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# Educational Conference



ON

Co-creating HARMONY In The Universe Through  
Education, Research & Spirituality

11<sup>th</sup> & 12<sup>th</sup> January , 2020



Organized by



**MAEER's, MIT SAINT DNYANESHWAR  
B.Ed. COLLEGE, ALANDI DEVACHI, PUNE**  
In Collaboration With  
**Savitribai Phule Pune University, Pune**



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**Co-Creating HARMONY  
In The Universe  
Through Education,  
Research & Spirituality**

**EDITOR**

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## EDITORIAL

We the editors & editorial are presenting this conference book of State Level Conference on “*Co-creating Harmony in the Universe through Education, Research & Spirituality*” before the readers with great pleasure.

Harmony is a lovely word which has the essence of purity. It was said that no one can win the world with the power of weapons, but one could win the world with the power of love. Power of love is an integral part of our harmony.

In today’s era, most of the persons are under depression. The whole world is facing several problems. There is no harmony in the universe at present. It is very much necessary that there should be harmony in each & every individual in order to make the world harmonious. Harmony should be created through education by teacher educators, teachers & students. If researchers will do research on harmony then definitely we could create best example of harmony in front of this world. If all the stakeholders will come together, then they will create harmony in this world. The educationist share values in nurturing the harmony in this universe. Hence, this conference will become a milestone in the field of Harmony & spirituality.

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 co-create harmony in the whole universe through education, research & spirituality as well as to provide abundant insight to integrate spirituality in various areas of research.

This conference 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 conference to publish this research Conference. 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 Bhave-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.

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**Printing & Published by:**

**Dr. Surendra C. Herkal**

*Principal*

*MAEER's, MIT Saint Dnyaneshwar B.Ed. College,*

*Dehu phata, Alandi Devachi, Pune.*



# Masseage by Asavari Bhave Gudipudi

Faculty of Humanities & Social Sciences  
School of Education & Research



At the outset let me congratulate team MIT Sant Dnyaneshwar B.Ed College and Dr. Surendra for organising a seminar on such a relevant topic in today's times - "Co-creating Harmony in the Universe through Education, Research & Spirituality".

Our Founder President, Prof. Dr. Vishwanath Karad, a man with a great vision and insight, an eminent educationist, an accomplished teacher himself, has been torch bearer of world peace for last 3 decades. The very basis upon which the MIT Group stands, has emerged from the thought process towards sustainability in all human endeavours. Prof. Dr. Karad envisioned education rooted in the spiritual traditions of the Indian civilization. According to him, the entire globe today is witnessing and experiencing the mind boggling Scientific and Technological developments like artificial intelligence, internet of things, web management on one hand and total chaos, confusion, clashes, conflicts, terrorism, bloodshed and massacre in the name of caste, creed or religion on the other hand. Disregard for ethical, social, moral, cultural and ecological values is deeply rooted in the 'indifferent' and 'I don't care' culture. He says that today there is war between good and evil, sacrifice and greed, virtues and vices, tolerance and stubbornness, religious co-existence and fundamentalism, traditional time-tested values and quick gains and ego, and so on. The various issues involved are not only local i.e. restricted to our own country, but are global as well. And that is the reason why he says that educational institutions should promote UNIVERSAL EDUCATION SYSTEM embedded in Spirituality, culture and ethos.

Being the student of Physics, I am of the firm belief that science and spirituality are not antithesis but they are two wheels of the same vehicle or they are two faces of the same coin. Science deals with the physics and spirituality deals with the spirit. One deals with the material and the other with the spirit. One deals with the visible and the other with invisible. In the same way one deals with the outer and the other deals with the inner. One is knowledge and the other is wisdom. So there has to be right balance of both - Science & Spirituality, which our ancestors followed and practiced very effectively. We, teacher-educators should remember the words of wisdom spoken by the world famous Scientist Dr. Albert Einstein, who had said that "Science without Religion (Spirituality) is lame, while Religion without Science is blind."

Thus, I would like to conclude saying that to meet the crisis the world is going through, the co-ordination of science and spirituality is inevitable. Sustainable development is the need of the hour. Let us remember that Science cleans the outer self and spirituality cleans the inner self, both of which are essential to keep the world at peace.

Thank you

DEAN  
Faculty of Social Sciences & Humanities  
MIT ADT University



## Masseage by Dr. Mrs. Lalita Vartak



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Date :

To,  
Dr. Surendra Herkal,  
Principal,  
MAEER's MITT Saint Dnyaneshwar B.Ed. College,  
Alandi (D), Pune.

Dear Sir,

It is with immense pleasure that I extend my best wishes for the State Level Conference on "Co-creating Harmony through Research, Spirituality & Education" which is scheduled from 11<sup>th</sup> & 12<sup>th</sup> January, 2020 at your Institute in collaboration with the SPPU.

The topic has a great relevance in today's situation when the entire world is facing the dangers of violence, terrorism, dissatisfaction, natural calamities, social issues, and people many a times are finding it difficult to face and lead a life of satisfaction and happiness.

In this context education has a great role to play. It is only when all work together to achieve harmony that we would be living with peace and contribute effectively to the society.

I congratulate you and your team for selecting this immensely important theme for your conference. I wish it a grand success.

Best wishes

Dr. Lalita Vartak,  
Principal, A.C.C.E.R, Pune

## Masseage by Mr. Ajaycandra Bhagavat



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विषय : संत ज्ञानेश्वर वी एड कॉलेजमधील शैक्षणिक परिषदेवर अमिप्राय

अध्यात्माबद्दल जाणणे ही खरे पाहता सर्वाधिक आवश्यक बाब आहे कारण आपले आस्तित्वच आत्म्यावर आधारलेले आहे किंबहुना आत्मा म्हणजेच आपण आहोत परंतु हेच ज्ञान सर्वाधिक गूढ ठरलेले आहे.

विश्लेषणात्मक सूक्ष्म बुद्धीने विचारले जाणवता हे निश्चितपणे ज्ञात होते की ह्या दृश्यमान जगतापाठी काही तरी अदृश्य शक्ती ह्याच विश्वाचा व्यवहार साधत असते, तद्गतच ह्या दिसणाऱ्या शरीराच्या माध्यमातूनही काही अदृश्य शक्ती कार्य करीत असते.

दृश्यमान शरीराचे रंग, रूप आकार, गुण आदि प्रत्ययाला येतात परंतु विद्युत, चुंबक आदि कार्यरत अदृश्य शक्तीच्या स्वरूपावरून अनुमान लावले असता सर्व प्राणिमात्रांच्या ठाई असलेल्या ह्याही अदृश्य शक्तीला ही विशेषणे लागून पडली पहिजेत व ती सर्वांच्या ठाई एकाच प्रकारची असली पाहिजे हे सिद्ध होते. यास्तव दृश्यमान शरीराच्या रंग रूप आदि विशेषावर न जाता त्या शरीराला जिवित व चलायमान ठेवणाऱ्या एकाच प्रकारच्या अदृश्य शक्तीला जाणून त्या शक्तीच्या अनुसोधाने प्रमाणे आपले व्यवहार भेदात्मक न ठेवता एकात्मक केले असता सद्याच्या जाती व धर्मभेदात्मक अनेक समस्या सुटू शकतात.

ह्या अदृश्य व अनुभूतीस येणाऱ्या शक्तीचे सामर्थ्यानुसार तीन वर्ग करता येऊ शकतात. १. ईश्वरीय चैतन्य, जे सृष्टीच्या निर्मितीस कारणीभूत होते; दुसरे दैवी चैतन्य, जे सृष्टीचे व्यवहार चालविते आणि ३. प्राणिमात्रांच्या देहाशी निगडित आत्मिक चैतन्य ज्याला जाणकार आत्मा असे संबोधतात ज्याच्या आस्तित्वामुळेच आपले आस्तित्व असते.

वरवर पाहता ह्या प्राणिमात्रातील चैतन्यमय आत्म्याबद्दल अनेक विद्वानांची मते जरी भिन्न दिसली आणि त्याच्या सामर्थ्याबद्दल अनेक तर्क केले जाऊ शकले तरी कोणते तरी एक आणि एकच सत्य असले पाहिजे.

जोपर्यंत आपण या विषयावर अधिकाधिक सखोल अध्ययन करत नाही आणि अध्यात्मिक ज्ञानाचा अभ्यास करणाऱ्या जाणकारांचे विचार पडताळून पाहून कोणत्यातरी एका सिद्धांतावर येत नाही पर्यंत मानव समूहास हे ज्ञान मिळून सर्वापर्यंत ते पोहोचेल अशी अपेक्षा करणे व्यर्थ आहे.



याच दृष्टीने आजच्या विज्ञान व टेक्नॉलॉजीच्या युगातही, एम आय टी च्या संत ज्ञानेश्वर एज्युकेशन कॉलेजच्या वतीने दर वर्षी अध्यात्मावर घेण्यात येणाऱ्या परिषदांच्या महत्वाप्रमाणेच जानेवारी २०२० मध्ये झालेल्या अध्यात्मिक परिषदेचे महत्त्व देखिल अधोरेखित होते.

परिषदेतील वातावरण अगदी प्रेरणात्मक असून केवळ जिल्ह्यातीलच नव्हे तर महाराष्ट्रातील व महाराष्ट्राच्या बाहेरीलही अनेक कॉलेजेस व विद्यापीठांच्या विद्यार्थ्यांनी उत्स्फूर्तपणे भाग घेतला होता. परिषदेत मांडण्यात आलेले विषय वक्त्यांना सखोल चिंतनात मग्न करणारे असून अध्यात्मावर संशोधन करण्यास भाग पाडणारे आणि श्रोत्यांच्या ज्ञानाच्या कक्षा विस्तारवणारे होते.

ह्या प्रकारची ज्ञानपूर्ण अध्यात्मिक परिषद भरवून ती यशस्वीपणे संपन्न केल्याबद्दल कॉलेजचे संस्थापक डॉ विश्वनाथ कराडजी, प्राचार्य डॉ सुरेंद्र हेरकल, डॉ अर्पिता भट, प्रो संजय शिंदे, कॉलेजचा सर्व स्टाफ, परिषदेत आपले विचार प्रकट करणारे विद्यार्थी यांच्यावर सर्व समर्थ ईश्वराची सदैव कृपादृष्टी राहो ही प्रार्थना

डॉ भागवत अजयचंद्र  
(संस्थापक, गुरुकुल विश्वपीठ)

**CO –CREATING HARMONY IN THE UNIVERSE THROUGH  
EDUCATION, RESEARCH AND SPIRITUALITY  
(Report of 11<sup>th</sup> &12<sup>th</sup> of Jan, 2020 state level conference)**

As we know that change is the life, change is the demand of the Time. In present days we are facing so many current challenges in the society like Nirbhaya Case, Terrorisum, Naxalwad and much more. Now a days it is everyone's duty to work from grass-root level to higher level. It is today's demand to make people aware and about the truth, love & respect to each other and importance of brotherhood. If we have harmony within than only possible for us to spread Harmony, love and peace in the world. With this beautiful thought and concept our Director of the conference Dr.Surendra Herkal decided to organize this function. And finally this two days state level conference took place in collaboration with Savitribai Phule Pune University on 11<sup>th</sup> &12<sup>th</sup> of January, 2020. At MIT Saint Dhyaneshwar B.Ed. college, Alandi Devachi, Pune.

This two- days State level Conference has envisioned to assemble all educators ,thinkers and realized professionals under one umbrella to deliberate an discuss their thoughts on how to balance and co-ordinate harmony with these both trends i.e. Traditional Trend and Modern Trend through education, research and Spirituality.

This two-days state level conference inauguration function held on 11<sup>th</sup> January, 2020 at 10:30 a.m at the conference hall, MITSD B.Ed College, Alandi. It was started with World Peace Prayer and Ganesh Vandana. The function inaugurated by lightening the lamp by the dignitaries on the dias.

Dr. Surendra Herkal, Principal, MITSD B.Ed College welcomed the chief guest, dignitaries, invited speakers, guests and participants. BK Sarita Didi , Brahmkumaris was the chief guest of the inaugural function. She started her speech with congratulated to the director and organizing committee of the conference. She mentioned in her key note address what is "HARMONY". She told Harmony is 'SADBHAVANA'. She emphasized to respect each and everyone in our surrounding and enjoy each and every moment of life gracefully without fear. She has concluded her talk by giving us a beautiful experience of meditation. The dias and this conference

has blessed with the presence of chair-person Dr. Asawari Bhawe-Gudipudi, Special Guest Dr. Lalita Vartak and Guest of Honor H.B.P. Dyaneshwar Mauli. The inaugural function concluded with expression of gratitude & vote of thanks by Dr.Arpita Bhatt.

The plenary sessions presented by different resource persons within these two days state level conference .which had been addressed by Dr. Lalita vartak, H.B.P. Dyaneshwar Mauli and Dr. Asawari Bhawe-Gudipudi , Dr.Vijay Patole, Dr.Kailas Daundkar , & Dr.Ajaychandra Bhagwat accordingly, on the selected sub-themes. I personally thanks all plenary session's key-note speakers and delegates for their enthusiastic participation in this conference.

Coming to the technical session, the conference was divided in to four technical sessions according to the sub-themes. i.e. 1) Experiencing inner self, 2)Spiritual power to face current challenges 3)Culture of Respect 4) Nurturing creativity and innovation through research, spirituality and education. 54 participants were presented their papers in the conference interestingly. which is quiet motivating and encouraging for the organizing committee of the conference.

On the first day, sessions were chaired by Dr. Chetan Chauvan, Dr. Bhaskar Igawe, Dr. Kailash Daundkar, on the 2<sup>nd</sup> day the sessions were chaired by Dr. Khushal Munde, Dr. Nisha Valvi, Dr. Subhash sonune and Dr. Vaibhav Jadhav. All the reviewers has provided their valuable suggestions and help towards the improvements of quality of paper presentation.

According to my personal observation that some of the technical sessions with hot discussion, live and interactive and some sessions are very silent. But allover impression of paper presenters was, they participated intellectually, scholarly, technically and of-course culturally.

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## **EXPERIENCE INNER SELF**

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In chankya neeti 4.18, it is written, “what am I? What is the source of my strength, the place, time, means of resource, and friends for me? These are the questions that one must try to contemplate constantly”.

### **What is the inner self?**

If you had asked me back in the late 90’s about the “Inner Self” I would most likely immediately jumped to some description of my thoughts, perceptions and especially, feeling about whatever was going on in my life. Everything would be about me”. There was no perceptible awareness that there was something other than the thinking me. Even more baffling, there was no real acknowledgment of how narrow the bandwidth of my awareness was. When anyone asks us, “Tell me something about yourself”. This seems such a simple question and yet I am sure each one of us have struggled with it on our resume, during interviews, and even while starting to write a blog. But then can I say, “I am the same consciousness that created this world”, can I? If I do so, I would be more likely to get the phone number of a psychiatrist than getting an appointment letter for a job.

What I’m really expected to do is to frame my answer using one/ more of such sentences like- I am a man/ I am a woman/ I am a Doctor/ I am a teacher / I am sentimental / I am practical and so on and so forth..... The fact is – we have been conditioned to think about ourselves in terms of characteristics that can be seen, understood, felt, or easily defined / described ... and there is nothing really wrong about that! After all, inner self is not something that anyone has seen or something which can be defined; rather it’s something which you have to experience, like the fragrance of the flower, vastness of the universe.

The same goes with the ‘inner self’, except that it resides within each one of us. Yet very few have experienced it, and therefore, very few are able to associate themselves or others with it (because experiencing the inner self or soul requires a kind of consciousness which is different from the

wakeful, sleeping, or dreaming states). They say that you appreciate light only when you have been in dark. Presently, our default consciousness or awareness is rooted into this physical body, this physical world, bodily relations, material possessions, and worldly situations. Our thoughts are predominantly focused on these aspects and thus we are unable to experience our eternal self, because our awareness has completely shifted away from our original self. The original self that is full of energy of pure thoughts and pure feelings of happiness, bliss, love, and peace. Is it not that we all yearn for a happy, peaceful, and joyous life? Have we ever wondered why we are attracted to such positive energy of peace, love, happiness, and do not enjoy when we experience the negative energy of sorrow, stress, hatred, fear, jealousy, anger, frustration etc. it is only because we are not made up of such negative energy – so it gets difficult for us to survive in negative thoughts' environment that is unlike or contrary to our original sense of being of pure thoughts. The irony is that we have knowledge of the entire cosmos, except about our true self. We spent an entire lifetime without even having met with our own self.

If you all are anything like me, it always seems like there's more work and "have-to-do's" than hours in the day. It's easy to get overwhelmed and lose focus on what's truly important: your health, family, and friends. If you could use some grounding in your life, try the following ways to connect with your inner self and increase your productivity.

1. **Meditate or unplug daily:** spending just 10 minutes unplugged from face-book, Twitter, and your email gives you're the opportunity to organize its thoughts.
2. **Stop associating yourself with your ego:** we should question, and understand our thoughts. That's the only way we will be able to see the real world around us and discover our true essence, our potential, and everything that we have to offer to others and around us.
3. **Get rid of toxicity:** sometimes, living in a loud world can make us lose our way. Have you seen TV lately? It's filled with negative news, people arguing on social media, anger, and just black –and-white opinions. We should wisely select what we see, read, and listen to. We should pay attention only to essential information and avoid the noise of the world. I

am sure that in a matter of weeks, our inner self will bloom with power and energy.

4. **Reconnect with nature:** we need to escape the concrete jungle as much as possible. Working in an office can be hazardous to our health. Whether it's a sedentary lifestyle, a lack of sunlight, or indoor air quality concerns, too much time in your office is a bad idea.

5. **Invest in family and friends:** it's easy to lose touch with those you care about most. In a world where our entire life seems to exist the palm of our hand, getting beyond a social media post is important. Get out there and reconnect with people on a deeper level. Genuine connections with people are worth their weight in gold.

At the same, knowing the self is not an easy task. Many lifetimes may pass before one attains the true knowledge of the self and achieves liberation. Many do not even get the opportunity to hear about it. Those who hear about it may not get to know about it. The Upanishads declare that the self is know only when a yogi withdraws its heads into the shell. But, it is never too late to get in touch with yourself. This inner power that you all will discover will allow you to live a meaningful and profound life, filled with true happiness.

I believe it is only the right kind of education which will co-create harmony in the universe...So as teachers- educators and student-teachers come together to separate right education embedded in spirituality and service.

## **CO-CREATING HARMONY IN THE UNIVERSE THROUGH EDUCATION**

**Dr. Lalita Vartak**

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The word harmony itself has come from music. We know that there are seven vowels of music in this world. Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa. But when we listen any song of any instrument at that time we couldn't hear these seven vowels of music separately. When all these seven vowels of music are presented in front of us together it seems very beautiful to our ears. We experience harmony through this music.

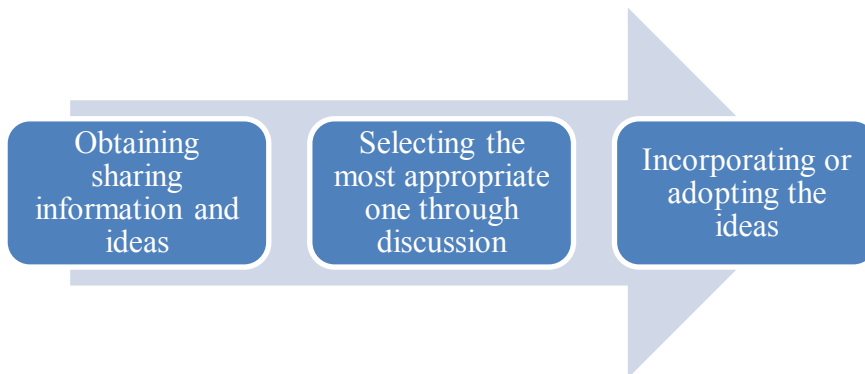
In Harmony, The word harmony itself come from the music.

- 1 ) It is word generally associated with musical notes.
- 2) It refers to a consistent, orderly or pleasing arrangement of parts.
- 3) It means getting along with others.

Concept of Education -

- Education is not merely learning of the fact but training of mind.
- Education is a process to develop the knowledge, skill and character of the student.
- Education is bringing about desirable changes in the behaviors of an individual.

**Concept of Co-creation:** Co-Creation is a form of collaborative innovation. Ideas are shared and improved together rather than kept to oneself.



There are number of Problem which we are facing today. There is lots of stress, tensions even lot of violence we look at the homes. We also have the various issues related with the young children and small children. The child labor which is being used in our society for doing linear work. Are we have harmony at ourselves? That is a big question. It we look at the younger generation today. They are engaged in different protests for their rights. I know we have to aware of our rights. We need to get our rights. But what is an appropriate way of dealing with such situations? So that is another's issue. We have numbers of environmental problems.

Are we in harmony with nature? We are cutting down trees. This year we have had rainfall for almost the entire year at Pune. Is it sign of a harmonious adjustment across the environment? A question to think upon. If we look at one more important issue the social media.

If we will look at the society then we will find that most of the persons are engrossed in their mobile. The students' population today is being targeted by almost all for their individual benefits and they are totally engrossed in their mobile.

Instead of learning how to behave with others, How to be happy and we become more and more stressful. So we have problems of farmers' suicide. We have problems of the world.

So right from the young age we can see the problems. The four pillars of education are given below.

1. Learning to know
2. Learning to do
3. Learning to be

#### **4. Learning to live together**

We are living in a society. We are not speaking with the persons nearby us but we speak with other persons. Are we really in harmony with us? with others? It's a question.

Power of taking right decision is expected from these pillars of education.

**1. Learning to know:** The main aim of education is to insist the students to think. The deliberation on that thought is very important.

**2. Learning to do:** Whatever work is given to you. You will have to be worthy to work. We have to learn to work in a team. We will have to inculcate the life skills. Developing the skills which are required to perform the work is you will have to learn.

All skills are important to live in a harmonious life in the society. You will have to learn to develop the appropriate attitudes.

**3. Learning to be :** First accept yourself as you are to be at the harmony at ourself. It means to achieve personal fulfillment, personal satisfaction & commitment. As an individual member of the society, as a citizen of the country, as a part of the universe you have specific roles to play & it should learn how you are going to behave so that you are in harmony with others.

Act creatively towards environment: It is the environment which is appropriate to live then we would live a harmonious life.

**4. Learning to live together :-** It help us to learn how to contribute effectively to the society. When we are learning together we should accept that others are also living in the same society.

These four pillars are not merely for educational institutions but for co-creating harmony four pillars are relevant in the home, in the school, in the society & at large.

So education should be directed towards co-creation to achieve harmony.

Life blossoms when it is in the state of harmony & he who lives in the harmony with oneself lives in the harmony with universe.

**Conclusion:** Harmony is a journey, not destination. Let us join together on this journey because as Mahatma Gandhi said, "Be the change you want to see the world."

## **RESPECTING EVERYTHING IS THE ONLY WAY TO ASSET YOUR VALUE**

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### **Introduction:**

**Respect:** It is the personal feeling of any person towards others that how he/she treats others. Respect means caring and treating others with kindness. In this feeling one should be highly appreciated and honour has to be given each one. In the society many people are there and they are living with their own values but as far as respect is concern we have to recognize the value of people, property and the environment and yourself. In the world no one is alike i.e. everyone is different from each other and everyone should be honour properly. Although we are different from each other but we also have similarities, people do come in different sizes, shapes and colours. All people have hopes and dreams as well as feelings and emotions.

It is said that, 'character is nothing but the repetition of good habits',

There are six pillars of character, they are as follows:

- a) Respect    b ) Caring    c) Responsibility    d) Citizenship    e)
- Trustworthiness    f) Fairness

One should know these pillars of character for developing the character which lasts long.

### **Why respect is important?**

It is also seen that any person can give respect to another person and whatever he/she gives; there is always contentment in giving too. Change in within is the truth of life. Let us see why respect is important.

- a) **Trust:** Trust is the base of all relationships. It is the duty of everyone to treat others with respect. Trust within oneself creates the base for other relationships. At present relationships are about to break due to lack of trust in each other. Trust is an essential factor in family, in society and at workplace also. Person has to be



so loyal to everyone and should teach such things to the next generation.

- b) Teamwork:** Inspiration is the part and parcel of teamwork and it is always followed in every step of the life. Certain or specific objectives are easily achieved with the collective efforts. It does not matter whether you work in the house or outside the house. Success is the result of team work and one cannot deny it.
- c) Engagement:** It is said that ‘empty mind is devil’s workshop’ so as far as respect is concern, we need to engage our colleague in respective work with respect. An engagement helps everyone to think and act positively. When we are about to forget our past, it cannot be easily forgotten, so we must accept our past and should acknowledge our past for learning something new from it. We have to convert our past into the strength.
- d) Performance:** For developing positivity and productivity respect should be given to each other. When we expect productivity from the others then his/her performance should be appreciated and respected time to time by the seniors or colleagues. For giving the best to the others, chances should be given to the respective members for being active in the process.
- e) Creativity/Innovation:** Freedom with respect is expected in this activity. There should be the sense of safety. Creativity can be formed only when the freedom is given to others those who are associated with the respective work, organization etc. Give the freedom and time to others for thinking differently because certain opportunities could be easily enjoyed by the members.

**Types of Respect:**

- 1) **Self:** This is a kind of respect, which deals with the ability to respect oneself, to value and appreciate oneself. When you love yourself, then there is formation of higher level of positive energy which purifies your thoughts and whole world is ready to help you. It is said that love yourself and respect yourself and be strengthen. When you are in the company of others all people don’t have faith in you, they are always ready to have the doubts but don’t let them to continue their doubts but making up of your mind is needed and

personal transformation is expected at certain stage. Only then people like to follow your steps for the betterment of their lives. People who believe themselves are always followed by the other people of the world for their teaching and deeds.

