



ISBN:



## **PROCEEDING**

State Level Seminar  
On  
Global Perspective on Spirituality and Education

MAAER's MIT Saint Dnyaneshwar B.Ed. College,  
In collaboration with  
Savitribai Phule Pune University

8<sup>th</sup> & 9<sup>th</sup> December 2018  
Alandi (D.), Pune

**Convener**  
Asst. Prof. Sanjay Shinde

**Conference Director**  
Prin. Dr. Surendra C. Herkal

**Co-Convener**  
Asst. Prof. Pratibha Dabhade - Raysoni

**ORGANIZING COMMITTEE**

Asst. Prof. Angad Jawale	9970570887
Asst. Prof. Gangotri Rokade	9822359345
Asst. Prof. Shekhar Kshirsagar	9850587496
Asst. Prof. Vikas Tupkundar	9527152010
Asst. Prof. Sandip Gadilkar	9860504850
Mr. Santosh Pawar	9923962869
Mr. Santosh Sangale	9921242813
Mrs. Arati Bhadmukhe	9623650564
Mr. Hanuman Tandale	9762003554
Mr. Mahavir Sonpetkar	9096527032

Registration fees can be paid in cash/ DD in favour of MIT Saint Dnyaneshwar B.Ed. College payable at Alandi(D), Pune.  
**Paper Submission Procedure :** Papers for the conference should be submitted to the [educonference.mitsdbed@gmail.com](mailto:educonference.mitsdbed@gmail.com)  
**Guidelines for Paper :** Papers are invited on above sub themes on or before 30<sup>th</sup> December, 2018. Papers will be published in the reputed Journal with ISBN No. The hard and soft copy of the paper (1500 words) along with abstract (250 words) & keywords (5) be sent to organizers. Papers in English should be in Times New Roman- Font size 12 pt. Papers in Hindi and Marathi should be in Kruti Dev. 10 and Shivaji 01,02,05 Font size 14 pt. The cover page should contain Title, Author's name, Institute Name, Email ID & Contact No.  
**Note :-** Delegates will not be provided any kind of accommodation.



**MAEER's**  
**MIT Saint Dnyaneshwar B.Ed. College, Alandi (D), Pune**  
 State Level Educational Conference  
 On  
**"Global Perspective on Spirituality & Education"**  
**8<sup>th</sup> & 9<sup>th</sup> December, 2018**  
 Under QIP of Savitribai Phule Pune University, Pune



**REGISTRATION FEES :**  
 For Delegates 500/-  
 For students 200/-



Website :- [www.alandi.mitsor.edu.in](http://www.alandi.mitsor.edu.in)  
 E-Mail :- [principal.sdbed@mitpune.edu.in](mailto:principal.sdbed@mitpune.edu.in)  
 Contact No. :- 020-39875191

**PATRONS**

**Prof. Dr. Vishwanath Karad**  
 (Founder President, MIT Group of Institutions, Pune)

**Prof. Swati Chate**  
 (Executive Director, MIT Group of Institutions, Pune)

**ADVISORY COMMITTEE**

**Dr. Asawari Bhawe-Gudipudi**  
 Dean, Dept. of Humanities & Social Science, MIT ADT University, Pune

**Dr. B. B. Waghmare**  
 Principal, MIT, Arts, Commerce & Science College, Alandi (D), Pune

**CONFERENCE DIRECTOR**

**Dr. Surendra Herkal**  
 Principal, MIT S. D. B. Ed. College, Alandi (D), Pune

**CONVENER**  
 Asst. Prof. Sanjay Shinde  
 9858981187

**CO-CONVENER**  
 Asst. Prof. Pratibha Dabhade - Raysoni  
 9767929590

**About MAEER's, Pune :**  
 The Maharashtra Academy of Engineering Educational & Research (MAEER) was established in 1983 under the dynamic leadership of Prof. Dr. Vishwanath Karad, with the noble objective of creating & developing professional education facilities to train the aspiring young generation & thus to provide dedicated, ambitious & skilled professionals to serve the society and the nation at large. With over 80000 students across varied disciplines under its umbrella, it has achieved tremendous success in a short span of time & reflects excellence in the field of Engineering, Management, Computer, Architecture, Medicine, Arts, Science, Commerce, Peace studies, Environment & Pollution control and School of Education from kindergarten to Post graduation towards promoting Human values & attaining the ultimate goal of world peace in various branches at our educational campuses ideally located in lush green and pleasing environment, conducive for learning.

**About MIT S.D.B.ED :**  
 MAEER's Saint Dnyaneshwar B.Ed. College (English Medium), Alandi, Pune is rapidly emerging as a centre of excellence in the field of education. The college was set up in the year 2009 & affiliated to Savitribai Phule Pune University, Pune. The campus is located near the bank of Indrayani river & is famous for Saint Dnyaneshwar temple against the backdrop of serene landscape. We believe in qualitative teacher education for future teachers. College is spacious & well equipped. Our library is enriched with large number of qualitative books, journals, magazines etc. Our faculty members are highly qualified, dedicated & involved in various research activities. In the academic year 2015-17 (first batch of two year B.Ed. course) our student secured first rank in Savitribai Phule Pune University, Pune which has inserted a feather of glory to our college.

**About Educational Conferences:**  
 In today's era, the role of spirituality in education has acquired the attention of people all around the world. The spirituality and education has been shaped by the historical, cultural, religious and political context of the geographical region in which the stakeholders work. The educationist share values in nurturing the spiritual lives of future creators. Hence, this conference will become a milestone in the field spirituality & Education. MAEER's believes that "The Union of Science & Spirituality alone will bring Harmony & Peace to the Humanity" as said by Swami Vivekanand.  
 The aim of the conference is to analyze and discuss the interrelationship between spirituality & education as well as to develop techniques of spiritual education in transforming teachers' personality.  
 The State Level Educational Conference organized by our college is open to academicians, teachers, research scholars and students concerned to all disciplines in education system.

**Objectives of the Conference :-**

- To enable the teacher to understand the concept of Global Perspectives on Spirituality & Education.
- To assist the teacher educator to develop techniques of spiritual education in transforming teachers' personality.
- To help the teacher to understand the spiritual journey of teaching, learning & research.
- To assist the teacher for creating & implementing various research projects related to spirituality & education.
- To enable the teacher to understand role of spirituality in health care (Mental health)
- To help the teacher to know the relationship between spiritual intelligence & education.
- To help the teacher to practice spirituality through creativity.
- To open new avenues for reconstructing the perspectives of spiritual education.

**Main Theme :**  
**"GLOBAL PERSPECTIVE ON SPIRITUALITY & EDUCATION"**  
 \*Papers are invited on the following Sub themes.  
**Sub Themes :**

1. Techniques of spiritual education in transforming teachers personality
2. Teaching, learning and research as a spiritual journey
3. Role of spirituality in health care (Mental health)
4. Spiritual intelligence and education: A new paradigm
5. Practicing spirituality through creativity
6. Reconstructing the perspectives of spiritual education
7. Any other theme related to the main theme.

**Key Note Speakers**

**Dr. Sanjeev Sonawane**  
 HOD, Dept. of Education & Extension, Savitribai Phule Pune University Pune

**Dr. Asawari Bhawe - Gudipudi**  
 Dean, Dept. of Humanities & Social Science, MIT ADT University, Pune

**Dr. Vileena Inamdar,**  
 HOD, Dept. of Geography, Dr. H. V. Desai, Sr. College, Pune

**Dr. Dattatreya Tapkeer**  
 Principal, S.S.R. College of Education, Shivasa

**Dr. Subhash Gethé**  
 Ex. Asst. Prof. Garware College of Commerce, Pune

**SESSION PLAN :**

Day One – Saturday, 8 <sup>th</sup> December, 2018	10.00 am. to 11.00 a.m. - Registration & Breakfast 11.00 a.m. to 12.00 p.m. - Inauguration Session Key note Address - <b>Dr. Sanjeev Sonawane</b>
<b>Session I :</b> 12.00 p.m. to 1.00 p.m. : 1.00 p.m. to 2.00 p.m. - Lunch <b>Session II :</b> 2.00 p.m. to 3.00 p.m. 3.00 p.m. to 3.15 p.m.: Tea break 3.15 p.m. to 5.15 p.m.	<b>Dr. Vileena Inamdar</b> <b>Topic :</b> Role of spirituality in health care (Mental health)  <b>Dr. Asawari Bhawe -Gudipudi</b> <b>Topic :</b> Teaching, learning and research as a spiritual journey  <b>Paper Presentations</b>
<b>Day Second – Sunday, 9<sup>th</sup> December, 2018</b>  <b>Session III :</b> 11.00 a.m. to 12.00 a.m.: 12.00 p.m. to 2.00 p.m. 2.00 p.m. to 3.00 p.m. Lunch break <b>Session IV :</b> 3.00 p.m. to 4.00 p.m.: 4.00 p.m. to 4.15 p.m. Tea break 4.15 p.m. to 5.00 p.m.	10.30a.m. to 10.00 a.m. Breakfast & Tea <b>Dr. Subhash Gethé</b> <b>Topic :</b> Practicing spirituality through creativity <b>Paper Presentations</b>  <b>Dr. Dattatreya Tapkeer</b> <b>Topic :</b> Spiritual intelligence and education : A new paradigm <b>Valedictory Function &amp; Distribution of Certificates</b>





## EDITORIAL

We the editors & editorial are presenting this conference journal of State Level Conference on "Global Perspective on Spirituality & Education" before the readers with great pleasure.

In today's era, the role of spirituality in education has acquired the attention of people all around the world. The spirituality and education has been shaped by the historical, cultural, religious and political context of the geographical region in which the stakeholders work. The educationist share values in nurturing the spiritual lives of future creators. Hence, this conference will become a milestone in the field spirituality & Education.

MAEER's believes that "The Union of Science & Spirituality alone will bring Harmony & Peace to the Humanity" as said by Swami Vivekanand.

The aim of the Seminar is to analyze and discuss the interrelationship between spirituality & education as well as to develop techniques of spiritual education in transforming teachers' personality.

This seminar is helpful to rejuvenate the inner spiritual powers of the researchers and help to open new avenues for reconstructing the perspectives of spiritual education.

We express our sincere thanks to Savitribai Phule Pune University, all the dignitaries, Professors, Teacher Educators, Research scholars & Teacher trainees participated & contributed in this seminar to publish this research journal. Last but not least special gratitude are to our Hon. Founder President Prof .Dr. Vishwanath Karad, Founder President, MIT Group of Institutions, Pune, Hon. Prof. Swati Chate, Executive Director, MIT Group of Institutions, Pune, Dr. Asawari Bhav-Gudipudi, Dean, Dept. of Humanities & Social Science, MIT ADT University, Pune and Dr. B. B. Waphare, Principal, MIT, Arts , Commerce, Science College, Alandi (D.),Pune for their continuous encouragement and support for this State Level Conference.

### **Disclaimer:**

The views expressed in the conference book are those of authors and not the publishers or the Editorial Board. The readers are informed; editors or the publishers do not owe any responsibility for any damage or loss to any person for the result of any action taken on the basis of the work. The articles/papers published in the seminar book are subject to copyright of the publisher. No part of the publication can be copied or reproduced without the permission of the publishers.

### **Editor**

Dr. Surendra Herkal

### **Co- Editor**

Asst. Prof. Sanjay Shinde

### **Printing & Published by:**

**Principal, MAEER's, MIT Saint Dnyaneshwar B.Ed.College, Dehuphata, Alandi, (D.), Pune.**

**Index**

<b>Sr. No.</b>	<b>Name of the Paper</b>	<b>Name of the Presenter</b>	<b>Page No.</b>
01	Meditation - A Tonic To Heal Our Mind Through Spirituality	Dr.Surendra Herkal Asst.Prof.Sanjay Shinde	
02	Role Of Spirituality In Health Care	Ms.Suman Yadav Dr. Bhaskar Igawe	
03	Creativity Through Spirituality – Mantra Of Happy Life	Pratibha Rajaram Dabhade Dr. Shobha Kalebag	
04	Meditation & Education	Preeti Baithwar Dr. Surendra C. Herkal	
05	Role Of Spirituality In Yoga	Mr. Sachin J. Sakhare	
06	Creativity Through Spirituality – Mantra Of Happy Life	Dr. Shobha kalebag & Asst. Prof. Pratibha Rajaram Dabhade	
07	Spirituality Through The Bible For Mental Health	Mr.Vijay Patole	
08	Spiritual Wellness for Leading a Healthy Life	Asst.Prof. Gangotri V. Rokade Dr. Navnath Tupe	
09	A Study on the Role of Churches, Christianity and Spirituality in Education	Ms. Joshna Rodrigues Mr. Yogesh Nagpal	
10	Meditation & Education	Ms. Preeti Baithwar Dr. Surendra C. Herkal	
13	Spirituality & Mental Health	Mrs. Ankita Singh Dr. Archana Chaudhari	
11	Role Of Spirituality In Health Care (Mental Health)	Prof. Angad Jawale Ms.Gaikwad Komal	
12	Spirituality and Mental Health	Dr. Bharti Sukhram Lacchore	
13	Spirituality and Healthcare ( Mental Health )	Asst.Prof.Shekhar Kshirsagar Mrs. Kasturi Sagar Sanagare	
14	Practicing Spirituality Through Creativity	Dr. Ritesh R. Chimote	
15	Spiritual Intellegence and Education	Dr. Vikas Raju Bhagwatkar	
16	Innovation in Spiritual Education	Dr.Ingole Keshav	
17	The Need to Include Spirituality, Yoga in Education	Ms. Komal Vadnere Asst.Prof.Vikas S.Tupsundar	
18	Role of Spirituality in Health Care	Ms. Neha Vyas Dr.Kailas Daundkar	
19	Exploration of Students and Teachers Spiritual Understanding Through Teaching & Learning	Ms. Swapnja Bange	
20	Spirituality with Creativity in Education	Mrs. Shreya Santosh Chavan Mr. Sandip Gadilkar	
21	The Role of Spirituality in Healthcare	Mrs. Sumita Bharat Dhimate	
22	Spiritual Intelligence in Indian Education	Ms. Paromita Dey	
23	Role of Spirituality in Health Care (Mental Health)	Ms. Manju Tripathi Ms. Sunita Rajan	

24	Spirituality And Buddhism	Mrs. Amruta Sagar Dhaware	
25	Role Of Spirituality in Health Care	Ms. Jyoti Tomar Dr.Khushal Mundhe	
26	Role Of Spirituality in Health Care (Mental Health)	Mr. Prabhudas Date & Ms. Pratiksha Patil	
27	Importance of Spiritual Intelligence for Student Teachers in Teaching Aptitude	Ms. Farhana Almel	
28	Techniques Of Transforming of Teacher Personality	Ms. Sanchita Ravindra Bhujadi	
29	Practicing Spirituality Through Creativity	Ms. Ratna Bhadauria Ms. Meenakshi Sablaka	
30	Spirituality and Healthcare ( Mental Health )	Mrs. Kasturi Sagar Sanagare	
31	Practicing Spirituality Through Creativity	Ms. Ashwini Kadale Ms.Rajashree Kadale	
32	Spirituality in Adolescent	Neelam Kewat	
33	Spirituality Effect on Health and Education	Ms.Tabassum Dakhani	

---

## MEDITATION - A TONIC TO HEAL OUR MIND THROUGH SPIRITUALITY

*Dr. Surendra Herkal (Principal)*

*Asst. Prof. SANJAY SHINDE*

*MAEER's, MIT Saint Dnyaneshwar B.Ed. College, Alandi,(D.)Pune*

---

**Introduction:** - God has created this beautiful world. Human being is one of the beautiful creation of God. He is the supreme father of the whole universe. He has created this beautiful nature, trees, mountains, valleys, meadows etc. to make his children happy. Really this world is so beautiful. As God has given us all this beautiful things then its our responsibility to be happy & spread happiness towards each & every individual who is behind us.

If all of us will follow this thing then definitely this world will be so beautiful. It is said that there is heaven up above the sky. But just think for a while –Can't we bring the same heaven on this earth? If you will ask me then my answer is yes, we can. But to bring heaven on this beautiful earth each & everyone who is living on this beautiful earth will have to change himself/herself.

If everyone will made up their mind to change their behaviour, to inculcate the values of divinity then its really possible. Meditation is one of the great tonic to heal our mind through spirituality.

**\*A world of divinity:-**It was said that long long ago there was Satyug(Heaven) on this beautiful earth. man was very happy. Cow & tiger use to drink water on the same river. There was smile on each person's face. Sweetness was filled in the mind of each & every person's mind. Everyone speaks truth & spread the vibrations of peace & purity. There was festival for all the times on this earth. The persons living on this beautiful earth possess deity values & not vices at that time. Patience, tolerance, truthfulness, introvertness, sweetness, co-operation ... all such kinds of values were there among the human beings. There were schools where students use to learn Art & Music. There were no vehicles but there were aeroplanes named as Pushpak. Not only men & women but also small children were able to fly such kind of aeroplanes. There was not a single person whose mind was polluted or who curse one another. Really such kind of Satyug was great.

If we will think properly then we will get know that they were also human beings likewise us. Then why couldn't we will be like them.

Nowadays if someone will worship God then people say look he is spiritual. There are many great persons who have given various definitions of spirituality. I am not going to mention all those definitions over here. According to me-

**\*Spiritual person :-** The spiritual person is one who love humanity, who spreads the vibrations of positive energy around himself/herself, who is very sweet not only with his speech but whose heart is full of purity & sweetness.

**\*Present condition of the world :-** Nowadays every human being is running behind money. Money is everything for most of the persons. According to them we can buy everything if we have money. But let me ask one question. Can we buy peace from money? Definitely not. Can we buy concentration, memory, from money. No, we can't. In Geeta it is said that when we came on this earth, we came empty handed & when we will go from this earth again our hands will be empty. But why human beings are not going to understand this. In today's world brother is killing brother for the sake of money. There is no any kind of importance to relations in front of money. Man is totally corrupted. If we want to do a simple work related to government then we will have to pay bribe if we want to make it at the earliest. Everyone from a small child to the old age person is under stress nowadays. It is said that in 2020 stress will be the most largest disease in this world. Nowadays many parents complain the teachers that their children couldn't memorise or concentrate properly. Please tell us the solution.

Though a person has crores of rupees he/she couldn't sleep properly at night. It is said that one couldn't win this world through the power but one could win this world through love.

**\*Meditation:-**

The answer to solve all problems is Meditation. What is meditation?

**Meditation:-**

“Meditation means close contact or relationship of soul with the supreme soul.”

(Hornby, A. V. 2000).

Meditation has the great power. Human beings can get the experience of peace, purity & prosperity through meditation. Man can get control over his mind through meditation

If we could control our mind then it will be very easy for all of us to achieve what we want, if we want to make ourself sweet, if we want to inculcate all the values among us then Meditation is the best tonic for each & every person in this world.

**Benefits of Meditation:-**

\*Generate kindness \*Reduction of stress \*Healing one's mind through divinity \*One can get control over ones mind \*Improve memory & concentration \* Promotes emotional health \*Makes human beings spiritual

**Procedure of Meditation :-**

Meditation is the connection of soul to the supreme soul. Scientist also believes that there is supreme energy in this world which control the whole universe. We cannot see that supreme energy through these mortal eyes. But we can experience it through mind.

Sit in any Asana on the ground. Now visualize the following commentary in your mind.

Please disconnect yourself from everything around us & practice looking at yourself.

