



# Angels of Humanity

(Bringing Systematic Positive Change Through Children)



Submitted by :

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Each day of our lives  
we make deposits  
in the memory  
banks of our  
children

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Name of Project : Angels of Humanity

Brief Description : To create a better & beautiful world, in a state of balance, through Children; Covering aspects of Humanity, Environment, Health, Brotherhood, Religious Harmony.

Implementing Agency : Aqua Foundation

Project Location : Delhi - NCR

Total Project Cost : INR 79,50,000

Grant Solicited : INR 50,00,000

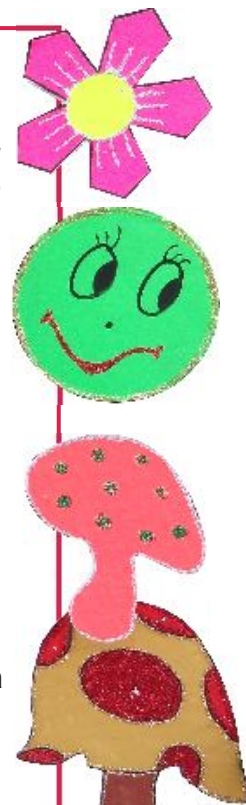
Duration : 1 Year

Target Group : School Children

Number of Beneficiaries : 7,500

Project Incharge : Ms. Praggya Sharmaa, Secretary General, Aqua Foundation

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## Organization Details:

Name of Organization	: Aqua Foundation
Registered Office	: 707- Eros Apartments, 56- Nehru Place, New Delhi-110019, India
Project Office	: C-24, First Floor, Soami Nagar (North), Panchsheel Enclave, New Delhi-110019, India
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Email	: info@aquafoundation.in; praggya@aquafoundation.in
Website	: www.aquafoundation.in
Registration Status	: Registered under Societies act 1860
Registration Number	: S.34087 of 1998
Date of Incorporation	: December 18 <sup>th</sup> , 1998
Governing Body Details	: Chairman- Dr. Sanjay Rana Secretary General- Ms. Praggya Sharmaa
PAN Number	: AABAA3882G
Service Tax Number	: AABAA3882GST001
12AA status	: Yes, Enclosed
80G Status	: Yes, Enclosed
FCRA Status	: Yes, Enclosed
Previous Granting Agencies	: Ministry of Earth Sciences, Ministry of Water Resources, Ministry of Urban Development, CSIR, DST, UNESCO, UNICEF, NABARD, INSA, ICAR, ONGC, Northern Coal Fields, Atomic Energy etc.
Blacklisting History	: Never blacklisted by any agency
Any foreign member	: No





# Brief About Proposal

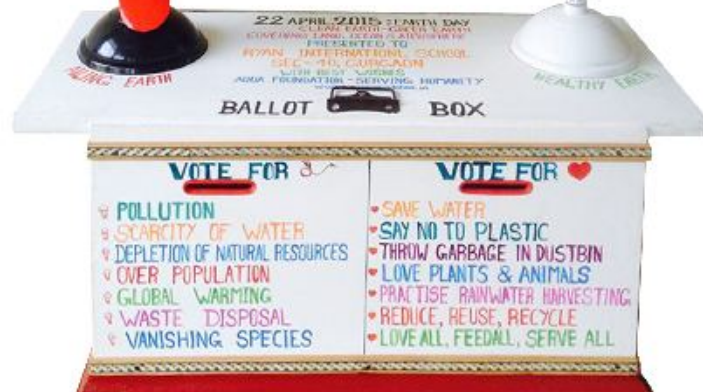
The 'Angels of Humanity' program, conceptualised by Aqua Foundation, is an intense program designed holistically to serve as 'Humanity Manual' for our future generations. The program contains the values and morals that we all need in order to move the humanity and our world ahead in sustainable manner.

The program works with children, the future citizens of tomorrow, imparting them exposure on value system, natural processes, self-realization and importance of living in harmony with nature while maintaining the fine balance mandatory for sustainability. The program aims to prepare leaders for tomorrow, fully awakened and realized, to carry on the task of controlling and minimizing harmful impact of human activity on environment, and to propagate the practices of harmonious, balanced living.

The present proposal targets to engage 7,500 children for a period of one year, imparting them necessary exposure and training on various attributes considered mandatory for holistic development as a 'human'. The total cost of present proposal is INR 79,50,000.

The proposal has been conceptualized and developed by Aqua Foundation, a non-profit, non government organization (NGO) registered under societies act. The organization was registered in 1998, and is compliant with all statutory requirements, including 12AA, 80G and FCRA. The organization also has extensive experience of working with schools and children.

The project has the potential to add a new chapter in the history of Humanity, reverse the damages to the environment and create a sustainable living style in future generations, living in harmony with Nature and fellow beings, ensuring their own long term survival.



If You Had The Power To Kill With Your Thoughts, How Many People Would Survive?





☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆  
 ☆☆☆ "You may say I'm a dreamer, but I'm not ☆☆☆  
 ☆☆☆ the only one. I hope someday you'll join us. ☆☆☆  
 ☆☆☆ And the world will live as one." ☆☆☆  
 John Lennon ☆☆☆

## Points to ponder



Practise & Perseverance are the keys to living a contended life. Ever thought of practicing it right starting from your childhood enabling you to be a better person?

Learning starts the day we take birth. Small habits inculcated from childhood shape us as a person. Still critical learning of 'living life the right way', 'our purpose of life' are postponed to post-retirement? Why not make the right beginning in our formative years?

What are the basic differences between habits & manners? Habits get deeply rooted within us and manners are like a layer on our personality which help us behaving better in society. We only teach manners to our children. Habits they pick from us, from their school, their friends, their environment. We scold them for their bad habits but isn't that wrong on our part since we never taught them useful habits, we simply emphasised on they being full of manners. Why not to focus on habits than manners alone?

We expect our children to become great. Have we given enough substance to them for becoming great humans in life? Is there any part of current curriculum which guides them towards greatness?

How Education is a useful and life changing tool? The perception we give to children is Education can fetch us high profile jobs, fat salaries, fancy cars, big houses, extravagant life-style. Therefore they should get good marks and become either Engineer or Doctor. No parent motivates child to a be Prime Minister, a Social Engineer, an Environmentalist, a Philanthropist, an Educationist, a Reformist, a servant to the Nation, a Scientist, a Humanitarian. Why not to shift the focus?

Despite rising levels of education, awareness & information flow, there are issues regarding rising scandals, exploitations, weaker families, weaker communities, weaker countries, weak planet. Why?



As adults, does it ever cross our minds to discuss culture of our country with our growing kids? Infact if our inquisitive child asks us anything we mostly try to avoid.

Our kids should be Career oriented, is the only path we show them. So why wonder in your old age that our children don't have time for us?

Ever thought of holistic development of the child? Physical, mental, emotional, social & spiritual. Did we work enough with our children to give them solid foundations for facing life challenges with positivity and great determination?