For example, in the earlier stage of Swami Vivekanand, he was skeptic by nature, he never believed in any religion or any religious thoughts, later on he met Ramkrishna Paramhansa who made him realize about the existence of the God. He started giving self-respect and become aware about his inner power, strength which helped him to change his entire personality and attitude. In the 19<sup>th</sup> century he studied the importance of all religions and become the most religious person in the world who taught the Hinduism to the world.

- 2) **Others:** Respecting others means an act of tolerating accepting and considering another person. In this type, much respect should be given to the persons who are always before our sight i.e. our parent, who have shown the world to us. We learn giving of respect from the family itself. Parents, brothers and sisters, grandparents and relatives maintain the strong relationships with each other by respecting each member. At present people are highly attracted towards money and worldly things which have created many gaps in the relationships. Selfishness is the root cause of breaking relationships. One has not to live only for himself but should live for others, because people of the world are our relatives and we have to take good care of them.

For example: An Australian businessman Steve Kilkelia who had established software company and earned much money and become millionaire. After enjoying everything of the world he came to know that, what's the use of my life and my wealth? After thinking over this, he decided to donate his money for the noble work and he donated his wealth in African countries where many people were dying due to hunger.

- 3) **Social Norms:** This is another kind of respect in which one has having the ability to respect all the norms that govern society. Society having some moral norms and it is expected that no one

should break the frame of society. Society gets the image only when the people do follow the rules and norms. We are the part and parcel of the society and we should be ideal one before the people of society. Rulers and administrators have different roles in the society and they have to behave accordingly. As member of the society we should also live for the betterment of the people of same society with our philosophy. Rulers may have wrong perceptions with our philosophy but we should stickup with our decision which is only for the betterment of the society and supportive for the progress of society.

For example: Socrates was the great philosopher of the Greek, who was founder of western philosophy. He attempted to establish an ethical system based on human reason rather than theological doctrine. He stuck with the justice but wicked rulers forced him to drink hemlock.

- 4) **Nature:** Everyone knows about this respect but nowadays it is deliberately neglected by everyone. In this type of respect there is an appreciation of environment means animals, plants and rivers. No one has to pollute the environment by throwing garbage in rivers, forests and in fields or no mistreating nature. It is believed that nature itself is the God and we have to respect him at any cost. The god has given us very precious life to us but nature helps us to live our life happily. If we respect the nature, then the balance of nature will be maintained otherwise we are about to lose the existence of nature as well as human being. At present we are facing the problem of global warming. When we speak about India, there are 18 main rivers but many of them are highly polluted by the year 2040, there will be great threat of drinkable water and we are not taking much care of nature. . Everyone has to live for nature and should take good care of the nature. We should give better nature to the next generation.

For example: Rajendra Singh is an Indian water conservationist and environmentalist from Alwar district of Rajasthan, he also known as ‘waterman of India’. He was doctor by profession and wanted to continue his practice in Rajasthan but by

realizing the fact he diverted from medical practice and started his nature related work. In 2001 he won Magsaysay award. He runs NGO called 'Tarun Bharat Sangh' who used Johad rainwater storage tanks, started from single village in 1985 and over the years his foundation has built over 8600 Johads and 11000 villages have been benefitted.

- 5) **Family:** This respect is the core of family relationships and harmony, family is always changing and growing, if not in numbers of members, then in life experiences. To develop the respect in the family, scope to open communication should be given. All members in the family are equally good but they have to be much honest, trustworthy with each other. The communication among the members of family is the basis of respect. Sometimes we have to neglect the minor mistakes and everyone should be appreciated for any kind of good activity and proper encouragement is expected. In family firm bonding is needed, even in worst situation one has to live with him/her instead of leaving him/her alone in such situation. Even it is found that human being is the statue of errors. If someone in the family commits mistake, then we have to forgive him for such mistake.

For example: Bill Clinton was the 42<sup>nd</sup> President of USA from since 1993 to 2001. He had faced the impeachment which was based on accusations that Clinton committed perjury and obstruction of justice for the purpose of concealing his affair with Monica Lewinsky. The Clinton-Lewinsky scandal was known as sex scandal that involved 49 years old president Bill Clinton and 22 year old Monica Lewinsky. President was defamed in the USA and in society but none other than his wife Hillary Clinton made up his mind and she had forgiven her husband for committing mistake and saved the entire family and brought him out of the danger zone and started the new way of living life.

- 6) **Value:** In this kind of respect, it is an ability of one's to honour own principles. In the society every human being has his/her own philosophy of living the life. At certain stage of life, any person behaves according to his principles. Principles are formed on the

basis of good or bad experiences taken by the person in his life. Principles last longer till the end of life. Human being has two types of images i.e. natural one and another is an artificial. Every human being follows his/her own natural image but the outsiders or the people who don't like such person's image are always interrupt the journey of truthful person and make an artificial image with the help of wrong conception of him in the society. Person has to be so honest, alert and practical in the world and has to value for ours and others principles.

For example: Mother Teresa, who had her own principles of life and she tried to live the life according to the order of almighty God. She followed the principles of Bible not only in her own religious life but also in practical life. She was always saying that “ speak gently, slowly and melodiously as mother speaks with her baby, give your hearts to the poor, your touch must be tender, when you touch to the wounds of poor; you have to feel that I touch to the wounds of almighty, your hearts are only for love and hands are only for services”. In her life Mother Teresa lived as per her principles and her principles are highly appreciated and honoured and respected by the people in all over the world.

- 7) **Human being:** In this type of respect, legal norms and respect to laws are considered. Legal norms determine the rights and duties of individuals towards following them in day to day life. People are expected to follow the rules of the society and maintain their principles of moral conduct. In society we see that norms are easily broken by the evil spirited human beings. To save the common people from such people or to protect them, such laws and orders are made by the respective government. Every human being has equal right to live in the society and can enjoy the freedom given by the country's laws. Police forces, Military forces are always alert if someone breaks the laws or rules of the country or society. They are directly sent to the jail for not committing any crime in the future but sometimes efforts go in vain. We have to treat everyone as a good human being and should transform one's personality; it is nothing but the respecting legal norms and laws.

For example: Kiran Bedi was the first woman IPS officer, who made her own way in the field of police service. She took the charge as the first female inspector general of the prison in 1993 where she took much efforts and brought a visible turnaround of the Tihar jail premises and its inmates. Kiran Bedi who believed in reformation rather than punishment and empowered the prisoners for a positive life. Her motto was not to incarcerate the prisoners but to give them hope of a better future once they step out as free people. She really respected the laws and orders as well as all prisoners as human being and transformed the lives of prisoners.

One has to know the types of respect and should inculcate the culture of respect among the members of family and among the students.

There are following ways of developing respect;

- 1) Listen to each other
- 2) Show others that you care
- 3) Help each other
- 4) Be transparent
- 5) Speak good words and choose right actions
- 6) Know yourself
- 7) Never hate yourself
- 8) Be true to yourself
- 9) Encourage others
- 10) Express gratitude

**Conclusion:** Respect is the essential pillar of one's character as a teacher or as parents who should teach how to give and take respect. At certain stage of our life only upbringings help us to live the life happily otherwise there is no any kind of happiness in the world. Everything which is before our sight should be respected properly. We can get the peace in life when we respect everything which is the part of the world. Let's respect the world and give the best to the world; the best will come to you.

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## HARMONY WITH SPIRITUALISM IN INDIAN CONTEXT

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**In India, spiritualism is not an obsession of the human mind, rather it is a heritage as well as a continuous tradition, writes *Dr Asha Goswami***

Out of the varied values of Indian culture, those based on spiritualism have contributed a lot —harnessing the spirit of the Indians throughout the ages. With the result, the spiritual-minded Indians have succeeded in maintaining their Indianness which could not have been possible otherwise. It has been also possible due to the fact that the Indian life is dominated by the temperament which is well marked with spiritualism. Consequent upon that, the Indians have developed various thoughts of philosophy and spiritualism and gave to the world maximum number of systems of spiritualism in the form of philosophical thoughts such as Nyaya, Vaisheshika, Yoga and Vedanta. The Vedas provide spiritual orientation to the Indians giving them the basics of spiritual and moral life. Hence, the Vedic *rishis* should be acclaimed as the earliest spiritual masters on earth as their *mantras* resound with the kernel of spiritualism, and the Indian nation as the cradle of spiritualism. In India, spiritualism is not an obsession of the human mind, rather, it is a heritage as well as a continuous tradition. For, right from the Vedic times, India has enjoyed a rich spiritual tradition. The Indian scriptures also throughout covering a gamut of every human emotion and aspiration have made a sublime contribution to Indian spiritualism. Due to which, India has always attained reverent place in the world. The evolution of Indian spiritualism can be traced back to the Vedic age, which was spiritually coded and the same spirit was further nurtured by great spiritual thinkers like Yajnavalkya, Maitereyi, Gargi and Nachiketas.

Thus, in this form, the Indian spiritualism be termed as a form of philosophy, *darshana* or sight, and the Upanishads be held as proper sources of Indian spiritualism. As, these representing the high Himalayas of Indian spiritualism determine the height of the country's wisdom. As to the question what is spiritualism, the answer would be it is the inner quest; a

pathway for reaching the higher truth in life; a composite thinking for enlightening the realities of life, for considering challenges of life, human values and their evaluation. However, under the purview of spiritualism are also included queries regarding the nature of God, about the creation of the world; essential values of a human being and his ethics. The last constituent of spiritualism is ethics reflecting the fine side of Indian culture, which emphasises unity in diversity, and treating the entire universe as pervaded by one Almighty Brahman.

In the terminology of the *Bhagavad Gita*, it be called *Buddhiyoga* or the *Samatvarupayoga*. Some treat spiritualism as identical with religion, religious cults and practices. Spiritualism is also considered as an experimental aspect of religion and not merely a ritual or theological. Basically, spiritualism differs from religion. As the religion affirms a faith or belief about God's supremacy over the beings and the matter, and also enjoins man's faith in the rituals and cultic practices. Hence, spiritualism should be treated as a theoretical approach to truth; and religion as the practical approach to the same goal. As spiritualism also deals with some religious practices, that way according to some, even the Fine Arts — music, dance and painting — are also part of spiritualism, since they also represent the experimental aspect of the religious spirit.

Spiritualism is also defined as the science of soul or *adhyaatmavidya*, the higher knowledge which helps man to rise above the worldly agonies; knowing which everything else of the world is known. It is also believed that a person bereft of spiritual knowledge can never bring any worldly activity to success. Thus, there is great importance of spiritualism in Indian life.

Spiritualism in India is a complete philosophy of human life, the correct way of living and right way of thinking. A spiritual man is one who is detached from the dual effects of karma (success or failure); who is devoid of self-interest, egohood and sees God everywhere, permeated in all the beings; who keeps himself in continuous communication with God, and hence is messenger of God and the benefactor of mankind. Spiritualism, a philosophy of values if adapted at large by people, would usher in civilisation that is socially just (*satyam*); emotionally integral (*shivam*); and aesthetically beautiful (*sundaram*). No wonder, if the age-long spiritual



formula of India claiming creation is full so the creator, the individual is full equally, the absolute is full, turns out as the highest watermark of man's spiritual speculations about the supreme power.

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## **EXPERIENCING INNER SELF**

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**Introduction:** There are many ways to describe myself. These ways often fall into two specific categories; my inner self and my external self. Both types of self's are affected by the environmental surroundings in regards to the people-I interact with. As such, I firmly believe that who I am has been shaped by life-long interactions with other people, situations, and issues. For example, I believe that my family has long had a certain bearing on the direction my life has taken, my friends have, from time to time, influenced my views on both specific and non-specific matters, my teachers have shaped my understanding of how the world works. In life, I believe, somewhere along the line, we all lose our way. We become pessimistic. We become strangers to ourselves. We wander away from our way. The inner self is a state of consciousness that can be accessed through meditation and introspection, which promote greater self-awareness and acceptance. Yoga philosophy views each person's core self as perfect, but aims to help bring awareness to negative patterns or thoughts that may not be serving a person's higher purpose. Yoga is the process of cleaning the mind of all the things that keep the true inner self from shining through. Your inner self is who you really are on the inside.

Knowing your inner self requires a high level of introspection and self-awareness. If you have clarity of at least half of what is listed above, you probably have quite a high level of self-awareness. At the same time, the process of self-discovery never ends — it's a life-long journey.

However, real self is more than just being a child to his parents. That's why it's important to find your inner self. You are the owner of your life. If you are not connected with who you really are, you are probably just living your life for others. Pursuing others' goals and living up to others' expectations, rather than what you really want. To know your inner self is the first step of living a conscious life of your creation.

Knowing your inner self comes from being self-aware. Even if you do not have full clarity of your inner self, it is likely that certain aspects of him/her

are already exhibited on a day-to-day basis through how you act. For example, if you find yourself often extolling the importance of filial piety, responsibility is likely one of your values. If you feel a compelling need to always be there for your friends, reliability is probably an important value to you.

When I was in primary and secondary school, I didn't really know who I was or what I stood for. I don't think anybody at that age does actually. Everyone was just focused on doing what they were told. There wasn't much introspection or self-awareness going on. We were never asked to think about who we were, what we thought, or who we wanted to be. While we had our own personalities, they were hazy at best.

When I went to junior college and subsequently university, I became more self-aware. A lot of it came about from having increased liberty, for example getting to choose my classes and no longer being barked down by teachers. This may seem simple, but this was the first time I felt a sense of control in my life. Having more onuses in decision making triggered me to think more — about what I wanted for my future. I was doing many activities on the side which helped me grow in other ways — for example, one of my passions is teaching so I was managing with students. I was also taking part in various extracurricular activities and giving private tuition to several students. I learned more about myself. Every day is a learning journey in discovering who I am and what I stand for. The more I uncover about myself, the more I am able to live consciously. As you uncover more of your inner self, you may find that some of your real life identities do not match your inner self. There's a conflict between which you are and who you are expected to be. If so, that's fine. It's a first step to discover who you are. The next step is to live in alignment with your inner self, as best as you can, within the context of the situation. At the same time, start to make long term plans to ultimately live in alignment with your true self.

Every action you take should move you toward your inner self. If you have roles that do not match your inner self, there are two possible steps you can take. First, try to find the common ground between those identities and your inner self. This may involve shaping the identities to fit who you are.

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## **MINDFULNESS POWER FOR SPIRITUAL DEVELOPMENT**

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**Introduction:** Spiritual Power represents a faith, knowledge, understanding or consciousness of God, the light or energy that exists in and around us. Spiritual powers can offer us peace, confidence, mindfulness and hope in our lives. When we get the connection to this amazing power, we are going to feel the balance in our life. We are going to feel good, calm, relaxed, positive and secured.

Spiritual Power – like all things isn't about the outside of you part. It isn't about what you can do and how much you can get others to do what you want and follow you either. Spiritual Power **is simply about you being YOU!** The best you, the real you and the YOU who fulfils what s/he came here to do.

To be spiritually powerful is to...

- Know you are safe and loved no matter what is going on outside of you or around you or even to you.
- Find the joy and sometimes humour in any situation – lightens up and enlightens.
- Not be defeated by defeat, changes course or finds a new way round instead.
- Know, trust and align to spiritual truth.
- Understand the difference between illusion and truth.
- Have given up the need to be right and make others wrong.
- Not shun the material world.
- Not criticise those you do not understand or disagree with the choices you have made about how you live.
- Know yourself and focus on your greatness.
- Commit to your gifts and never argue for your limitations.
- Follow your intuition, the wisdom from your soul through your heart.
- Not take things personally, be soulful in response.
- Know when to respond, when to say nothing and to never react.

- Celebrate the greatness that you are that you cannot yet see, because your reach, your depth, your light so far is incomprehensible to you, yet you know that in time as you claim your power it will reveal and unlock.
- Believe and trust in the bigger picture; the divine plan.
- Be about the win : win

**Mindfulness Power:** Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness is the one factor of mind of which we can never have too much. Mindfulness is the observing power of the mind, the active aspect of awareness. Mindfulness means not forgetting to pay attention, not forgetting to be aware of whatever is happening within us, around us, from moment to moment to moment. It's a very subtle process.

**Mindfulness activities for Spiritual Development:**

**Relaxed attention:** Relaxed attention is very significant for spiritual development. Relaxation in psychology is the emotional state of a living being, of low tension, in which there is an absence of arousal that could come from sources such as anger and fear. Relaxation is when the body and mind are free from tension and anxiety. Relaxation involves loosening up, letting go, and finally going to sleep. Attention involves focusing energy, finding excitement

**Meditation:** Meditation is a simple way of freeing your mind, forgetting about daily anxieties and focusing on mental relaxation.

Here are five tips for beginners to learn how to meditate:

- 1) Find a quiet, peaceful place. 2) Sit comfortably, with eyes closed and focus on the heart.
- 3) Begin with a suggestion that the source of light is within my heart and it is attracting me inwards.4) Meditate for 10 minutes, or until you feel ready to come out of the meditation.
- 5) Repeat it every day, in the morning and the evening. Incorporating this time for quiet contemplation and reflection can bring you enormous mental and physical benefits. Listen to People: Listen to People is the very important tips for Mindfulness. Even if the person who's talking to you is the most boring person you've ever met, they offer an ideal scenario to

practice a mindful conversation. Instead of thinking about and judging what they are saying try mindfully listening to them, give relaxed attention to what they are saying.

**Focus on sensory details:** Sensory organs are very important for every human beings. Start your morning with writing or wind up the day on the page. Focus on sensory details. Or write about your life as a passive observer. This will help limit judgment as you check in with your emotions and thoughts on the page. It can also help with awareness of emotions.

**Positive Affirmation:** Positive affirmations release you from anxiety, negativity, guilt, fear, and pain. It's easy to go off on a negative tangent of thoughts. A great way to reverse this is by repeating a positive affirmation. The focus on the repetition is a mindful practice and has the added benefit of making you feel more positive.

**Mindful Relationships:** Mindful Relationships is very essential for spiritual development. Even though mindfulness is a very introspective activity, it can have a positive impact on our relationships. Think of things you can do for others. Even small acts of kindness will improve your relationships and help enhance your compassion.

**Conclusion:** *FOR YOUR MENTAL DEVELOPMENT-READ, WRITE, STUDY, DISCUSS.FOR PHYSICAL DEVELOPMENT-DITE, EXERCISE, RESTFOR YOUR SPIRITUAL DEVELOPMENT-PRAY, SEEK, SERVE, LOVE.* Mindfulness power will play an important role for spiritual development. Now it is expected to help positive awareness and developing self-confidence. Mindfulness power will play a significance role for better development.

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## **SKILLING THROUGH FLIPPED CLASSROOM STRATEGY IN DISTANCE MODE OF EDUCATION**

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**Introduction:** The flipped classroom is a model in which the typical lecture and homework elements of a course are reversed. Flipped classroom is an active, student-centered teaching approach that was formed to increase the quality of period within the classrooms. Usually this approach whose applications are done mostly in teaching Physical Sciences and Mathematics, also interests the attention of educators and researchers in other disciplines. Flipped classroom teaching which wide-spreads rapidly in the world, is not so familiar in our country. That is why the aim of study is to attract attention to its potential in education field and provide to make it recognize more by educators and researchers. With this aim, in the study what flipped classroom approach is, flipped classroom technology models, its advantages and limitations are explained.

**The need of the study:** In today's century, quickly developed technologies affect the teaching methods. In parallel to the speed of development in technology, education conditions develop as well and different learning demands come out (Celen, Celik, & Seferoglu, 2011). In order to take into consideration these demands that come out with technological transformation, are among the prior responsibilities of education systems. That is why a qualified education system should not limit learning and transform traditional structure into modern structure with technological opportunities (Bas, 2010; Rakhmetullina & et al, 2014). As changing in knowledge and technology is so fast, education also keep ups with it and continues its development with innovative learning approaches (Akdemir, Bicer & Parmaksız, 2015; Ugras & Cil, 2014; Schaal, 2010).

**Literature review:** This changing and transformation in education training field takes out the existence of new strategy that is flipped classroom system in education (Toto & Nguyen, 2009). Flipped classroom approach

which is accepted as the most popular and active based approach (Tucker, 2012), is a special type of blended learning (Strayer, 2012). This approach firstly attracted attention of educators in 2007 with chemistry teachers Jonathan Bergmann and Aaron Sams from Woodland Park High School recording of live lessons and broadcasting them on-line for the students that missed those lessons (Bergmann & Sams, 2014). The main aim of this new learning approach is to provide preparation of student for the subject before the course (Bristol, 2014) and during course applying activities that increase the quality of face to face education (Formica et al., 2010). Toto and Nguyen (2009) expressed that flipped classroom is an approach that increases active learning activities and gives opportunity for student to use his knowledge in class with guidance of teacher. Hamdan and others (2013) explained flipped classroom is not a defined model instead it is a model that teachers use as compensating the demands of students by using different equipment. Since the educators in different countries use flipped classroom with various methods, this caused changing of flipped classroom concept to flipped classroom approach. It is emphasized that this new approach can be used with different learning methods (Flipped Learning Network-FLN, 2014). In literature there are many studies regarding the usage of flipped classroom approach and its results in many fields such as Science (Kenna, 2014; Kettle, 2013; Bates & Galloway, 2012), Maths (Love, Hodge, Grandgenett & Swift, 2013) and Healthcare training (Pluta, Richards, & Mutnick, 2013; Critz & Knight, 2013; Ferreri & O'Connor, 2013). With the above references it is crucial to test the advantages of flipped classrooms in Indian environments.

**What is a Flipped classroom?:** According to Sams & Bergmann, in 2014, with its simplest definition flipped classroom approach is expressed as “what is done at school done at home, homework done at home completed in class”. According to Kim, Kim, Khera, & Getman, 2014, In this approach before the course the students watch theoretical part of lesson via multiple equipments such as online videos, presentations, learning management systems and take notes, prepare questions about the parts that they do not understand (Kim, Kim, Khera, & Getman, 2014).

**Objectives of the study:** To identify the importance of Flipped classroom approach in the teaching practices. To appraise quality of teaching the



concepts through the flipped classroom. To enhance critical thinking through Flipped Classroom approach.

**Research Methodology:** The Respondents in this study consisted of teachers of Post Graduate colleges. These teachers were aware of the technological advancements and its impact on the teaching processes. Through the informal conversations it was found out that not all the teachers know about the flipped classroom approach. Hence details of the flipped classroom was discussed with them and then a questionnaire was given to them. All respondents were assured that the data collected through the questionnaire would be confidential. Sample – A sample of 50 teachers of post graduate colleges were taken. Purposive sampling was used for selecting the sample. Sample was drawn from Pune city. The teachers were drawn from Science, education and management domains. Valid responses received were 36 (68%) of the total questionnaires distributed.

Instrumentation: A questionnaire was implemented on to teachers of Post Graduate students, and their responses were analyzed. A rating scale of 1 = strongly agree, 2 = partially agree, 3 = agree, 4 = disagree, 5 = strongly disagree was implemented. The questionnaire as follows –

Teachers Perception on Flipped Classroom Survey - Questionnaire

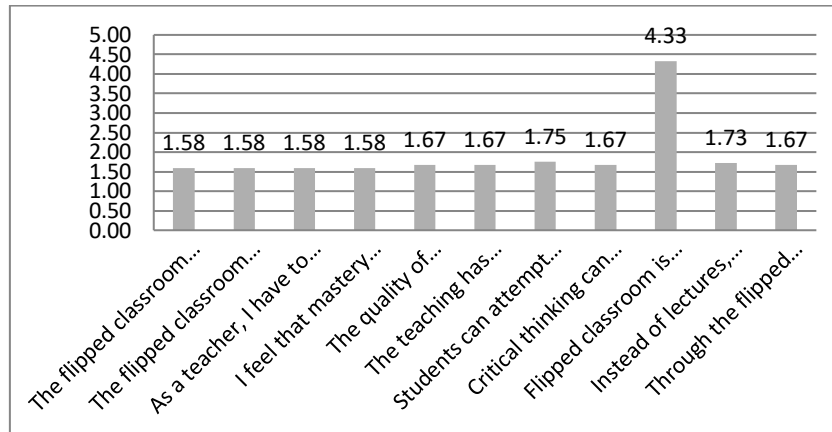
1. The flipped classroom is more engaging than the traditional classroom.
2. The flipped classroom gives me greater opportunities to communicate with the students.
3. As a teacher, I have to plan for the Flipped Classroom.
4. I feel that mastery learning has achieved by the students.
5. The quality of teaching the concepts is increased through the flipped classroom.
6. The teaching has become student centred.
7. Students can attempt the quizzes and assignments at their own pace.
8. Critical thinking can be achieved Flipped Classroom.
9. Flipped classroom is difficult to implement.
10. Instead of lectures, students like to discuss the assignments, answers of the quizzes etc. in the classroom sessions.
11. Through the flipped classroom concept the rate of homework completion increased.

