

APPENDIX- 1

SCHEMATIC CHART

Objectives	Research questions	Questions to be asked to the students	Questions to be asked to the head teachers	Questions to be asked to the teachers
<p>1. Find the general perception and inclination of the people (teachers, students, head teachers and parents) towards spirituality.</p> <p>2. Find the magnitude of the inter-disciplinary linkages of spirituality with social, cultural, economic, political, religious, educational and psychological, aspects of day-to-day life.</p> <p>3. Provide measures to ensure holistic personality of children through spiritual education</p>	<p>1. How can spiritual knowledge be helpful in developing the holistic personality of children?</p> <p>2. In what way does the present education system respond to the quest of the spiritual education?</p>	<p>1. What time do you get up in the morning?</p> <p>3. Do you believe in god? If so, in what form?</p> <p>4. What is your perception regarding god?</p> <p>5. Do you think that all religious rituals and cultures are beneficial to all sectors of the society?</p> <p>6. What makes you happy and sad? Does happiness and sorrow last long?</p> <p>7. Do you think that you are the doer? And the body that you have is permanent?</p> <p>8. Do you fear of death?</p> <p>9. What will be our life with all comforts and without love and character?</p> <p>10. Why do you study?</p>	<p>1. Do you love and respect your teachers, students, staff and the parents? Do you feel grateful to them?</p> <p>2. How do you behave with them? Do you meet and greet them on the ground, ask their problems, share their happiness and sorrow?</p> <p>3. What do you expect from them? Are they aware of your desire regarding them?</p> <p>4. What is your perception about education?</p> <p>5. What do you think about science and spirituality?</p> <p>6. How do you treat a poor child, a <i>dalit</i> and girl child?</p> <p>7. Do you try to understand their feelings, difficulties?</p>	<p>1. When do you wake up? Do you pray to god?</p> <p>2. What is your perception about body, mind, senses and soul?</p> <p>3. What is spirituality?</p> <p>4. Do you know the essence of Gita?</p> <p>5. How do you feel when you see people mistreated because of birth, caste and creed?</p> <p>6. What would you do if you find any rituals of your religion un-useful and unproductive?</p> <p>7. What do you think about addition of spiritual education</p>

		<p>11. What is your duty as a human, a son or daughter, a student and a citizen?</p> <p>12. Do you think your language, caste and riches are superior?</p> <p>13. Do you blame your parents, teachers or friends for your failure?</p> <p>14. Why is human superior to animals and other creatures?</p> <p>15. Do you want to get the knowledge of your reality?</p>	<p>8. Do you stick to your words or be flexible with the time and context?</p> <p>9. Are you supportive to the students?</p> <p>10. What is your perception of god? Is he separate from you?</p> <p>11. Do you believe in character making?</p> <p>12. Do you raise voice and try to stop the injustice and unproductive rituals and superstitions?</p> <p>13. How do you spend your leisure time?</p> <p>14. What do you think is your duty and responsibility?</p> <p>15. Do you feel grateful to god?</p>	<p>in the modern curriculum?</p> <p>8. What do you think is the duty of a teacher?</p> <p>9. What kind of teacher you liked most in your school days and are you like him or her?</p> <p>10. What do you think about god?</p>
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Appendix 2

List of questionnaires for parents Yes/ No	List of questionnaires for teachers Yes/ No	List of questionnaires for head teachers Yes/ No	List of questionnaires for students Yes/ No
<ol style="list-style-type: none"> 1. Are you happy with the modern education system? 2. Do you feel that your child lacks something in his behaviour? 3. What do you know about spirituality? <ol style="list-style-type: none"> a) Knowledge related to spirit b) Religious bundle of beliefs 4. Do you feel that spiritual knowledge should be included in the prevalent education? 5. Do you celebrate festivals? 6. Do you know the real Significance of these festivals? 7. Can you reject the extravagant and un-useful practice of these festivals? 8. Are you aware of the norms and values of your culture and society? 9. Are you sure that the present education can make your children a good human being? 10. Where is god in your opinion? <ol style="list-style-type: none"> a) Inside everyone b) Outside in the temple c) No where 11. Where peace and happiness found? <ol style="list-style-type: none"> a) in contentment 	<ol style="list-style-type: none"> 1. Are you satisfied with the modern education? 2. Why do you see disobedience and disrespect to teachers and elders among students? <ol style="list-style-type: none"> a) Unaware of values b) Western influence 3. Are you aware that yours is the noblest profession? 4. Why are the educated people of today more aggressive? <ol style="list-style-type: none"> a) Lack of control of senses and mind b) Pride 5. Why is the present world disturbed? <ol style="list-style-type: none"> a) Forgotten the importance of value b) Mind mindedness in people 6. What is the role of a teacher in your opinion? <ol style="list-style-type: none"> a) A builder b) A trainer 7. How do you present yourself in the classroom? <ol style="list-style-type: none"> a) As an authoritarian b) As a facilitator 8. Which method of teaching 	<ol style="list-style-type: none"> 1. Do you respect and feel grateful to the teachers, staff, and parents? 2. Do you greet your students on the ground/ in class, ask their problems, and share their happiness and sorrow? 3. Do you forgive them when they do simple mistakes or do you believe that corporeal punishment and mental torture will correct them? 4. Do you think that spirituality is related with science and other disciplines of daily life? 5. What is the aim of education in your view holistic development or skill development? 6. Are you god believer? 7. Are you positive towards application of spiritual knowledge in schools? 8. Who will be benefited from this knowledge – 	<ol style="list-style-type: none"> 1. Why is the world around full of crime and violence? Do you agree that selfishness in man is the main cause? <ol style="list-style-type: none"> a) Are the educated adults polite and forgiving? b) Do they encourage younger people to avenge others who harm them? <ol style="list-style-type: none"> i) Unknowingly ii) Knowingly 2. Do you think spiritual education, as necessary part of curriculum from the early age? 3. Why are you brought into this world? Can you guess? <ol style="list-style-type: none"> a) To serve country and countrymen b) To enjoy 4. Are you born to eat sleep and enjoy only, like an animal? 5. Do you feel happy in serving others? Why? <ol style="list-style-type: none"> a) It is a matter of give and take. When one serves s/he gets service from those who received service in return.

