location we have been using in the school has been very difficult because too small and very hot. Nevertheless, the participants came every day and put up with the inconvenience. A number of participants must travel quite a distance to join. One person walked for over an hour each way each day. For another group we had to engage a driver with a pick-up.
- To provide meal for participants is important and has been provided, notwithstanding the cost.
- Provide more and better handouts or create a small manual so that the participants can easily review the material, as even French is their second language.

**Affiliation with an Institute of Sathya Sai Education:** Yes, under the auspices of the ESSE Zone 7, since Nov 2016.

#### **PROGRAM EVALUATION**

**Developed evaluation tools:** Written Assignments

**Ready-made evaluation tools:** Evaluation Forms

**Summary of evaluation outcomes:** Participants show understanding and enthusiasm at the end of the workshops. Follow-up with the participants who are not part of the two partnership schools has not been done yet.

**Comments/Information: August 2017:** A Haitian Human Values Committee has been formed to ensure a continuation in spreading and implementing the Values in Haiti through follow-up with the participants.



SSEHV WORKSHOP FOR YOUTH, HAITI

## Italy

### Sathya Sai Education in Human Values (SSEHV) Based Training Program for Teachers

**Date(s) Conducted:** 2014 - 2017

**Location:** Milano, Italy

**Venue:** School

**Duration - days:** 11

**Duration - hours:** 22 hours

**Frequency:** Monthly - Total of 1 series of workshops per year

**SSEHV Workshop Description:**

The workshops were organized for the teachers of school. The Comprehensive Institute is a specific School typology which brings together under only one leadership and administration different schools' orders for infant, primary, and secondary schools.

**Presenter(s):** 1

**Number of adult participants:** 88 teachers

**Age range of SSEHV students:** 27 - 60 years

**Extended Workshop:** Yes. We probably will continue next year.

**Demonstrated understanding of a Value/Values. Testimonies:**

- We used a *maveutic* approach to help teachers in discovering new solutions and ancient wisdom from within.
- We also used groups activities such as role playing or exercises often used in company training.
- We introduced at every meeting ten minutes of meditation to help participants to achieve the basis of concentration. Some of them even used this technique in classrooms with their students. They reported that students involved were really interested and engaged in this continuative experience. Usually teachers who adopted five minutes meditation in their classrooms practiced it at the beginning of the lesson.

**Outstanding Achievements:** The course was approved by the Minister of Education in Italy allowing teachers to obtain credits for their participation.

**Challenges:** Helping teachers gain confidence in using Human Values based activity in their classroom.

**Workshop Follow-up:** After some months we had the opportunity to check teachers' activities, discovering that they continue using the five techniques in their classroom.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**

**Formal evaluation:** Yes

Teachers had to complete an evaluation test online with questions about Human Values approach.

<https://docs.google.com/forms/d/1THkpxpEobjVMjjV6OHfEI707EkNBgcFaEzMw0-TphJk/edit?ts=5933cc22#responses>

**Developed evaluation tools:** Teacher had to complete an online questionnaire to evaluate the course. Also they had to report all the Human Values oriented activities that they conducted in their classroom with children.

[https://docs.google.com/forms/d/1U94-MUe3NMWHL6Wv-pMeFp04h0ISGh6HQMI\\_TO0jNw8/edit?ts=5933ce25#responses](https://docs.google.com/forms/d/1U94-MUe3NMWHL6Wv-pMeFp04h0ISGh6HQMI_TO0jNw8/edit?ts=5933ce25#responses)

[https://docs.google.com/forms/d/1PIOPNwiwXYtzUHuld0uaup\\_vSwcaLt3T04HjzdtSVvM/edit?ts=5933cdf#responses](https://docs.google.com/forms/d/1PIOPNwiwXYtzUHuld0uaup_vSwcaLt3T04HjzdtSVvM/edit?ts=5933cdf#responses)

**Summary of evaluation outcomes:** Teachers were really pleased with the course by giving very high evaluation ratings.

### **Sathya Sai Education in Human Values (SSEHV) in Parenting**

**Date(s) Conducted:** 2015 - 2017

**Location:** Milano, Italy

**Venue:** School

**Duration - days:** 6

**Duration - hours:** 12 hours

**Frequency:** Monthly. Total of 3 Workshops

**SSEHV Workshop Description:** In October 2015, the president of the parents' assembly asked Institute of Sathya Sai Education – Italia (ISSE Italia) to develop three conferences about Human Values. This had been possible because an individual, besides being a teacher is a parent. He proposed this partnership to the assembly and they were really interested in it. We proposed different topics and they chose this:

- Being Human: Values-Based Parents
- Self Esteem
- The Fundamental Power of Concentration

At the first meeting a lot of parents were present, more than usual. During the second and the third meeting many more parents arrived. On average, fifty people attended.

**Presenter(s):** 1

**Number of adult participants:** 50

**Age range of SSEHV students:** 30 - 55 years

**Demonstrated understanding of a Value/Values. Testimonies:** We spoke about Human Values and the most important topics of integral pedagogy. We even practiced some exercise to focus attention on breath. The idea was to help parents in their comprehension of the needs of the young and their way of functioning.

**Publications and/or website links:** <http://www.icgalileicorsico.gov.it/it/articolo/percorso-formazione-genitori>

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) Based Training Program**

**Date(s) Conducted:** February 2014 - October 2014

**Location:** Milano, Italy

**Venue:** Humanitas Hospital

**Duration - days:** 7

**Duration - hours:** 56 hours

**Frequency:** Monthly

**SSEHV Workshop Description:** One of the best practices of the Humanitas Hospital is to regularly implement highly specialized training programs for their staff. In 2013, a female doctor, Chair of the Humanitas Foundation that manages more than 200 volunteers, asked the coordinator of the intensive care volunteers to provide a Human Values Training program for all the volunteers of the Hospital. She in turn directly contacted psychologists and professional trainers engaged in the Institute of Sathya Sai Education – South Europe (ISSE-SE) activities, to organize and realize a high standard training program. After a first meeting with the doctor in January 2014 we planned the training program.

**Presenter(s):** 2

**Number of adult participants:** 190

**Age range of SSEHV students:** 40 – 75 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** See evaluation below

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **PROGRAM EVALUATION**

**Formal evaluation:** We had evaluation phases. After each meeting we asked participants to express their opinion about the work. Especially after the first two days dedicated to the volunteer coordinators, we collected their reflections to adjust the program dedicated to the volunteers based on their particular needs. At the end of the program we administered an evaluation questionnaire. Below are the results of the evaluation:

**Questionnaire Ranking: 1(not too much) 2 3 4 5 6 (very much)**

- The training was interesting: 5.17
- The training was useful: 4.49
- The contents were important: 4.93
- The contents treated are important for my volunteer activities: 4.59
- The contents treated are important for my life: 4.25
- The contents treated were expressed clearly: 5.28
- I already knew these contents: 3.54
- I will try to use on a daily basis what I have learnt: 4.44
- I would like to deepen the topics covered: 4.23
- I enjoyed myself: 4.82
- I got bored: 1.73

**Summary of evaluation outcomes:** People were really pleased with the workshop.

The contents were divided in a general part for all the volunteers and a much more deepened one depending on needs of the different departments.

As usually happens during a professional training program, the topics of each single day had a predefined base structure but we adjusted it in relation to the emerging needs of the participants. We had presented: lessons, activity in groups, discussion groups and story-telling. The focus was on a maieutic method, finalized to help people to experiment and discover by oneself the topics proposed.

We used metaphoric group activities which helped people go deeper into the themes exposed in the theoretical part.

## *Japan*

### **Sathya Sai Education in Human Values (SSEHV) and Study of India**

**Date(s) Conducted:** July 2012 – December 2017

**Location:** Tokyo, Chiba, Kanagawa, Saitama, Shizuoka, Aichi and Shiga in Japan

**Venue:** High Schools, Universities, Community Centers, etc.

**Duration - days:** Total 45 days (Each seminar: 1 day)

**Duration - hours:** Each seminar: 1-3 hours,

**Each exhibition:** 1–3 days

**Frequency:** Occasional (upon request)

**SSEHV Workshop Description:** In 2012, the Ambassador of India requested holding these workshops so that the Japanese youth might gain a more favorable impression of India. Recently, many public schools have invited volunteers to come and speak about their country in an effort to improve the

# ラーマ

ラーヴァナよ

お前は気づいていないのだ！  
人生にとって何が大切なことなのかを！  
何を実践すべきなのかを！



私はすべてを知っている。  
これから何が起るのかを。  
私は私の役割を果たすべく生まれてきたのだ。  
私がこのシヴァ神の弓を持ち上げ、折ったとき  
ラーヴァナを破壊する物語が始まったのだ。

# シータ

ミティラー国の王ジャナカは、シヴァ神の  
神聖な弓を持ち上げて折った聖なる強者を  
娘のシータの夫とする集まり開いた。



ラーマは弓を軽々と持ち上げ  
弦をはるために弓を曲げる  
耳をつんざくような音をたてて弓が折れた。



ラーマとシータは結婚の儀  
を執り行うこととなった。



ラーマは、  
シータの夫  
あつても  
尊敬と、子  
ラーマは  
を注意深く

ラーマは、シ  
ダシャラ王  
つもりでし  
カイケー  
し、自分の  
ました。

カイケー  
ましたが、侍  
感わされて  
訓は、「邪悪  
ってしまう

森での隠遁生活であっても、  
ラーマ、シータ、ラクシュマナ（ラーマの弟）  
たちは、徳高き暮らしをしていました。  
ある時、シータは、ラーヴァナという魔王に  
捕まり、連れ去られてしまいます。

ラーヴァナの国に行くには、海を渡ってい  
かなければなりません。ラーマを慕う猿王や  
物連も一緒になってシータを救出するための  
助けをします。みんなで助け合う重要性を伝  
えています。



ラーヴァナは  
たが、神の力が込  
を倒し、シータを  
した。

「ラーマヤナ」  
すが、このことは  
の心の中で起こつ  
言われています。

すべての登場人物  
善なる思いはラー  
ラーヴァナとして  
同じ様なことが「  
いるようです。



international understanding of students prior to the upcoming Tokyo Olympic Games in 2020. As a result, the “Study of India” workshop was chosen.

This workshop covers these various topics related to India: history, relationship between India and Japan, great people of India, comparison of Buddhism and Hinduism, Ramayana, Mahabharata, Vedas, Indian art, cricket, Indian classical dance, Bollywood dance, sitar concerts, yoga, Indian cooking, Indian food, Indian society, the Japanese businessman’s experience in India, etc.

Some of the topics are taught by outside lecturers, but ISSE speakers always offer at least one lecture per workshop to mention the five Human Values. Please visit link

<https://1drv.ms/b/s!AmZnQ4vAUdkJfWZD5BrCcZ38phU>

**Presenter(s):** 8

**Speakers** (total 22): Former Ambassador of Japan to India (1); Executive Director of India - Japan Association (1); University professor (1); Researchers (2); Curator (1); Business persons related to

India (5); Dancers (5); Yoga instructors (4); Musician (1) and Ayurveda specialist (1)

**Number of youth participants:** 3,000 in 37 seminars

**Age range of SSEHV students:** 15 - 22 years

**Number of adult participants:** 500 in 37 seminars

**Age range of SSEHV students:** 23 - 60 years

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** One student of both Indian and Japanese descent was able to recover his self-confidence through the “Study of India”. Some students were impressed by the depth of Indian philosophy; some were able to understand the importance of seeking inner peace through yoga. Yet others were impressed by the concept of *ahimsa* (non-violence) through the Indian cooking class.

## *Eastern Europe*

### **Sathya Sai Education in Human Values (SSEHV)**

**Topic 1: Physics as the Key to Understanding Life;**

**Topic 2: 5 Rules of a True Businessman**

**Date(s) Conducted:** November & December 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** Two conversations were held with high school students about Physics and Human Values, and about Business and Human Values

**Presenter(s):** 3

**Number of youth participants:** 50

**Age range of SSEHV students:** 16 - 17 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** High school students were very inspired, listened attentively, thought deeply about Human Values, and asked us to come again.

**Workshop Follow-up:** The Director invited speakers to hold a section for high school students. We agreed with the school administration on further cooperation.

**Affiliation with an Institute of Sathya Sai Education:** Yes

## **Sathya Sai Education in Human Values (SSEHV): The World Day of Kindness**

**Date(s) Conducted:** December 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Mother's House

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The importance of kindness in the world, about how important it is to love your child while staying in confined circumstances.