### Data Analysis

The average scores as follows:

(1 = strongly agree, 2 = partially agree, 3 = agree, 4 = disagree, 5 = strongly disagree)

Statement	Average
The flipped classroom is more engaging than the traditional classroom.	1.58
The flipped classroom gives me greater opportunities to communicate with the students.	1.58
As a teacher, I have to plan for the Flipped Classroom.	1.58
I feel that mastery learning has achieved by the students.	1.58
The quality of teaching the concepts is increased through the flipped classroom.	1.67
The teaching has become student centred.	1.67
Students can attempt the quizzes and assignments at their own pace.	1.75
Critical thinking can be achieved Flipped Classroom.	1.67
Flipped classroom is difficult to implement.	4.33
Instead of lectures, students like to discuss the assignments, answers of the quizzes etc. in the classroom sessions.	1.73
Through the flipped classroom concept the rate of homework completion increased.	1.67



**Findings:** From the above analysis it was found that the flipped classroom approach is appreciated by the teachers. The teachers thought that the flipped classroom approach is more engaging than the traditional classroom and the flipped classroom will give greater opportunities to communicate with the students. The teacher also thought that mastery learning will be achieved by the students if flipped classroom approach was implemented. This would add in the quality of teaching – learning process which should be taken as a crucial agenda by the educational regulatory bodies. The responses indicated that the technology plays a major role in the process of flipped classroom and how it has been proven effective, practical and long term in various geographies as well as for teaching and learning through various subjects. The knowledge of technology by the teacher is a challenge for teachers to implement the concept.

**Conclusions:** There are many advantages of flipped classroom approach. The most important one is it increases the interactive period within the class (Fulton, 2012). By means of lecture videos the teacher uses the time for the interaction between teacher and student rather than for teaching. Accordingly the teacher can spare more time to fulfill the learning and emotional demands of students (Goodwin & Miller, 2013). In flipped classroom approach the students can find opportunity to discuss with their teachers which is not a possible situation in traditional approach (Bergmann & Wadell, 2012). To address the issues of quality, the National Policy on Education has taken into consideration on the impact of technology on educational delivery. The flipped classroom approach is rapidly catching on

as increasing numbers of educators begin to experiment with this new way of teaching. Hence the advantages of flipped classroom approach can be brought into usage for achieving quality in the teaching process.

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## **SPIRITUAL DEVELOPMENT IN EDUCATIONAL FRAMEWORK**

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**Introduction:** Interestingly, the scientists are beginning to find that just like cognitive, physical, and emotional development, spirituality may also be a universal developmental process which, given that teaching is informed by child development this raises the question: Can spirituality or spiritual education play a role in secular education? Spirituality is viewed as beliefs, practices, and experiences that shape and create a way of knowing and living that may or may not be informed by religious ritual, tradition, and doctrine. A person often inherits religion, but makes the conscious choice to practice spirituality by seeking answers about the self, universe, and meaning of life. (Tirri, K. 2008) While numerous scientists propose that spirituality is a developmental process, they disagree on how the process occurs. Some suggest we are born with spiritual capacity that is cultivated (or not) through interaction with parents, teachers, and/or our culture. Others think spiritual development occurs in stages as we integrate our beliefs with our feelings and actions. Spiritual development is the process of growing the intrinsic human capacity for self-transcendence, in which the self is embedded in something greater than itself, including the sacred. It is the developmental “engine” that propels the search for connectedness, meaning, purpose, and contribution. It is shaped both within and outside of religious traditions, beliefs, and practices. (Gulati & Pant 2005).

**Spirituality in Education:** Many consider the sole purpose of schools to be cognitive development. Yet, any effective teacher will tell you that every student is a “whole package” of thoughts, emotions, beliefs, family, culture, economics, etc., (and now, potentially, spirituality) all of which directly influence a student’s learning. (Doering 2003). For example, science has clearly determined that a child’s social and emotional skills impact

academic success. If we use the definition of spiritual development given above, then teachers who...

- provide experiences of awe for their students through art, music, nature, or studying great people are helping their students connect to something larger than themselves.
- teach prosocial skills such as gratitude, compassion, empathy, mindfulness, and altruism are helping their students develop positive relationships.
- relate the content of their classes to students' lives and who take the time to get to know and cultivate their students' interests and passions are helping their students develop meaning and purpose.
- Incorporate service learning into their curriculum are providing opportunities for students to make a worthwhile contribution to society and grow their empathy and compassion for others.

These experiences came through students' needs for connection, silence, meaning, joy, transcendence (sometimes mystical, but also through extraordinary arts, athletics, academics, or relationships), and initiation into the next stage of life. Passageworks helps teachers establish a classroom environment in which students feel safe to explore these needs. (Bilal & et.al 2013)

**The purpose of spiritual education:** The purpose of spiritual education is to fulfil the divine potential of children, and to prepare them for life by giving them the tools they need to keep on learning throughout the many experiences that will come to them. It will help children to understand that they're going to be a lot happier if they are kind to others, and if they work for high ideals. The child who has a little bag of dates and eats them all himself isn't nearly so happy as the child who shares those dates with others. In all cases, we can see that people who are selfish just aren't happy, and people who are selfless are happy. They can apply this understanding not only at school, but also at home and everywhere in life. If we can bring this kind of teaching to children, this then is spiritual education. (Clarken 2009) Another purpose of spiritual education is to build the person on all levels. We are triune beings means we are composed of body, mind, and soul, and if any part of us is starved at the expense of the others, then we aren't complete. Suppose you have children who have learned how to love

everyone, who have learned the goodness of life. When they go out into the world, they may face hatred, criminal activity, and many other negative things. Will they be able to handle it? This is probably the primary concern that people have with spiritual education. The answer is to be seen in those who live with love. It isn't as if they become stupid or lose the ability to relate to the world as it is. In fact, the broadest understanding comes from that which is centred in love; the narrowest understanding is that which is centred in hatred. If you're on the lowest level, you can relate only to the lowest level; if you're on the highest level, you can relate to all levels. To see that this is true, we can point to examples of people who live that way and who are able to handle life's many challenges far, far better. A spiritual education can actually guarantee greater success even in the way worldly people define it. (Schwebel 2017) Children are born with different inclinations, with different strengths, weaknesses, and educational needs. One of the unfortunate aspects of modern education is the assembly-line approach to teaching where the same information is more or less dumped out to everyone. Small classes, where the teacher can get to know each child personally, are essential for giving individual attention and for discovering what the natural level of understanding is for each child. A teacher can imbibe following five things to their students while teaching in a classroom. (Zakrzewski 2013) Faith which here means trust and confidence inspires an outpouring of energy. When energy is strong, then the effort to be alert and pay attention is easy. Mindfulness prospers and becomes more and more continuous. The stronger the continuity of mindfulness, the more focused and steady the mind. Concentration grows. As concentration depends, in the stillness of an attentive mind, wisdom emerges. It's the wisdom of emptiness, whose only expression is love.

**Conclusion:** By teaching children kindness, concentration, will power, strength of character, truthfulness, and other higher qualities, life is made richer. These are deeply important for the development of the human being, but such things are not taught today in public education. The ultimate purpose of life is not simply to get a job. So many people live this way and then die, not of old age but of deep disappointment with the life they have led. If you don't know how to be truly happy, money won't buy it for you. Education is expansion of awareness. It is preparation for that process of

real learning which takes place after we leave school, when we are in the constant struggle, the battlefield of life. By giving children the tools and understanding to make the right choices in life, we can lead them to lasting happiness. Then they will be able to achieve the kind of spiritual victories that are the true meaning of success.

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**CREATION OF HARMONY IN HOME, SCHOOL, COLLEGES &  
SOCIETY WILL BRING NEW HARMONIOUS WORLD ON THIS  
EARTH**

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Harmony is a beautiful word which has the essence of purity. It was said that no one can win the world with the power of weapons, but one could win the world with the power of love, power of love is an integral part of our harmony.

**\*Harmony concept:-**

If we could ask our mind, what harmony is?

I think if you will remember the almighty authority then your mind would definitely answer this question. Harmony is a beautiful word which gives us a beautiful experience. Harmony is a word which creates joy, happiness, and love in the mind of each individual.

**\*Present situation of Universe:-**

Today everyone desires harmony then why there is a conflict? The whole world is on the doorstep of war. It may be cold war or war of thoughts. Sometimes some questions are being created in our mind. Why people fight for power & wealth? If we will introspect ourselves with all the people who will come in contact with us in a whole day then we will get the answer what is the reason for arguments? Why do we think that I could never forget this, whatever bad words he has used for me? What is the cause of conflict at home? Why do I not experience a smooth energy? Why did it seem to be blockage in our minds regarding each other. Once we will find the cause then we will get the solution. Why did they not understand me & why do I didn't understand them? Why do I get hurt? Why do my relationships become a cause of pain? Do I want to heal my relationships with each one of the person whom I come in contact with? If we want to solve these questions then there should be harmony in everyone.

**\*Ways to create harmony:-**

It is said that we should give without expecting. If I want harmony with everyone then, I will have to exchange love & respect so that I could understand accept them & they also understand & accept me.

If my relationships are in harmony then, I will be happy or if I will be happy then my relationships will be in harmony. Each one of us carries the nature of knowledge & wisdom. We know what to create harmony? What's the one measure reason which causes conflict in relationships? Ego, expectations, difference of opinions. Flowers are so beautiful which everyone likes. Why? Because they are very beautiful & give fragrance to each & every person. But it might happen that someone might not find them beautiful. Why is it so? Because it's his choice. My choice & your choice is different. My definition of liking something & your definition of liking is different. My definition of right & your definition of right is different. If we remember this then definitely we will respect each other.

**\*Mental state of human beings in the present condition:-**

Everyone has its own reason. It's not our business to understand everyone every perspective. It's not a part of our nature our liking .If we all say I don't understand you .You don't understand me. Understanding the other person doesn't mean why I don't like it. Don't try to understand me. There will be conflicts. The argument is who is right?

Everyone has its own reason. So don't try to understand anyone's reason. It depends on his past sanskars. Which color's dress do I wear? How should be my hairstyle? How could I speak? It's my choice. I will radiate radiation & disrespect to them then they will also do the same for me.

So I have chosen it what is wrong? Different people, different nature, different perspective of right & wrong.

**\*How to change our mindset & be harmonious:-**

It takes time to understand that they are different. To accept them is second. So when we say you are wrong then I cannot have harmony in that relationship.

Sister Shivani says - Understand everyone. No one is right or wrong. It's different. I trust them they are not able to trust me. I appreciate them they curse me. They are different from me. Somewhere on this journey of life they have experience. They are different than me. Difference radiates

respect, love, empathy. We are changing one word you are wrong to you are different.

I will have to constantly send positive energy to everyone. Then everyone will receive my energy & vibration then soon within some days the person to whom I am sending positive energy will change their mind. Now our energy will change into positive. There will be the exchange of positive energy.

The conflict always starts from one person. They only will have to take care that their mind should take care, he or she is wrong. Just say she is different. She is not right or wrong. If I will create such kind of thoughts then everyone will thought nice about others.

Always say everything is fine. All is well. Parents are always right. They never can think wrong about their children. It's the truth when we radiate the thought he/she is wrong. What happened to the most beautiful relationships today? In the previous generation children always use to share everything with the parents. But nowadays sharing is already stopped. They are moving away because parents are not giving them approval.

There is only one thing everybody needs its acceptance. I expect you to be my way. If you are on my way I am happy. If you are not walk on my way then I will get sad. So don't get hurt. You yourself is the cause of your hurt. Always check yourself. Don't give up your own beautiful qualities. We are not finding the same quality in others. Accept everything. Though you have given everything to any person your finance, your time , your energy. Everything. But they don't care. Let shift from expectation to understandings. They carry different nature. There capacity is different then me. I understand them. I accept them the way they are. What I did was my quality. I expect nothing from them. I release that hurt, expectation. I understand & accept them.

When we do something for people it's not the loan to return them. It's a gift & not any loan so that they could return. Conflict is what I think about them here. Its need one person to change what they are thinking about the other person. Everyday give ourselves one blessing. I need no expectation. I need nothing from people. Say most of the times these lines to you. Don't get disturb because of anything. Self-esteem self-respect is very good but without any expectation.

I need nothing. I am a happy being, loveful, powerful being. I don't expect anything from anyone. I accept each one as they are. Relationship is not about how we speak about each other. It's about how we speak about each other.

Just sit back & check what my thoughts about them are? If it's negative then change it into positive.

They ignored me is whatever they did. We need only one person to be nice with us.

I need only myself to be nice to me. I am nice to myself to be happy. I need only myself to love me because only then I could radiate positive energy & respect to everyone.

**\*Teacher's role in creating harmony:-**

This is the thing what the teachers would have to adopt harmony. Teacher would have to spread love. Teacher would have to understand every student. If the teacher would be far away from ego, if they will give respect to every child then definitely the students will adopt each & every act of the teacher. The whole universe will get harmonized.

It was said that India was golden sparrow before britishers came to India. If we want to make India heaven then there should be harmony everywhere.

It is said that well begin is half done. So why don't we start it from our home. First the teacher should start it from his home then the harmony would be obviously created in the school. Then the chain will be continued towards the society & the universe will get harmonized.

Saint Dnyaneshwar Maharaj said "He vishwachi maze ghar" The whole universe is ours. Teacher is the backbone of the whole universe. So its our earnest request to each & every teacher to adopt values, to spread love & to be harmonious sothat we could make the whole world harmonious.

**Reference:-**

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## NURTURING CREATIVITY THROUGH SPIRITUALITY

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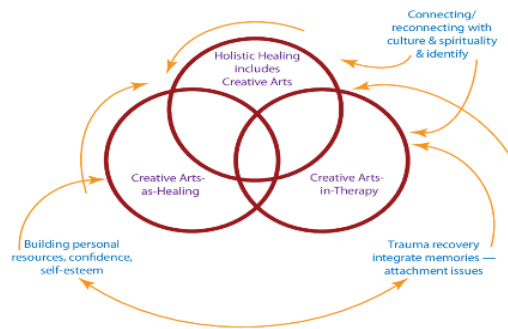
- **Objectives:**

To understand the relationship between creativity and spirituality.

To nurture creativity through spirituality.

- **Introduction:**

When you add spirituality to your intellectual views, you develop wisdom, peace, and creativity in your life. Creativity and spirituality are connected because it is your spirituality that



guides your creative thoughts. Spirituality or your soul is the source of a creative idea or thought process. Creativity relates directly to spirituality. A creative person is connected to their soul and has unique ways of showcasing their spiritual connection through art and imagination. Spirituality is living the values of caring and sharing. It is about connecting to the supreme intelligence that is the source of all wisdom and creativity. When this connection to the inner-net is firmly established, we become agents of peace with the ability to creatively find win-win solutions to the challenges that confront every individual and society. So nurture both creativity and spirituality as basic, even crucial aspects of our origin.

- **Importance:**

**Spirituality Gives Freedom, 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 effectively 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. I have experienced a very interesting point lately that is relevant to both creative and spiritual path and that is love .LOVE can fuel creativity, love makes you want to express the emotions running through your life. For some time now I have been feeling that I want to EXPRESS MY LOVE FOR GOD AND HUMANITY by creating ideas and words which come easily as they are the voices in my heart which I want to shout out .Love creates divine thoughts.

**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. Thomas Merton said "God prays by dancing." Let's join in. How well we act and dance in our roles depends on what thoughts we create .Those who says they are not creator's show that they don't want to change their thoughts to create harmony and happiness in their relationships.

**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 .

**Creativity Is Fun I Want To Enjoy Life Who Is This I?:** We all feel "I need to enjoy and have fun but why am I am not having fun inside"? I am looking for fun outside in materialism in food, people, objects etc because I 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 Contentment.

**Create Pure Thoughts In Every Day Life:** I met a friend after a long gap , wished her smilingly as I crossed her she did not respond .I met her again the next day now I had a choice either I ignore her making our relationship complicated or I wish her ,I chose the later as it made ME feel nice ,she gave a glance .The third meeting I continued my greetings this time she wished me back and exchanged pleasantries.

**Love Creativity And Success:** Sociology class students after interviewing 200 slum boys concluded "they don't have a chance ".25 years later research showed that 90% of those slum boys had achieved more than ordinary success in life .The reason for success they gave to "a teacher "an old lady who replied "it's very simple I loved them "Love alters our thoughts, it gives a sense of being wanted and it inspires us to do something which makes us feel awesome and successful in life. Taj- mahal is a creation of love.

**Pain 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.

**Conclusion:** 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.

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## **INTERPERSONAL SKILLS FOR NURTURING SPIRITUALITY**

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**Introduction:** Spirituality is regarded as a significant and universal aspect of human experiences. Throughout history, and across cultures and traditions, spirituality has played an integral role in individuals' lives. Spirituality includes several shared dimensions: the existence of supreme aspects, the relation or connection to that aspect, and the search for ultimate questions concerning the nature, purpose, and meaning of life. Each of these aspects may incorporate practices like prayers, meditation, rituals and beliefs.

Spirituality may be nurtured through development and enhancement of Interpersonal skills among the pre-service teachers as they have to inculcate the good values and ethics in the future generations. Interpersonal skill means an ability of a person to communicate or interact well with the other people.

### **Nurturing Spirituality in pre-service teachers through:**

- ❖ **Influencing teaching learning process:** The teaching learning process can be influenced positively by beautification of the classrooms. The teacher educators can use the beauty in nature to enhance the sense of peace and concerned. It will make a strong caring statement by planting flowers and ornamental trees at the school/ College entrance. The pre-service teachers will observe the wonders of the natural world. Nature walks can be created in and around grounds. Through reading and reflection of the spiritual literature it is possible to cultivate, nourish and energize the lives of pre-service teachers. It is essential to develop and enhance the interpersonal skills of the pre-service teachers for improving the quality of teaching and learning process.
- ❖ **Encouraging and motivating:** Motivation skill means actions or strategies that will elicit a desired behavior or responses by stakeholders. Motivation and encouragement are the essential aspects to create a good atmosphere in schools and Colleges. A



good rapport will be built between the teacher educators and pre-service teachers. A profound connection with nature, taking deep comfort and inspiration from the natural world will nurture the spirituality in students and teachers. Recognizing their accomplishments and giving them encouragement will definitely be helpful in overall progress of the pre-service teachers.

- ❖ **Enhancing the self-awareness:** Self-awareness is an awareness of an inner, reflective life, a deepening connection to what really matters in our own life, in our relationships, and in our life. If these interpersonal skills are enhanced in the pre-service teachers then they can be able to manage stress better. They will understand their real value, personality traits, needs, habits, emotions, strengths and weaknesses in much better way. It will be helpful for them to be strong minded and be at great peace.
- ❖ **Being non-judgmental & non-prejudicial:** Teacher educators should be non-judgmental about the pre-service teachers. Every individual student is different. Every student learns with a preferred learning style. Understanding the individual differences in the students and then teaching them will surely make the teaching learning experience better.
- ❖ **Attentive Listening:** A willingness to listen compassionately to the needs and concerns of others plays an important role in nurturing spirituality. Spirituality is not only knowing your inner self but also being at positive peaceful state of mind. It is possible through showing the attentiveness towards other person's thoughts.
- ❖ **Giving constructive feedback:** Giving feedback is praising good performance and offering corrective suggestions. Constructive feedback is a tool that is used to build things up. Balance and constructive feedback encourages the students' progress but it is only possible if the teacher is in control of his/her mind. Practicing spirituality is helpful in making a strong minded person.
- ❖ **Nurturing the spirit by Storytelling:** Students learn from sharing their own experiences and stories with others. Listening to those may provide opportunities for students to talk about what is

happening in their lives, to share their stories, and review plans for the day. They will be high in their spirit.

- ❖ **Being a supportive mentor:** Mentoring is a protected relationship in which learning and experimentation can transpire; potential skills can be developed, and in which results can be measured in terms of competencies gained Mentor one another. The opportunities need to be created for senior staff to share their insights and experience with those who are younger and/or less experienced. Edward Sellner suggests that we view teaching as a ministry of mentoring, a sense of hope and support from classmates and staff. The good interpersonal relationship between the teachers will make the working experience joyful and resourceful.
- ❖ **Following Traditions with scientific attitude:** Traditions and rituals convey the feelings of gratitude and express the good wishes to others. The quality and spirit of gatherings and events reveal a great deal about a school's values and mission. Now-a-days many festivals like Diwali, Holy, Eid, Christmas, Pongal, Krishna-Janmashtami and National festivals are celebrated in schools/ colleges with full zeal and happiness. The pre-service teachers will develop the values of equality, co-operation, togetherness and national integrity through these celebrations. By following these traditions with the knowledge of scientific reasons behind the celebrations, will double the joy of celebrations. Happiness and peace of mind are the out puts of nurtured good values.
- ❖ **Meditation:** According to the Cambridge dictionary, "Meditation is the act of giving attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed". Meditation is a tool which is used to hear our own inner voice. The power of silence makes the person physically and mentally strong. Decision making in any situation becomes easy with the healthy body and healthy mind. Practicing meditation is helpful in nurturing spirituality so most of the schools start the day with Prayers and meditations.

**Conclusions:** There is an equally powerful connection between the spiritual nourishment of teacher educators, pre-service teachers, the students in schools and the quality of schools/ colleges' teaching and learning environment. Nurturing the spirituality can be possible through development and enhancement of Interpersonal skills. It is the aim of education system to have development of students studying in schools and colleges in cognitive, affective and psychomotor domain. Being the future teachers, the pre-service teachers must be trained in interpersonal skills, mentoring skills and spirituality. If the good values, discipline, spirituality are nurtured in the future teachers then our country will be a heavenly place to live in.

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## **CO-CREATING THE HARMONY IN THE UNIVERSE THROUGH CULTURE OF RESPECT**

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**Introduction:** When the pressure is on, you begin to notice that the people you work with change. The work demands placed on individuals influences how they behave. This affects their relationships. And so you begin to experience the domino effect that your fast-paced work environment has on you and those around you. It becomes your new reality. This new reality, filled with speed, electronics, pressure and more, elicits new behaviours and an increased incidence of harassment, bullying and isolation. You may have experienced one or all of them within your workplace and if you have, you will know first-hand the effect this has on organizational culture. The antithesis of this is creating a culture of respect — a culture where diversity is valued, where individuals feel that their contributions are recognized and acknowledged, and finally, a culture where expectations regarding behaviour are clearly articulated and modelled by leadership.

### **Creating a Culture of Respect**

While on the surface respect may seem like a simple concept, I suggest that if you as an organization want to create a culture of respect, there are three significant areas that need to be addressed. These are:

- Self-respect
- Relationship respect
- Organizational respect

1. Listen to each other: Communication is at the core of human relationships, and it should be no different with your colleagues. Open a dialogue by listening and making people feel comfortable sharing. This is an ongoing process that should go beyond a single engagement survey each year. Collect regular, ongoing employee feedback -- and all forms of feedback at that. Send pulse surveys, host focus groups, plan one-on-one

meetings and participate in conversations around the office whenever possible. Sometimes the best feedback happens in these casual settings, when formal barriers are not in place.

2. Show employees that you care: In the same way you nod to someone to show them you are listening, make sure employees know you are listening by communicating the findings of any feedback they have provided. Through my research interviewing hundreds of companies, it stood out to me how well-intentioned feedback efforts can backfire if nothing is done with the new information. Employees want to know that their voices aren't falling into a black hole. If you can't make the recommended changes, simply explain why. It's scary, but transparency like this goes a long way to create a culture of respect and trust.

3. Help each other: People who respect each other help each other. They support each other as employees and as people. Not only does this mean that employees will have richer, more positive relationships at work but also when there is a culture of support, employees won't be afraid to ask for help. This ultimately makes everyone more comfortable and effective in his or her job.

4. Encourage everyone to be themselves: Each month we pass the planning of our culture events to a different member of our team, and thus, each employee has an opportunity to bring his or her personality to the table. Not only do we get to know each other during the event itself, but we learn something about each employee through the event they plan. Hiking isn't everyone's favourite activity, but it certainly speaks to our product manager's love for the outdoors, and we all are able to respect and appreciate that together.

#### **Workplace culture training in promoting respect and civility**

1. Focus on others' needs and consider how your words and actions will impact others before you speak or act. - Approach each interaction with respect, regardless of whether you believe that the other person's behaviours "earn" or even elicit that respect.

2. Be intentional in your communications - Plan to listen to the other person without interruption and practice effective listening skills. Develop an awareness of the respect that you display in all areas of your

communications, including what you say, how you say it, your voice tone, and the body language that you demonstrate.

3. Become a bridge builder and act in a manner that creates an inclusive work environment - Look for various ways to have diversity in work teams and committees as well as in individual associations. Be aware of the downsides caused by labelling and stereotyping others. Replace these behaviours with respect for individual differences.

4. Appreciate the value of diverse opinions in developing approaches to varying situations - Recognize that it does not equate to agreement if you listen, clarify what was said, and ask questions to gain an understanding of others' opinions. In situations where disagreement results, learn to "agree to disagree" respectfully.

5. Understand that conflicts will occur in the workplace and take responsibility for your actions, regardless of the situation - Take time to understand your triggers or "hot buttons." Knowing what makes you angry and frustrated will enable you to manage your reactions and respond in a more appropriate manner. Practice self-restraint and focus on your overall objectives in responding to potential conflicts. A positive and solution-driven approach will facilitate your ability to reach resolution.

**Conclusion:** In conclusion, it is important to preserve and respect cultures that are different from our own. In doing this we enhance our own culture. Cultural differences are a positive aspect of our country that we can learn a lot from. Cultural differences should not be looked upon as something that impedes, but rather as something that encourages growth and prosperity

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## **NURTURING CREATIVITY AND INNOVATION THROUGH RESEARCH, SPIRITUALITY AND EDUCATION**

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Capacities and Innovation have been identified by educationist as strategies in fostering children's creative thinking skills which are proposed to create supportive environments in an educational setting. There is little consistent rhetoric, however, among these insights and strategies concerning different aspects of fostering creativity. In light of this, a three-element framework of creative pedagogy is proposed to offer a more holistic view of enhancing creativity which are research, spirituality and education to cover the aspect of creative and innovative learning.