Ask yourself a simple question who am I? I the creator of every thought, feeling, the word & behaviour. I the eternal being. I am the energy. I the soul. Let me look at myself. Take your attention towards the centre of the forehead & visualize a very certain shiny soul going to flight. Look at yourself that point of light in the centre of forehead. The energy the master. I the being in the being in the centre of the forehead radiates the God's purity to every cell of my body. My body is healed with God's energy. I the being an embodiment of peace, the original nature of the soul. I am full of peace. I the being radiates God's love to everyone around me. Check & remind yourself. I am a peaceful soul. I the divine being full of God's love, purity & peace vibrations of peace radiates from me out of this universe. I the soul detach myself from this world & my body. Look at yourself. That tiny point of light travelling upwards. I the soul am rising above this planet. I am going home. Crossing the sun & the stars, I the soul have reached home. It's a region of divine light. A land of complete stillness & peace. It's just peace & peace all around me. The soul world, my home. I see before me a very bright shiny point of light. My father God, the supreme power just like me the supreme soul a very powerful ocean of divinity & unconditional love. I the soul am sitting with God. God. the energy with whom I can experienced all my relationships. God, my father, my mother, my teacher, my guide. God my friend my companion, God's unconditional love & powers are flowing towards me. I, the soul getting full the God's love. God, the supreme power is the ocean of peace with all powers. God's peace radiates from me to the entire world. Its reaching to every soul who is looking for peace. I am a radiator of God's peace. I the soul getting filled with God's peace. I am full of God's peace. I the divine being full of God's love, purity & peace. If there is anything troubling me a problem or a question then I can ask him. God my best friend. I showered with him & I am filling light. I am his child. He is my friend, companion, teacher & parent. God is always with me. I the being radiates God's love to everyone around me. I am fully filled with positive energy & I am spreading the whole positive energy to the whole universe. With that energy the whole world is becoming so sweet. The vices among the whole world are going to vanish. The positive vibrations of peace, purity & all values are going to spread on all human beings.

Now I, the soul is going to come down towards the earth. I passed the sun, moon & stars. Now I came very close to my eternal body & went to the forehead in my body. I am entirely filled with positive energy. I am fully stress free. There is a very glorious shine on my face. Thank you supreme power for healing my mind & body with spirituality.

**\*Conclusion:** - If we all will practice such kind of meditation for min.10 min. in a day in the morning or evening then we could definitely change ourselves as well as to the whole world. We could again bring the heaven on this earth. So let's meditate & heal our mind & body towards spirituality.

**Reference:-**

Sister Shivani – Meditation to discover ourselves  
Hornby, A. V. 2000

## **ROLE OF SPIRITUALITY IN HEALTH CARE**

**Dr. Bhaskar Igawe**

**Ms.Suman Yadav**

Adult & Continuing Education, S.N.D.T. University,Pune    Ness Wadia College of Commerce, Pune

**INTRODUCTION:** “THERE IS NO OTHER SPIRITUAL TEACHER, THEN YOUR OWN SOUL” SWAMI VIVEKANAND. Spirituality has a great emphasis on human principles than religious; it shows the personality of a person not physically but mentally and their thought towards their goal, their values, duties. Spirituality referred to a religious process of re-formation which "aims to recover the original shape of person", oriented at "the image of God" as exemplified by the founders and sacred texts of the religions of the world. The term was used within early Christianity to refer to a life oriented toward the Holy Spirit and broadened during late medieval times to include mental aspects of life.

**What is spirituality?:** Spirituality involves belief and obedience to all-powerful forces called God, who controls the universe and the destiny of man. It is the combination of to find and fulfill the purpose of their lives, a search for meaning of life and a sense of connectedness to the universe. Spirituality extends across creed and culture and it is very much personal and unique to each person. Spirituality creates different qualities in a person such as love, honesty, patience, tolerance, and compassion, a sense of detachment, faith, and hope. It can be defined as a sensitivity or attachment to religious or other values that helps a person to gain insight, self – knowledge, and a understanding of life. Spirituality is a way to heal the soul with power of determination, concentration and meditation.

**SPIRITUALITY AND RELIGION:** There are several religions having different sets of beliefs, traditions, and doctrines. They have different community-based worship programs but spirituality is the common factor in all these religions.

- Spirituality and religion allows a person to believe in himself.
- It gives peace to the mind.
- Tells about to be humble towards every human being.
- Spirituality and religion tells us to perform our duty honestly.

**OBJECTIVE OF RESEARCH:**

- To educate society on the spiritual dimension and how it affects our life.
- To understand and overcome problems where the cause is spiritual nature.
- To achieve everlasting happiness by way of understanding the importance of spirituality in life.

**DIMENSION OF SPIRITUALITY IN MENTAL HEALTH:** Mental health has two dimensions-

- Absence of mental illness
- Presence of a well-adjusted personality

That contributes effectively to the life of the community. There are some essential features of mental health such as Ability to take decision, responsibility for their own actions, high frustration tolerance, acceptance of uncertainty, courage to take the risk, involvement in social activities, accept the things which we can't change and having the courage to change the things which we can change, the wisdom to know the difference between right and wrong, harmonious relationships to self, others including nature and God.

**CONTEMPLATIVE PRACTICE:** There are different activities that guide us to direct our attention to a specific focus or concentration. Many spiritual traditions have long history of using contemplative practices to increase compassion, empathy, and attention to quiet the mind.

- ❖ **MEDITATION:** - it induces feelings of calm and clear-headedness as well as it improve concentration and attention of the brain. A famous brain researcher Richard Davidson's research shows that **meditation** increases the brain's gray matter density, which can reduce sensitivity to pain, and it enhance your immune system, it also help us to regulate difficult emotions, and relieve stress.

\*Meditation has been proven helpful for people with **depression and anxiety, cancer, chronic pain, rheumatoid arthritis, type 2 diabetes, and cardiovascular disease.**

- ❖ **PRAYER:** - It elicits the relaxation response, along with feeling of hope, gratitude, and compassion-all of them have positive effect on overall person.

There are different types of prayer, many of them strong rooted in the belief that there are high power that has influence over your and this belief provides the sense of comfort and support in difficult times.

- ❖ **YOGA:** - Yoga is a centuries-old spiritual practice that aims to create a sense of union within the practitioner through physical postures, ethical behaviors.

The systematic and regular practice of **yoga** has been found to reduce stress, decrease depression and anxiety lower blood pressure.

### **SPIRITUAL VALUES:**

- Experience the healing and empowerment of love from others, self, or an ultimate source.
- Experience renewing times of transcendence.(expansive moments)
- Vital beliefs that lend meaning and hope in difficult situation.
- Have values, priorities, and life commitments centered in issues of justice, integrity, and love to provide the guidance socially or personally.

### **MENTAL HEALTH BENEFITS OF SPIRITUALITY:**

Spirituality incorporates healthy practices for the mind and body which positively influences mental and emotional health.

#### **Individuality**

- Enhance a person's sense of self and empowerment through the choice to decide what their practice looks like
- Focuses on an individual's connection to what they believe in and their own personal growth
- Accepts any person, whether they are part of a religion or not

#### **Mindfulness**

- Encourages meditation and self-reflection
- Leads to a meaningful life philosophy
- Prompts expression in any form such as art, poetry, myth of religious practice

#### **Unity with surroundings**

- Renews a sense of belonging in the world
- Inspires appreciation and awareness of a person's interaction with the physical environment.

**CONCLUSION:** In this paper we have seen the meaning of spirituality, its needs, objectives, impact on individual and so on. As a person of the society we all have some kinds of responsibility towards the society and the people of society and for fulfilling our duty we all need to make our self calm and then only we'll learn to control our thinking and focus on the goal of our life.

## CREATIVITY THROUGH SPIRITUALITY – MANTRA OF HAPPY LIFE

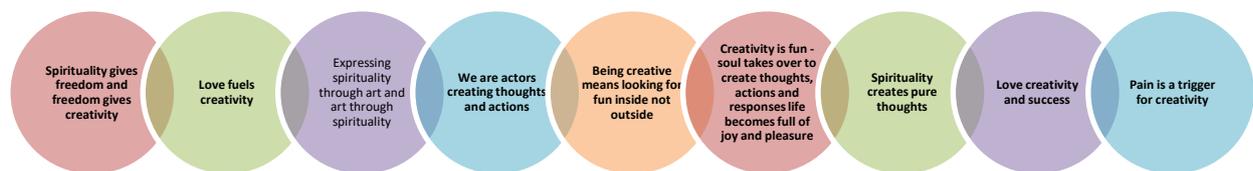
*Dr. Shobha kalebag* (Associate Professor)  
Mahavir Mahavidyalaya, Kolhapur

*Asst. Prof. Pratibha Rajaram Dabhade*  
MIT Saint Dnyaneshwar B. Ed. College, Alandi

**Introduction:** Creativity is a rare inborn gift that is limited to some people only. This is biggest misconception about creativity. Every human has the innate capacity for creative living and everyone expresses it differently. Creativity simply means expressing yourself in any manner. It can be using paints, words, dance, music or anything else. Creative life can reduce anxiety and inspire better mental health. It can improve physical health. It promotes easier learning and personal growth. We can train our creativity to weave itself into everything we do. It may not make us a millionaire but it can most definitely make us happy and bring more meaning into our life.

### CREATIVITY THROUGH SPIRITUALITY - MANTRA OF HAPPY LIFE

Creativity is something that comes from within, no one can use outside influence to feel creative. Therefore it is important to keep our inner voice functioning so that we can be creative. That is why spirituality and creativity go hand in hand. When we connect spirituality with creativity, we find a never ending reserve of positive energy and thoughts. This our creative side will never suffer from lack of idea and inspiration. Our spiritual journey is the guiding light for our creative journey.



**Spirituality gives freedom and freedom gives creativity:** Thinking is the foundation of every word and action of ours spirituality gives us freedom and power to think positively choose our words and actions rightly, to create pure thoughts and actions, realize our potentials and play our roles with full awareness. Creative role play enhances our effectivity and gives inner satisfaction. We are all creators and every activity of ours is our creation be it art, thoughts, concepts, hobbies. Creativity is what makes life worth living.

**Love fuels creativity:** Basic energy in creativity is love. Love can fuel creativity; love makes us to express our emotions running through our life. We can express our love for god and humanity by creating ideas and words which come easily as they are the voices in our hearts.

**Expressing spirituality through art and art through spirituality:** Many creative giants from Kabir Das to Rabindranath have expressed their spirituality through art and their art through spirituality. Every culture and tradition links creativity and spirituality. Music, dancing, singing, poetry, and painting are common ways to express our soul and our delight in being.

**We are actors creating thoughts and actions:** Creativity is not just for professionals and it's not limited to painting, sculpting, singing etc. We're all artists, actors, dancers playing varied roles, we are all creative spirits in life. How well we act in our roles depends on what thoughts we create. Those

who say they are not creators show that they don't want to change their thoughts to create harmony and happiness in their relationships.

Being creative means looking for fun inside not outside: Creativity is fun and spirituality is boring is the common thinking of most humans. As a result most look for false creativity outside by partying, going to movies etc and when this becomes a routine then in the process they soon get bored of the outside fun with a feeling of not being satisfied internally as if something is missing. For this is not creativity but just looking for structured fun outside .Creativity is our own inside creation.

**Creativity is fun - soul takes over to create thoughts, actions and responses life becomes full of joy and pleasure:** Don't look for fun outside in materialism in food, people, objects etc because we think I am "body" When the meaning of "I" is changed to "soul" then the concept and responsibility of creating fun changes we break out of established habits. This is the most exciting change to live with, the soul takes over to create thoughts, actions and responses life becomes full of joy and pleasure.

**Spirituality creates pure thoughts:** Spirituality creates pure thoughts in our mind. Because of that we never change our behavior after getting cold vibes from other persons. It gives consistency to our behavior.

**Pain is a trigger for creativity:** During difficult phase in life we start remembering God. We pray and meditate. We use that divine power to enhance our life. Therefore, the silver lining of these great challenges and Gods grace is that pain is a catalyst to creating masterpieces.

**Conclusion:** Creativity is something that comes from within, no one can use outside influence to feel creative. Therefore it is important to keep our inner voice functioning so that we can be creative. That is why spirituality and creativity go hand in hand. Choose to respond creating pure positive thoughts, words and actions in varied situations in different ways so that we feel nice as well as make others feel nice. Give love and acceptance. Live with the perception that life is a drama, we are an actor and creating distances or bonding is in our hands as we cannot change others. Create our happiness via writing, painting, singing, dancing any art, caring for the needy. Energy of love will flow. Create each moment as a loving human being.

### **Webliography:**

<https://www.lifealth.com/mind-body-and-soul/spirituality/what-are-the-mistake-you-make-while-embarking-the-spiritual-journey-sd/36102/>

<https://medium.com/swlh/five-misconceptions-about-creativity-26fb661efb86>

<https://www.psychologytoday.com/us/blog/brain-wise/201606/myths-about-creativity>

<file:///C:/Users/admin/Desktop/state%20coference/Lama%20Surya%20Das%20on%20the%20relationship%20between%20spirituality%20and%20creativity%20-%20Beliefnet.htm>

---

## MEDITATION & EDUCATION

**PREETI BAITHWAR**

**Prin. Dr. Surendra C. Herkal**

MIT Sanit Dnyaneshwar B.Ed. College, Alandi (D), Pune

---

**INTRODUCTION:-** Meditation can add to a sense of a child's self-worth and even power, because it's an activity that belongs just to them. The childhood brain is a factor here. It has been shown that introducing meditation in the schools leads to behavioral improvements in older ages (middle school and later). It benefits younger ages, I feel, when meditation fulfills the following criteria:

It feels like fun.

The child expresses enjoyment.

Nothing is forced or turned into a chore.

The whole family participates.

Looking back, many adults feel turned off by the religious lessons their parents tried to impart because of an air of strict morality or pressure to be good. The beauty of meditation is that everything comes from within, but "within" means different things at different ages.

Starting at age six or seven—each parent will have to play this by ear—the parents can sit down to meditate with a child using a simple technique. Sit quietly with eyes closed and follow the breath. The greatest benefit of meditation comes when a child is able to notice actual changes themselves. They feel calmer, more centered, less troubled, less tempted to act out. A parent can coax these realizations, but gently, by pointing out a positive change. But be careful not to intrude. Everyone's inner life is private, no matter how young they are. Taking note of inner changes probably won't happen consistently until age 12 or later, and the attraction of major changes probably won't happen until mid to late adolescence, a time when discovering who they are comes naturally to teenagers. New Research in the fields of psychology, education and neuroscience shows teaching meditation in schools is having positive effects on students' well-being, social skills and academic skills.

Students who were taught meditation at school reported higher optimism, more positive emotions, stronger self-identity, and greater self-acceptance and took better care of their health as well as experiencing reduced anxiety, stress and depression. This was compared to before the meditation programs and compared to peers who were not taught meditation..

Finally, meditation was found to improve a host of academic and learning skills in students. These included faster information processing, greater focus, more effective working memory, more creativity and cognitive flexibility.

### **Definition of meditation:-**

Meditation is an ancient practice that helps to control our own mind and consequently our own life and discover ourselves. Meditating helps us to control our mind and thought and turns off our mind when we do not need it anymore.

### **Definition of Education:-**

Education is a lifelong process which brings change of behavior in a desired way. Different scholars have different opinion regarding origin of the term education. The term education is believed to be derived from the following Latin words.

(i) *Educare* which means "bring up" or "rise up"

(ii) *Educere* which means "lead out" or "draw out"

### **How meditation is taught**

"Mindfulness" meditation is one of the more popular practices being taught at schools. It involves a three-step mental process where students are asked to:

1. Focus their attention on a particular target (for example their own breathing, a sound, a sensation);
2. Notice when their attention has wandered away from the target;
3. Bring their attention back to the target.

Examples of mindfulness techniques include teachers striking a music triangle or bell and asking students to pay attention for the exact moment where the sound turns into silence, giving students a piece of chocolate or a slither of chilly, asking them to place the food on their tongue and then pay close attention to what is happening to their taste buds, their salivary glands and the temperature in their mouth; or asking students to clap their hands forcefully for 20 seconds and then observe the physical after-effects such as tingling and pulsing in the palms.

These teaching techniques may not seem of sufficient academic nature to take place in schools. But the science is showing that, through these techniques, students are learning to build their attention skills and regulate their impulses. Both are critical at school and in adult life.

### **Main Physical Benefits of Meditation:**

- Decreases the physical tension
- Delete psychosomatic disorders caused by tension
- Prophylaxis against stress
- Lowers blood pressure
- Strengthens the immune system
- It slows the aging process
- Recharge our batteries

### **Main Psychological Benefits of Meditation:**

- Calm
- Soothes, comforts
- It helps to be more tolerant and sensitive
- It helps to control our anger
- Energizes
- Take away the worries
- Brings clarity
- It helps to be more confident in ourselves

### **Main Benefits of Meditation at work or study:**

- Improves concentration
- Lowers the likelihood of distraction
- Improves memory
- We are more receptive and learn more easily
- It is easier to exercise control of ourselves and the situation under pressure
- It helps to be more creative

### **Reasons behind Meditation**

- Stress Management and Pain Relief
- Anger Management
- Simple way to relax and clear the mind
- Control over Anxiety
- Improved awareness, and concentration (creates stillness)
- Improve our cognition (ability to think) and helps us to see things more clearly
- Develops our sense of self and our spirituality

### ***TYPES OF MEDITATION***

1. Receptive Meditation
2. Reflective Meditation
3. Generative Meditation

**1 .Receptive Meditation:** - Assists with becoming more fully present in the moment. This is done by being mindful and attentive to feelings, sensation, thoughts, images, smells and experiences without thinking or Reacting to the experience or judging it. (We don't ask why???)

This helps to gain a calmer, clearer and more non-reactive state of mind and being.

**2. Reflective Meditation:** - Assists with investigating an idea in a systematic way. Uses disciplined thinking and analysis to reflect upon a compelling question, challenge, idea or project. Reflects on a verse, a phrase or inspiring idea. Brings wisdom and insight into all aspects of our lives.

**3. Generative Meditation:-**Assists in consciously cultivating and strengthening specific qualities such as: Patience,Love,Appreciation,Compassion,Humility,,Gratitude,Courage

This form of meditation invites us to actively nurture these strengths of character by thinking, speaking and acting as though the quality is already fully present and alive within us.

**Benefits of Meditation:-** The physical, emotional, psychological, and spiritual benefits of meditation might include:

- higher levels of energy, creativity, and spontaneity
  - lower blood pressure
  - increased exercise tolerance
  - better concentration
  - decreased stress, depression and anxiety
  - fewer cravings for alcohol and cigarettes
  - increased job satisfaction
- Better relationships with others.

**Contribution of Meditation in Education:-**

- Today's education process is related to stress about study so meditation will help to reduce stress
- By practicing meditation students could become happier and healthier and ultimately by practicing meditation education would become a far more enjoyable and rewarding experience for our children.
- Meditation helps us think with a clearer mind and more relaxed body. Through meditation we are able to gain control of our minds, bodies and thought.
- Meditation has no negative side effects and can help our students in many ways. Meditation education can provide students with a clearer mind able to work through tests and social problems with ease and consideration.

**References:-**

By James King - <https://www.project-meditation.org> Contribution of meditation in education,

**Josh Corbat** <https://study.com/>, Shri shri ravishankar [www.wisdom.srisriravishankar.org](http://www.wisdom.srisriravishankar.org),

Yoga Journal – magazine or online 1001 Pearls of WisdomBy Zawn Villines

Reviewed by Daniel Bubnis, MS, NASM-CPT, NASE Level II-CSS

[www.medicalnewstoday.com](http://www.medicalnewstoday.com) , **Lea Waters**

<https://theconversation.com/why-meditation-should-be-taught-in-schools>

Deepak Chopra, M.D. Section: MeditationTopics:

Family-FriendlyMeditation,<https://howtobehappy.guru/why-is-meditation-so-important-and-why-it-can-help-us-to-feel-happier>

## ROLE OF SPIRITUALITY IN YOGA

**Asst. Prof. Sachin J. Sakhare**

MIT WPU School of Education & Research Kothrud, Pune 38

---

**Introduction:** Although yoga is not a religion, this ancient practice can have an effect on a person in a spiritual sense because of the seven spiritual laws that yoga students are taught to follow. These laws act as guides to help people find the path to inner peace through love and compassion for themselves and others. For example, one of the laws is about karma. It refers to the idea that the way that we treat other animals and humans comes back to us. So in other words, if we act with kindness, we will receive kindness in return.

**Yoga and Meditation:** Yoga emphasizes the importance of regular meditation because of the way that it helps a person to keep their thoughts positive. Any time that a negative thought comes through during meditation, it is gently pushed away by refocusing on breathing and relaxation of the body. This is very important to maintaining emotional health, since many cases of stress, anxiety, and depression are caused by the inability to see all of the good things in life. So by learning to guide one's thoughts back to the present moment, these negative feelings will subside. Other means of relaxation can also range in gardening, exercise and hot baths are great in conjunction to yoga.