Age old saying – What we sow is what we reap. This generation has been gifted with gadgets, machines, maids, loneliness, junk foods, addictions, adultery, harmful exposure to mind through audios & visuals, violence, heinous crimes, dirty politics, unlimited diseases, negative emotions, global rivalry, all possible abuses, pathetic planet. What influence will such environment have in shaping our future generations?

Where is our society heading? Home makers are getting extinct. So who is working on nurturing our babies, our homes, our food? No personal touch is left in anything we do. Can we expect to prepare a great future generation without this personal touch so critical for Humans to develop as a Human being?

With changing times we have definitely been able to achieve more money, more fame, good clothes, vast friends circle but where is the warmth in relations, where is peace in the families, no binding, no commitments, no sincerity, no faithfulness, no regards, no concern, isn't this scary?

There is complete synergy between Humans & Nature. To the extent, that Nature is inside us. Then why do we face a human-nature conflict today?

Traditional systems of various communities had strong sense towards preserving Nature for future generations. Were they all foolish to think about generation next ?

What it means to live without vital elements of Nature like – Water/ Air. Is all this real or just a fad?

Serving makes you Human... Serving is fundamental to Humanity... then why social service is perceived to be linked only to spirituality, to be practiced towards end of our life journey?



Aren't we humans under big threat Can't we see humanity suffering Crime reports, environmental reports, poverty reports, reports on threats through neighboring countries, religious intolerance, brutal killings....Isn't this the report card of Humanity?

We have got conditioned to all the sufferings around us. Discussing negativity seems easy but we are not strong enough to take any step throughout our lives to contribute to Humanity. Can't we shift our attention towards bringing some positive visible changes in our society?

We humans are not limited, we are limitless. Then why we restrict our Love to only our families? Why don't we realise that we are social beings- our existence is all inter-linked, to each insect, each plant, each being.

Are we all heading towards mass suicide? Are we all human ombs?

Don't we realize that our beliefs and approaches, as it exists today, need to undergo a massive shift to ensure future of humanity?

Isn't it utterly false and cruelly arbitrary to put all the play and learning into CHILDHOOD, all the work into MIDDLE AGE and all the regrets into OLD AGE?

Childhood to Adulthood is a complete journey. To live life, is an art. Isn't it important to strive to become excellent students of life?

*Remember the more we will praise and celebrate our life with everyone around us, the more there will be in life to celebrate. Are we able to pass on this simple concept to our future generations?*



All these points only prove a need for a new system.  
A different education for New Age Generation.  
That's what this project is all about.....



Welcome to holistic education methods  
of "Angels of Humanity"







# About the organization



Aqua Foundation- Serving Humanity-Love All, Feed All, Serve All.



Aqua Foundation is a Non-Governmental Organization working on key aspects of Humanity, inspired by the humanitarian and profound philosophy of great spiritual saint Neem Karoli Maharaj. The ever balanced, ever harmonized cycles & arrangements of nature have been greatly challenged and disturbed by humans in last century, which in turn pose a threat to their own survival. The organization is working to reverse these damages and work towards a sustainable living, in oneness with fellow humans, other living beings, plants and nature. The ultimate goal of the organization is to ensure humanity's long-term future.



The activities of Aqua Foundation include knowledge creation, information dissemination, research and education. The organization works through a diverse range of tools and techniques including, but not limited to, conferences, seminars, training programs, on-line learning, capacity building, community projects, school activities etc., with prime focus on Humanity and Sustainability.



The Foundation is also bringing together the future citizens, our Children, to serve the cause of nature & humanity, under the unique program of 'Angels of Humanity'.

The organization was founded in 1998 by professionals including geophysicists, water experts, environmentalists, academicians, and humanitarians. All the founding and existing members of organization are Indians, committed to bring positive change in society and contributing selflessly to various causes.











Aqua Foundation mostly meets its financial requirements through contributions received from its members. In past, various organizations contributed towards specific projects of Aqua Foundation. The previous grantors include Ministry of Water Resources, Ministry of Earth Sciences, Ministry of Urban Development, CSIR, DST, UNESCO, UNICEF, NABARD, INSA, ICAR, ONGC, Northern Coal Fields, Atomic Energy etc.



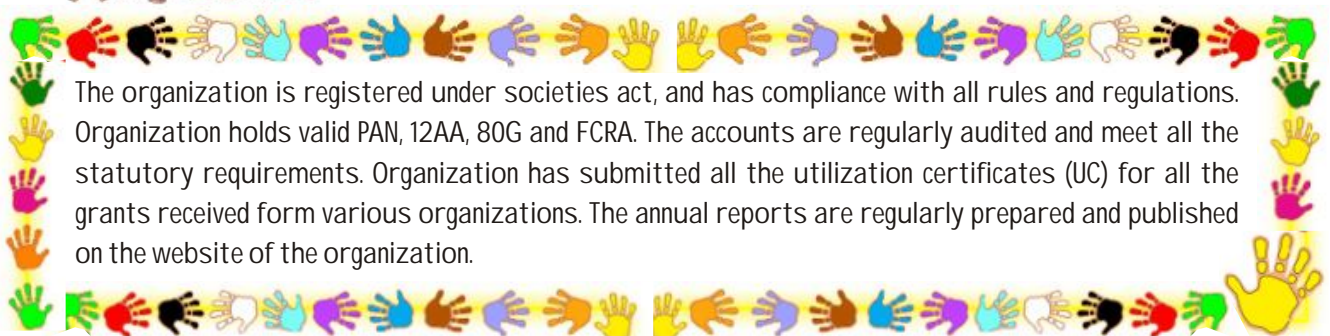


## Major achievements of the organization since inception include:

-  Organizing international conference 'World Aqua Congress' since year 2007. The conference aims to bring various stakeholders i.e. policy makers, researchers, academicians, industry, NGOs etc., on a common platform for meaningful discussions and deliberations.
-  Imparting various advanced courses under Aqua Foundation Academy aimed at capacity building in the field of water & environment.
-  Conducted more than 50 training workshops on critical aspects of resource exploration, management & conservation, attracting participation from organizations like NTPC, HPCL, MECON, NHPC, CSMRS, CWC, IL&FS, MES, DJB, NDMA, L&T, GVK, etc.
-  Successfully implemented 'Aqua Angels' program in various schools to spread awareness regarding water conservation in children. Program covered 20 schools and 5500 children.
-  Successfully implemented 'Aqua-Cineart' program in association with PVR-nest with more than 50,000 school children from around 50 schools from Delhi. The program involved imparting awareness on water conservation to children, helping them make short films on the subject, which were then screened in various cinema halls across the country having a big impact on a large population.
-  Successfully celebrating 'Earth Day' every year involving more than 1000 children, through activities like painting competition, essay competition, slogan competition etc.
-  Conducted various village level programs, including women & children, imparting education and awareness on health, environment conservation and livelihood.
-  Established 'Excellence Awards' to promote, encourage & recognise innovations and contributions in the field of environment & humanity. Previous award recipients include Dr. S Z Qasim, Prof. M S Swaminathan, Dr. Bindeshwar Pathak, Shri. K K Rao, Prof. Kapil Kapoor, Shri Bhure Lal, Dr. D K Chadha etc., for individual excellence. The organizations recognized and awarded for their meaningful contributions towards environment & social responsibility include ONGC, Tata Housing, Ion Exchange, Jain Irrigation, Tata Swach, Rashtriya Chemical & Fertilizers, IOCL, BPCL, Northern Coal Fields etc.