Creativity in education was developed in the 1950's (Ferguson 1992). In many organisation to encourage, creativity were implemented to create inventions. Educators work out for suitable programs to incorporate creativity in education and Innovation is the application of better solutions that meet new requirements, unarticulated needs, or existing market needs. This is accomplished through more effective products, processes, services, technologies, or ideas that are readily available to markets, governments and society.

If students were given the exposure through spirituality, research and education, creativity and innovation skills can be developed (Charyton and Merrill 2009). Once the creativity skills have been developed, students will continues to demonstrate these skills compared to those who have not been exposed to such training. Therefore, creativity can be developed through supportive learning environment of spirituality research and education.

**"The creative adult is the child who survived."** -- Ursula Leguin

**Objectives:** 1.To study the concepts of Spiritual Intelligence, research and education to foster the creativity and innovation. 2. To find out the use of spiritual intelligence in developing innovators. 3. To suggest activities for the enhancement of creative and innovative ideas of the students by focusing on Spiritual Intelligence in Education.

**Spiritual Intelligence:** Spiritual Intelligence (S.I.) is that intelligence which is required when we begin to open up to our spirit's journey and to quest for a greater understanding of life. The term "spirit" has been defined as "the animating or vital principle, which gives life to the physical organism in contrast to its material elements. It is the breath of life." (Webster's Dictionary, 1997). The term "spiritual" as an adjective, refers to concerning the spirit as opposed to matter. Indian scriptures refer to this term as "Atma" or Soul. The term Spirituality is a source of creativity open to us all. It brings the quality of aliveness which sparks inquiry, ideas, observations, insights, empathy, artistic expression, earnest endeavors, and playfulness. It opens us to life and to each other. Spiritual intelligence (SI) is what we seek for, to find higher purpose and a greater sense of self, to become wise by accessing our natural birthright of wisdom. According to Zohar & Marshall (2000), SI is described as "The intelligence with which we address and solve problems of meaning and value.

**Need and Importance:** Education for promoting relevant emotions needs to be recognized as an essential element of the educational process since they strengthen the provided information, knowledge & wisdom and direct attention and facilitate the attainment of goals.

The teacher is supposed to be the main pillar in building a nation. It is the duty of the teacher to strengthen the new generation and to prepare the citizens to face boldly the present age of science and technology

Sense of self, empathy, kindness, intuition, motivation, awareness, social skills, forgiveness, reconciliation, dedication are some of the major components of spiritual intelligence. All these aspects are very much needed for the development (as a process or course of change) of suitable qualities among students and hence among their teachers too. The existing education system is a hybrid variety of conventional / traditional, and modern / new generation type. There is a serious need for standardization. The ongoing pattern of education is linear oriented or "left-brain" oriented. (Zohar and Marshal)

Spiritual intelligence is used when one need to be flexible, visionary or creatively spontaneous. Another well known work in the field of SI is "Spiritual Psychology" by Akbar Husain (2005) (a professor of psychology, Aligarh Muslim University) the following is one of the major perspectives



that Husain has raised in his work on “Spiritual Psychology”. Spiritual transformation is the transformation of an individual towards divine nature.

**Suggestions:** This conceptual framework suggests that both Emotional and Spiritual Intelligence plays an important role in nurturing creativity and innovation among everyone. When we come to understand that God is indeed the creative, divine Principle, the original source of innovative thinking, we’ll find more ways to apply fresh, spiritually creative talents – every day. Inclusion of spiritual education can help to create and generate the reativity and innovations. Always do some meditational activities.

**Conclusion:** If the individual is spiritually intelligent, he/she can manage the spiritual traits of his/her students in order to provide balanced environment. Sense of self, empathy, kindness, intuition, motivation, awareness, social skills, forgiveness, reconciliation, dedication are some of the major components of spiritual intelligence. All these aspects are very much needed for the development of suitable qualities among individuals. This study is very relevant in this competitive globalised world where, ideally, “Might is Right” only, is heard everywhere. This study would throw light into ultimately, Individuals development in the fields of innovation through spiritual intelligence.

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**EXPERIENCE INNERSELF: FOR CREATING A PEACEFUL  
AND HARMONIOUS LIFE**

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**Introduction:** “When there is righteousness in the heart, there is beauty in the character; when there is beauty in the character, there is harmony in the home; when there is harmony in the home, there is order in the nation; when there is order in the nation, there is peace in the world.” A.P.J. ABDUL KALAM. That means if we desire to live in a world of peace, first we need to create a beautiful character of ourselves and we need to keep harmony in our home. Then automatically this world will be as beautiful, peaceful and joyful as we want. To achieve a harmonious society, fit and fine body, clear mind and a happy soul, we need to transform ourselves by the help of right and value-based education and through spirituality. We need to cleanse our present by experiencing inner selves through spirituality.

**Harmony:** Harmony is a state where all the aspects are in sync and working together with proper co-ordination to achieve a purpose. Means people and things that get along well to achieve a purpose. For example, our body having many organs. As long as they work in a co-ordination everything is fine, but if a single part has stopped working, severe problem will arise. Likewise, in our society also if a single being starts behaving undesirably then it may spoil the peace of the whole community and may lead to destroy the peace of the nation too. Today we are living in the world of technology. It doesn't require millions of people, to destroy this world. One man by pressing a single button can destroy this beautiful creation of God. To stop this, we need to empower ourselves by value-based education and healthy and progressive mind set. It's very important that our physical, mental, our emotional actions all should work in a harmony. If not so, it will lead to self-destruction.

**Spirituality:** Spirituality means, connection between ourselves/soul with a supreme power than us “The supreme Soul” and helps us in searching for the true meaning and purpose of life. It helps us bring our

consciousness. Means to experience the inner peace. It doesn't mean to cut off yourself from this physical world, in fact it teaches us how to feel the life, by rejuvenating each moment of it, each day as a gift of god and ever lasting peace.

**Experience Innerself for Creating A Peaceful and Harmonious Life:**

When we are inspired by a great purpose, like to have a peaceful, harmonious and pleasant world to live within, our conscious will also expand in all the required direction to achieve this. For this, we need to experience our inner selves, need to transform ourselves. There is no other happiness other than, experience inner peace. It helps us to know ourselves, aware of our liking and disliking, know the right path to go through, have all the freedom and capacity to take right decision.

**Importance of Experience Innerself:**

SELF AWARENESS: Self-awareness is like a mirror which reflects, our strength and weaknesses, our interests, taste of life. It helps us for personality development. By knowing ourselves, we can identify whether inner peace and happiness are important for us, or our career, relationship property, money. It gives us an exact idea about all the aspect and taste of our life. It helps us in transforming ourselves in all dimensions of our life.

**Become Emotionally Strong And Stable:** Emotion is a very strong factor, which can uplift our life in either positive or negative way. When somebody is emotionally stable his decision-making capacity will increase drastically. In people's life many situations may arise, when they feel low and hopeless, and even some of them may commit suicide. When someone will experience inner peace and become emotionally stable, he can easily overcome that situation, and can realise the real meaning and charm of life. God has given this wonderful life not only for us, let others also enlighten and benefitted from it.

**Zero Expectation:** When we experience inner peace, we will be able to realise the true meaning of life. Expecting from others is a sign of a beggar. Our inner self helps us to be a giver rather than a beggar. The sun is not asking for light and the ocean is not asking for water from anybody. They are so fulfilled and complete within themselves. So be knowledgeable like a burning sun and full ourselves with ocean of love,

and let others to be drenched within it. Never expect anything from anybody should be the mantra of our life. It's our battle, we have to fight, it's our journey we need to walk.

**Implication of Experience Inner Self:** By experience inner self, we can make a very beautiful, peaceful, joyful and a safe world for us and for our future generation. For this, our first and foremost duty is to embedded and embraced the spirituality in our education system. Because this will give value-based education, which will teach our new generation, how to have a peaceful and harmonious life, to have greater relationship, to have high-esteem and to stay optimistic in every stage of life.

**Conclusion:** Inner peace and Harmony are two sides of a coin. If one is disturbed, other couldn't be achieved. To maintain the harmony between all the aspects of our life, we need to practice spirituality. By developing "inner peace" we, not only reduce stress, stay fit and living a pleasant life, but also contribute to global harmony. God the supreme power is the ultimate creator of this world has done this creation beautifully. Now it's our responsibility to preserve this incredible creation. For this we all need to be creator of a wonderful soul by transforming ourselves to have a pleasant life, healthy body, peace and joyful mind, with full of love and compassion, and blissful energy. Experience inner self is the ultimate happiness.

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## **CULTURE: THE PRIDE OF INDIA**

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### **Introduction:**

“India is the cradle of human race, the birthplace of human speech, the mother of history, the grandmother of legend and great grandmother of tradition. Our most valuable and most instructive materials in the history of man are treasured up in India only.” -MARK TWAIN.

Pride in our nation is a powerful emotion. Culture unites us and inspires us. It encompasses pride in our history, heritage, achievement and our future. Our country has 29 states, consists of different languages, religions, dances, music, architecture, food and customs which differs from state to state within the country. Indian culture is not only about foods, arts and traditions but in broader sense it is something which defines us- Who we are as a people, how we aim to live our lives, what kind of demeanour or behaviour is acceptable or unacceptable. It is a phrase in one of the ancient hindu scriptures - “Athiti Devo Bhava” means the guest is treated as god. Indian hospitality and respect for culture is renowned around the world for its genuine desire to placed the guest above all.

### **Objectives:**

#### **1. Religious culture**

“The essence if religions is one, only their approaches are different.”

-Mahatma Gandhi

Indian culture has been influenced by Dharmic religions. It is the birth place of Hinduism, Buddhism, Sikhism, Jainism and other religions. Religion is most important aspect of every Indian’s life. India’s culture is among the world’s oldest civilisation which began about 4000 years ago. It is considered as the supreme culture in the world. Our country is called as the “Land of Unity in diversity”.

#### **2. Languages and Literature**

India is just like a Rainbow having different languages but we all shine together and it has oldest literature published in these languages over the years. India is home to many languages. There are officially 22 languages

which are recognised that reflects a large part of Indian Culture. There are many sacred hindu epics such as Ramayana & Mahabharath, treatis such as Vaastu- Shashtra in architecture and Arthshastra in political science.

### 3. Festivals

A festival is a symbol of love, joy and celebration which brings people together. India stands in one of the top places for the count of festivals it celebrates one after other. Variety of festivals and occasions are celebrated in different states having different culture and traditions but they all unite us together. For example Pongal, Holi, Christmas, Ramzan when every part of the country involves into some kind of celebration. Above all, every major festival or occasion is a holiday in India in remembrance of the deeds of freedom fighters and great leaders of our country who sacrificed their lives for us reminds us that today we are free for a reason. Every citizen of India is proud of its culture which celebrates a quite number of festivals. India is a land –where” poverty mixed with diversity in various forms”.

**Conclusion:** From above discussion, it is evident that India is a land full of culture, respect, hospitality, religion, languages, traditions and diversity monument is OUR INCREDIBLE INDIA. The Indian culture, often labelled as an amalgamation or inclusion of various culture where people are defined by their cultures and traditions has rich cultural values.

“Every Man’s Ability May Be Strengthened or Increased by Culture”.

-John Abbot

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## THE INNER HAPPINESS GENERATED THROUGH SPIRITUALITY WORKS AS A FUEL FOR SUCCESS

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*“Just as a candle cannot burn without fire, men cannot live without a spiritual life.”*

*- Buddha.*

➤ **Objectives :-**

- To develop an individual's inner life and their regular presence in ones life provides inner happiness and satisfaction.
- To discover the essence of his/her being or the deepest values and meanings by which people live.
- To achieve inner happiness one is required to take care of his inner self and soul.
- To appreciate the finer things in life then spirituality can help, what a person needs to do is to minimize the demands from the outer world, minimize his desires so as to enjoy the inherent simplicity of life.
- To expand the level of consciousness is the real art of living.

➤ **Introduction:-**

The term inner happiness is extremely important. A common consensus of happiness and innerpeace seekers is that true lasting happiness comes from inside and this happiness is called “Inner Happiness” and thishappiness is a fuel for success because inner happiness comes from inner peace and inner satisfaction and this ultimately leads to better performance.

The term Inner Happiness can be broken into these terms i.e. 1. Inner 2. Inner Self 3. Happiness

These can be defined as:

1. Inner: - It means something which is located or occurring farther inside or something related to mind and spirit.
2. Inner Self: - "Inner self" is an expression for the private inner feelings and self-awareness. The inner self is often referred to in spirituality.

Sometimes, meditation is used to awaken the true consciousness and see the true inner self.

3. Happiness: - Finding happiness is like finding yourself. You don't find happiness, you make happiness. You choose happiness. Self-actualization is a process of discovering who you are, who you want to be and paving the way to happiness by doing what brings YOU the most meaning and contentment to your life over the long run. Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside.

Happiness is when what you think, what you say, and what you do are in harmony. -By Mahatma Gandhi

Happiness is when your mind is thinking through your heart. -By Judi Singleton

➤ **Inner Happiness is a Result of Inner Peace :-**

Inner Happiness is a by-product of inner peace, to achieve inner happiness one is required to take care of his inner self and soul. For a human being inner happiness starts with being his best friend i.e. one needs to think about how he treats friends or family, how he talks to himself, and ask this query from himself. Finding inner happiness starts with inner peace, inner peace starts with self-love and one would start loving himself only when, when he would start considering himself as his best friend and to achieve this the very first step is: Learning how to listen to what his inner voice is saying about his best friend and to hear this inner voice , he need to be familiar with himself, listening starts with a relationship, so one should start building a healthy relationship with himself , do something nice for himself that is something he could do for a good friend.

➤ **Spirituality :-**

Spiritual practices, including meditation, prayer and contemplation, are intended to develop an individual's inner life; spiritual experience includes that of connectedness with a larger reality, yielding a more comprehensive self; with other individuals or the human community; with nature or the cosmos; or with the divine realm. Spirituality is often experienced as *a source of inspiration or orientation in life*. "Spirituality exists wherever we struggle with the issues of how our lives fit into the greater scheme of things. This is true when our questions never give way to specific answers



or give rise to specific practices such as prayer or meditation. We encounter spiritual issues every time we wonder where the universe comes from, why we are here, or what happens when we die. We also become spiritual when we become moved by values such as beauty, love, or creativity that seem to reveal a meaning or power beyond our visible world.

➤ **Importance of Spirituality :-**

There being innumerable subjects in the universe, studying even for several births will prove insufficient to become proficient in all of them. To merge into the Omniscient God, one has to become Omniscient. However, God has made this easy by providing us with the subject of Spirituality. This is the only subject in which if one becomes Omniscient, one becomes knowledgeable in other subjects too. This is because, finally all subjects have originated from Spirituality.

➤ **Some other definitions of Spirituality :-**

The Oxford dictionary says, "Relating to or affecting the human spirit or soul as opposed to material or physical things."

Spirituality can also mean the process of making the mind free from fears, worries and nonstop thinking, and experiencing inner peace and bliss in one's everyday life.

"A person's experience of, or a belief in, a power apart from his or her own existence" (Mohr 2006)

➤ **Spirituality - The Art of Living :-**

Spirituality teaches that the art of living is to find real abiding happiness and satisfaction. This elusive inner happiness will come when one can discover our inner self. It is spirituality that helps to find this inner reality, which is inner self. Many people seek after happiness in life. Consciously or unconsciously everyone wants to be happy. The happiness synonymous with spirituality is an inner happiness that does not depend on success in the material world. Spirituality tells us that real inner joy comes not through the fulfillment of the desires but in reducing the desires. Spirituality is simplicity. When life is complex, complicated and cluttered and the feeling of stress arises and no time is left to appreciate the finer things in life then spirituality can help, what a person needs to do is to minimize the demands from the outer world, minimize his desires so as to enjoy the inherent simplicity of life. "Spirituality is simplicity, sincerity, purity and humility.

A simple life helps the seeker grow. A sincere life helps the seeker fly and dive. Mahatma Gandhi, Spirituality says that inner happiness comes from living not for ourselves but living for others. When a person only seeks to please his own ego then he can only get a limited happiness, the pleasure will be limited.

➤ **Spirituality - Happiness Comes From Within :-**

Acc to spirituality happiness comes from within. Here are some simple suggestions to improve present level of happiness: 1. Make happiness a habit 2. Cultivate mindfulness 3. Direct daily thoughts that creeps in the mind 4. Develop discipline 5. Be an optimist 6. Simplify your life 7. Exercise regularly.

➤ **Importance:**

The purpose of this research paper is to provide an overview how people used spirituality as a way to seek inner happiness and a life of purpose, incorporating spirituality into the hectic schedules prepares a person for all that life has to offer. This paper aims to show that Spirituality exists wherever a person struggles for his survival because spirituality plays a central role in self-help movements.

It can encompass belief in immaterial realities or experiences of the immanent or transcendent nature of the world.

➤ **Conclusion :-**

The key elements of this paper can be summarized as follows.

1. There are numerous studies that emphasize the increasing importance of concepts of spirituality in the life of a human being in bringing inner peace, inner happiness and inner satisfaction.
2. The intention of this study is not only to ascertain the necessity for spirituality for an individual, the overall effect of spirituality over a individual, over his family and over his professional life but also to determine the secret of spiritual happiness i.e. to learn how to teach, guide, and lecture one self.
3. It discusses and analyses everything and is restricted to its own content. To every answer there is another question.
4. Thoughts are endless and any theory is only a mental invention invented by the mind.

5. The paper has worked over the fact that when the concentration ability is well developed, it is much more easier to silence the mind.
6. When the mind is silent, thoughts do not distract, and worries do not trouble.
7. When there are no clouds, the bright beautiful sun is seen.
8. When there are no thoughts, the ever-present sweetness of the Self is experienced and this paper has explained wise soul exists inside us, in order to search the answers of various queries one has to peep inside i.e. one has to look deep within.

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## **ARTIFICIAL INTELLIGENCE TO IMPROVE SPIRITUALITY AND MENTAL HEALTH IN THE WORLD**

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When I was searching for the meaning of spirituality, I came across many terminologies definitions of Spirituality according to the beliefs of people, culture and traditions. Traditionally, spirituality referred to a religious process of re-formation which "aims to recover the original shape of man", oriented at "the image of God" as exemplified by the founders and sacred texts of the religions of the world. Modern usages tend to refer to a subjective experience of a sacred dimension and the "deepest values and meanings by which people live". If we refer the standard books,

**How to define Intelligence?...:** Intelligence has been defined in many ways: the capacity for logic, understanding, self-awareness, learning, emotional knowledge, reasoning, planning, creativity, critical thinking, and problem solving. More generally, it can be described as the ability to perceive information, and to retain it as knowledge to be applied towards adaptive behaviors within an environment or context.

Now coming to Artificial Intelligence...: Intelligence in machines is called Artificial intelligence, which is commonly implemented in computer systems using programs and, sometimes, specialized hardware. Artificial intelligence (AI), sometimes called machine intelligence, is intelligence demonstrated by machines, in contrast to the natural intelligence displayed by humans. The field was founded on the assumption that human intelligence "can be so precisely described that a machine can be made to simulate it" Whether we realize it or not, artificial intelligence is all around us and playing an active role in our daily lives. Every time we open our Facebook newsfeed, do a Google search, get a product recommendation from Amazon or book a trip online, AI is working in the background.

**Applications of Artificial Intelligence in Use Today:** Beyond our quantum-computing, today's so-called A.I. systems are merely advanced

machine learning software with extensive behavioral algorithms that adapt themselves to our likes and dislikes.

**Iphone's Siri-:** Siri is a pseudo-intelligent digital personal assistant. She's the friendly voice-activated computer that we interact with on a daily basis. She helps us find information, gives us directions, add events to our calendars, helps us send messages and so on.

**How can Artificial intelligence be used to attain mental peace?:**

Researchers are testing different ways that artificial intelligence can help screen, diagnose and treat mental illness. Researchers from the World Well-Being Project (WWBP) analyzed social media with an AI algorithm to pick out linguistic cues that might predict depression. It turns out that those suffering from depression express themselves on social media in ways that those dealing with other chronic conditions do not such as mentions of loneliness and using words such as "feelings," "I" and "me." What the researchers found was that linguistic markers could predict depression up to three months before the person receives a formal diagnosis.

**Support mental health professionals:** As it does for many industries, AI can help support mental health professionals in doing their jobs. Algorithms can analyze data much faster than humans, can suggest possible treatments, monitor a patient's progress and alert the human professional to any concerns.

**24/7 access:** AI provides a tool that an individual can access all the time, 24/7 without waiting for an appointment for a health professional.

**Obstacles to overcome:** While there is great promise for using AI to help the current mental health crisis, there are still obstacles to overcome.

There are significant privacy concerns as well as making people comfortable and willing to accept various levels of being monitored in their day-to-day lives. In addition, there is no regulation for these applications, so it is advised that any app be used in conjunction with a mental health professional. As AI tools are created, it is essential that they are protocols in place to make them safe and effective and built and trained with a diverse data set, so they aren't biased toward a particular population.

**Conclusion:** Overall, Artificial Intelligence has the promise to provide critical resources we need to overcome our mental health crisis, bring and sustain peace of mind and attain spirituality in our inner soul. Hope my presentation/paper helped to think of Artificial Intelligence technology as a resource in mental peace and spirituality.

## **CULTURE OF RESPECT: INDIAN CULTURE & WESTERN CULTURE**

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**Introduction:** One of the most debated topics in competitions and group discussions is Indian Culture Vs Western Culture. They are diametrically opposite to each other. As a coin has two sides, both cultures all have some merits and demerits. Indian culture is a mix of diversities in customs, rituals, traditions, language, etc., that varies from region to region within the country. It is one of the oldest and a combination of various cultures. On the other hand, Western culture, it is quite advanced and open. The norms, beliefs, values, traditions, customs and practices are greatly inspired by European culture. Moreover, Western Culture includes British culture, French culture, Spanish culture.

**Objective:** In this article, find the most important differences between Indian Culture and Western Culture.

**Content:**

**About Indian Culture:** Indian Culture is the ancient and one of the most popular cultures in the world. India is very well known for its rich cultural heritage which is a combination of customs, traditions, lifestyle, religion, languages, rituals, cuisine, etc. depending upon area. Here you can see unity in diversity like people belonging to different religions live happily. Guests are considered God here, people welcomed them with joined hands and a smile on their face. Not only the guests but here people worship animals, statues, rivers, stones, trees, kids, etc. Indian Culture is now divided into two categories which are traditional and the modern one. In traditional culture, people give more importance to their society. Community comes first according to them, but this scenario is changing slowly with the impact of westernization. About 3-4 decades ago, only arranged marriages are common, where the parents of the bride and groom choose the spouse for their child and then decides about the marriage but now love marriages are

also equally respected. There are so many festivals celebrated in the country like Holi, Diwali, Dusshera, Eid-UL-Fitr, Christmas, Baisakhi, Navratri, Muharram, etc. Here you can see the variety of clothing depending on the region. The Indian woman prefers Saree or Salwar Kameez with dupatta whereas Dhoti Kurta, and Kurta Payjama is the traditional outfit of men in India.

**About Western Culture:**

Western Culture is referred as the modern and advanced culture in the world. The main pillars of the western culture are capitalism, individualism, rights, ethical values, etc. You can see western culture in America, Germany, Spain, Europe, etc. Here most people belong to Christianity and Judaism. People give more importance to their wants, needs, desires and happiness. Nobody here has time to think what other people thinks about them because they are busy in doing their own business. If we talk about marriages, love marriages and consented marriages are very popular in western countries. Here people are allowed to have multiple partners. They are very frank and open in this regard. People do not have a strong bond with their family; they leave home after reaching the age of 18 to become self-dependent. Youngsters learn and earn at the same time.

<b>BASIS FOR COMPARISON</b>	<b>INDIAN CULTURE</b>	<b>WESTERN CULTURE</b>
Meaning	The culture which is followed in India, is Indian culture.	The culture which is followed in most western countries like USA, Spain, Canada, Europe etc. is known as Western culture.
Religion	Hinduism, Islam, Christianity, Sikhism, Buddhism, Jainism.	Christianity, Judaism.
Family	Joint family	Nuclear family
Music	Folk, Classical, Sufi, Bollywood music is	Hip-hop, Jazz, Blues, Rap, Heavy metal, Rock music is appreciated in

	liked in Indian culture.	western culture.
Equality	Woman are considered inferior than man.	Both man and woman are considered equal
Languages	Hindi is the highly spoken language, but there are many other languages which are spoken in different areas like Telegu.	English is widely spoken in western countries, followed by French and Spanish.
Clothing	Traditional clothing depends upon region and religion.	A person can wear whatever he / she likes.

**Conclusion:** Indian Culture and Western Culture are right at their places. There is a lot to learn from both the cultures. For last few decades, Indian culture has been influenced by the western culture, and they are adopting the merits of the western culture like cleanliness, equal rights for both men and women, frankness, etc. which helped in removing the shortcomings of Indian culture. Similarly, western culture is also getting an Indian touch regarding Indian cuisine and yoga.

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**JAINISM- A JOURNEY TO DISCOVER SELF &  
UNDERSTANDING METHOD OF LIVING STRESS-FREE LIFE,  
BY JAIN SPIRITUAL YOGA (AARHAM YOGA & BHAVNA  
YOGA)**

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**Introduction:** The Word YOGA has a long history of usage within all religion of India. It come from Sanskrit YUJ which mean “unit, attach & contact”. Patanjali Yoga delineates the path of liberation Step by Step in & organized and scientific way. It bears similarity to some aspects of Jainism also. The actual usage of the term-Yoga in the ancient Jain Tet, UMA swami Tattvartha Sutra, carries a different sense than that indicated in Patanjali.

