



Education For Life

GURUGRAM CHAPTER VOLUME XIV

January to March '26

A HOW TO LIVE APPROACH



VOICES



We believe in a culture of peace and an understanding of the other. These are conflicting times as the danger lies both within and outside us. War and terror are of our making. Our responses to them are also our own, but there is a choice that we have. Should we react out of hate, fear and helpless anxiety or draw from higher values of reason, justice and courage? Demonizing a neighbouring nation, or a sister community, or a region or a group will not help us in realizing our humanity.

There is little difference between human beings; the difference is only in the choices we make. In today's time there is a need to be calm and balanced.. The choice that we make, in these uncertain times will determine our survival.

We must stand together in these challenging times.

Dr. Ameeta Mulla Wattal
Chairperson and Executive Director
Education, Innovations, and Training
DLF Foundation Schools and
Scholarship Programme

Education for Life reminds us that true learning goes beyond academics, it is about shaping the way we think, feel, and live.

Through reflection, shared experiences, and meaningful engagement, our students are learning to develop values such as empathy, responsibility, and self-awareness.

These moments help them connect with themselves and the world around them in deeper, more purposeful ways.

Our commitment remains to nurture not just capable learners, but compassionate and conscious individuals who carry these values into every aspect of their lives

Ms. Soumya Taneja
Headmistress, SFS





VOICES



A hallmark of the Education for Life program at Summer Fields School has been the Awards Ceremony that comes at the end of each school year. On this occasion each student is individually recognized for a quality in which they excel. Examples have included: Kindness, Cooperation, Curiosity, Initiative, Honesty and a host of other exemplary traits. Over the last four years the program has evolved beyond the presentation of the awards to include a short group meditation, EFL songs performed by the student choir, an EFL activity that involves the parents, and testimonials by a student and a parent about their experience with the EFL program.

The awards themselves are designed to help each child feel a sense of appreciation from the school for their particular talent. When I was first describing the EFL ceremony to the staff at the beginning of our training sessions, I noticed that one of the teachers had tears in her eyes. I stopped her at the end of the session and asked if anything was wrong. She told me that she was remembering an incident that occurred many years ago when she was in 3rd grade. Everyone had gathered for an awards ceremony, and she watched while other students were recognized for their achievements in math, composition, science, and other academic disciplines. As the ceremony closed, she realized that she wasn't going to receive an award and felt a keen sense of unworthiness.

The EFL program broadens the scope of appreciation to highlight a wide range of qualities that contribute to a healthy, productive life. Through this ceremony, the school makes the statement that while academic pursuits are important, there are many other aspects of life that are equally valuable. The students focus not only on the particular quality they are recognized for, but also see their friends and classmates receiving recognition for other traits that they can aspire to. The impact of the ceremony then gradually spreads out to affect other classes, the teachers, and the families.

NAYASWAMI NITAI



VOICES



The culmination of another year of Education for Life - living labs was celebrated in Summer Field School (A & D Blocks) and Ridge Valley School, with each student being recognized for his unique ability. The parents were honored guests and attended in large numbers.

The award functions uplifted the heart and reinforced the benefit the living labs were having on the children. It gladdened my heart to see a child receiving a certificate for his/her 'calm confidence', 'a mind that speaks with purpose', 'intelligence beyond his year', 'positive engagement', 'melody of peace', and for 'the gentle glow' he brings to the class.

In our interactions with parents, they appreciated the respect for rules, better self-control and discipline the children exhibited at home.

The meditation sessions which the students are now adept in were also shared with the parents at home.

The strong sense of values, principles, and social responsibility in our children has been hallmark of this program.

**MS. GURVINDER KANG
COORDINATOR EFL AND
ACADEMIC TEACHER PRACTICES OF THE DLF SCHOOLS**

Family Bonding Day

Students from EY to Grade 8 welcomed their parents for a joyful day filled with learning, laughter, and togetherness. The event featured an energising ELF and yoga session, hands-on learning activities, tie and dye fun, Zumba, laughter yoga, and exciting games like Tambola. A beautiful day where families learned, created, and celebrated together.





Living Labs at SUMMER FIELDS

The EFL sessions included guided meditation and energizing exercises to improve focus and well-being. Students learned through engaging games and storytelling activities, making the sessions interactive and enjoyable. Through these experiences, they developed important values such as honesty, truth, courage, teamwork, and confidence.



EFL AWARD CEREMONY

@SFS_D block





The school celebrated the EFL Award Ceremony for Early Years to Grade 8, recognising students for demonstrating core values. The programme included meditation, a choir performance, and an engaging activity for parents. The highlight was the award presentation, making it a joyful celebration of learning and young achievements.

EFL AWARD CEREMONY

@SFS_A block



The Education for Life Award Ceremony for Classes IX–XI celebrated students' participation in EFL Living Laboratories, highlighting their growth in skills, collaboration, and innovation. The event began with songs and a classical dance, followed by the ceremonial lamp lighting by Principal Dr. Urmimala Sudhakar, Director EFL

Mr. Nyaswamy Nitai, and Coordinator Ms. Gurvinder Kang. Certificates were awarded in the presence of parents and mentors, and the programme concluded with a commitment to fostering human values and a humane society.

EFL AWARD CEREMONY

@Ridge Valley



The Education for Life Appreciation Ceremony at DLF School, Ridge Valley celebrated students from Nursery to XII for their values, character, and personal growth. Students were recognised for qualities like empathy, resilience, and responsibility, reflecting the school's commitment to holistic, value-based education.

Student's Musing

Summer Fields School



EFL, or the Education for Life Programme, has been an important part of my journey, helping me learn values in a way that no textbook or expensive course can. It helped me achieve calmness, a clear mind, and feel grateful for everything. It taught me how compassion makes the world so different.

-Anika Sharma, VII A

The EFL (Education for Life) sessions held every Wednesday in our school are really enjoyable and meaningful. Every month, different activities are conducted based on a specific topic. Through games, group activities, and meditation, we learn more about ourselves and also understand our classmates better. These sessions create a positive environment and help us feel relaxed, confident, and connected.

-Mitashu Sur, VII A



The Education for Life (EFL) sessions were engaging and insightful for students. Through storytelling and fun activities, we learned the importance of honesty, integrity, courage, and confidence. These sessions helped us understand how to apply these values in our everyday lives.

- Shabd Malhotra, VIII A



Education for life is not only about books and exams. It teaches us important life lessons. Education helps us learn good values like honesty, kindness, discipline, and respect. It teaches us how to work hard, be responsible, and make the right decisions. Through education, we learn how to face problems, learn from mistakes, and never give up.

It also helps us improve our thinking, speaking, and listening skills. Education makes us confident and helps us become good students, good citizens, and good human beings. True education continues throughout our life and helps us grow every day.

-Shourya Goyal, VII A