**Presenter(s):** 1

**Number of participants:** 6 mothers

**Age range of SSEHV students:** 18 - 30 years

**Extended Workshop:** No

**Publications and/or website links:** Published on the regional website under the heading "Kazakhstan".

**Affiliation with an Institute of Sathya Sai Education:** Yes

## **Sathya Sai Education in Human Values (SSEHV) Interactive Seminar: Moral Education of Girls**

**Date(s) Conducted:** April 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** 3 colleges

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**Presenter(s):** 1

**Number of participants:** 30 - 35 students of 3 colleges + 3 others. Total: 90 – 105

**Age range of SSEHV students:** 17 - 20 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** The results have always been exhilarating. The girls noted that such seminars "teach them to live with dignity".

**Workshop Follow-up:** Individual consultations of colleges' teachers

**Publications and/or website links:** Press release of the city administration

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, by the Department of Self-Knowledge of the Regional Department of Education

**Comments/Information:** The seminar on *Moral Education of Girls* was relevant and in demand for self-knowledge and self-improvement of young people.

## **Sathya Sai Education in Human Values (SSEHV) - About the Dangers of Smoking**

**Date(s) Conducted:** Twice in May 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School; Ecological College

**Duration - days:** 1

**Duration - hours:** 1.5 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** The meeting started with the movie "Valentine and Smoking". Youth's attitude towards smoking was revealed according to their answers to questions about the

film. It was negative. Then we examined the situation of smoking among young people in Kazakhstan. The figures impressed the listeners, but even more impressive was the viewing of slides and a video about the consequences of smoking.

Then the students played the story "About the Tobacco Seller". All together spoke a quote: "Tobacco brings harm to the body, destroys the mind, and stupefies entire nations," by Honore de Balzac. The listeners were asked: "What can we do to make people in our country non-smokers?" There was a unanimous answer: to prohibit the sale of cigarettes, not to smoke themselves, to play sports. The lecturer invited students to say aloud to humanity "No smoking!" Students one by one spoke their call. At the end of the meeting, everyone enthusiastically sang the song "About a Healthy Lifestyle."

**Presenter(s):** 1

**Number of youth participants:** 360 pupils from grades 8 - 11; 74 college students; 12 school teachers; 5 teachers of the college. Total: 451

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** The purpose of the meeting was achieved. Most of the listeners had seriously thought about their attitude to smoking. After the meeting, there was a conversation with one of the college teachers present at the meeting. He expressed his opinion: the information was very useful for students and aroused keen interest. The song was inspirational; deep interest was shown in working on this problem and active cooperation could be seen.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**

**Formal evaluation:** Yes, orally, by the teachers present; they gave a high mark.

### **Sathya Sai Education in Human Values (SSEHV)**

#### **Lectures on the themes: Moral Education in the Family, Development of Positive Thinking, How to Avoid Burning Ones' Self Out at Work.**

**Date(s) Conducted:** October and November 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** High school

**Duration - days:** 1 day each

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** Lectures were conducted for teachers and parents. The first lecture featured the importance of moral example of parents, mother's and father's roles, at the end of the lecture, parents wrote a letter to their child. The other lectures featured basics of positive thinking, mind's role, methods of mind control and achieving peace of mind. Also, a light meditation was conducted.

**Presenter(s):** 1

**Number of adult participants:** Teaching staff and alumni of the University - 40

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Parents and teachers thanked the presenters for the knowledge they had received and expressed a desire that such workshops should be conducted more often.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## **Sathya Sai Education in Human Values (SSEHV)**

**How to Give the Children the Energy of Love for the teachers of the orphanage.**

**The Ideas of Janusz Korczak for Modern Education for teachers of the boarding school.**

**Date(s) Conducted:** November & April 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage, Boarding School

**Duration - days:** 1

**Duration - hours:** 1.5 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** They are Interactive master classes using 5 methods of spiritual and moral education.

**Presenter(s):** 1

**Number of adult participants:** 7 educators; 22 teachers. Total: 29

**Age range of SSEHV students:** 25 - 40 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Teachers and educators participated in the seminar with interest and enthusiasm. They thanked the presenters and asked to hold more seminars.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## **Sathya Sai Education in Human Values (SSEHV) - Good Character**

**Date(s) Conducted:** June 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Children's Reception Center

**Duration - days:** 1

**Duration – hours:** 1.5 - 2 hours each lesson

**Frequency:** One-time offering

**SSEHV Workshop Description:** The lesson *Good Character* was held in three groups of children

**Presenter(s):** 3

**Number of youth participants:** 31

**Number of adult participants:** 7

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Children explained which traits help to form good character and which hinder the process and why. They gave examples from their lives and their own experience.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**

**Formal evaluation:** Yes, by staff members of the Reception Center

## **Classes on Sathya Sai Education in Human Values (SSEHV)**

**Date(s) Conducted:** December 2015 & January 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Children's Reception Center



WORKSHOP ON SELF KNOWLEDGE  
SSEHV EASTERN EUROPE

**Duration - days:** 1

**Duration - hours:** 2 - 3 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** Two classes on Human Values were conducted for children - separately for groups of boys and girls. The theme of the talk with boys: *What Qualities Should a Man Have?*

The theme of the talk with girls was *A Girl - Who is She?*

**Presenter(s):** 5

**Number of youth participants:** 48

**Age range of SSEHV students:** 10 – 25 years

**Number of adult participants:** 10

**Demonstrated understanding of a Value/Values. Testimonies:** Children, both boys and girls, participated in the talk with great interest, were very active and asked many questions. They loved these talks. They said that these meetings have united them and made them very close and dear. The faces of the girls and boys glowed with happiness and smiles. The girls were very beautiful and charming. The boys looked serious and self-confident. They said they had realized the purpose of their life and understood their essence. They had a chance to think about their future life and their role in the society. We said goodbye to children in this spirit of love and happiness.

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - I Am Happy**

**Date(s) Conducted:** April of 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Women's Correctional Colony

**Duration - hours:** 2 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** A talk on the theme, *I am happy*, was conducted for young mothers who had given birth to children while in a women's correctional colony, as well as for women serving their sentences there. The talk featured a great role of motherhood, the joy and happiness of being a woman.

**Presenter(s):** 1

**Number of youth participants:** 33

**Age range of SSEHV students:** 18 – 40 years

**Number of adult participants:** 20

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Many women were overwhelmed with emotions and feelings and there were tears in their eyes during the talk. They expressed their gratitude and appreciation, and the colony's staff asked us to come with these kinds of lectures and talks as often as possible. Young mothers shared their life stories with us, asked for advice as to how they should live their future lives and raise their babies.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Happy Motherhood**

**Date(s) Conducted:** March 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Female Colony

**Duration - hours:** 2 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** Lecture on the topic, *Happy Motherhood*, was held for young mothers who gave birth to children while in the colony, and for women serving time in the colony. The lecture talked about role of the Mother in the life of the child; the importance of raising a child in Love and Joy.

**Presenter(s):** 1

**Number of participants:** 20 mothers + 10 others. Total: 30

**Age range of SSEHV students:** 18 - 40 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Young women were touched to the depths of their hearts. They warmed to the hope that their kids will live a happier destiny.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV):**

#### **Human Values in Mercy is the Highest Form of Love for One's Neighbor**

**Date(s) Conducted:** December 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Mother's House

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The conversation, *Mercy is the Highest Form of Love for Neighbor*, was held for young mothers with children under the care of the state. The purpose of the meeting was to tell young mothers about mercy, kindness and love, and to acquaint them with universal Values.

**Presenter(s):** 1

**Number of youth participants:** 6 young mothers

**Age range of SSEHV students:** 18 - 30 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** The conversation touched upon the thin strings of the soul of all present. All mothers exuded love, kindness and peace. Their little children quietly snuffled and nursed in their arms.

**Workshop Follow-up:** A project of 11 classes was developed and held in 2016.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV)**

#### **Open lecture: Human Values in Teaching Self-Knowledge**

**Date(s) Conducted:** October 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** State University

**Duration - days:** 1 day

**Duration - hours:** 1.5 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** The lecture featured philosophical, psychological and pedagogic aspects of the Self-Knowledge program of moral and spiritual education. Also, a master-class on the art of story-telling was conducted. Students and alumni of the department displayed wonderful artistic and creative skills by performing a sketch *Kolobok and Human Values* based on the Russian fairy tale.

**Presenter(s):** 1

**Number of participants:** Faculty members and alumni of the University - 30

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Teachers and alumni reflected on the spiritual nature of man, ageless Values and made a revision of their materialistic outlook.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV): Children - Our Future Project**

**Date(s) Conducted:** October 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Center for Orphans

**Duration - days:** 1

**Duration - hours:** 3 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** Within the project, *Children - Our Future* the following activities were held:

- Conversations for orphans, ages 5 - 14 years, about the dangers of smoking and alcohol, separately for boys and girls.
- Planting of currant saplings,
- Tea with sweet pies, fruit and juice.

**Presenter(s):** 2

**Number of youth participants:** 20 children

**Age range of SSEHV students:** 5 - 14 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** The administration of the center for orphans expressed its gratitude to us for the event, and also invited us to cooperate with them on an ongoing basis to read lectures on the dangers of smoking and alcohol with older children, ages 15-17 years, as well as on other moral topics.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** Everyone was happy - both adults and children

### **A Human Values-related Speech and Two Workshops, presented at a Teachers' Conference**

**Date(s) Conducted:** August 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School

**Duration - days:** 2

**Duration - hours:** 45 minutes each

**SSEHV Workshop Description:** The author of the project delivered a speech on the theme *Work with Parents as the Most Essential Part of the Teaching Process in School* and conducted two workshops:

- For psychologists, titled, *Art of Positive Thinking*
- For self-knowledge teachers, titled, *Human Values as the Basis of the Self- Knowledge Program of Moral and Spiritual Education*

**Presenter(s):** 1

**Number of participants:** Plenary meeting was attended by over 100 persons

Affiliated meetings were attended by approximately 30 persons. Total: 130

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Participants of the workshop expressed their gratitude for the knowledge and inspiration they had received and for having the question regarding relieving stress answered.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## *Eastern Europe*

### **Sathya Sai Education in Human Values (SSEHV) - Advanced Course of Administration and Management**

**Date(s) Conducted:** 2014 - 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Workplace. Institute of Additional Education.

**Frequency:** Unknown

**SSEHV Workshop Description:** Integration of Human Values and 5 Teaching Methods into Trainings for Improving the Skills of State and Municipal Employees

**Presenter(s):** 1

**Participants' Details:** Government and municipal workers that are currently working or firstly promoted to management positions at government at public service.

Total adult participants: 98

**Workshop ongoing:** Yes

**Outcomes of workshop:** If such Values as honesty, patriotism, responsibility for future generations will be in priority, then all problems that are connected to economics, social environment, corruption, education will be in reality solved.

Basic point of movie "Kurmanjan Datka" is about unity of nation and people, the idea of rallying and consolidation of all people, around the Values of love, friendship, diligence, unity and inseparability of humans and homeland.

**Outstanding Achievements:**

- Modern generation of young managers who have an experience in personal development, obtaining theoretical knowledge and explaining their experience.
- After trainings participants became aware of the power of positive thoughts and are able to apply these tools at work.
- Example: Chief of the Department of the Regional state institution recalled her personal experience after lectures *Goal setting*. "I always kept a diary of self-development. Recently came across a 10-year-old record. And was surprised... Everything, what was written about personal life and career, when I was 17-year old student, came true. Even the car that I have is the same color".
- Also, she agrees, that the "Group activities based on Human Values" is the method to unite a

team. She told about one case. On one of the holidays in May the whole team went to the mountains. The weather was unstable, it was about to rain. It turned out that the driver lost the car key. Under rain, everybody stood in line and meter by meter combed the mountainside to find it. And how everybody was happy when the key was found! Stinky, wet, but happy and satisfied they returned home. After this trip the atmosphere in the team became significantly better.

**Challenges:** The grown-up audience is usually skeptical. Considering most of them are mid-level managers who are used to control, it was necessary very naturally with references to regulatory legal acts to introduce Human Values in the training program.

**Workshop Follow-up:** In September 2016, conditions were changed: only staff professors were allowed to hold lectures.

**Is the SSEHV workshop affiliated with the Institute of Sathya Sai Education in your country/zone?**

Yes.

On the basis of workshop, *Effective communication's skills*, the segment, *The practical part of the Middle course* was prepared and passed the exam in May 2015.

