



Annual Report – 2024

Background

Living Values Education - India constantly strives towards a wider outreach to all sections of the community. The passionate volunteers associated with us are the backbone of our projects. Our strategy is to continuously invest in people who have demonstrated a high level of enthusiasm, unwavering faith and dedication to create a values-based society. We are appreciative of their commitment and determination. They are a beacon of hope in a world of conflict and unrest.

Professional Development Workshops

LVE-India hosted two professional development workshops in January/ February 2024 for:

- 24 teachers of Udaya Public School (UPS), Ayodhya; and
- 27 teachers from 27 schools each in South Goa.

The experience of both the workshops was tremendous. All the teachers vehemently voiced the need of such workshops to foster a culture of peace, respect and unity in the school and within the families. We were able to draw huge cooperation from Sangath (a Goa-based organization that fosters child development and physical and mental health of young people), Udaya Public School, Ayodhya, and Adarsh V.V. high school, Goa, to conduct both workshops successfully. We anticipate that the sowing of seeds of human values through

these workshops will be a springboard for more such LVE initiatives in the future. We continue to nurture these seeds through regular interactions and meetings, helping them to bloom into beautiful trees.

A few glimpses of the workshops!



Living Values Education (LVE) at Udaya Public School: A Collaborative and Creative Approach

Duration: February to September 2024

Location: Udaya Public School, Ayodhya

Goal: To create a vibrant school environment that fosters positive values and empowers responsible, engaged learners.

Introduction

The Living Values Education (LVE) programme at Udaya Public School was implemented to cultivate a nurturing atmosphere where students learn to embody and share essential values. Our goal was to engage students actively in their education while fostering responsibility and empathy. This report outlines the collaborative efforts of our LVE teachers, detailing the strategies and activities implemented to create a values-driven community.

Teacher Selection Criteria

To ensure the effectiveness of the LVE programme our senior management selected teachers based on specific criteria to participate in the training programme. The chosen educators demonstrated:

- **Creative Approach:** Candidates displayed innovative thinking and the ability to integrate LVE principles into their classes.
- **Empathy:** Teachers were assessed on their ability to connect with students, understanding their needs and fostering an inclusive environment.

- **Enthusiasm:** A passion for teaching and a proactive attitude towards student engagement were essential qualities.
- **Eagerness to Learn:** Selected educators showed a willingness to grow professionally and embrace new methodologies.

These criteria ensured that the teachers who became LVE facilitators were well-equipped to implement the programme successfully.

Collaborative Planning

Teacher Integration

Our LVE teachers, who were trained by Ms. Helen Sayers and Ms. Indu Gupta—both integral to LVE at an international level, facilitated planning sessions that enabled them to seamlessly incorporate LVE principles into the existing curriculum. They implemented the programme independently, focusing on generating creative ideas that enriched lessons without adding extra workload.

Interdepartmental Collaboration

Teachers from diverse departments—including Science, Humanities, and Arts—came together to collaborate on projects that embedded values in their subjects. This interdisciplinary approach ensured a holistic integration of LVE across the school.

Activities to Foster Positive Values

Teacher-Led Activities Promoting Empowerment

Our LVE teachers organized a series of activities aimed at instilling empathy and kindness in students:

- **Empathy and Kindness Activities:**

- *Empathy Mapping, Gratitude Circles, and Kindness Chains* were conducted to cultivate compassion and gratitude.
- The *Empathy Game – Walking in Others’ Shoes* involved activities like the *Bus of Kindness* and *A Meal Shared*, encouraging students to appreciate different perspectives.

- **Living Values Projects:**

- Students created cards and posters reflecting on their values, followed by group discussions.
- Initiatives like *Ship of Values* focused on spreading positive values within the community.
- The *Sharing is Caring* project reinforced the significance of helping others.

