



Annual Report – 2025

Background

In 2025, Living Values Education (LVE) gained momentum in India. Our team of volunteers from various states conducted numerous LVE workshops targeting diverse groups, including **parents, senior citizens, adolescents, young adults and school teachers**. This year marked significant growth in confidence, dedication, commitment, and diligence among our volunteers. Furthermore, we strengthened our relationship with the management of large private schools, enabling us to promote values-based atmospheres in classrooms and families.

The experience also presented us with some challenges that prompted us to reflect deeply and develop practical solutions, including a thorough review of classroom challenges, alternative values-based methodologies, and the provision of suitable tools, strategies, or expert guidance as needed.

Tamil Nadu

Indian Public School, Erode

LVE Facilitator: Ambika Praveen

Introduction

The Indian Public School is an eminent and well-reputed educational institution situated in Erode, (the turmeric city), with branches in major metropolitan cities like Trichy and Salem. The vision of the school is to offer extraordinary “EDUCATION, EXPOSURE & EXPERIENCE” to the learners. The culture of the school revolves around “Kindness, love & care”. This culture helps in fostering the self-confidence and positivity among the students making them vibrant and creative life-long learners. Here learning is knowledge and skills based and happens in an open, happy and secured environment.

On May 28th and on September 27th & 28th the, teachers of “THE INDIAN PUBLIC SCHOOL, ERODE” were exposed to a creative workshop, under the theme “VALUES FOR WELL BEING” which enabled them to connect to their core personal values.

The teachers were made to understand that a value-based environment in schools is the need of the hour. They reflected on how they play a crucial role in creating such an environment, which in turn will help to create a value-based society. Teachers realised the need to emerge and embody these values to cultivate a nurturing atmosphere in the school.

The engaging activities and active participation of the teachers helped them to explore and experience their own personal and social values.

The components of LVE workshops included:

1) Values awareness sessions

- a) Exploring our personal & social values; values of our country, our culture
- b) What are values?

2) Overview of LVE in the world

3) Creating a values-based learning environment

- a) The needs of a child
- b) The qualities of an educator

Key Insights / Activities & Outcomes

1. Mindfulness

The session started with a silent meditation combined with “GRATITUDE CIRCLE & POSITIVE AFFIRMATIONS”, where the teachers after reflecting in silence, had to speak out 1 positive affirmation about themselves and mention 1 person or situation they are grateful for.

2. Value-based ice-breaker (Activity 1)

The teachers thoroughly enjoyed this “VALUE BASED ICE-BREAKER”, where they had to stand opposite to their selected partner, with an expensive object in between them, when the facilitator calls out some affirmations loudly, the teachers had to perform the relevant gesture for the affirmation and when the word object was said, they had to compete with their partner & pick the object.

This ice-breaker helped them reflect how positive affirmations when heard or uttered makes us feel relaxed and at ease, but on the contrary when we compete in the materialistic world, we become restless and peaceless.



3. Fun with Hello', Greet & Meet Icebreaker (Activity 2)

The teachers were made to feel at ease, when “HELLO” was expressed in different languages in a song form. This activity emphasised the importance of meeting and greeting each other to sustain good relationships. It gave a clear understanding on how greeting each other with gestures helps in generating an atmosphere of warmth, friendship and belonging.



4. Visiting Card Activity

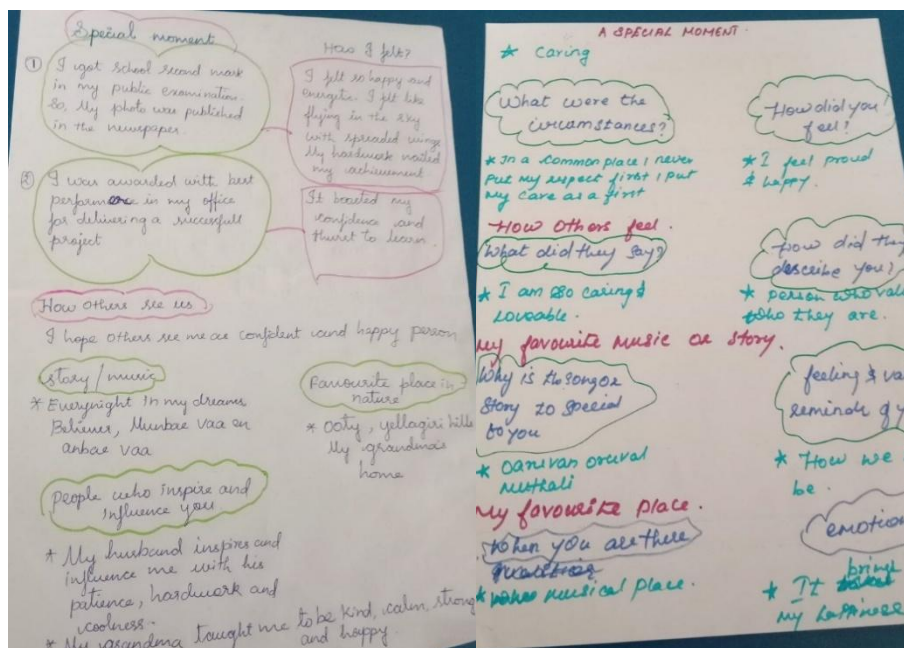
This silent moving activity enabled the teachers to know each other in an informal way. It helped them recognise their own qualities and to observe and appreciate the qualities of the other person. This peaceful way of acknowledging each other's qualities through their eyes and smile gave a new perspective to analysing others attitude.