By learning to control one's thoughts and physiological response to surrounding stress, a person can do more than they ever thought was possible. Yoga helps people to become more mentally and physically disciplined, so they can let go of fears or situations that have been holding them back from what they want to achieve. One way that this is done is by using a mantra during meditation. One keyword or phrase is focused on during each session. The person repeats it aloud or in their mind. This helps to permeate it into the subconscious to make success in that area happen more easily.

### **The Seven Spiritual Laws of Yoga:**

**Law of Pure Potentiality:** Your essential nature is pure consciousness, the infinite source of everything that exists in the physical world. Since you are an inextricable part of the field of consciousness, you are also infinitely creative, unbounded, and eternal.

**Law of Giving and Receiving:** Giving and receiving are different expressions of the same flow of energy in the universe. Since the universe is in constant and dynamic exchange, you need to both give and receive to keep abundance, love, and anything else you want circulating in your life.

**Law of Karma (Cause and Effect):** Every action generates a force of energy that returns to you in kind. When you choose actions that bring happiness and success to others, the fruit of your karma is happiness and success.

**Law of Least Effort:** You can most easily fulfill your desires when your actions are motivated by love, and when you expend the least effort by offering no resistance. In this way, you tap into the infinite organizing power of the universe to do less and accomplish everything.

**Law of Intention and Desire:** Inherent in every intention and desire are the mechanics for its fulfillment. When you become quiet and introduce your intentions into the field of pure potentiality, you harness the universe's infinite organizing power, which can manifest your desires with effortless ease.

**Law of Detachment:** At the spirit level, everything is always unfolding perfectly. You don't have to struggle or force situations to go your way. Instead, you can intend for everything to work out as it should, take action, and then allow opportunities to spontaneously emerge.

**Law of Dharma:** Everyone has a Dharma or purpose in life. By expressing your unique talents and using them to serve others, you will experience unlimited love, abundance, and true fulfillment in your life.

**The Benefits of Yoga:**

***The Seven Spiritual Laws of Yoga* promote both physical health and emotional wellbeing. Some of the benefits for the body are:**

Improved flexibility and range of motion

- Enhanced balance
- Increased strength and muscle tone
- Greater endurance
- Enhanced immune function

**References:**

NCERT (2005) National curriculum framework

Richards, J.C., (2001) **Approaches & Methods in Language Teaching** Cambridge:University Press

Radha Mohan(2011), Research Methods In Education, Neelkamal Publications Pvt.Ltd,

S. K.Mangal (2012) **Statistics in Psychology and Education**, 2<sup>nd</sup> edition, PHI Learning Private Limited, New Delhi-110 001.

Sakhare S.J. (2011) **Effect of Constructivist Approach in Teaching** Paper Presented in National Conference Barshi

---

## SPIRITUALITY THROUGH THE BIBLE FOR MENTAL HEALTH

**Shri. Vijay Santu Patole**

Dahiwadi College, Dahiwadi, Tal. Man, Dist. Satara.

---

**Introduction:** This paper is conceptual in nature and deals with the importance of spirituality in the life of human being. It is said that there are two castes that i.e. Male and female and one religion known as humanity. There are twelve classical world religions, Bahai', Buddhism, Christianity, Confucianism, Hinduism, Islam, Jainism, Judaism, and Shinto, Sikhism, Taoism, Zoroastrianism. At present Islam is growing faster than any other religion according to the study by the Pew Research Centre. According to the 2011 census 79.8% of population practices Hinduism and 14.2% adheres to Islam while the remaining 6% adheres to other religions. Christianity is the 3<sup>rd</sup> largest religion in India.

William James (1902), an early psychologist, indicated that "healthy minded religion could prevent certain forms disease as well as science does, or even better. Sigmund Freud (1961) argued that lack of religious belief would lead to chaos and additional mental anguish. Karl Marx (1844) is known for describing religion as the opiate of the people. However in the very paragraph in which Karl Marx made the famous declaration, he indicated that religion was nonetheless "the heart of the heartless and the spirit of spiritless". Religious participation can discourage negative health behaviour, religious involvement can reduce exposure to stress. Third religious institutions can provide support, intimacy, sense of connectedness and belonging.

Here are the various religions and are associated with the specific ideologies.

- 1) **Hinduism:** This is the some of the duty: do not do to others what would cause pain if done to you.( Mahabharata 5:1517)
- 2) **Buddhism:** treat not others in ways that you yourself if would find hurtful.(Udana varga 5:18)
- 3) **Islam:** Not one of you truly believes until you wish for yourself. (The prophet Muhammad Hadith)
- 4) **Jainism:** One should treat all creatures in the world as one would like to be treated. ( Mahavira Suttrakritanga)
- 5) **Sikhism:** I am a stranger to no one and no one is a stranger to me. Indeed, I am a friend to all. (Guru Granth Sahib page 1299)
- 6) **Christianity:** In everything do to others as you would have them do to you; for this is the law and the prophets,(Jesus, Matthew, 7:12)
- 7) **Confucianism:** one word with sums up basis of all good conduct..loving kindness Do not do to others what you do not want to done to yourself. (Confucius Analects 15:22)
- 8) **Judaism:** what is hateful to you, do not do to you neighbor. This the whole Torah , all the rest is commentary (Hillet, Talmud, Shabbat 31a)

Religions are for the society and spirituality is always personal. Spirituality gives everyone the peace of mind and religion is institutionised spirituality. So above mentioned religions have different sets of beliefs, traditions and doctrines. They have different types of community based worship programmes. Spirituality is the common factor in all these religions. In spirituality we may come across various beliefs, spirituality helps us to gain the mental peace and one can live the life with content. Spirituality produces in man qualities such as love, honesty, patience, tolerance, compassion, a sense of detachment, faith and hope.

**Definition of Spirituality:**"Spirituality is that aspect of human existence that gives it its "Humanness". It concerns the structures of significance that giving meaning and direction to a person's life and helps them deal with the vicissitudes transcending knowledge, meaningful relationships, love and commitment as well as (for some) a sense of the holy amongst us."

Spirituality helps us in the following way:

- a) **Gives meaning to life:** Living life in a casual manner always leads to the death in physical state. But living life with specific aim always states the immortality through the deeds. Saints like Dnyaneshwar, Saint Namdeo, Saint Mother Teresa and thinkers like Swami Vivekananda who lived the life and realized the aim of life and made others think how one common person can be the extraordinary one in the life.
- b) **Defining of higher power/God:** In this materialistic life everyone is about to enjoy each and everything without caring about the society and its value. There is degradation of values and making of money, deceiving others become the prime work of the people. In the world of money, everyone has forgotten the existence of almighty God. If anyone is admitted in the hospital for incurable disease, anyone is in the graveyard for someone's funeral and if the mishap takes place, suddenly we like to call the almighty God for him. Many promises are formed and everyone like to fulfill them. No one can deny the existence of God.
- c) **Creation of Spiritual Community:** There are two things followed by the common man i.e. vices and virtues. There is always controversy among the people whether they should follow only virtues or leave vices. Answers of such question may be different in one. Following virtues means accepting the existence of God or vice versa. Many people believe that there is always end for evil things but at present we are unable to see such people who are ready to leave permanently all kinds of evil work from their life. So many spiritual communities have been formed and teaching of every religion has been given to the followers.
- d) **No Place for Suffering:** Suffering is the real cause to get attracted to the God. It is believed that the creation of human being is only to bear all kinds of sufferings. If there are sufferings in our lives, one likes to curse the life and likes to follow unsocial paths in the life. But if someone follows the spirituality he/she never blames the life and the problems. He is always firm on his decision that although the life is with full of suffering but such sufferings who take us to the God and God never leaves the follower but always helps him to find the way of heaven where he gets peace to the Soul.

**Bible Education and a spiritual life:** In Christianity, God is at the centre of our lives means we have to consider him in everything we do. Few heavenly words are directly associated to the human life, these are as follows.

- a) **Wisdom is valuable than Material things: Proverb 16.16** says that having wisdom and understanding is better than having silver or gold. Nice and expensive items can be enjoyable, but there are very few things in life that can never be taken away, will never go out of style and that truly make you a better person.
- b) **Study Hard and Prove yourself: 2 timothy 2:15** says that we should study and show God that we understand truth. This verse refers to knowing God's word and being able to point out false teaching and philosophies. Everyone who is associated to education he/she should indulge himself/herself in his/her work and be the best he/she can be.
- c) **Always put God first: Matthew 6:33** says that above all things in our lives, we should seek God, and everything else will be provided for us. One has to encourage himself with prayer and reading the Bible. Life is full of times that challenges us and demand us to be at our best. In Bible everywhere the words of Jesus are precious where Jesus said, "Man does not live on bread alone, but on every word that comes from the mouth of God." ( Mt.4:4) God's word is milk for spiritual babies (1Pe 2:2 Heb 5:12-13) and solid food for every person (In 6:51). It is a light for our path(Ps 119-105), the Truth we can follow (In 17:17) and a mirror we can reflect in(Jas1:23-25). God's word is a cleansing water that washes us (Eph 5:25-27) and the spring of living water welling up to eternal life (In 4:14) It is the seed (1Pe1:23), the sword of the Spirit and a hammer that breaks a rock in pieces.(Jer.23.29)

- d) The word stimulates and Guides our actions: (Jas 1:22)** Do not merely listen to the word, and so deceive yourselves. Do what it says” We make hundreds of decisions daily while making them we have an opportunity to found them in the word of God, putting them into practice for the glory of God and for our own benefit. One of the spiritual activities that is commonly measured in these populations is Prayer and or meditation. Religion and spirituality are highly valued to people in the times of Crisis, trauma and grief.

**Spirituality and Mental Health:** Mental health has two dimensions- absence of mental illness and presence of a well adjusted personality that contributes effectively to the life of the community. Ability to take responsibility for one’s own actions, flexibility, high frustration tolerance, acceptance of uncertainty , involvement in activities of social interest, courage to take risks, serenity to accept the things which are can not change, wisdom to know the difference between the above, acceptance of handicaps, tempered self-control, harmonious relationships to self and others including nature and God are the essential features of mental health. Spirituality is an important aspect of mental health. Religious beliefs and practices are supportive to cope with stresses in life and are beneficial to mental health.

- 1) **Protects from Isolation:** In this world everyone has problem and people have different problems but these problems can be solved by the person himself or somebody will definitely help him. Problems related to family, education, financial, social, and about carrier give inspiration to overcome it but if someone does not face such problems he likes to get diversion from the routine life and likes to follow the unsocial ways of life and may be direct isolation from the society. But only spirituality can bring him back in the society and people who believe in spirituality help him to make up his mind by giving real experiences in the life and encourage for positive way of living life.
- 2) **Strengthening family and social networks.** Spirituality really encourages everyone to be the part of spiritual life by following the rules, traditions, and holy words and holy behaviour which is already stated in Holy Scriptures. Bonding among the family members and proper network in the society allow them to live life happily and with content. So by strengthening family and social networks through spirituality leads mental health.
- 3) **Parenting Skills for Mental Health:** Parents those who are really involved in religious activities of any religion are more likely to have harmonious marital relationships and better parenting skills. That in turn enhanced children’s competence, self –regulation, psychological adjustment and school performance. Nowadays more stress is taken by the parents regarding the career, life of their children. Will they achieve goal or not? Such questions have no answers in these days but few parents know about that besides marks there should be nurturing of good human being and it can be possible only through spirituality which gives us mental health at family level.
- 4) **Discipline to mind for mental health:** If we want good mental health,we should discipline our minds to avoid a degrading mental diet. The principle of “garbage in, garbage out” certainly applies with respect to our minds. The net effect of what occupies our minds and often comes out of our mouths-will be as pure as or as corrupt as whatever we let enter our minds. In Bible (Phillippians 4:9) telling them that if they did so the “ God of peace” would be with them. Peace of mind and a clear conscience are essential characteristics of sound mental health.

**Conclusion:** Traditionally. Spirituality referred to religious process of re-formation which “aims to recover the original shape of man.” In these days spirituality acquired a social and psychological meaning. In this era spirituality become increasingly disconnected from traditional religious organisations and institutions. Today it is associated with philosophical, social or political movements such as liberalism, feminist theology. But this is time to think about the mental health through spirituality because God gave humankind a freedom of choice between numerous possibilities, but the basic choice is between good and evil.

#### References:

- 1) [www.bible2all.com](http://www.bible2all.com)
- 2) [www.mentalhealthfoundation.org.uk](http://www.mentalhealthfoundation.org.uk) retrieved on 15/01/2019 at 5p.m.
- 3) [www.collegeexpress.com/interest/christian/blog/what-bible-says-about-education/](http://www.collegeexpress.com/interest/christian/blog/what-bible-says-about-education/) retrieved on 15/01/2019 at 7p.m.

---

## SPIRITUAL WELLNESS FOR LEADING A HEALTHY LIFE

**Asst. Prof . Gangotri V. Rokade**

MIT Saint Dnyaneshwar B.Ed. College, Alandi (D), Pune

**Dr. Navnath Tupe**

S.P.P.U. Adult Edu. Dept., Pune.

---

The word “**Spiritual**” refers to the fundamental dimension of human life. It is the connection of a person with the source of life or divinity. It provides us with a profound sense of self awareness and faith on our existence in this world.

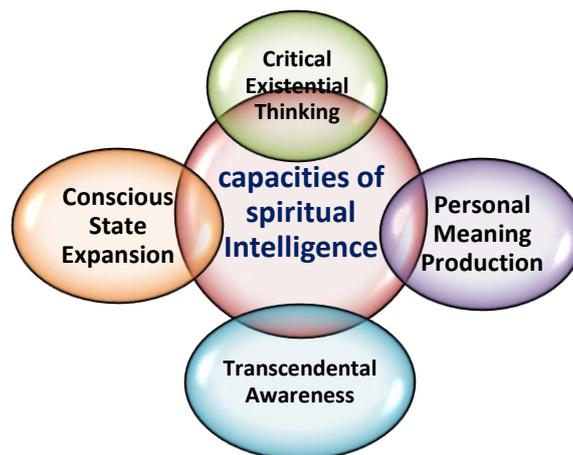
“**Wellness**” means maintaining balance in all aspects of life for e.g. social/interpersonal, emotional, physical, financial, vocational, and intellectual. Being well is about being in balance of life. Wellness begins at our physical and spiritual births.

“**Spiritual wellness**” is an evolutionary process of discovering the meaning and purpose of life. It includes seeking truth behind any behaviour/ incident, thinking of others, healthy eating habits, loving and respecting other living beings, playing, serving, working, healthy sleep habits and living a spiritually driven life.

“**Spiritual intelligence**” is a term used by some philosophers, psychologists, and developmental theorists to indicate spiritual parallels with Intelligence Quotient and Emotional Quotient.

According to Stephen Covey, "Spiritual intelligence is the central and most fundamental of all the intelligences, because it becomes source of guidance for others."

**David B. King** proposed four core abilities or capacities of Spiritual Intelligence:



If the capacities of the spiritual intelligence were developed then it is possible to further develop the spiritual wellness.

**Spiritual wellness** is the capacity for love and forgiveness, joy and fulfilment help all in enjoying spiritual health which involves persons values, beliefs, and purpose, it can be achieved in several ways i.e. both physically and mentally.

Spiritual Wellness can develop through Yoga and Meditation. The spiritual wellness can also be improved by the following dimensions:

- **Explore our spiritual core.** By exploring your spiritual core you will think more in-depth about yourself and allow you to notice things about yourself that will help you achieve fulfillment.
- **Look for the deeper meanings of life.** Looking for deeper meanings in our life and analyzing occurring patterns will help you see that you have control over your destiny. Being aware of this can help you achieve a happy and healthy life.
- **Be Expressive.** Expressing what is on your mind will help you to maintain a focused mind. By writing down your thoughts, you may be able to think clearer and move forward.
- **Yoga.** Yoga is a physical technique that can help improve your spiritual wellness by reducing emotional and physical strains on your mind and body. Yoga is taught at all different levels and can help lower stress, boost the immune system and lower blood pressure as well as reduce anxiety, depression, fatigue, and insomnia.
- **Meditate.** Practicing meditation and relaxation into our lifestyle will free our mind and foster a stronger relationship with our spiritual wellness.

**The quality of life is affected by the following types of well-beings:**

- **Spiritual well-being:** meaning of illness, uncertainty, hope, religiosity, transcendence, and positive change.
- **Physical well-being:** functional ability, strength/fatigue, sleep/rest, overall physical health, nausea, appetite, constipation, and aches and pains.
- **Social well-being:** family distress, roles/relationships, affection/sexual function, appearance, employment, isolation and finances.
- **Psychological well-being:** control, anxiety, enjoyment/leisure, pain distress, happiness, fear, and cognition/attention.

**Benefits of Spiritual Wellness:** The physical, mental benefits of spiritual wellness are as follows:

- People who are spiritually healthy live longer life than other people.
- Spiritual wellness helps in reducing stress level, depression.
- Spiritual wellness helps in proper secretion of hormones, improving blood supply and other metabolic activities of the body.

**Conclusion: Spiritual wellness** can be developed by practicing various activities and will lead to a healthy and happy life. In a healthy body a healthy mind lives. For reducing the physical and mental stress of day to day life it is essential to use the various techniques of developing Spiritual wellness. The overall quality of life will be affected by spiritual wellness. A Spiritually strong mind will definitely open the path of leading successful educational, professional, moral and social healthy life of an individual.

**References:**

Banks, R. (1980). *Health and the spiritual dimension: Relationship and implications for professional preparation programs.* *Journal of School Health*, 50, 195-202.

Hodges, S., 2002, Mental Health, Depression, and Dimensions of Spirituality and Religion: *Journal of Adult Development*, v. 9, no. 2, p. 109-115. 22.

Swinton, J., and S. Pattison, 2001, Spirituality. Come all ye faithful: *Health Serv.J.*, v. 111, no. 5786, p. 24-25. 10.

## **A Study on the Role of Churches, Christianity and Spirituality in Education**

**Mr. Yogesh Nagpal (Ph.D. Research Scholar)**

MIT ADT University, Pune

**Ms. Joshna Rodrigues**

MIT Saint Dnyaneshwar B.Ed.College,Alandi

**Introduction:** Connecting education to Christian faith necessarily means drawing in some way on Christian theology. Christian theology is a rich and deep topic, the study of a lifetime for some. But this research paper focuses on the role of Christian teaching and learning. There is the broad role of the Churches in the provision of formal education, and then there is the much more specific one of the role played by religious education in Christian formation, both in school and outside it. The former has to do with whether there is such a thing as a Christian or Catholic school in terms of its ethos, philosophy and ideals. The latter has to do with the specific topic of religious education, whether that is in an explicitly faith-based school or in what is an increasingly secular state-run school or private schools. There are about more than 200,000 Catholic schools worldwide with nearly 52 million students. They exist in all sorts of relationships with civic society – and the forms of Catholic schooling in India are specific to these jurisdictions and history. But they exist because of a particular vision of how church and state should interact. All education is focussed, not merely on passing on useful information, or just on training people for employment but on the formation of the whole person. Parents want to help their children grow, not just prepare them for work. In the area of the soul and spirit, churches teach that life is more than a material existence. We are made uniquely in the image of God. We have purpose and meaning in life because there is a creator. We are not just the result of a cosmic explosion, but the handiwork of a loving person with infinite power and knowledge. The church speaks to the philosophy of life in stating this. We are not just existentialists, inventing purpose for our lives in spite of the fact that there is no true meaning and purpose. Values are not the result of public opinion or personal preference, but the reflection of the character and nature of our creator. Churches have much more to say in educating the public than teaching about the character and nature of God and how to have eternal life. The Bible speaks to many other subjects including science, sociology, psychology, history, economics and more.

### **Objectives of the Research:**

- To Study the Role of Churches and Christianity in Education
- To study the role of spirituality in Education

**Role of Christianity in Education:** It has been argued that the explicit approach to religious education in schools now permits Christianity to be taught for the first time. In the old religious education, ‘Christianity in school really meant bible, supplemented by an act of worship’, rather than ‘a multidimensional exploration of the phenomenon of Christianity’. Now Christianity in all its fullness (contemporary as well as historical) can be object of the study. In many ways this approach to religious education maybe more attractive to the Christian than earlier attempts nurture in schools that provided a very restricted diet from the Christian Menu and wrenched Christianity from its setting as lived faith. Teachers are now encouraged to bring Christian believers who talk about their commitments, to get their students to visit churches and experience a variety of forms of Christian worship, and to explore in the classroom some of the major elements in Christian doctrinal and ethical thinking.