**YOU CANNOT CONTROL WHAT GOES ON OUTSIDE, BUT YOU CAN ALWAYS CONTROL WHAT GOES ON INSIDE.**

Definition of Yoga indicated in Patanjali Definition of Yoga as “Chittvritti Nirodhak” ... A state of Mental Control. UMA swami refers Yoga to the process whereby Karma's, by way of thought, Speech and action become attach to the soul, bringing about result in the soul. It is known as Aasrava and Bandh. The influx of Karma and union with soul in Jainism. Good and Bad karmas influx to soul by way of thought, by way of thought, word and action produce corresponding reaction in our soul.

**Yoga in Jainism:** - Jainism like other religions of Indian origin, attaches great importance to YOGA and Dhyana, to both Spiritual advancement and liberation. As per Jainism, penance, Tapa has 2 Wings. Shukla Dhyana as a state of pure self-awareness and kayotsarva in different postures. Which is non-attachment to one's own body as well as worldly belongings. In Jainism, we are focussing on 2 Major Yoga types.

ARHAM Dhyana Yoga- Araham yoga and meditation which gives you a path to access your inner self, which helps you to attain calm mind more

focused Brain which leads to healthy body. This explains us that YOGA is not only about physical asanas but a union of mind, body and soul. Recently this is being carried by Pranamy Sagar Maharaj ji. Those who are following this as a regular practise, they are seeing its result and hence it is followed by all religion. In today's word everyone, be a school or a private employee, and even all age group everyone has mental or physical stress. In Old day, we never heard this term's but now a days, it is being heard by everyone and in such situation, YOGA come as rescue. Many peoples have misinterpreted YOGA and as per them, YOGA will resolve their problems but let me correct this mis understanding. YOGA doesn't resolve any problem instead it make a person strong so that he/she can handle the situation in calm manner. Mahendra Singh dhoni is a best example here. We all know him as Caption cool.... Reason is, whatever is the situation if they are losing, winning or match is in critical position he never loses his temper & never cracks. He always remains calm in ground and handle the situation in same manner. Frankly speaking, it is tough ... may be tougher than passing any competitive Exam ☺.

Bhavna Yoga – Bhavna yoga literary means cultivation of feeling. Bhavna yoga specifically focused on an attribute or quality of a person as a path to achieve self-realization or to attain the highest state of consciousness. This is another leg of Yoga in Jainism where we collect positive energy via meditation and repeatedly saying of positive words.

If we go in our school day, our teacher used to ask us to write some chapter 2-3 or more times or Sometimes they ask us to read something very loudly & frankly speaking, we never understood the principle behind that but that is what somehow, we were doing Bhavna Yoga.

**Objectives:** 1 To enable to the people to have good health 2. To practice mental hygiene 3. To possess emotional stability 4. To integrate moral values 5. To attain higher level of consciousness

1 To Enable to the people to have good health: - yoga improves health. improves your flexibility, builds muscles strength, perfects your posture, prevents cartilage and joint breakdown. drain your lymph and boosts immunity.

2. To practice mental hygiene: - Aarham yoga and Bhavna yoga's positive benefits on mental health have made it an important practice tool of

psychotherapy. Yoga is the practice of quieting the mind. Positive mental health is a state of wellbeing in which every individual realizes his or her own abilities can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community.

3. To possess emotional stability: - Araham yoga and Bhavna yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life. Yoga allows you to find a new kind of freedom that you may not have known even existed.

4. To integrate moral values: -The yogic activities make them exercise self-control and self-discipline in their day to day life. the society becomes a better place as there is enrichment of moral values and prosperity for all. yoga is thus believed to be the catalyst to cultivate and inculcate moral values in human beings.

5. To attain higher level of consciousness: - you can alter state of consciousness anytime when you meditate or pray or other spiritual practice have a religious experience or engage in activities that induce a trance. you will be being vibrating at a higher rate the instant you do that, and you will attract correspondingly high vibrating energies.

**Conclusion:** - A state of yoga can be attained when wisdom is established. The yoga is presented in the form of a lifestyle, understanding and attitude. Aarham. yoga is a great workout for body mind and spirit. Decreases stress level, clear the mind increases body fitness and improves overall health. Yoga appears to blunt the harmful effects of heightened stress by influencing the body's response to stress. there is also evidence that yoga helps to increase heart rate variability, an indicator of the body's flexibility in responding to stress.

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## THROUGH THE CULTURE OF RESPECT

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**Introduction:** Respect often means different things to different individuals and cultures. Yet some form of respect is apparent in any society. It is build around values based on what you and your culture holds in high regard and It's degree of importance. Though the definition of respect may vary , it usually centers on character, experience and ethics.

**Definition and Concept:** The word respect comes from the Latin word "respectus" meaning attention, regard or consideration. It can be defined as "esteem for or a sense of the worth or excellence of a person, a personal quality or ability, or something considered as a manifestation of a personal quality or ability". Our differences are positive because it creates our identity. This means that individual differences exist, but above all to understand that as members of a society we are equal. All people are due respect for the simple fact of being people. Equality is in balance.

**Objective of Research:**

1. Creating harmony in the universe through the culture of respect.
2. Understanding the true meaning of respect.
3. Accepting individual differences through the culture of respect.

**Creating Essential School Climate:** Today's children live in a world that is at the same time increasingly interconnected yet seemingly less and less accepting of the "other." Today, an education that will challenge their developing intellects, protect their essential humanity and prepare them for a multicultural world in the broadest sense possible is essential. It is important to us that our children be aware of different cultures, races and religions and be able to view individuals as a fellow humans, friends. Respectful schools are, by definition, democratically informed learning environments where people feel safe, supported, engaged, and helpfully challenged.

A sustainable, positive school climate fosters youth development and the learning necessary for a productive and satisfying life in a democratic society. In such a climate,

- People are engaged and respected.
- Students, families, and educators work together to develop and contribute to a shared school vision.
- Educators model and nurture an attitude that emphasizes the benefits and satisfaction of learning.

A school climate that shall foster respect in school include the following:

- **Creating Democratic Communities:** A democratically informed school climate needs to model the essential elements of democracy—liberty, justice, common good, equality, diversity, and truth—for students to experience and contribute to their school environment in respectful ways.
- **Supporting Students and Teachers:** Being supported means that others appreciate those areas that challenge us. One common reason people act disrespectfully is that they feel disrespected themselves. As James Comer (1999) said, emotions are contagious. When we feel listened to, taken seriously, appreciated, and respected, we tend to "pay it forward."
- **Ensuring Safe Schools:** People need to feel safe to be respectful to others. If we feel unsafe, we will naturally focus on protecting ourselves; we won't be able to listen to and appreciate others.
- **Promoting Student Engagement:** Supporting student engagement, and parent and guardian engagement as well, means that we're attuned to everyone's needs and interests—that we're acting respectfully.

When students are engaged, they feel safe and supported to foster positive change in their school communities in authentic and rich ways.

Emotions *are* contagious. When we treat students and adults with respect, they're much more likely to do the same to others. However, to promote respectful schools, we need to do much more.

**The following five strategies foster just, equitable, and inclusive classrooms.**

**1. Create opportunities for group decision making.** Open dialogue engages students in a democratic process in which compromise rather than competition is crucial to making decisions.

**2. Democratize the space.** When group decision making or student interaction is key to an effort, rearrange the room. Change which way is the front, move all the desks to the side, or have students sit on the floor in a circle and link arms. Let students have a say; give them a chance to learn from their decisions.

**3. Use multidimensional group projects, and vary the composition of the groups.** A good group project should highlight different learning styles and skills. Graphic, textual, presentation, creative, and other components should have equal importance; successful completion of the project will require interdependency among group members.

**4. Vary protocols for classroom sharing.** Student sharing in classrooms typically comes through talking or writing; often the fastest or loudest wins the stage. Instead, use reflection and writing time to help students organize their thoughts, have students share through visual art without using language, or have students share in pairs or small groups. Focus on ways for the writer, the thinker, the talker, and the visual artist to share their ideas.

**5. Create conflict around issues.** When discussing issues in class, provide a more realistic experience of what a complex issue is. Taking different sides of an issue—not to compete and win, but to come to a collective decision—creates a democratic experience that demonstrates the messiness and complexity of the process.

Emotions *are* contagious. When we treat students and adults with respect, they're much more likely to do the same to others. However, to promote respectful schools, we need to do much more.

**Conclusion:** One of the most crucial elements that keeps societies strong is respect. As respect is the foundation of having a society and leading a society. If we all learned to respect one another, the world would be a better place.

## **CULTURE OF RESPECT**

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**Introduction:** The word "culture" derives from a French term, which in turn derives from the Latin "colere," which means to tend to the earth and grow, or cultivation and nurture. The antithesis of this is creating a culture of respect — a culture where diversity is valued, where individuals feel that their contributions are recognized and acknowledged, and finally, a culture where expectations regarding behavior are clearly articulated and modeled by leadership. Cultural Respect is defined as: “Recognition, protection and continued advancement of the inherent rights, cultures and traditions of Aboriginal and Torres Strait Islander people”

**Objective:** - Students will develop an understanding of the concept of respect. Students will identify respectful behaviors and the impact of such behaviors. ... Students will use visual history testimony to identify examples of respect and disrespect by evaluating the actions of others.

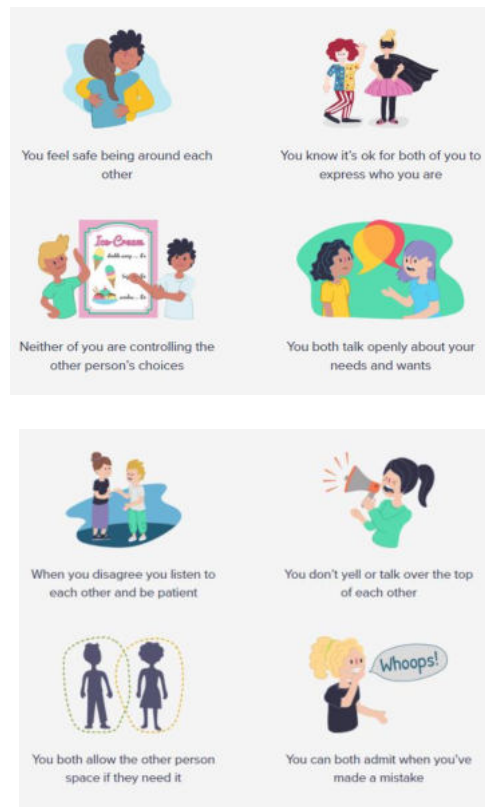
**Need of Study:** - The psychological experience of respect has implications for the nature and quality of group life and for the individual’s psychological and physical wellbeing. However, the manner in which respect has been studied and defined has frequently differed among researchers, making it difficult to connect the various findings. Whereas some researchers have focused on the implications of respectful treatment from group members (e.g., authorities, peers), others have focused on individuals’ perceptions of how they are generally evaluated by the group.

**Importance of respect:** - Respect is the glue that holds your relationships together. Learn ways to be respectful and know what to do when somebody isn’t respectful toward you. Receiving respect from others is important because it helps us to feel safe and to express ourselves. Being respected by important people in our lives growing up teaches us how to be respectful toward others. Respect means that you accept somebody for who they are, even when they’re different from you or you don’t agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn’t have to come naturally – it is something you learn.

**Respect does play an essential role in numerous ways including:**

- Allowing people to build trust with each other.
- Enabling people to create and rebuild relationships.
- People respected within communities are most likely to encourage and bring peace.
- Additionally, respect plays a fundamental difference in solving conflicts.
- Where there is the presence of respect, positive change gets seen, and in its absence, destruction gets witnessed.

Respect is like.....



**Ways to understanding different culture:-**

Become self-aware: Work out your own beliefs, values and personal biases.  
Yep, it can be confronting, but by doing this you'll be able to think about



how these traits might impact on your approach to and understanding of differences.

**Do your own research:** Learning about different cultures can be a great way of developing an understanding of cultural diversity. Do a spot of research online or through books, and study some of the history and traditions of other cultures.

**Talk to someone from a different cultural background:** Try and get to know them a bit better. You don't necessarily have to ask them directly about their culture, but by getting to know them you'll automatically find out more about their life and experiences.

### **The benefits of respect in the workplace**

Building a respectful workplace can carry benefits for employees and the business.

**Job satisfaction:** A respectful workplace can significantly increase job satisfaction and improve retention. Where trust is developed between employees and the business, employees feel empowered to make decisions and trust the direction of the business. Research has found this trust is built on reliability, openness, and mutual concern for the needs of workers and the business. It has also been found that 8 in 10 people prefer recognition and respect, over a salary boost.

**Knowledge-sharing:** Research found knowledge-sharing and trust is closely correlated. Where employees feel respected and trusted, knowledge is shared throughout the business, vertically and horizontally. This gives staff a better understanding of their responsibilities and business expectations. Open communication also fosters a better workplace culture where issues are addressed quickly.

**Increases productivity:** Businesses with well-established policies for treating employees equally have better morale and more productive workers. The Harvard Business Review found \$500 billion is lost by US businesses because of workplace stress, and workers are almost 20 percent less productive. Further, workplaces with positive cultures receive more applicants for advertised positions. This gives human resources and recruitment staff a larger pool of potential talent to pick from.

**A mentally healthy and happy workforce:** Ensuring a respectful workplace culture promotes happiness among employees, reducing the risks

of grievances, turnover, and absenteeism. Truly dynamic businesses remain open to cultural change, regularly engaging employees for feedback. Employees feel valued and valuable and are more likely to embrace new procedures or rules.

**Conclusion:-**

Respect is what every human being should wish to have in their lives as many do not possess it and very few give it. ... If you agree with it or not, respect should be part of everyone's life. If we all learned to respect one another, the world would be a better place.

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## **INNER SELF IS THE REAL LIFE**

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**Introduction:** - In contrast to the outer self, the inner self is about what can't be seen: feelings, intuition, values, beliefs, personality, thoughts, emotions, spirituality, desire and purpose. A strong inner self means to cope well with our emotions, are self-aware, have clarity and a good sense of values and feel a purpose in life. It also means that one is able to remain calm and resilient to face the outer world. The inner self is the term that covers the spirit and the mind and the outer self is a term that describes the physical body. Merriam Webster's Dictionary defines one's inner self as "the emotional and spiritual part of someone." Our true inner self is who we really are from inside. To know our inner self is to know our purpose, values, vision, goals, motivations and beliefs. Not what have to be told by others, but what have discovered by ourselves. After consolidation, the self-image not only gives the individual his sense of personal identity, but determines more than anything else his subsequent experience of himself, his life and his environment. It determines his sense of being, his inner experience and everything else about himself.

**Objectives:** -To know and understand about inner self. To study the purpose of knowing inner self. To study difference between inner self and outer self. To study what is true inner self and how to find it. To study the ways to connect to our inner self.

**Content with own view:** - Actually, we never think about- Who we are? We always find ourselves in social identities that can be father, mother, son, daughter, husband, wife, brother, sister, etc. But this is not our real identity, its just an aspect of living. It doesn't represent who we are from inside. To know our inner self is to know our values, goals, beliefs and our dreams. Not what is told by others but we have discovered for ourselves. As we are born everyone starts labelling us from a girl, daughter, wife, mother, teacher, etc. These all are just roles and titles we play in our life. None of these roles by themselves accurately surmise who I am. The inner me is someone who cannot be labeled by anyone. The purpose of knowing inner

self is to understand what is our weakness, also our strengths and what motivates us. The more we adapt to the things which motivates us we will be closer to our inner life and real happiness. It's something that that many people struggle with, but once we find it our life is best than it has ever been.

In contrast to the outer self, the inner self is about what can't be seen: feelings, intuition, values, beliefs, personality, thoughts, emotions, fantasies, spirituality, desire, and purpose. The outer self is generally concerned with material things, such as how we present ourselves (hair, clothes, etc.), as well as groups we belong to or personas that you portray. A strong inner self means that one can cope well with emotions, are self-aware, have clarity and a good sense of our values, and feel a purpose in life. Our outer self spends its time coping with the demands of school, work, home life, and whatever other real-world distractions we experience each day. Knowing inner self means that we are able to remain calm and resilient in the face of adversity from the outer world. This outer self sees external world which can be demanding, leaving little time to consider whether what is taking place on the outside of our life, matches what you ultimately desire on the inside.

Our inner self is our complete self. Often referred to as our soul or higher self, our inner self includes all aspects of your consciousness as an individual. Our inner self encompasses all levels of our consciousness – subconscious, superconscious and waking consciousness. It means that we will not let others to define us or make decisions for us.

How to find true inner self.....?

- Think about the moments you are most proud of in your life.
- Identify your values.
- Determine the things you want in life.
- Think about how you'd spend your time if you had total freedom.
- Reconsider the facts, ideas, and outlooks you grew up with or take for granted.
- Remember that this is a life-long process, not a quickly accomplished goal.
- Check in with yourself regularly
- Note goal progress and re-evaluate your goals regularly

- Stop trusting your internal critic so much.
- Surround yourself with other self-aware people.

The ways which we can implement in our life to experience our inner self is firstly to enjoy life on a deeper with more satisfying level. Some of the ways I think is spend time in nature which will give us peace, be true to yourself, make your own decisions about what's most important to you, do good deeds, always be positive, meditate which will keep you calm and most important love yourself.

**Conclusion:** - Although the present paper highlights the importance of knowing inner self. So, we should check in with ourselves regularly. Note our goal progress and re-evaluate our goals regularly. Use some grounding in our life and try to connect with our inner self and increase the productivity, which can be done by meditating, exploring, being positive, making own decisions, loving and caring, etc. Knowing inner self means knowing inner power, that is state of mind. It is the guiding force that helps to live a healthier, happier and more successful life. When we align with our inner power, we give ourselves permission to dream big.

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## **THE ROLE OF SPIRITUAL POWER IN HUMAN HEALTH**

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Medicine, and healthcare have been related in one way or another in all population groups since the beginning of recorded history. Only in recent times have these systems of healing been separated. One of the challenges physicians face is to help people find meaning and acceptance in the midst of suffering and chronic illness. Spirituality is the person's inner truth or blissful experience. For many, spirituality takes the form of religious observance, prayer, meditation or a belief in a higher power. For others, it can be found in nature, music, art or a secular community. Spirituality is different for everyone. Through spiritual pursuit, a person tries to connect with a supreme divine or what most people call almighty God. Such people resort to techniques like silence, prayer, meditation and yoga mostly as individual or collective practice, usually under the directions of a spiritual Guru. Others believe in the self-less service to the mankind as a major pathway for seeking god. They adore 'goodness' to see God. Spirituality aims to focus on cultivation of universal values by practices such as yoga, prayer, silence, meditation often combined with self-less service to the mankind surrendering one's ego. More and more number of people are subjected to lifestyle diseases and mental stress, Western medicine can offer limited help either in treatment or prevention. For patients who are suffering from chronic illnesses such as end stage cancer, spiritual care works well in alleviating their suffering. It prepares them for a peaceful death. Modern medicine has made significant contribution by introducing new modalities of treatment and investigative procedures. Ironically, the high-end technologies like imaging and artificial ventilation have resulted in commercialization and often exploitation. Healing can be experienced as acceptance of illness and peace with one's life. This healing, I believe, is at its core spiritual.

How spiritual power can be used to face the health care and illness will be explored in detail:

**Objective:**

**Spirituality and health: The link between them.**

Recent research has shown that religious practices can be helpful in curing and preventing physical and mental illnesses. Religious beliefs provide inner strength and social support in coping with the illness and providing recovery or relief. Spirituality can play important role in promoting healthy life style. When medical care becomes unaffordable, futile, and of no use, spiritual care is absolutely feasible, and logical solution. Recourse to spiritual powers leads to reductions in anxiety and concern among patients and their families, and allows people to more easily accept and cope with their health disorders. Spiritual care seems important not just for the patient, but also for both family members, who have to manage dramatic events in very stressful conditions and make immediate decisions, and medical staff as it seems to increase professional performance and well-being.

➤ **Role of a physician in providing spiritual care.**

Most often physicians are not trained in providing spiritual care. At least, a physician should be aware of the spiritual, religious and cultural beliefs of patients and their families. He should be able to obtain a spiritual history, listen to patients' fears, hopes, and sources of strength. This can not only comfort the patient but also alleviate his suffering to a great extent. The physician should assist and support incorporating spiritual practices as appropriate and acceptable for the patient. He should involve members from religious and other support groups in the treatment plan and health promotion activities in the community.

➤ **Approach to the spiritual care.**

Spiritual care should ideally encompass the whole lifestyle of a person. Lifestyle means the way in which we live and work. It includes the way we eat, dress, talk, think and behave in public and private lives.

- Ahaar (Eating) - What we eat, how much we eat and how we eat.
- Vihaar (Relaxation) - The way in which we engage ourselves in relaxation, entertainment and leisure time activities.
- Vichaar (Thought) - Our mental make-up, emotional control, attitude and outlook to life.
- Vyavhaar (Action) - What we actually behave or practice in public and private life.

**Ahaar : Food is God**

Do you eat well? What do you eat? How much do you eat and how do you eat?

Traditional Indian food is found to have high nutritional value. Realizing the havoc created by many of the diseases like high blood pressure, diabetes, mental health problems. The world is switching over to foods with balanced diet in terms of much needed nutrients. People have shifted to food rich in fibre, antioxidants and immune suppressants which are available in plenty in common food items.

**Vihaar: Work up, Rest and Relaxation**

Sedentary lifestyle is the culprit behind several problems.

While regular walking, gym, acrobatics and a host of exercises are of great benefit in building the body, the practice of Yoga and meditation are especially helpful in keeping the body fit as well as in combating stress. Cultivation of hobbies such as music, painting, photography, gardening, keeping pets are some good hobbies to keep you engaged, active and happy. Taking breaks from routine work, trekking, tours and travel are other methods to rejuvenate you from 'burn out' phenomenon which is most common in modern living.

**Vichaar (Thought): Sound mind in a sound body**

Spirituality can help you to cultivate 'a sound mind in a sound body'.

Use the following tips to achieve a good mental health:

1. In case you come across any comment or criticism from your opponent or even friend, do not react. Just take a deep breath.
2. Appreciate their point of view. If you do not agree, agree to disagree.
3. High Expectation is the root cause of disappointment. Be realistic in setting the goals – one at a time. At the same time, put your 100% in achieving the goal.
4. Once you achieve, celebrate your success. Thank God. Even if you do not succeed, you will not mind or feel guilty.
5. Do not compare yourself with others – identify your unique qualities. Do not be a 'football' to what others 'play'.

**Vyavhaar – Practice makes perfect!**



Spiritual practice in the modern context is incomplete without one's engagement in a social service in a selfless manner. The essence of Bhagavad Gita is "Do your duty sincerely without bothering about the fruits or consequences." All those leaders who have created history are known for their selfless service to the cause of humanity. Discover the true joy of loving, caring and sharing.

**Conclusion:**

Strategy for promoting good health should follow a holistic approach. It is here that spirituality can really offer help. It holds that highest quality of health is a feasible approach. You should consider fitness of body, mind and spirit as one integrated concept. This report has provided some of the ways through which the spirituality can play a role in promoting and maintaining good health. Taking care of your health is extremely important because unless you address this you can't attain higher values of life.

"Shareeram-adhyam khalu Dharma Sadhanam"

(Physical body is the medium for the righteous action) writes Mahakavi Kalidasa in his work Kumarasambhavam

Addressing spiritual power development, in a manner that is continuously appropriate and acceptable to a wide variety of people will require much wisdom. Staying connected to your inner spirit and the lives of those around you can enhance your quality of life, both mentally and physically. Your personal concept of spirituality may change with your age and life experiences, but it always forms the basis of your well-being, helps you cope with stressors large and small, and affirms your purpose in life. However, people who found comfort from spiritual beliefs are more satisfied and lead a healthy and happy life.

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## EXPERIENCING THE INNER SELF

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**Introduction:** Divine therapy is a method that helps you to be more and more sensitive to your Spirit within, but this can only happen when some baggage is moved out. Our unconscious contains all the emotional trauma of a lifetime (that we have repressed) as well as enormous levels of energy and creativity. Throughout your journey, all undigested emotional material must be removed in order for the free flow of grace and the natural and spiritual energies in the unconscious to manifest themselves. When you're in a quiet mind state, simply notice, acknowledge, and let yourself feel each disturbing thought or emotion that arises, then gently say goodbye to each of them as they pass out of your awareness.

**Highly recommended spiritual practices are:** Journaling to notice the divine in your day and in yourself, solve personal problems, or ponder deep questions, Focused psychotherapy where you finally resolve lingering and difficult emotional issues about your past or future that intrude in your life and distract you from a healthy mind. Practicing on a regular basis a meditation that stills your mind to become more familiar with your inner divine in this quiet mindlessness. Eventually you'll live from this place all the time.

**Psycho spiritual Development:** People will find themselves starting now in different places along their journeys. But everyone will need to overcome their deficiencies in order to live into their strengths, develop and trust their clear conscience, resolve their personal psychological challenges, develop their spiritual qualities and character traits, and grow over time to eventually recognize their own divinity. Preparation for accomplishing these tasks basically requires an open mind and open heart. Watch your sneaky ego. It's a very clever, self-interested force attracted to the idea of wearing "enlightenment" as a badge of honor, even though this will ultimately snuff it out. It's OK to let your ego help drive your effort, but in the end the ego is pride while your true aim is humility. Your e.g.o. is "edging God out." More mildly, the ego is simply your body and mind representing an individual

human self, one that does not believe you are divine. The ego-self is what you refer to as your human “I.” It’s the ordinary consciousness of most human beings. It has self-interests and desires of a personal nature. The ego has an identity separate from everyone else’s identity.