5. Personal Reflection Activity

In a quite reflective atmosphere, the teachers explored their innate personal values and also discovered how their values help build harmonious relationship with others, through this personal reflective activity. Here they calmly reflected on personal questions like –

- A Special moment in your life
- How others see me (Strength & Values)
- Favourite music or story that has touched you
- A favourite place in nature close to their heart
- People who inspire and influence me with their qualities.



6. Pretend as Brand Ambassador of India to the country of your choice

With “VANDE MATARAM” song playing at the background, the teachers walked around with dignity and pride, filled with a feeling of patriotism. This activity induced them to reflect on India’s rich cultural values. The teachers expressed what cultural values of India they would display through their actions and behaviour if they were chosen as “INDIA’S AMBASSADOR”.



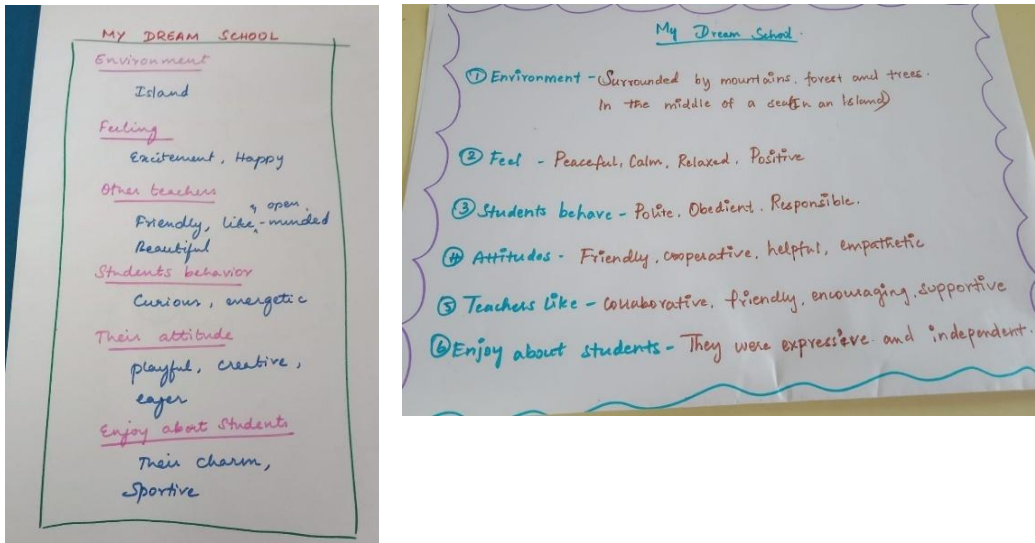
7. Personal definition of values

Teachers gave their personal definition of “WHAT IS A VALUE” – after a small brainstorming session on the different values they “EXPLORED, EXPERIENCED AND EXPRESSED” through the previous activities. They were asked to choose a value which defines them and write an acrostic poem for it

Examples.



8. "Imagine the school of your dreams"



This visualisation activity enabled the teachers to go on a pleasant journey and experience a "SCHOOL OF THEIR DREAMS". They explicitly expressed and depicted their expectations about the kind of environment, teachers and students they wished for. They discussed enthusiastically about the right attitude, positive actions & behaviour that is essential to create "A VALUED BASED LEARNING ENVIRONMENT".

9. Energizer – Values balloon activity

"Participants breathe into the balloon a value they would like to give the world and toss the balloon into the air and everyone tries to keep all the balloons moving, without letting them onto the floor ("we should never drop our values"). After two or three minutes, each one catches or picks up the balloon nearest to them."

Participants reflect on the value they have received and the value they gave.

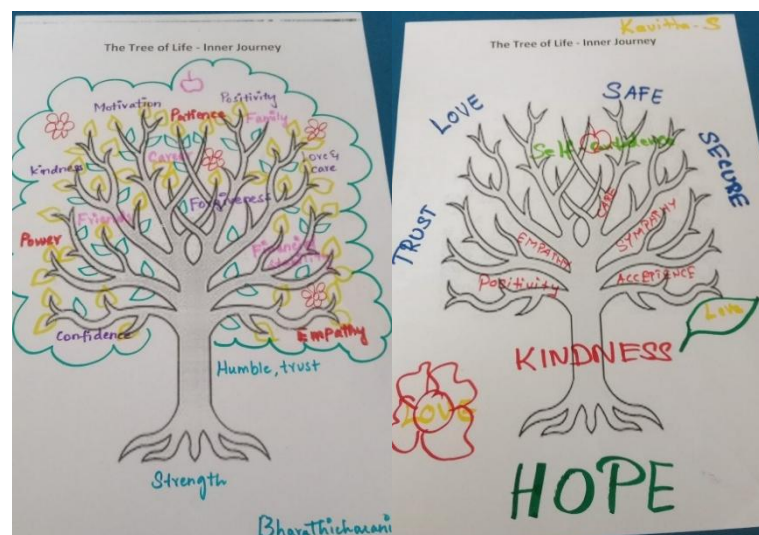


THE LAW OF “WHAT YOU GIVE YOU GET BACK”, “GIVE WHAT YOU WANT TO RECEIVE” WERE EMPHASISED DEEPLY with the “VALUES BALLOON ACTIVITY”

10. The tree of my life- Inner journey of self-discovery

The teachers were guided through an “INWARD JOURNEY” to imagine how a tree and parts of the tree might represent their life and the values they use in their life, to introspect and reflect deeply on each value and qualities which define their personality. This activity encouraged teachers to think creatively and positively, it also greatly empowered them and instilled self-confidence.

It gave them an opportunity to appreciate their own personal values and to see the interconnectedness of the various aspects of our personal life. It helped them recognise the crucial role that values play in determining the quality of our relationships and life’s achievements.