### **WORKSHOP EVALUATION**

**Formal evaluation:** Yes, by the administration of the institute

**Developed evaluation tools:** The material on Human Values (statements of famous persons, movies, etc.) is given to audience. The task is to answer the questions in a manner consistent with the topic of the training. For example:

- About what values does Gabriel Garcia Marquez speak in his farewell letter?
- What importance for yourself did you read in this letter?
- Choose in following famous men's qualities the five most important and meaningful to you.
- Subsequently, this data is classified according to Human Values, and average value is counted.

**Ready-made evaluation tools:** Tolerance test

**Summary of evaluation outcomes:** The analysis of the data of 2014 at the beginning of training showed the audience values honesty the most (37.8%) in their work – that is the Human Value Righteousness. The Human Value they understand the least is Non-Violence (4.4 %). Such Human Values as Truth, Peace and Love are equal.

In the final case on the movie "Kurmanjan Datka", the audience noted the following desired directions for country development:

- The nations' unity (Human Value, Non-Violence),
- Patriotism (Human Value, Love),
- Unity and inseparability of humans with homeland (Human Value, Non- Violence),
- Consolidation of nations and ethnicities around such values as Love, Friendship (Human Value, Love).

## *Latvia*

### **Sathya Sai Education in Human Values (SSEHV) - Parenting**

**Date(s) Conducted:** April 2017

**Location:** Latvia

**Venue:** Center

**Duration - days:** 1

**Duration - hours:** 5 hours

**Frequency:** Yearly

**SSEHV Workshop Description:** Workshop for parents so they understand why it is important for their children to participate in SSEHV classes.

**Presenter(s):** Various presenters

**Number of adult participants:** 9

**Extended Workshop:** Yes

**Outstanding Achievements:** Increased the awareness of the parents about the necessity for their children to attend the SSEHV classes.

**Workshop Follow-up:** There was interest in more parenting workshops.

**Affiliation with an Institute of Sathya Sai Education:** No

#### **PROGRAM EVALUATION**

**Summary of evaluation outcomes:**

- To promote parents' understanding of the Human Values
- Parents understanding the importance of children attending SSEHV classes on regular basis.
- Parents as examples in daily life

**Comments/Information:** Children attend the SSEHV lessons on a more regular basis.

## *Malaysia*

### **Teen Pregnancy: Reaching For Inner Strength and Empowerment for Values, Innocence & Purity (R.I.S.E For V.I.P)**

**Date(s) Conducted:** 2012-2018: Ongoing

**Location:** Malaysia

**Venue:** Schools, Colleges, Community Centres

**Duration - days:** 6-8 days

**Duration - hours:** Each session lasts for 2 hours

**Frequency:** Weekly, fortnightly or a one-off depending on the need

**SSEHV Workshop Description:** R.I.S.E for V.I.P program is an idea initiated, developed and promulgated by the SSIO of Malaysia in the year 2011. The program addresses the rising instances of moral turpitude amongst teenage girls in schools and colleges in Malaysia as a result of sexual promiscuity which ultimately leads to numerous cases of teenage pregnancies, baby dumping, depression and suicidal acts.

Modules were designed based on the concept of the SHOCK AWE INSPIRE (SAI) approach, wherein teenagers are empowered and sensitized by sharpening their sense of discrimination which would inspire them to practice virtues of righteousness, self-respect and control of desire. Through its structured modules, the program's objective is to inculcate the appreciation of sexual abstinence out of wedlock by appealing to the girls' inner conscience and moral strength when faced with a situation demanding the exercise of moral judgment. In the course of this program, the teenagers are also sensitized to showing gratitude towards their parents.

We work hand in hand with the Ministry of Education of Malaysia (MOE) by obtaining their approval to conduct the program in schools though it is not a compulsory activity under the prevailing education syllabus.

**Presenter(s):** 5

**Number of youth participants:** 2000 students to date

**Age range of SSEHV students:** 13- 18 years

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** Many of the participants gave us positive feedback of having enhanced self-confidence and self-esteem. Transformation was invariably felt by the facilitators too in terms of improving their inner strength and appreciating the gift of God just as it is. Below are testimonials from participants:

- I learnt about building my dreams. This camp has taught me teamwork and it was a lot of fun. It made me open my eyes and think of the future that I want. I now have a mission of what I want to achieve and how I should set my goals to achieve it. I also learnt how important it is to be useful not only for our family but also in society. It was an excellent session.

~ Student, 16 years old

- In one of the activity, each group was given an egg and some materials to make a cube to protect the egg from falling when it's thrown from a high elevation. It was an excellent activity. The egg shell was regarded as our chastity and once it is broken, it can never be fixed. I related it very much to our life and I now know the importance of appreciating and respecting my body.

~ Second student, 16 years old

**Outstanding Achievements:** A student in a juvenile school, who had gone through the 2-day program, pledged to stop taking drugs, to respect and love herself and to mend her relationship with her parents.

**Challenges:**

- To consistently follow up with the students on their progress and keep them anchored to the Values.
- Difficulty in locking down the duration of time needed to run the modules in school as schools have their schedules prepared for the whole year.
- Difficulty in managing certain groups of students who are preconditioned due to their social background.

**Workshop Follow-up:** Constant communication between the facilitators and the students with regards to guiding them in major decision-making at the crossroads of life. The goal is to ensure students have a diary, and they are also encouraged to conduct daily self-checks.

**Publications and/or website links:** The program conducted in September 2017 was reported in the local newspaper, *Melaka Hari Ini*, on 19.Sep.2017

For a video on their testimonial, please visit link

<https://1drv.ms/v/s!AmZnQ4vAUdkJfolkW2EhPwt4Mvc>

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**

**Formal evaluation:** By coordinator

**Developed evaluation tools:** Professor Suresh Kumar Govind

**Ready-made evaluation tools:** None

**Summary of evaluation outcomes:** 60% of students who have major issues are from broken families, such as, parents who are separated and with poor socioeconomic background. Preconditioning of negative upbringing has led them to seek attention from the opposite sex to feel important, loved and respected.

About 80% lack self-confidence and self-esteem with many craving for love and quality time from someone.

50% are aware of the outcome of their actions but due to instant gratification, peer pressure and influence of social media, they fail to constraint themselves.

80% of students felt this program has brought a paradigm shift in their perspective of life.

**Comments/Information:** The long-term plan will be to expand this program beyond its present boundaries to other countries and to have a structured follow-up with the students. On a limited basis, this program was shared via skype with women in Thailand in 2016.

## **Sathya Sai Education in Human Values (SSEHV) - Parentcare**

**Date(s) Conducted:** 2011- ongoing

**Location:** Various cities in Malaysia and in Thailand

**Venue:** Schools, Community Centers, etc.

**Duration - days:** 1 day per week, for 6 weeks

**Duration - hours:** 3.5 hours each session

**Frequency:** 1 day per week, for 6 weeks

### **SSEHV Workshop Description:**

- *Parentcare* re-defines the role of Parents in current times.
- Its focus is on parents; guiding them to access their innate wisdom, empowering them with the ability and confidence to respond to any and all issues arising in Parenthood.
- Through *Parentcare*, healthy lifestyles are promoted, subtle energies appreciated, minds managed, creativity nurtured, and the child-parent intuitive connection enhanced.
- *Parentcare* identifies the 5 domains of subtle self within every individual, and highlights the Human Value and attribute associated with each domain. The specific parenting technique aligned to each domain and Value is then developed.

**Domain Value Parenting Technique:** Physical Right Conduct Healthy Parenting; Energy Love Energy Parenting; Mental/Mind Peace Conscious Parenting; Intellectual Truth Creative Parenting; Bliss Non-Violence Intuitive Parenting

- This program spans 6 weeks; 3.5 hours per week.
- It engages parents in transforming and healing, workshop-style sharing, interactive dialogue, roleplay and eye-opening data.
- It stimulates a shift within parents for heightened inter-personal skills and relationships relevant at home, at work and in society.
- As the parent shifts; the child shifts.
- A spontaneous migration of positive energies and Values from parent to child occurs.
- *Parentcare* is not limited to parents. Its applicability extends to Young Adults and to all relationships.

**Presenter(s):** There is a core team of the 10 Presenters with the support of many other trained facilitators.

**Participants' Details:** Parents, Teachers, Young Adults, Grandparents, Professionals, Home Makers.

**Number of participants:** 787

**Age range of SSEHV students:** 22 – 60 years

**Demonstrated understanding of a Value/Values. Testimonies: Comments from workshop participants:**

- I am now calmer as I have started to let go and am reducing the negative chatter that usually goes through my mind as a result of fear and the need to control.
- I now look at things from their perspective; I check myself before responding to them especially in anger/irritation.
- My children say that I am calmer now and they love that.
- I am on my way to being a better mother, wife and a person by connecting to the universe.
- I am truly grateful for this wonderful program. It has been enlightening and life-changing.
- I saw what needed to be changed. I was aware that if I change myself it had a ripple effect on

my household.

- It should be made compulsory for all parents. So very, very beneficial.
- Very, very empowering.
- More than words can say. Better relationship with husband, mother-in-law and work. Home and work easier to handle/manageable. Had more time with kids and also completed work more efficiently.
- Very beneficial for every parent. We need to realize that the problem is us and want to make it better for the children and ourselves.
- I am happy, family becomes happy. Relationship between me and husband becomes closer and loving.
- It's a great program – enhances my family and make me a better person.
- Realization that my beliefs and activities are influencing my children and others around me.
- Very good, and an eye opener for me.
- *Parentcare* brought a huge twist in my life. From a person who worries from everything to a person who is able to stay calm and positive.
- I am truly enjoying every moment of my life now.
- My wife and I attended the *Parentcare* program together, and it has irreversibly transformed our lives to the extent that our children are able to absorb the positive vibes and respond accordingly. We would call this program our lifesaver at a time when we were desperate to find a solution to the intrinsic web of the usual work/home demands.
- I was recently awarded the best scientist award which is a very prestigious award, very rarely given, and in history, I was the youngest person to have ever received such an award at 43, which was never heard of before. I believe the change in my Energy by this program gave me that excellence in my work, and the award.
- More mindful about our words and action.
- It has helped me to realize that my children are not “mine” in the sense that they have their own purpose and journey in life. It has taught me to become more detached, and to be more calm in dealing with stressful situations both personally and professionally and has changed my life reading many books and attending various courses.
- *Parentcare* has helped me to become an optimistic person.
- I love it.
- Transformation to see things in a wider perspective. Relationship gets better with partner, kids and sibling. More focused in keeping the heart in peace and receiving the blessing from the universe.
- Less worries and believe the universe will take care of it. But focus more in doing the right things.
- It was one of the most effective programs organized.
- Learning to respond to situations rather than react. More patient and creative in dealing with day to day situations.

**Please visit link below for a video testimonial**

<https://1drv.ms/v/s!AmZnQ4vAUdkJgQAVqYcDEUg21y2o>

**Outstanding Achievements:**

- Reaching out to single mothers in urban Malay residence; and suburban Indian-Malaysian communities, using their native languages to render the program.
- Conducting sessions to Rotary Club, Aikido Instructors, and Members of the Bar, of diverse ethnicity and religious belief.

**Challenges:** Parents need to be willing to introspect; share frankly and commit dedicated time over 6 weeks.

**Workshop Follow-up:** *Parentcare* Follow-Through is conducted upon request as a means of fellowship and continuing transformation. A particular secular parenting-based book is chosen for review, and a workshop conducted thereon.

**Publications and/or website links:**

- Star newspaper – see article
- Facebook page – SathyaSai Parentcare Malaysia@saiparentcare.my
- Web page – <http://saicouncil.org.my/education-in-human-value/parentcare>

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**

**Ready-made evaluation tools:**

- Personal checklist for participants
- Evaluation form
- Survey form at <https://1drv.ms/b/s!AmZnQ4vAUdkJf-XDDeUd6eGJVGU>

**Summary of evaluation outcomes:** Every participant notes a transformation, but the degree of change varies depending on the individual's readiness to transform.

The model of the program shifts the focus from the external to the internal, from the individual to the collective energy and purpose. Changes therefore, are noticed in individual wellbeing; and in every form of relationship, whether with spouse, children, extended family or at work. Greater peace and joy, compassion and abundance are experienced.