Unlocking Potential

- **Buddy Pairing:** Students were paired to support each other academically and emotionally, fostering a sense of community.
- **Values in Action:** Real-life scenarios allowed students to apply their learned values in practical contexts.

School-Wide Engagement Activities

Value-Based Tools

- **Visiting Cards Activity:** At the beginning of the year, this activity encouraged junior students to build personal connections within the school community.

School Environment & Well-Being Initiatives

Cleanliness and Hygiene Campaign

Students actively participated in promoting cleanliness through campaigns that emphasized proper waste disposal. Integrated lessons on personal hygiene taught self-respect and consideration for others.

Recycled Art Project

Students engaged in creating art from recycled materials, which fostered environmental awareness and encouraged resourcefulness among young learners.

Social Media & Art Integration

The school's approved social media platforms were utilized to showcase student participation in various activities, while values were woven into music, painting, and other forms of art, encouraging out-of-the-box thinking.

Additional Activities

Acknowledging Student Achievements

Our LVE teachers recognized and celebrated random acts of kindness and positive behaviours. This initiative focused on highlighting students' qualities without fostering competition, reinforcing a supportive community spirit.

Conclusion

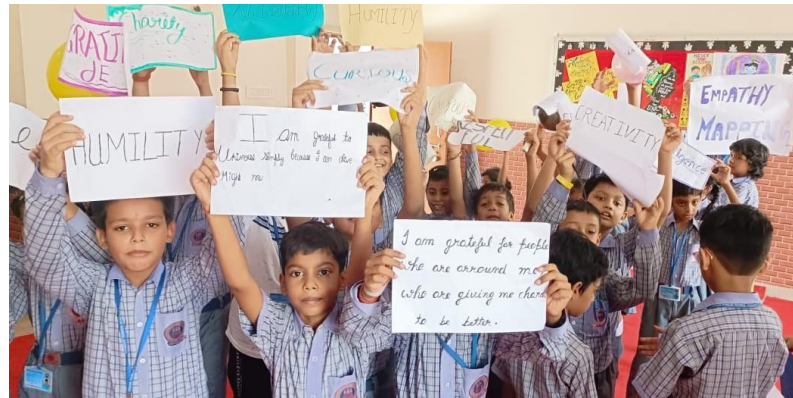
The Living Values Education (LVE) program at Udaya Public School has successfully created a positive, collaborative, and value-driven environment. Through the dedication of our LVE teachers, engaging activities, creative projects, and active student participation, we empowered learners to become responsible individuals. The emphasis on kindness, empathy, and teamwork has contributed to the holistic development of our students, laying a strong foundation for their futures. This initiative continues to shape a nurturing school community where positive values are lived, shared, and celebrated every day.

Glimpses of Activities

- Card and Poster Making Activity



- Cultivating Empathy and Kindness Activity



- Ship of Values, Sharing is Caring



Living Values Sessions at Puvudham School, Dharmapuri, Tamil Nadu

Vasupradha Venkatkrishnan, initially accredited as a LVE Distance Facilitator, attended a TTE in Goa. A corporate consultant, she has a deep interest in addressing the emotional needs of children. She has designed Groawesum, a programme which focuses on building resilience, growth mindset, emotional intelligence, self-awareness, and kindness in children.

Her voluntary association with the Puvudham Rural Development Trust enabled her to integrate values in the classroom of its alternate school. She teaches social and emotional learning to the online/ home schooling children associated with it.

Puvudham is a registered organization with focus on “Education for Sustainable Living” offering a humane and child-centred education environment for children, integrating the principles of sustainable living, minimalism, environment protection, water conservation and soil preservation while implementing effective organic farming techniques, design and construction of Eco-Buildings, Art, Craft and Green Product Manufacturing.

The organisation does not believe in traditional teaching methods, instead, it strives to create a learning environment that sparks curiosity, inspires children to ask questions, seek answers, and engage deeply with their learning environment. This approach ensures genuine understanding and retention, far beyond mere memorization from textbooks.