11. The forgiveness activity

The significance of facilitators having a forgiving and accepting nature was emphasised. Emotional healing, emotional stability and emotional well – being were discussed as the key factors that mould an emotionally & spiritually intelligent educator, who can radiate empathy, compassion, tolerance and understanding towards learners. A magic affirmation was shared to help eliminate feelings of resentment and bitterness. The interconnectedness of “POSITIVE EMOTIONS CREATING A POSITIVE MINDSET” AND “NEGATIVE EMOTIONS CREATING A NEGATIVE MINDSET”, was explained.

12. Teachers' toolkit

The educators were provided with the life skills that help us to live our values as a toolkit, to deal with challenges inside and outside the classroom. They were given a clear and valuable perspective on how the toolkit can enhance their professional competence and capabilities, to make them excellent educators. They were introduced and familiarised that these toolkits are the inherent strength within each individual, that can be developed and used to create a positive impact among the learners

Life skills as a toolkit

- 1) Stand back/ go within
- 2) Let go of negative/ useless thoughts
- 3) Discern between good & bad / true & false
- 4) Make good decisions based on values
- 5) Adapt/be flexible
- 6) Work together/cooperate
- 7) Accept/tolerate
- 8) Face situations with courage

Feedback/Evaluation

- 'I attended today's session on wellness and values, and it was truly enriching. The activities highlighted the importance of balancing mind and body. I appreciated how simple practices can bring positivity into daily life. The emphasis on values was meaningful. Overall, it was a refreshing experience. **Vidya**
- The wellness session was very refreshing and insightful. It helped me relax. A truly positive and motivating experience. **Suji**
Thank you for conducting such a meaningful wellbeing session. It was a truly enriching experience that reflected positivity and created a good vibe throughout. I really appreciate that thoughtful way you carried the session for three hours, keeping us engaged and connected. The activities and reflections were not only inspiring but also helped me feel lighter and more mindful. Your effort and dedication made a big difference, and I am grateful for the experience. **Mallika**
- We thoroughly enjoyed the wellness session, finding the activities and discussions to be both engaging and insightful. The supportive environment allowed us to feel comfortable exploring

my well-being. Overall, we found the session to be highly beneficial. Thank you for this wonderful session. **Vinitha**

- You conducted the session with great energy and positivity. The positive affirmation thoughts were inspiring and easy to connect with. It created warm and motivating environment for everyone. Overall, it was a refreshing and uplifting experience. **Asha**

Next Steps / Way Forward

Teachers deeply felt that value education should evolve into an **ongoing culture** and should not be a standalone session. They strongly recommended the following strategies should be incorporated and implemented in the curriculum

- Building empathy and ethical thinking through stories and real-life narratives.
- Encouraging critical thinking and moral reasoning by turning everyday situation into learning moments by formulating conflict resolution discussions, debates on values like honesty, kindness etc, having open dialogues
- Teaching values through experiential activities like role plays, skits, group problem solving tasks and community or eco service projects.
- Simple reflective and journaling activities by students strengthens self-awareness and improves emotional intelligence and accountability.
- Values driven behaviour should be acknowledged and appreciated to positively reinforce values like “honesty, kindness, tolerance”. Value based recognition should be followed to motivate the learners
- Creating a safe and respectful classroom environment which encourage learners to listen without ridicule, validate emotions, promote inclusiveness.

Closing Reflections

Teachers unanimously emphasized that **“Value education is not taught—it is lived, observed, and experienced every day in the classroom.”** Teachers reflected with conviction that the above strategies, help in implementing a stronger school culture that has reduced behavioural issues, with improved teacher - student relationships and also it helps in creating an emotionally balanced classroom, filled with responsible and value-driven learners.

Karnataka

Sri Vijaya Vidya Mandira, Vasanthapura, Bengaluru

LVE Facilitator: Vasupradha Venkatakrisnan

Shree Vijaya Vidya Mandira serves students coming from **humble socio-economic backgrounds**. Living Values Education (LVE) was introduced in the school with the intention of gradually shifting the school environment from **fear-based control** to a **value-based atmosphere**, where children feel **loved, valued, understood, respected, and safe**, enabling them to thrive. The component of the workshops included

Two half day LVE workshops were conducted in 2025: 28th May and 23rd August

The components of LVE workshops included:

- 1. Values awareness sessions**
 - c) Exploring our personal & social values; values of our country, our culture
 - d) What are values?
- 2. Overview of LVE in the world**
- 3. Creating a values base learning environment**
 - a. 'Imagine the school of your dreams'

Feedback / Evaluation

Teachers appreciated the **non-judgmental and reflective space** created during the sessions. Many shared that the workshops helped them pause and reconsider deeply ingrained practices.

It was openly acknowledged that while **some improvement was visible**, significant change would require:

- More frequent Living Values sessions
- Continued reflection and reinforcement
- Ongoing support and guidance

The sessions were viewed as a **starting point**, not a one-time solution.

Next Steps / Way Forward

As part of the follow-up, teachers were invited to:

- Consolidate and share **practical classroom challenges and use cases** they face on a day-to-day basis
- Highlight specific behavioural, emotional, or contextual difficulties

These inputs will help **Living Values India**:

- Review the challenges in depth
- Suggest **alternate values-based methodologies**
- Offer appropriate tools, strategies, or expert guidance where required

This collaborative approach ensures that Living Values implementation remains **contextual, practical, and supportive**, rather than prescriptive.



