



SRI SATHYA SAI
GLOBAL COUNCIL



Sri Sathya Sai Human Values: Practical Application Course Guidelines

Fall 2022/Winter 2023

Duration

10-week course, every other Saturday starting October 15, 2022, through March 4, 2023

Timing

The timings for the course are:

Timing	Time Zone
1:00 PM to 2:30 PM	Eastern Standard Time
12:00 PM to 1:30 PM	Central Standard Time
11:00 AM to 12:30 PM	Mountain Standard Time
10:00 AM to 11:30 AM	Pacific Standard Time
2:00 PM to 3:30 PM	Atlantic Standard Time

Target Group

Young Adults and Adults

Emphasis

Practical application of Swami's teachings in all aspects of life, including our home life, work life, and social life.

Invited Speakers

Eminent leaders in the Sai Community



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Requirements

- Assigned pre-session reading material to be completed by each participant prior to each session
- Regular attendance
- Makeup assignment for missed sessions

Session Format

The session format is:

Items	Duration
Introduction by Moderator	5 min
Guest Speaker	25 min
Breakout Session	40 min
Sharing by Presenters	15 min
Conclusion by Guest Speaker	5 min
Total	90 min

Course Material

Swami's quotes will be used as the primary reference material. For each session, certain topics from the pre-session reading material will be assigned to be read prior to the session.

- 1st 3 sessions: Topic: Practicing Sri Sathya Sai Human Values at Home
- 2nd 3 sessions: Topic: Practicing Sri Sathya Sai Human Values at Work
- 3rd 3 sessions: Topic: Practicing Sri Sathya Sai Human Values at Community
- Last Session: Comprehensive case study

Moderator

The moderator will introduce the guest speaker for the session.

Guest Speaker

The guest speaker will be provided the reading material ahead of time for their reference and will be provided with a few practical case scenarios to guide their preparation. (They have the freedom to come up with their own case scenarios.)

Breakout Session

Each breakout class will be randomly assigned.

The group will select a facilitator, note-taker, and presenter for each session. Two case scenarios will be provided for each session to guide the discussion.



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During the week, participants can share their experiences, successes, and struggles with applying human values in the course chat room. This exchange will help each of us be inspired to continue with our self-transformation.

Presenter

For each session, every breakout group should select a new presenter. Presenters from 2 breakout groups will be randomly selected to share highlights from their discussion for about 3 minutes each.

Conclusion

The guest speaker provides closing remarks for the session.

Appendix

Facilitator Guidelines

- Prepare in advance
 - Setting an example for the group
- Identify the note-taker and presenter for the meeting
- Establish format and protocol
 - Sharing views encouraged – this is a form of service to the group
 - Discipline is important - waiting for the turn, allowing others to share, and respecting time (let people know that you will politely interrupt if time is a concern)
 - Safe space: No criticism of others' views
- Direct flow of conversation
 - Ask for a volunteer to start
 - Call on individuals in the group to go next so we can proceed in an orderly fashion
 - Lovingly redirect or limit the time of those who veer off-topic or dominate
 - Toward the end of the meeting, give those who passed or have not shared an opportunity to share
- Conclusion
 - 5 min prior to closing time, ask each participant to reflect and come up with their personal application of teaching for the coming week (they are welcome to, but not required to share with the rest of the group what it is). Any other points that participants would like to make can be made afterward in the course chat room