## *Mexico*

### **Sathya Sai Education in Human Values (SSEHV) Workshop for Parents at the 'Multiple Care Center' for Mentally Handicapped Children and Adolescents**

**Date(s) Conducted:** Since 2016

**Location:** State of Queretaro, Mexico

**Venue:** Multiple Care Center

**Duration - days:** 15 sessions

**Duration - hours:** 2 hours

**Frequency:** Weekly

**SSEHV Workshop Description:** It was given to the parents of the children that attend the 'Multiple Care Center', which is a government institution that provides education to children and teenagers with special needs that would not be accepted in a regular school. The parents usually wait for their children, so we gave them the workshop during this time.

**Presenter(s):** 2

**Number of adult participants:** 10 - 15

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** They told us that thanks to the workshop, the behavior of the children is more gentle, even with their neighbors and with people they meet on the street. Communication with friends and family has improved greatly, and new ideas emerged to face daily problems in a better way.

**Outstanding Achievements:** The group of parents was integrated and consolidated. This was reflected in their daily dealings with each other, and in a better organization of the school events in which they participate.

**Challenges:** The most important challenge we faced was keeping the group of parents together, because sometimes the school activities made us change the workshop dates and it took longer than planned.

**Affiliation with an Institute of Sathya Sai Education:** Yes. It was carried out by the Institute of Sathya Sai Education nucleus for the Central Zone of Mexico.

**Comments/Information:** We suggested that the parents take the Practical Spirituality Workshop. This workshop is being planned for the next school year 2018 - 2019. It will be held at our Center and will be open to the community. The parents said they were very interested.

## *Eastern Europe*

### **Sathya Sai Education in Human Values (SSEHV) Human Values and Effects of Alcohol, Tobacco and Drugs on the Human Body**

**Date(s) Conducted:** November 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage

**Duration - hours:** 1.5 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** A meeting was held with the teenagers of the orphanage about the effects of alcohol, tobacco and narcotic substances on the human body, during which two films were shown. Children were offered an alternative way of life.

**Presenter(s):** 3

**Number of youth participants:** 70

**Age range of SSEHV students:** 12 - 18 years

**Challenges:** The lack of equipment for showing films

**Workshop Follow-up:** There is a plan to resume this project in 2018

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** The project is very useful for teenagers.

In future, we plan to organize such discussions in the other schools and orphanages.

## *Nepal*

### **Sathya Sai Education in Human Values (SSEHV) - Dynamic Parenting**

**Location:** Different parts of the country: Pyuthan; Bhairawaha; Bharatpur; Kathmandu

**Venue:** School/Community Center

**Duration - days:** 1

**Duration - hours:** 3 hours

**Frequency:** Occasionally. As requested

**SSEHV Workshop Description:** SSEHV workshop contents:

- Description of the Human Values and their necessity
- How they promote a positive influence in one's life
- The role of a parent according to SSEHV

**Presenter(s):** 1

**Number of adult participants:** 2649

**Age range of SSEHV students:** 28 years and older

**Extended Workshop:** Ongoing program

**Demonstrated understanding of a Value/Values. Testimonies:** The parents were very much impressed with the workshop. They realized that they were committing many unseen mistakes while raising their children, and that they too share responsibility in each wrongdoing of their child. Realizing that they must be the role models for their children, the parents vowed not to repeat these mistakes again.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Laws of Karma and Spirituality**

**Date(s) Conducted:** March 3, 2018

**Location:** Nepal

**Venue:** Sai Center Kathmandu, Narayanchaur

**Duration - hours:** 2 hours

**SSEHV Workshop Description:** The speaker spoke about how our present life spins around Karma and nobody can escape the results of their past actions. He also stated that knowledge of Human Values and practice educates and restrains us from taking wrong actions. He gave examples.

**Presenter(s):** 1

**Number of adult participants:** 150

**Age range of SSEHV students:** All age groups

**Extended Workshop:** Yes

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - Achieving Excellence through Self-Management**

**Date(s) Conducted:** June 2017

**Location:** Tokha, Nepal

**Venue:** Institute of Sathya Sai Education – Nepal Building

**Duration – hours:** 2 hours

**SSEHV Workshop Description:** It was aimed towards 120 students of BBA and BBM and 5 teachers of Saraswati a Multiple Campus, a Tribhuvan University affiliate. The Director of the Institute talked about achieving excellence through self-management. He said that management of the outside world depends upon the management of the Inner Self. He also stated that the practical application of Human Values in day-to-day life is of utmost importance.

**Presenter(s):** 1

**Number of participants:** 125

**Demonstrated understanding of a Value/Values. Testimonies:** The students were highly motivated and inspired by the lecture.

### **Sathya Sai Education in Human Values (SSEHV) - Stress Management**

**Date(s) Conducted:** June 15, 2018

**Location:** Kathmandu, Nepal

**Venue:** Hotel Sangri- La

**SSEHV Workshop Description:** Aimed at 50 staff members of Bank of Kathmandu

**Presenter(s):** 1

**Demonstrated understanding of a Value/Values. Testimonies:** The presenter talked about *stress management* and spirituality to the attendees. The CEO said that he found the talk very informative and thinks that it will be very useful to banking personnel.

### **Sathya Sai Education in Human Values (SSEHV) Workshops**

**Date(s) Conducted:** June 2018

**Location:** Bijuwar, Pyuthan, Nepal

**Venue:** Hall

**Duration - days:** 2 Days

**SSEHV Workshop Description:** Aimed at school teachers of that locality.

**Number of participants:** 128

**Presenter(s):** 4

**Extended Workshop:** Yes

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) Workshop**

**Date(s) Conducted:** June 2018

**Location:** Manigram (Bhairahawa), Nepal

**Venue:** Boarding School

**Duration - days:** 2 days

**SSEHV Workshop Description:** It was aimed at school teachers from 3 schools of that locality.

**Number of participants:** 153

**Presenter(s):** 6

**Extended Workshop:** Yes

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) Workshop**

**Date(s) Conducted:** June 2018

**Location:** Hetaunda, Nepal

**Venue:** Public Hall

**Duration - days:** 2

**SSEHV Workshop Description:** It was aimed at teachers of 53 schools from that locality.

**Number of participants:** 404

**Presenter(s):** 6

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** Teachers' appreciation and commitment to integrate Values in their respective classes by using the 5 teaching techniques of SSEHV are the greatest achievement.

**Affiliation with an Institute of Sathya Sai Education:** Yes

## ***Panama***

### **Sathya Sai Education in Human Values (SSEHV) - Human Value Training**

**Date(s) Conducted:** 2013, 2016 and 2017

**Location:** Panama  
**Venue:** Center  
**Duration - days:** 5  
**Frequency:** One-time offering  
**SSEHV Workshop Description:** Preparing SSEHV Teachers  
**Presenter(s):** 1  
**Number of youth participants:** 3  
**Number of adult participants:** 5  
**Demonstrated understanding of a Value/Values. Testimonies:** We learn techniques to become SSEHV Teachers  
**Workshop Follow-up:** After the workshop new teachers were trained.  
**Affiliation with an Institute of Sathya Sai Education:** Yes  
**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Parents Workshops: Effects of Meditation**

**Date(s) Conducted:** 2017  
**Location:** Cebem, Panama  
**Venue:** School  
**Duration - hours:** 3 hours  
**Frequency:** One-time offering  
**SSEHV Workshop Description:** None  
**Presenter(s):** 1  
**Number of adult participants:** 12  
**Challenges:** The teachers need to follow, practice and experience the program in order to achieve improvement in the children.  
**Affiliation with an Institute of Sathya Sai Education:** Yes  
**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Parents Workshop: Ceiling on Desires**

**Date(s) Conducted:** 2017  
**Location:** Cebem, Panama  
**Venue:** School  
**Duration - hours:** 3 hours  
**Frequency:** One-time offering  
**SSEHV Workshop Description:** *Ceiling on Desires* Program  
**Presenter(s):** 1  
**Number of adult participants:** 12  
**Challenges:** The teachers need to follow, practice and experience the program in order to achieve improvement in the children.  
**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - Education for Transformation: An Approach based on Human Values**

**Date(s) Conducted:** April, 2016  
**Location:** Panama, Panama

**Venue:** Udela, Panama  
**Duration - hours:** 3 hours  
**Frequency:** One-time offering  
**SSEHV Workshop Description:** Human Values Approach  
**Presenter(s):** 1  
**Number of youth participants:** 40  
**Number of adult participants:** 25  
**Affiliation with an Institute of Sathya Sai Education:** Yes

## *Eastern Europe*

### **Sathya Sai Education in Human Values (SSEHV) - Playing in Joy**

**Date(s) Conducted:** November 2015 - November 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** 3 State kindergartens

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** This was a one-time session *Playing in Joy* on the basis of universal Values with 5 - 6 years old children in different groups of 3 kindergartens.

**Presenter(s):** 1

**Number of youth participants:** 70

**Age range of SSEHV students:** 5 - 6 years

**Number of adult participants:** 1

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Parents and educators were introduced to the goals and objectives of the classes. They participated in an open lesson in the form of a festival.

Educators liked the subject of occupations related to health prevention. Parents learned from the example of heroes of the book "Pollyanna" how to nurture good habits among children in gentle ways.

**Challenges:** Classes were conducted with unfamiliar young children, for a limited period of time, under the supervision of the administration. There were no assistants to help.

**Affiliation with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, the head and the psychologist of the Medical Center gave a positive assessment. They liked a variety of interactive work: Visitor Diary; interactive for parents and children. The game *Joy*. A high level of professionalism of the teacher was noted. Parents increased their attendance and interest in the services of the center. The children happily and fearlessly came to the treatment or preventive examination.

**Summary of evaluation outcomes:** As the result we all had a deep satisfaction from the work. A large number of people got acquainted with the positive conscious control of the mind through the image of Pollyanna, the character of the book of the same name - a girl who could play in *Joy*.

**Comments/Information:** It is joyful to realize the creative human's potential.



THE LESSONS OF KINDNESS  
EASTERN EUROPE

### **Sathya Sai Education in Human Values (SSEHV) - Human Values Lessons**

**Date(s) Conducted:** November 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Cultural and Creative Center

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** There were lessons with different children of different ages based on the Human Values.

Themes of the classes: 5 wonders of Sergius of Radonezh; Sergius of Radonezh - the heavenly warrior of the ambush regiment of Russia; The prayers of mothers keeps the world.

**Presenter(s):** 2

**Number of youth participants:** 12

**Age range of SSEHV students:** 13 - 16 years

**Number of adult participants:** 2

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Human Values: The Lessons of Kindness**

**Date(s) Conducted:** May 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Reception Center of Orphanage

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** Classes on Human Values: *The Lessons of Kindness*

**Presenter(s):** 4

**Number of youth participants:** 17

**Age range of SSEHV students:** 3 - 17 years

**Number of adult participants:** 7

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Children are happy, they participate in the lessons with pleasure. The classes are in 3 age groups.

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - Seminar Bad Habits**

**Date(s) Conducted:** November 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Reception Center (orphanage)

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The seminar for the elder children on the topic *Bad Habits*

**Presenter(s):** 1

**Number of youth participants:** 16

**Age range of SSEHV students:** 12 - 17 years

**Number of adult participants:** 4  
**Affiliation with an Institute of Sathya Sai Education:** Yes  
**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - A Present to This World**

**Date(s) Conducted:** May 2016  
**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)  
**Venue:** Orphanage Reception Center  
**Duration - days:** 1 day  
**Duration - hours:** 1 hour  
**Frequency:** One-time offering  
**SSEHV Workshop Description:** Creativity workshop, *A Present to This World*. We made pictures using nature's materials: seed grains, leaves, sunflower seeds. We also made flowers of crepe paper.  
**Presenter(s):** 5  
**Number of youth participants:** 18  
**Age range of SSEHV students:** 5 - 15 years  
**Number of adult participants:** 5 nursery school teachers  
**Extended Workshop:** No  
**Demonstrated understanding of a Value/Values. Testimonies:** Children and nursery school teachers liked the workshop very much. They invited us to come once more.  
**Workshop Follow-up:** We had a circle of Love and Peace with children. Little children wished calm and joy to the world, sweets, a lot of smiles, love and ice cream, and also the world to be beautiful and each to have mum nearby. Children wished each day to be a feast and there are no quarrels, no terror, and that children are not afraid of war and we all should live as friends.  
**Affiliation with an Institute of Sathya Sai Education:** Yes  
**Program Evaluation:** None  
**Comments/Information:** During the workshop we noticed that children were very happy.