Closing Reflection

From the facilitator's perspective, the sessions highlighted both the **urgency and complexity** of shifting from fear-based discipline to a values-based approach. While the changes observed were gradual, the willingness of teachers to reflect, imagine alternatives, and engage sincerely marked a meaningful first step.

With continued and sustained Living Values engagement, the school has strong potential to nurture a more compassionate, respectful, and value-driven environment that supports the long-term character development of its students.





The parents participated enthusiastically in all the workshops, with the majority of the parents benefitting from the guided imagery and other reflective exercises, helping themselves to go into the root of the problem with their spouse or children.

Feedback / Evaluation

Parents' comments across all the workshops

- These sessions have awakened something inside me that is true to my whole existence. The peace and calm I have brought into myself through these sessions, have made me more tolerant to the situations I face in my daily life. I think these workshops are so important, as for the betterment of the child, family and the society as a whole, it is important to understand that values are the very basic necessity.
- When I gave my child some time and space to reflect on his doings (wasting time and resources for sports activities by not attending regularly), he realized his mistake and started working on himself.
- Participants shared positive feedback regarding the interactive nature of the workshop. Many parents expressed that the session provided valuable insights into how they can be more mindful in their approach to parenting, especially when it comes to managing their emotions and responding to their children's needs. Several parents also appreciated the practical strategies they learned to build stronger, value-based relationships with their children.
- The workshop gave me new perspectives on how to handle difficult situations with my children. I now feel more equipped to teach them life values.
- I loved the mindfulness exercises. I am going to practice them with my children, to see positive changes in how we communicate.

- The interactive activities were a great way to reflect on our parenting styles and learn from others.
- I attended the Living values workshop at school which was an eye opener. We as parents are so caught up with multiple things, that sometimes we lose the right way of raising our kids. This workshop for me, touched the right points of self-development and affirmations, which will not only help me to see my own personal growth but in turn impact my child positively. Thank you so much for helping parents like me who need guidance and regular reminders.
- Thank you for this opportunity. I attended the workshop today and it was as if it was designed for me. From entering the seminar hall in an overwhelmed, unhappy mood to feeling much more relaxed by the end of it. It's great that there are experts who can guide us parents to be more fulfilled and happier as it's the toughest job in the world as we frequently are in a "self-doubt" mode. So, I look forward to Phase 2 of the workshop.
- I strongly feel that such workshops (age appropriate) should be planned for younger kids also as a lot of problems begin from Grade 1 onwards. These smaller problems become the cause of bigger problems when these kids enter their teens and eventually become a part of their being. When they know that they're not alone and each of their peers is facing something or the other, they're reassured and also find innovative ways to improve the situation with correct guidance.
- Thank you for the synopsis. The Precious Parenthood session was too good and I am eagerly awaiting the next one.
- The session shattered some beliefs / norms, it forced me to look inwards and reflect on myself and my balance. Answers to some simple questions were eye openers and resulted in a change in perspective that I embraced with absolutely no resistance. The session had very clear pointers and actionable that made the transition from a self-doubting parent to an empowered one. A soul enriching session, I look forward to the next one.
- I would recommend this as a mandatory for every teacher and parent. Thank you for all your efforts.



- It was nice to hear and see what other parents are also facing. Each parent has their own unique challenge and this was a nice session to get a better understanding of how we all can deal with the challenges of bringing up our kids in a loving home.
- The session was truly insightful and awakening. The facilitator, Ms. Toral, was highly knowledgeable, and the engaging format made it impactful. Strategies shared through real-life scenarios and behaviour management tips were incredibly helpful. It was a highly beneficial experience! Regular monthly sessions like this would be an excellent support for parents.
- I have become much more patient with my child. I have successfully overcome mealtime tantrums by embracing the 'Value of Peace. My relationship with my spouse has improved, and that positive shift is benefiting my child as well. I am still a work in progress, but the Living Values sessions have helped me bring out the best in myself. They've taught me the importance of working on myself first.

Outcomes observed

- Two parents were on the brink of separation from their spouse, but LVE parenting sessions help them find a practical solution to restore peace and happiness in their family life.



Grade 4 Students

“During the visualisation, I felt very light and calm. It was like there was a guiding white light right behind me.”

“I felt peaceful and all my negative thoughts went away.”

“In the morning, I was feeling disturbed, but now it doesn’t affect me anymore.”

“When my parents fight, I feel stressed and scared because I don’t know what to do. But now I will use this method to relax by imagining myself as a peaceful star.”

This reflection shows the emotional impact of the workshop and the effectiveness of peaceful practices for children.

A parent sharing her success story after implementing the Value of ‘Peace’ from the last session, at her home which enhanced communication with her child

Like many parents, I often found myself caught up in the hustle & bustle of daily life. Between work, daily chores, and running errands, my child and I rarely had time to just be with one another. When we did talk, it was often in the middle of chaos or at a time when emotions were running high. There was always a sense of urgency in our conversations, and sometimes, that led to misunderstandings, raised voices, or feelings of frustration.



After the session of Living values on Peace, where we discussed how peace can enhance relationships and communication, I realised that I wasn’t giving my child the space he needed to communicate freely and openly. I also realised that I, too, needed to create a more peaceful environment within myself in order to better support my child.

The first step I took was to **slow down**. I made a conscious effort to pause before reacting. If my child came to me with a concern, I no longer jumped straight into problem-solving mode. Instead, I took a deep breath, acknowledged their feelings, and gave them my full attention. I began to practice **active listening**—not interrupting, not offering solutions right away, but allowing them to express themselves fully. At home, I also worked on eliminating distractions during our interactions. No more checking my phone or multitasking when my child wanted to talk. I made a point of sitting down with him at the dinner table, or even setting aside “quiet time” for just the two of us, where we could connect and talk without any interruption.