## Statutory Compliances:





# ★ The Project- Angel s of Humanity



## Vision

To create a better & beautiful world, in a state of balance, through Children.



## Goal

To reach each and every child, either directly or through the network, all around the world, and impart the required education and exposure, to ensure compliance with stated vision and mission.



## Mission

To work closely with Children, the future citizens of tomorrow, imparting them exposure on value system, natural processes, self-realization and importance of living in harmony with nature while maintaining the fine balance mandatory for sustainability. To prepare leaders for tomorrow, fully awakened and self-realized, to carry on the task of controlling and minimizing harmful impact of human activity on environment, and to propagate the practices of harmonious, balanced living.

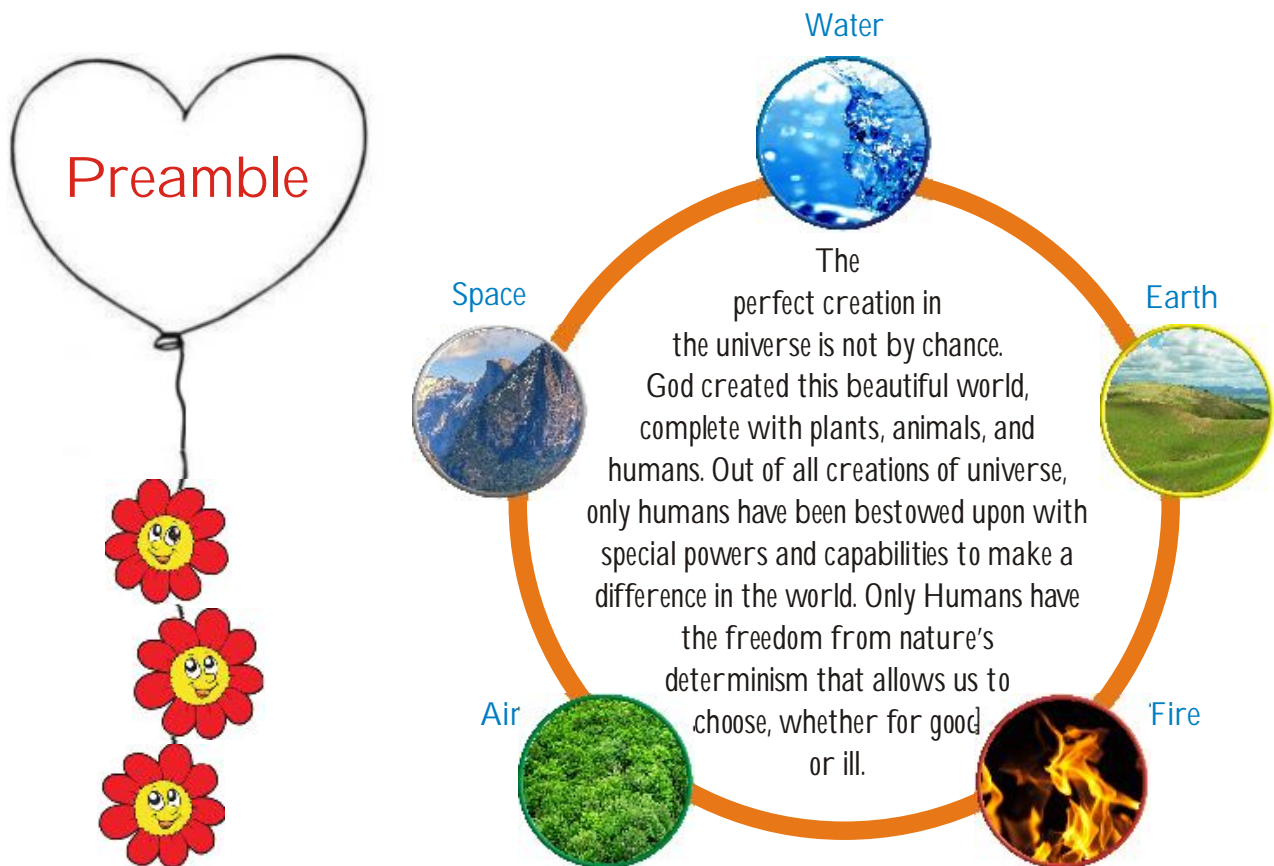


## Objective

To implement this program on the population of 7,500 children by end of year 2016 and carry out impact analysis of the program.

*"We can't afford to be killing one another."*

- Nelson Mandela



Children are the future citizens. Children also have the unique advantage of having 'un-conditioned' mind and have the potential to change the world around us. We believe that when one of us changes our behaviour, this has a ripple effect in our community, encouraging others to do the same. In this way, we all have the power to lead the world by building an active civic society. It starts with the simple acts of standing up and doing the right thing.

'Angels of Humanity' is an intense program. Thoughtfully designed holistic program for the comprehensive growth of Children. A child has to be trained completely since the beginning. Children practise how to do things in right manner and mindfully. It takes the ideals of humanity and turns them into practical guidelines that we can use in everything we do. The program contains the values and morals that we all need in order to move the humanity

and our world ahead in sustainable manner.

The program is targeting children in particular because we believe that by instilling a strong moral foundation in our children, we reach a far larger audience as the message spreads to their families and communities. If our children have the right values, we can change the future.

The program will ensure that every school should become a training hub for a new generation of 'global citizens' that are rooted in a human and 'living in balance with nature' culture. A successful implementation of the program will not only build the character of our children but will also convert them into 'evolved beings' and 'value driven leaders' to bring about necessary changes for a better world.

Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow.

Jawaharlal Nehru



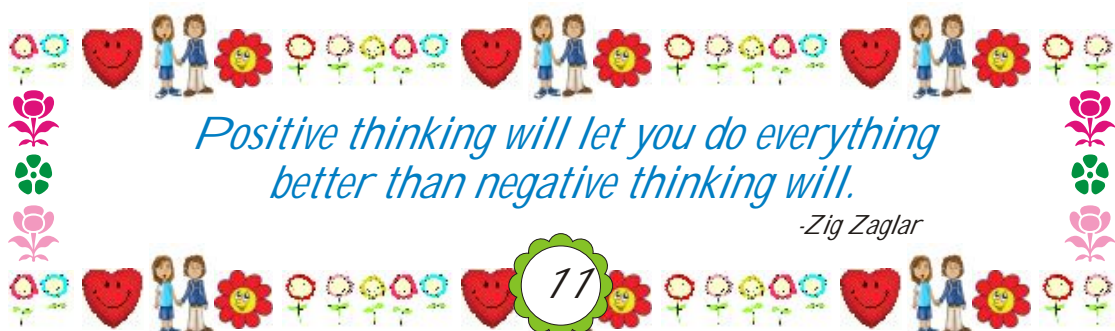


Various organizations around the world are working tirelessly to achieve single goal- welfare of Humanity. Countless organizations are working on issues of environment, water, pollution, children, women, poverty, malnutrition.....and the list of causes is endless.