### **Sathya Sai Education in Human Values (SSEHV) - A Present to This World**

**Date(s) Conducted:** September 2016  
**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)  
**Venue:** Botanical Gardens  
**Duration - days:** 1 day  
**Duration - hours:** 1 hour  
**Frequency:** One-time offering  
**SSEHV Workshop Description:** Creativity workshop, *A present to this world*. We made mandalas on paper plates using nature's materials: seed grains, leaves, sunflower seeds. We also made appliqué work of colored crepe paper.  
**Presenter(s):** 5  
**Number of youth participants:** 26 + 7 adults  
**Demonstrated understanding of a Value/Values. Testimonies:** All the children turned out beautiful original handmade articles and the mood was festive. Adults and children were very happy!  
**Affiliation with an Institute of Sathya Sai Education:** Yes  
**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Mutual Respect**

**Date(s) Conducted:** April 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage Reception Center

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The meeting was held on the quotation: “Act with Others as You Wish Others to Act with You”. Also, there was a video “Magic Hugs” and the cartoon “A Polite London Driver”.

After the talk, there were 2 group activities on putting the proverbs and quotations together on this topic.

**Presenter(s):** 5

**Number of youth participants:** 18 + 5 adults

**Age range of SSEHV students:** 5 - 15 years

**Demonstrated understanding of a Value/Values. Testimonies:** After the meeting children and nursery school teachers thanked us warmly. The teachers noticed the children were intensely interested in this topic and invited us to come more often with such educating and inspiring talks.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Kind-Heartedness**

**Date(s) Conducted:** November 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Russia

**Duration - days:** 1 day

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The purpose is to foster understanding of the aspects of kindness or kind-heartedness in children.

**Presenter(s):** 1

**Number of youth participants:** 30 + 6 adults

**Age range of SSEHV students:** 5 - 15 years

**Demonstrated understanding of a Value/Values. Testimonies:** The meeting took a dynamic form: nearly all the children took part answering questions, watched educational films with interest and understanding, without interruption, and answered questions. In the process of showing the film, we could see how their attitude towards the hero of the cartoon was changing – from negative to positive.

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Harmful Effects of Smoking**

**Date(s) Conducted:** April 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Civil Engineering College

**Duration - days:** 1

**Duration - hours:** 1.5 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** The talk with children on the harmful effects of smoking started with the introductory speech on the importance of self-education, a good character and harmful effects of bad habits. A video on the harmful effect of tobacco was shown followed by questions and communication with children.

**Presenter(s):** 1

**Number of youth participants:** 19 + 1 adult

**Age range of SSEHV students:** 16 - 19 years

**Extended Workshop:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Self-Confidence**

**Date(s) Conducted:** 2013 - 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage

**Duration - days:** 1

**Duration - hours:** 1.5 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** We conducted three one-time offering talks about self-confidence to children of different orphanages. During the talk, the teacher told about outstanding personalities: A. Lincoln, M.V. Lomonosov and St. Theodosia. We talked about ageless Values, discussed how self-confidence helps us in life, how important it is to shape this quality in oneself. Round tables and games were conducted, and sketches for displaying bravery were enacted.

**Presenter(s):** 1

**Number of youth participants:** 63

**Age range of SSEHV students:** 7 - 16 years

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Human Values-Based Education Workshop**

**Date(s) Conducted:** August 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** College

**Duration - days:** 2 Days

**Duration - hours:** 7 hours each day

**Frequency:** One-time offering

**SSEHV Workshop Description:** A two-day workshop was held: interactive lectures on Human Values, master-classes on conducting Human Values classes for children.

**Presenter(s):** 1

**Number of adult participants:** 20

**Age range of SSEHV students:** 25 - 55 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** The event was a success. All participants said they want to conduct Human Values classes for children using the 5 teaching methods

**Challenges:** The number of participants was unstable, some of them left, some could not accept the information. Eventually 20 inspired participants remained.

**Workshop Follow-up:** The workshop participants started to conduct classes on Human Values and integrate Human Values into their special field of teaching.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - New Year holiday: The Journey Together with Mother and Father into a New Year Fairy Tale**

**Date(s) Conducted:** December 2012

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Center for Family and Children

**Duration – hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The New Year party was held. *The Journey Together with Mother and Father into a New-Year Fairy Tale* with beautiful songs, games and presents.

**Presenter(s):** 1

**Number of youth participants:** 3

**Age range of SSEHV students:** 2 - 3 years

**Number of adult participants:** 3

**Extended Workshop:** No

**Workshop Follow-up:** Collected items (clothes, shoes, stationery and toys) were delivered to the Center of Helping Mother and Child.

**Publications and/or website links:** On the local TV channel Mary El TV there was a newscast showing the New Year party in the Centre.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - The Value of Life: Rehabilitation of Drug Addicts**

**Date(s) Conducted:** November 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Rehabilitation Center for Drug Addicts

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** 2 times

**SSEHV Workshop Description:** 2 meetings with public youth about Life Values were held in the Rehabilitation Center.

**Presenter(s):** 2

**Number of youth participants:** 22 + 5 adults

**Age range of SSEHV students:** 15 - 25 years

**Challenges:** There was strict control from administration at the center, so as not to cause a relapse in adolescents and constant self-control so as not to say too much.

**Workshop Follow-up:** Concert

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Lessons about the Dangers of Smoking**

**Date(s) Conducted:** November 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Schools, Orphanage

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** 3 times

**SSEHV Workshop Description:** During the classes, a film about the dangers of smoking and an interactive conversation were organized. We spoke about why and how dependence on cigarettes arises, and how to cope with it. The children asked for advice, what to do with it, because they didn't want to smoke, but were already involved. The conversation was supplemented by a discussion of the true Values of life.

**Presenter(s):** 1

**Number of youth participants:** 75 + 8 adults

**Age range of SSEHV students:** 14 - 17 years

**Extended Workshop:** No

**Challenges:** There is not enough experience in conducting such meetings. There are no ready-made recipes for everyone.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Comments/Information:** The children understand the harm of smoking, but they need concrete actions for assistance and the introduction of another way of life in their lives on the basis of true Values.

### **Sathya Sai Education in Human Values (SSEHV) - Lesson on Fearlessness; Lesson on Sounds of My Soul**

**Date(s) Conducted:** November 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Educational Center for Children

**Duration - hours:** 3 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** Children of 3 orphanages from 3 different cities were brought to the Educational Center. Two classes were held for groups II and III. There was a conversation on the topic and videos about Nick Vujicic. We made a greeting card, *Flower of Gratitude*, sang songs, role-played and discussed proverbs. At the end of the lessons we distributed gifts and souvenirs and said kind words to each other.

**Presenter(s):** 2

**Number of youth participants:** 35 + 16 adults

**Age range of SSEHV students:** 11 - 15 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Children opened their hearts, they enjoyed talking about Values, told own life stories in a warm, trusting atmosphere.

**Outstanding Achievements:** The children from the group of Spiritual Education on the basis of Human Values helped in conducting classes with children from the orphanages, showing an example of interaction with the teacher and reflections on the topic.

**Challenges:** The quarrel between two boys from the orphanage aroused on the basis of personal dislike.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - Workshop for parents of the public on the topic, Spiritual and Moral Education on the Basis of Human Values**

**Date(s) Conducted:** May 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Center

**Duration - days:** 1

**Duration – hours:** 2 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** The seminar consisted of several parts: games for becoming acquainted, presentation of the spiritual and moral education of children on the basis of Human Values, group activities in the form of discussions on educational issues, group singing and games for cooperation.

**Presenter(s):** 1

**Number of adult participants:** 17

**Age range of SSEHV students:** 22 - 55 years

**Challenges:** Such a seminar was held for the public for the first time, and the audience was unknown to the presenter

**Workshop Follow-up:** Individual consultations.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

**Comments/Information:** Everybody liked the seminar very much. Parents were active, asked questions, analyzed their approaches to children, asked to consult them. There was a trustful, very benevolent atmosphere.

Information on the spiritual approach inspired parents to reconsider their attitude to children and methods of upbringing.

### **Sathya Sai Education in Human Values (SSEHV) - Playing in Joy; the Importance of Positive Thinking**

**Date(s) Conducted:** March 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Gymnasium

**Duration - days:** 1

**Duration – hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The teacher talked with the children about the development of positive thinking as a guarantee of a happy life and acquainted them with the character, Pollyanna, and her *Playing in Joy*.

**Presenter(s):** 1

**Number of youth participants:** 28 + 2 adults

**Age range of SSEHV students:** 12 - 13 years

**Extended Workshop:** No

**Challenges:** The topic was not familiar to the children, and they found it difficult to get into the subject. Time was limited.

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - The Joy of Each Day**

**Date(s) Conducted:** November, 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Center

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** Children from orphanages were brought to the Center. The teacher, together with the heroine of the book, "Pollyanna" conducted a conversation about joy and played various games with children.

**Presenter(s):** 2

**Number of youth participants:** 30 children from different orphanages + 4 teachers

**Age range of SSEHV students:** 6 - 12 years

**Outstanding Achievements:** An inner transformation occurred with one of the participants of the project, a 15-year-old girl, who played the character Pollyanna.

**Challenges:** Children were shy and it was difficult for them to play in a group.

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - Prevention of Visual Impairment in terms of Human Values: To See the Good, To Look at the Good, To Think about the Good**

**Date(s) Conducted:** November 2015 - November 2016

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** 3 public schools

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** One-time classes were conducted in the name of the Medical Children's Center in 3 public schools, in the 1st, 2nd, 3rd and 4th grades. The teacher, together with the teenage girl who plays the heroine of the book "Pollyanna", visited several classes in different schools with a lesson in the prevention of visual impairment in terms of Values: to see the good, to look at the good, to think about the good.

**Presenter(s):** 2

**Number of youth participants:** 180 from 8 classes + 16 school teachers

**Age range of SSEHV students:** 7 - 12 years

**Extended Workshop:** No

**Publications and/or website links:** There are publications on the website of the Medical Center.

**Affiliation with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Formal evaluation:** Yes, the school's teachers gave a positive assessment.

**Summary of evaluation outcomes:** Teachers of the school learned a lot of useful information. Prevention of visual impairment is not only the health of the body, but also the health of the spirit. If you practice the spiritual principle of seeing the good, looking at the good, then it improves your vision.

Children opened their minds to spiritual knowledge; they were attracted to the hero of a history, they showed the joy and gratitude for the opportunity to see the whole world. We learned to do gymnastics for the eyes. The main conclusion of children: if you look with love, your vision improves.

### **Sathya Sai Education in Human Values (SSEHV) - Performance, the Scarlet Flower**

**Date(s) Conducted:** February, 2014

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage Reception Center

**Duration - days:** 1 day

**Duration – hours:** 1 hour

**Frequency:** One-time offering

**Presenter(s):** 1

**Number of youth participants:** 28 + 10 adults

**Age range of SSEHV students:** 3 - 17 years

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - You are Special**

**Date(s) Conducted:** June 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Reception Center

**Duration - days:** 1 day

**Duration – hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** The meeting, *You are Special*, came as a talk in a friendly atmosphere. We watched a cartoon, "You are special". While answering questions, children came to understanding that each person is dear to God and we should treat each other more considerately.

**Presenter(s):** 1

**Number of youth participants:** 24 + 4 adults

**Age range of SSEHV students:** 4 - 17 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** Children applauded very long after the meeting and thanked the presenters for talking.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

### **Sathya Sai Education in Human Values (SSEHV) - How Our Desires Influence Forming Our Character**

**Date(s) Conducted:** November 2015

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Orphanage Reception Center

**Duration - days:** 1 day

**Duration – hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** In the meeting, we watched a cartoon about the goldfish, told a parable about the kingdom of desires, danced in a round.

**Presenter(s):** 1

**Number of youth participants:** 40 + 3 teachers

**Age range of SSEHV students:** 4 – 17 years

**Extended Workshop:** No

**Workshop Follow-up:** Held musical games.

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - Dangers of Alcoholism and Smoking**

**Date(s) Conducted:** 2016 - 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** School, Orphanage, Center for Children's Development

**Duration - days:** One-day classes

**Duration - hours:** 40 Minutes

**Frequency:** One-time offering

**SSEHV Workshop Description:** 8 classes about the dangers of alcoholism and smoking were conducted for pupils of Grades 7-11, in different schools, orphanages, and children's centers. Videos were shown about the dangers of alcohol and tobacco. Children were asked questions to help them understand the life situations associated with alcohol and smoking. Presenters held round tables on Healthy Lifestyles.

