



ARAVINDA
VIDYAMANDIRAM

Transforming your child
to a perfect individual



Integral
Education



Aravinda
Vidyamandiram

Integral Residential Programme

About Us

Aravinda Vidyamandiram Senior Secondary School is a CBSE affiliated school which offers a blend of curricular and extra curricular activities to help every student succeed in their life and education. The school is run by Aravinda Charitable Society which undertakes social, cultural, spiritual and educational activities. The 33 years journey in the field of education has crossed various milestones. It is named after the nationalist, reformer and philosopher of India, the great sage Aurobindo Ghosh. It is established on the motto 'Tejasvinavadhithamastu' which means 'May our discourses shine brightly'. We combine the best of tradition with modernity to create an inclusive diverse teaching and learning environment. Our alumni keeps the school's fame high as they uphold our values and responsibilities, zeal and courage of conviction. The subject enrichment programs that we provide helped our students to secure admission in National and International Universities for higher studies. In tune with Sri Aurobindo we are starting an Integral Residential Education programme from the academic year 2023-24

"Education is not the learning of facts,
but the training of the mind to think."

- Albert Einstein



Integral Education

Integral means 'total' and addresses the totality of the whole person. It develops a sense of integrity, harmony and beauty in all aspects of humanity. Sri Aurobindo assessed many inherent problems of our educational system even before independence. That system was not creative rather it was degrading, impoverishing the mind, denationalising, spoiling the soul and character. He believed to ensure that we should march towards truth and knowledge, to keep ourselves fit for meeting the day to day challenges. For that it is essential to keep our education system up to date and bring necessary changes from time to time.

As per modern life and spirit, for meeting this requirement of the society Sri Aurobindo advocated strongly an integral system of education. In integral education, he described union with the divine and integral manifestation of divine into the physical, mental, and vital life.

Integral education is an educational process through which students are provided a dynamic group learning environment. It encourages conscious decision making, personal introduction, self-discovery, innovation and respect for individual differences and cultures. Educationists thought that to increase the effectiveness of education, it is important to choose a new educational model that seeks to develop responsible, creative, and conscious contributors to a global community. It is a project-based model of education that encourages the joy of learning for its own sake.

Significance of Integral Education

It is essential for human being to be aware of his surroundings and his environment. It has been regularly mentioned that the traditional methods of teaching has lost its relevance in the fast changing era.

“Learning is not the product of teaching.
Learning is the product of the activity of learners.”

– John Holt

In the Western countries, too much of importance is given to material progress, technological and mechanical developments without corresponding development of spirituality and inner growth.

To obtain inner strength and enlightened mind, the educationists are advocating the necessity of integration of spiritual education. They know that bookish education is not significant. This cognitive knowledge should be replaced by integral knowledge for knowing the truth of being. So it has become imperative that a new system of education to be reached.

In this regard, guidelines of Sri Aurobindo and others are useful enough to overcome the existing impasse. This new system of education is integral education because it deals for a human being in totality and his whole life.





Integral education is not merely an idea but it is a complete and perfect system of education. According to Sri Aurobindo, true education is not only limited to spiritual aspect of education but also includes rational, physical and vital aspects, which will make it an integral education. Sri Aurobindo used the sense of integral education in two dimensions. First integral means imparting five aspects (physical, mental, spiritual, vital and psyche) of individual being and secondly integral means education is not only for the evolution of the individual alone but also for the nation and finally for humanity. In a broader sense, integral means evolution of humanity and promoting the principle of unity in diversity.

“Peace is the first condition, without which
nothing else can be stable.”

– Sri Aurobindo

Salient Features

“The first principle of true teaching is that
nothing can be taught.”

– Sri Aurobindo



A complete and perfect system of education

Brings out hidden potential in a person

Liberty in respect of learning methods

Friendly relations between teachers and students

Promotes learning by doing instead of chalk and duster method

Makes a child a good human being

Develops interest and creativity in the students

Gives qualitative and skilled based education

Prepares students for forthcoming challenges in life

Imparts education as per individual interest and capabilities

Develops original thinking, creativity and personality of the students

Five Aspects



“In order to see, you have to stop being in the middle of the picture.”

– Sri Aurobindo

Physical

Physical education, three principle aspects: –

- Control and discipline of the functioning of the body.
- An integral methodical and harmonious development of all the parts and movements of the body and correction of any defects and deformities.

It has been proven that appropriate physical activity helps young people develop healthy musculoskeletal (bones, muscles and joints) and cardiovascular (heart and lungs) systems, improve neuromuscular awareness (coordination and movement control) and maintain fitness.