Next Steps / Way Forward

- **Progress Towards Other Living Values**
Build upon various values by introducing subsequent LVE workshops (such as Cooperation, Unity, Humility, Tolerance, etc.), helping parents and children grow holistically.
- **Possibly Extending the Living Values sessions to another branch of the JBCN International school**

A meeting will be scheduled with the **Principal/Managing Director of the current school** to share outcomes and insights from the Living Values Education Programme workshops. This will be followed by a **presentation highlighting the success, impact, and positive feedback** received from the workshops conducted.

Based on the discussions and mutual agreement, there is a **possibility of extending the Living Values workshops to another branch of JBCN International school**, with the proposed commencement in the **Academic Year beginning July 2026**. Further planning and implementation details will be finalised upon approval.



Letter of gratitude & appreciation from JBCN International School, Parel, 28 Feb, 2025

On behalf of JBCN International School, Parel, I extend my heartfelt gratitude for your initiative in conducting this truly meaningful workshop for our parents.

Your dedication and effort in making these sessions happen have been invaluable, and the positive impact on our parent community has been deeply appreciated. These workshops have provided immense support and guidance, and we are grateful for the difference they have made.

Thank you once again for your proactive approach and unwavering commitment to bringing Living Values to life for our parents. We truly appreciate your contribution.



Testimonial

“I am actually going through many of the phases with my child that were discussed in the workshop. It helped me gain clarity on how to handle difficult moments, especially when my child faces challenges with peers or in the parent–child relationship. I am really looking forward to the next workshop and learning more.”

Closing Reflection

The Living Values workshops for parents were conducted as warm, reflective spaces where parents could pause, look inward, and reconnect with themselves before addressing their children’s behaviour. Many parents openly shared their struggles—feeling overwhelmed by their own emotions, experiencing repeated miscommunication that often led to disagreements with children/ spouse and feeling unsure about how to instil discipline with love and consistency from an early age in children.

The journey reaffirmed a powerful truth: when parents live the values, children naturally absorb them, and harmony begins within the home.

Lala Lajpatrai college of commerce and economics, Mumbai

LVE Facilitator: Toral Shah

Young adults are the foundation of a nation. It is crucial to talk about the mental well-being of young adults, at the time when social media, print media and news channels are flooded with negative news every day, about young people committing suicide, or indulging in different kinds of crimes. It is pivotal to help young people find ways to be emotionally intelligent and resilient.



We are happy to receive an invitation from Lala Lajpat Rai College of Management for a half-hour Living Values session on Values-based Leadership and mental well-being. A successful session was conducted for 120 students. Below is the snapshot of workshop proceedings.

Toral Shah, LVE facilitator, conducted two beautiful self-reflective exercises, helping the participants to explore and delve deeper into their personal values.

1. The participants were enabled to connect to their personal values by

- Reflecting on the qualities of a person who has influenced them deeply.
- Thinking of a special moment, when they discovered good about themselves, a quality they feel proud of.
- Remembering a time when someone said something good about your strength and values.

Reflection of the students

“The person who has influenced me the most is my mother. She is incredibly patient and compassionate, even in stressful situations. I’ve seen her handle problems calmly without losing her temper, and she always tries to understand other people’s feelings before reacting”

“A special moment for me was when I volunteered to help organize a charity event at college. I didn’t think I was very good at leadership, but when I started coordinating with other students, handling last-

minute issues, and keeping the team motivated, I realized that I can stay calm under pressure and help people work together

. “One of my professors once told me that I’m trustworthy and dependable. He said that whenever a group project needed someone to step up and take responsibility, I was always ready, and people felt comfortable working with me because they knew I wouldn’t let them down.”



2. Tree of My Life

The participants were asked to imagine how a tree and parts of the tree each might represent their life and the values they use in their life.

Reflection of the students

Root: *The foundation of my life is honesty. I believe that being truthful to myself and others helps me build trust and keeps me grounded, even when things are hard.*

Branches: *The main areas in my life are family, friends, studies, health, and my hobbies like playing sports and listening to music. These help me stay balanced and happy.*

Leaves: *I always try to listen and support others when they’re going through something tough. Being there for my friends and family makes me feel like I’m helping them even in small ways.*

Fruit: *My special value is kindness. I feel proud when people say that I’m approachable and easy to speak to.*

The biggest insect in my life is procrastination. Sometimes I keep putting off tasks and then feel stressed when deadlines are near.

The way I can fight procrastination is by choosing self-discipline and time management.

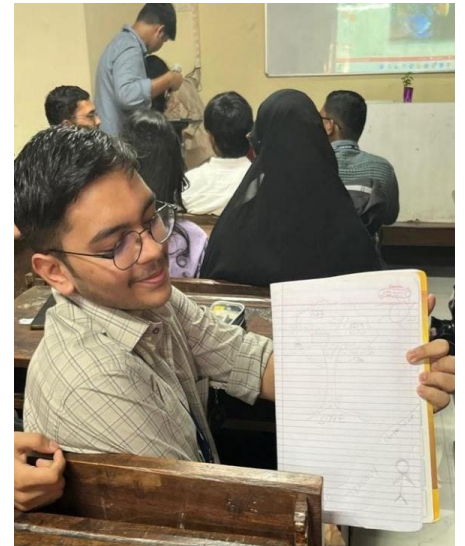
Visualization

“I am a Strong Tree”

This activity was designed to help students connect to their core values, inner strengths, and resilience by visualizing themselves as a tree. It encouraged self-awareness, reflection, and the ability to stand strong in life’s challenges while staying rooted in their values/principles

Student's experience of the visualization exercise

This activity helped me realize how my values like honesty and perseverance keep me grounded during tough times. It showed me that my strengths, like staying disciplined and supporting others, help me grow even when life gets challenging. I also became more aware of distractions like self-doubt, and how choosing patience and optimism can help me overcome them. It was a great way to connect with myself and stay rooted in what matters most.



