

## *Dr. Sapna's*

### **HOLISTIC EDUCATION FOR 21<sup>st</sup> CENTURY**

(For educational institutes)

Education is a challenging process today. The expectations are not just to equip the students with a qualification but also to make them world-ready the 21<sup>st</sup> century way. Time and volume appear as huge barriers to the educational institutes. How to make the most of it?

Dr. Sapna's years of research based programs aim at exploring the best from the process of compulsory education by complementing and supplementing the efforts of teachers, parents and students.

#### **ADDRESSES FOR STUDENTS**

1. **What is your story?**- To motivate students to create their own history by identifying and standing up for what they are.
2. **You are the pole star**- Each one of us is unique and carries the light within, the need is to turn inside and see that light to make it burn brighter.
3. **The buck stops here**- Taking up the responsibility for our life is the first step to success.
4. **I am a professional**- Encouraging the students to practice being a professional right from the classroom.
5. **Mission happiness**- To guide the students towards a more meaningful and holistic life that goes beyond money, job and fast cars.
6. **Plan your life to plan your career**- Holistic and Effective career planning for all.
7. **Being human**- A session on the importance of positive emotions and relationships management

#### **MOTIVATION FOR TEACHERS**

1. **From teaching to mentoring**- Time demands a lot more from the new generation and that is the cue for the change of role of the traditional teacher.
2. **The holistic teacher**- The roles of a teacher demand a lot from the person in the teacher. A more holistic approach towards self is needed for higher quality of life.
3. **Teacher as a counselor**- Teacher is the first and most respected point of contact for the students. Adding counseling skills to teaching job can help the students go a long way.
4. **The curriculum called life**- In their journey the teachers have known a lot by virtue of experience. What can be added outside the course book to make it better for the students?

#### **SUPPORT FOR PARENTS**

1. **Spiritual Parenting**- We are the grown-ups and they are the children, hence we know more- this is the biggest fallacy of Parenting. Children are mini adults. They need to be guided but also to be understood as they are.
2. **Foundation**- For the parents of young children, it is more important to invest themselves in the forming of the foundation of high self-esteem on which the entire life stands. Let us see how.
3. **Teen troubles**- From academics to relationships and hygiene to gadgets, the teens of 21<sup>st</sup> century present challenge to the parents every day. What can be the right approach to help them and us?
4. **The young adult**- Though they appear grown up, they still need their parents at every stage. The challenge is to be there in the best possible way.

**METHODOLOGY:** All these topics can be delivered as 2 hours lectures or full experiential workshops.

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