**Presenter(s):** 1

**Number of youth participants:** 175

**Age range of SSEHV students:** 13 - 18 years

**Workshop Follow-up:** No

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - Healthy Ways of Living**

**Date(s) Conducted:** 2016 - 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** High Schools and Children's Centers

**Duration - days:** 1

**Duration - hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** Eight one-off classes on the *Healthy Ways of Living* were conducted for teenagers of various schools and children's centers. Their goal was to display the benefits of a healthy way of living and to foster the need for a healthy lifestyle in children.

**Presenter(s):** 2

**Number of youth participants:** 155

**Age range of SSEHV students:** 14 - 17 years

**Outstanding Achievements:** Personal transformation

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Comments/Information:** Both children and teachers were satisfied with the talks.

## **Sathya Sai Education in Human Values (SSEHV) - Health Maintenance and Sobriety**

**Date(s) Conducted:** Nov - Dec, 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Colleges

**Duration - days:** 1

**Duration – hours:** 1 hour

**Frequency:** One-time offering

**SSEHV Workshop Description:** Two one-off meetings on the theme of the harm of alcohol were conducted for students of two colleges. The goal was to show that alcohol drinking undermines a person's health and to lead students to the conclusion that only the path of absolute sobriety can give happiness.

**Presenter(s):** 1

**Number of youth participants:** 40

**Age range of SSEHV students:** 16 - 17 years

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## **Sathya Sai Education in Human Values (SSEHV) - Self-Knowledge: Pedagogy of Love and Creativity**

**Date(s) Conducted:** November 2017

**Location:** Under the umbrella of the European Sathya Sai Education Institute (ESSE Institute)

**Venue:** Institute

**Duration – hours:** 30 Minutes

**Frequency:** One-time offering

**SSEHV Workshop Description:** The essence of the concept of *Self-Knowledge*, as well as the pedagogy of integral education based on universal Human Values were briefly presented. Quotations of the First Lady of Kazakhstan on the need for such education were quoted. A short video was shown from the news program Almaty TV about International Forum on *Self-knowledge: Pedagogy of Love and Creativity* which took place on October 2017 in Almaty.

**Presenter(s):** 1

**Number of youth participants:** 20 + 27 adults

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** After this meeting, the listeners were very inspired. One participant said: "Very good. All people are brothers. "

**Outstanding Achievements:** A feeling of grace seemed to be present.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Program Evaluation:** None

## **Serbia**

### **Sathya Sai Education in Human Values (SSEHV) - In Education**

**Dates:** During 2011

**Location:** Belgrade

**Venue:** Public Premises

**Number of days:** 10 weeks

**Number of hours:** 10 meetings of 2 hours each

**Frequency:** Once a week

**Workshop Description:** The principles of Sathya Sai Education in Human Values were presented; each Human Value (HV) was put in the context of contemporary social and teaching situations; problems of families and cultural changes in the transitional circumstances in our country were discussed; Human Values solutions were proposed

**Presenter(s):** 6

**Number of adult participants:** 150

**Age range of SSEHV students:** 25 - 60 years

**Is workshop ongoing:** No

**Outcomes:** Young teacher: "Only after these workshops I realized the essence of my job!" The cooperation with the school (which still exists) was the outcome of these workshops. In 2017 the ISSE institute organized seminar for teachers in the school premises.

**SSEHV workshop affiliated with the Institute of Sathya Sai Education:** Yes.

**Workshop evaluation:** Yes

**Formal evaluation workshop outcome(s):** Yes, by me.

**Summary of evaluation outcomes:** A net of teachers who would like to implement SSEHV in their work has been slowly forming since then.

## *South Africa*

### **Sathya Sai Education in Human Values (SSEHV) - Educator's Workshop for Secular & Special Schools**

**Date(s) Conducted:** 2016

**Location:** Chatsworth and Phoenix, Durban, South Africa

**Venue:** Schools

**Duration - days:** 1 or 2 days

**Duration - hours:** 1.5 - 6 hours

**SSEHV Workshop Description:**

#### **Workshop 1:**

- Leadership and Teambuilding through the Human Values Approach Introduction and a brief unpacking of the mind and its influence on Character Development through the experiential approach
- Introduction of the Five Teaching Techniques and their practical application
- Integration of Human Values in teaching and learning

#### **Workshop 2:**

- Revisit and reinforce the key components of Workshop 1
- Knowing the mind and its influence on an individual's life and how it aids the transformation process
- An experiential understanding of the Five Teaching Techniques and some of the core tenets of the Educare (SSEHV) process, i.e., creating an environment of Culture and Love

**Presenter(s):** Various facilitators and Board Members

**Number of adult participants:** Total: 170

**Extended Workshop:** Follow-up workshops provided

**Demonstrated understanding of a Value/Values. Testimonies:**

- Affords educators the opportunity to explore the all-important Human Values and how they

impact their work, personal lives and character development.

- Provides an understanding and appreciation of the importance of the implementation of the Educare (SSEHV) process by the educators and staff in aiding the development of the student's full potential.

**Affiliation with an Institute of Sathya Sai Education:** Yes

#### **PROGRAM EVALUATION**

**Summary of evaluation outcomes:** Please visit link

<https://1drv.ms/b/s!AmZnQ4vAUdkJgQHYPiHskLDqDI63>

It was noted that one or more staff members from each school had previously completed the full SSEHV certificate course. They found these workshops to be helpful in refreshing their knowledge of the benefit of applying the Educare (SSEHV) process in teaching and in learning. The workshops also stimulated them to implement what they were currently learning, as well as what they had learned in the past. New attendees participated in the workshop and contributed enthusiastically. The group setting allowed for interaction with colleagues who normally would not be interacted with.

**Comments/Information:** During and after the second workshops, Principals from two schools indicated an improvement in team spirit in their schools. The outcome of this being a better teaching and learning environment.

### **Sathya Sai Education in Human Values (SSEHV) - Values in Business**

**Date(s) Conducted:** July 23 and Dec. 3, 2016

**Location:** Durban, South Africa

**Venue:** School

**Duration - days:** 1

**Duration – hours:** 5 hours

**Frequency:** Two workshops

**SSEHV Workshop Description:** *Values in Business:* Equipping managers, supervisors, entrepreneurs and potential candidates with the essence of Dharmic (good) business practices.

#### **Objectives:**

- Understanding the challenges and difficulties faced by small business owners and managers of business enterprises.
- The integration of Values in a difficult economic environment
- Understanding the principles and practices of Values and ethics within the business environment.
- Afford small business owners and managers of business enterprises an opportunity to engage in critical Value themes impacting their business.
- To give entrepreneurs and business managers an appreciation and understanding of the importance of ethical business practices.
- Managing business and workplace relationships through the practice of essential Values.

**Presenter(s):** Various presenters consisting of South Africa Institute of Sathya Sai Education board members and facilitators

**Number of adult participants:** 61

**Age range of SSEHV students:** 21 - 50 years

**Demonstrated understanding of a Value/Values. Testimonies:** Participants were enthusiastic and loved it. The number of participants who thought the workshop was well structured and well presented, while interspersed with both fun and practical activity, was overwhelming.

**Outstanding Achievements:** See feedback letters and analysis of questionnaire at

<https://1drv.ms/b/s!AmZnQ4vAUdkJgQJ2LfDg81klhwOs>

<https://1drv.ms/b/s!AmZnQ4vAUdkJgQQgBWTHfx0c2T>

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION** Yes, by team.

**Formal evaluation:** Formal evaluation was done with a structured questionnaire developed by professionals.

**Summary of evaluation outcomes:** Many remarked that this program should be ongoing, so that members of society can have an opportunity to learn the skills necessary to successfully manage a business ethically from a Values perspective. Many participants also requested a more advanced course on integrating Values in business.

## **Sathya Sai Education in Human Values (SSEHV) - An Adventure in Consciousness**

**Date(s) Conducted:** 4 March 2017

**Location:** Newlands, Durban, South Africa

**Venue:** Service Center

**Duration - days:** 1

**Duration - hours:** 6 hours

**Frequency:** One-time offering

**SSEHV Workshop Description:** The workshop focused on taking participants through the process of creation, their journey including problems encountered. Finding happiness again was facilitated by trying to refine the intellect, by focusing on the 5 aspects of the Bird of intellect viz. faith, leadership, 3HV, sense and mind control and *I-am-I* principle.

**Presenter(s):** 9

**Number of adult participants:** 30 including youth

**Demonstrated understanding of a Value/Values. Testimonies:** Presentations were lively, interactive and fun-filled.

- One elderly participant said that he “did not know when last I hit a ball, but I had a lot of fun” (referring to keeping the ball in the air: team building activity).
- A female youth said that she thoroughly enjoyed the program and was sure to attend any future programs.

**Outstanding Achievements:** Special thanks to two participants for their humorous and entertaining, yet enlightening, skit on unity, purity and harmony in thought, word and deed. This was very well received by the audience. One of them is a professional comedian.

**Challenges:** Program is long and this deters many from attending. Hence the attendance was not as high as expected, despite extensive and repeated announcements.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**

**Formal evaluation:** Yes, by someone else

**Developed evaluation tools:** by Facilitator

**Ready-made evaluation tools:** Feedback questionnaire:

- The Overall Program was rated ‘Good’ by 7 participants and ‘Outstanding’ by 11 participants.
- Overall assessment of the Program was highly positive and complimentary.
- The participants obviously received the program well and clearly benefitted from it.
- They also made suggestions to improve the program and highlighted crucial areas for further attention and elaboration at subsequent Workshops.

Fourteen (14) participants strongly supported attending a protracted 7-month certificate program and all 18 participants found the program beneficial and will recommend the program to others.



SSEHV IN BUSINESS  
SOUTH AFRICA

## **Sathya Sai Education in Human Values (SSEHV) - Typical Parenting Program. Sathya Sai School Parents' Parenting Program**

**Date(s) Conducted:** 2014 - current

**Location:** Asherville, Newlands, West Durban, South Africa

**Venue:** Schools

**Duration - days:** 7 - 8-month course. Varied once a month, every second week and every week

**Duration – hours:** Varied from 1.5 - 3 hours

### **SSEHV Workshop Description:**

Module 1: *Parents and their role.*

Module 2: *The Role of Parents in unfolding of the 5 core Human Values and 83 Sub-Values*

Module 3: *Role of Parents in creating opportunities for natural physical growth*

Module 4: *Effective communication skills for holistic development*

Module 5: *Parents as good role models.*

Module 6: *Holistic living and the creation of a healthy home environment.*

Module 7: *Learning to cope and overcome challenges*

Module 8: *Review and reflection and the way forward.*

**Presenter(s):** 4

**Age range of SSEHV students:** 21 - 35 years

**Number of adult participants:** 4 – 13 + 2 youth

**Age range:** Youth- Adults, grandparents and care givers. 25 - 60+ years

### **Demonstrated understanding of a Value/Values. Testimonies:**

- Parents expressed their sense of achievement when they put into practice the techniques suggested at each session.
- They were quite happy to see the change in their children.
- Their children also expressed joy at seeing the change in their parents.
- Instead of shouting at the children, parents spoke calmly with love.
- Their children opened up to the positive change.
- Trust and bonding increased.
- The ambience in the home changed from one of fear to love.

**Challenges:** Parents did not attend regularly. Commitment was lacking in some of them. Diaries were not done regularly.

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **PROGRAM EVALUATION**

#### **Developed evaluation tools:**

- Feedback was verbal at every session.
- Other parents learnt from one another from the discussions about handling specific situations.

#### **Summary of evaluation outcomes:**

- Parents gave positive feedback.
- They wished more parents could attend the workshops.
- They have seen a dramatic change in the home and in their relationships with one another

**Comments/Information:** The course has been modified several times to meet the parents availability:

- It has changed from the 4-hour day course held once a month, to the time they are available.
- This means that it is now held for one and a half hours every week. They don't attend during the holidays. This is a great challenge for Facilitators.

## *Taiwan*

### **Sathya Sai Education in Human Values (SSEHV) - Parenting Workshop**

**Date(s) Conducted:** Every Thursday morning

**Location:** Taipei, Taiwan

**Venue:** SSEHV Center

**Duration - days:** 1

**Duration - hours:** 1.5 hours

**Frequency:** Weekly

**SSEHV Workshop Description:** In this workshop, those who are interested in SSEHV parenting are welcomed to attend.

**Presenter(s):** 2

**Number of adult participants:** 12

**Age range of SSEHV students:** 35 - 55 years

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** Parents learn SSEHV parenting techniques from book studies and discussion. They realize that they need to set good examples for their children.

