

Sri Aurobindo's Integral Education

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ABSTRACT Sri Aurobindo was a renowned philosopher, yogi, poet, nationalist, and educationist. He explored many problems in the teaching-learning process faced by schools and universities before independence. This paper aims to explore Sri Aurobindo's educational philosophy in the light of spiritual development and mental health. Descriptive analysis is done. It is found that Aurobindo emphasised physical development and physical purification, which are the two main bases of spiritual development. Mental development is also one of the main aims of Aurobindo's educational philosophy, which ultimately makes the way for the improvement of mental health, though he does not use the term mental health directly. Sri Aurobindo suggests means of attaining spirituality and keeping mental health good by practicing yoga and *sadhana* for integrating Supreme consciousness in all of one's thoughts, emotions, actions, and feelings. Integral education in a way contributes to humanity, which is a boon to the nation.