Despite such commendable work by numerous individuals and organizations why is change so slow? Or is there any positive change at all? If we ponder on this, it doesn't take long to realize that we are focussing most of our energy in trying to 'reform' already 'conditioned' minds i.e. adults. There is very little or almost no focus on building the right systems from their logical point i.e. foundation upwards. The foundation of a society is its children. Well informed, rightly educated and properly motivated children can help solve most of the issues we face today in just a span of a generation. Our education today focuses on knowledge imparting, and very little efforts towards value education are lost in heavy burden of perceived 'valuable' subjects. The entire process starting from brining a child in this world to his upbringing has become highly mechanized, thus producing 'machines' rather than 'humans'.

Dedicated efforts by motivated individuals are therefore required to fill this void in our present schooling system. The task can not be left to school teachers and traditional ways of learning. A different approach, involving innovative & effective mediums of learning, is therefore need of the hour.

The project 'Angels of Humanity' is one of the most critical and urgently required link to overall endeavour to control the damages to our environment & eco-system and human race.



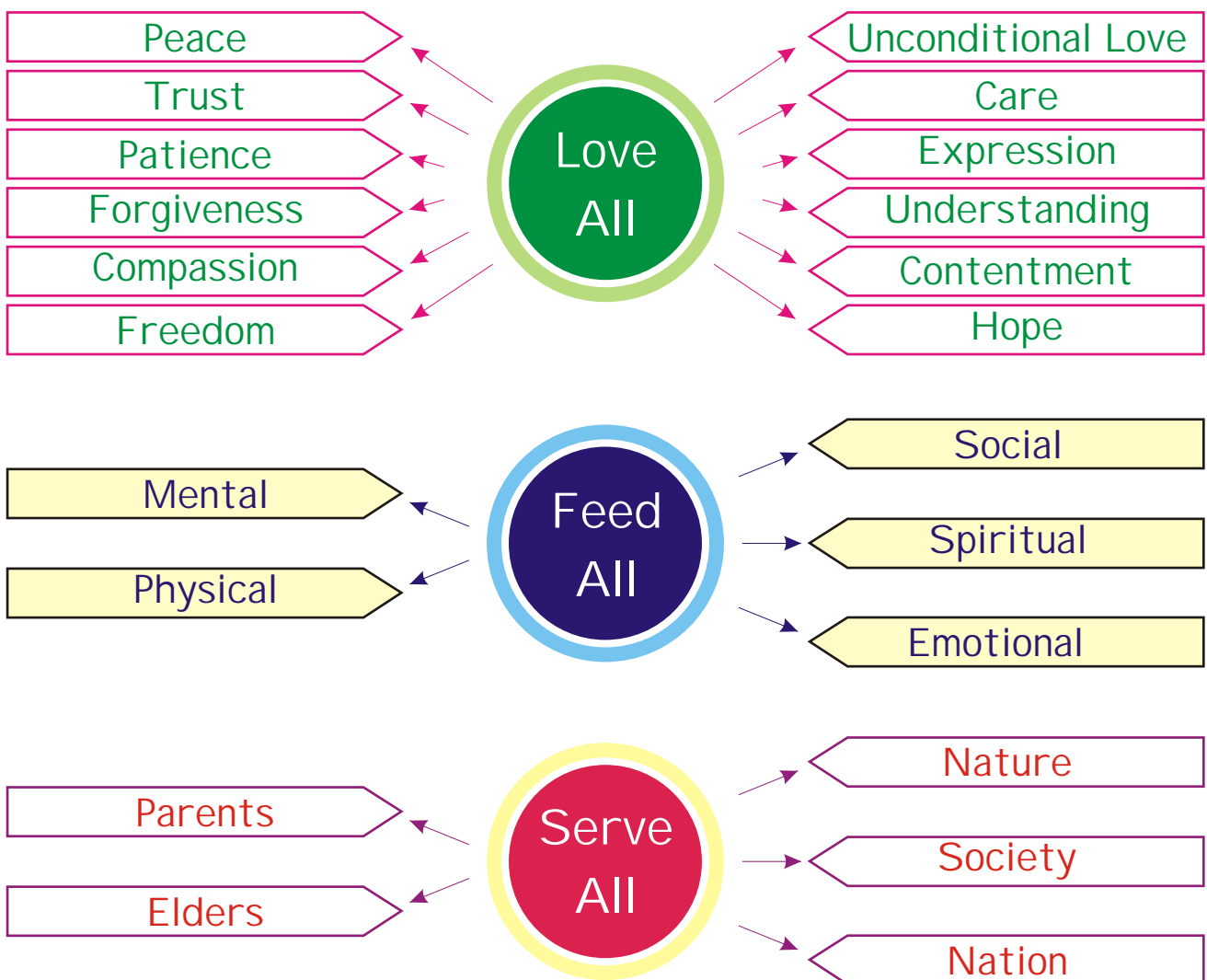
*Positive thinking will let you do everything better than negative thinking will.*

-Zig Zaglar



# Building Blocks of Program

The entire program is aimed at developing critical 'human' attributes in future generations. The key attributes of Love, Nourishment & Service have been further subdivided to cover a wide range of desirable attributes. Extensive research carried out by Aqua Foundation, with contributions from psychologists, academicians, parents, teachers, environmentalists, scientists & children, and organization's own extensive experience of working with children, has been used to keep focus on these attributes, referred to as 'building blocks'. It's worth mentioning here that order of these attributes does not reflect their level of importance, as each attribute, or lack of it, has a far reaching consequence in development of a child and society at large.



