

MIRAMBIKA FREE PROGRESS SCHOOL

A Brief for Prospective Parents

Why Free Progress Education



Free Progress refers to education guided by the soul and not by habits, conventions and preconceived notions, according to The Mother who, with Sri Aurobindo, propounded this form of education. “Free Progress” signifies an educational process that is free from conventional constraints such as standardization, rigid grading systems, and conformity. It allows for organic and personalized growth, providing an environment where the child can progress according to their own needs and capacities. It is an education which has the vision of the future before us and the kind of race that is going to march into it.

The aim of Free Progress Education encompasses the evolution of consciousness of the human race as a whole. It is based on the idea that education should be tailored to the unique needs, pace, and interests of each individual student, rather than imposing a rigid, standardized curriculum. This approach



emphasizes the natural development of the child and encourages learning to unfold freely, without unnecessary constraints or pressures.

The key principles of Free Progress Education:

1. Self-Development and Inner Freedom



- The child is inherently capable of spiritual, intellectual, emotional, and physical growth. The goal of education is to foster the child's development in all aspects of their being, helping them discover their inner potential integrally.
- The child learns at his or her own pace, based on interests and natural inclinations. The emphasis on external modes of assessment and rigid schedules are discouraged.

2. Holistic Learning



- There is a holistic approach to education. The development of the mind, body, and spirit is integrated. Beyond academic pursuit, the attention given to creativity, arts, music, dance, physical activities, and moral or spiritual growth is paramount.



- It is about forming the character and capacities necessary to live a meaningful and fulfilling life beside a focus on only acquiring knowledge.

3. Learning Through Experience



- Children learn through experience and exploration, rather than rote learning of facts or following textbooks. Students learn to cultivate a deeper understanding of concepts and ideas, rather than just acquiring surface-level knowledge.

- Teachers act as guides or facilitators, learning with the children, rather than traditional authority figures or strict instructors.

4. Nurturing Individuality



- Every child is seen as unique beings, with their own strengths, weaknesses, and interests. Free Progress Education allows each student to develop in a way that respects their individuality, helping them to pursue their passions and explore subjects that truly interest them.
- This helps foster a deep sense of self-awareness and self-confidence in children.

5. Spiritual Growth and Integral Education



- Education is not purely intellectual or functional; it is part of a larger process of spiritual evolution. It is a means for the child to connect with their higher self and integrate spiritual principles into their daily life.
- Qualities cultivated are compassion, creativity, discipline, and the ability to live harmoniously with others.



6. Freedom and Responsibility



- While students are given the freedom to explore, they are also encouraged to take responsibility for their learning and actions. The goal is to create self-motivated individuals who are capable of thinking critically, making decisions, and taking initiative for their own learning.

Free Progress Education is about trusting the child's innate potential and guiding them in their journey of self-discovery, rather than forcing them to fit into predefined moulds. This approach leads to more fulfilled, creative, and capable individuals who are better prepared for the challenges of life. This is an education conceived to raise consciousness in the individuals who become part of





- The school enjoys a small teacher-pupil ratio for carrying out intense work with each child through close attention and the building of a trusting bond.
- Project-based learning based on themes. Children a large hand in establishing the themes.



- Differentiated spaces for different activities, both indoors and outdoors (clay room for clay work, art room for specialized art activities, music room as well as the play area which includes the sandpit, a lawn for free play as well as a jungle gym).



- The child is invited to take ownership of his learning to become a self-learner.



- Reflective practices to discern the self and its many parts.
- Incorporating the Spiritual and Psychic aspect of the being while developing the mental, vital and physical aspects of the being



- Working closely with parents to develop the aspiration for self-growth



- The integral development of the teacher is of prime importance in the school.

Mirambika – An Inspiration to Other Educational Institutions

Mirambika started in 1981 as an experimental innovative school. It continues to be Innovative, which has its ways on ideas of research and philosophy of Integral Education. It has proven its success in more ways than one. It has been an inspiration to several other schools in the country, which have also made a mark as schools with a difference. It has been studied by NCERT with The results of the practices of the free progress method of integral education have been out in the open for all to see and benefit from. It attracts groups of teachers and would-be-teachers not only from India but from all over the world who come to observe, understand and learn something from their experiences in Mirambika. They all return highly gratified at the way Mirambika has made the ideal in education feasible and approachable. Appreciations have poured in from all the Government departments, NCERT, DoE and the countless many involved in education in this country. Many Research theses have been written by scholars of the Tata Institute of Social Sciences, Delhi University, NCERT, Azim Premji Foundation and Jamia Millia Islamia. Institutions from abroad such as the Hanover Institute of Education, Leibzeig, Germany, Brazil, Russia and other foreign delegations sponsored by IGNOU and NCERT undertake studies on Mirambika and her perspectives and practices on education.

Must-read Books

What we follow in Mirambika is an ideology proposed by Sri Aurobindo and brought into practice by The Mother. We rely heavily on the writings in the following two books for guidance and inspiration:

- On Education by The Mother
- Education and The Aim of Human Life by Pavitra (P B Saint Hilaire, a disciple of The Mother and Sri Aurobindo and a Sadhak)

The following books are strongly recommended to all parents as they prepare to embark on their journey here:

- How to Bring up a Child – a compilation of The Mother's and Sri Aurobindo's words.
- On Education by The Mother

Mirambika Publications

Mirambika has compiled materials in the course of the free progress experiment here in Delhi. These are now in the form of books that are readily available for use by all who may be interested in the true education. These are available from SABDA, the Sri Aurobindo Ashram – Delhi Branch Book house:

1. Life at Mirambika, A Free Progress School
2. Learning through Projects, The Mirambika way
3. The Snow Expedition
4. Easy-to-Play Minor Games
5. Physical Education
6. Psychic Education
7. Our Trees & Greenery, Plants of Sri Aurobindo Ashram – Delhi Branch
8. Paths to Self-Discovery, Reflective practices with children
9. Our Feathered Friends, A field guide to common birds of India, as studied in Sri Aurobindo Ashram-Delhi Branch
10. Integral Sense & Faculty Development
11. Initial Mathematics, A Guidebook for Parents and Teachers
12. Learning through Projects, A Handbook

Dear parents,

It is of utmost importance that you understand the nature of the school you intend to apply to. Our request is that you do not apply without reading these two books recommended and understanding what Free Progress Education is all about.