

Self - Examen

**(Examen of the conscience)
discerning the soul to be
better**



Aatma – Manthan

(Kuchh– kshan swayam ke saath, swayam ke bodh ke liye)

A journey of self reflection to search the soul–the divine within, to churn the conscience and build the inner world to connect better with the outer world.

To seek an answer to
'WHO AM I?'



- ▶ MUSING AND MEDITATION WOULD HELP THE STUDENTS OVERCOME THE FEAR OF NEVER UNDERSTANDING THEIR OWN SELVES. THIS PRACTICE IS TO HELP THEM LIVE A MORE EMPOWERED LIFE WHERE JOY BECOMES A NATURAL STATE OF BEING RATHER THAN SOMETHING WE OCCASIONALLY STUMBLE UPON.
- ▶ THE AIM IS TO HELP OUR CHILDREN BECOME PARTICIPANTS IN THEIR LIFE'S UNFOLDING, WHERE THE SOUL UNFOLDS ITSELF, LIKE A LOTUS OF COUNTLESS PETALS.
- ▶ –TO HELP THEM LEARN THE ART OF NOURISHING THEIR OWN BEING, THEIR VALUE STRUCTURE, FEELINGS OF GRATITUDE, LOVE, COMPASSION, KINDNESS, SYMPATHY, EMPATHY, GENEROSITY, TOLERANCE AND UNIVERSAL ACCEPTANCE.

Self-Examen helps anchor
peace and joy in one's
heart and soul.

SELF-CONSCIOUSNESS WILL BRING IN CLARITY AND HELP THE CHILDREN RELEASE OLD, DISTEMPERED THOUGHTS, WOUNDS AND EMOTIONS AND FINALLY UNCOVER AND UNWRAP THEIR TRUE BEING.

IT WILL HELP THEM GROW STRONG AND DEEP ROOTS TO WEATHER THE MOST DIFFICULT STORMS OF LIFE, WHICH, TO THEM (THOSE WHO SELF-EXAMEN) MIGHT SEEM JUST A BLOW OF STRONG WIND THAN A STORM THAT DEVASTATES THEIR BEING AND EXISTENCE.

▶ **WITH SELF-EXAMEN.....**

- ▶ One learns to be mindful, optimistic and compassionate.
- ▶ One becomes kind and forgiving.
- ▶ One develops a sense of gratitude.
- ▶ One celebrates rejuvenated body and mind.
- ▶ One honours self, fellow beings and God.
- ▶ One realizes the purpose of life.
- ▶ One fosters his/her own path to success.
- ▶ One becomes 'A WINNER IN LIFE'

Our endeavor is to help our children have a firm value structure and improved and strengthened intrapersonal and interpersonal relationships.



SOUL GARDENING

- ▶ We wish to make our children gardeners of their own souls; guide them to feel and play with the yet not touched soil of their mind and soul; sow seeds of love, compassion, consciousness, gratitude and resilience; see their own selves, their own being blossom to become complete beings and spread their fragrance and joy to the world.

HOW 'SELF-EXAMEN' ?

Aatma – Manthan sessions are being woven into the curriculum for a duration of 10 minutes everyday.

We would start with simple breathing exercises to help the students connect with their breath and prepare the body and mind to be receptive to 'examen'.

It would gradually progress to consciousness of the surroundings, inner-self, understanding their own dynamics.

- ▶ It would be facilitated by practical demonstrations, soft music, mantras and different techniques like guided meditations for self-analysis and mindfulness, experience sharing for collaborative learning and journal writing to silently reflect on individual realizations.

▶ Our aim is to take our students to a profound inner journey wherein they shift from being

a human being

to

‘BEING HUMAN’.



INVITATION TO CELEBRATION

**Let us accompany our
children and help
them garden their
souls.**



CONNECTING WITH TEACHERS



THANK YOU

