

**Aparajitha**

*January*  
*2018*

25

<b>Contents</b>	<b>Page</b>
Hello!	2
Imprints	3
Footprints	7
Echoes	8

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# Seeds of Success



*A Transformational Change Through Awareness*

# Hello!

Tamil poet Abdul Rahman said, “Just as a lamp can light another lamp, a poem can inspire another.” In the same way, looking at the various dimensions of Thalir Thiran Thittam, one could say “a piece of knowledge can help us obtain new knowledge; an effort can support another effort; a creation can help another creation blossom; one person’s experience can facilitate another person’s learning.” This issue explains how and illustrates this concept with real life examples.

The first section deals with how Thalir Thiran Thittam enabled someone to understand Sri Aurobindo’s writings better. The second section talks about how Thalir Thiran Thittam helps reinforce the efforts of another to improve the image and prospects of a city. The third section deals with how Thalir Thiran Thittam has led to the making of a training course for college lecturers.

**Footprints** section brings to you the story how the experience of implementing Thalir Thiran Thittam in one state provided the learning required to implement it in another state.

Read on.....share your thoughts.....

I look forward to your continued support and suggestions.

**Ariaravelan**  
Manager



*Thalir Thiran Thittam (TTT) offers life skill education to students in classes 7 to 12. Based on the 10 life skills listed by World Health Organisation (WHO); lessons have been created to engage the students in happy experiential learning. The lessons at the primary level are imparted using Teachers’ Handbook and at the secondary, high school and higher secondary levels, through DVDs. This programme aims to create responsible students and was piloted in 2008-2009 in 5 higher secondary schools. In 2009-10, it was expanded to all high and higher secondary schools in Tamil Nadu by the Tamil Nadu Government’s Education department. Later it was implemented in primary, govt- aided and private schools that were interested in TTT. Now the programme is being implemented in Tamil Nadu and Gujarat.*

*(Articles of this issue are translated from Tamil into English by Ms. Mali Nandakumar)*

# Imprints

## Thalir Thiran Thittam in the field of Research

John W. Creswell states that “Research is a process of steps used to collect and analyse information to increase our understanding of a topic or issue” and another definition says, “Research is a process to discover new knowledge”. According to Sri Aurobindo, a society evaluates an individual as worthy or unworthy based on the person’s basic attributes. Isaiyambalam School in Auroville near Pondicherry is attempting to impart Sri Aurobindo’s teachings through Thalir Thiran Thittam. A study was undertaken by a team of 7 teachers and 25 students from Std 3-7 under the guidance of the school’s administrator, Mr Subash. Based on the study, a 60 page report has been compiled detailing the process involved, the findings and the learning outcomes. A summary of the report is provided below:

*Sri Aurobindo, in his book **The Mother**, explains that a person’s attributes is manifested in his / her wisdom, strength, harmony and perfection. To understand this concept clearly, 7 teachers made a personal attempt to learn this within the framework of Thalir Thiran Thittam through the lessons on goal setting, memory, conversing well, coping with stress, assertiveness, overcoming barriers, perseverance, self confidence, teamwork, amicable disagreement, handling criticism, friendship, sharing, truthfulness, handling criticism and overcoming nervousness. As a result they have individually acquired these skills and values.*

*Similarly, the students also learned the teachings of Sri Aurobindo through Thalir Thiran Thittam lessons on the following topics : conversing well, sharing, handling negative emotions, goal setting, perseverance, overcoming nervousness, friendship, self confidence and assertiveness.*

As a result, they have imbibed the teachings of Sri Aurobindo and also the 10 life skills identified by WHO. They are responsible for their own learning and accomplish self learning; they have acquired the ability to apply what they have learnt in life; pursue excellence in whatever they do; and have developed good habits, a desire to learn new things, a sense of social responsibility and the ability to work together with others as a team. Thalir Thiran Thittam has helped them attain these seven attributes. More efforts such as this are required to acquire other skills and abilities through the elements integral to Thalir Thiran Thittam.

## TTT's role in Olirum Erodu!

OLIRUM ERODU FOUNDATION (OEF) is a not-for-profit organization founded by a group of leading personalities who have come together to link various sections to recreate a world-class Erode, that will offer the very best to its people, socially, economically and intellectually. OEF seeks to improve the status with respect to the following five parameters - quality of life, greenery, internal infrastructure, quality education and health. It also seeks to revive the glorious traditions and culture of Erode.

As part of this lofty pursuit, it wanted to provide life skills and value education to school students in Erode through Aparajitha's Thalir Thiran Thittam. A pilot project was conducted in Corporation Middle School, Periyavalasu, last academic year. Consequently, many positive behavioural changes have been observed in those students.



For example, Vishnupriya, a student of Std VIII describes the changes she has perceived in herself thus: "I would never talk to my fellow male students much. After watching the TTT video lesson on gender equality, I have understood that boys and girls are equal and that there is a difference only in their physical structure. I have started conversing normally and in a friendly manner with the boys in my class." Dharani of Std VII who also watched the video lesson has shared with us the change in her: "We are two girls in our family. My mother used to be unhappy that she didn't have a male child. I'd tell her that a male child is not superior nor a female inferior. Male and female children are equal; and I'll take good care of her in future. My mother was happy to hear this".



“I used to be very playful and won’t do my homework. After watching the video lesson on time management, I feel I should not waste my time,” says Sangeetha a student of Std VIII. Another student Sachin states, “I’d watch TV and pick up quarrels with others. Nowadays, I use the time to do some of my favourite experiments in science.”