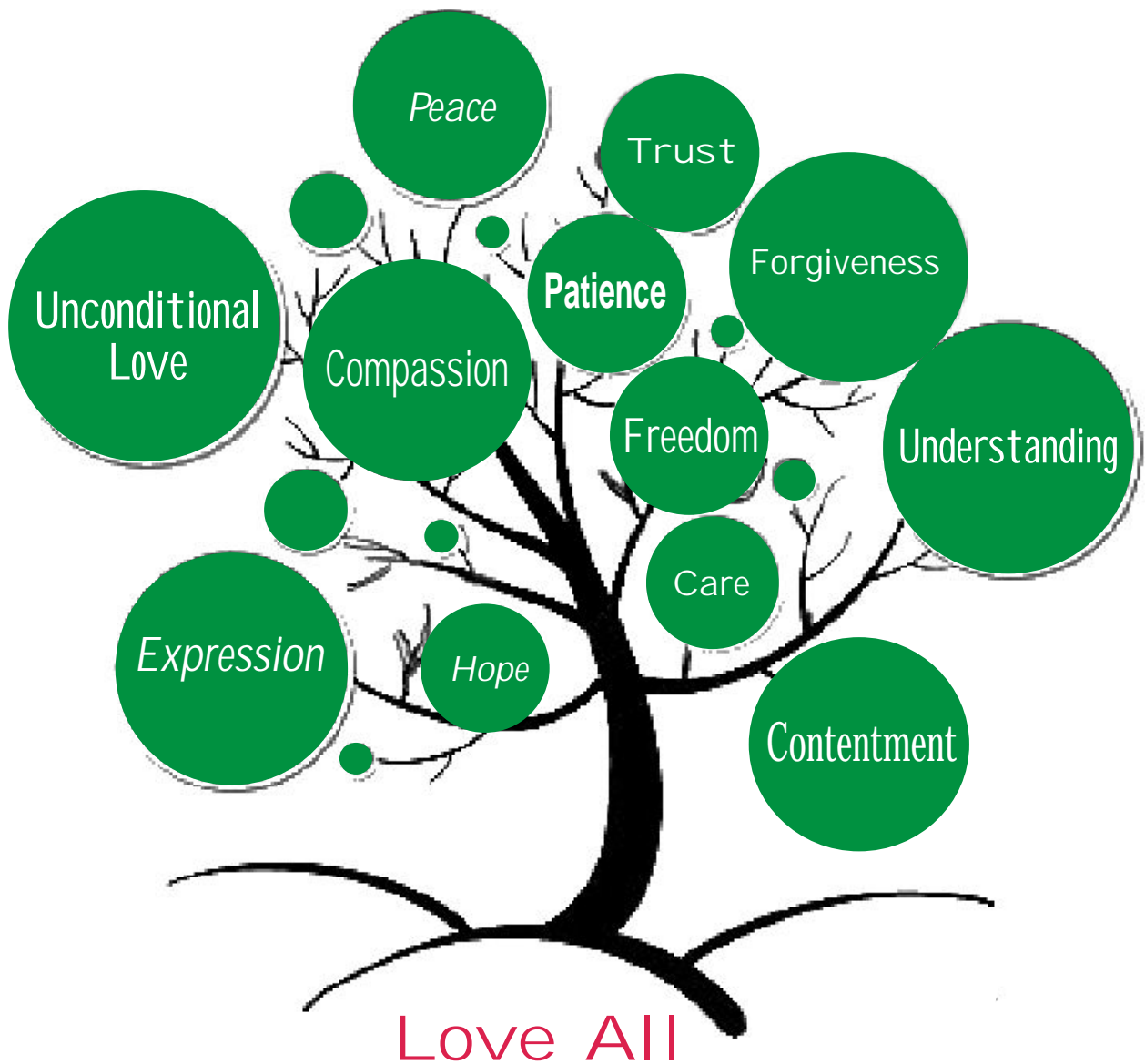
Following is a brief description of various building blocks and their relevance in achieving stated objectives of the program.







# Block-I-Love All



'Love All' carries much larger meaning than most commonly understood concept of loving our family & friends. The word 'All' here encompasses all entities of universe i.e. humans, animals, plants, air, water, environment, rivers, mountains, earth etc. It covers all beings with or without 'evident' form of life. The profound message of 'Love All' has the power to transform the world.

Love comes in a package of various qualities. Love is not a stand alone factor in life. Love can be a wonderful teacher provided you are ready to learn. Love is not what we generally know & understand, as shallow as 'falling in Love'. Love is the most beautiful practice in life. Through this practice we can evolve into great Human Beings.



The quality of 'Love All' will be developed in children through activities and teachings around the following:



## Peace :

Peace is the most desirable virtue across the globe today. Having a peaceful state of mind is required in almost every type of situation. However we often let people or outside events determine our peace of mind. Unfortunately due to lack of peace in adults, today's generation is worst affected.

This generation lacking peace means that we should already get ready for a World War III. Every being is hyper these days. Nobody is ready to make peace everyone finds fighting an easier

solution. But as adults it is our responsibility not to pollute minds of our children. Not to condition them with wrong means of mishandling life.

We must teach our present generation to practise peace in their lives daily. They should know that within them only there is a solid core of calm & peace. This is essential for the safety of human race. If children are streamlined towards practicing peace we can still hope for things to look up in positive direction.



## Trust :

Trust is one of the core base of human relations. Our children blindly trust us (parents, teachers). With this trust they even shape their lives according to our conduct.

Still today's generation is loyalty starved because they themselves are becoming victims of betrayal. Their tender minds are absorbing all this ill happening to them in turn creating a

disaster inside them. Faulty personalities are all around us just because we did not care for them enough at the right time.

Teaching to trust first has to start with we ourselves setting examples in front of them. We have to impart importance of trust into children. Only then can we have healthier relations, lasting



## Patience :

We are never relaxed. Always in a state of hurry. Can we practise patience. It is mandatory for a human life. Lack of patience is always giving us anxiety. This anxiety can cause us various types of damages physically, mentally, emotionally.

Today's generation is in poor state due to lack of patience. For them shortcuts to success is way to life. Child takes time to grow up and coaching him phase wise needs

patience. If we have not handled our children with patience then the repercussions of this impatient act also we will face.

Let us introduce patience to our children. They are in dire need of it. Patience always pays us in longer run, its worth practicing since childhood. Patience will also bring us deep sense of contentment. A very thoughtful virtue for a happy humanity.







## Forgiveness :

Forgiving doesn't mean forgetting. It means understanding. We should have the ability to forgive others, even if they have hurt us.

But mostly this is not the way we behave like such noble beings. We often make it an ego issue. Unnecessarily taking it to another level where matters only deteriorate nothing works out for betterment. This is what we pass on to

young generation also. They are young so their reactions will be more volatile. All this can turn out to be really ugly & fatal.

Let us practise and preach forgiveness to our children. There never has been and there never will be any point in holding grudges. Let it go, this should be practised in our lives making our inner self and inturn our surroundings harmonious.



## Compassion :

Compassion comes from deep core of our hearts through which we are lovingly able to extend ourselves to all. There is no bias, no partiality, no ego...there only prevails true love as compassion dissolves all types of fears.

Great quality to be practised. Through compassion we have deep awareness of the sufferings of another beings. For young generation compassion doesn't seem to exist but we can't really blame them as they have grown up without

seeing our any side where we extended compassion.

We are often heard saying, world is getting bad, people are so selfish, times are not good. But isn't it due to lack of compassion. World needs compassion. It is our duty to teach young generation lessons on compassion. Compassion towards each other can rescue humanity caught in wildfire of lust.