Theme: Active Listening and Values Education

Date: 01, June, 2024

Location: Puvudham School, Dharmapuri

Facilitator: Vasupradha Venkatakrisnan

Introduction

On 1st June, a session on 'Active Listening' was conducted at Puvudham School, Dharmapuri, for a group of parents as part of the Living Values Education initiative. The objective was to provide experiential learning on how active listening can make a child feel loved, valued, respected, understood, and safe.

Methodology

The session was designed to be interactive and experiential. Parents were paired up and asked to sit facing each other. They were given a set of prompts to guide their conversations. The aim was for them to experience:

1. Being interrupted.
2. Receiving unsolicited advice.
3. Not being listened to attentively.
4. Being ignored.
5. Being criticized.



Each of these experiences helped the parents reflect on the effects of these common behaviours on their children.

Key Insights

Many parents had “Aha” moments during the session when they realized that, often, their interactions with their children mirrored these negative behaviours. The experiential format helped them see the impact of such behaviour first-hand and how it can undermine a child’s sense of being loved, valued, and understood. Parents expressed that the session was eye-opening, and they appreciated the learning experience.



Feedback

The feedback from the participants was overwhelmingly positive. Parents highlighted the experiential nature of the session as something that made the concepts of active listening and emotional support memorable and practical. Many stated that the session would change the way they approach conversations with their children.

Theme: Ganesha & Values

Date: 07, Sep, 2024

Location: SEL & EI - Online Class

Facilitator: Vasupradha Venkatakrisnan

Life Lessons from Ganesha

A special session was created for the kids with a worksheet for Ganesh Chaturthi. This worksheet integrated Living Values Education principles with the cultural significance of the festival. Students explored Ganesha's attributes and each attribute was inspired by a core value. This activity sparked a great deal of engagement from the children, who were able to reflect on the values associated with Ganesha and how they relate to their own lives.

Below is the snapshot of the content along with the inspiration

1. **Always Think Big** - Ganesha's big head teaches us to always think big, believe in ourselves, and dream big dreams. With determination, we can achieve amazing things!

Inspired Living Value: Responsibility

- By thinking big and setting ambitious goals, we take responsibility for our growth and the impact we wish to create.

2. Listen Attentively

Ganesha's large ears remind us to listen attentively, understanding others better by listening more than we speak. When we pay close attention, we build stronger friendships and learn from one another.

Inspired Living Value: Respect

- *Listening attentively shows respect for others' thoughts and feelings, strengthening relationships and cooperation.*



A screenshot of actual worksheet

3. Always Focus

Ganesha's small eyes remind us to always focus on whatever we do. By giving our full attention and staying focused, we can succeed in our endeavours.

Inspired Living Value: Peace

- *Staying focused helps us achieve inner peace, as we complete tasks without distractions, leading to a calmer mind.*

4. Embrace Flexibility

Ganesha's long trunk symbolizes flexibility and adaptability. Just like him, we can adjust to changes and find new ways to succeed.

Inspired Living Value: Tolerance

- Flexibility teaches us tolerance, as it helps us embrace change, adapt to new situations, and understand different perspectives.

5. Resilience

Like Ganesha, we can be strong and keep trying, even when things are tough. Every problem has a solution, and we can find it with determination.

Inspired Living Value: Happiness

- Resilience leads to happiness, as overcoming challenges gives us a sense of fulfilment and joy in our accomplishments.

6. Seek Wisdom

Ganesha is super smart and loves learning. He reminds us to explore new things every day. Books and knowledge are treasures for our growing minds.

Inspired Living Value: Honesty

- Seeking wisdom encourages honesty with ourselves, as we recognize the value of learning and strive for personal growth.

7. Humility

Ganesha's broken tusk teaches us humility. It's okay to make mistakes; that's how we learn and grow stronger.