Next Steps / Way Forward

The 30-minute LVE session with young adults had a profound impact, leading the college management to invite LVE India for a comprehensive 2-day LVE Foundation workshop on February 27-28, 2026. This partnership is expected to foster a long-term collaboration, promoting emotional growth among students by integrating values into the teaching.



Goa

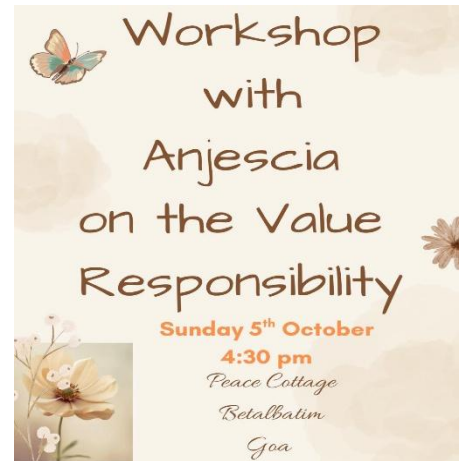
Peace Cottage, Betalbatim, Goa

LVE Facilitator: Anjesia Rodrigues

Workshops on following values were conducted during the year:

- Responsibility
- Respect
- Understanding peace from a spiritual perspective

Feedback and Reflections



Responsibility

Feedback from participants indicated that the workshop provided a meaningful opportunity to slow down and examine their relationship with responsibility at a deeper level. Many expressed that the self-reflection questions helped them recognize unconscious patterns of self-talk and emotional suppression that influenced their sense of responsibility and self-worth.

Participants appreciated the non-judgmental and supportive space for sharing, which allowed them to openly explore doubts, guilt, and inner conflicts without fear. Participants realized that the session helped them re-frame responsibility as an act of self-care and self-respect rather than obligation alone. The workshop was described as thought-provoking, grounding and empowering, encouraging participants to continue practicing conscious self-reflection and positive affirmation in their daily lives.

Overall, the workshop on the **Value of Responsibility** was received as a transformative experience that deepened participants understanding of responsibility as a lived value, one that begins with awareness, is nurtured through inner honesty and is expressed through mindful action. By embracing responsibility in this holistic way, individuals are better equipped to contribute positively to their own lives and to the world around them.

Respect

This reflection highlights the importance of continuing self-observation and conscious practice of self-respect in daily life. There is a need to further strengthen humility, patience, and empathy, especially

in challenging situations. By regularly reflecting on my actions and responses, I can improve my ability to judge fairly, communicate respectfully, and maintain emotional balance. Consistent practice of these values will help deepen self-respect and positively influence relationships with others.



Peace

Participants expressed that the workshop offered a safe and nurturing space to slow down and reconnect with themselves. Many shared that the experience helped them recognise peace as a practice rather than a destination. The gentle approach encouraged openness, emotional clarity, and a deeper appreciation of how inner peace transforms daily living.

Overall, the workshop was received as a meaningful and grounding experience that inspired participants to integrate peace into their everyday lives, through self-awareness and mindful reflection for a peaceful outcome in every challenging situation.

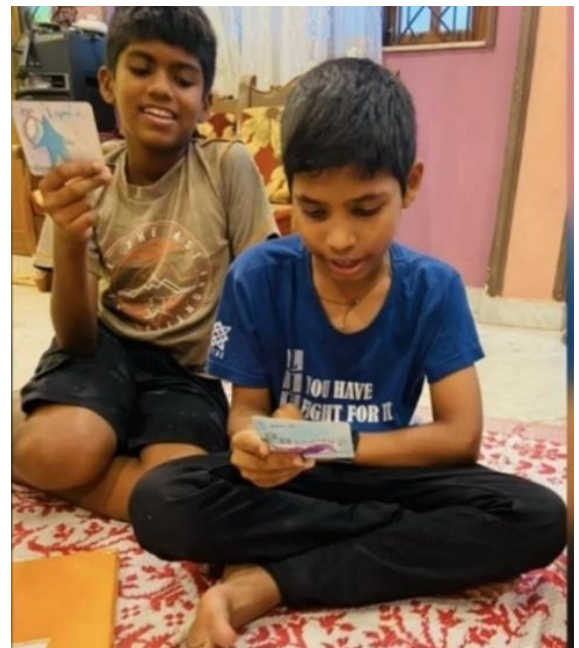
Nurturing values into daily life through reflection and creative art

LVE Facilitator: Anjescia Rodrigues

On 3rd April, a workshop was conducted for children aged 10 to 18 from the Catholic community with the aim of helping them understand, reflect on values into their everyday lives. The session combined value-based discussions with a creative Mandala art activity to foster mindfulness, self-expression, and emotional well-being. The workshop sought to inspire children to live with confidence, happiness, and self-love, while discovering the joy of creativity and inner peace.

Many children reflected on values for the first time, which brought excitement, curiosity, and thoughtful engagement.

- The activities helped them understand how values like inner peace, respect, self-love contribute to becoming better human beings.
- The **Mandala session** created a meditative experience, helping the participants experience stillness, focus, and peace.
- The workshop successfully linked **spiritual reflection with creative expression**, allowing children to realise that values can be lived and practised through small daily actions.



