

Empirical investigation: How a Child turns into a Superman at Dayalbagh Agroecology fields

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Abstract

This research paper explores what is an actual definition of holistic development, we see it in Dayalbagh, (Agra, UP. India) where even a 24-day-old child is a part of this Sant Su(Perman) evolutionary scheme. As we all know that the development of the child starts in the mother's womb itself and the first five years are most important from the point of view of development. That's why a lot of attention has been given to the early development of the child under Sustainable development goals 2030. After covid 19, there has been a lot of difference in the circumstances, in the way of learning, in the way of living. Somewhere its effect has also been on the overall development of children, it can be direct as well as indirect.

This model of Dayalbagh works to prepare the child from its initial stage according to the current environment and truly gives meaning to the definition of holistic development. It is working as a process of making the child from man to superman. An attempt has been made through this paper to see how this Superman Evolutionary Scheme is helpful in the overall development of children and how does this scheme work to fulfill its stated objectives.

Introduction

The Superman Evolutionary Scheme was launched in its present holistic form in April, 2017 by Revered Professor P. S. Satsangi. In this model of Dayalbagh Infants and children as young as 3 weeks to 8 years are joined to follow the holistic routine of Dayalbagh and spend 6-8 hours daily at the agricultural fields where they learn and educate themselves in lap of nature by doing, by observing, by exploring and interacting with peers and nature, these children learn by living in and close to nature. Every day these children participate spiritual and other unique activities in line with the Satsang Way of Life including early morning from 2-3 am and evening from 3-5 pm Satsang and self-less Seva in the agricultural farms along with their parents in their own way. They also participate in healthcare exercise and also perform march past before The Spiritual Head of this community. In ancient India in Vedic era the chief aim of education were perfection of the physical, mental and intellectual personality of the student and inculcation of social and civic duties, Similarly, under this scheme, efforts are being made for the balanced development of the child and such activities are included which are beneficial for various aspects of their physical, mental, spiritual, emotional development. These children play in their own style, Children plow the land with their hands and play which brings them in contact with the soil, children stay

in this agroecology cum precision farming fields for 6-8 hours a day in two shifts (3-5 am and 3-5 pm) under the supervision of their guardians and mentors leading to development of fine motor skills and that makes them resilient. All children of this community as young as 3 weeks to 8 years of age, are enrolled in this evolutionary scheme in two phases

- (i) Phase I: 3 weeks to 3 years
- (ii) Phase II: 3 years to 8 years.

Children from 481±1 centers avail these opportunities from their own locations in a virtuous mode, to overcoming geographical barriers. Along with family, they are under the supervision of coordinators of this scheme, security staff for safety purpose, medical doctors, Teachers from DEI Board Schools and sports teachers for various physical activities, and community counsellors. They receive regular medical check-ups, growth monitoring, and interactive health, nutrition, and hygiene counselling from a team of pediatricians, dentists, psychologists, speech therapists, and counsellors. A regular clinical checkup done by the pediatrician to ensure whether they are free of disease or any other medical issues. Children learn as well as connect to their heritage, they are planting and harvesting crops also. Basically, these children engage in agricultural integrated learning process, they learn about the crops of different season, they involve in community service, they learn by their own experiences.

