

Goa

Living Values Education (LVE) at Ameya

LVE facilitator – Jacqueline Fernandes

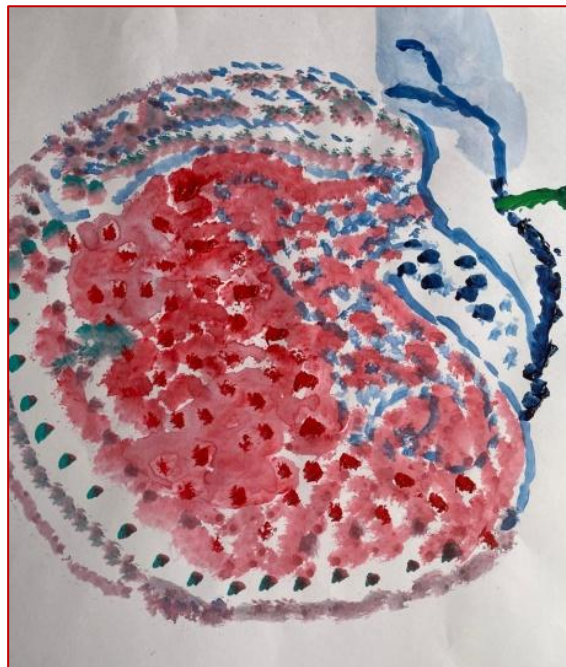
Introduction

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.