**Role of Spirituality in Education:** Spiritual development will continue to be interpreted in many ways for educational purposes, until it is further defined or described. Our understanding is that spiritual development should include those aspects of personal development that help pupils understand who we are and what life is about. It should seek to develop in pupils the capacity to

reflect on, and come to views about, questions of life and death and God. 'The essential purpose of education' wrote Dante, 'is to bring the pupil face to face with something great, so that the pupil experiences first awe and then curiosity'. Religious education is surely concerned with helping the school to bring the pupils face to face with what is truly great and to experience awe, curiosity, joy and delight. That task has never developing spirituality been easy. However the following are a list of skills and attitudes under the heading of Spirituality in Education;

- Being able to feel and express awe, wonder and curiosity about the natural world and human achievement,
- Being challenged and moved by the experiences which life throws up experiences such as love, beauty, goodness, joy, compassion, injustice, evil, suffering, death,
- Appreciating that people have shared beliefs on which they base their lives, and being helped in the formation of personal beliefs,
- Being aware of feelings that some would describe as feelings of transcendence,
- Developing the ability to ask questions about the origin and purpose of life and reflecting on different responses to these questions,
- Valuing the worth of each individual and developing a sense of community,
- Developing the ability to make responsible and reasoned judgments
- Establishing one's bearings in relation to the diversity of shared human experience.

**Conclusion:** In a healthy school curriculum spiritual education and the potential for spiritual development should never be confined to the school gatherings for Religious Observance. Much of what we have defined as spiritual development is contained within Religious, Philosophical, Moral and Ethical Education. Spiritual development goes on in English, through literature (story, poetry and drama), Music, Art and many other curricular areas. A school reviewing its policy on Religious Observance would need to take account of how participation in Religious Observance contributes to spiritual education and complements teaching and learning in other classroom subjects.

#### References:

- Astley, J. and Francis, L.J. (1996) (eds) Christian Theology and Religious Education: Connections and Contradictions
- (2000) 'Spirituality in the Classroom', in A. Wright and A.-M Brandon (eds) Learning to Teach Religious Education in the Secondary School: A Companion to School Experience

---

## SPIRITUALITY & MENTAL HEALTH

**Dr. Archana Chaudhari**

HOD, MITSOE&R, MIT World Peace University, Pune

**Mrs. Ankita Singh**

MIT S.D. B.Ed. College, Alandi, Pune

---

### ➤ Introduction

All along, the majority position of Psychiatry has been that Psychiatry has nothing to do with religion and spirituality. Religious beliefs and practices have long been thought to have a pathological basis, and psychiatrists over a century have understood them in this light. Religion was considered as a symptom of mental illness. Jean Charcot and Sigmund Freud linked religion with neurosis. DSM3 portrayed religion negatively by suggesting that religious and spiritual experiences are examples of psychopathology. But recent research reports strongly suggest that to many patients, religion and spirituality are resources that help them to cope with the stresses in life, including those of their illness. Many psychiatrists now believe that religion and spirituality are important in the life of their patients. The importance of spirituality in mental health is now widely accepted. As John Turbott puts it, rapprochement between religion and psychiatry is essential for psychiatric practice to be effective. The Royal College of Psychiatrists, London, has a special group on Psychiatry and Spirituality. The American College of Graduate Medical Education mandates in its special requirements for residency training in Psychiatry, that all programs must provide training in religious and spiritual factors that can influence mental health.

### ➤ What is Spirituality?

There is no one definition, but in general, spirituality:

- is something everyone can experience
- helps us to find meaning and purpose in the things we value
- can bring hope and healing in times of suffering and loss
- Encourages us to seek the best relationship with ourselves, others and what lies beyond.

These experiences are part of being human - they are just as important to people with intellectual disability or other conditions, such as dementia and head injury, as they are in anybody else. Spirituality often becomes more important in times of emotional stress, physical and mental illness, loss, bereavement and the approach of death. All health care tries to relieve pain and to cure - but good health care tries to do more. Spirituality emphasizes the healing of the person, not just the disease. It views life as a journey, where good and bad experiences can help you to learn, develop and mature. Spirituality is a globally acknowledged concept. It involves belief and obedience to an all-powerful force usually called God, who controls the universe and the destiny of man. It involves the ways in which people fulfill what they hold to be the purpose of their lives, a search for the meaning of life and a sense of connectedness to the universe. The universality of spirituality extends across creed and culture. At the same time, spirituality is very much personal and unique to each person. It is a sacred realm of human experience. Spirituality produces in man qualities such as love, honesty, patience, tolerance, compassion, a sense of detachment, faith, and hope. Of late, there are some reports which suggest that some areas of the brain, mainly the non-dominant one, are involved in the appreciation and fulfillment of spiritual values and experiences

### ➤ Spirituality and Mental Health

Origin of spirituality and the religious formulation of coping and adapting to stressors influence the development of psycho pathology. Spiritual and religious experiences can be associated with psychopathology in clinical situations, involving demonic possession, obsessive thoughts about sin, or involvement in new religious movements and cults. Common spiritual problems may be related to visionary experiences, possession experiences, and meditation and spiritual practice-related

experiences. Mystical experiences may include timelessness, spacelessness, loss of self, visions, voices, telepathy, contact with the dead, etc and may be mistaken for psychotic experiences. It is therefore important to keep these in mind for a better understanding of the patient.

➤ **Relation between spirituality & mental health.**

Spirituality can also help people deal with mental distress or mental illness. Spirituality can bring a feeling of being connected to something bigger than yourself and it can provide a way of coping in addition to your own mental resilience. It can help people make sense of what they are experiencing. Having a spiritual life can give people strength and improve their well-being. But some people's experiences of spirituality may be damaging to their mental health. They may find certain belief systems repressive and their followers judgmental.

➤ **The Benefits of Mental Health by Spirituality**

Religion and spirituality are both rooted in trying to understand the meaning of life and, in some cases, how a relationship with a higher power may influence that meaning. While religion and spirituality are similar in foundation, they are very different in practice.

Religion is an organized, community-based system of beliefs, while spirituality resides within the individual and what they personally believe. "The idea of religion and spirituality is like a rectangle versus a square. Within religion there is spirituality, but if you have spirituality, it doesn't necessarily mean you have religion," says someone who practices both religion and spirituality.

➤ **Education and research**

There is evidence that people who belong to a faith community, or who hold religious or spiritual beliefs, have better mental health. So, the relevance of spirituality is now being recognized in courses for mental health care students and practitioners.

➤ **Conclusion:**

From the above discussion, it is evident that advancement of science and technology could not hinder the importance of spirituality. In India healing practice for various mental and physical disorders was emerged from religiosity and spirituality. Under the British rule it was merged with western method of healing, after the independence under the influence of rapid advancement, the component of spirituality was seemed to ignore. But now from a decade, it is coming back to its roots after synthesis with western psychotherapy and in its modified form. The above mentioned various empirical research has been discussed the efficacy of spiritualism in psychiatric practice in holistic management of various disorder. But further the integration of spiritualism in psychiatric practice needs caution, in order to taking care the diversity of Indian culture.

➤ **Reference:**

1. Turbott J. Religion, spirituality and psychiatry: conceptual, cultural and personal challenges. Aust N Z J Psychiatry. 1996;30:720–27. [PubMed]
2. Lukoff D, Lu F, Turner R. Toward a more culturally sensitive DSM-IV. Psychoreligious and psychospiritual problems. J Nerv Ment Dis. 1992;180:673–82. [PubMed]
3. Anandarajah G. & Hight E. (2001) Spirituality and Medical Practice: using the HOPE questions as a practical tool for spiritual assessment. American Family Physician, 63, 81– 92.

## ROLE OF SPIRITUALITY IN HEALTH CARE (MENTAL HEALTH)

**Asst. Prof. Angad Jawale**

MIT S.D. B.Ed. College, Alandi, Pune

**Ms. Gaikwad Komal**

Sparkles International School, Pune.

**INTRODUCTION :** The word ‘adhyatma’ naming spirituality is derived from two words ‘adhi’ and ‘atman’. ‘Adhi’ means ‘pertaining to the topic’ and ‘atma’ means the ‘soul’. Therefore spirituality means pertaining of the soul. Spirituality thus deals with the nature of the soul and related to question such as who am I? In the past decade or so, researches across a range of disciplines have started to explore and acknowledge the positive contribution of spirituality which can make to mental health.

Services users and survivors have also identified the ways in which spiritual activity can contribute to mental health and well being, mental illness and recovery.

**Objectives :**

- To study the effect of spirituality on mental health.
- To deal with mental distress or mental illness.

**DEFINITION OF SPIRITUALITY :** Swinton recognizes that spirituality has broadened in meaning “a more diffuse human need that can be met quite apart from institutional religious structure“. He defines it as the outward expression of the inner working of the human spirit and his definition of spirituality is the one that will be used for the purpose of this report.

Some of the more common themes in the literature describe it using one or more of the following elements.

- a sense of purpose, a quest of wholeness , a search for hope or harmony
- a sense of connection – to self, others, nature, god or other.

**Spirituality and mental health :** In the past couple of decades, an holistic approach to understanding individuals has passed the way to research to explore spirituality as one dimension of the cognitive, emotional behaviour, interpersonal and psychological factors that make up a human being .

**Consequences of spiritual activity for mental health :**

For over a century, the benefits of spiritual activity for physical health have been recognized and documented. Almost rudimentary level, some kinds of spiritual activity seem to make you live longer. Here are some specific diagnosed mental health problems and the importance of spirituality in it.

**1. Spirituality and depression:** Depression is the most commonly experienced mental health problem characterized by number of symptoms like feelings of sadness or misery, unexplained tiredness and fatigue. Much of the research exploring the relationship between spirituality and mental health has focused on just a wishful thinking to fight with depression.

**2. Spirituality and anxiety:** Similar research has examined the relationship between spirituality and anxiety or stress. Symptoms activity can be emotional, intellectual, physical or social. One of the spiritual activity that is commonly measured in such situations are yoga and meditations associated with improvements in mental health and reductions in anxiety.

**3. Spirituality and PTSD:** Post – traumatic Stress Disorder (PTSD) is a delayed reaction to an abnormal, traumatic life experience such as natural disaster, terrorism and psychological abuse. One spiritual pathway that has been shown to reduce stress and related symptoms of PTSD are meditation on one word or phrase with spiritual significance (sometimes called mantra).

**Conclusion :** The study starts to sketch out a picture of the ways in which spirituality may affect mental health. Overall, however, the general consensus in the literature seems to be one of cautious optimism about the role of spirituality can play in promoting and maintaining good mental health by which a colorful picture of that relationship may be created.

**References :** <https://www.mental health.org.uk> shodhganga.inflibnet.ac.in  
<https://cdn.neoscriber.org>

## **SPIRITUALITY AND MENTAL HEALTH**

**Dr. Bharti Sukhram Lacchore**

Suyash college of Education, Dighori, Nagpur.

---

**INTRODUCTION:** Spirituality is often seen as broader than religion. Some spiritual beliefs are particular to an individual, whereas the beliefs attached to a religion are shared by large groups of people who follow established teaching. Spirituality can play an important role in helping people maintain good mental health and live with or recover from mental health problems. Spirituality can help people maintain good mental health. It can help them cope with everyday stress and can keep them grounded. Tolerant and inclusive spiritual communities can provide valuable support and friendship. There is some evidence of links between spirituality and improvements in people's mental health, although researchers do not know exactly how this works. Having a spiritual life can give people strength and improve their well-being. But some people's experiences of spirituality may be damaging to their mental health. They may find certain belief systems repressive and their followers judgmental.

**SPIRITUALITY:** Spirituality is a word used in an abundance of contexts that means different things for different people at different times in different cultures. Although expressed through religions, art, nature and the built environment for centuries, recent expressions of spirituality have become more varied and diffuse. This is reflected in the range of vocabulary used to describe spirituality. Some of the more common themes in the literature describe it using one or more of the following elements: a sense of purpose a sense of 'connectedness' – to self, others, nature, 'God' or Other a quest for wholeness a search for hope or harmony a belief in a higher being or beings some level of transcendence, or the sense that there is more to life than the material or practical, and those activities that give meaning and value to people's lives.

**SPIRITUALITY AND MENTAL HEALTH:** In the past couple of decades, a holistic approach to understanding individuals has paved the way for research to explore spirituality as one dimension of the cognitive, emotional, behavioral, interpersonal and psychological facets that make up a human being. Although a connection between spirituality and mental health has been recognized in Eastern ideologies (such as Buddhism) for many centuries. Interest in the relationship between spirituality and mental health is being explored in a number of ways. The connections between various elements of these two areas of human existence; service users and survivors as well as those in various faith communities are also adding their voices to the evidence base and identifying the ways in which spirituality can contribute to mental health and wellbeing, mental illness and recovery. Spirituality is an intra-, inter- and trans-personal experience that is shaped and directed by the experiences of individuals and of the communities in which they live out their lives. In other words there are internal, group, community and transcendent elements to spirituality. Thus, its interaction with a person's mental health is likely to be complex, interactive and dynamic.

**MENTAL HEALTH BENEFITS OF SPIRITUALITY:** Spirituality is a sense of connection to something bigger than our selves - it helps a person look within and understand themselves while also figuring out the greater answer of how they fit in to the rest of the world. In other words; it helps people understand *their interpretation* of the meaning of life.

Spirituality also incorporates healthy practices for the mind and body, which positively influences mental health and emotional wellbeing. Here are some of those benefits -

### **A. INDIVIDUALITY**

1. Enhances a person's sense of self and empowerment through the choice to decide what their

practice looks like.

2. Focuses on an individual's connection to what they believe in and their own personal growth.
3. Accepts *any* person, whether they are part of a religion or not.

#### **B. MINDFULNESS**

1. Encourages meditation and self-reflection.
2. Leads to a meaningful life philosophy (i.e. feeling connected to others, nature or art).
3. Prompts expression in any form such as art, poetry, myth or religious practice.

#### **C. UNITY WITH SURROUNDINGS**

1. Renews a sense of belonging in the world.
2. Inspires appreciation and awareness of a person's interaction with the physical environment.

#### **• CONCLUSION**

These mental health benefits are not limited to their respective categories - individuality isn't exclusive to religion, just like spirituality can include a sense of community in some instances. The takeaway is that; if presented in a supportive way, spirituality can help people improve their mental health and promote recovery.

Spirituality can also help people deal with mental distress or mental illness. Spirituality can bring a feeling of being connected to something bigger than yourself and it can provide a way of coping in addition to your own mental resilience. It can help people make sense of what they are experiencing.

## SPIRITUALITY AND HEALTHCARE ( MENTAL HEALTH )

Prof. Shekhar Kshirsagar  
MIT Saint Dnyaneshwar B.Ed. College, Pune

Mrs. Kasturi Sagar Sanagare

**Introduction: You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.” Swami Vivekananda**

Students will be aware that spirituality, and cultural beliefs and practices, are important elements of the health and well-being of many patients. They will be aware of the need to incorporate awareness of spirituality, and culture beliefs and practices, into the care of patients in a variety of clinical contexts.

**Objective:** The spiritual dimension can be the cause of up to 80% of our problems in life. This is a statistic that has been substantiated in our research of the spiritual dimension since 1985, and study of the contributing factors for problems in life. To educate society on the spiritual dimension and how it affects our lives. Spirituality is tool for people to:

1. Understand and experience the spiritual dimension. 2. Understand and overcome problems where the cause is spiritual in nature. 3. Achieve everlasting happiness.

**Need Of Study:** The health of any one of these elements seems to affect the others. Some research shows a connection between your beliefs and your sense of well being. Positive beliefs, comfort, and strength gained from religion, meditation, and prayer can contribute to well being. However, it seems the body, mind, and spirit are connected. It also may prevent some health problems and help you cope better with illness, stress, or death.

**Importance of search:** The technological advances of the past century tended to change the focus of medicine from a caring, service oriented model to a technological, cure-oriented model. Technology has led to phenomenal advances in medicine and has given us the ability to prolong life. However, in the past few decades physicians have attempted to balance their care by reclaiming medicine & more spiritual roots, recognizing that until modern times spirituality was often linked with health care. Spiritual or compassionate care involves serving the whole person—the physical, emotional, social, and spiritual. Such service is inherently a spiritual activity. This suggests that spirituality may be an important clinical target. Spiritual commitment tends to enhance recovery from illness and surgery. For example, a study of heart transplant patients showed that those who participated in religious activities and said their beliefs were important complied better with follow-up treatment, had improved physical functioning at the 12-month follow-up visit, had higher levels of self-esteem, and had less anxiety and fewer health worries. In general, people who don't worry as much tend to have better health outcomes. Maybe spirituality enables people to worry less, to let go and live in the present moment.

**Advantages of Spiritual Study :** Reaching Spiritual Wellness. It is important for everyone to explore what they believe is their own sense of meaning and purpose.

**Spirituality and Physical Health :** Studies show that religion and faith can help to promote good health and fight disease by: offering additional social supports, such as religious outreach groups, improving coping



skills through prayer and a philosophy that all things have a purpose.

### **Health Benefits of Spirituality**

**Quell Stress :** Stress can be caused by a number of different things—divorce, job loss and the pressures of work and daily life. Some stress is normal, but excess stress can be debilitating. Practicing spirituality is a productive way to reduce stress levels and focus your energy on something positive.

**Reduce depression:** Depression, a mood disorder that causes persistent feelings of sadness, guilt and hopelessness, can interfere with daily life. Depression can be treated with medication and talk therapy, but some studies suggest spirituality, namely mindfulness meditation, prayer and yoga, can also alleviate the effects of depression.

**Meditation:** Meditation can be practiced a number of ways, but evidence suggests mindfulness meditation, a type of meditation that focuses on awareness and acceptance of the present moment, is effective. Yoga, a series of movements and breathing exercises that promote calmness and flexibility, can also reduce symptoms of depression.

**Live Longer:** Studies suggest that people who attend church services or participate in religious activity have a lower mortality rate than those who don't. One study of 74,534 female participants suggests those who attended services at least once a week had a 33 percent lower risk of death during the study, and lower risks of cardiovascular- and cancer-related death, specifically.

**Lower Blood Pressure:** Some studies suggest people who are more religious or spiritual have lower blood pressure than those who aren't. High blood pressure and stress are linked; a flood of stress hormones increases heart rate and narrows blood vessels, thereby increasing blood pressure. Reducing stress levels through spiritual practice can, in turn, lower blood pressure.

**Improve Social Connections:** Relationships and social connections are more important to our health than we may think. Few social connections may even be linked to a higher risk of conditions like cancer and cardiovascular disease—but spirituality could be the fix.

**Conclusion:-** The purpose of spiritual education is to fulfill the divine potential of children and to prepare them for life by giving them the tools they need to keep on learning through their experiences

### **References :**

<https://www.bmj.com/content/355/bmj.i5705/rr-11>

<https://www.sharecare.com/health/wellness-healthy-living/article/health-benefits-of-spirituality>

<https://www.spiritualresearchfoundation.org/about-us/methodology-of-research/spiritual-research-objectives/>

[http://www.bravewell.org/integrative\\_medicine/philosophical\\_foundation/spirituality\\_and\\_healthcare/](http://www.bravewell.org/integrative_medicine/philosophical_foundation/spirituality_and_healthcare/)

---

## PRACTICING SPIRITUALITY THROUGH CREATIVITY

**Dr. Ritesh R. Chimote**

Suyash college of Education, Dighori, Nagpur.

---

### • INTRODUCTION

We all have the gift of creativity. When you let go of the illusion of control and open to learning, your unique gifts of creativity will flow through you. Creativity opens you to Spirit, and Spirit brings you the gift of creativity - a beautiful circle of joy!