**Challenges:** The class is in the morning, so there are parents who cannot participate due to their work.

**Workshop Follow-up:** The experienced participants can become workshop leaders in the future.

**Publications and/or website links:** We have a quarterly newsletter and a Facebook page.

## *Thailand*

### **Sathya Sai Education in Human Values (SSEHV) - Parenting**

**Date(s) Conducted:** 2015

**Location:** Thailand

**Venue:** Sukhumvit Soi

**Duration - days:** 5 days

**Frequency:** Weekly

**SSEHV Workshop Description:** Workshop was five weeks of training: Parents were asked to practice what they learned in the training each week after reflecting on what they were lacking and implementing ways to improve themselves.

**Presenter(s):** Thailand Presenters

**Number of adult participants:** 31

**Age range of SSEHV students:** 25 - 52 years

**Demonstrated understanding of a Value/Values. Testimonies:** Parents reported that they started responding to children's wrong actions instead of reacting.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Comments/Information:** At the end of the fifth week, many parents felt that they had improved a lot, and that they understood how to better deal with their children. Through this program they understood that they need to work on the 5 C's themselves.

## **Sathya Sai Education in Human Values (SSEHV) - Rise for V.I.P**

**Date(s) Conducted:** February - October 2016

**Location:** Bangkok, Thailand

**Venue:** Home for Girls

**Duration - days:** 10 days

**Duration - hours:** 10 hours

**Frequency:** Weekly

**SSEHV Workshop Description:** Teenage girls gained self-confidence in how to discriminate right from wrong, through activities using practical application.

**Presenter(s):** Institute of Sathya Sai Education, Thailand

**Number of youth participants:** 16

**Demonstrated understanding of a Value/Values. Testimonies:** Teenage girls learned to use their discrimination to discern right from wrong and follow the correct path.

**Affiliation with an Institute of Sathya Sai Education:** Yes

## ***Trinidad***

### **Sathya Sai Education in Human Values (SSEHV) - Workshops on Parenting, Health, Discipline, Dental Health, 3HV and Communication**

**Date(s) Conducted:** 2013 - 2016

**Location:** Trinidad and Tobago

**Venue:** Various Schools & University of Tobago

**Duration – hours:** 1.5 - 2 hour workshops

**Frequency:** One-time offering each, except *Healthy Eating*

**SSEHV Workshop Description:**

- *Parenting Styles* was for young parents. Its purpose was to encourage the participants to reflect on their parenting practices, i.e., what they do, and how well they do in their moment-to-moment interactions with their children. They learn to identify their individual style.
- *Healthy Eating* was for parents. The purpose of it was to learn how to encourage healthy eating habits in their children.
- *Discipline* was also for parents. Its purpose was to emphasize the role that parents play as the children's first teachers. Also stressed was their responsibility to nurture discipline in their children with the goal of helping their children to develop self-discipline.
- The *Dental Health* lecture was for students aged 5 - 8 years. The purpose of it was to encourage good dental health.
- The *3HV* workshop was for teachers. In it, the concept of *3HV: Head-Heart-Hands* was presented for implementation in their teaching.
- *Communication: Developing Listening Skills* was for tutors of the University of Trinidad and Tobago's *Life Skills Program*.

**Presenter(s):** 3

**Number of adult participants:** 20 - 50

**Age range of SSEHV students:** 25 - 50 years

**Extended Workshop:** Only for *Healthy Eating* workshop

**Demonstrated understanding of a Value/Values. Testimonies:** Quotes from workshop participants:

- We never gave a thought before to what kind of parenting style we have. I realize that I should not adopt my parents' style because times have changed. Parenting is a responsibility given to us by the Divine.
- We should stop eating meat. We are practicing violence against animals. Do not overeat; practice moderation. What you eat influences your thoughts. A healthy mind in a healthy body.
- Parents are giving their children healthier lunches.

Children's quotes:

- Sweets are not good for our teeth. We need to eat carrots and healthy food to keep our teeth healthy. We must brush our teeth twice a day. Discipline is the most important school subject.
- We should all aim at becoming empathetic listeners. Listening is the best gift we can give to someone.

**Challenges:** Getting persons trained in SSEHV to serve. Participants benefit from SSEHV training but make very little effort to apply their training to help others.

Low attendance at workshops is another challenge. There seems to be a general atmosphere of complacency. "We don't need this" (until of course something happens which makes persons reflect on where they went wrong). Sometimes we have had only 2 or 3 persons attending a session.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Comments/Information:** Of concern is the existing low commitment among trained SSEHV teachers to serve.

## *Uruguay*

### **Sathya Sai Education in Human Values (SSEHV) - Training Course for Educators (and Community Professionals) in Values of the SSEHV Program**

**Date(s) Conducted:** 2011 - 2017

**Location:** Montevideo, Uruguay

**Venue:** Center and School

**Duration - days:** 19 days

**Duration - hours:** 2 hours

**Frequency:** Weekly

**SSEHV Workshop Description:** These workshops began back in 2005 and they have been offered non-stop ever since. The main goal of the course is to prepare teachers in SSEHV. It is basically designed for teachers, but it is open to other professionals in the community.

- This is a weekly course with 19 classes, beginning on the first Tuesday of April each year, finishing by late August, with 2 hours per class.
- In the first hour, the conceptual foundations are presented, and then a workshop with the five techniques.

**Number of adult participants:** 1500

**Age range of SSEHV students:** 20 - 40 years

**Demonstrated understanding of a Value/Values. Testimonies:**

- It is beautiful and fundamental for any educator. A forum for personal development.
- This program calls you to reflection, it does not matter which is the faith.
- This program gave me new kinds of tools and attitude about life and my relationships with others.
- I was able to observe my own actions, become more humble, and conscious. Thanks to the

universe for bringing me to this place.

- My attitude as an educator was able to be make actual a focus on each human being.
- It was very useful, it brings us a lot of tools.
- The program is very good, each one is able to bring out the best of oneself.

**Outstanding Achievements:** The Program has been running non-stop since 2005.

- A sociologist, took the course in 2015 and ever since he is able to offer a workshop named, *Dealing with Drug Addiction in Education: Facts and Challenges*
- A participant, Principal of the private school, was extremely grateful and invited us to offer it entirely free of cost.

**Affiliation with an Institute of Sathya Sai Education:** No

**Program Evaluation:** None

**Summary of evaluation outcomes:** From our perspective as educators, we consider that the course has had major acceptance and an important transformation takes place among the participants. This has kept us motivated in this amazing service to the community. It developed a deep sense of awareness among participants.

**Comments/Information:** To facilitate this course demands from us an intense inner transformation so as to be an example of the practice of Values and to be able to properly transmit it to the community.

## *United States*

### **Sathya Sai Education in Human Values (SSEHV) - Annual Human Values Festival**

**Date(s) Conducted:** November 2017

**Location:** Austin, Texas, USA

**Venue:** Performance Center

**Duration - days:** 1 Day

**Duration - hours:** 6 hours

**Frequency:** Annual Event

**SSEHV Workshop Description:** Event features: Human Values art, music and creative writing exhibition of over 150 works by Primary and Elementary children and their families; various Value-based activities and crafts for children; an Elementary art and music contest and a display of community work by local service organizations. The day was capped by an exhilarating evening concert with the *International Rhythm Masters* and a soul-stirring performance by international Hip Hop, MTV, Humanitarian and Value-focused artist, *Nimo and Empty Hands Music*. The highly inspirational evening ended with an awards ceremony dedicated to all participating children and artists.

**Presenter(s):** In Austin, we had various judges from our local city:

- A Lead Teacher of an art studio,
- Retired General,
- Candidate for Texas House Seat,
- Professor from University of Texas, Austin,
- International Hip Hop musician, and
- A Director of an Art Studio, all helped to decide on the art and music contest winners.

**Number of participants:** 500 plus - Youth and Adults

**Extended Workshop:** Annual Event

**Outstanding Achievements:** This was our first of many events likely to come. The overwhelming response from the community to hold this event annually is an achievement.

**Challenges:** We had only six weeks to plan this event due to not getting the School's Performance Art Center enough in advance. This also posed a problem in getting volunteers from the Community Service Organizations that wanted to participate, as they had already committed to other events.

**Workshop Follow-up:** We have had follow-up with the some of the organizations and families.

**Publications and/or website links:** <https://www.statesman.com/news/local/human-values-fest-kids-can-submit-art-music-dance-writing-win-250-scholarship/mToOBvnjmPPapfEeTJgS4M/>  
<http://www.austinmonthly.com/AM/Calendar/index.php/name/Human-Values-Festival-Concert-2017/event/27027/>

**Affiliation with an Institute of Sathya Sai Education:** Yes. All *Human Values Festivals* will be affiliated with the ISSE-USA

**Program Evaluation:** None

**Comments/Information:** This event is available for any city or country to host with partnership of the ISSE-USA.

## **Sathya Sai Education in Human Values (SSEHV) - Introductory Workshop on SSEHV**

**Date(s) Conducted:** April 2017

**Location:** Phoenix, Arizona

**Venue:** Community Church

**Duration - days:** 1

**Duration – hours:** 6 hours

**Frequency:** Ongoing, one-time event at different locations

**SSEHV Workshop Description:** The Introduction to SSEHV Workshop offers an overview of the SSEHV program, which is a holistic, Human Values centered program of character development. It is designed to draw out, accentuate, and nurture positive qualities and capabilities. The overview includes a look at the program's philosophy, pedagogy and its five Human Values. The workshop is for anyone interested in learning more about SSEHV before committing to the courses of instruction.

**Presenter(s):** 2

**Number of adult participants:** 8

**Age range of SSEHV students:** 40 - 60 years

**Extended Workshop:** No

**Demonstrated understanding of a Value/Values. Testimonies:** The participants requested SSEHV Course 1 after their experience.

**Outstanding Achievements:** As an Institute, we were delighted that the group wanted to learn more about SSEHV and in their interest in wanting to take Course 1.

**Workshop Follow-up:** In September 2017, we conducted the SSEHV Course 1.

**Affiliation with an Institute of Sathya Sai Education:** Yes

### **PROGRAM EVALUATION**

**Formal Evaluation:** Ready-made evaluation tools: Course Evaluations are usually provided to receive feedback.

**Summary of evaluation outcomes:** We now have individuals who have completed their Course 1 Field Work and are continuing with implementing SSEHV at various locations.

## MINDFUL EATING

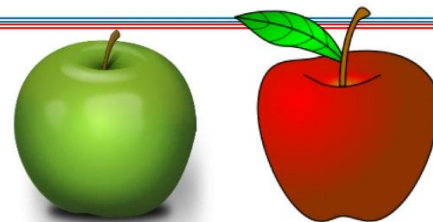


### TRUTH

- T**-Think! or Tune in (Think if the food you picked is a right choice or not)
- R**- Relax (Take time out/forget all the stress of the day at this moment)
- U**- Unity (Imagine how the food will unite with you as the nutrients flow through your body)
- T**- Thank (Be thankful for the food for the nourishment of the body. Talk to food and thank it)
- H**- Happy (Be happy and enjoy every bite)

### RIGHT ACTION

- R**- Research (Research on health benefits of various foods)
- I**- Insightful (Have a deep understanding of the healthy foods)
- G**- Gather (Purchase & prepare the foods that are healthy)
- H**- Hunger (Pay attention to your hunger cues, Am I hungry or not?)
- T**- Time out (Take 5-10 min out of busy schedule to eat with no distractions, e.g. cell phones, TV)
- A**- Associate (Find the relationship/connection between you, food, the farmer, the nature etc.)
- C**- Curb (Curb the desire for foods that may be around you which would harm your health)
- T**- Taste (Taste the healthy food and enjoy every bite)
- I**- Identify (Identify the nutrients in the food and understand how it will benefit you)
- O**- Offer (Offer to help others understand the importance of eating healthy foods)
- N**- Nurture (Nurture your body with good foods. Your body is your temple.)