<p>b) In money and material object</p> <p>12. Where does prosperity of a country depend on?</p> <p>a) Dutiful citizen b) Corrupt</p> <p>13. Why is society important for us?</p> <p>a) Helps and protects us b) We can get things we need from society</p> <p>14. What is the duty of every man?</p> <p>a) Work for the welfare of society b) Work for one self</p> <p>15. What is the duty of a parent?</p> <p>a) Giving food, clothes and shelter and education b) Teaching good values by being role models along with providing basic needs</p>	<p>spirituality will be more effective?</p> <p>a) Direct b) Indirect c) Both</p>	<p>parents, students, teachers or all?</p>	<p>b) Self satisfaction. They are also human beings like me.</p> <p>7. Is the education that you are getting helpful in bringing out your latent quality? Is it able to fulfil your interest?</p> <p>8. Will the spiritual knowledge be able to bring out your latent quality</p> <p>9. In what way should it begin in school?</p> <p>a) Directly (with a separate curriculum) b) Indirectly (integrated with each subjects)</p> <p>10. Should there be closed exams like in other subjects?</p> <p>11. What should be the method of evaluation?</p> <p>a) Grading the daily performance and behaviour in and outside classroom.</p>
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APPENDIX - 3

SCHOOLS APPROACHED FOR THE STUDY

The Spangle Boarding High School	Dillibazar, Kathmandu
Ananda Bhumi Boarding High School	Maitidevi, Katmandu
Sai Shiksha Niketan High School	Dillibazar, Kathmandu
Om Gyan Mandir secondary School	Bhaktapur Lokanthali,
Tri-star English Secondary School	Bhaktapur Lokenthali,
Shree Bajra Barahi Higher Secondary School	Chapagaon, Lalitpur
Shree Uday Kharka Secondary School	Chapagaon, Lalitpur

APPENDIX - 4

CONTENTS OF THE CHARTS ON

MAN AND SPIRITUALITY EXHIBITED IN SCHOOLS

1. Who is God?
2. Who is Man?
3. The ABC of Life
4. The six inner Enemies
5. Ceiling on Desires
6. The five Elements (*panctatwa*)
7. Do not violate Nature

APPENDIX - 5

THE GENERAL DIFFERENCES BETWEEN THE EXTERNAL AND THE

INTERNAL EDUCATION

Secular education	Spiritual education
Highly material oriented	Immaterial knowledge
Makes products feel great	Produces good human being
Computerized/ skill oriented	Faith in god as well as faith in oneself
Carefree about parents and motherland	Concern for parents and motherland
Egoistic/ selfish	Non- egoistic, loyal to all
Hero in words	Hero in words as well as in actions
Outward path	Inward path
Person of wealth, power and status	Person of character and broadmindedness
Left brain oriented or higher inclination to intellectuality	Right brain oriented, intuitive

APPENDIX - 6

PROPOSED SPIRITUAL CONTENTS FOR CLASS TEN

1. The ABC of life
 - a. life is like a journey
 - b. Body is like an inn
 - c. Be like a flute
2. The purpose of human birth
3. The five sheaths
4. Life is the most important of all
5. Life is a song sing it
6. Life is a game play it
7. Life is love, share it
8. Life is a dream realize it
9. Life is a challenge meet it

10. Classification of human beings
 - a. Three types of human
11. The three fundamental qualities in human
12. Bend the body, mend the senses, end the mind
13. We all are messengers of god
14. The four purusharthas of life
15. Jantum, drastum and pravestum
16. Management of thought
17. Management of breath
18. Ceiling on desires
 - a. do not waste food
 - b. do not waste time
 - c. do not waste energy
 - d. do not waste money

19. The correct use of tongue

APPENDIX - 7

METHODS THAT COULD BE USED IN THE CLASSROOM OF SPIRITUAL EDUCATION

A. Silent sitting (playing a tape with classical melody)

- a. light travel(with the help of candle)
- b. a journey to space or in the woods or undersea or in the rose garden

B. Prayer

Quotation of the great philosophers, few e lines with positive values from poems or prayers of different faiths in relation to the subject matter

- a. introduction of the subject matter(with charts , pictures or in power point)
- b. story related to the subject either from the students or from the teacher
- c. group activities – story writing, poem or song writing (where each students writes one lines and completes the, role play on the story, miming, reinterpretation of the story according to the context, generation of values from the students, art work of the story
- d. game – musical chair with the added values in the subject related, snake ladder with values added
- e. group song- either already made or new composition by the students
- f. attitude tests

