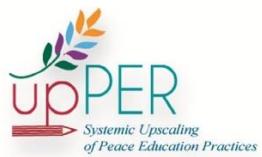# UPPER Good Practice

Code	ESHA – GP04a
Name (title) of the good practice:	The Peace Education Program (PEP) The Prem Rawat Foundation www.tprf.org/programs/peace-education-program/
Country/region	India – online availability
UPPER Scope: **Fields affected (more than one field may be indicated)**	☐　Policy Making ■　**Teachers Competence Development** ■　**Self-Assessment** ■　**Concrete School Practice** ☐　Community Building ■　**Mainstreaming** *Short Description:* Peace Education Program (PEP) TPRF has developed the Peace Education Program (PEP) to help people discover inner resources such as strength, choice, and hope as well as to explore the possibility of personal peace. The curriculum is based on 10 DVDs, each focusing on a particular theme. The course has been presented in 70 countries at a large variety of organizations and community groups, including colleges, youth programs, adult education programs, hospice centers, retiree centers, prisons, and rehabilitation programs.
Full Description	● The Peace Education Program (PEP) consists of 10 sessions, each focusing on a particular theme. These customized, interactive workshops are non-religious and non-sectarian. The content of each theme is based on excerpts from Prem Rawat's international talks. The themes are: Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment. ● There are currently 3 stand-alone programs, and you can choose which course to start with. They are not sequential. Here are the unique aspects of each program: ● PEP 1: Each DVD / session is 1 hour in length. It includes short and longer videos and five animated shorts. There are two Reflection times included in each session, which can be used at the facilitator's discretion. ● PEP 2: Each session is approximately 35 minutes in length, and there are two sessions on each DVD. PEP 2 is suitable for audiences of all ages,

including young people. This program is ideal for people who have difficulty concentrating for longer periods of time, such as the ill, elderly, and those in a rehabilitation center. There are two designated reflection times per session. PEP 2 also includes some media interviews with Prem Rawat.

- PEP 3: Designed to provide the maximum flexibility for PEP classes, PEP 3 consists of 10 DVDs with one theme per DVD. PEP 3 contains the same 10 themes as PEP 1 and PEP 2. The handouts have been reduced to one page per class, and the Facilitator Handbook has been merged with the Facilitator Manual.

- PEP 3 allows for PEP classes to be flexible in length, as the situation requires. If, based on the audience and scheduling constraints, a shorter session is required, you could play half of the DVD one week and half the next week, or just choose half for a 10-week program. Additional videos are included for classes that are one hour or longer. There is also an optional second reflection time listed in the Workbook and Manual.

Why is the case interesting?	*Specific description of innovative value in relation to UPPER:*
	- directly available in English and German including facilitator training
	- for all ages in education including adult education
	- non- religious
	- non-sectarian
	
	Good Practice specific characteristics:
	    1. Transformative
	    2. Observable results
	    3. Methodologically structured
	    4. Potential for re-contextualisation
	    5. Beneficiaries consider it a GP

Coordinating institution	The Prem Rawat Foundation www.tprf.org
Strategies (more than one strategy may be indicated) Please rank the different strategies in order of importance: 4 max, 1 min)	1. **Avoiding segregation** (4) 2. **Leadership/governance** (3) 3. Information on diversity 4. Teacher education on diversity 5. **Diversity in teaching workforce** (3) 6. **Curriculum and pedagogies** (4) 7. Multilingual education 8. **Interactive, culturally relevant methods** (2) 9. School-Society relationship 10. Socially responsible ICT 11. **Involving NGOs and Youth organisation** (2) 12. Incentives and reward for GP 13. **Social integration** (4) 14. **Awareness of injustice** (4)

	15. <u>Promotion of Peace Value</u> (4) **16 <u>Other (please specify): Self development</u> (4)**
Accessibility of data and persons by UPPER Team	Easy – <u>**Average**</u> - Difficult Available online
Impact	Long term impact
Brief description of the context in which the practice was applied	The content of each theme is based on excerpts from Prem Rawat's international talks. The themes are: Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment
Re-contextualisation potential (How the following elements of the GP appear to be suitable to be adopted and adapted to other contexts)	There are 3 stand-alone programs and you can choose which course to start with. They are not sequential. Flexibility in the program makes it suitable for all education.

Matrix	1	2	3	4	5
Partnership structure					X
Methodology					X
Content of training					X
Stakeholders involvement					X
Evaluation approach					X
Training to practitioners					X
Other (please specify) Flexibility able to adjust					X

Critical aspects in the application of the practice	
Sustainability elements and recommended use in UPPER	This is a full program which can be used on all levels in schools, starting with teachers training as facilitators who can give these workshops in schools. Other programs can be built on top of this basic understanding of peace in peoples lives and therefore in schools. Start for discussion based upon development of inner peace.
Contact persons	pep@tprf.org contact via helpdesk
Web link(s)	www.tprf.org
Filled by [name and partner	European School Heads Association (ESHA) – Monique Westland

institution]:	