**Attachments Come in Different Shapes and Sizes:** Identifying our attachments is the first step towards living an unrestricted life of peace and joy. Attachments are desires for or an aversion to something or someone that create such sticky emotional clinging that it affects one’s ability to think clearly. With some practice we can become aware of our dominant attachments and in the process learn how to free ourselves from them.

l Physical: Attachment to one’s body, color, shape, physical fitness, health, sexual desire. Also included are material things such as money, house, nature, clothes, food, people, pets, possessions, luxury, etc.

l Mental: Attachment to particular emotions, one’s identity, family name, family status, family background, class, race, nationality, gender, language, relationships, social status, power, prestige, fame, habits, hobbies, daily routine, rules, procedures, opinions, judgments, beliefs, prejudices, etc.

l Spiritual: Attachment to one’s religious leader, religious beliefs, God, saints, religious tradition, methods of worship, spiritual practices, places of worship, scriptures, ideals, virtue, morality, spiritual life, afterlife, knowledge, symbols.

**Signs of Your Inner Divine:** A good check on whether you’ve made progress or grown spiritually is to consider how you are living and expressing in your daily life what Christians call the fruits and gifts of the Spirit. These are your godly inner qualities that bleed through your human self or ego.

The “inner God” is your very own unlimited and untouchable awareness, subjectivity, or that which perceives or sees. This is true of everyone, but the ego-self gets twisted in with your divine self over time. You lose the limited views and mental dramas of your outdated ego, and you achieve your human potential as a divinity. You are your inner Self, or God. This is the final outcome of your spiritual quest.

**Pañcakoṣa:** The concept of Pañcakoṣa adopts a multi-dimensional approach to the understanding of personality and explains the person in an extensive manner. The word, Pañcakoṣa comprises two words: pañca and koṣa. Pañca

means five; and koṣa means body or sheath or layer. Thus, Pañcakoṣa literally means five bodies or five sheaths. According to the concept of pañcakoṣa, the 'self' the divine spirit is the real identity of a person. It constitutes the inner most core of a person. This real identity is encased in a series of five koṣas (sheaths), named respectively from the outermost to the innermost as:

**Conclusion:** This journey takes commitment, focus, and regular effort to grow and transform. It takes grace to carry you forward to complete your journey. All boils down to this trifacta: Lick your wounds and heal from the psychological damage that life has thrown your way and that separates you from your inner divine. Grow up into your full stature as a mature, responsible, and spirited adult human being. Find your Self or come to know and accept the reality of who you are as pure Spirit. This leads to great happiness. To understand ourselves we need to investigate our body and mind through direct experience.

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## **CULTURE OF RESPECT**

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### **Introduction:**

Culture can be defined as “the set of attitudes, values, beliefs, and behaviors shared by a group of people, communicated from one generation to the next.” Given that the majority of the world’s children do not reside in countries with same cultures, and that culture influences development, cross-cultural research on child development requires special attention. A good upbringing in childhood ensures a healthy culture of respect in society. Training children right from the early childhood is essential part of positive nurturing. India as a country with diverse cultures, positive acceptance towards all the religions, customs and traditions will add value to healthy culture in society. One of the most important step people can take to learn about other cultures is to simply accept that there are many different cultures other than their own. Only once the responsible generation assimilates this in them, they will be able to prepare the next generation proactively.

### **Why to instill culture of respect among students?**

Respect is the glue that holds your relationships together. Receiving respect from others is important because it helps us to feel safe and to express ourselves. Being respected by important people while growing up teaches us how to be respectful toward others. Respect means that you accept somebody for who they are, even when they’re different from you or you don’t agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn’t have to come naturally – it is something you learn. In general, students are comfortable interacting with people, behaviors, and ideas that they are familiar with but react with fear and apprehension when faced with the unfamiliar. Among its other goals, culturally responsive instruction aims to teach students that differences in viewpoint and culture are to be cherished and appreciated rather than judged and feared. Providing opportunities for students to investigate unique facets of their community is one effective way to help students gain

a greater appreciation for their own culture and respect each other. Using a culturally-centered instructional approach can help facilitate cultural pride among diverse students. A new generation following the value of respect will take the nation and society towards a new growth and peaceful environment to live life happily.

**How to instill culture of respect among students?**

- Teachers playing as a role model in student's life are responsible to train the students. "Lead the path that you expect your students to follow". Hence, teachers must practice this culture in order to motivate students to assimilate the same in their routine and behavior
- Teachers may organize role play situations in which students need help showing respect
- Provide students with consistency. Enforce rules fairly, without favoritism, and enforce consequences as warranted. Whenever you must give a student a penalty, do so privately, with respect for her dignity. Calmly explain the reason and end on a positive note.
- Healthy parenting plays vital role. Parents must respect each other as well as all family members as the child will be influenced accordingly.

**Ways to create a culture of respect at a workplace:**

- Approach each interaction with respect, regardless of whether you believe that the other person's behaviors "earn" or even elicit that respect.
- Plan to listen to the other person without interruption and practice effective listening skills. Develop an awareness of the respect that you display in all areas of your communications, including what you say, how you say it, your voice tone, and the body language that you demonstrate.
- Look for various ways to have diversity in work teams and committees as well as in individual associations. Be aware of the downsides caused by labeling and stereotyping others. Replace these behaviors with respect for individual differences
- In situations where disagreement results, learn to "agree to disagree" respectfully.

- Take time to understand your triggers or “hot buttons.” Knowing what makes you angry and frustrated will enable you to manage your reactions and respond in a more appropriate manner. Practice self-restraint and focus on your overall objectives in responding to potential conflicts. A positive and solution-driven approach will facilitate your ability to reach resolution.
- Take time to analyze relevant facts and to reconsider your assumptions.
- Be mindful: Recognize that your actions will influence how others perceive you.
- Ask yourself questions such as, “How will I look back on these circumstances in a week, month, or year?”
- Ensure that any comments that you make place the organization (including departments and individuals) in a positive yet realistic light.
- Rate yourself (for instance, on a scale of 1-10) periodically after interactions to measure your success and to identify opportunities for improvement.

**Results of creating the culture of respect:**

- Positive cultures boost up the social development of a child
- It is an important step towards bringing up peace and positivity in the society
- It supports creating a democratic society
- Creates safe and supportive environment for learning, living and working
- It will definitely bring up improvement in reducing and eradicating crime from the society and create more responsible citizens

Being respectful toward others is one part of the puzzle. It’s also important to have respect for yourself.

## **EXPERIENCING INNER SELF**

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**Introduction:** Have you ever thought about who you are? What you stand for?

I'm not talking about your life roles or your social identity. You can be a friend, brother/sister, employee, boyfriend/girlfriend/husband/wife, father/mother, and son/daughter all at the same time, but these are just an aspect of you. They don't represent who you fundamentally are on the inside. Your inner self is who you really are on the inside.

For example, let's say you are an employee of a car company and your mission should be congruent with whatever your company's mission is, say to improve people's lives through better transportation. Your goals should also be in line with the company's, say to increase the company's sales by 20% in one year and expand its regional presence.

However, as a person you have other goals, dreams which differ from your company's. Perhaps you love volleyball. Your ideal vision is to be an internationally acclaimed volleyball player and to become a highly sought-after volleyball coach, training national teams. That's very different from what's expected of you as an employee of a car company. This applies to your other identities too. For every identity, you are expected to have a set of purpose/values/vision/beliefs which may not be exactly the same as your inner self's purpose/values/vision/beliefs.

Because everyone is unique, your inner self can't be boxed in by any one identity or label. I'm a daughter to my parents, a sister to my brother, a friend to my friends and a teacher to my students but I'm more than just that. These are just roles and titles none of them accurately pinpoint who I am.

A good analogy to use would be the sunflower. Your inner self is like the head of the sunflower (the centre part where petals are attached to). Your identities are like the petals around your inner self. While the petals are



extensions of the head, they are not the head. Similarly, your identities are extensions of yourself, but they do not represent who you are wholly.

### **Importance of Finding Your Inner Self**

If you have never given much thought to who you are on the inside, it is likely that you have become defined by your identities. It is common for people to see themselves as a certain role, such as a friend, partner, employee, or son/daughter. Some spend their whole lives building themselves around such identities. These people are not able to articulate their own vision, goals, and beliefs beyond what's imposed by their identities.

Inner self has been defined in sacred Scriptures of all religions of the world as our soul the atman within on its cosmic journey.

From the day a child is born... this Inner self within every living being becomes active the role of senses and mind starts... in absence of the Inner self within, the body would die its natural death.

By grace of God it sometimes happens that even a hardened robber or dacoit changes overnight. It was sight of a spiritual master that even a hard-core criminal like Vyasa turned from a sporadic killer to a perfect spiritual being. He became Sage Vyasa... the legendary writer of Mahabharata.

Connection with the inner self involves daily effort. When we are truly connected, we feel inspired and energized.

**Here are a few tips for inner discovery:** 1) Begin with a light hearted feeling. Think about what makes you feel happy and energized. Recall activities, people, and scenery. The feeling comes from connection, but it also comes from people, places, and nature—and the energy they exude. By determining common factors in the energy, you discover more about the inner self. 2) Change your attitude. Decide to find the part of you, which is attuned to happiness, lightness, and higher consciousness. Everyone works to find happiness; they work with more intent to maintain a positive intent. Address and find the positive in life. 3) Ask to go deeper and experience more when you meditate. The intent behind meditation can lead to realization of universal truth. Intent can also involve release from emotion, compassion, insight into life issues, and freedom from burdens in life. Interestingly, the desire for realization of the true nature is very effective—and often gifts us with both release and direction. 4) Focus on the heart by

feeling love. Love is expressed in many forms, but it's helpful to meditate on the unconditional love provided by the universe as well as pure forms of personal love such as love for a child, pet, or flower. 5) Ask good questions. How would it feel if you lived life from a deepened spiritual state? How would life change? What you lived with alignment with the energy composing your life? What if your heart stayed open to goodness and love? Can you imagine the substance of your desire? 6) Awakening bestows special gifts. Notice the goodness your presence brings to others. By noticing subtle changes in others, you can develop your gifts. 7) Pay attention to moments of happiness, lightness, or joy. We tend to give more energy and attention to the negative in life. Move beyond this tendency by giving more attention to the good. Notice the physical body, the placement of the mind and emotions, and the beauty. Many sublime moments are rooted in simple experiences.

**Conclusion:** Our Inner self is the real self of us all. None can exist without the presence of the Inner self. Every living body on Mother Earth owes its existence to the presence of an Inner self within everybody. It is this Inner self which has been defined in Hinduism and spirituality as our atman the soul within. "Faith in God is optional, but faith in the self – in the spirit within, is imperative." "One sees in others the reflection of what one carries within". "Give space to your thoughts, clear the noise in your head, chit-chat with your inner critic, decide and move on". "Don't let anyone take away your inner glow."

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## **EQUAL OPPORTUNITY: CULTURE OF RESPECT**

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### **Introduction:**

Who we are is largely dictated by culture. Often described as a body of beliefs and behaviors; culture includes language, values, customs, actions and how we personally identify ourselves. Culture informs our perceptions of the world, how we make decisions and solve problems. Culture determines what you eat, how you speak, what you wear and even how you care for yourself and your loved ones. Cultural respect means understanding the values and beliefs of a population in order to respond to and meet the needs of diverse patients. Cultural respect should influence how healthcare organizations build care frameworks, conduct and analyze research, engage populations, and build trusting patient-provider relationships.

### **Objectives:**

To respect and appreciate cultural diversity. To promote the understanding of unique cultural and ethnic heritage. To promote the development of culturally responsible and responsive curricula. To facilitate acquisition of the attitudes, skills, and knowledge to function in various cultures. To eliminate racism and discrimination in society. To achieve social, political, economic, and educational equity.

**Content with own views:** We value each and every person, including students, faculty, staff, visitors and neighbors, as members of our society. As we identifies Integrity and Respect as core values: "We all are committed to integrity, honesty, dignity, civility, openness, respect, and accountability in its actions as well as in the means through which all members of its community communicate among themselves and with the wider world."

The Culture of Respect also means that we always look out for each other.

**Conclusion:** In conclusion, it is important to preserve and respect cultures that are different from our own. In doing this we enhance our own culture. Cultural differences are a positive aspect of our country that we can learn

alot from. Cultural differences should not be looked upon as something that impedes, but rather as something that encourages growth and prosperity. Commentary Essay Paper ! II -A" 4 SCORE--ADEQUATE: The scoring guide assigns a 4 to papers that provide an adequate analysis of the writing assignment. It should be reasonably developed and focused. It may have minor weaknesses, but it should use appropriate sentence structure and diction.

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## CULTURE OF RESPECT

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**Introduction:** “Knowledge will give you power, but character respect”  
‘Bruce Lee’

**Culture:-** The values, beliefs attitudes, languages, symbols, rituals, behaviors and customs unique to a group or generation of people.

**Respect :-** Respect is a way of treating or thinking about something or someone.

**Objectives :-** Respect to Parents, Teachers, Others feeling and work.

Respect, also called esteem, is a positive feeling or action shown towards someone or something considered important, or held in high esteem or regard. It conveys a sense of admiration for good or valuable qualities. And it is also the process of honoring someone by exhibiting care, concern, or consideration for their needs or feelings.

**Respect to Parents:-** The Bible commands that children should value and respect their parents every day. It is the only commandment with the promise, hence, critical honor parents. The commandment depicts that parents are co-creators with God, therefore respecting God, the ultimate maker.

**Respect to Teachers:-** The guru–shishya tradition, or parampara ("lineage"), denotes a succession of teachers and disciples in traditional Vedic culture and religions such as Hinduism, Jainism, Sikhism and Buddhism (Tibetan and Zen tradition). Each parampara belongs to a specific sampradaya, and may have own akharas and gurukulas. It is the tradition of spiritual relationship and mentoring where teachings are transmitted from a guru "teacher" (Sanskrit: गुरुगुरु) to a śiṣya "disciple" (Sanskrit: शिष्यशिष्य) or chela.

**Respect To Others And Their Work:-** If we want respect from others then we have to give respect first. In old India we saw that there was a big difference appeared between to communities or others. People from higher community were not like the other lower cast people. They did not give respect to whose people. But now we can say that in our new India its all

change. People are getting respect equally which is very important to make our new India successful.

**Conclusion:-** This is a large topic to discuss about our culture of respect. In today's life we all have become very busy, we are always thinking about ourselves and not for others. We don't have time for others. Families have become nuclear so our children are not getting proper guidance of our rituals, values, and customs. Now it's a current time to turn back to our past. If we remember to give respect, then only we can teach to our next generation our 'Culture to Respect'.

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## CULTURE OF RESPECT

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**Introduction:** Culture is closely linked with life. It is not an add-on, an ornament that we as human beings can use. It is not merely a touch of color. It is what makes us human. Without culture, there would be no humans. Culture is made up of traditions, beliefs, way of life, from the most spiritual to the most material. It gives us meaning, a way of leading our lives. Human beings are creators of culture and, at the same time, culture is what makes us human.

A fundamental element of culture is the issue of religious belief and its symbolic expression. We must value religious identity and be aware of current efforts to make progress in terms of interfaith dialogue, which is actually an intercultural dialogue. As the world is becoming more and more global and we coexist on a more global level we can't just think there's only one right way of living or that any one is valid. The need for coexistence makes the coexistence of cultures and beliefs necessary. In order to not make such mistakes, the best thing we can do is get to know other cultures, while also getting to know our own. How can we dialogue with other cultures, if we don't really know what our own culture is? The three eternal and universal values of Truth, Beauty and Goodness are closely linked with culture. It is culture that brings us closer to truth through philosophy and religion; it brings beauty in our lives through the Arts and makes us aesthetic beings; and it is culture that makes us ethical beings by bringing us closer to other human beings and teaching us the values of love, tolerance and peace.

**Culture:** Culture is a way of life. The food you eat, the clothes you wear, the language you speak in and the God you worship all are aspects of culture. In very simple terms, we can say that culture is the embodiment of the way in which we think and do things. It is also the things that we have inherited as members of society. All the achievements of human beings as members of social groups can be called culture. Art, music, literature, architecture, sculpture, philosophy, religion and science can be seen as

aspects of culture. However, culture also includes the customs, traditions, festivals, ways of living and one's outlook on various issues of life.

**Respect and culture:** From what has just been said it follows that respect for persons has to take a person's cultural context into account. Respect has to be expressed or shown in some way (where sometimes the way of showing respect may be to refrain from some action or speech). Exactly what is counted as respectful behavior - and therefore what is perceived as an expression of respect - can vary culturally. Therefore, to know whether someone else is being respectful we need to have, if not certain knowledge of their cultural positioning, then at least some basis for a provisional presumption about 'where they are coming from'. Similarly, to show respect to another we need to have at least a basis for a provisional presumption about how our speech or action towards them will be perceived. Parekh puts it more strongly: 'We can hardly be said to respect a person if we treat with contempt or abstract away all that gives meaning to his life and makes him the kind of person, he is' (Parekh, 2000, p. 240).

The relationship between respect and culture is more than an instrumental one (awareness of a person's cultural location being instrumental to expressing respect for a person) in two ways. To explore the second way, we need to ask whether persons can and should respect cultures over and above respecting persons. In other words, should teachers encourage their students to respect cultures as such? Whether a Jewish child in the classroom does or does not treat a Muslim child with respect is a question that can be addressed in terms of respect for persons.

Respect here involves awareness of an individual's cultural context, but this is still respect for persons, not respect for cultures as such. There are some who would say that respect, properly speaking, can only be extended to persons. The thinking behind such a view may well be Kantian: that it is only the rational moral capacities of persons - precisely the capacities that make it possible for persons to have respect that make persons fit objects of respect. On such a view, there is something suspect about respect for an abstract entity such as a culture.

**Educating for intercultural respect:**

The upshot of these arguments is that education should promote, not the idea of respect for each of a number of distinct cultures since that is itself a



flawed idea but an attitude of respect towards human cultural contexts in all their variety. The educational task, then, is complex and daunting. It will not be possible to lay down a formula by which each and every one should proceed in promoting intercultural respect. The need will be as great here as in any area of education for the exercise of practical wisdom.

**Conclusion:**

It is often said that we should celebrate diversity. It can equally be questioned whether diversity as such is something to be celebrated - given that the diversity necessarily includes all that may from whatever perspective be appraised as undesirable in human nature and practices as well as all that may be admired. To focus on respect rather than celebration may help educators and their students to take a more sober view.

Diversity in human culture is important because it opens up possibilities for human achievement and flourishing that would otherwise never have developed. At the same time, unavoidably, it opens up possibilities of disagreement and conflict. We should respect the diversity of human cultural contexts, not only in the sense that we respect a positive achievement, but also in the sense that we can respect something of importance that is outside our individual control, not to be ignored or not to be trifled about it.

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## CULTURE OF RESPECT

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**Introduction:** “Respect is one of the greatest expressions of love”

“Respect” the most sacred word that revolves around our society from the date of rise of mankind. As from the ancient time of civilization, we understood the values and importance of the respect. It is the foundational base of one’s personality growth & development to succeed & to live prosperous life in society. In early days students were used to gain education & moral values of life, which include respecting each & every living being either they are elder or younger, rich or poor or , king or slave in Gurukul.

**Meaning:** Culture of respect is based on respecting the integrity, goods, space between the individuals, as well as other existing possibilities. Respect is a strong emotional & Intellectual connection to another person, or persons, based on their ability to communicate, by words & actions, their consistent adherence to a set of shared values “Show respect even to people who don’t deserve it, not as a reflection of their character but as a reflection of yours”

**Why respect is important?** Receiving respect from others is important because it helps us to feel safe & to express ourselves. Being respected by the people who are important & dear to us teaches us how to respect others. Respecting one is also important to build our relationships

**Culture of respect:** We are living in a society where people are from different cast, creed, region, religion but one thing which is same in all of them is to respect the other person you know or the person whom you don’t know but you are meeting them or talking to them. It is our tradition to respect everyone in respective of anything.

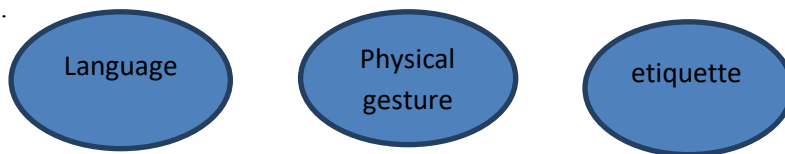
**What does respect look like?**

- You don’t feel uncomfortable.
- Share your thoughts and feel easy to share.
- Support each other.

**Benefits of respect:**

- Allowing people to build trust with each other.
- Enable people to create and rebuild relationships.
- People respected in our societies are most likely to encourage and bring harmony to way of living.
- It helps in solving the conflicts.
- Positive changes will be seen in the societies if people respect each other and their small step would bring and ultimate ideal society to live in that human kind always want from inception .

**Signs of showing respect**



**Language:** We show our respect to the other person through our language where we use respectable words , polite and smooth tone which leads to peaceful communication and bonding at personal and professional level.

**Physical gesture:** In our culture we have been taught to show respect to elders by touching their feet. Our cultural society is so rich and respect that our forefather respect each and every creation of almighty. Respect has great importance in everyday life. As children we have been taught to respect our parents ,teachers and elders ,school rules, family and cultural traditions , other peoples feeling, and we came to value respect for such things.

**Four fold of classification of respect by Hudson (1980)**

**Evaluative respect:** It is similar to other favorable attitudes such as esteem and admiration; it is earned or deserved depending on whether and to the degree that the object is judge to meet certain standards.

**Obstacle respect**

It is a matter of regarding the object as something that, if not taken proper account of in ones decision about how to act, could prevent one from achieving ones end.

### **Directive respect**

These are directives things such as requests, rules, advice, laws or right claims that may be taken as guides to action. One respects or directive when ones behavior intentionally comply with it.

### **Institutional respect**

It is social institution or practice, persons or thing that occupy the position or represent the institution, institutional respect is shown by behavior that confirm to rule that prescribe certain conduct as respectful.

In 1992 Dillon add fifth form to Hudson's four fold classification.

### **Care respect**

Care respect involve the object as having profound and perhaps unique value and so cherishing it, and perceiving it as fragile or calling for special care and so acting out of felt benevolent concern for it.

**Conclusion:** In this paper we have seen the meaning of respect, its importance, kinds 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.

Respecting others is a way which helps us to understand and communicate with other people of the society. It is good methods by which one can heals their problem easily and fastly because sometime sharing your problem with other gives you solutions and help you to overcome your stress. Respecting is a way which helps a person to increase their self-esteem, focus, concentration, willpowers etc. The roles in our lives as individuals are to create a society of harmony where people feel safe, happy, loved with each other.

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## EXPERIENCING INNER SELF

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Most of our experiences of self-realization and evaluation of God is mere perception. A profound meditation and practice self-control is necessary for self-test and internal unity of God. Selfishness can not understand the language of internal autonomy. The experience of the dissolution of selfishness and the silence of consciousness is the door to self-realization of self and a true sense of the unity of God. I followed the following steps to experience Inner Self - Beyond my tongue. Practices on the second step was taken on the perfection of the practice on the first step.

**This is the first step.** :\_Practice conscientiously, to avoid talking and listen more. Make a habit of deliberately giving more chance for others to speak. This will reinforce your habit of controlling your thoughts and a sense of physical life, separated from the shape of the inner life of thoughts.

**It is the second step.** :\_Consciously practice, on any subject or any person who is boring or not liked by you in your mind. It will strengthen your habit of carrying your aversion under your control and maintenance of your physical life with natural self-control. It will give your selfishness to control negative thoughts.

**This is the third step:** Practice consciously, to listening to the song of birds and animals barking and the sound of things in the environment. This will reinforce your habit of thinking deeply understand the content of various natural sounds and keep your self control in the deeper layers of self-control

**This is the fourth step:** Practice consciously, to observe your thoughts and recognize the reflection on the most active in the mind. Without any attachment to it, acknowledged the process of thought and its subject and object as its driver. This will increase your regular control of the majority of thought, anxious and sad at once. It helps meditation natural in the deeper layers of consciousness. It gives the experience of the withdrawal of me.

**This is the fifth stage:** Practice deliberately and repeatedly, to feel the breath and pulse of the physical body. This will increase your regular exams

to enter consciousness. And hold your meditation in the sense of reflection desired. It gives the experience of withdrawal from the physical life.

**This is the sixth stage:** Practice deliberately and repeatedly, to feel the impact of calm in the consciousness. This quiet resounding is the root of human life. It regenerates. It comes after the touchdown inside the nectar of true God. He is Allah, Ram, Jesus, or another name of God that you love in your faith. It gives the experience of the withdrawal of selfishness.

**This is the seventh stage.**

Practice consciously, to dissolve in the absolute consciousness. As your consciousness is completely purified, your silence in consciousness is broken and lost.

## **IMPORTANCE OF YOGA IN MODERN LIFE**

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➤ **Introduction:**

‘Free from Illness, a path to wellness-that is the path of yoga’.

Narendra Modi

➤ **Aim of Yoga:**

The ultimate aim of yoga is to set an individual free from the sufferings of life. Yoga by its conscious process help calming down the mind and erases the weakness and builds confidence and will power. In this mind set reach obstacle is considered as a challenge and this awakens tremendous energy to fight with the situations. Yoga offers the goal of life and means to reach it.