### PEACE

- P**- Pause (Take a little time from your day)
- E**- Educate (Educate yourself on healthy choices)
- A**- Accept (Accept the foods that you found out are healthy for you, though you may not always like the taste of it)
- C**- Concentrate (Concentrate on the goodness of the food)
- E**- Eat (Eat your food)



### LOVE

- L** - Legacy of food (Think of the legacy of foods and their origin)
- O** - Observe the food (Is your plate colorful, did you choose different food)
- V**- Virtue of food (How is this food going to be useful in your body?)
- E**- Enjoy your food

### Non-Violence

- N**- Natural (Choose foods that are natural/non processed with least ingredients in the label)
- O**- Oneness (See the oneness of human & nature - life force in human & nature are one and same)
- N**- Nourishment (Think of eating food as a nourishment, rather than to satisfy the taste buds)
- V**- Value (Think of how valuable the food is to your body-"You are what you eat!")
- I**- Imagine (Imagine the process of digestion and the nutrients being released to blood and them circulating throughout the body)
- O**- Overcome (Overcome desires you may have to choose foods that are unhealthy which are around you)
- L**-Limit (Limit the portions, even though the food is a healthy choice e.g., fruit has calories and sugar, so limit - more is not always merrier)
- E**- Encourage (Encourage yourself to continue to strive for perfection in your diet))
- N**-Nibble (Take small bites and eat slow devouring every bite)
- C**- Content (Be content & happy with what you are eating-you are giving a spa treatment to all your cells by making healthy choices)
- E**- Eat and elevate (Elevate your spirit with the clean and pure food that you choose)



## **Sathya Sai Education in Human Values (SSEHV) - Free Health & Wellness Medical Camp**

**Date(s) Conducted:** First Saturday in October beginning 2010

**Location:** St. Louis, MO

**Venue:** Church-Parish Center

**Duration - days:** 1 day

**Duration - hours:** 5 hours

**Frequency:** Annually

**SSEHV Workshop Description:** A SSEHV Health & Wellness booth at an annual Sai Medical Camp for all community persons that otherwise may not have access to medical care. The presentation is on good health practices tied to the 5 Human Values. Display boards were created based on the quotes of the 5 Human Values, good health and how to maintain good health. A presentation is made on the display board covering the Human Values and good health and how to maintain wellness by living a life based on the 5 Human Values, the use of positive thought, inspirational Value-based music, prayer and meditation. The surrounding of yourself with positive Value-based stories, messages, media and “good company” and service to the home and the community. The presentation is sometimes made through an interpreter.

Handouts are given on the 5 Human Values and brochures on the SSEHV wellness message of the presentation; both are available in English and Spanish.

**Presenter(s):** 2

**Number of youth participants:** Approximately 20 - 30 children with parents as they visited the booth.

**Number of adult participants:** Approximately 100 - 140 annually

**Extended Workshop:** Yes

**Demonstrated understanding of a Value/Values. Testimonies:** Families attending make comments in regard to their personal connection with the Values. The presentations are sometimes made through an interpreter and some family members give feedback through non-verbal communication. Adults smile and nod their head in agreement of the importance of the Values in their lives. One lady who attended had been involved in the SSEHV program in the community and was excited to see the same program at another community location and was truly inspired.

**Challenges:** Attendees are in a hurry to visit all booths & partake of medical services.

Mainly presenting through an interpreter and sometimes limited verbal feedback from families. All attendees are not able to attend the booth.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**Comments/Information:** It is very heartwarming when you experience a shared connection with the Values with members of the community.

Please visit link for posters and handouts:

<https://1drv.ms/f/s!AmZnQ4vAUdkJgQST1IJXsfG5Lycw>

## **Sathya Sai Education in Human Values (SSEHV) - Overview and Lesson Plan Workshop for Church Regional Conference**

**Dates Conducted:** 2000s

**Location:** St. Louis, Missouri - USA

**Venue:** Church

**Duration time:** 2 hours

**Frequency:** Once

**SSEHV Workshop Description:** A SSEHV lesson plan was presented at a Regional Christian Church conference. The workshop was requested by the Regional Bishop of the churches who was also a Board Member of an organization implementing SSEHV. He felt SSEHV should be shared with conference attendees.

**Presenter(s):** 1

**Number of adult and youth participants:** Approximately 100

**Workshop outcomes:** The audience immediately resonated to SSEHV.

**Outstanding Achievements:** At one point during the presentation the entire audience stood, applauded and repeated saying "Amen!"

- The presenter was invited to stay for lunch with the churches' elders and share more about SSEHV.
- One elder has a doctorate in Community Planning and Development and is a book author. As we talked about SSEHV, tears flowed from his eyes. Obviously he understood the depth and significance of the program.
- The Bishop stated that at one point during the presentation it appeared that the presenter and the audience were elevated to another level of consciousness!

**Workshop Follow-up:** The follow-up was referral of youth to the afterschool program where SSEHV was being implemented at 4 locations throughout the city. There was no follow-up for out-of-towners.

**SSEHV workshop affiliated with the Institute of Sathya Sai Education:** Yes

### **Sathya Sai Education in Human Values (SSEHV) - Teacher as Exemplar and Environment and Culture of Love Workshop for Community College Course for Early Childhood Care Providers**

**Dates Conducted:** 2000s

**Location:** St. Louis, Missouri - USA

**Venue:** Community College

**Duration - days:** 4 days. 2 hours each

**Frequency:** 4 weeks

**SSEHV Workshop Description:** The SSEHV workshop was presented to Community College Course for Early Childhood Education students. The head of the Department was aware of SSEHV and asked that the students, who were early childhood home care providers, be exposed to the topics so they could better serve the children in their care.

**Presenter(s):** 1

**Number of adult participants:** 15

**Workshop outcomes:** The students were happy to receive the information to enhance their skills as Early Childhood Home Care providers.

**SSEHV workshop affiliated with the Institute of Sathya Sai Education:** Yes

### **Introduction to Sathya Sai Education in Human Values (SSEHV) - Workshops**

**Dates Conducted:** Late 1990s - 2017

**Location:** Missouri and other States; more recently Texas & Arizona, USA

**Venue:** National Character Education Conferences; a series of workshops for executive directors, directors and teachers of Early Childhood Education programs, community organizations and other groups interested in learning more about SSEHV.

**Duration - days:** 1

**Duration - hours:** 1 - 6 hours each workshop



FINDING OUR HEARTS, SSEHV VIRGIN ISLANDS

**Frequency:** At 4 conferences, approximately 5 workshops for Early Childhood programs and others interested in SSEHV.

**SSEHV Workshop Description:** An introductory overview of the SSEHV program.

**Presenter(s):** 1 - 2

**Number of participants:** Approximately 500

**Is this Workshop ongoing?** Yes. For audiences interested in learning more about SSEHV.

**Outcomes of this workshop:** Overall the workshops have been well received and contributed or lead to the implementation of SSEHV programs in Missouri and SSEHV Courses and programs in other states.

**SSEHV workshop affiliated with the Institute of Sathya Sai Education:** Yes

**Workshop evaluation:** A number of workshop evaluations took place including ones by conference planning team and by organizations that sponsored the workshops.

## **Sathya Sai Education in Human Values (SSEHV) – Post Hurricane Maria Wellness and Stress Reduction Workshops**

**Date(s) Conducted:** 2016 - 2017

**Location:** St Croix - United States Virgin Islands

**Venue:** Career Technical and Education Center (CTEC), United States Virgin Islands Department of Education, Complex Public High School Classrooms and Library

**Duration - days:** 1 day each

**Duration – hours:** 1 hour - 1 hour & 50 minutes

**Frequency:** One-time offering, monthly. Some weekly Saturday meetings.

**SSEHV Workshop Description:** The ongoing workshops were requested by the St Croix Career Technical and Education Center (CTEC) Principal and the Coordinator of the Virgin Islands Chapter Tuskegee Airmen, Inc., (VICTAI) and Youth Aviation Club (VTAC). The focus of the workshops were/are to introduce Sathya Sai Education in Human Values and to learn the importance of knowing how to relax and cope with stress after the devastation caused by Hurricane Maria to the island of St Croix.

The workshops are also to help with post-stress traumas many youth were experiencing after Hurricane Maria destroyed many of their homes and disrupted the normal operations of the public school and communities. Eight of eleven schools on the islands were destroyed and schools are operating on split sessions for all grades.

Students in Elementary School in 5th and 6th grade, Middle School and High School grades 10 - 12 were introduced to the program and it is related to their every experience in life, and how the Human Values can be integrated throughout the classroom, school community and wider cultural enclaves on the island of St Croix.

**Presenter(s):** 1

**Number of youth participants:** 25 – 30 per session

**Age range of SSEHV students:** 8 - 18 years

**Number of adult participants:** 8 parents

**Extended Workshop:** Yes in Progress

**Demonstrated understanding of a Value/Values. Testimonies:**

- The Human Values lessons and workshops help us deal with the madness happening around us and the world.
- I'm OK now. The roof of our house is still missing. We all huddled in one room. The Human Values lessons helped me. I learned to take time to take control of the stuff I was afraid of during the hurricane. I took deep breaths and did the Tree Pose (yoga) which reduced my

stress. I kept thinking positive thoughts and really tried the meditation exercises.

- I admit I was scared, anxious, and was getting depressed since we didn't have any food in the house. But I then recalled the Human Values lesson taught about Humility and being patience. I had to calm myself and just wait out the hurricane without complaining like I usually do. I thought about our environmental field. Leave only your footprint and how Hurricane Maria surely left her footprint.
- "Wow, wow... today's yoga exercise, the Mountain Pose, and finding my heart felt so good. I never listened to my heart. Can we do this again?" Tuskegee Airmen Aviation Youth Organization Member
- You were right! Thank you for teaching about Non-Violence. Hurricane Maria was a huge challenge for my family and me. We were hungry and we had to stay calm on the food distribution lines and people were getting very angry. But I didn't.
- Peace without understanding is completely unnecessary and cannot benefit anyone as a holistic being. The understanding allows one to have true and complete peace without worry, fear or doubt. Peace is an interesting aspect due to the relief it brings. It attracts all the other Human Values and brings love into reach. To be truly at peace one must have harmony of head, heart and hands. My vision is to obtain God's knowledge and understand the earth.
- The strength behind all work is a genuine happy smile. Smile and you will take its joy wherever you go. Why smile? Because it makes you strong, it makes love to come from within a little easier and it makes you forget what you want and it lets you see what He wills!

**Outstanding Achievements:**

- The opportunity to introduce SSEHV to an ethnically and religious diverse youth and age ranges
- The students' oral and written reflections.
- The open-mindedness of the Principal of the CTEC and the support of all the teachers at the school stating how much the SSEHV lessons are needed. Many would come into the classroom and express their gratitude and discuss the universal importance of the Human Values in their own lives.

**Challenges:**

- The rising and broader mental health issues and concerns adolescents on the island are dealing with and the lack of resources available to address the traumas they are struggling with.
- Hurricane Maria's recovery on the island is very slow. The government has said the schools will take 5 - 10 years to be re-build. This means schools will remain on split session with elementary, middle school and high school students using limited classroom spaces that are not in the best of condition. The school is undergoing mold remediation and is often without water so school has to be cancelled.

**Workshop Follow-up:** Ongoing

**Publications and/or website links:** VICTAI and CTEC public relations and media staff sends out a monthly online Newsletter with a brief write up of workshops and member updates.

**Affiliation with an Institute of Sathya Sai Education:** Yes

**PROGRAM EVALUATION**

**Formal evaluation:** No

**Developed evaluation tools:**

- Healthy CTEC Students 2020 Effective Communication Mini Essay Log Book
- Virgin Islands Department of Education Mini Grant Funding Project 2017

**Summary of evaluation outcomes:** I received positive feedback from the administrators, teachers, parents that had a keen interest in SSEHV that had a universal message that went beyond religion, cultural and background affiliation.

**Comments/Information:** The SSEHV resources and advisors are so vitally needed universally. The wonderful realization of all the SSEHV teaching is the resources for resolving the personal problems that are within us. When confronted with a conflicting consciousness problem, the Human Values core tenets gives power to respond positively. When we triumph, we have all the more empowerment to respond, we have more confidence and facility to handle future problems, helping to meet life head-on.

The challenge is to maintain self-cultivation, move forth to confront the myriad of difficulties, and accumulate the momentum of thought that success will surely come.



HAPPY CHILDREN  
SSEHV PERU



ARTWORK BY SSEHV STUDENTS, USA

We are building Peace with ...



Art Joy  
 family listening Love  
 music laughter hugs hope goodness smiles  
 Care happiness Positivity help beauty  
 sharing human values appreciation gratitude respect silence  
 Dedication open hearts light forgiveness learning  
 charity friendship motivation teamwork discipline harmony  
 nature solidarity enthusiasm fairness honesty  
 observation relaxation Support generosity Communication inspiration  
 personal example tolerance Wisdom Self-control Kindness  
 sincerity fairness education patience generosity vision  
 Serenity unity solutions good choices hard work  
 good intentions warmth creativity compassion meditation good manners  
 understanding equality dialogue Open-mindedness Imagination  
 inspiration passion faith effort justice trust

ARTWORK BY SSEHV STUDENTS, SPAIN

