

SUMEDHA-2019 (Life Skills Development Contest)

Aarsha Samskriti, Hyderabad successfully completed SUMEDHA-2019, with the major support of **Arsha Dharma Seva Trust, Bangalore & Sivananda Yoga Vedanta Ashram, Canada** and other wellwishers and contributors. Aarsha Samskriti encouraged few local organisations / trusts to conduct this contest in their areas. Smt. Kumuda and Sri Prabhakar Reddy were taken major responsibilities as a project directors from introducing the contest to prizes distribution under the guidance of Sri Pulluri Srinivas (Managing Trustee, Aarsha Samskriti) and many other volunteers are supported to complete SUMEDHA-2019 successfully.

SUMEDHA-2019 was introduced into 206 schools and 49,723 students took part from class 6 standard to 10 standard. Further bifercation is given in the following table.

District	Cl-6	Cl-7	Cl-8	Cl-9	Cl-10	Total	Prizes	No. Of Schools
Hyderabad	7,303	7,215	7,382	7,069	6,906	35,867	2,216	148
Siddipet	1,755	1,859	2,002	1,946	1,899	9,461	756	34
Janagam	190	178	284	306	368	1,326	159	10
Warangal	501	574	660	695	639	3,069	250	14
	9,749	9,826	10,328	10,008	9,812	49,723	3,381	203



SUMEDHA-2019 (Life Skills Development Contest) was conducted based on a specially created question paper separately for juniors (6 & 7 standard) and seniors (8, 9 & 10 standard) based on the values.

For Seniors based on the attitudes and aptitudes towards the selected values to improve the life-skills, for example:

Educate yourself to know / to be.

Academic excellence leads to get a job/ long term success and satisfaction.

The purpose of life is to find opportunity / to find happiness.



Also multiple choice thought provoking, value based questions, each question will have four answers and each answer will carry different marks/points. These questions are not meant to judge the students but to understand their priorities, based on the answers lectures / talks are given in the schools while distributing the certificates and prizes. For example:

Which aspect of friendship do you value the most?

- a. Friends have your best interests in mind
- b. We can rely on each other
- c. You can rely on her/him when needed
- d. Your friend accepts you the way you are

Selected value based stories for comprehension passages with questions; to inculcate values and life-skills.

For juniors, comprehension passages with questions to inculcate the ideas about the values.