Ms Anjalin says, “Working parents would return home only by 9.00 at night. So children who come back from school in the evening would spend time watching many programmes unsuitable for them. As a result, their language has undergone a change. At this juncture, they had an opportunity to watch the video lesson on cultured behaviour. Ever since then, some changes are noticeable in them. After watching the lesson on time management, they have developed the habit of apportioning suitable time for different activities.”



Ms Geetha, a teacher declares that self discipline in children has improved after learning from the video lessons of Thalir Thiran Thittam.



“There is a change in the relationship between boys and girls; earlier, boys would tease girls. That has changed now. If a boy teases a girl, another boy admonishes him and corrects him. They also volunteer to work as a team and do their tasks well,” avers Headmistress Anbuselvi.

With a view to increasing the positive impact in other schools too, Thalir Thiran Thittam is being made available to many more students in high schools and higher secondary schools in Erode in this academic year.

## **Thalir Thiran Thittam in workshops for college lecturers**

Ms Usha Lazarus, a highly experienced school teacher and corporate trainer, has taken up the responsibility of providing life skills education to the students of CSI College of Arts and Science for Women, Madurai. She wanted to test the Thalir Thiran Thittam framework to see if it was applicable to college students. On a trial basis, she used a few selected video lessons in her training workshops. She shares her experiences here:

*As I started watching Thalir Thiran Thittam's (TTT) video lessons, while preparing for the 3-day Development Program for lecturers of our college, I strongly felt that the program was going to be a huge success!*

*Initially, I was a little unsure about using the videos for our program since I knew they were developed for school children. I decided to select topics that would be of use in our program; topics like Good Grooming, Handling Depression, Maintaining Relationships, Agreeing to Disagree amicably, etc. I was very sure that the videos will not convey what I planned to share with the lecturers; so, I decided to use them just in the first round. To understand what is available, I started watching the videos. The videos gradually step-by-step listed out points that I had planned to share with the ADULT lecturers! All along I had been thinking that the lessons might be suitable only for children; but, no! The TTT team had diligently thought about each and every aspect of a topic and had developed the lessons. I understood that the message is profound; but, the way it has been developed caters to the age group of school children – with songs and activities in between the lessons.*

*To make the long story short, I used the summary of the topics listed in the videos and had discussions about the topics. Needless to say, the program was a huge success. Every single lecturer expressed, how fortunate they are, to have attended this program. All of them, invariably, requested for more of such programs!*

*Therefore, TTT Team, Hats Off!*

**Usha Lazarus**

CSI Arts and Science College for Women

Madurai

# Footprints

(Events: October – December 2017)

## TTT in Haryana

Following the signing of the Memorandum of Understanding (MoU) between The Government of Haryana and Aparajitha Foundation and the efforts of Mr Rajiv Rattan, Director of Secondary Education, Assistant Directors Mr Nand Kishore Varma and Mr Kuldeep Mehta, Programme Officers Mr Pramod Kumar and Ms Priyanka, Thalir Thiran Thittam's Hindi version Tim Tim Tare has been implemented over the last two months in 244 schools. Efforts are also on to expand it to many more schools. To ensure proper implementation, training on life skills education and Tim Tim Tare was provided to teachers from 160 schools in Ambala on Dec 11, 12 and 13, 2017; and teachers from 84 schools in Panchkula on Dec 21 and 22, 2017. Similar training will be provided to teachers in other districts in the near future.

## The change is perceptible



Tim Tim Tare is being implemented in Indore district in Madhya Pradesh. Programme Officer in charge of implementation, Mr Anand Mishra wants to make it even more effective. Eager to observe closely how the Gujarati version Tim Tim Tara is being implemented and to learn the impact on students, he visited a variety of schools in the villages near Ahmedabad on Nov 16 and 17, 2017. He visited government schools, private schools, and Hindi and English medium schools, and personally interacted with the students, teachers and heads of schools. At the end of the visits he said enthusiastically, "I'm able to perceive the changes in students as a result of Tim Tim Tara. I'll try and undertake efforts to further improve the way we can implement Tim Tim Tare in Indore."

# Echoes

Congratulations on making a breakthrough with Haryana and Rajasthan.

Keep it going and All the Best for more such successful stories and feedback.

- **R. Dinesh**  
*Joint Managing Director*  
*TVS & Sons (P) Limited, Madurai.*

Basic academic degrees, which provided mechanical jobs (e.g. accountancy, operations, secretarial etc.) are increasingly losing their relevance in the face of technological advancements, especially in the field of AI (Artificial Intelligence). AI is a serious threat to many elementary white collar jobs.

We need to educate our youth more liberally (no result orientation) now so that they can specialise themselves with soft (interpersonal relationships), hard (a real skill like being a plumber, carpenter, cook etc.) and even entrepreneurial skills.

A Life skills program like TTT is an important step in this direction as it helps youngsters identify their core areas of interest (shed their complexes and learn to appreciate dignity of labour) at an early stage in life and then build on it.

- **Devanshi and Dhimant**  
*Singapore*

Peer learning, when demonstrated to be effective, is a very pragmatic solution to the teacher dealing with a heavy work load. 'Lost and Found' box is a novel idea and it's pleasing that it is working well in practice.

- **Dr. S. Radhakrishna**  
*Hyderabad*

Very happy to see how much the program has advanced. Congratulations. Onward and upward.

**Shoba Narayan**  
*Columnist, Bangalore*

I have seen the articles. I am so impressed that school students are learning through peer group learning method. I have understood that student's ability and thinking capacity has been even better after TTT. Congratulations!

- **R. Selvam**  
*Manager, Aparajitha Corporate Services (P) Limited, Madurai.*