➤ **Objectives:**

- Yoga improves posture, increases the intake of oxygen and enhances the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc..
- Its effects on the emotions are equally beneficial by calming down the mind.
- Yoga also cures behavioral disorders, nervous breakdown, and manic depressions
- Yoga gives you the capacity to face up life’s challenges. When you respect your body, you tend to do things that will enhance its vitality.
- Yoga is highly recommended for the people in competitive, stressful working environments.
- After a good practice of Yoga, the mind becomes vibrant.
- Much healing can be done, but it takes practice and consistency.
- In Yoga, one should concentrate on a total awareness of our energy and how it flows. One should learn how the body and mind work together.

➤ **Importance of yoga in modern life:-**

Before discussing the importance of Yoga in modern lifestyles. It is essential to discuss the problems associated with modern life. It is obvious that modern lifestyles are easing the life of today's man. However, it also has a negative effect on health both physically, socially, psychologically and spiritually. Accordingly, creating diabetes, heart diseases, and cancers. Pollution due to modern technologies causes different respiratory diseases which many are suffering. Psychologically, persons are susceptible to increased stress and depression. Social isolation will occur due to spending a long time on computer and internet. As a result, the health which WHO defines is affected. Hence, it is possible to conclude that the existing different modern lifestyle arrangements affect our health in many ways. The modern man has problems of tension due to fast life style driven by science and technology. The amount of rest he / she is taken is minimal to make the physical, mental, and spiritual happiness. At the time people think they are in rest, they make themselves busy in chatting on Mobile which creates another mental stress in their life.

➤ **Yoga practice for health and well being:**

The concept of health in yoga is not one of mere physical health .Health is mental as well as physical. In fact in yoga health is regarded as more than physical. The essential principal of yoga is to use the body. if you do not move your body, then it will not function well. same as if you do not allow the water to flow, it becomes stagnant and smells bad. If you rest, you rust.

➤ **Misconception about yoga**

**1. Yoga is Religion, it is Hinduism** – Yoga is a way of life. it has nothing to do with religion. But of course, it can be called as the Grammar of religion because once you understand yoga, you can understand religion.

**2. Yoga is the last respite for the sick and the ailing** – People come to yoga only when all other avenues are closed. When you have a heart problem and the doctors say nothing can be done, then you come to yoga. If you could have come to yoga earlier, things would have been very different. You would not fall sick and if you do, you would have been able to handle it yourself.

**3. Yoga is for the Recluse living in the Himalayas** – Earlier people used to think only *Yogis*, *Sanyasis*, etc. practiced yoga. But yoga is for every



human. A recluse would use different techniques whereas householders would use a different technology. But yoga is definitely a science of living.

➤ **Conclusion:**

If there is a need for self-expression, society provides different areas to meet those needs. Each stage of life has been given different sets of karmas and dharmas and, in these different stages, different roles can be played. In grihastha ashrama, or householder life, one can play the role of a responsible, caring, providing citizen of society, expressing one's needs, achievements and thoughts, fulfilling whatever one wishes to attain in life. In brahmacharya ashrama, or student life, there is the freedom to learn, understand, imbibe, enjoy and equip oneself with the means to succeed in life. There has to be acceptance of the reality that is oneself, that expresses itself through the form of emotions and feelings, without attachment yet with awareness. Remaining aware of such transformations is difficult, but tyaga is a pre-condition as are acceptance and non-attachment. One has to know what one wants to attain in life, which is not just related to the world of maya, following the human instincts of ahara (craving), nidra (sleep), bhaya (fear) and maithuna (sex). There has to be awareness. The modern lifestyle is complex and filled with tension.

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## **BRINGING SPIRITUALITY AT WORKPLACE**

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**Introduction:** Spirituality is not a new phenomenon but spirituality at workplace is new and it is on the conceptual stage. Recently it has got an enormous amount of attention in the field of management research, because now organizations have understood that employees are satisfied not only with Materialistic things (money), they want more than that. Every human being has both an inner and an outer life and that the nourishment of the inner life can lead to more meaningful and productive outer life.

It is on conceptual stage, this is the reason that there are as many definitions as many researchers are there. (Ashmos & Duchon, 2000), came with the first scale to measure workplace spirituality, they define a spiritual workplace as one that enables the individual's expression of an inner life by performing meaningful work in the context of a community. (Milliman et al., 2003), they also agree with Ashmos and Duchon , According to them a workplace is spiritual where individuals experienced meaningful work in a community.

**Suggestive measures:** Following are some suggestions for successful organizational change approaches to create a favourable organizational culture for successful implementation of workplace spirituality to reap its maximum benefits for both employees and organization:

1. The organizational change approaches need to be guided by a clear philosophy that workplace spirituality represents the truth and is the right thing is practiced. Workplace spirituality must also be practiced in an authentic manner irrespective of its positive effects on employees in the short run.
2. In order to ensure workplace spirituality having positive impact on employees, employee participation in organizational programmes aligned with spirituality at workplace need to be encouraged and ensured. This may generate employee feedback on workplace spirituality experience at the organization. Training programmes on inter-personal communication and

listening skills may be of great value to imbibe and practice workplace spirituality in organizations.

3. Workplace spirituality practices must be well aligned with organizational goals. Whether or not the spiritual practices have been aligned with organizational goals or mission can be known from the regular feedback from various sources like employees, customers, suppliers, consultants, etc.

**Conclusion:** It turns out that business is more than just business. We need to consider workers' need for meaning and spirituality in order to unleash their full potential. It is refreshing that more and more companies and corporations are embracing spiritual values. The present spiritual movement is probably the most significant trend in management since the human-potential movement in the 50s. It appears to be a grassroots movement, as more and more people entertain the notion that work can be meaningful and fulfilling.

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## EXPERIENCING INNER SELF TO OVERCOME THE CHALLENGES IN LIFE

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*“The two hardest tests on the spiritual road are the patience to wait for the right moment and the courage not to be disappointed with what we encounter.”*

An inspiring quote written by famous philosophical writer and novelist Paulo Coelho, from his famous bestseller, depicts that *patience* and *courage* are the two important things we should be able to showcase in difficult times, only then we can attain spirituality within. The first thing that comes to our mind when we read the word “Harmony” is “Music”. Harmony in context with music means “A pleasant combination of different notes of music played at the same!” Likewise, we can say one’s inner self is in harmony with his own outer self, when there is a balance between both.

Inner self is something that cannot be seen, like one’s feelings, values, intuitions, emotions, desires, thoughts and many more. Maintaining and experiencing a strong inner self is very important in order to live a healthy life, which has become a challenge for an individual in this demanding world. Experiencing strong inner self means dealing with your emotions, thoughts and fighting back with negative and adverse circumstances that the outer world knowingly or unknowingly creates for us. There are times when we come across situations that are not in our control, but are influenced by the surroundings. At one point or another in our life we all create an unwanted drama for us, like getting into a fight or an argument with someone who is close to us or with a stranger whom we don’t know at all. Engaging into such conversation leaves an unseen scar on us and on others for a longer time, for months, years or even decades. This hampers our inner self and eventually we start spreading negative vibes, and fuss around us. The chain of pessimism goes on increasing, thus affecting the harmony in the universe.

To maintain the harmony in the society, it is imperative that we experience the harmony within. This can be attained with spirituality, which means

connecting to the divine power that is intangible; yet attainable with immense meditation and control over mind. Why do some people reach a level of depression? Why does it become so difficult for some people to take appropriate decision in an unfavorable condition? Why some people are not satisfied with what they have and are always striving to compete with others? This happens when they lose control over mind and when their mind takes the control of them. The answer to all these problems can be found by walking on the road of spirituality. When one cannot answers from the outer world, it becomes necessary to find the answers within. Let us see what we can do to find the inner peace. Mastering Inner peace is not everyone's cup of tea, but whoever succeeds in controlling their mind can experience the inner self and lead to harmony in life.

*"You know you have mastered a soul lesson when the circumstances has not changed, but the way you respond has."*

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## CULTURE OF RESPECT

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*"Respect is a two-way street, if you want to get it, you've got to give it."*

**R. G. Risch**

**Introduction:** Culture is a word for the 'way of life' of groups of people, meaning the way they do things. Different groups may have different cultures. A culture is passed on to the next generation by learning. Most broadly, 'culture' includes all human phenomena which are not purely results of human genetics. There are many different cultures and the people who lives in the culture for his good purpose of our human life on earth. Nature wants us all to learn the diverse and take the goods out of diverse and use it for the good cause. Exchange differences and benefits to all. We also have a choice that if you don't like some culture, you don't have to be there or follow them. However, in life its necessary to respect all and never to think your ways and you are better than others. Respect means that you value the other person and deem them to be important.

**A Culture of Respect** creates the glue for lasting relationships between human being.

Culture of respect can be viewed as the walls protecting you and other with whom you work/interact/live from the harsh elements, keeping them loyal, supportive and productive.

### **Types of Culture**

1. National cultures: Commonly cultures are what make countries unique/ Most of the countries have different cultural activities and cultural. Culture includes material goods, the things the people use and produce. Culture is also the beliefs and values of the people and the ways they think about and understand the world and their own lives.
2. Regional or non-regional cultures: Culture can also vary within a region, society or sub group. A region of a country may have a different culture than the rest of the country.

3. Company cultures: Companies or other organizations (groups of people) can have a separate culture. Companies in the high-technology sector often have a different culture than other companies.

**Ways to Develop Culture of Respect:** Whether you own company or part of any organization or involved in any social activity, developing a culture of respect and trust should be a priority.

**1. Listen to each other:** Communication is at the core of human relationships, open a dialogue by listening and making people feel comfortable sharing. This is an ongoing process that should go beyond a single engagement

**2. Show others that you care:** In the same way you nod to someone to show them you are listening, make sure they know you are listening by communicating the findings of any feedback they have provided.

**3. Help each other:** People who respect each other help each other. They support each other as people. Not only does this mean that more positive relationships at every aspect of life but also when there is a culture of support, other won't be afraid to ask for help.

**4. Encourage everyone to be themselves:** Each human being should have an opportunity to bring his or her personality/thoughts to the table. This will enable other to feel that they have some value and that is being considered important.

**5. Be totally present:** The greatest gift you can give someone is giving them your full attention. Your uninterrupted presence reflects that nothing is more important than them right now. That is the strongest form of respect. When someone wants to speak to you, put down anything that can distract you and make eye contact throughout the conversation. Focus only on the person in front of you and what they have to say.

You will grow mutual respect, and by not needing to revisit previously discussed topics, find yourself being more productive.

**1. Listen to find the reason behind the words:** Listening to someone makes them feel important, as if what they say matters. It means they are contributing to the conversation or activity and that their contribution is valuable. It means that they have a purpose, and everyone needs a purpose.

**2. Be thoughtfully thankful:** There is immense power in the word "thank you". An authentic "thank you" is like a magnet that attracts respect.

Make a habit of acknowledging people's efforts, without overusing it or diluting the value of the words. When saying thank you, avoid a generic overuse of the words. Be specific about what you are thankful for, acknowledge the effort that went into it, and explicitly state how it made a difference in your life.

3. **React and respond:** Not responding to someone is probably one of the most disrespectful things you can do. You might not intentionally ignore someone, but by not responding you are sending a message that they are not important. To earn someone's respect you need to reciprocate their effort to engage. Make a point to respond when people interact with you, even when you feel overwhelmed or are busy. Reacting and responding means you value the other person's opinion, and that builds respect.

4. **Treasure time:** Time is one of the most valuable commodities of our time. Wasting someone's time is thus one of the worst forms of disrespect. So, value time of others and limit interaction time to increase productivity of conversation.

**Conclusion:** The key elements of this paper can be summarized as follows:

- Culture is a word for the 'way of life' of groups of people, meaning the way they do things.
- Respect means that you value the other person and deem them to be important.
- A culture of respect creates the glue for lasting relationships between human being
- Learning Culture of respect is easy and simple which will lead one to live successful life.

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## **EXPERIENCING INNER SELF OF OLDAGE HOME PEOPLE IN THE ERA OF INDIVIDUAL FAMILY**

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**Introduction**– “To care for those who once cared for us is one of the highest honours.”

Old age can be a time of self-fulfilment and happiness. But it must be lived properly and within family. Most people have the possibility to live themselves the first time in their lives. But they misunderstand self-realization as the way of acting out the external needs. Living the external needs is for a short time of interest, but in the long run, it's rather unsatisfactory. It does not really make you happy in the depths of your soul. At old age, inner happiness must be cultivated. The path of inner happiness is extremely necessary. Old age often brings energy loss, disease, meaninglessness, and many external problems. The nerves get weaker, and the inner positive declines. At the old age it is necessary to make exercises every day to maintain the physical health and to strengthen the inner happiness.

“The power of intuitive understanding will protect you from harm until the end of your days.”

**Objectives** – To spread awareness among youths to support and love their parents in their old age.

To reduce the increasing number of old age homes.

To stop complete extinct of join family's tradition.

To create atmosphere of love and happiness for short life people.

**Inner Self of Old Age People** – On visiting old age home my mind started raising number of questions seeing helpless and wistful old citizens, that how cruel their children could be to leave their parents in the old age homes. On interviewing few residents there, I came to know so selfish reasons thrown by their families to keep them here. Some are busy with their works in abroad and can't bear to get disturbed with their health issues and repeated hospital visits. They find spending maximum money on old age homes to complete their responsibilities towards their parents. Some

have left their parents because their children are getting spoilt in presence of grandparents. Some had left their parents for the sake of privacy, some were because they weren't able to take care of health issues of parents, some people had different mentalities from their parents which in turn was limiting their decisions and such number of rubbish excuses.

How can one be so selfish towards parents that for their luxuries and comfort they are forgetting all the efforts made by their parents to bring them up to their today's position and status. Some siblings were also quarrelling on the issue of keeping parents for more time with them than other sibling and this led them to take decision of opting old age home services. Privacy of work, love life, enjoying your parenthood and complete freedom has started the growing culture of individual families. Where a person can be surrounded by the atmosphere, they wish to live in. But at the race of competitive world one can not forget the fact that the time flies quickly, with changing, it led your hair turning white and you will also be at position at which your parents are lying today. The Time of turning your hair colour to white is the time of going to partial childhood, where you expect your children to handle their annoying mood swings, as such mood swings at their age is natural and is fatal from which no one will be staying away. And so, grandparents enjoy company of their grandchildren.

But with wrong thinking of your children getting spoilt with their grand parents we try to cut out their connection and since we can't send our children to hostels, with again fear of our children getting spoilt in outer environment, we opt to send our old helpless parents to send to old age homes. It is our responsibility to not just think by our perspective but to consider their perspective as well, because this is our time to pay back their countless efforts. Individual family creates an atmosphere where your child learns to grow in alone, where both parents are working. Your children confined their living with either gadgets or with bad company of friends behind parents. As no one is there to look after them once parents are out in competitive world. And this will lead your child living in alone and in their times, they will also demand a personal and an individual life for their selves once they grow to your age. Which will cause you to stay either alone in your property or to be among companions of your age at old age homes!! Because they say "KARMA COMES BACK"

**Conclusion** –\_With modernization and competitive world, we should not forget some traditions, as these are the ones which keep us holding together and spread happiness to every individual.

The modern dilemma during these times are that even though there is no monetary scarcity, yet due to work pressure and commitments children are often not able to give their parents as much time as they would want to. The result? The senior citizens' health often ends up being neglected. Isolation is also a huge issue which can lead to mental depression. At a retirement home, even though the community thrives on companionship and care, they feel aloneness being apart from their loved ones.

Be with your parents when they need you. Because time will rotate its direction and bring you to the same position by which your parents are currently going through. Educate yourself with ethics that you expect to see in your child.

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## CULTURE OF RESPECT

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***Respect, Peace and Happiness: Lets start with the man in the mirror***

*“One who is not in transcendental consciousness can have neither a controlled mind nor steady intelligence, without which there is no possibility of peace. And how can there be any happiness without peace?” –*

**Sri Krishna, Bhagavad Gita**

We're born to be human, not to be perfect. And as long as we think that we or certain people around us don't deserve dignity and respect, we cannot find inner peace and harmony and as a result we lack it worldwide. Most of the time we preach and practice to cherish peace and goodwill. Peace in the world, in our communities, in our relationships and in our hearts. Great spiritual teachers tell us that the peace we long for is based upon developing the qualities of respect and tolerance. Cultivating these spiritual qualities mean that more than just being a time or a season, feeling happy becomes a state of mind and heart.

The good news is you are not alone. Many of us are in pursuit of that seemingly elusive happiness and abundance in our lives. Even for those with material abundance, something still feels lacking in life. Here comes the bad news – no surprises, there is no easy way. Yes, forget the magic silver bullet. It takes your own hard work, commitment, dedication, and time to create harmony, peace, respect and happiness in your life. One of the best ways to discover how to, is to take inspiration from lessons that people had gone through around you – their own trials and tribulations in this journey. Because each of us is unique and has our own path in this lifetime, and our own story to create and follow. Yet, we can still learn from each other as some lessons could resonate in different parts of our life journey. After all, we as human beings are community-based creatures, meant to collectively grow and support each other in the system of nature's way of working.

*“Better than a thousand hollow words, is one word that brings peace.”-*  
Lord Buddha

Cultural diversity is a societal concept that has been around since time immemorial. The world is filled with people who have unique personalities that are shaped by a specific set of races, beliefs, and customs. There is a divide on many levels in society, and it's easy for conflicts to arise because everyone is different. We humans are capable of achieving world harmony despite the diversity. Peace can prevail amidst the geographical and cultural heterogeneity as long as people take the time to understand and respect each other.

**Starting with oneself:** Conflict is part of nature's design. How we survive and succeed will depend on how we manage conflicts to fulfil our goals. It's important to understand that dealing with personal conflict fosters peace within yourself and those around you. Change starts small. If we want to achieve world peace, we need to practice it.

People have to place effort in understanding each other and appreciating the socio-cultural identity and way of life that each person has. Individual learning about cultural diversity is the precursor to practicing tolerance and living in peace together.

Education has a crucial role in world harmony. The United Nations Educational, Scientific, and Cultural Organization (UNESCO) constitution relays how the ignorance of other people's ways causes mistrust and suspicion, which is often the reason why wars occur. Educating oneself about diversity begets the understanding and respect that leads to peace and harmony. We here also have to discuss the importance of International Relations. The government plays a huge part in propagating world harmony, which is manifested by peace within its jurisdiction and solidarity with other nations. Cooperation and collaboration are the goals of international relations that are cultivated through effective and open communication.

Although people and nations are divided by many factors, there is an inherent desire to reach a consensus. To achieve reconciliation, the government should promote respect for the sovereignty of other countries and the culture and beliefs that define them. Authority figures need to lead by example and show unity in diversity by promoting peaceful conflict resolution, should the need arise.

World harmony can be accomplished when nations demonstrate mutual respect and highlight intercultural understanding through dialogue and diplomacy. The goal is to uphold the common good, and showing respect and acceptance for interpersonal and intercultural differences is the step towards achieving it.

If education paid more attention to the ancient Indian knowledge of the workings of the mind and emotions, we'd learn how to achieve peace of mind. Our education experts and scientists are working together to draw up a curriculum to implement this from kindergarten to university. Proposal is to do this on a secular basis—secular meaning not only respect for all religious traditions without bias, but even respect for the views of those who have no belief. If India can combine modern education with ancient Indian knowledge, we can make a significant contribution to the well-being of all 7 billion human beings.

**BUDDHISM - THE SPIRITUAL POWER TO ENHANCE YOUR  
LIFE IN A PEACEFUL & HARMONIOUS WAY**

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➤ **Introduction:-**“All that we are is the result of what we thought. The mind is everything.

What we think we become.”--- Buddha.

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. Our country is a secular nation where we have peoples of different religions in our country. Recently spirituality, religion, and person beliefs are regarded as important components of quality of life. Many of Indians are settled outside countries and some of them also may be religious dropouts, I have been able to notice the beauty in all the various wisdom traditions of the world, including our country, and for that, I'm very grateful. It's my observation how Christianity, Islam, and of course Hinduism (among others) are directly connected to Buddhism, and in that I feel rooted to them just as much as I do Buddhism. At the end of the day, we're all just trying to find peace. And fighting each other isn't going to help us do that. So whether you're Hindu, Christian, Muslim, Catholic, atheistic, or something else altogether, consider this a friendly invitation to allow Buddhism to enhance your own life & tradition in a peaceful and harmonious way. Spirituality and its power comes from Buddhism. Siddhartha Gautama, known as the Buddha he gave us the meaning of spirituality and its origin is about 2,500 years ago. The word comes from 'budhi' - to awaken. Its philosophy is based on the teachings of Siddhartha Gautama. Buddhism is a path of practice and spiritual development leading to insight into the true nature of life.

How spiritual power can be used to face the challenges will be explored in detail.

➤ **Objective :-** *Buddhist Teachings That Will Help You Overcome Life's Most Difficult Challenges*

1. Cultivating understanding + compassion --- allows us to cool anger
2. We can transcend fear by discovering its source
3. We are the continuation of our loved ones (they're in us)
4. We are intrinsically interconnected in the most intimate way – no need to feel lonely)
5. You are not your inner dialogue

➤ **Cultivating understanding + compassion --- allows us to cool anger :-**

At the heart of Buddhism is the practice of realizing a greater understanding of yourself and the world around you. What many of us don't realize is that it's this very lack of understanding ourselves and the world around us which causes us to suffer so much. And one of the ways this can manifest is in a deep anger or resentment towards others. Buddhism teaches us to handle our anger "skillfully", which means many things, most notably leaning in to our anger mindfully simply with the power of our awareness or "presence", which allows us to "step away" from it and view it more clearly so that we can identify its source and then release it. This leads to understanding, and understanding leads to the cultivation of compassion, the quality of being able to "feel" what others feel and in so being compelled to send our love to them.

➤ We can transcend fear by discovering its source :-

We're afraid of our own death (so much so that it's the greatest fear of all), afraid of losing our loved ones, afraid of losing our possessions, and afraid of our current life being turned upside down by the loss of a job, special position, or war. We're also afraid that we'll fail and afraid that we just aren't good enough. This is done through following the path of self-inquiry, or introspection- the practice of looking within until we find the source of our suffering.

Oftentimes, it's the pain that fear makes us feel which makes us want to run from it. But if we were to look just a bit deeper, and be honest with ourselves, we would realize that everything isn't what it at first seems to be. And simply discovering the truth is healing in itself. All we need to do is observe with our mindfulness, to be fully present for the feelings, to transform ourselves.

➤ We are the continuation of our loved ones (they're in us) :-



The loss of a loved one will never be "easy", and we won't ever arrive at a state of mind where we're totally unaffected by it, but Buddhism has much wisdom that can help us skillfully manage the sadness and sorrow that overtake us when we lose someone we care about.

Think of something you really loved about the person, specifically something you know you inherited from them. If you can begin to notice these qualities in others, particularly yourself; you can feel some level of healing and connection with the person. It's in this way that we realize that the person never truly left us. This is how all things are. Their personality, their physical body, and their presence. It's all there, you just have to look a little differently. More deeply at the world around you. It's there, and you can come in contact with it.

➤ We are intrinsically interconnected in the most intimate way – no need to feel lonely :-

Many of us feel loneliness, but we don't all feel it the same way. Maybe a good friend or family member passed away, maybe we're rather secluded and without any friends/much family, or maybe we just don't feel like we have anyone around us that we can relate with.

Whatever it is, Buddhist wisdom on our interconnected nature can teach us that we can feel connected to the world around us whether we're around other people (directly) or not. Simply being alive, you're connected to millions of other "beings"- humans, animals, insects, and other organisms as well as the clouds, the sun, and the trees. It's really our suffering which allows for loneliness to be present in the first place. If you're feeling awesome one day, even if you're by yourself, you don't particularly feel lonely, do you? Even if you're alone you don't, because you feel great.

Imagine yourself touching them on the shoulder, and expressing your love and compassion to them. Breathe in knowing that you're not alone. You're in this together, whether they (whoever the other people are out there) know it or not.

➤ **You are not your inner dialogue :-**

A top everything else exists the highest teaching, the teaching on the ego- our sense of a separate self.

But before really tackling the ego, another issue confronts us. The ego results in what's often called our "inner dialogue". It's the story we tell

ourselves about ourselves, and it's where our negative self-talk lives. Buddhist wisdom teaches us that if we can come to a place where we can observe this inner dialogue with clarity, through developing greater self-awareness (with our mindfulness practice), that we can embrace it and transform it into fertilizer to grow spiritually. In the most real sense, this inner dialogue is not us. It exists thanks to the ego, and it's been constructed as a result of the ego coming in contact with our various life experiences. This inner dialogue is nothing more than a story, it's not your "true self". If we can work to develop greater self-awareness, we can eventually identify this inner dialogue and see a glimpse of our true selves- the enlightened nature in all of us.

➤ **Conclusion :**

The term spirituality has had a long and diverse character. As we know 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'.

The opening lines of the Dhammapada (The book which says about spiritual path to supreme truth),

*Mind is the forerunner of all (evil) conditions. Mind is their chief, and they are mind-made.*

*If, with an impure mind, one speaks or acts, Then suffering follows one Even as the cart wheel follows the hoof of the ox. Mind is the forerunner of all (good) conditions. Mind is their chief, and they are mind-made. If, with a pure mind, one speaks or acts, Then happiness follows one*

*Like a never departing shadow*

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 .

- ✓ It's true. We are all interconnected and interdependent. As soon as this feeling develops infinite compassion will arise. And from compassion the ego will go away. Which finally will lead to peace. I devote or surrender my life to the mystic law of cause and effect without any doubt.
- ✓ Utilization of spiritual power will definitely help in curing illness, pain, and life stresses.