## Freedom :

*We are always slaves of negative emotions like jealousy, hatred, grudges, possessiveness etc . We may not even realise that unknowingly how we make our younger ones also victim of this slavery.*

*Inturn they also grow into sick individual both at emotional & mental levels. Are we deliberately wanting our children to turn eccentric. We must teach our generation not to be affected by negative emotions of others. We have to make them practise freedom from such*

*negative emotions.*

*Only when their hearts are free they will be able to enjoy the beauty of life. Else this slavery will always pull them down in life and they will always be stuck in a negativity spiral. Always thinking of harming others and inturn they will also ruin their own growth prospects. Let us bring lights in our hearts and act from point of consciousness, complete awareness, by setting ourselves free from all the darkness within.*





## Unconditional Love :

We must understand that real love asks nothing in return. We should ideally love others without being concerned that what comes back to us. We should only look at the unlimited happiness & joy we derive in the process. All this preaching sounds so lovely but very difficult to be followed.

Let's be honest have we ever even tried to love anyone unconditionally. If we have not been able to do so then obviously how can we expect our children to ever do so. But when our child acts selfish we are so astonished. In

such situation it will never strike about the wrong example we set in front of him.

We must preach what we practise. Let us first accept that all of us need love and no matter how much ever technology has progressed in today's time but machines can never replace human touch & love. It is not always important to have something in return of what you have done for others. Humanity is facing several challenges true & unconditional love is one great issue. To support Humanity let us perform countless acts of unconditional love.



## Care :

Care is most intense expression of Love. We must all understand that our true purpose of life is to give and receive love. To show that you care we need not necessarily do big things only but even with smallest of gesture you express enough that you care.

We all like when someone cares for us. We adults are so much hurt by the attitude current generation has. Their careless

attitudes hurt us. They don't care for parents, grandparents, society. It truly hurts deep within.

Come let us tell our young generation that caring is the highest wisdom. Let us sow those seeds only which will give the right fruits. We as their guides can sow seeds consciously of care so when we need care from them they are lovingly there for us.



## Expression :

It is said, 'Of all the things you wear, your expression is most noticeable'. People judge us based on our expressions. Our expressions are enough to simply say it all. Therefore use of right expression at the right time is very important.

Sadly young generation doesn't know much about expressions. For them using emoticons on gadgets is using expressions. But in real life mostly tough attitude and arrogance are some

of the only negative expressions we see worn by them.

Use of correct expression is also an art. Through right expressions we can win many hearts, many smiles, many praises, many true relations but with one wrong expression we can hurt many, loose our reputation and can even get into life threatening situations. Let us consciously practise right expressions in our lives useful to both ourselves and others around us.







## Understanding :

We feel understanding is only a two way process. If someone lends understanding accordingly we will reciprocate. However this is not true. If we have this type of thinking then we are hampering our own mental & emotional growth.

Each one of us thinks & reacts from our individual perspective. It is our right also to express our views according to our understanding. However certain situations demands one person to have a higher level of understanding wherein more love, more

compassion is required ultimately such conduct evolves us only into a better human.

Present generation lacks understanding even towards their own self. Under the prevailing situations in our society, on our planet, amongst our relations is very normal for them to be indifferent towards everything but this behaviour is injurious. We have to show them the right path towards lending better understanding and growing into a beautiful being.



## Contentment :

In this world, we learn through relationships and not through materialistic things. We can't take things with us when we leave our body. So why have attachments to things. These attachments are roadblocks in our behavioural growth leading to disastrous failures.

This is the fact, still we keep on running away from this truth. We never draw a line for our state of being satisfied. In the process we can never attain contentment. Our young generation is sadly hit by this disorder. Take for eg; mobile phones, they have latest one, but in a short span again there is desire to have further latest model

and this becomes an addiction. You as parents also don't know where to draw line. Like a web everyone is caught in this vicious circle of greed.

We don't have to realise this in our old age only when we are full of resentments and feel guilty of losing all the golden time running like crazy after false contentments. We must practise and teach our young ones to be thankful for everything they have. Contentment comes with the realisation of having and never with a complaining heart of have not's.



## Hope :

We humans are mostly having expectations but very few times we are hopeful. Both feelings and their respective results are strikingly different. Hope is fine but expectations can lead to disappointments.

Since our kid is small we are always feeding him expectations. We expect our child to come first, we expect him to be an all rounder, we expect to listen only good things about him, we expect him to become

a wealthy man. Whenever the child doesn't meet our expectations we express our disappointment.

If we replace our all expectations with hopes then our child also can be successful in real sense and we also can turn into more positive being. Let us help each other to become better beings by holding hopes over expectations.





## Block 2 - Feed All



## Feed All

We all get one physical body per lifetime. We must therefore take best care of ourselves and enjoy better health. No wonder it is said – that our body is like a temple. Through our body we feed ourselves at various levels like - physical, mental, emotional, social and spiritual. Our food determines our personality, our thoughts, our behaviour and so much more. Therefore holistic approach towards maintaining balanced health and desired fitness levels, at the same time staying happy at all times, comes with combination of these feeds at the right age, right time.



The quality of 'Feed All' will be developed in children through activities and teachings around the following:



## Physical :

Most of our lives is spent eating food from the perspective of satisfying our growling stomach, or for the pleasure of our taste buds, casually munching, sometimes even when in depression. Mothers feed small children because they are in growing stage. We consider eating food as an activity which does not require application of mind. We simply eat.

This mindless eating is disastrous especially in case of present generation. Junk food is anytime preferred by them. With the consumption of such harmful items where nutrition levels are so low

how can we expect our children to be fit and having adequate energy levels. It is a real shame to see young kids in obese state.

Health is wealth, if children don't keep fit it will directly have an impact on their minds. Their performance in every aspect will get hampered. Thoughtful preparation of food and mindfully eating food are essential for us. So is having an exercise regime is of great importance. As adults it is our duty to look after health & fitness levels of our children from the beginning. Let us give our children a very strong foundation of Health.



## Mental :

For children sharpening their mental faculties during their formative years itself is very essential. According to medical experts child's mental faculty is already developed by the time they are 7 – 8 years.

We take it for grant that as humans our mental faculty is already well developed. However this is not the case. Yes we are

intelligent beings. But how we are able to use our skills needs guidance, needs channelization.

All this requires investing time with children. Attention, reasoning, realization, imagination, skill development and such related attributes are all covered under Mental feeding.



## Emotional :

If we realise just how creative and powerful our emotions are and their effect on another person, we will become more aware of what we put out. We should from the beginning use very positive emotions while dealing with children.

Current circumstances of our children are very poor they are all the time surrounded with negative thoughts & emotions. We have to help the children in

lifting fear based energies around them, their surroundings and any situation which pulls them down.

Emotional balance in life helps in not only taking good care of one's own self but also of his surroundings, helps in maintaining healthy relations and turn ugly situations also into positive experiences.





## Social :

Social feed is definitely our very important responsibility. Man is a social animal. We enjoy in groups. We feel safe in groups. We identify ourselves with societies. Therefore Society is important to us. At larger levels, we are all conformed to global society.