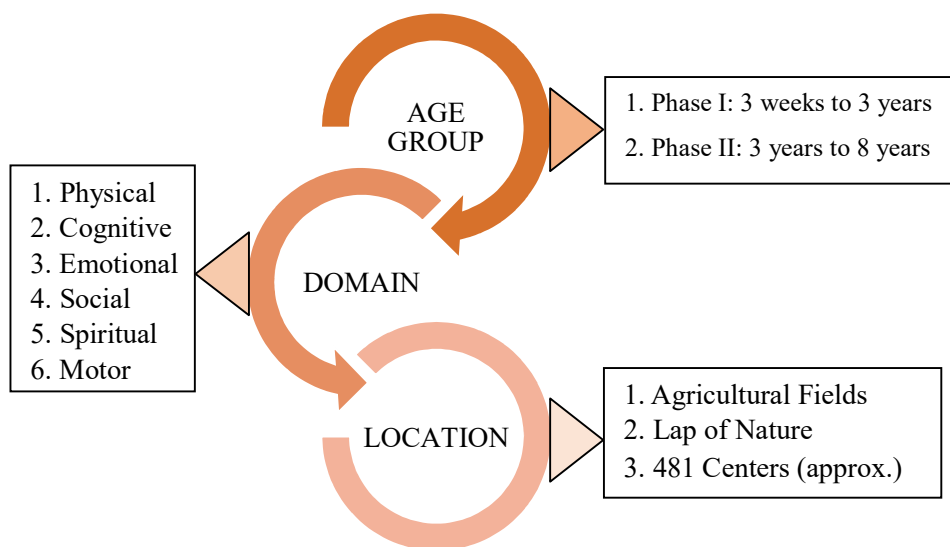


Fig. 1: The Superman Evolutionary Scheme

Today's education system is limited to classrooms and the role of nature in the early development of children cannot be denied. Under this scheme, a 3-week-old child is starting life by making direct contact with nature, which is amazing in today's time, because in today's time, the child is not close to nature but

is in contact with mobile phones, TV, social media etc. which is an obstacle in his development. Along with all the nurturing care domains, the children here also learn different languages, self-defense exercises, PT, yoga, different cultural activities etc. they inculcate good habits like early rising, less screen time, which is becoming the biggest problem of one's children, these children are told about healthy diet and are also motivated to take healthy diet and above all imbibing values and qualities through Intuitive Mentorship.

Objective of Sant Su(Perman) Evolutionary Scheme

Revered Prof. P.S. Satsangi Sahab defines the Supermen of Satsang in the following words *“A complete man with balanced development of body, mind and spirit is called a Superman. He will not come into existence in a day; he will evolve gradually as the human body evolved gradually according to Darwinian principle. As is the case of the body, mind and spirit will also evolve gradually, and the spirit and mind will become so pure that a Superman will come into existence.”*

In this context the aim of Sant Su(Perman) Evolutionary Scheme is the holistic development of complete all rounded person with physical, mental and spiritual faculties in children. In short balanced development in actual manner. Through this scheme they developed superhuman to serve the society for its betterment and for the better worldliness.

S. No		Age	Domain					
			Physical	Motor	Cognitive	Emotional	Social	Spiritual
1		3 Week-2 Years	Crawling, Rolling in Lap of Nature	Tilling And Toiling with Hands	Feeling And Recognition in Actual Environment	Music Classes And Exploring Nature	Interaction With Peers	Prayer
2		2 Years-4years	Physical Activities Through Play Equipment	Through Physical Activities and Games	Counting Fruits and Vegetables and Texture Recognition , Puzzles	Storytelling, Poetry	Participation Various Social and Cultural Activities	Sahaj Yoga
3	Activities	4 Years-8 Years	Various Games	Planting To Harvesting Crops	Teach Kids Arithmetic	Chorus	Community Service	Recitation of Devotional Lyrics
4		4 Years-8 Years	Self-Defense	Feeding Cows and Calves	Computer Skills and Linguistic Skills (English, Hindi &		Social Services	

				Sanskrit)			
5		4 Years-8 Years	PT	Through Other Community Services		Celebration Of National and International Festivals	

Table 1: Schedule and Activities of Sant (Su)Perman on Agroecology Field



A Glimpse of Sant (Su)Perman Evolutionary Scheme

Sant (Su)Perman in Regular Multi Specialty Medical Camp

In June 2010 DEI University organized of multi-specialty medical camp through its NSS wing in collaboration with Dayalbagh Saran Asharm Hospital and paramedical staff. Since then, this camp is organized every Sunday from 7 am to 10 am. This medical camp is organized for the people of the neighborhood community. In which, along with medical facility, nutritious food is also given to the children of the neighborhood community and activities are done for the holistic development of the children. These Sant (su)perman children also participate in various corners and activities in the medical camp. Like Mechanical Corner, Numerical Corner, Drawing Activities, Clay Modeling, etc. Apart from this, girls' children participate in different types of sewing activities. In the data collected through observation during this medical camp, it is also seen that the children of Superman evolutionary scheme participate in various activities with more curiosity than other children. Analyzing the data, it appears that these children have more peer interactions than other children and participate in activities with greater