So, how can you prepare yourself to function at the highest level of creativity? In any creative endeavor begin by asking, whole heartedly, for inspiration and insight. When you get stuck or frustrated, ask for help. As you near completion, ask for guidance. Who are you asking? If you believe in God, ask God. If you believe in a Great Spirit, a Divine Mother, or a Universal Mind, then ask the Spirit, Mother, or Mind. If you don't believe in any of that, then just ask for a creative source to guide you. Vincent van Gogh expressed this very well when he wrote, "I can very well do without God both in my life and in my painting, but I cannot, suffering as I am, do without something which is greater than I am, which my life, the power to create is."

### • ROLE OF TEACHERS FOR DEVELOPING SPIRITUALITY INTO THE STUDENTS

#### 1. Spirituality gives freedom, freedom gives creativity :

Thinking is the foundation of every word and action of ours Spirituality gives us freedom and powers to think positively choose our words and actions rightly, to CREATE pure thoughts and actions, realize our potentials and play our roles with full awareness. Creative role play enhances our effectively and gives inner satisfaction.

#### 2. Love fuels creativity :

Basic energy in creativity is love. Love can fuel creativity, love makes you want to express the emotions running through your life. For some time now we have been feeling that we want to express our love for god and humanity by creating ideas and words which come easily as they are the voices in heart which we want to shout out. Love creates divine thoughts.

#### 3. Expressing spirituality through art :

Many creative giants from Kabir Das to Rabindranath Tagore, Van Gogh, Leo Tolstoy, Emily Dickinson, and many more have expressed their spirituality through art and their art through spirituality. Every culture and tradition links creativity and spirituality. Music, dancing, singing, poetry, and painting are common ways to express our soul and our delight in being.

#### 4. We are actors creating thoughts and actions :

Creativity is not just for professionals and it's not limited to painting sculpting singing etc We're all artists, actors, dancers playing varied roles, we are all creative spirits in life. How well we act and dance in our roles depends on what thoughts we create. Those who say they are not creators show that they don't want to change their thoughts to create harmony and happiness in their

relationships.

**5. Being creative means looking for fun inside not outside :**

Creativity is fun and spirituality is boring is the common thinking of most humans. As a result most look for false creativity outside by partying, going to movies etc and when this becomes a routine then in the process they soon get bored of the outside fun with a feeling of not being satisfied internally as if something is missing. For this is not creativity but just looking for structured fun outside. Creativity is your own inside creation.

**6. Pains is a trigger for creativity :**

When one feels shattered through a difficult phase in life that is the time one starts remembering God. A void created has to be filled. You can pray and meditate but is that all. How should we use that divine power to enhance our life? Many iconic novels, songs, and inventions have been inspired by gut-wrenching pain and heartbreak. Therefore, the silver lining of these great challenges and Gods grace is that pain is a catalyst to creating master pieces.

**8. Enhance creativity through spirituality :**

Choose to respond creating pure positive thoughts, words and actions in varied situations in different ways so that you feel nice as well as make others feel nice Give love and acceptance. Live with the perception that life is a drama, you are an actor and creating distances or bonding is in your hands as you cannot change others. Create your happiness via writing, painting, singing, dancing any art, caring for the needy. Energy of love will flow. Create each moment as a loving human being.

• **KEY TO CREATIVE SPIRITUALITY**

The key to Creative Spirituality and bridging the seen and unseen realms of Creation is to understand the relationship of energy and consciousness. It is to understand the wave particle nature of energy and the way the mind of consciousness perceives a flow of energy to focus its attention and awareness to localize itself into a given form.

---

## SPIRITUAL INTELLIGENCE AND EDUCATION

**Dr. Vikas Raju Bhagwatkar**

Suyash college of Education, Dighori, Nagpur.

---

- **INTRODUCTION**

The Mind-Master Experience develops the full range of intelligence (IQ, EQ, and SQ), and brings to life fundamental human values that allow us to be our best self, be more effective and productive at work, and forge human connections that enrich our world.

**Spiritual intelligence** is a term used by some philosophers, psychologists, and developmental theorists to indicate spiritual parallels with IQ (Intelligence Quotient) and EQ (Emotional Quotient).

Howard Gardner, the originator of the theory of multiple intelligences, chose not to include spiritual intelligence amongst his "intelligences" due to the challenge of codifying quantifiable scientific criteria. Instead, Gardner suggested an "existential intelligence" as viable. However, contemporary researchers continue to explore the viability of Spiritual Intelligence (often abbreviated as "SQ") and to create tools for measuring and developing it. So far, measurement of spiritual intelligence has tended to rely on self-assessment instruments, which some claim can be susceptible to false reporting.

Variations of spiritual intelligence are sometimes used in corporate settings, as a means of motivating employees. And providing a non-religious, diversity-sensitive framework for addressing issues of values in the workplace. "Spiritual intelligence is the central and most fundamental of all the intelligences, because it becomes the source of guidance for the others."

- **FOUR CORE ABILITIES OF SPIRITUAL INTELLIGENCE**

1. **Critical Existential Thinking** : The capacity to critically contemplate the nature of existence, reality, the universe, space, time, and other existential/metaphysical issues; also the capacity to contemplate non-existential issues in relation to one's existence (i.e., from an existential perspective).
2. **Personal Meaning Production** : The ability to derive personal meaning and purpose from all physical and mental experiences, including the capacity to create and master a life purpose.
3. **Transcendental Awareness** : The capacity to identify transcendent dimensions/patterns of the self (i.e., a transpersonal or transcendent self), of others, and of the physical world (e.g., non-materialism) during normal states of consciousness, accompanied by the capacity to identify their relationship to one's self and to the physical.
4. **Conscious State Expansion** : The ability to enter and exit higher states of consciousness (e.g. pure consciousness, cosmic consciousness, unity, oneness) and other states of trance at one's own discretion (as in deep contemplation, meditation, prayer, etc.). Spiritual intelligence as "the capacity of an individual to possess a socially relevant purpose in life by understanding 'self' and having a high degree of conscience, compassion and commitment to human values.

- **THE FEATURES OF SPIRITUAL INTELLIGENCE**

**They determined the following features of SI as the definition of SI :**

1. **Self-awareness** : Who you really are and know about connecting with the whole universe.

2. **Led by vision and values** : Children naturally want to serve. Vision and values are definitive of our humanity.
3. **The ability to face and to use adversity** : Owning both our mistakes and adversity and using pain and tragedy with which to learn.
4. **Holistic** : Seeing the connections between things.
5. **Appreciation of diversity** : Thriving in the celebration of diversity.
6. **Field independent** : This indicates the courage to be independent.
7. The tendency to ask “why”? Questions are infinite, and may create reality.
8. **The ability to reframe** : Putting things into a larger context of meaning.
9. **Spontaneity** : This does not mean acting impulsively. Spontaneity comes from the same Latin roots as “response” and “responsibility”

- **THE ROLE OF SI IN EDUCATION**

Educational getting estimation can be considered as one of the most important educational evaluations. Continuous evaluation of the students’ educational achievement during their academic stage and analytical its efficient factors is one of the crucial and predictable bases of educational system improvement especially in the universities. It plays a prompting educational quality, and at last correcting and improving academic managers’ efficiency. Students’ academic performance in different fields, levels, and universities is educational factors. Determining appropriate criterions and factors is one of the potential research areas.

- **CONCLUSION**

Spiritual intelligence is ability in every human being which can be used for solving problems and deep understanding of issues which are related to life, values and education. There are some neurological processes in brain that leads to solving problem in human’s body. SI motivates individuals to find out relations and unification. It has different degrees in different people. Although there aren’t many direct premises to SI influence on education but many of psychologists and socio culturists indirectly support the impact of SI on learning.

## INNOVATION IN SPIRITUAL EDUCATION

**Dr.Ingole Keshav W. (Principal)**

Rashtramata College of Education, Loha Dist.Nanded

**Introduction:** Spiritual education is fundamentally about making meaning of life in all its dimensions. The dichotomy between modern education based on materialistic, behaviouristic tenets and spiritual education has been on the increase. The gap between the two has been ever widening with the result that nobody had the courage to speak in the public about education of spiritual values. Modern education has become a consistent response to the phenomenon of knowledge explosion educational achievement is measured wholly in terms of the content of knowledge acquired in the process of education. Because of this disciplines have found exorbitant development and student have become more preoccupied with responding to this greater knowledge explosion for this reason spiritual values have come to a stage where the name of god or religion cannot be mentioned in our school or college classroom.

**1.2 Meaning of Spiritual Education:** Spiritual education is based on universal spiritual laws. Such laws apply to every human being regardless of his or her place of birth culture and religious anyone with or without previous knowledge or training can enhance the quality of his or her or her life through spiritual wisdom. Spirituality is a broad concept with room for many perspectives in general it includes a séance of connection to something bigger than ourselves, and it typically involves a search for meaning in life, As such it is a universal human experience something that touches us all. The purpose of spiritual education is to fulfill the divine potential of children and to prepare them for life by giving them when we speak spiritual education.

**1.3 Definition of spiritual education:-** “As this spiritual inheritance is the product of mans creative activity, it is ever increasing and not only must education recognize and make provision at each stage for this enrichment of experience but it must also play its part in fostering this development – Rusk.

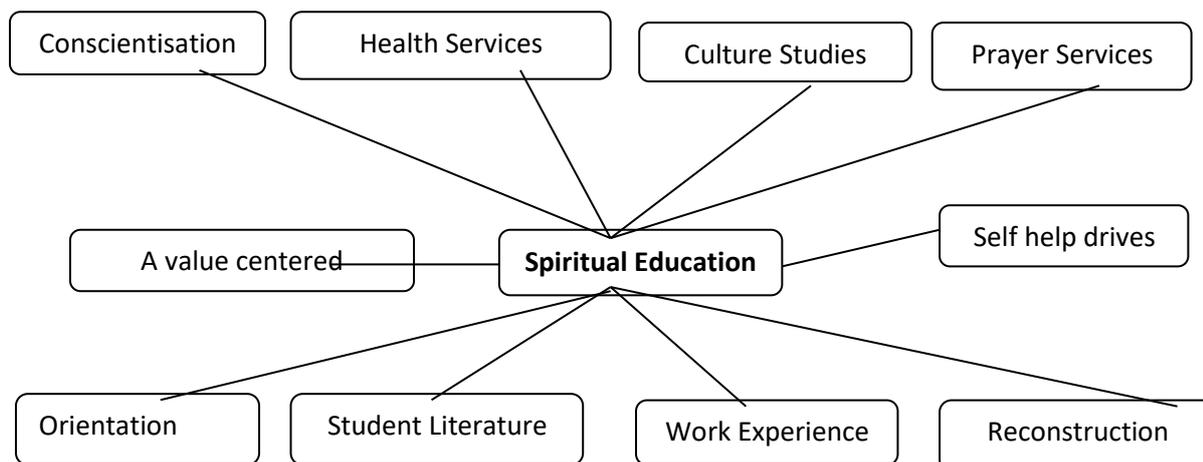
### 2. Need of Research:

- 1) Spiritual education improves the health and hormone with nature.
- 2) Spiritual education creates truth and wisdom as well as holistic thinking.
- 3) Spiritual education creates creativity, imagination and artistic expression of pupil
- 4) Adoption of spiritual values is essential to create peace and sastic in mind.
- 5) Spiritual values are support to pupil and teacher for ever all goal of life.

### 3. Objective of the Research:-

- 1) To find out the importance of spiritual education.
- 2) To improve love and compassion in mind of putril .
- 3) Spiritual education orientation is useful and helpful for global spirituality.
- 4) Spiritual education is important in sustainable human development.

### 3.1 Spiritual Education and Training:-



1. **Conscientisation** : Conscientisation is a principle method of synthesizing spiritual education with the stream of formal education. ways and means should be developed to provide spiritual education as a part of the stream of formal, informal and non-formal education of these three areas informal education is naturally out of the control of education as taking place in the thousands of educational institution like the school, Colleges and varsities is the area which can be fully controlled and moved by the methods of providing education in spirituality and religion.
2. **A value centered syllabus** : A value centered syllabus is an effective method of promoting education for spiritual values, these spiritual values and principle can be made the objectives of several aspects of theoretical education. In other words it is concrete method of providing spiritual education through incorporahng such values right on the syllabus.
3. **Orientation Program**: Orientation programme constitute another method providing education in spiritual principals very often it becomes difficult to incorporate spiritual value in to the syllabi of regular academic course. In such cases the school or the institution can arrange orientation programmers on a regular basis.
4. **Student Literature**: Student literature is another method of inculcating in the student community values pertaining to spiritual life. Reading material of a specific kind can be prepared that will embody the spiritual values that we wish to communicate to children. These materials can be in the form of text – books, pamphlets of booklets which student can handle in convenient manner.
5. **Work experience** : Work experience constitute another method for developing spiritual value in student work experiences have become an accepted mode of correlated activity and provisions of related experiences to make education of create activity.
6. **Society reconstruction program** : We are part of society, Society impact on the individual many activities are made common in each and every society. Society reconstruction programme it means in many common and social activities spiritual values are discussing but no one like to entered in focus in this programme student, women's and oldagers are include and raise the questions of day to day life and senior citizens satisfies them through saying importance of spiritual value and life experiences.
7. **Self help drives**: Self help drives can be thought of as a method through which the spiritual values can be developed in the student. Spiritual values of several kinds will be attached to these attempts to transform their personality in to one founded on a god centered spiritual life, These self help drives need to be initiated at school and extended to the family.
8. **Prayer services**: Prayer services have a big role to play in developing spiritual value in studs, most students are bound to find prayer meeting very attractive and Stimulation and meaningful prayer is the best link between life and spirituality.
9. **Cultural studies**: Cultural studies of a particular kind can be helpful in developing spiritual value in student.
10. **Health service**: Sound mind in sound body, Health services can be a method of developing spirituality in student importance of health and good mental health create by spiritual values only.

**Conclusion:** Spiritual education is most important from childhood spiritual values increase the dignity of student orientation programmers is helpful in spiritual education. Spiritual value based syllabi improve the spiritual value of student. Society is playing important role in spiritual education. Reconstruction of society is must for spiritual education students conscientisation is important outcome of spiritual education. Work experiences and student literature is also important for spiritual education self help drives prayer services are essential for it.

#### References:-

1. Educational philosophy and educational sociology ( 2003) - M.B. Kundle
2. Gandhian Education (1997) - Joseph C.Mukaled
3. Muley Shikshan susanwad (2005) – Dr.Santosh Mulavkar

---

## THE NEED TO INCLUDE SPIRITUALITY, YOGA IN EDUCATION

**Mr. Vikas S. Tupsundar**  
MIT SD B.Ed. College- Alandi-Pune

**Komal Vadnere**  
MIT SD B.Ed College Alandi,Pune

---

*A true scientists of spirituality will says,*

*“Donot even believe the words of the Saints or Masters unless you see for yourself, seeing is above all”. ( HH Saint Rajinder singh )*

**Introduction:** We are witness to a critical battle between the best and worst possibilities. When forces of unity and harmony can triumph, and science and technology can be used to end poverty and deprivation, precisely at that time, the forces of violence and impulses of baser human nature are pressing forward on a global scale. If we want to build anew and make the world a safer place for future generations, we must attempt raise the individual’s moral stature by forming an inclusive approach to education. Our teachings need turn to the dimensions of values, will power and cultural, ethical and spiritual potentialities.

Spirituality gives inner strength to manage difficult situations and to keep smiling. Being established in the Self, your inner peace spreads outward, and makes you a more responsible human being full of caring, sharing and love. The practice of yoga and meditation prove to be a powerful combination and many enthusiasts like to round their yoga routine with a meditation. When the wobbling body becomes steadier and the disturbed mind becomes calmer, meditation can provide a deep sense of relaxation.

### **Objective:**

1. To study the need of spirituality and yoga in education

Spirituality in education refers to no more and no less than a deep connection between student, teacher, and subjecta connection so honest, vital, and vibrant that it cannot help but be intensely relevant. Nourishment of this spark in the classroom allows it to flourish in the world, in the arenas of politics, medicine, engineering wherever our students go after graduation.

Mental health has two dimensions—absence of mental illness and presence of a well-adjusted personality that contributes effectively to the life of the community. Ability to take responsibility for one’s own actions, flexibility, high frustration tolerance, acceptance of uncertainty, involvement in activities of social interest, courage to take risks, serenity to accept the things which we cannot change, courage to change the things which we can change, the wisdom to know the difference between the above, acceptance of handicaps, tempered self-control, harmonious relationships to self, others, including Nature and God, are the essential features of mental health. Spirituality is an important aspect of mental health.

Lack of spirituality can interfere with interpersonal relationships, which can contribute to the genesis of psychiatric disturbance. Psychiatric symptoms can have a religious content. For example, the loss of interest in religious activities is a common symptom of depression.

Spirituality is a globally acknowledged concept. It involves belief and obedience to an all-powerful force usually called God, who controls the universe and the destiny of man. It involves the ways in which people fulfill what they hold to be the purpose of their lives, a search for the meaning of life and a sense of connectedness to the universe.

The universality of spirituality extends across creed and culture. At the same time, spirituality is very much personal and unique to each person. It is a sacred realm of human experience. Spirituality

produces in man qualities such as love, honesty, patience, tolerance, compassion, a sense of detachment, faith, and hope. Of late, there are some reports which suggest that some areas of the brain, mainly the non-dominant one, are involved in the appreciation and fulfillment of spiritual values and experiences.

Spirituality gives inner strength to manage difficult situations and to keep smiling. Being established in the Self, your inner peace spreads outward, and makes you a more responsible human being full of caring, sharing and love.

Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to relised some benefits or as an end in its self.

The practice of yoga and meditation prove to be a powerful combination and many enthusiasts like to round their yoga routine with a meditation. When the wobbling body becomes steadier and the disturbed mind becomes calmer, meditation can provide a deep sense of relaxation.

### **Conclusion:**

1. Spirituality in the field of treatment and health, what is attractive at the global level is attention.
2. As a mature person with its own spirituality and able to implement all the aforementioned, has to become an existentially healing “instrument”.
3. To the balance, flexibility, alertness that we achieve on the yoga mat, reflects in our actions and attitude off the yoga mat too.
4. Learning to breathe through difficult postures can help you breathe through difficult times.
5. Stretching in the yoga poses to your limit without comparing with another, can lead to an attitude to do your best in a situation and let go. This attitude helps in overcoming stress.
6. Being physically flexible leads to mental flexibility. At the same time, being mentally flexible leads to physical flexibility.
7. Ability to take responsibility for one's own actions, flexibility, high frustration tolerance, acceptance of uncertainty, involvement in activities of social interest, courage to take risks.
8. Meditation brings a true personal transformation, improves the immune system and problem become smaller.

### **REFERENCES:**

1. Turbott J. Religion, spirituality and psychiatry: conceptual, cultural and personal challenges. *Aust N Z J Psychiatry*. 1996;30:720–27. [PubMed]
2. Lukoff D, Lu F, Turner R. Toward a more culturally sensitive DSM-IV. *Psychoreligious and psychospiritual problems*. *J NervMent Dis*. 1992;180:673–82. [PubMed]
3. Abraham J. Religion and Science series, No 1. Bangalore: Darmavaram Publications; 2004. The quest for the spiritual neurone.
4. Timble M. Soul in the brain: the cerebral basis of language,art and belief. *BJP*. 2008;193:175.
5. Saver JL, Rabin J. The neural subtraits of religious experience. *J Neuropsychiatry ClinNeurosci*. 1997;9:498–510. [PubMed]
6. Wills TA, Gibbons FX, Gerrard M, Murry VM, Brody GH. Family communication and religiosity related to substance abuse and sexual behaviour in early adolescence: a test for pathways through self control prototype perceptions. *Psychol Addict Behav*. 2003;17:312–23. [PubMed]

## **ROLE OF SPIRITUALITY IN HEALTH CARE (MENTAL HEALTH)**

Dr. Kailas S. Daundkar

Neha Vyas

Principal, Dr. M.A. Khan College of Education, Pune

---

**INTRODUCTION:** All along, the majority position of Psychiatry has been that Psychiatry has nothing to do with religion and spirituality. Religious beliefs and practices have long been thought to have a pathological basis, and psychiatrists over a century have understood them in this light. Religion was considered as a symptom of mental illness.

But recent research reports strongly suggest that to many patients, religion and spirituality are resources that help them to cope with the stresses in life, including those of their illness. Many psychiatrists now believe that religion and spirituality are important in the life of their patients. The importance of spirituality in mental health is now widely accepted.