But sadly in present scenario, society is turning sick day - by - day and just by saying that what can I do, well it is only we who have to do. This society is made up of us. Then ofcourse anything going wrong or right

belongs to us only. We are the custodians of the society. And mind it, if society is sick then our children are an integral part of this.

For the safety of our generations, our planet, our nations let us work through them only. Let us sensitize our young ones in having more patience, being more polite, be caring, have compassion for all, be more forgiving, be more social, instead of being indifferent.



## Spiritual :

Most important feed yet most of us are deprived of it at the right age. Spirituality helps us in going a long way in life, managing ourselves gracefully, no matter what come sour way. But we feel that spirituality is God. And we need God only towards old age cos during our childhood and adulthood we have so much energy, so many friends, long priority lists so who has time for God.

Sadly, such misunderstood concept. Spiritual growth helps us in handling our daily lives in balanced way, our relationships at all levels are better balanced, we have deeper understanding of life & ourselves and we give importance to all types of beings around us. To live life also is an art and spiritual feed

simply teaches us that art. And this learning is essential for one & all and this feed is meant for all age groups.

Being positive in life or being balanced in life doesn't mean that we have smooth life and no trouble can touch us. But yes the way we take our sufferings as or roadblocks in life as, makes all the difference. With right attitude towards life we can overcome all types of hurdles smilingly and incase we are in habit of being thankless inspite having so many blessings then we will always remain unhappy. So spiritual feed gives us the essential nutrition for living life in the state of thankfulness.



*Strength and growth come only through  
continuous effort and struggle.*

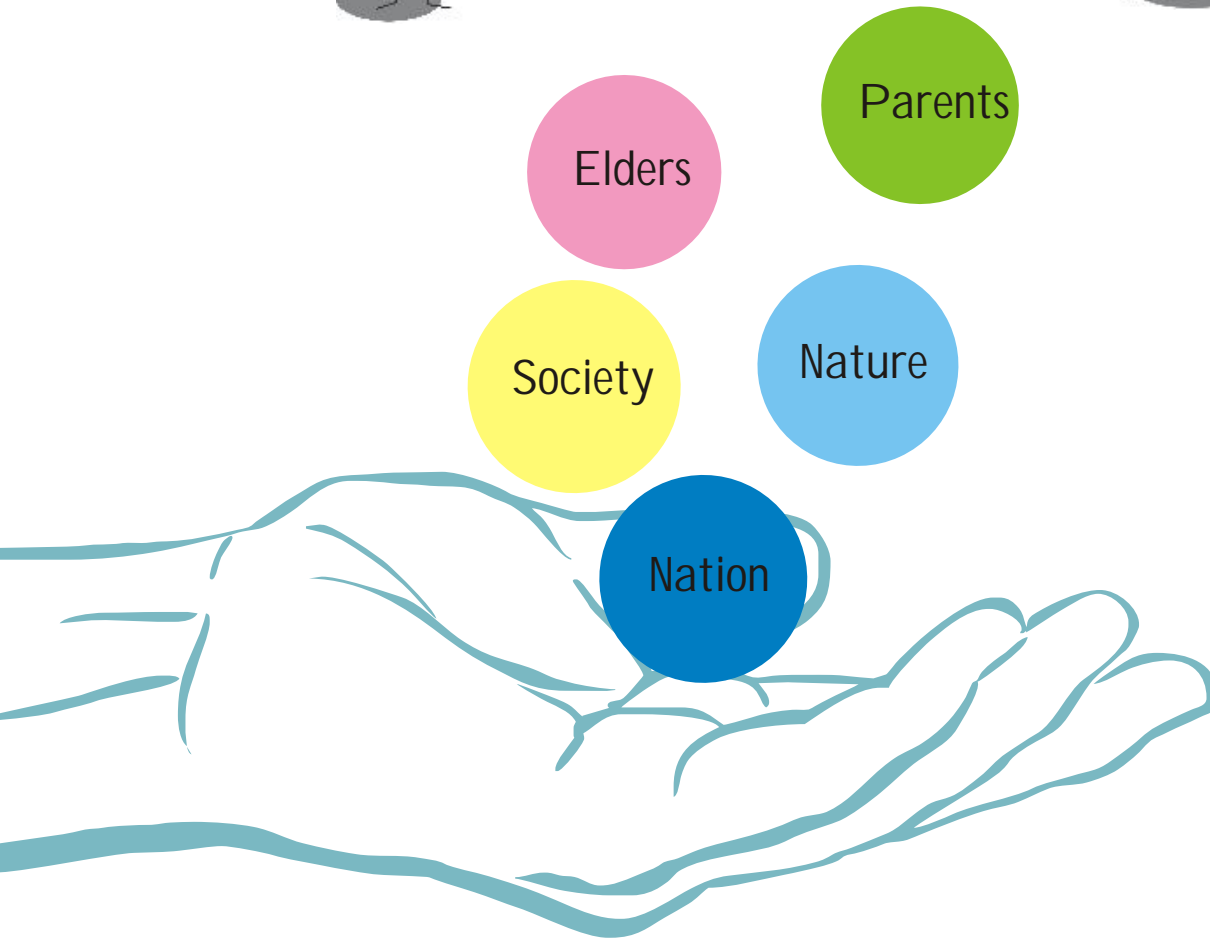
- Napoleon Hill







## Block 3: Serve All



Human life is so interesting. How will we ever know this if we keep ourselves limited to a handful of people around us. We are so limitless how will we ever know if we spend our precious life doing limited things. We have a purpose in life, a real purpose but how will we ever know this, if we are always engaged in artificial and immaterial activities.

We are born as humans this is not something ordinary. This is a great happening. But alone we are nothing only when we have various types of creations around do we realise that life can be so fulfilling and wonderful experience and true joy is only experienced when we do selfless acts of humanity. This feeling cannot be derived out of only thinking for your own betterment.

Since we are young kids we should be taught concept of giving service. That too, in various forms. To be there for others, to serve them, gives us true pleasures of life. If we have such beautiful feature in our nature since beginning then this world can become such adorable place to live in.

The quality of 'Serve All' will be developed in children through activities and teachings around the following:



## Parents :

Parent & child relationship is very special. For a child till he starts his own life his parents only are his world. After sharing such close bond also child starts to drift away due to his changing priorities in life. Parents are usually left alone.

But how such close relation loses its importance. Is it because we take parent - child relationship for granted. Parents are just supposed to be fulfilling their moral duties and children

after they have grown big are supposed to be dumping their parents. But this is a vicious circle because one day these children also will become parents.

Let us break this undesirable chain. Let us have deeper understanding of this special relation. Let us learn to reciprocate. Let the energy of serving parent - child - parent always be in fine rhythm. Let us lovingly serve our parents.



## Elders :

Grandparents, senior citizens or retired persons are treated more like a nuisance in today's times. Doesn't this put entire society in shameful state.