Inspired Living Value: Humility

- Humility helps us accept our imperfections and continue learning without ego, fostering a sense of simplicity and understanding.

8. Respect for Parents

Ganesha loves and respects his parents, just like we should. Our parents are our superheroes, and they deserve our love and respect.

Inspired Living Value: Love

- Respecting and valuing our parents reflects the deep love and unity within families, emphasizing the importance of strong relationships.

Conclusion

Overall, the Active Listening session was a valuable learning experience for both the parents and students. Parents appreciated the hands-on, reflective approach to understanding active listening, and the Ganesh Chaturthi worksheet was well-received, providing cultural and educational enrichment.

Living Values Sessions at Peace Cottage, Goa

Peace Cottage is a resource center for Living Values Education. It is an eco-friendly building, which harmonizes with the Goan landscape. Eleanor Viegas, the generous owner of Peace Cottage and a LVE veteran, hosts a session every month. The objective of these sessions is to help LVE facilitators to delve deeper into one of our core human values. The ambiance of Peace Cottage gives everyone an opportunity for deeper self-reflection. The experience of peace, love and joy helps LVE facilitators and other friends to be emotionally resilient to navigate the challenges of life with ease. The outcome of these sessions is deeper engagement in life (as well as in LVE!).

Theme: Value of Peace

Date: February 27, 2024

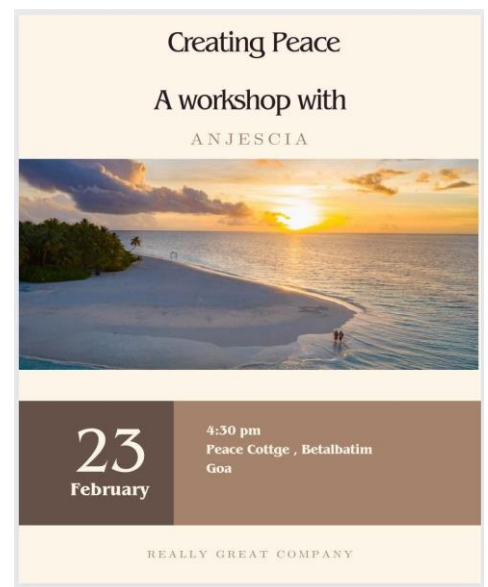
Facilitator: Anjsecia Rodrigues

Session Overview

LVE session at Peace Cottage on February 23, 2024, facilitated by Anjsecia Rodrigues, centred on cultivating inner peace and fostering harmony among participants.

Key Insights

Through shared reflections and guided practices, each member — Godeliva, Percy, Eleanor, Brenda, and Anjsecia — experienced a deep



connection with the understanding that peace is an intrinsic part of human nature.

The group discussions emphasized how embracing peace can enhance both personal well-being and collective happiness. Participants reflected on the transformative power of inner peace, noting that it not only calms the mind but also nurtures compassion and patience in everyday interactions. By practicing mindfulness and meditation, the group explored how to remain grounded in moments of stress or conflict, reinforcing the idea that peace begins from within.

Feedback

Percy shared how being peaceful helped her navigate challenging situations with more grace, while Brenda expressed gratitude for the clarity and relaxation she found during the sessions. Godeliva and Eleanor both emphasized the importance of making peace a daily practice, integrating it into their routines to create lasting positive change.

By the end of the workshop, participants felt more empowered to spread peace in their communities, recognizing that a peaceful individual can inspire a peaceful world. Overall, the event was a meaningful step towards bringing people together to create a more harmonious and compassionate society.

Theme: Staying Strong

Date: April 24, 2024

Resource Person: Eleanor Viegas.

Session Overview

On a hot sultry Goan summer day, Jaqueline, Percy, Anjescia, Yu and Yvonne came together to listen to Eleanor Viegas at Peace Cottage Betalbatim in Salcete, Goa, delivering an engaging talk on the theme of "Staying Strong." With grace and wisdom, she seamlessly wove Living Values into her discourse, prompting participants to embark on a journey of self-reflection. Against the serene ambiance of Peace Cottage, attendees delved into profound discussions on values such as simplicity, humility, freedom, love, responsibility and peace.

