**Korean Actor Dr Kim Kisung delivers Mind Education Lecture to Psychology students**

On 11th September 2019, Dr Kim Kisung, the Main Character in the Korean Movie, **‘*A Big Shot’*** delivered a Mind Education Lecture to staff and students of Psychology. A series of such lectures have been taking place since 2016 when the International Youth Fellowship entered agreement with the School of Psychology, Makerere University to collaborate on the Mind Education Programme. At Makerere University, the programme is coordinated by Prof. Peter Baguma, former Dean, School of Psychology.

The essence of the Mind Education Programme is to cultivate a sound mindset which enables members of the community, most importantly the youth, to overcome difficult circumstances, commit to their duties, and prevent things such as physical abuse, abandonment, cruel treatment, and suicide, that are major challenges faced by the young generation and other people in general.

The main objective is to build leadership, confidence and positive mind-set skills among the youth.

In Uganda, the Mind Education Programme was in introduced in 2016 following a Memorandum of Understanding that was signed between the Ministry of Education and Sports and the International Youth Fellowship.

**Introduction & Background of Mind Education Programme**

In 1995, those with the will to foster the true pursuit of happiness and a healthy character for youths gathered together in order to carry out character education for youths from over 50 countries. In July 2012 ministers from 20 countries took part in the ‘world youth ministers forum/ after having felt the limitation of their knowledge-driven public education system, and announced a joint statement suggesting the implementation of character education. The following year 2013, **International Mind Education Instititute** (IMEI) under the IYF was officially established in Korea in order to implement that will.

Countries such as India, Philippines, Kenya, Zambia and Uganda are proceeding to adapt this mind education in the regular school curriculum. Character education programs of IMEI are customized for different sectors such as schools, military bases, enterprise, and prisons etc. Requests for mind lectures are inundated as mind education is spreading rapidly all over the world.
The Ministry of Education and Sports Uganda (MoES) and the International Youth Fellowship(IYF)[i](https://iyfuganda.wordpress.com/mind-education-program/%22%20%5Cl%20%22_ftn1)dentified Mindset Education Programme as being fundamental to the development of Uganda. This led to the signing of the Memorandum of Understanding between the MoES and IYF to roll out Mindset Education programmes in Uganda. The mindset programme, among others, conceptualizes the need for enhancing the productivity of individuals through Mindset shifts and engagements.
The complementary activities of the Mindset program of the IYF complement Uganda’s Vision 2040 which focuses on a Transformed Ugandan Society from a Peasant to a Modern and Prosperous Country within 30 years. Over the previous two years (2014-2016), Mindset Education (ME) approaches have been championed as some of the forefront and most fundamental elements of Uganda’s development process.

**Program Description**

The National mindset program was introduced to create a shift in positively reinforcing individual and public thinking for Ugandan citizens which will not only change people’s perceptions about the issues and challenges they are confronted with, but generate positive actions that will affect all aspects of human endeavor. The program it is envisaged will provide a holistic strategy that will cascade learning, experiential growth and mentorship among others for different categories of stakeholders.

**Vision of the ME Programme**

Embodying a happy society through a bright and healthy mind, the visions of the IMEI are explained in three parts;

***Strong mind*** – this enables to overcome the difficulties in life. The programme leads and educates in order to strengthen weak hearts, which are the cause of suicide, crime, drugs, divorce, etc and to help people live as proper members of the society

* ***Self-discipline*** – the ability of self control is the safety device to radiate youthfulness. No one can fulfill all their desires. The Programme trains and educates self control so people can lead a happy life by radiating youthfulness.
* ***Change and challenging spirit***– breaking your standard is the new beginning of change and challenge. When our minds flow with one another, the walls between our hearts collapse and we become happy. The programme forms change through exchange and raise the spirit of challenge to train talented people