Feedback and Outcomes

- Participants shared that the workshop made them feel **peaceful, happy, and more connected** to their inner selves.
- Many expressed a **strong desire to attend similar sessions** in the future, as the experience helped them explore mindfulness and creativity in a meaningful way.
- The children reported feeling a **renewed sense of purpose and calm**, with motivation to apply values like self-love, peace, unity and respect in their daily lives.
- Overall, the workshop was a **success**, creating a positive and values-based environment that encouraged reflection, creativity, and emotional growth.



Media Consent

Media Consent

Therby state to give consent for any photos or written sharing made during The Creative Arts workshop ,to be used in any publication for LVE by Living Values Education India and ALIVE International in any form of media.

Sr no.	NAME	SIGNATURE
1.	Agnelo	Agnelo
2.	Gaurav	
3.	Lorenzo	Lorenzo
4.	Yadavi	
5.	Tanushree	Tanushree
6.	Tejas	Tejas
7.	Sahil	Sahil
8.	Adarsh	Adarsh
9.	Rishab	Rishab
10.	Harpeet	Harpeet
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Living Values Education (LVE) at Ameya

LVE facilitator – Jacqueline Fernandes

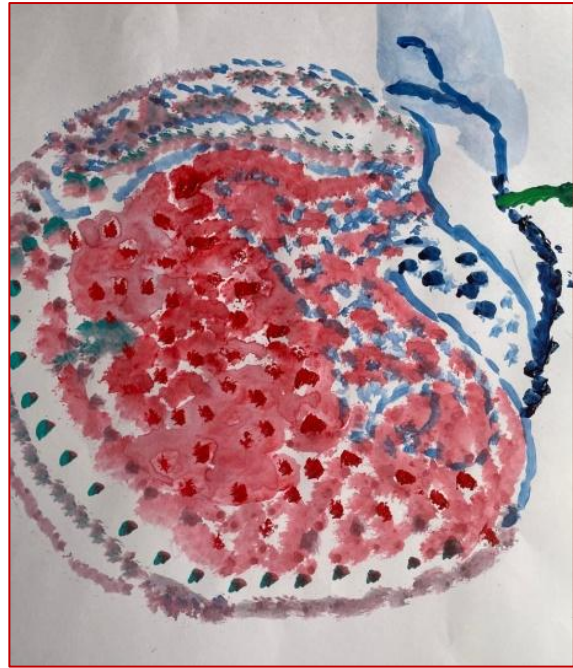
Ameya is a community-driven initiative in Goa, India dedicated to promoting healthy aging and overall well-being among seniors, their family and community members. Ameya places seniors as pillars of hope and agents of change, assisting them in strengthening their position at the top of the social pyramid and co-creating tomorrow's future by positioning them as guardians of wisdom, culture and stability, rather than mere dependents in a modern world.

Ameya gives value to the wealth invested in Seniors, caring for them as treasures, harnessing their knowledge and experiences, forging a community that is safe, welcoming, filled with love, laughter, compassion and empathy that nurture togetherness, fostering seniors as valuable assets to society.

The Ameya programme was founded on the 7th January 2025 under the guidance and generous support of Eleanor Viegas and Jacqueline Fernandes and other volunteers namely Anjescia Rodrigues, Rahana and Zaira Mirza, and started at Peace Cottage in Betalbatim, Goa.

From the onset, an important influencing factor that gave structure and form to Ameya was its immersion with Living Value Education (LVE) dedicated to 'nurturing hearts and educating minds' and highlighting importance of learning to be and learning to live together. Ameya coincides with the LVE ethos and uses LVE tools and materials **to bring people together to Explore, try new Experiences and connect with/Express their hidden wealth of values, qualities and talents within themselves and within each other in a collective way.**





Exemplary activities of the **Values in Art Workshop for Senior Citizens** were conducted on the 24th September 2025, at Peace Cottage by Eleanor Viegas:

On a large sheet of paper, participants were asked to make marks on the paper that expressed different qualities like GENTLE, STRONG, TOLERANCE, DETERMINATION, PEACEFUL, using 3 primary colours. Painting the quality was a mind-blowing experience. A sense of calm prevailed and it set the mood for the next part of the session. In the next part, the participants had to make a variety of marks using the 3 primary colours, such that the entire paper was covered, but not think too much. The finished paintings were all very different.

Everyone felt relaxed yet very concentrated. The participants were asked to express their feelings and answer reflective questions. They enjoyed sharing their points of view with others.

The initial workshops concentrated on artistic expression through drawing, painting, needlework and marbling, facilitated by Eleanor Viegas (methodology explained above), as well as pottery by Nandini Datta. Seniors were encouraged to work spontaneously without thinking too much. They were empowered to connect with and express their inner beautiful selves, acknowledging and building new strengths and skills, making meaning of experiences, personal growth, talent and inner creativity. Art class is instrumental to achieve a meditative state whilst reaching into the inner depths of values and talent, building confidence and bringing a satisfying and positive feeling.

Further workshops in expressive art engaged seniors to make art and craft together, have much fun, build concentration in the working process, exposure to new materials and techniques, exploration

of hidden talents, fostering communication, collaboration and appreciation in each other. All-in-all seniors were happy from a sense of self-accomplishment, social engagement and sharing.

Art Expression helps to reach the inner depths of values and talent



The workshop helped senior citizens to get in touch with the inner artist and at the same time introduce them to Living Values. During other meetings, the different VALUES explored were LOVE, PEACE, HAPPINESS.

