

Scope of Spirituality in Colleges and Educational Institutions in India

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Abstract

India is a land of peace, harmony, trust, faith, belief, brotherhood and an abode of bliss for all human beings on this earth. Friendship and fraternity are two pillars of universal brother hoodness. Even today few Higher Educational Institutions in India have maintained the great legacy of imparting spiritual knowledge along with universal education.

Knowledge based society of 21st century must be transformed into spiritual knowledge based society. Educational institutions can play a significant role to transform knowledge into wisdom, information into the character, humanly understanding into applicability.

‘Catch them young’ is a relevant proverb, that in education institutes the basic spirituality lessons be given to students to transform their lives into worthy and overall successful personality to prove their might in all walks of life.

KEYWORDS: Fraternity, brother-hood-ness, wisdom

Introduction

Spiritual wellbeing of an individual leads to peaceful, sane suava, and mentally and aesthetically rich life. Along with the studies, spiritual concepts enhances better understanding of the logic, science and technology involved in the studies. For better comprehension of the basic concepts peaceful, unbiased mind help in in depth and thorough understanding of the subject.

By devoting some time for meditation student will be able to recognise that he is using considerable time for lasting spiritual gains. Meditations forms the integrity of mind, body and spirit. College student is well matured to understand the apt significance of these hard-core concepts as compared to high school students. The by-product of meditation is improvement of physical, mental and emotional well-being, renunciation from worldly obligations, aesthetic health and overall wellness of the student.

Theory and Discussion

Everything in the world is temporary, we are here for very short duration of time. For proper and beneficial utilization of time, good readings, good thoughts, inspiring lectures are must for students. Teaching bookish syllabi must not be the sole aim of educational institutions, but to make a well grown, well mannered, well behaved individuals are the real asset of an institutions.

One of the engineering colleges in our region has made meditation compulsory for the students, which proved substantially best output giving results. No ragging, no eve-teasing, no waywardness but improved results, improved campus selection percentage were the notable outcome of the meditation. Praying for the world benefits oneself as he or she is an integral part of the physical world.

As it has been well said that the prayer goes-up and the blessings comes down. It is in the favour of every student to pray for the world to get benefits in the form of immense peace, happiness, inner joy, helpfulness, participative ness, and so forth. The personal growth and individual growth also depends on spiritual growth. Meditation increases concentration of mind, body and inner self which results in increasing percentage, grades, confidence, courage, instinct and inherent motivation of the student. Emotions depend on the culture that shapes us. Therefore it is foremost important task of educational institutions to build, develop and maintain congenial culture and spiritual atmosphere in the institutions.

It is believed that happiness, sadness, disgust, fear and hardwired in all humans. How to manage the emotional instincts of oneself can be brought to fore after apt training in the institutions.

A proper co ordinations between mind, body and spirit be maintained to bring amazing and wonderful results in the mind and body. The techniques of Zen meditations, *Kriya-YogaShivir*, *Vipashyana*, *Dirghadhyana*, *Raj-Yoga-Dhyana* etc. can be practised in the institutions regularly and periodically.

Sessions of spiritual discourses, spiritual songs, patriotic songs, soothing music, orchestra for spiritual bhajans, spiritual verses of the students with variety of musical instruments for releasing stress, sport events for stress release must be organised in the higher education institutes.

Realization of 'self 'must be the significant motive of the education with imparting values through university curricula.

The training of individual self-analysis of strengths, weakness, threats, opportunities, scopemust be given through the sessions of spirituality.

Holistic education, value based education, or in other words spiritual education must be a part of Higher Educational Institutes in India to excel and flourish India on all fronts in the world with high flying Tricolour.

Remedial Measures:

1 Many institutions have big halls for sport activities, extra-curricular activities to perform regularly. Same hall after sports activities, can be made available for meditation, yoga and concentration classes in the college campus itself.

2 Time management, personality development lectures must include the practice sessions of meditation, *pranayams*, *dhyana*, universal prayers like *Pasaydan* by Sant Dnyaneshwar etc. activities.

3 Seminars, lectures, elocution contests, debates, workshops special exams on spirituality must be organised in the college campus once in a year at least.

4 Sessions for concentrations, pious thinking, positive thoughts, optimistic aptitude, unbiased attitude, morality development, patriotism, cultural spirituality etc. can be conducted in the college, campuses.

5 A treasure trip to enjoy natural beauty, to study nature's great and valuable treasure, beautiful forms of nature, unmatched colours, enchanting natural beauty of nature, significance of natural phenomena, spiritual wellbeing through natural living, 'simple

living-high thinking', 'beauty in simplicity' must be discussed with the students during these and various of such interactive sessions.

6 Concepts like hard work only pays, truth always wins, truth prevails always, work is worship, good work is god's work, we are born to do the good work and bad deeds, these teachings must be discussed with the students.

7 Lectures of spiritual personalities, great social workers must be organized on the occasions of national youth day, reading day, student day, college annual day, farewell day, student welfare days and more such days.

8 A special section of spiritual books (and not religious) be set up in all college library mandatorily and students must be encouraged to read and issue them as frequently as they can.

Result and discussion

The fate of mankind is in the hand of education. If man is to be saved from himself, then it is essential that he must reshape and re-creates himself. When education moves towards real knowledge and real peace, a new man and a renewed humanity will be born. If this does not happen then an animal living in man will destroy him.

Education must be at the centre stage of spirituality and role of educational institutions is significant in percolating the spirituality up to each student, staff members, every concern person in the college or institution.

Each student carries the seed of that supreme development, of that ultimate perfection hidden in him and unless those seeds are fertilised in a nice way he will remain barren and dry.

If a student have the knowledge of everything but not knowing his own inherent qualities, inner sense and then inner self then all his acquired knowledge will go in vein.

Building patriotism, love for nation, immense love for rich and varied national heritage, national character, grit and national integrity, confidence among students must be the aim of every individual educational institution.

Herewith I would like to pray for whole mankind as *Lokahsamasthahsukhinobhavantu*, means 'May all creatures everywhere be happy'.

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