- 1) As John Turbott puts it, rapprochement between religion and psychiatry is essential for psychiatric practice to be effective. The Royal College of Psychiatrists, London, has a special group on Psychiatry and Spirituality. The American College of Graduate Medical Education mandates in its special requirements for residency training in Psychiatry, that all programs must provide training in religious and spiritual factors that can influence mental health. The World Psychiatric Association recently established a section on psychiatry and religion.
- 2) Lukoff proposed that the diagnostic entities of religious and psychospiritual problems should be incorporated in DSM4 which has been accepted. DSM4, V 62.89 includes three categories—normal religious and spiritual experiences; religious and spiritual problems leading to mental disturbances; and mental disturbances with a religious and spiritual context. I understand that the Indian Psychiatric Society has formed a task force on spirituality and mental health which is urging the Medical Council of India to include taking the spiritual history as part of psychiatric evaluation. Even so the importance of religion and spirituality are not sufficiently recognized by the psychiatric community. Religion does not have a place in most of the psychiatry text books. Only very few psychiatrists make use of religion and spirituality in the therapeutic situation.

This paper makes an attempt to bring out the importance of spirituality in mental health.

### **WHAT IS SPIRITUALITY?**

Spirituality is a globally acknowledged concept. It involves belief and obedience to an all powerful force usually called God, who controls the universe and the destiny of man. It involves the ways in which people fulfil what they hold to be the purpose of their lives, a search for the meaning of life and a sense of connectedness to the universe. The universality of spirituality extends across creed and culture. At the same time, spirituality is very much personal and unique to each person. It is a sacred realm of human experience. Spirituality produces in man qualities such as love, honesty, patience, tolerance, compassion, a sense of detachment, faith, and hope. Of late, there are some reports which suggest that some areas of the brain, mainly the nondominant one, are involved in the appreciation and fulfilment of spiritual values and experiences.

### **SPIRITUALITY AND RELIGION**

Religion is institutionized spirituality. Thus, there are several religions having different sets of beliefs, traditions, and doctrines. They have different types of community-based worship programs. Spirituality is the common factor in all these religions. It is possible that religions can lose their spirituality when they become institutions of oppression instead of agents of goodwill, peace and harmony. They can become divisive instead of unifying. History will tell us that this had happened from time to time. It has been said that more blood has been shed in the cause of religion than any

other cause. The medieval holy wars of Europe; the religion-based terrorism and conflicts of modern times are examples. We must remember that the institutions of religion are supposed to help us to practice spirituality in our lives. They need periodical revivals to put spirituality in place.

### **SPIRITUAL DIMENSION IS IMPORTANT IN MENTAL HEALTH**

Mental health has two dimensions—absence of mental illness and presence of a well-adjusted personality that contributes effectively to the life of the community. Ability to take responsibility for one's own actions, flexibility, high frustration tolerance, acceptance of uncertainty, involvement in activities of social interest, courage to take risks, serenity to accept the things which we cannot change, courage to change the things which we can change, the wisdom to know the difference between the above, acceptance of handicaps, tempered self-control, harmonious relationships to self, others, including Nature and God, are the essential features of mental health. Spirituality is an important aspect of mental health.

- ⇒ St. Augustine prayed “O God, thou created us in thy image and our hearts will be restless until they find their rest in Thee.” Though
- ⇒ Sigmund Freud looked upon religion as an illusion and neurosis,
- ⇒ Carl Jung considered the psyche as a carrier of truth, powerfully rooted in the unconscious mind.

Religion is important, directly and indirectly, in the etiology, diagnosis, symptomatology, treatment and prognosis of psychiatric disturbances. Lack of spirituality can interfere with interpersonal relationships, which can contribute to the genesis of psychiatric disturbance. Psychiatric symptoms can have a religious content. For example, the loss of interest in religious activities is a common symptom of depression. Too much and distorted religious practices are common in schizophrenia. It is well recognized that some religious states and experiences are misdiagnosed as symptoms of psychiatric illness. Visions and possession states are examples. The spiritual background of the patient will help in the diagnosis of psychiatric disturbance. They are important in the treatment of psychiatric disturbance because spiritual matters can be profitably incorporated in psychotherapy. Spirituality is important in the prognosis of psychiatric conditions. In the spiritual perspective, a differentiation must be made between cure and healing. Cure is the removal of symptoms. Healing is the healing of the whole person. Adversity often produces maturity. Hence in psychotherapy, the patient must be helped to accept the handicap and transform the handicap to a life of usefulness.

### **SOME SIGNIFICANT CLINICAL AND RESEARCH FINDINGS**

Recent studies show that religious beliefs and practices are supportive to cope with stresses in life and are beneficial to mental health.

- Thomas Ashby Wills, Professor of Epidemiology and population health at Albert Einstein College of Medicine developed a scale that determines how important is religion to people. This was administered to 1182 children in New York. It was found that religiosity kept children from smoking, drinking and drug abuse by buffering the impact of life stresses.
- Gene H. Brody, a research professor of child and family development at the University of Georgia, Athens, found that parents who were more involved in church activities were more likely to have harmonious marital relationships and better parenting skills. That in turn enhanced children's competence, self-regulation, psychosocial adjustment and school performance.
- Miller et al made a 10-year follow up study on depressed mothers and their off springs and reported that maternal religiosity and mother-child concordance in religiosity were protective

against depression in the offspring. They also reported that low level of religiosity was associated with substance abuse in the offspring. J. Scott

- Tonigan, a research professor of psychiatry at the University of New Mexico, followed up 226 patients of alcohol dependence and reported that spirituality predicts behaviour such as honesty and responsibility which in turn promoted alcohol abstinence.

## WHAT CAN WE DO?

As pointed out earlier, spiritual values and religious practices are important in the lives of our patients. Many of their problems may centre round existential preoccupations. It is therefore important that we incorporate spirituality and religious practices in our treatment protocol. We must propagate the Bio-psycho-socio-spiritual model in our approach in psychiatry.

- Psychiatric history should be catered to the patients' spiritual orientation and religious practices.
- We should respect and support patients' religious beliefs if these help them to cope better or do not adversely affect their mental health.
- Partnership with the religious workers is an useful area.
- Praying with the patient is a controversial area. Many psychiatrists will argue that it is a dangerous ground upon which to tread. If at all it is done, it should be done only after a strong therapeutic relationship is established and only if the patient asks for it. Praying for the patient can be beneficial.
- Treatment. If spirituality is related to mental health and if religious beliefs and experiences are important in the life of the psychiatric patient, it is only natural that we should include religious concepts in psychotherapy.
- For example, some Christian, Gita, Buddhist and Quran passages can be profitably used to help the patient to cope with life situation. The spiritual concepts are incorporated in the treatment program of Alcoholic Anonymous.

## CONCLUSION

Intellectual, moral and pragmatic arguments all suggest that psychiatry should reconsider its attitude to religion and spirituality. There are many opportunities for research in the field. Psychiatry would benefit if the vocabulary and concepts of religion and spirituality were more familiar to trainees and practitioners. Patients would find better understanding from psychiatrists, and fruitful interdisciplinary dialogue about mutual issues of 'ultimate concern' might ensue.

## BIBLIOGRAPHY

1. Turbott J. Religion, spirituality and psychiatry: conceptual, cultural and personal challenges. Aust N Z J Psychiatry. 1996;30:720–27.
2. Lukoff D, Lu F, Turner R. Toward a more culturally sensitive DSM-IV. Psychoreligious and psychospiritual problems. J Nerv Ment Dis. 1992;180:673–82.
3. Abraham J. Religion and Science series, No 1. Bangalore: Darmavaram Publications; 2004. The quest for the spiritual neurone.
4. Timble M. Soul in the brain: the cerebral basis of language, art and belief. BJP. 2008;193:175.
5. Saver JL, Rabin J. The neural substrates of religious experience. J Neuropsychiatry Clin Neurosci. 1997;9:498–510.

---

## **EXPLOERATION OF STUDENTS AND TEACHERS SPIRITUAL UNDERSTANDING THROUGH TEACHING AND LEARNING**

Ms. Swapnja Bange  
The Little Millennium, School, Pune

---

**INTRODUCTION:** The meaning of spirituality has developed and expanded over time, and various connotations can be found alongside each other. Traditionally, spirituality referred to a religious process of re-formation which “aims to recover the original shape of God” as exemplified by the founders and sacred texts of the religions of the world. The term was used within early christianity to refer to a life oriented towards the holy spirit and broadened during late medieval times to include mental aspects of life. This perspective assumes that spirituality is essentially a self implicating discipline.

### **Objectives :**

- To explore students and teacher spirituality.
- To understand students and teachers spirituality through teaching and learning.

**DEFINITION OF SPIRITUALITY:** The search for spirituality, man’s connection to something beyond the temporal, sends him wandering down paths that offer unsatisfactory results. The Far East offers statues that contain hundreds of statues. Worshippers choose a statue that most resembles an ancestor and pray to it. A piece of stone or rock represents one’s personal and intimate relationship with the spiritual realm.

**WHAT IS TEACHING AND LEARNING:** Teaching and learning is a process that includes many variables. These variables interact as learners work towards their goals and incorporate new knowledge, behaviours, and skills that add to their range of learning experiences.

### **WHAT IS SPIRITUALITY:**

- \*It is a capacity of the heart to feel for others.
- \*This allows us to sense our collective humanity.
- \*Joins us at the root, allow us to rise above individuality, selfishness.
- \*Like other human capabilities, requires nurturing
- \*With growth spirituality can sense the presence of God.

### **EXPLORATION OF SPIRITUALITY THROUGH TEACHING AND LEARNING:**

Allowing students to participate in and practices their religious beliefs, as well as understanding and incorporating activities and lessons that allow for students to share and demonstrate their beliefs, creates an environment where students are able to work towards individual fulfillment of social needs.

**Conclusion:** There is no single teaching method that is suitable for all learners .All these teaching and learning methods are to be used interchangeably. It is advised that a teacher should use a variety of teaching and learning methods in a single period so as to provide a great variability of activities in the teaching and learning process.

## Spirituality with Creativity in Education

**Mr. Sandip Gadilkar**

MIT Saint Dnyaneshwar B.Ed. College, Alandi, Pune

**Mrs. Shreya Santosh Chavan**

Kidzee School, Dighi, Pune

---

**Introduction:** “Just as a candle cannot burn without fire, man cannot live without a spiritual life.” Said ‘Buddha’ “The best teachers are those who show you where to look, but don’t tell you what to see.” (Alexandra K.Trenfer) “Once you stop learning, you start dying.”(Albert Einstein)

**Objective :** Spirituality and religion  
Spirituality and education  
Spirituality through creativity

There is no connection between spirituality and religions as we know that our mind and soul has no religion. So management of schools and colleges are never ever do this kind of unfairness with student. In assembly all students come together for prayer this is shows spirituality without religion.

Spirituality makes education essay. How? In our educational society we can see spirituality in the manner meditation, yoga, prayer are very powerful and drastic way. Through this way teachers give their spiritual strength to students and help them to leave all bad thoughts out of their mind and make it clean to grasp and learn new things . Same as for teachers also, with the help of those activities teachers make their selves ready to mold the the students for new world.

In the spiritual life, imagination has two meanings. First, it is a human faculty – the part of us that traffics in images, symbols, myths and stories, It is the capacity we all have for innovative thinking and creative expression. Second, the imagination is an inner reality, a boundless realm not defended by our senses or reason that we know from our dreams and can enter via certain exercises while awake. This kind of practice of spirituality with different creativity is very useful for each and every person. It doesn’t matter that, from which field the person is belong to.

**Conclusion:** With the help of all research we can say, as in olden age in Gurukul Parampara they mold Ram, Arjun and many more legend and in this modern age we also can find legend through the spirituality and creativity in education. It is really very effective way to learn many thing and essay to understand the problems and feelings of others.

**Bibliography :** <https://wwwspiritualityandpractice.com/precticesalphabt/view/16/imagination>

## THE ROLE OF SPIRITUALITY IN HEALTHCARE (MENTAL HEALTH)

Mrs Sumita Bharat Dhimate

**Introduction:** Practicing spirituality means “adhyatma” inculcates spiritual mind and spiritual mind develops positive thoughts. Positive thoughts help you to maintain healthy body and mind, which helps to prolong your life to a greater extent.

**Objectives:** To find the role of spirituality in healthcare (mental health).

There is a philosophy that a human is made up of two parts- one being made of material nature called physical body and another of a non-material nature called the Soul.

**What is Soul?** The following Sanskrit sholka explains nature and qualities of the soul or spirit. | || - Bhagvat Gita, Ch 2, Verse 23 The soul can never be cut to pieces by any weapon, nor burned by fire, nor moistened by water, nor withered by the wind. From the word spirit (soul) comes the word spirituality which means the state, quality, manner or fact of being spiritual. Spirituality in Sanskrit is called “adhyatma”.

**What is Adhyatma?** The word “adhyatma” is derived from two words ‘adhi’ and ‘atman’ or ‘soul’ means atmana adhi. The another philosophy is that body and mind are inseparable, a sound mind in a sound body and vice-versa. So one will understand that health is ultimately links with “adhyatma” (spirituality) itself. We can speak of health in two levels –Arogya i.e. a state of diseaselessness and Svasthya i.e. a state of positive wellbeing . Arogya is an absence of the negative states of disease, and Svasthya is a positive resilience towards the negative states.

**What is Svasthya?** Being healthy is our natural state of being, NOT an achievement. But as per our ancient seers and systems of medicine, our natural state is not even arogya, but ‘svasthya’. Let us look at the definition of svasthya in Ayurveda: | || -Sushrut Sanhita, 5.38 The first half of the verse says that a state of balance among several factors- refers to the basic state of diseaselessness and also to positive resilience at a physical level.

**What is Health?** The World Health Organization (WHO) in 1948 defined health as a “state of complete physical, mental and social wellbeing and not merely the absence of disease. As we know there are two types of diseases- communicable and non-communicable disease.

**The Role of Spirituality in Health Care (Mental Health)** With regard to mental unrest or mental health, spirituality helps to boost positive emotions and help neutralize negative emotions. Practicing Adhyatma inculcates spiritual mind, and spiritual mind develops positive thoughts. Positive thoughts help in maintaining body metabolism to the required healthy level. In turn it gives ‘svasthya’ and ‘arogya’. Spirituality reduces stress and anxiety. It helps to improve reasoning ability.

**Conclusion:** Being spiritual in life helps in having positive thoughts and an overall positive outlook of life. These positive thoughts eradicate negative thoughts and make us healthy physically and mentally. Healthy mind resides in a healthy body and vice versa.

**Bibliography:** Bhagvatgita [https:// www.speakingtree.in](https://www.speakingtree.in) <https://en.m.wikipedia.org>

---

## Spiritual intelligence in Indian Education

Paromita Dey

Dr.Marteophilus school Dhanori, Pune

---

**Introduction :** “ Knowledge without spirit is like finding yourself on a cold night with all the wood in the world and no flame to ignite it” Guy Finley We all are creatures of god and every individual identity has its own uniqueness. To identify that uniqueness self-realization, Self-awareness i.e. who am I? Is an important aspect. This question connects our mind with our soul. Through each and every experience in our daily life we gain knowledge. Based on this knowledge how we react in crucial moment that courage and determination, to survive in critical situation is called spiritual intelligence. In our society Spiritual intelligence (SI) based on 1) Physical Spirituality, (2) Intellectual Spirituality, (3) Psychological Spirituality, (4) Social Spirituality, (5) Emotional Spirituality, (6) Ethical etc. Intelligence” is defined “as the ability to apply and embody spiritual resources and qualities to enhance daily functioning and wellbeing”.

**Objectives:** To understand the presence of spiritual intelligence in our education system.

- Spiritual intelligence is not a religion, religious, not a philosophy, it is the power behind creativity

**Importance of Spiritual Intelligence in our Education system:** Spiritual intelligence is consisted of two words-spiritual and intelligence. The word spiritual derived from Latin word spirits, which means —that gives life or vitality to a system. (Zohar, 1997). Collins Dictionary (2009) defines —Intelligence is the ability to think, reason, and understand instead of doing things automatically or by instinct. In today’s era we all are running behind numbers, data, figures etc. Somehow we have misunderstood academics to be education. For example: we as a teacher we force or teach children to memorize history but don’t train them to create history. Spirituality exist wherever we struggle with the issues how our lives fit into the greater scheme things. We don’t have time to do self-realisation that am I born to do that? Or do I fit in that environment? We never try to judge ourselves using kinaesthetic skills or linguistic skill. We are running behind perfection.

- It also helps in developing their psychological strength to face adversities.
- A spiritually intelligent student will always feel confident and independent.

**Conclusion:** Graduating from intellectual inputs to emotional intelligence and further to social and spiritual consciousness. Such an education system can connect us better with ourselves, understanding the totality of the cosmos around and within us, observing events and relating them in proper perspective and to grow as a complete person. Today science and technology have reached the pinnacle of glory. The main purpose of the education is to improve the quality of life not as an individual but think about society. Soulful education provides opportunities for students to be more creative, imaginative, decision making. Spiritual path focusing on values, consciousness needs to be road mapped for reaching the goal of an ideal education system for transferring knowledge and wisdom across generations.

### Bibliography:

<https://www.greatlakes.edu.in>

Bijlani, R. (2014): —A Spiritually Instructive Film Dialogue The Times of India, Patna, Wednesday

---

## Role of Spirituality in Health Care (Mental Health)

**Manju Tripathi**

**Sunita Rajan**

MIT S.D. B.Ed.College, Alandi (D), Pune

---

**Introduction:** Spirituality is now generally thought to be native to anyone whether they are religious or not. Spirituality is widespread and increasingly influential. The concepts related to spirituality are spiritual well-being – Sense of harmonious inner connectedness between self, others nature and an ultimate other that exists beyond space and time.

*“In any given moment, we have two options: to step forward into growth, or to step back into safety. Growth must be chosen again and again.”*

-----**Abraham Maslow**

Health and well-being and spiritual teaching have been closely bound since ancient times, when the roles of priest, teacher and physicians were performed by the same person and where spiritual and physical healing were administered under divine guidance. Most people of Indian origin tend to have strong religious affiliation. Traditionally, spirituality and religion are interconnected, religious scholars are known to take lead in inculcating education. In India knowledge such as Yoga, Ayurveda and Meditation are taught and practised to enhance the well-being of an individual as a whole. The practice of the above there is considered a sacred activity and an ultimate path to knowledge about life and death. (Chattopadhyay 2007)

A similar role was assigned to spiritual and religious learnings in western societies in the past. With advances in scientific knowledge around the 17<sup>th</sup> Century, Spirituality fell out of favour as it was considered “unscientific”. The arrival of the technological era and scientific medicine have resulted in the ancient ties between medicine, healing and spirituality being almost forgotten (Rosner, 2001), (Suheurich, 2003). This led to a division of roles between spiritual teachings for enriching the souls, physicians for healing the body and academicians to nurture the brain.

### **Objective/Purpose:**

Coping – Patients who are spiritual may utilize their beliefs in coping with illness, pain and life stresses.

Compassionate Care – Helping patients find meaning in their suffering and addressing their spirituality.

Recovery – Spiritual commitment tends to enhance recovery from illness and surgery, For Example: A study of heart transplant patients showed that those who participated in religious activities and said their beliefs are important complied better with follow-up treatment, had improved physical functions.

**Need & Importance of Study:** Spirituality is a globally acknowledged concepts. It involves belief and obedience to an all-powerful force usually called God, who controls the universe and the destiny of man. Religion is institutionalized spirituality. Thus, there are several religions having different sets of beliefs, traditions and doctrines. They have different types of community – based worship

programs. Spirituality is the common factor in all the religions. Spiritual Dimension is important in Mental Health.

Mental Health has two dimensions – absence of mental illness and presence of a well-adjusted personality that contributes effectively to the life of the community. Ability to take responsibility for one's own actions, flexibility, high frustration tolerance, acceptance of uncertainty, and involvement in activities of social interest, courage to take risks, serenity to accept the things which we cannot change, courage to change things which we can change, the wisdom to know the difference between the above, acceptance of handicaps, tempered self-control, harmonious relationships to self, others including Nature and God, are the essential features of Mental Health. Spirituality is an important aspect of Mental Health.