Key Insights

Eleanor's presentation encouraged participants to explore their strengths, skills, and traits, fostering a deeper understanding of themselves and their potential. Through moments of silence and introspection, attendees connected with the core principles of resilience. The collective atmosphere of contemplation and camaraderie enriched the experience, inspiring attendees to embody the values discussed.

Eleanor's talk inspired personal growth by emphasizing the significance of universal values in developing inner strength. It exemplified the profound impact of thoughtful exchange and communal reflection, lifting each other up and cultivating a culture of cooperation, resilience, and harmony.

Theme: Humility

Date- 12 June 2024

Resource Person: Eleanor Viegas



The session started with reflection and participants were asked to express their thoughts on Humility.

Q. What is Humility?

Participants shared how humility is based on self-respect. With self-respect there is knowledge of one's own strength. With the balance of self-respect and humility there is an acceptance and appreciation of one's qualities from the inside.



To understand humility, they looked at the opposite of humility which is ego and arrogance. They concluded that humility does not boss. When someone is behaving in a bossy way, they may have fear and insecurity inside. They felt that the one who has humility does not demand respect, and there is a natural expression of love and regard.

Theme: Happiness

Date: 3 August 2024

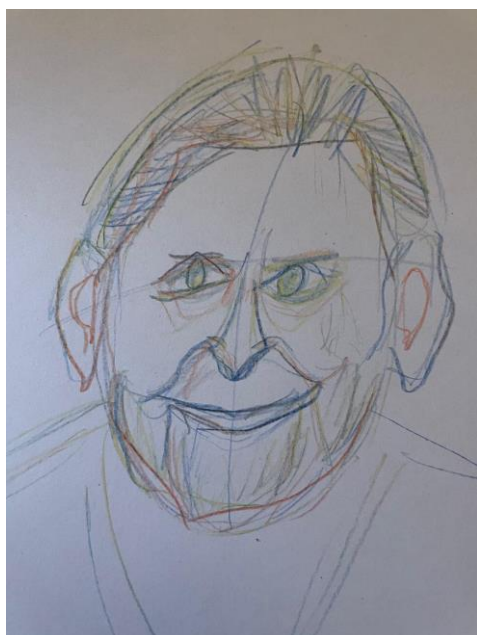
Resource Person: Eleanor Viegas

There was a small group of three in this session. Participants explored happiness through fun activities. They laughed and made drawings of each other with a smiling face. After a reflective exercise they concluded that happiness is a value inherent in all. Happiness increases by maintaining a positive outlook and having feelings of gratitude and forgiveness.



Feedback

Nandini shared that it was very refreshing and rejuvenating to be a part of such a fun filled discussion. She also loved her portrait.



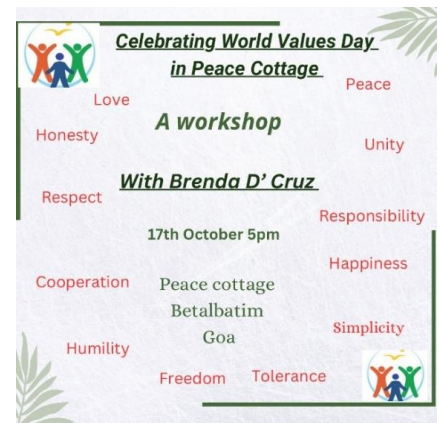
Theme: Celebrating World Values Day with a workshop on Simplicity

Date-17 October 2024

Facilitator: Brenda D’Cruz

Session Overview

Brenda D’cruz, a LVE facilitator and teacher in Manovikas School, Goa volunteered to conduct a session on Simplicity in celebration of World Values Day. The session was attended by six friends, who come regularly to get drenched in the fragrance of love and respect in the peaceful ambiance of Peace Cottage.