Daily physical activity helps to cultivate flexibility, strength, agility, endurance, and grace. It assists us to listen to our own body, its messages and its needs, a healthy lifestyle including various activities and postures, time of assimilation and rest, food and sleep. It further cultivates sharp senses by training scientist's precision and the artist's sensitivity.

- Control & Discipline of the functions of the body
- Postures & Movement of the body
- Coordination of the parts
- Flexibility, agility or balance
- Developing strength and Stamina
- Hygiene
- Food and diet
- Rest and sleep
- Exercise

Mental

Observation, comparison, concentration, memorization, imagination, reason and intuition are the major pillars for developing mental faculties in a methodical and interesting way. The students should learn to communicate, express emotions and needs, understand others and to train discernment by choosing what is healthy and harmonious. The essential facets for mental education are to cultivate self discipline, ethics and integrity and concurrently to develop a lively, subtle and intuitive intelligence for a healthier mental broadening.

- Power of concentration
- Organisation of one's thoughts
- Thought control
- Mental silence
- Thought Control
- Inspiration

Vital (Emotional)

The quintessential elements for the development of emotional intelligence are to become aware of emotions, reactions and impulses, know and master oneself and to flourish. Awaken the aesthetic sense by expressing beauty and excellence through movements, emotions, thoughts and actions. It develops a powerful will, at the service of what is noblest and highest. It is important to cultivate fundamental qualities of being human which is a pertinent source of the holistic human developments like courage, sincerity, kindness, love of learning and solidarity.

- Transformation of character
- Education of the Emotions
- Development of Vital Qualities
- Truth, Sincerity, Courage
- Humility
- Desire for Progress
- Compassion and Love

Spiritual

Spiritual education is the highest peak of the education process. Through this, the student establishes a close relationship with the universal authority. A true spiritual education teaches the students to recognize this relationship of spirit and matter, so that one neither looks down upon matter and all the problems the material life presents, nor shuns spirituality as a lesson in escapism.

Psyche

Cultivating what makes everyone a unique being with unique qualities and encouraging self-awareness are the principal facets for this education. Enthusiasm, gratitude and wisdom are the main components a student should cultivate and also promote the depth of being and elevation, simplicity and aspiration.



Features

- Fully Residential
- Entry at Class VI and VIII (Based on Personal Interview)
- A full time coordinator.

Methodology

- Minimum two hour Physical Education (Will arrange training programmes with sports academy)
- Any two games (Football, Kho-Kho, Kabaddi, Volleyball, Badminton)
- Horse riding, Swimming (Compulsory)
- Daily activities - Bhajan, Yoga, Meditation
- The Bhagavad Gita Class (Should memorise at least two chapters per year)
- Motivational film and its discussion (Two films per month)
- Seva activities – Two hours in a week
- Seva camp - once in a year
- Educational tour - outside Kerala (Minimum 4 days)
- Bi-Monthly study tour in Kerala
- Seminars and Personality development programmes
- Skill development programmes
- Classes for Classical dance, Classical music, Violin, Mrudangam, Keyboard, Karate etc.
(Can choose any one or two)

Academics

No compromise on academics. Flexible time table to accommodate various programmes.

Foundation programmes for Science and Mathematics .

“When mind is still, then truth gets her chance to be heard
in the purity of the silence.”

– Sri Aurobindo



Aurobindo's integral education focuses on the development of a child in different aspects into a comprehensive whole. Aravinda aims at achieving this by transforming an individual into a higher being by imparting education. Physical and spiritual are two most important aspects of integral education and we organize such activities in our school to encourage development of these two aspects besides mental, vital and psyche. We invite students to our Integral Residential Education Programme from the academic year 2023–24.



Courtesy

Writings of Aurobindo, Mother, 'An Integral Education for GROWTH AND BLOSSOMING by Fabric Dini, Mother International School Pondichery, Mirambika Progressive School, New Delhi, Research Journal by Arnab kumar Roy on 'Aurobindo's idea on Spiritual Education', Research Journal by Sunita Yadav, Prof. Rajeev Rattan Sharma 'Sri Aurobindo's Integral Education: Practice of Physical and Spiritual in Auroville Schools'

"We are not here to do what the other do.
We are here to do what the other cannot do because
they do not have the idea that it can be done."

– The Mother



For more detail about fees structure and admission procedure,
Whatsapp to **8589990810** (message only)

B Anilkumar, President Aravinda Charitable Society.



“ True knowledge is not attained by thinking.
It is what you are; it is what you become. ”

Sri Aurobindo



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