Seniors experiment with Marbling





Pottery with Nandini Datta



Another fabulous activity focuses on mindfulness and an inward journey into the strengths and core of personal and social values of **Love, Happiness, Peace, Respect, Freedom, Responsibility and Tolerance**. Seniors were able to connect with their own hidden qualities, the foundation of their identity, become aware of self-worth and trust in others. With constant and dedicated facilitation of LVE practitioners (Anjescia Rodrigues, Eleanor Viegas and myself), the skill of how to keep generating

positive and gratifying thoughts and be sensitive to others grow strong and deep. With continuous practice seniors develop skills that will help them in daily life setting, to care for their own well-being and mental health, fulfil their potential, realise their dreams, and contribute to their community with dignity, respect, self-confidence and purpose. With increased faith and courage, Seniors will co-create a bright, peaceful future for the world as torchbearers of values in their community and in the world, inspiring their peers to create a calm value-based atmosphere where new learning and good health become a standard.

Fitness is an integral part of LVE. It includes meditative exercises like yoga and breathing, brain-gym, together with dancing, Taichi as well as music, singing and laughter.



The outcome of creative stimulation with non-verbal expression, emotional release, cognitive stimulation, movement therapies and social engagement, is remarkable resulting in increased peace and productivity as well as mutual trust and discipline in Seniors. Noteworthy is the focus shifting from senior challenges of loneliness, boredom, loss of function and ability, mental distress and resignation, **towards creating avenues for engagement, learning, purpose, community interaction whilst boosting emotional, mental, physical and spiritual aspects of health, well-being and independence of seniors.**

Next Steps / Way Forward

The way forward is

- to expand Living Value Education through Ameya and collaborative efforts with the youth of Goa.
 - Create a buddy system with Ameya Seniors that includes the youth. This involves collaborating with LVE to realise the Youth Leadership Programme in Goa using a proposal already written and developed by ALIVE Board Member, Helen Sayers, for the same.
- to address the following challenges in the best way forward:
 - Driving a mindset that allows us to put intention in to anything we do. When we have intention, we believe in ourselves, our capabilities and especially we feel the support of our Creator in this earthly journey.
 - LVE is difficult in large groups. We are in a process of activating a buddy system and making smaller groups so that every member has a feeling of belonging and calmness necessary to visualise and feel the goodness inside.
 - Elaborate and support the Buddy System between Ameya Seniors so that they can interact outside the workshop, be engaged and socially active and eliminate the scars of loneliness and isolation.

Closing Reflections

Living Values Education is as its name suggests - it does not stop at the workshops and meetings. LVE is a journey where members slowly build up a mindset that is powerful and peaceful. They start to believe in themselves and their connection with God is activated. This belief becomes so automatic that it kicks in when there is most need to be strong, centred, faithful and positive in the face of challenges.

Conclusion

The experience of our teams facilitating LVE activities across various target groups highlighted the importance of **continuous and sustained engagement rather than a one-off intervention, in order to enable participants to bring about a meaningful change in their lives.**

Action plan for the year 2026

- 27-28 February - A two-day LVE foundation workshop with staff at Lala Lajpatrai College of Commerce and Economics, Mumbai.
- 2-7 March - An intensive six-day LVE train-the-trainer workshop for up to 18 candidates from a number of states in India is planned in Pune. These include not only teachers but a number of representatives from other professions such as software engineers, medical doctors, healthcare workers, a chartered accountant, social worker and corporate professionals.

We envisage that these workshops will help to develop a strong team of trainers, facilitators and coordinators that will be able to offer a variety of LVE workshops and other activities to schools, colleges, and the wider community, in several states of India.

LIVING VALUES EDUCATION INDIA
in collaboration with
LALA LAJPATRAI COLLEGE OF COMMERCE AND ECONOMICS (AUTONOMOUS)
NAAC REACCREDITED 'A' GRADE (CGPA 3.20), MUMBAI

presents
EDUCATING MINDS, NURTURING VALUES
with
HELEN SAYERS

27-28 FEB 2026
8 AM - 1 PM
Room No. 507

In this creative workshop we will:

- learn about the LVE approach, methods and activities;
- explore our personal values;
- reflect on our responsibility as role-models of values in practice;
- find new ways to help students to discover and express their inherent values;
- develop skills for creating a values-based learning environment;
- create plans for integrating values in every aspect of our work and in our lives.

Helen taught science, tennis and music at secondary schools in the UK and in Africa. Recognising the importance of integrating values into teaching and learning, she became a trainer in Living Values Education and is currently a member of the Board of ALIVE.

She is the author of 'UBUNTU! The Spirit of Humanity', a training manual that focuses on the values of living together in harmony. (Ubuntu is the African equivalent of Vasudhaiva Kutumbakam)

The Association for Living Values Education International (ALIVE), is a non-profit-making association of educators in over 20 countries, offering resources and workshops that 'Nurture Hearts and Educate Minds'

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india@livingvalues.net

LIVING VALUES EDUCATION INDIA
presents
TRAIN THE TRAINER WORKSHOP

2-7 MARCH '26
JAGDAMBA BHAVAN
PUNE

with
Lead trainer
Helen Sayers

In this workshop we will:

1. Reflect on our innate values
2. Gain insights into the LVE experiential approach and learn skills to create a values-based atmosphere in the classroom, workplace, family...
3. Develop our training skills through practice and assessment (facilitation, presentation, communication skills, team building, etc...)
4. Bring together our diverse qualities, talents, expertise and experience to support the development of LVE in our regions.

Helen taught science, tennis and music at secondary schools in the UK and in Africa. Recognising the importance of integrating values into teaching and learning, she became a trainer in Living Values Education and is currently a member of the Board of ALIVE.

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