Spirituality in recent times has been entertained as a major factor determining the course of mental health and illness; it drew the attention of mental health clinicians and researchers to find temporal relationship with mental illness and psychological well-being. Many authentic literature came up with the view that positive spirituality does have some potentialities to enhance as well as protect the positive mental health and psychological well-being of people. Spirituality can also lower the distress level and increase the positive coping ability of people. Many Western medical universities have included spirituality in their training programs (Fortin, AH, 2004). Inculcating spirituality in education, however, can be challenging as it is inherently difficult to teach and assess spirituality because it is a personal quest which students pursue at different speeds. Spirituality produces in man qualities such as love, honesty, patience, tolerance, compassion, a sense of detachment, faith and hope. Of late, there are some reports which suggest that some areas of the brain, mainly the nondominant one are, involved in the appreciation and fulfilment of spiritual values and experiences. (J., 2004), **Conclusion:** “The World Health Organization (WHO) has now recognised, Spirituality as an important factor influencing health. Its definition of health is, “.....Spiritual and social well-being and not merely the absence of disease or infirmity”. The addition of spirituality to his definition a decade ago high lights the importance of this dimension of personal care and well-being. (Brunt PW, 2005) Spirituality is a concept that evades simplistic definition, categorisation or measurement and yet it affects the social, emotional, psychological and intellectual dimensions of our lives. Yoga and transcendental meditation may help patients to improve their mental illness and improve their own well-being.

Spirituality can also help people deal with mental distress or mental illness. Spirituality can bring a feeling of being connected to something bigger than yourself and it can provide a way of coping in addition to your own mental resilience.

#### **References:**

[www.ncbi.nlm.nih.gov>articles](http://www.ncbi.nlm.nih.gov>articles)

[www.mentalhealth.org.uk>a-to-z](http://www.mentalhealth.org.uk>a-to-z)

---

## Spirituality and Buddhism

Mrs. Amruta Sagar Dhaware

MIT S.D. B.Ed. College, Alandi(D),Pune

---

### INTRODUCTION:

**Buddha was asked, “What have you gained from meditation?”**

**He replied, “Nothing! However.**

**Buddha said; let me tell you what I have lost: Anger, Anxiety, Depression, Insecurity, Fear of Old age and Death.”**

Spirituality receives much attention in the West in recent few years because of its relationship to health, both physical and mental, of human being. But now in India also it has taken a drastic turn about the thinking of spirituality. Recently spirituality, religion, and person beliefs are regarded as important components of quality of life. The relationship between spirituality and health is thought the mind, body, spirit intervention

The concept of holistic health is well fit into the practice of Buddhism, which aim at purification of mind, speech and body. Mindfulness is one form of intervention from Buddhist origin that receives much attention in the West recently. This kind of intervention is found to have lot of influence on mind, body, spirit of human being. The relationship between Spirituality and Buddhism and its significant in health issue will be explored in detail. Further perspective is a great area for research.

The basic tenets of Buddhist teaching are straightforward and practical: nothing is fixed or permanent; actions have consequences; change is possible. Thus Buddhism addresses itself to all people irrespective of race, nationality, or gender. Buddhist practices such as meditation are means of changing oneself in order to develop the qualities of awareness, kindness, and wisdom. Mindfulness is one form of intervention from Buddhist origin that receives much attention in the West and in east also recently.

**OBJECTIVE:** To find the relationship between Spirituality, Buddhism and its significant in health issue.

In general, to be "spiritual", there are four interrelated factors.

- (1) A relationship with the transcendent, generally seen as both existing and related to spiritual field. This relationship is focused on trust, surrender.
- (2) A practice, either regular intervention or some type of prayer (but not prayer where the goal is to ask for particular products or the train to come quicker).
- (3) A physical practice to transform or harmonize the body – by yoga, tai chi (internal Chinese martial art practiced for both its defense training and its health benefits), chi kung ( chi kung is a holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes ) and other similar practices.

**DEFINITION OF SPIRITUALITY:** Achieving what could be considered a comprehensive definition of spirituality has proved difficult for most if not all, but is of utmost importance especially in research area. Actually the word spirituality is not bound by a common set of defining characteristics: it can mean different things to different people.

The term spirituality has had a long and diverse character. Spirituality is derived from the Latin word spiritus, spirit, the essential part of the person , which ‘controls the mind and the mind controls the body’. Spirituality is defined as the “human quest for personal meaning and mutually fulfilling

relationships among people, the nonhuman environment". spirituality is defined as an individual's unique spiritual "style" – the way he or she seeks, finds, or creates; uses; and expands personal meaning in the context of the entire universe.

**SPIRITUALITY AND HEALTH:** The World Health Organization (1948) defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Health is powerfully influenced by cultural, social, and philosophical factors, including the existence of meaning and purpose in life and the quality of intimate personal relationships. Recently the WHOQOL SRPB Group (2005) has present a paper reports on an international study in 18 countries to observe how spirituality, religion and personal beliefs (SRPB) relate to quality of life (QoL). Spirituality encompasses physical, psychological and social components. The concept of holistic health is being in tune with this vital, unifying force of the spiritual dimension. Actually there is lack of distinction between a spiritualized medicine and a medicalized spirituality. In some parts of the United States, the proportion reaches between 33 percent and 50 percent, according to some surveys, especially among African Americans, women, and the elderly. Furthermore, a surprisingly large number of patients would like their physicians to address religious or spiritual issues in the context of medical visits. Recent studies have showed that spirituality is related to mental health and physical health in general Spirituality has been found to be an important and unique component in patients' ability to cope with serious and chronic illnesses Data suggest that spirituality may be protective against physical and psychological illness as well as important tools for coping with life stressors. Attention to spirituality may improve the overall health of those in need of care, regardless of their physical condition. This meaning has strong roots in the Eastern idea that "mind" can gain control over the body. The opening lines of the Dhammapada (The book which says about spiritual path to supreme truth),

These words, which are were spoken by Gotama Buddha 2500 years ago. They illustrate the central theme of Buddhist teaching, the human mind. **Buddha says that," mind and body are interdependent"**. The way of practice of Buddhism is in line with the definition of Mind body therapy. One of the characteristic of Buddha teaching is that he said relatively little about Nibbana (the ultimate tate of enlightenment) In Buddhism, in order to attain the state of enlightenment, one can practice according to the "Noble Eightfold Path". and those are:

- (1) "**Right Speech**" is speech that is not false, hurtful. (2) "**Right Action**" is refraining from harming living beings, from taking what is not given, and from sexual misconduct (3) "**Right Livelihood**" is livelihood not involving the infringement of Right Speech and Right Action (4) "**Right Effort**" consists of efforts to prevent the arising of greed, hatred and ignorance) and efforts to develop the arising of non-attachment, compassion, and wisdom) (5) "**Right Mindfulness**" is constant mindfulness, awareness, with reference to the mind, and to physical and mental processes (6) "**Right Concentration**" consists of the mind focusing (7) "**Right Understanding**" is gaining insight into the Four Noble Truths, 8) "**Right Thought**" involves having healthy intentions.

Meditation can help you train your mind in the same way exercise can train your body, mindfulness has been called "**the heart**" of Buddhist meditation .

**CONCLUSION** From the above its cleared that spirituality and Buddhism are almost same difficult to describe, not easy to quantify but does exist. And if this is taught to us from our school times itself, we all would definitely grow not only in our future but also would help us to be good human being, and it would help us in our whole life. Recently, increased attention has been given to meditative intervention to improve physical health, mental health and foster spiritual growth.

---

## ROLE OF SPIRITUALITY IN HEALTH CARE

**Dr. Khushal Munde**

**Mrs. Jyoti Tomar**

Prin. Shrinath B.Ed. College, Aunrangabad

Dr. V. Karad Vishwashanti Gurukul, Alandi

---

### Introduction: Origin of spirituality

For the belief in being able to contact the dead, see Spiritualism.

**Signs of spirituality were seen with the Neanderthals:** As human life began to evolve, we became more aware of the world around us, developing what we call “spirituality” today. We saw spirituality 300,000-27,000 years ago with the Neanderthals, who were known to bury the dead as opposed to leaving the body behind like earlier humans had. With the transition to Homo sapiens, we saw them not only bury the dead, but leave those dead with ornaments, furs and other important items with the body. The Homo Sapiens also displayed thoughts and ideas of the afterlife and a spirit world through art in cave paintings. While little is known about pre-historic or ancient spirituality, we can tell a lot through bones, artifacts and structures like Stonehenge.

The technological advances of the past century tended to change the focus of medicine from a caring, service oriented model to a technological, cure-oriented model. In the past few decades physicians have attempted to balance their care by reclaiming medicine's more spiritual roots, recognizing that until modern times spirituality was often linked with health care. Spiritual or compassionate care involves serving the whole person—the physical, emotional, social, and spiritual. Such service is inherently a spiritual activity. Rachel Naomi Remen, MD, who has developed Commonwealth retreats for people with cancer, described it well:

Serving patients may involve spending time with them, holding their hands, and talking about what is important to them. Patients value these experiences with their physicians. In this article, I discuss elements of compassionate care, review some research on the role of spirituality in health care, highlight advantages of understanding patients' spirituality, explain ways to practice spiritual care, and summarize some national efforts to incorporate spirituality into medicine.

- **Objectives of spirituality in health care**
  - To inculcate sense of stress free life without hardcore efforts and medication
  - To spread awareness of the importance of spirituality in living a peaceful life
  - To train people on the best ways of living a healthy life
- **Role of spirituality in health care**

A steadily building body of research shows that spiritual and religious practices support health. Empirical studies show relationships between measures of health and religious indices that include prayer, religious observance, and self-rated religiousness/spirituality.

1. **Compassionate care:** helping patients find meaning in their suffering and addressing their spirituality: The word *compassion* means “to suffer with.” Compassionate care calls physicians to walk with people in the midst of their pain, to be partners with patients rather than experts dictating information to them.

2.

### 2. Mortality

Some observational studies suggest that people who have regular spiritual practices tend to live longer

### 3. Coping

Patients who are spiritual may utilize their beliefs in coping with illness, pain, and life stresses. Some studies indicate that those who are spiritual tend to have a more positive outlook and a better quality of life.

### 4. Recovery

Spiritual commitment tends to enhance recovery from illness and surgery

In general, people who don't worry as much tend to have better health outcomes.

**5. Quell stress**

Stress can be caused by a number of different things—divorce, job loss and the pressures of work and daily life. Some stress is normal, but excess stress can be debilitating. Practicing spirituality is a productive way to reduce stress levels and focus your energy on something positive.

**6.Reduce depression**

Depression, a mood disorder that causes persistent feelings of sadness, guilt and hopelessness, can interfere with daily life. Depression can be treated with medication and talk therapy, but prayer and yoga, can also alleviate the effects of depression.

**7.Live longer**

Studies suggest that people who attend church services or participate in religious activity have a lower mortality rate than those who don't. One study of 74,534 female participants suggests those who attended services at least once a week had a 33 percent lower risk of death during the study

**8.Lower blood-pressure**

Some studies suggest people who are more religious or spiritual have lower blood pressure than those who aren't. Reducing stress levels through spiritual practice can, in turn, lower blood pressure.

**9.Improve social-connections**

Relationships and social connections are more important to our health than we may think. Few social connections may even be linked to a higher risk of conditions like cancer and cardiovascular disease—but spirituality could be the fix.

- Conclusion

With the increased awareness of spirituality in health life people will live a better life and with more of positive attitude.Negativity will reduce with increased spirituality in people.

- Bibliography and References

- 
1. Remen RN. Kitchen Table Wisdom: Stories That Heal. New York: Riverhead Books; 1997.
  2. Frankl VE. Man's Search for Meaning. New York: Simon and Schuster; 1984.
  3. Foglio JP, Brody H. Religion, faith, and family medicine. J Fam Pract. 1988;27:473–474. [PubMed]
  4. VandeCreek L, Nye C. Trying to live forever: correlates to the belief in life after death. Journal of Pastoral Care. 1994;48(3)
  5. Erikson E. Childhood in Society. New York: Norton; 1950.
  6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1305900/>
  7. <https://en.wikipedia.org/wiki/Spirituality>

## **Role of Spirituality in Health Care (Mental health)**

**Mr. Prabhudas Date**

Dnyandeep Vidhyapeeth, Pune

**Pratiksha Patil**

MIT S.D. B.Ed. College, Alandi(D), Pune

### **Introduction:-**

This paper examines the critical attitude of behavioral professionals toward spiritual phenomena, and the current growing openness toward a scientific study of spirituality and its effects on health. Health care professionals work amidst sickness and suffering, and become immersed in the struggles of suffering persons for meaning and spiritual direction. Biofeedback and neuron feedback training can facilitate relaxation, mental stillness, and the emergence of spiritual experiences. A growing body of empirical studies documents largely positive effects of religious involvement on health. The effects of religion and spirituality on health are diverse, ranging from such tangible and easily understood phenomena as a reduction of health-risk behaviors in physiology.

Some of the more common themes in the literature describe spirituality as using one or more of the following elements: Such as: = A sense of purpose. A sense of ‘connectedness’ – to self. To others, nature. For some it’s ‘God’. Other, a quest for wholeness. A search for hope or harmony, A belief in a higher being or beings, some level of transcendence. The sense that there is more to life than the material or practical. And those activities that gives meaning and value to people’s lives.

### **Definitions of spirituality:**

- Spirituality is a word used in an abundance of contexts that means different things for different people at different times in different cultures.
- Although expressed through religions, art, nature and the built environment for centuries, recent expressions of spirituality have become more varied and diffuse.
- This is reflected in the range of vocabulary used to describe spirituality.

In the past couple of decades, a holistic approach to understanding individuals has paved the way for research to explore spirituality as one dimension of the cognitive, emotional, behavioral, interpersonal and psychological facets that make up a human being. Although a connection between spirituality and mental health has been recognized in Eastern ideologies (such as Buddhism) for many centuries, the historical split between religion and science in the West has resulted in a relatively recent interest in the field in the world. This interest in the relationship between spirituality and mental health is being explored in a number of ways. Researchers in a range of disciplines, including psychology, psychiatry, theology, nursing and gerontology, are exploring the connections between various elements of these two areas of human existence. Service users and survivors as well as those in various faith communities are also adding their voices to the evidence base and identifying the ways in which spirituality can contribute to mental health and wellbeing, mental illness and recovery.

Consequences of spiritual activity for mental health:

- The way that professionals perceive the relationship between spirituality and mental health is less clearly focused on the benefits.
- In a recent survey, 45% of mental health professionals felt that religion could lead to mental ill health and 39% thought that religion could protect people from mental ill health.
- This uncertainty is in part due to the fact that historically, the association between the two has not always been regarded as a positive one.

Freud called religion “the universal obsession neurosis of humanity” and others have argued that the relationship between mental health, religion and spirituality has “at best been uneasy and at worst non-existent.” One theologian has claimed that religion is psychiatry’s “last taboo “and many argue that this view is endorsed by a lack of attention to spirituality in both psychiatric textbooks and mental health services; Equally, if not more importantly, service users, survivors and careers are adding their

voices to the argument that mental health and spirituality are intrinsically linked and those individuals from all of these sectors should communicate with and learn from one another.

For example, in 1997, the Mental Health Foundation conducted the first national user-led survey of its kind and found that over half of service users had some form of spiritual belief and that these beliefs were positive and important to them in terms of their mental health.

Following this, service users were asked to describe the role spiritual and religious beliefs and activity had in their lives and themes that emerged included the importance of guidance;

- A sense of purpose;
- Comfort; grounding;
- The allowance of expression of personal pain.
- The development of an inner love and compassion for others.

Conclusion:

- Spirituality is a concept that evades simplistic definition, categorization or measurement and yet it affects the social, emotional, psychological and intellectual dimensions of our lives.
- This report has reviewed some of the evidence linking spirituality and religious expression with different aspects of mental health and, in particular, different mental health problems.
- The evidence is equivocal; some expressions of spirituality are helpful, in some ways, some of the time.
- These tend to be expressions of spirituality that encourage personal empowerment, that affirm and embrace diversity and that promote the importance of emotions such as hope, forgiveness and purpose.
- Other aspects of spirituality seem to have no effect on mental health.
- But in some cases, can lead to feelings of guilt,
- Shame or powerlessness,
- Which can be damaging or harmful to a person's mental health?

Overall, however, the general consensus in the literature seems to be one of cautious optimism about the role spirituality can play in promoting and maintaining good mental health.

## **IMPORTANCE OF SPIRITUAL INTELLIGENCE FOR STUDENT TEACHERS IN TEACHING APTITUDE**

**Ms. Farhana Almel**

Lecturer, Vishwashanti Gurukul School's MIT Junior College, Talegaon Dabhade, Pune.

---

**INTRODUCTION:** Today's world has progressed in every field of study but we continue to face crisis in values and ethics. Even along with high academic qualification, people are involved in brutal and mindless acts like terrorism and other antisocial activities affecting the overall wellbeing of humans. This shows a low level of Emotional and spiritual intelligence.

This is where the role of the *teacher* becomes more significant. A teacher with high level of Emotional and Spiritual Intelligence can provide guidelines for living from a soul-level and attaining self-fulfillment in both one's work and private life. A teacher should be a guide, philosopher and friend to the student. As such, the teacher inevitably becomes a role model to the students. It is in the elementary stage that a child starts inculcating and forming his own value system. Therefore, elementary teachers have a strong hand in shaping the child's value systems.

**EDUCATION:** It is education, along with a gentle smile, that differentiates human beings from animals. Education is an investment of the nation in its children for harvesting the future crop of 'good society with responsible citizens'. Education is everything. One can't tell himself educated, if he can read and write, get full marks in every subject, and can recite Shakespeare's sonnets by heart. A person who is educated has a certain aura around him, of dignity and wisdom.

Seshadri (2002) says "Education, in its true sense, is a process of aiding the all-round development of an Individual - physical, intellectual, social, moral and spiritual".

### **CONCEPT OF SPIRITUAL INTELLIGENCE:**

#### **▪ SPIRITUALITY**

Spirituality is the moral aspect of life. It is an ideal that reckons all reality in essence as spiritual. It is one's character or quality that makes one transcend the barriers of worldliness, caste, creed, and sensuality and realize one's connection with the Truth. Spirituality forms an essential part of the individual's holistic health and wellbeing. Though analysis of spiritual qualities in science faces problems like the imprecision of spiritual concepts, the subjectivity of spiritual experience, and the amount of work required to translate and map observable components of a spiritual system into empirical evidence, many people practice prayer, which is the sign of spirituality, believing that it would give them good health and guide them towards right path whenever they are in tight corners of life. As far as science is concerned, it has its own policy of 'seeing is believing'. It always deals with facts which can be proved to the naked eye. Scientists feel the theory of spirituality as beyond the purview of science as the ideas of spirituality mainly rely on beliefs rather than facts. At the same time, there are people to say that science alone is not life. Science is a part of life and there are many more things in the world beyond science. Modern science and technology is just two or three centuries old but human race is thousands and thousands of years old. Science has taken its octopus growth, and grip over the human beings only after the inventions of printing press and electricity. As a result, the habit of demanding concrete evidences for human beliefs commenced.

**SPIRITUAL INTELLIGENCE:** During the early 1990s Intelligent Quotient became the main concern among the psychologists and in the middle of 90s Daniel Goleman familiarized the concept of Emotional Intelligence or Emotional Quotient (EQ) which gives compassion, empathy, motivation to an individual. Goleman mentioned that EQ is the main need for the useful use of IQ. Now at the end of the century, the concept of third became popularized. Human Intelligence consists of IQ, EQ along with SQ- Spiritual Quotient or Spiritual Intelligence.

Danah Zohar originated the term "spiritual intelligence" and introduced the idea in 1997 in her book, "rewiring the Corporate Brain". According to him, —SQ gives us the ability to discriminate. It gives us our moral sense, an ability to temper rigid rules, with understanding and compassion and an equal ability to see where compassion and understanding have their limits. SQ is the vital and mandatory for the productive functioning of IQ and EQ. Howard Gardner gave the concept of —Multiple Intelligences —in his book *Frames of Mind* in 1983. In 1999, Gardner suggests in his book *Intelligence Reframed* that one might include a —philosophical intelligence which would compound spiritual, moral, emotional, transcendental, cosmic and religious intelligence.