happiness than children who are not part of this Superman evolutionary scheme. It was also observed that these children were more aware of the conservation of nature than other children and were more aware of the proper use of natural resources. Perhaps this effect is due to the Superman scheme, which motivates children to learn in the lap of nature. Some statistics have been presented in the table below, which has tried to clarify the difference between the children who participate in the Superman Evolutionary Scheme and the children who do not participate in any such activities and schemes. The data presented may not be completely accurate, there may be an effect of other environmental variables, but I have personally observed these children and found these superman children more alert and more active towards the environment than other children of neighboring community. Data are given below:

S. N O.	NAME OF THE CHILD	AGE	M / F	Time spent in the activity corner	Expressions while doing activity			Peer Interaction	Any specific observation related to activity
					HAPPY	UNHAPPY	COURIOUS		
1	Shabd	6 years	F	10 MIN	YES	-	YES	YES	-
2	Agam Shabda	8 years	M	14 MIN	YES	-	-	YES	asks too many questions
3	Surat Shabda	6 years	F	18 MIN	YES	-	YES	YES	-
4	Nirat	5 years	F	1 HOUR	YES	-	YES	YES	Activities carried out with great curiosity and attention
5	Dhunamoli	4 years	F	30 MIN	YES	-	YES	YES	More interested in numerical activities
6	dayal	3 years	M	6 MIN	YES	-	-	YES	-
7	Aryashabd	7 years	M	22 MIN	YES	-	YES	YES	-
8	Sumati	4 years	F	39 MIN	YES	-	YES	YES	More interested in mechanical activities
9	Vani	4 years	F	23 MIN	YES	-	YES	YES	Actively participate in clay and drawing corner
10	Surat	4 years	F	15 MIN	YES	-	-	YES	-

Table 2: Sant (su)Perman Children during Medical Camp

Here I observed ten children of Sant (Su) perman evolutionary scheme who regularly come to this medical camp and participate in different activities. And I have seen that these children try to understand and do every activity with a lot of curiosity and they look happy as much time as they spend on each activity corner. These children also interact with other children, maybe the reason for social development in all of them is that these children already do community service on the *agroecology* field, due to which this kind of attitude is developing in these children.

S. N O.	NAME OF THE CHILD	AGE	M/ F	Time spent in the activity corner	Expressions while doing activity			Peer Interaction	Any specific observation related to activity
					HAPPY	UNHAPPY	COURIOUS		
1	Vikram	6 years	M	6 min		-	-	RARE	Very aggressive in nature
2	Bobby	12 years	M	5		-	-	NO	No response
3	Aman	9 years	M	4		-	YES	NO	-
4	Bhola	8 years	M	15	YES	-	YES	YES	More interested in numerical activities
5	Varsha	8 years	F	10	YES	-	-	NO	Not interested in any activity
6	Priyanshi	6 years	F	4	YES	-	-	RARE	-
7	Priyanka	10 years	F	5	YES	-	YES	YES	-
8	Praveen	7 years	M	4	NO	YES	-	NO	She was crying for as long as she was on the corner
9	Anju	7 years	F	6	YES	-	-	YES	-
10	Sandhya	6 years	F	7	YES	-	-	YES	Good in drawing

Table 3: Children from Neighboring Community during Medical Camp

The data given in the above table is of those children who belong to the neighboring community and very frequently come to the medical camp. During the observation, I have seen that these children do not participate very actively and do not participate in any activity with much happiness. The interaction of

these children with other children is also not so good. There are some children who do any task with curiosity but majority of children do not take much interest. If we compare these children with the children of Sant (Su)perman evolutionary scheme, it is seen that the children of Sant (Su)perman evolutionary scheme are more active than these children.

