

Integral Education for a Full Life

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Outline of Program

1. Introduction

- (a) to the Place
- (b) to the Program: expectation of participants
outline of program
- (c) getting to know each other

2. Self - Understanding (through self - examination)

- (a) Physical aspects: body and health
 - strengths and weaknesses
 - preventive health: practical guidelines for a healthy life-style
 - damaging elements (substance abuse)
- (b) Intellectual aspect
 - intellectual ability: potentialities & limitations
 - studies: what line? methods of study
 - creative/aesthetic pursuits
- (c) Emotional aspect
 - growth in emotional maturity
 - maturity and love
 - what is maturity? How mature am I?
 - Personality Traits: Application to self
 - Habits and Behavior patterns: Need for Change
- (d) Spiritual/Religious aspect
 - Vision of life, Values, Attitudes: What do I live by and live for? Critical self-evaluation
 - What do I want to make of my life? Why? job/Profession in relation to meaning of work, life goals
 - What is Religion? Do I understand my religion well enough and practice it. If not, why?

3. Self & Other (Relationships)

- Basic principles of human relations: how they originate, grow, break get repaired etc.
- the role of Communication
- Examination of one's actual relationships to parents, relations, friends, class/work mates etc.
- Relationships to the Opposite sex
(Sexuality): physical, emotional/physiological & spiritual aspects
- "Love Affairs", Choice of Partner, Marriage.

4. Self & Society

- Social Responsibility & Citizenship: Do I know my country? Am I interested? How does it express itself?
- The Situation of Sri Lanka today

- Socio-cultural-political aspects.
- Development problems & prospects
- Personal awareness & commitment: how can I help develop my motherland (practical steps).

5. Conclusion

- Overview : Life-Project in terms of Integral Personal Development and Social responsibility
- Evaluation & Feedback: Follow-up possibilities through Youth Club membership

The above subjects and topics are dealt with through

- lectures and discussions
- small group/large group sharing
- group dynamics sessions
- individual and group exercises
- recreational/cultural activities
- exposure programs
- audio-visual presentations
- meditations
- personal counselling
- youth-parents encounter session

What they say about Our Program.....

“The five days have been the most profitable experience I had. It is the first time I had the freedom to speak openly and frankly about my fears and experience and the listener not only gave his ear but his heart”.

“Let others also come here and grow as we did”.

“This program not only helped me to gather a lot of new knowledge but it also laid the foundations for a successful and happy life. When I came here though I had grown in years I was still a child in my thinking and acting, but now I feel I can and I am already acting as an adult”.