### **NEED FOR DEVELOPING SPIRITUAL INTELLIGENCE OF STUDENT TEACHERS**

Spirituality should exist in the hearts and minds of teachers, within religious traditions and independently of tradition.

The following are the glimpses of spiritual intelligence gathered from ancient wisdoms, religious ideas and cultures from all around the world.

- Total and absolute personal honesty to self and others.
- The capacity to be authentic and real.
- The capacity to laugh a lot - to be spirited. Laughter opens up the mind and the senses and is thus one of the prerequisites for intimacy and love.
- The capacity to be flexible and spontaneous.
- A high degree of self-awareness.
- The art of transforming pain and suffering into happiness and joy.
- A belief that everything, no matter how bad, happens for a reason and it serves us.
- The quality of being inspired by visions and strong core values.
- A reluctance to cause unnecessary harm to anyone or anything.
- Awareness that everything and everyone is connected.
- An awareness of the magnificence of everything in the universe.
- An understanding of the power of daily gratitude.
- A marked tendency to ask "Why?" or What if? Questions.
- Awareness and knowledge of the universal laws at play in our life eg. the law of attraction, the law of gratitude.
- A strong desire to share wisdom, knowledge and skills.
- A strong desire to want to make a difference to other people's lives.
- An innate understanding that nature and meditation raises our awareness as it enhances our insights into all things.

The destiny of the nation is built in the class room, and the teachers are considered to be the makers of the nation. There are great teachers of the world without formal university education. They attained the level of supremacy only by their spiritual intelligence. They could frame universal doctrines and produce eminent disciples. The image of Sri Ramakrishnan and Swami Vivekananda will be flashing in everyone's mind at this context. They are the evidences for Spiritual Intelligence. So a huge attempt has to be made to develop the spiritual intelligence of teachers. If the teachers have spiritual intelligence, it will be easily transformed to their students. Education is a lamp, lighting another lamp, and a spirit speaking to another spirit.

**CONCLUSION:** At its best, education is a spiritual affair. For educators to allow such spiritual convictions to permeate their teaching and the ethos of schools would be transforming:

- The equal dignity, rights, and responsibilities of everyone. This would encourage a liberating, integrated education instead of a fragmented one.
- Spiritual intelligence emphasizes on life with purpose and meaning. This could encourage students to find hope and joy in living in contrast to escapism.
- An emphasis on community - an understanding that we need and must care for each other. This could offset the reigning "me" attitudes.

## TECHNIQUES OF TRANSFORMING OF TEACHER PERSONALITY

**Ms. Sanchita Ravindra Bhujadi**

Asst. Teacher, SPG IPS, Bhosari

---

**Introduction:** The teacher is an employee of the educational establishment, having qualified for the teaching and education of their students. In addition in accordance with the Teacher Card, he is obliged to consciously carry out the tasks of teaching and education and charitable. Teacher will call the person responsible for the conduct and coordination of work in the classroom. Education is one of the fundamental factors of development of any society. Many conditions constitute a good education, but one of them is particularly important excellent education can be on the work of them is particularly important excellent education, can be only the work of an excellent educator. He already knew about the great teacher of the Polish nation.

**What is Spirituality:** For all human history we have been striving for one goal the spiritual reunification of mankind with God the Divine Intelligence that lives within us. The term Spirituality or being spiritual is being used quite frequently these day but what exactly does it mean and how does relate to life. When we are in tune with **god, nature, earth** and ourselves we become spiritual. There are so many wonderful ways that we can make and take the time to connect.

**Objectives:** Those key competences involve knowledge, skills attitudes and values. Harvard professor Tony Wagner calls them the seven survival skills for careers, colleague and citizenship

- Critical thinking and problem solving, Collaboration across networks and leading by influence agility and adoptability., Initiative and entrepreneurialism , Effective oral and written communication, Accessing and analyzing information, Curiosity and imagination

**Spiritual Education and Teacher Personality:** True education starts in the home our father in heaven has given Parents the responsibility of teaching the gospel to their children.

- People who found great success after being fired., This personalities “Never Give Up”.
- They change the rule of his life., They all face problems and ultimately they win.
- Life is all about hard work and patience.,They set deadline and achieved their goals.
- **Conclusion**

On the conclusion it is noted that the teacher’s personality plays vital role in the students learning in the classroom. They also need Superior interpersonal skills such as patience and the ability to remain calm in stressful situations. Collaborative skills enable them to work productively with their colleagues (reactivity and presentation skills) are important when planning lessons to motivate students and hold their interest.

## PRACTICING SPIRITUALITY THROUGH CREATIVITY

**Ratna bhadauria**

**Meenakshi Sablaka**

Dr. Viswanath Karad's Vishwashanti Gurukul School, Alandi, Pune.

**Introduction :** I have always been an artist. As a child, drawing crafts and writing were a major way I soothed myself in stressful environment. When I would lose myself in a creative project, I would feel the calmness that comes from being in oneness with my higher self. I didn't know that that's what it was. I didn't know that what I was doing was opening to my spiritual Guidance — I just knew that it felt safe and soothing.

**Objective :** To observe the relationship between spirituality and creativity., To state creativity is nothing but the spirituality within us.

**Importance of the study:** Current research recognizes the existence of multiple types of intelligence (Gardner, 1993/2006), traditionally; cognitive intelligence has been the most valued one. The values embodied by recent advancements in technology, offering access to information only a keystroke away, may be reasons both the value and capacity of cognitive intelligence continues to reign supreme. There is an imbalance of the types of intelligences in our culture. The quantifiable, concrete and fact driven types of intelligence remain primary while less tangible types of intelligence, such as Spiritual Intelligence (SI), have gone neglected. This mentality, compounded by our pursuit of individual rights and our quest to be the best, has narrowed our perspective on what it means to live a creative life and left us yearning for a sense of purpose. It is no wonder that despite easier and faster access to information, our culture increasingly yearns for a deeper sense of meaning and connection to the world. This cultural intensification of yearning for meaning suggests there is a lack of spirituality. "Spirituality is becoming an important part of life, not only for educators, psychologists, philosophers and scientists, but for countless individuals who want to search for meaning in their lives" (Sisk & Torrance, 2001, p. xi). People in all walks of life appear not only to desire and appreciate a higher level of spirituality, but are eager to learn about how to develop their creativity, enhance their sense of purpose, and connection to the world.

*A deep self-awareness in which one becomes more and more aware of the dimensions of self, not simply as a body, but as a mind-body and spirit. When we employ our spiritual intelligence, we reach the extraordinary place in which our mind no longer produces data of the type wanted or needed and the need for intuition becomes accelerated. (p. 8)*



- **Inner Knowing.** "Inner knowing is to know the essence of consciousness and to realize that this inner essence is the essence of all creation" (Sisk & Torrance, 2001, p. 11). Inner Knowing builds our innate capacities of consciousness that are prevalent in creative thinking skills, imagination, intuition, incubation, and dreaming. A parallel between developing Inner Knowing and techniques to enhance deliberate intuition can be found with the intention of unlocking different levels of consciousness. Another important skill to SI, intuition, and Creative Problem Solving (CPS) is the presence of mindfulness. Using mindfulness in CPS allows for a greater self-awareness of physical, emotional, and mental intuition, present in the affective skills, and unites them with the cognitive skills.

- **Deep Intuition.** SI assists in overlooking the egotistical self to employ our deep intuition in developing solutions for the greater good (Sisk & Torrance, 2001). Our rational mind can hinder the ability to access higher states of consciousness that transcend true awakening and connections to the Universal mind. To nurture Deep Intuition it is essential to remove the clutter from all levels of

consciousness. The benefits of meditation have been significant and are commonly associated with creative and spiritual growth. There are a variety of methods and “in every technique of meditation, the process takes you out of the conditioned mind and opens up access to the non-conditioned mind” (Chopra & Simon, 2004, p. 79).

- **Oneness with Nature and the Universe.** SI harmonizes with nature and the world around us to find a purpose in life that is intrinsically motivating (Sisk & Torrance, 2001). To approach life in a creative way, one must seek experiences of spiritual growth. A key component for finding opportunities for growth is inspiration. Inspiration successfully blends SI and creativity with the intention of fostering fulfillment through intrinsic motivation. Applications of self-awareness are just as important as the connectedness with the world around you.
- **Problem Solving.** SI guides our life’s purpose and meaning throughout the entire problem solving process (Sisk & Torrance, 2001). Creative spiritual leaders such as, Mahatma Gandhi, Nelson Mandela, Martin Luther King Jr., and Mother Teresa, understood creativity was an essential part in finding solutions to problems of meaning and value. Creative spiritual leaders exemplify certain essential qualities and skills. In the course of my research, there was one defining quality that stood above the rest; love with intention. Torrance (1995) said, “one of the most powerful wellsprings of creative energy, outstanding accomplishment, and self fulfillment seems to be falling in love with something – your dream, your image of the future” (p. 131).

### **Conclusion:**

The relationship between spirituality and creativity is observed when we are completely lost in our creation. We feel our inner voice is guiding us to a path which leads us to calmness, inner peace and soothing environment in and around us. We feel happiness and joy within us. Spirituality gives us freedom and freedom gives us creativity. Thinking is the foundation of every word and action of ours. Spirituality gives us freedom and power to think positively choose our words and actions rightly, to CREATE pure thoughts and actions, realize our potentials and play our roles with full awareness. Creative role play enhances our affectivity and gives inner satisfaction. Inner peace is nothing but spirituality.

Basic energy in creativity is love. A very interesting point relevant to both creative and spiritual path is love .LOVE can fuel creativity, love makes you want to express the emotions running through your life. We can express our love for god and humanity by creating ideas and words which come easily as they are the voices in our heart which we want to shout out .Love creates divine thoughts. Choose to respond creating pure positive thoughts ,words and actions in varied situations in different ways so that you feel nice as well as make others feel nice Give love and acceptance .Live with the perception that life is a drama ,you are an actor and creating distances or bonding is in your hands as you cannot change others. Create your happiness via writing, painting, singing, dancing any art, caring for the needy. Energy of love will flow .Create each moment as a loving human being. Creativity is God's gift to us. Using our creativity is our gift back to God," Every culture and tradition links creativity and spirituality, so if we use our wisdom with love to create something in turn we practice spirituality.

### **Bibliography :**

- Chopra, D., & Simon, D. (2004). *The seven spiritual laws of yoga: A practical guide to healing body, mind, and spirit.* Hoboken, NJ: John Wiley & Sons.
- Gardner, H. (2006). *Multiple intelligences: New horizons* (Rev. ed.). Basic Books.
- Sisk, D., & Torrance, E. P. (2001). *Spiritual intelligence: Developing higher consciousness.* Buffalo, New York: Creative Education Press.
- Torrance, E. P. (1995). *Why fly?.* Norwood, NJ: Ablex Publishing Corporation.

---

## PRACTICING SPIRITUALITY THROUGH CREATIVITY

**Ashwini kadale**

**Rajashree kadale**

MIT S.D. B.Ed. College, Alandi(D),Pune

---

**Introduction:** "Creativity is God's gift to us. Using our creativity is our gift back to God," Creativity is something that comes from within, no one can use outside influence to feel creative therefore it is important to keep your inner voice functioning so that you can be creative that is why spirituality and creativity go hand to hand. Creativity is the ability to move us beyond ourselves in an analogous way to spirituality. To create is essentially the process of bringing something new into being. Imagination is fundamental to creativity for it gives us the power to remember the past, to shape our future, and to project possibilities for the future. Spirituality is usually considered to be a search for meaning in life, by making sense of and finding meaning spirituality can often align to us to our purpose, it also provides a set of values to live by a sense of direction and a basis for hope.

Every culture and tradition links creativity and spirituality. Music, dancing, singing, poetry, and painting are common ways to express our soul and our delight in being. Creativity shows up in our play and our improvisations. It spins out into the ways we relate to others, handle difficulties, and find innovative solutions to the world's problems. It is evident in the crafts we make and the hobbies we pursue. "Every person," according to potter M. C. Richards, "is a special kind of artist and every activity is a special art."

**Objectives:**

- 1) To gathering the information about creativity through spirituality.
- 2) To understand how spirituality work for a particular person or building of a person.

**Development of creativity through different art process:** Dance helps to develop gross motor skill, as well as hand- eye co-ordination. You can encourage this by to walk, balance, jump, gallop and hop in response to music words. Songs and music play are good forms of self-expression. Toddlers like to listen they also love to get involved in music play, singing encourages your toddler to use words and helps develop her memory. They remember few words at a time and put action to the words.

When you create you lose yourself in your creation. Time seems to stand still and all else is forgotten. You participate in the divine play that is creativity. These moments offer a glimpse of who you really are: a being fashioned in the image and likeness of God. Like the source of all creation, you are a creator, too. It is your divine birthright. The person who says "I'm not creative" is uttering blasphemy. The truth is that you are the Creative self expressing through the human vessel of your body, emotions, mind, and soul. Creativity flows through you as a universal life force, called by many names throughout the ages:

**Healing rhythms of creativity:** Losing yourself in the divine embrace of the creative process, you disappear. Your ego or limited sense of separateness vanishes, and you emerge into the vast ocean that is creativity. This is an altered state of intuitive awareness in which you renounce control from your head alone. Instead, you allow the Creative Self to flow through your heart, your body, and your intuition. Then you are taken to places you can never go in your ordinary waking state. This road leads eventually to moments of divine bliss described by ecstatic poets like Rumi, Kabir, etc.

**Living with the feelings:** Any practice, spiritual or otherwise, involves making mistakes. Millions of errors are made before the human vehicle is ready for the Creative Self to freely flow through it. A good metaphor is in the art-making process. For instance, in ceramics the clay must be wedged (pounded vigorously to remove air bubbles) before the pot is formed. If not, when the pot is baked in the kiln fire (which is where the transformation occurs), the air pockets will cause the pot to explode.

In the creative process we are "wedged" by life, pounded vigorously to remove the air bubbles of an inflated ego.

**Seven tips might help you to integrate a daily creative practice into your spiritual life.**

**1. Be Committed. 2. Create an Inspirational Space. 3. Acknowledge Your Doubts.  
4. Be Aware of Negative Thoughts. 5. Be Open. 6. Allow Growth 7. Commit to Creating.**

**Conclusion:** How can the human vessel contain the limitless divine Creative Spirit? Like the birth of a baby, it's a mystery yet it happens every minute. Here the discipline side of the creative process is essential. It has been said that art is 5 percent inspiration and 95 percent perspiration. The same can be said for the creative process of living. You show up each day, do the work (whatever form it takes), follow where your next inspiration leads, and pay attention as the challenges unfold. This is as true in your occupation as it is in your personal life. When you are committed to seeing your life as a work in progress - as the creative process beckoning to you – then creativity becomes your spiritual practice. In embracing creativity as our spiritual practice, we commend ourselves into the Creator's hands, knowing that our goal is to disappear. And when we do, we become one with all creation. The divine spirit dances with us, it plays its music through us. We become the instrument through which the divine flows like a river to the sea. All the pilgrimages, all the prayers and chants in all the temples and churches of the world are meaningless unless we are devoted to living in and through the Creative Self, to live as the image and likeness of God.

If life force energies are not moving creatively, they will become destructive (as so-called holy wars have taught us). Destructiveness is the Creative Self turned upside down. Something has taken a wrong turn, and, like cancer, it devours the source of its life. The cure is found in creativity.

When your creative self calls, go with it. It is God speaking. Listen to your Creative Conscience, the voice of the divine guiding you each day. It resides in your heart. Go there and roam. That is your true temple.

#### **References:**

1. Adams D. W., Csiernik R. (2002) Seeking the Lost Spirit. Understanding Spirituality and Restoring it to the Workplace.
2. Ancona D., Kochan T., Scully M., Van Maanen J., Westney D. E. (1999) Organizational Behaviour and Processes South-Western College Publishing, Boston
3. Ashforth B. E., Pratt M. G. (2003) Institutionalized Spirituality: An Oxymoron.
4. R. A. Giacalone, C. L. Jurkiewicz (eds.), Handbook of Workplace Spirituality and Organizational Performance. M.E. Sharpe, Armonk, NY, pp. 93–107.
5. Duffy R. D. (2006) Spirituality, Religion and Career Development: Current Status and Future Directions. Career Development Quarterly, 65(1):52–63.

---

## SPIRITUALITY IN ADOLESCENT

**Neelam Kewat, Priyadarshani high school, Pune**

---

### **Introduction:**

- There are research studies showing that spiritual and religious involvement is an important dimension in adolescent development. Using life meaning as an illustration, adolescents tend to think in abstract terms and explore future possibilities when they are cognitively mature. They commonly ask questions about life, including the following:
  - What is the meaning of life? , What is a meaningful life? , Why do we exist?

An integration of the literature shows that several elements are commonly employed in the definition of spirituality. But three key elements of spirituality have been identified in literature. The first element is horizontal as well as vertical relationships in human existence. While horizontal relationships are related to one self and vertical relationship are related to nature. The second element is beliefs and values which are integral to answers to spiritual questions such as life and death. The third element is the meaning of life.

**Objectives:** To know and understand about spirituality. To study the role of spirituality in adolescent. To suggest the ways to promote spirituality in adolescent.

**What is Spirituality:** I believe that –

- Spirituality makes you feel all the time that there is something higher than the existence as a human being.
- Spirituality spells out the god exists within every being as our soul. It is god within us which guides us on the right path, whenever we tend to go wrong.
- Spirituality is the feeling of positivity.
- It is spirituality that promotes and guides us in the right direction whenever we feel cheated.
- If we desire to truly know god, then we need to follow the path of pure spirituality.

Given the importance of spirituality, there are several ways to promote adolescent spirituality. The first strategy is to understand different forms of religions and spirituality via different media, including print and non-print media. Active reflection and experience are important processes in the development of spirituality. “Why do we exist? Where are we going? Is there any life after death?” These are important spiritual questions demanding conscious reflection. Besides gaining more experience and having personal reflections, joining religious groups, church activities, and spiritually related gatherings provide a good opportunity to develop spirituality. Finally, curricular-based programs can be utilized to promote spirituality in adolescents.

**Conclusion:** Although the present paper highlights the importance of family processes in adolescents’ purpose in life, further work is needed to examine how specific family processes and how specific family processes and related experience are related to purpose in life among adolescents. For examine, it would be interesting to study how purpose in life of the parents is related to that of their adolescent children. It is important to examine to achievement of life meaning through love in close relationships. Based on the ecological model, further studies should be conducted to examine how individual factors, family factor and social factor are social factors and social factors are related to adolescent spirituality.

## SPIRITUALITY EFFECT ON HEALTH AND EDUCATION

Tabassum Dakhani

MIT S.D. B.Ed. College, Alandi(D),Pune

### INTRODUCTION

- Spirituality** is the quality of being concerned with the human spirit or soul as opposed to material or physical things.
- Has effect** on physiological nature.
- Also **enhance deep connection** between student, teacher and subject by improving focus.
- Hence nourishing spirituality in classroom allows it to **flourish the mental power**.

### IN BRIEF

- Strengthening** teaching & mental health by spirituality.
- Spirituality **affected by** socio cultural and human factor
- Has temporal **relationship** for development of personality
- Hence Spirituality should practice from the school level

### OBJECTIVES

- Invite the participants** to share spiritual and religious belief if they choose to do so.
- Assess for spiritual distress.
- Provide an opportunity for **compensate care** whereby teacher connect to student in deep and profound way.
- Empower** the student to find inner resource of healing and acceptance.
- Learn about students spiritual and religious beliefs that might **affect teacher decision making**.

### MY VIEWS:

- Spiritual practice considered as a component of **moral education**.
- Improve **human intelligence level**
- Enhances **better understanding** in learning as well as behavior.
- Helps to strengthen **clear vision** to achieve goal and ethical values.
- Teacher develops **caring environment** which inspires students.

### CONCLUSION

- Spirituality in education refers to a importance and compassion in the classroom that acknowledge the **interconnectedness of the student, teachers and subject**.
- Comes under **cognitive domains**.
- Provide sharp **mental power intensity** and hence makes a person fit physically and psychologically to **learn the things** in better way
- Hence it is important to develop spiritual sensitivity of youth

Memorable Moments of State Level Conference

