

Anugraha Gurukula - Maitreyi



Values could guide our life minute by minute towards noble goals, rather than life being controlled by likes and dislikes, self-serving motives, customs, accidental occurrences, bad habits, impulses, or emotions. We have to know where we are going before we can get there. We approach value education in this age group with kid gloves.

Values can not only guide but inspire and motivate us, giving energy and a zest for living and for doing something meaningful. Sensitivity to a failure to live up to our basic values may lead to unproductive guilt or to constructive self-dissatisfaction which motivates us to improve.

Students at this age group (14 - 21 years) must be honest in recognizing the difference between pretended (verbalized) values and operational (acted on) values. Of course, no one lives up to all their ideals, but values that only make us look or feel good (including being religious) and do not help us act more morally must be recognized as self-serving hypocrisy. Thus, self-help is not just for overcoming problems; it also involves learning to become what we truly value, achieving our greatest potential.

“Maitreyi” would help to know their values and strengths and considered along with their problems. It makes students realise, for every fault or weakness they want to lose, they have a valuable strength to gain; for every crude emotion to control, they have an opposing good feeling to experience; for every awkwardness, a helpful skill to acquire; for every denial, a truth to be found. Optimally, they will identify problems, but also decide on lofty goals that are worthy of life.

It would help students to find out where they truly want to go. Then, they are motivated to achieve their greatest potential. Trying to be good is important, perhaps more important than solving personal

problems. Becoming moral requires enough emotional maturity to accept when we do wrong, enough social development to accept our responsibility for behaving in agreed upon ways towards our family and society, and enough cognitive development to be able to place ourselves in another person's shoes - empathy.

But just because students develop some of these qualities, it doesn't guarantee that they will develop a wise and effective philosophy of life. Many students set goals and strive for years to achieve one after another, only to discover when they get to the end goals that they realise they missed something worthwhile. We visualise, every student at this age group should have a well thought out "Mission Statement," a set of values, or a guiding philosophy of life.

Supportive subjects: Respecting our body, mind and life; Career assessment and guidance; Goal setting and realisation; Managing emotions and stress; Preparing for examination

Associated subjects - Maitreyi is interwoven with,
Shruthi: Effective coaching and mentoring of educators to be classroom leaders
Spandana: Effective coaching and mentoring of parents in parenting and family values Sankalpa:
Effective transformative initiative for the institution

Sponsor your school and invest in your students to transform them as "Value Creators".