Haven't we taught our children to respect their grandparents or are our children picking these unkind acts from us. We are throwing these souls out of our houses because we need more space to live, live independently, without restrictions, without

lectures, we can't afford them, their company is so boring. When we are involved in such sinful acts are we at any point thinking of our old age. What we are doing today in our present will all come back to us. If today we are not serving our elderly lovingly we should then not even think for a secured old age for our own self also. Let us serve them when they need us the most. Do not abandon them let us be there for them.



## Nature :

Remember, we as kids have celebrated various days in our school like - Earth Day, Environment Day, Ozone Day, Ocean Day and so on... ever wondered why are we still celebrating these occasions. Planet is only moving from bad to worse and generations after generations are only getting burdened with responsibility of repairing

deteriorating and ailing planet.

Serving Mother Earth is not just any concept. Mother Earth really requires services of each one of us who are living on this planet. This Earth is like our school. Let us help our mother earth in protecting the environment through all possible measures.







## Society :

Service is expansive. As social animals it is our natural duty to extend our energies for good cause to the society. Remember society is made up of us only. Therefore by keeping our eyes closed, turning deaf to various societal issues, remaining ignorant on illness of the society, we are ultimately creating trouble for our own self. We want best for our own self and we will not pay heed to what wrong is happening in the society. How is that

possible. Our growth, our happiness, our security is very much linked to this society which we think doesn't matter to us.

Serving society is of as much importance as serving your own house. Our concerns for others makes us only better humans. Let us teach our children to serve society since beginning. Infact, this will inturn help us only to stay safe and secure always.



## Nation :

The way you are responsible for the safety & security of your house similarly you need to be loving, caring, attentive and always on alert for your nation also. To serve your nation first approach is, yes I am a dutiful citizen who is capable of taking care of my mother land. Never think that how can I do it, what can I do. Remember solidarity is the key to success of having a free and progressive nation. Take pride in being involved in growth of your nation. Intention is important and we must instil the national feeling in our children since beginning.

When they are small we should make them realise where they are born, which great country they belong to, tell them stories about greats of our country, about the national prides, national wonders, importance of various national celebrations, importance of our mother tongue. We must definitely share with them about countries across the globe also. By inducing this sense of belongingness towards their own nation we are helping young ones to develop gratitude towards their mother land.

## ♥ To Summarise ♥

We all have taken birth for a special cause. We are not limited to spreading love amongst our family members only. Life is not just about remaining involved with only your own needs & desires. Our purpose is not only to keep on entertaining our own self always. Materialistic achievements is not the only goal of human life.

Life can be a beautiful journey. Only if we live our life mindfully in complete awareness. We are limitless beings. We have great potential. We only need to tap into our inner self. Life's all beauties are within our own self. Living life and loving life should be our aim. We must accept whatever comes our way gracefully. Life is a complete package. Hardships & happiness are both an integral part of life. With better understanding towards life we can consciously choose to remain happy always.



Always Love All, Feed All, Serve All. This is the only truth which must be practised soon after we are born till we exist on this planet!





# Methodology



The program will be implemented through schools and initially will cover school going children. All the attributes listed above have been further clubbed into 10 sessions spread over one academic year.

The program covers children from Playgroup to Class XII. Accordingly separate sets of activities and teaching material has been developed for five groups:



Elementary Level	:	Playgroup
Basic Level	:	Class I & II
Intermediate Level	:	Class III, IV & V
Advanced Level	:	Class VI, VII & VIII
Graduate Level	:	Class IX, X, XI & XII



As an example medium of imparting lessons for elementary group is through mediums like puppets, cartoons etc., while at advanced level reading material will accompany lessons.

There will be around 10 sessions held with children. Programme will be in both classroom and outdoor formats. The emphasis of the program is to connect children with 'situations' leading to lessons engraved in their consciousness deeply.

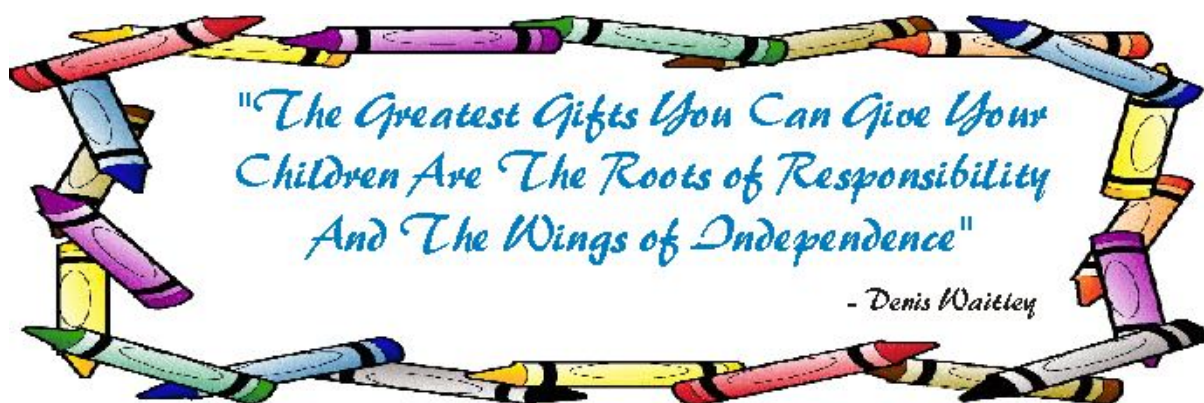
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There will be smart use of visuals, audios, art & craft, games and plays. Activities will be designed in unique formats like organizing-humanity olympiad, run for nature marathons, thematic exhibitions by children on nature- life- man, vibrant affirmation cards for each age group, engaging affirmation books for daily practise, specially designed family indoor games based on family ethics & morals, mindfulness meditations, situation based group exercises enabling children to improve their reaction.

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Various activities will be created for children in different age groups, to drive home the message and impart them knowledge and skills to become 'change agent' and leaders of tomorrow.

The program does not limit itself in boundary of a nation, and rather aims at unifying all the children across the world, to effectively work towards a blissful world.



## Project Duration & Target Group



Project plans to engage children from Playgroup to Class XII in various schools on yearly basis. It is a continuous project, broken in yearly project segments. This proposal is for one year duration, covering one school with a population of around 7,500 children.

## *Project Impact Assessment*



The project has the potential to add a new chapter in the history of Humanity, reverse the damages to the environment and create a sustainable living style in future generations, living in harmony with Nature and fellow beings, ensuring their own long term survival.

The assessment will be carried out by professional team, through interaction with children, collecting feedback from their teachers & parents, and mapping the observed behavioural changes. Advanced Psychometric tools will be used to assess changes in children having undergone the program. The project impact assessment and report would be shared with the school, grantor and others concerned individuals and organizations for a wide circulation.

## Future Project Plan



As stated in the vision statement, it would be an endeavour of Aqua Foundation to spread the program throughout the country through association with various school boards. Eventually the program aims to touch every child living in any part of the world.



We cannot always build the future for our youth,  
but we can build our youth for the future.