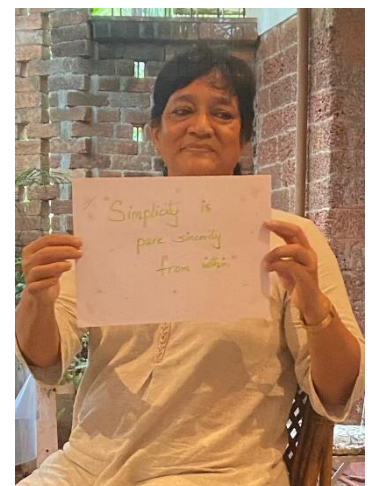


Key Insights

The beauty of Simplicity was emerged by interacting and sharing a thoughtful reflection by each participant.

Simplicity is not only to be felt from within but also lived fully to inspire and inculcate the value in others. A great learning happens when inspiration is taken from the experiences well lived by our ancestors and enlightened wise messengers such as Mother Theresa, Jesus and Mahatma Gandhi and various deities worshipped worldwide.

Brenda demonstrated how all the values are connected to this one value, particularly honesty, humility, love and gratitude. Participants were asked to share how Simplicity was helping them bring changes in their life.



LVE Workshop for JBCN International School, Mumbai

Theme: Orientation of LVE

Date: 14 October, 2024

Location: JBCN International School, Parel, Mumbai

Facilitator: Toral Shah

Session overview

A Living Values Education orientation workshop for leaders and teachers of JBCN International school, Parel (Mumbai) was organised on October 14, 2024. Around 35-40 participants attended including school principal, teachers from all sections and others from the senior management of the school.

The objective of the workshop was to orient the school management and teachers about ALIVE International and give them an experience of Living Values.

Methodology

- PowerPoint Presentation
- Visualization Exercise
- Reflection
- Discussion
- Games



Key Insights

The values activities session enthused participants. It gave them a new and positive perspective to deal with situations in the classroom as teacher or a parent at home. It gave them an opportunity to reflect on and experience peace, love and joy in the midst of the hustle and bustle of life. It was something new, something to give them an adrenaline rush!



Feedback from the teachers

- Teachers are often more concerned about academics of their students while it is equally important to focus on their behaviour.
- We know about all these values but are we actually living them!?
- Explore, Experience and Express values is the first step.
- To slow down and take some time out for self-reflection and journaling daily.
- Teachers felt calm and comfort during the visualisation exercise.

Living Values session at Damodar College, Goa

Date: 18 September, 2024

Location: Damodar College

Facilitator: Godeliva Gomes

Session Overview

A Living Values session was conducted for 45 BBA students of Damodar college as a part of psychology of adjustment subject where it was skill-based activities, process of knowing oneself. Sessions were conducted in relation to values at the work place too.



Action plan for the year 2025

- Udaya Public school, Ayodhya will continue incorporating LVE in their curriculum through creative ideas
- Vasupradha Venkatkrishnan will continue incorporating LVE in Puvidham School through offline and online sessions
- Monthly LVE sessions at Peace cottage.
- Fortnightly LVE sessions for parents and teachers at JBCN International, Parel (Mumbai) for one year
- LVE workshops for a grass-root NGO, Ibtada in Alwar (Rajasthan)

Conclusion

Living Values Education – India through its multifaceted approach has expanded to five states of India. The adoption of the programme by Udaya Public School, Ayodhya and alternate school, Puvidham has increased the visibility of the programme. We are very delighted to introduce LVE to JBCN International School, Parel (Mumbai). They have acknowledged the need of such intervention with the parents and the teachers to foster a culture of peace and respect in the school. The unique approach 'Explore, Experience, Express' has helped everyone think out of the box. We hope to expand to more states next year as more passionate volunteers join us along the way.