This is a qualitative analysis done by the researcher using direct and indirect observation method. Under which it was found that the children who participate in this evolutionary program were familiar with the environment around them, were also familiar with environmental problems, along with this they are also following their culture which is included in their daily routine. During the observation, when these children were asked what they like to do the most in their free time, most of the Sant (su)perman children replied that they like to play in the field in their free time, while most of the children these days prefer to spend their time on smart phones, TV, social sites and other unwanted things.

Discussion

This model run with the help of the parents and supervisors who observed, accelerated growth and development of children participating in the Sant Su(perman) scheme. In ancient India the Indian society was classified into four varnas according to the nature of their work as well as duties, namely: Brahmans, Kshatriyas, Vaishyas, and Shudras. Referring to these the Fifth Revered leader of the Radhasoami Faith, His Holiness Sahabji Maharaj, Sir Anand Sarup has stated that: *“In my opinion nature is now making efforts to produce men who may be true Brahmans, true Kshatriyas, true Vaishyas, and true Shudras and who may be possessing the chivalries of the four Varnas.”*

In true sense, the purpose of this superman scheme is also that the human should have the ability of these four characters and only then he will come in the category of superman from the mind. This is a different experiment in itself which is bringing children closer to nature and preparing them properly for tomorrow and this Scheme is already practicing SGD 4.2

Bhatnagar & Kumar (2020) found in their study Impact of Dayalbagh Way of Life on Growing Infants and Children via Parents and Supervisors that these infant and children are more intelligent and creative in comparison to control group, they also found that children who are participating in this scheme more emotionally stable. **Swaroop and Swaroop (2023)** found that Exposure to extremes of environment develops tolerance and immunity as is evidenced by their medical history. **Ahuja Sona (2021)** explain in her research paper Best Practices of DEI Board school A longitudinal observational study registered with Indian Council of Medical Research (ICMR) was conducted for 4 years by a team of medical doctors on these infants and children who are enrolled in Superman Evolutionary Scheme and results of the study reveal statistically significant difference as compared to control group in all six dimensions of growth and

development – weight, height, head circumference, intelligence, emotional and spiritual quotient and intuitive faculties.

All these efforts are preparing these children as a complete human being who will be ready for all kinds of situations and a work cannot be done in a day, these characteristics will develop gradually. These children are getting ready in such a way that they will not be affected by winter, summer, rain or any other season. Many researches that have been done or are being done on these children also conclude that the children of Superman evolutionary scheme are physically, mentally and emotionally stronger than other children and the immunity of these children is also more than other children. Body, mind and spirit will gradually evolve and Superman traits will come into existence.

Conclusion

This is a different kind of experiment in itself, which is making children feel the lap of nature, which is amazing in today's modern and technological era. Here children are getting familiar with their culture and civilization along with new technology. Nowadays, where most of the children are spending their time in smart phones, TV and social media, the children of this evolutionary scheme are spending their lives in nature in the morning and evening. There is no effect of winter, summer, rain or any other weather on these children because three months old baby is kept in contact with the environment, these supermen are in direct contact with nature, six hours a day approx. In short, it can be said that this is a very effective model of Dayalbagh, which looks at the level of growth and development of the children participating in Sant (Su)Perman evolutionary scheme, and the way in which they are being prepared, surely these children are the future deserves to be called superman. These children are being prepared in such a way that even in today's time of advanced and technology, they remain connected to their culture and values. This is the biggest achievement of today's time that we can introduce our future generations to our culture and human values. Learn how to experience your innermost self directly, so you can easily integrate each discipline into your life. The scheme believes in the principle that children learn how to experience their innermost self directly, so that you can easily integrate each discipline into your life.

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[Sigma Six Q&Vs: Making Sustainability a Way of Life: Supermen of Dayalbagh: A Glimpse into Their Unique World](#)

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[Human To Superhuman \(speakingtree.in\)](#)

[Sant Superman | Saran Nagar](#)

[Title page Dayalbagh Science of ... Paper...Superman Scheme of Dayalbagh\) n=68 \(37M, 31F\), Mean age 25.2\(± 15.5\) months Parameters examined Physical Weight ,height ,head circumference - \[PDF Document\] \(vdocuments.mx\)](#)

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