

Course Description: Sri Aurobindo Institute of Vocational Training (SAIVT) - A Holistic Skilling Programme

The One-Year Residential Vocational Training Programme offered by Sri Aurobindo Ashram - Delhi Branch is a transformative initiative designed to empower underprivileged youth across India. It has trained a large number of Vocational Trainees over the years. The courses are not only full-time and residential but also completely free of charge, providing free boarding and lodging, and offering a monthly stipend of Rs. 1,500 to meet other needs.

Our skill development program has a spiritual foundation, based on the teachings of The Mother and Sri Aurobindo. Besides giving practical and theoretical training in various fields, importance is also given on building their character, which is essential for the future of our country. Secondly, we focus on an all-round development of the individual Body, Mind, Emotions and Spirit and the emphasis is more on the integrated growth of the personality rather than the goal of only improving their vocational skills. The trainees are highly benefited from this programme.

Aims and Objectives:

Aim:

The primary aim of the Vocational Training programme is to uplift underprivileged youth by enhancing their employability and fostering integral development, self-reliance, national integrity aligning with the vision of *Atma Nirbhar* for India's future.

Distinct Features of the Programme:

- Promotes National Integration by selecting participants from various states, integrating them into the Ashram community, raising their living standards, and improving their communication skills.
- Meditation and Yoga to balance Mind-Body-Soul and promote holistic development based on Sri Aurobindo and The Mother's principles on Integral Education and Integral human development, unlock their full potential and foster all-rounded individuals.
- Character building to enhance concentration and self-awareness, fostering qualities like sincerity, discipline, courage, and hard work; help participants discover their life's purpose and aim.
- Encourage dignity of Labor (*Shramdan* / Offering service towards manual labor) to promote teamwork, discipline, and cleanliness.

- Offer Basic Computer Training, regardless of educational background, to boost self-confidence and prepare for a technology-driven future.
- Provide First Aid, Health, Hygiene, and Nutrition courses, essential for village life.
- Focus on English and Hindi classes to develop effective communication skills.
- Prioritize Physical Education for a healthy Body and Mind.
- Include Music and Mantra Chanting to develop emotional qualities and a sense of patriotism.
- Organize excursions and events for Vocational Trainees to explore India's historical and cultural heritage and expose learners to Indian classical music and cultural performances.
- Organize Yoga shivirs (camps), Body-Mind-Spirit shivirs and Yoga Arohan adventure shivirs to promote integral development and build courage and resilience.
- Conduct life skills workshops and personality development trainings to promote holistic development of the participants. Cultivate life skills such as self-management, punctuality, discipline, and time management.
- Offer vocational skills with strong prospects for self-employment or suitable employment.

Duration:

The programme's duration is one year, during which participants acquire the skills and qualities necessary for their self-development, enhanced employability, and the promotion of *Atma Nirbharta* among India's youth.