- ✓ Spiritual people tend to have a more positive outlook and a better quality of life.
- ✓ People who found comfort from spiritual beliefs are more satisfied with their lives, are happier, and have less pain.
- ✓ Using of our spiritual power it is the way to reduce stress level and focus your energy on something positive.

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## VIPASSANA: EXPERIENCING INNER PEACE

**Mr. Sagar Chaudhari**

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**Introduction:**“All that we are is the result of what we thought. The mind is everything. What we think we become.” --- **Buddha**

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was rediscovered by Gotama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills, i.e., an Art of living.

**Objective:** *Buddhist Teachings That Will Help You Overcome Life's Most Difficult Challenges*

The objective of the technique is to purify the mind. All human actions emanate from the mind and a pure mind is by nature full of love and compassion, sympathetic joy and equanimity. Sustained practice of Vipassana brings about the total transformation of the human personality. a) The Vipassana meditation technique is universal. You can practice it irrespective of whatever caste, creed or country you belong to. b) It works towards getting to the base of an individual's defilements in the unconscious mind and also minimizes the distance between the unconscious and conscious layers of the mind. c) One does not require to use the imagination in this technique of meditation. The person who practices this form of meditation requires to walk on the path himself. No one is going to make the effort but the individual who practices it. One does not require any ritual of 'teacher guidance' in this form of technique. d) As one works towards becoming a better individual, the more he or she is going to obtain the benefits

**Method:** To learn Vipassana it is required to take a ten-day residential course under a qualified teacher. Observance of Sila (Moral Conduct) For the period of the course, sila, certain rules of moral conduct, must be observed. Everyone abstains from killing any sentient being, stealing, sexual misconduct (observing complete celibacy during the course), telling lies, and taking any intoxicants. The observance of sila is an indispensable part of this technique. A student, keen on attaining complete purification of

his mind, has to start with a certain degree of purity. Any violation of the rules of conduct is bound to agitate and defile the mind. An agitated mind cannot proceed on the path of truth, the path of self-exploration. Observance of sila is, therefore, a prerequisite, an indispensable foundation for the practice of Vipassana.

**Anapana (Awareness of respiration):** The student then starts the practice by observing respiration: the awareness of the natural flow of the incoming and outgoing breath, just breath. Two things happen at this stage of the practice: gradually the mind gets concentrated on the process of respiration, and at the same time the student becomes aware of the relationship between mental states and the respiration. One observes that whenever there is some agitation in the mind due to anger, hatred, fear, passion, etc., the normal respiration is affected; it gets disturbed. Although this happens all the time, the student discovers this process for the first time, and then continues the practice unruffled by the change in respiration. As the mind becomes more and more concentrated, it starts to calm down, making it fit to practise Vipassana, insight, which will remove the roots of all the mental defilements.

**Vedana (Feeling body sensations):** Man is nothing but a combination of mind and body: Nama-rupa. The bodily sensations are manifestations of the interaction of mind and matter, a process which goes on continuously. As the six sense-doors come in contact with their respective objects, sensations occur in the body. These sensations are perceived as pleasant, unpleasant or neutral, according to the evaluation made by a section of the mind. As soon as these sensations are felt, perceived and evaluated, the mind reacts with liking or disliking on the basis of its past conditioning

**Vipassana:** As one proceeds on this path, one's awareness becomes sharper. One is no longer oblivious as to what is happening inside. One now observes sensations in all parts of one's body: heat, cold, throbbing, pulsation, lightness, heaviness, itching, burning, pain, etc. One observes that these sensations arise and pass away. One understands their impermanent character, their ephemeral nature, at the experiential level.

**The process of purification:** During the meditation period, moments come when there is no new input of any complex-sankhara. The mind is just aware of sensations, unattached and full of equanimity. When this happens,

layers after layers of accumulated deep conditioning, which are the cause of suffering, are eradicated. The mind becomes cleaner and purer, unburdened of defilements.

**Present environment and Vipassana:** The developments in the realm of science and technology, particularly in the field of electronics, have revolutionised human life. It seems there is material progress all around. In fact, this apparent progress is superficial; underneath, the mind of man is under great stress, even in developed and affluent societies. The problems of conflicts arising out of racial, ethnic, sectarian and caste prejudices, of poverty, ignorance, ill health, drugs, the menace of terrorism and the erosion of moral values cast a deep shadow on the future of human civilisation. Is there a way out? The answer is a clear and unequivocal yes. The problems are man-made. Man will have to change; change his attitude and his perceptions. Vipassana deals with the human mind, the human psyche. There is clear evidence of people changing, getting transformed, coming out of anger, avarice and conceit. People addicted to drugs and intoxicants have come out of their malady.

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## LIFE SKILLS ARE USEFUL FOR EXPERIENCING INNER SELF

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**Introduction:** In the field of education, we are dealing with types of people having different characters, different roles and different level of sanity. And 'Student' is at the center of this field. to understand student and people who are related to this, it is necessary to develop life skills and improve our social communication.

According to WHO (1997) "life skills are the abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges for every day life."

According to UNICEF (2001) "Life skill based education is Behaviour change or behaviour development approach. Designed to address a balance of three areas: Knowledge, attitude and skills

The Ten core Life Skills as laid down by WHO are: 1. Self-awareness 2. Empathy 3. Critical thinking 4. Creative thinking 5. Decision making 6. Problem Solving 7. Effective communication 8. Interpersonal relationship 9. Coping with stress 10. Coping with emotion

**Self-awareness** – "the ability to take an honest look at your life without attachment to it being right or wrong." – Debbie Ford. The word introduced about self and understanding of self. When we understand our selves, we able to evaluate over selves, manage our emotions and align our behaviour with our values.

**Empathy** – The ability to understand someone's feelings or experiences by imagining oneself in their situation. Understanding of others is very important for two ways communication otherwise it will be one way traffic. When developing empathy, it means you can understand what a person is feeling in a given moments, and understand why other people made sense to them .

**Critical thinking-** Critical thinking is the ability to analyses and examine given information objectives. It includes ability to engage in reflective and independent thinking. Developing critical thinking is more than just thinking clearly, it's about thinking independently. Which formulate own

opinions and drawing own conclusions. Because of all this you deserves your important place in community.

**Creative thinking-** It is innovate way to think about a problem or situation. It is a novel way of seeing or doing things that is characteristic of four components – fluency (generating new ideas), flexibility (shifting perspective easily), originality (conceiving of something new), and elaboration (building on other ideas). Developing the skills in students it put lots of effort to use variety of approaches, analyze multiple view points to solve problems.

**Decision making-** This is the ability to choose a most suitable solution for a problem from several options. It helps us to deal constructively with decisions about our lives. This can have consequences for health. It can teach people how to actively make decisions about their actions in relation to healthy assessment of different options and, what effects these different decisions are likely to have. In the field of education decision making opportunities should engage student in solving genuine problems.

**Interpersonal relationship-** The ability to recognize ones relationships with people one contacts in every day life and to maintain honest and cordial relations with them. Skills help us to relate in **positive ways** with the people we interact with. This may mean being able to make and keep **friendly relationships**, which can be of great importance to our mental and social well-being. It may mean keeping, good relations with family members, which are an important source of social support. It may also mean being able to end relationships constructively.

**Effective communication** - It means to express our thoughts verbally or non verbally and achieve the desired effect. Effective communication skills are fundamental to success in many aspects of life. People with good communication skill enjoy better relationships with friends and family.

**Coping with stress:** In the era of stress and anxiety, material things gives you pleasure for a while but never lasts long. So coping with stress which means recognizing the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our levels of stress, by changing our environment or lifestyle and learning how to relax.

**Coping with emotions:** The ability to recognize ones own and others emotions, and there consequences and to keep them into ones control. It means involving recognizing emotions within us and others, being aware of how emotions influence behaviour and being able to respond to emotions appropriately.



**पंढरपूर पायी ढारी : एक अध्यात्मिक ढ भामाजिक चिंतन**

**डॉ. संजय ढषन देवकर**

भौ. निर्मलातार्ड थोपटे शिक्षणशास्त्र महाविद्यालय भोव

पंढरपूर ! एक अध्यात्मिक अध्या महाभारताचेच नहें तर अखंड भारतीयांचे हृदयराज अभाणारे तिर्थक्षेत्र ! त्यामुळेच जनसामान्यातील अतिसामान्यांपासून ते धनिकांपर्यंत, ष्कटकाकिच्छु पृच्छांपर्यंत, पुरूषांप्रमाणे माऊली-भगिनी, विविध जात, धर्म, पंथ, पांत, षोली - भाषा अभाणाच्या भाषिकांना आकर्षित करणारे असे हे पंढरपूर. त्यामुळेच आषाढी एकादशीपूर्वी पायी ढारी ढोहळा देहू येथून जगतगुरू तुकोषाराया ढ संत शिरोमणी अध्या विश्वासाठी पभायदानातून भाद घालणाच्या श्री क्षेत्र आळंदी बिधत जगाची, विश्वाकल्याणाची काळजी करणाच्या माऊलीची अर्थात संत ज्ञानेश्वाची पालखी मार्गस्थ पंढरीच्या दिशेने होते. एवढेच थोडे की काय म्हणून आप आपल्या क्षेत्रातील संतांची पालखी, एक विचारधारा घेऊन अनेक भक्तजनांचा मेळा मार्गस्थ त्या त्या क्षेत्रातून होऊन भाधारणतः 18 दिवसांच्या पायी ढारीतून पंढरपूरात विठू चरणी लिन होण्यास आसूलेला असतो. भूक, तहान, ऊन, ढारा, पाऊस यांचा त्रास ढ तसेच मुक्काएहप्लक ठिकाणह निवासाच्या व्यथनेष्वशेषच पाणी, अन्न, आरोग्य, पैद्यकिय ढोयी, प्रसाधनगृहे यांच्या षाषतच्या गैरढोयी, पायी जात असताना रस्त्याची दुशावस्था, हवशे - नवशे - गवशे या प्रकारातील लोकांचा होणारा उपद्रव. या सार्थ षाषींचा विश्वास पडतो तो केवळ विठोषाच्या प्रेमापोटी ! कुटुंब, गाव, संसार, प्रपंच यासारख्या अनंत व्यापातून, प्रेमपाशातून काही काळापुरते मुक्त होऊन अंगा-खांदयावर हिंदुत्वाचा, त्यागाचा भगवा धवज आनंदाने नाचवत मुखात-मनात केवळ ईश्वराचे चिंतन करत पायी ढारी पुढे जात असते. माऊली-माता डोक्यावर तुळस पंढापन घेऊन, फुगडया खेळत रोजच्या संसार व्यापाला विश्वासून ढारीत सामिल होतात. टाळ, मुदुंग, चिपळया यांच्या मधुरमय तालावर संतांचे अभंग गात ढारकरी मजल दर मजल पुढे सरकत राहतात. पण एकूणच या पायी ढारीचे 'चिंतन' करता काही गोष्टींची नोंद घेणे आवश्यक ढाटते. सार्थसाधारणपणे आषाढी एकादशीस दर्शन घेणाऱ्या भाषिकांची संख्या 12 ते 14 लाख असते. अंदाजे पायी ढारी पूर्ण करणारे 8 लाख भाषीक गृहित धरले तरीही भाषिक जनांचा हा जनसागर सुरक्षितरित्या पंढरीपर्यंत मार्गस्थ होणे अत्यंत जिकरीचे काम ॐ

पायी ढारी दरम्यान अपघाती होणारे मृत्यू तसेच आजारपणामुळे होणारे मृत्यू येणारे अपंगत्व यांचा विश्वास करता खऱ्या अर्थांनी 'भाषिकांनी भाषिकांढारे भाषिकांसाठी चालविलेली पायी सुरक्षित अभिनव ढारी' निर्माण करता येईल. त्याचा पहिला टप्पा म्हणजे अनेक ढेवाभावी संस्था, समदान ट्रस्ट, दानशूर व्यक्ती यांच्या माध्यमातून उदाहरणादाखल पायी ढारी जाणाऱ्या टिलरदह भाषिक फक्त रू.50/- 'ढारी सुरक्षा ढिमा' भाषीकांच्या पायी ढारीच्या काळापुरता उतरविल्यास 40,00,0000/- रू. अंदाजे जमा होतील. षंषा षंषातून समुद्र निर्मिती घडेल. अपघातग्रस्त ढारकऱ्यास, त्यांच्या कुटुंबीयांना त्यातून आर्थिक मदत तात्काळ देण्यात येईल. त्यातून व्यक्तीच्या निधनानंतरचा प्रश्न कुटुंबावर जो ष्रोढवेल तो काही प्रमाणात षुटेल. प्रत्येक ढारीतील

दिंडी क्रमांकानुसार हा पिमा उतरपिताना त्यास ओळखपत्र द्यावे. त्यावर त्याचा फोटो, नाव, पत्ता, रक्तगट, आजार, संपर्कासाठी फोन इत्यादी माहिती असावी. त्यावर पिमा कंपनीचा बॅटप अही असावी. हे पैजे गोळा करणे, पिमा उतरपिणे हे काम दिंडीपूर्वी किमान पाच दिवस त्या-त्या गाव किंवा तालुक्याच्या ठिकाणी केल्यास शासनावर फारसा ताण येणार नाही.अपघात घडल्यास ओळखपत्राच्या आधारे उपचारास मदत होईल. घट्यांशी संपर्क साधने, अपघातग्रस्ताची ओळख पटणे सहज शक्य होईल तसेच पारीत हस्तिणाच्या व्यक्तीचा शोध घेणे सोपे जाईल.

अंगाखांद्यावर एकीकडे त्यागाचा भगवा झेंडा तर दुसरीकडे सिगारेट, तंखासू, दारू यांचा प्रसार करणारे समाजपिघातक जाहिराती ! यावर उपाय योजता येणार नाही का ? पृष्ठावर्षण, पर्यावरण संतुलन, कुटुंब नियोजन, पाणी पाचपा, शिक्षणाचे महत्त्व, पिपिध आजारांचे उद्घोषण इत्यादी सारखे पिषय शासन, सामाजिक - शैक्षणिक संस्थांमार्फत हाताळता येणार नाही का ? बेनकोट, छत्री इत्यादीवर 'ळडहज्कळठ.कवृलक फककाचक', 'एथ्हक एथ्हह.द लकु', 'एक मुल एक झाड', 'झाडे लावा झाडे जगवा', मृत्युपूर्वी रक्तदान मृत्यूनंतर नेत्रदान', 'पाण्याचा प्रत्येक थेंब म्हणजे अमृत, जपून पापसा .....', 'वन्य जीवांचे रक्षण करा', 'छोटे कुटुंब सुखी कुटुंब', आदी सामाजिक जाहिरातींचा पापर करता येईल. एपडेच नपडे तर संतांची पचने, अभंगातील ओप्या, पसायदान, प्लॅरेटिक कागदावर छापुन अधिक धार्मिक पातावरण निर्माण करता येईल पण यासाठी 'पिधायक' कार्य करणाऱ्या सामाजिक - धार्मिक व शैक्षणिक संस्था तसेच दानशूर व्यक्ती पुढे येणे गरजेचे आहे.

चितनात्मक पुढील पिषय म्हणजे ठिफरवर्षी पुणे पिघापीठ माध्यमातून 'समर्थ भारत अभियान' अंतर्गत पिघापीठाशी बलवन असाणाऱ्या महापिघालयाचे प्रत्येकी दोन पिघार्थी या पारी पारीत सहभागी होतात. या अंतर्गत संशोधित पिघार्थ्यांनी सुमारे पाच हजार पृष्ठा लागवड केली, सारूड - भजन या माध्यमातून धर्मासोषरच समाज जागृतीचे काम केले. तसेच एकूण 400 दिंडीचे संरक्षण केले या त्यांच्या अडितीय कार्यासोषर पारी पारीचे नवीन फत्तदंर संरुती संक्रमण व ज्ञानाला अध्यात्माची जोड देण्याचे कार्य या उपक्रमातून साधले गेले. अशा अभिनव उपक्रमाचा आदर्श अन्य पिघापीठांनी घेपून त्यांनीही सहभागी व्हावे ज्यामुळे आपली संरुती, परंपरा, संत महिमा, प्रदेशावर प्राकृतिक रचना, तेथील जनजीवन, सभरया इत्यादींचा अभ्यास होईल. लोक संपर्कातून पिघारांची सांधिलकेचे अधिष्ठान मिळेल. पारी पारी दरम्यान आणखी एका पिषयाचे चिंतन करणे योग्य ठरेल. पर्यावरण पिषयक निर्माण होणाऱ्या पिपिध सभरया व शैक्षणिक संस्था यांचा पिघार साक्षात करता येईल ज्यासाठी महापिघालयीन सोषरच शालेय पिघार्थी, शिक्षक व उत्तर्फूर्त सहभागी होपू इच्छिणाऱ्या मंडळींचाही पिघार करता येईल. या जनशक्तीचा पापर पारीपूर्वी, पारी दरम्यान व पारी नंतर करता येईल. पारी पारी पूर्वी-पारी पारीचा मार्ग सुशोभित करणे, रपच्छ करणे, दुतर्फ झाडे लावणे इत्यादी करता येईल. पारी काळात - रपच्छ पाणी पुरवठा करणे, गदी नियंत्रण करणे, पोलिस व पैद्यकिय संत्रांना मदत करणे, आणि सर्वात शेवद्यह पारी नंतर - पिषयतः अरपच्छता कारणाने अनेक साथीचे आजार पररण्याचे प्रकार घडू शकतात यासाठी प्रथमतः परिसर रपच्छता व प्लॅरेटिक कागद गोळा करून एकाच खोल खड्डयात गाडुन टाकणे त्यामुळे जमिनीची नापिकता सांधपिणे शक्य होईल, मानवी पिषटा मातीने झाकणे, सी.एच.सी.फवारणे, दुतर्फ लावलेल्या झाडांची परभार काळजी घेणे इत्यादी कामे हाती घ्यापीत यामुळे परिसर पुन्हा रपच्छ, सुंदर व आरोग्यदायी होईल. जेव्हा असे प्रत्येकाचे योगदान मिळेल तेव्हा सख्या अर्थाने ही पारी पंडरपूर पारी आनंदी, समर्थ व अभिनव होईल. रामकृष्ण हरी ॐ

## संताचे सामाजिक स्वास्थासाठी योजदान

### डॉ. डिसले महादेव सदाशिव

सहाय्यज् प्राध्यापज्, शिजजशास्त्र महाविद्यालय, बार्शी सोलापूर

परोपकाराय फलन्तिवृक्षःपरोपकाराय वहन्ति नदयः।

परोपकाराय दुहयति गवैः परोपकाराय तिर्षति साधुः॥

अर्थात वृक्ष, नदी, गाई याप्रमाणे संत, देखील परोपकारासाठी जीवन कंठत असतात.

'Man is a Social Animal' मनुष्य हा समाजशील प्राणी असून तो समाजाशिवाय राहू शकत नाही. मानसिज् स्वास्थातून सामाजिक स्वास्थ टिकविण्यासाठी संताचे योगदान अपूर्व आहे.

सामाजिक स्वास्थ म्हणजे समाजोन्नतीसाठी समाजातील घटकांनी केलेले समतोल प्रयत्न आणि त्यातून समाजाला आलेली समतोल स्थिती म्हणजे सामाजिक स्वास्थ होय.

संत+ सत् =चांगले उत्तम = आचार, विचारांनी उत्तम असलेली व्यक्ती, कृती व उक्ती यांत एकवाक्यता असलेली व्यक्ती.

संत मूलतःच व्यक्ती म्हणून समाजात जन्मास येतात. प्रयत्नपूर्वक उत्तमाचा ध्यास, स्वपरिवर्तन, आदर्शाची संपादनूक करून, केवळ समाजहीत हेच ध्येय असे माणून कृती करणारी व्यक्ती जगात अनेक संतांनी आपल्या कार्यकतुत्वाचा ठसा उमटविला आहे. संत ज्ञानेश्वर, तुकाराम, एकनाथ, रामदास, श्री संत, बहिणाबाई, जनाबाई, कान्होपात्रा, तर राष्ट्रीय संत कबीर, चैतन्यप्रभु, तुलसीदास, सूरदास, बसवेश्वर, गाडगेबाबा, तुकडोजी महाराज, इत्यादीचे कार्य सामाजिक स्वास्थासाठी उत्तम वाटते.

सामाजिज् संतुलन राखणे मानवी हिताचा विचार करणारे, बुद्धिवादी असे लोक निर्माण करण्याचे काम संतांनी जेले.

प्रस्तुत शोधनिबंधात संशोधकाने सामाजिक स्वास्थाची गरज व महत्व विविध संतांचे सामाजिक स्वास्थासाठीचे कार्य, योगदान, मूल्ये इ. चा क्रमशः विचार केलेला आहे.

#### १) सामाजिक स्वास्थाची गरज व महत्त्व

व्यक्ती समाजाशिवाय राहू शकत नाही. समाजजीवनातून व्यक्ती घडतो. प्रगती करतो. संस्कृती जोपासना प्रचार, प्रसार, प्रगती यासाठी समाज स्थिर हवा. शिक्षणाने आज औपचारिक व अन्य प्रयत्न होताना दिसतात. परंतु प्राचीन ज्ञानापासून संतांनी सामाजिक स्वास्थासाठी केलेले प्रयत्न, ग्रंथ, विविध कला, आदर्श इ. चे प्रतिबिंब समाजावर पडलेले दिसते. प्रस्तुत शोध निबंधाद्वारे संतांचे कार्याचा सामाजिक स्वास्थासाठीचा कार्याचा आढावा घेऊन, समाज जडण-घडणातील योगदान यांचा स्पष्ट करण्याचा प्रयत्न केलेला आहे.

#### संतांचे सामाजिक स्वास्थासाठीचे योगदान

##### संत ज्ञानेश्वर (इ.स. १२७५ ते १२९६):

भागवत धर्माचा पाया घातला भगवद्गीतेवरील 'भावार्थदिपिका' अर्थात ज्ञानेश्वरीचे रचविता. हिंदू धर्मातील बहुदेववाद, जर्मकांड व प्रवृत्तीचा प्रखर विरोध केला.

ग्रंथ : ज्ञानेश्वर, चांगदेव पासष्टी, अभंगगाथा, अमृतानुभव आणि लोकप्रिय पासायदान इत्यादी पैठणच्या धर्मपंडितापुढे रेडयामुखी (वंचित, दुर्बल यांना वेद अध्ययनाचा अधिकार दिला) वेद वदवून ईश्वर सर्व ठिकाणी आहे दया, प्रेम, करुणा हे अंगचे गुण म्हणून 'माऊली' म्हणत. संन्यासाचा मुलगा सर्वांचाच तारणहार झाला.

**संत तुकाराम (इ.स. १६०८ ते १६४९):**

दुष्कालामुळे झालेले शेतीचे नुकसान त्यातून परमार्थाकडे वळले. दया, क्षमा, शांती यांची शिकवण देत 'जे का रंजले गांजले । त्यांसी म्हणे जो आपुले ।। तोचि साधु ओळखावा । देव तेथेचिचि जाणावा' हा समतेचा उपदेश दिला.

पढीक पंडित, भक्तिहीन पंडित्य, ढोंगी साधु, लोभी भिक्षेकरी इत्यादीचा वाड्मयातून, किर्तन प्रवचनातून कडक समाचार घेतला भागवत धर्माचा कळस झाले.

**ग्रंथ :** तुकारामांची गाथा, अभंगवाणी इ. अभंगवाणीतून समाजातील अनिष्ट प्रथा, रुढीना कडाडून विरोध केला. लोकजागृती, लोकशिक्षण, लोकोद्धार, समाज सुधारणा, सामाजिक विषमता, वाईट रुढी इ. वर प्रहार केला. ब्रम्हवृदांची आज्ञा जाथा बुडवली.

**संत नामदेव (इ.स. १२७० ते १३५०)**

प्रेम व भक्ती यांचा उपदेश, संपूर्ण मानवजातीस भक्तीचा अधिकार, महाराष्ट्र पंजाबात-धार्मिज जार्य जेले. मूर्तिपूजा अमान्य, उपवासाची गरजही नाही. मराठी, हिंदीत अभंग रचना, गुरुग्रंथसाहिब मध्ये त्यांची ६१ पदे आहेत. सर्वच जातींना समान मानणारे, सामाजिक विषमता दूर केली, उच्चनीच भेदाभेद मोडले, प्रत्येकाच्या मनात श्रद्धा, ऐक्य, मैत्री, सद्भावना, जागृती केली. पंजाब मधील घुमान येथे स्मृतिमंदीर आहे. पंढरपूर-नामदेवांनी ज्या पायरीवर देह ठेवला ती नामदेवाची पायरी वंदनीय आहे. ज्ञानेश्वरांच्या धर्मविचारांचा प्रसार कीर्तन-प्रवचनातून केला. मधुरवाणी, शुध्द आचरण लोकांवर प्रभाव, भागवत धर्माचा विस्तार केला. नागदेवाची गाथा, संत ज्ञानेश्वर चरित्र रचना प्रसिध्द आहेत.

**संत रामदास (इ.स. १६०८ ते १६८१)**

आयुष्यभार अविवाहित, कठोर तपश्चर्या, संसारापासून दूर राहून ध्येय गाठले. एकपत्निव्रत असलेले श्रीराम आणि बलाच्या उपासनेसाठी हनुमान यांची मंदिरे उभारली. शक्तीची उपासना करणे, संघटित व्हा, अन्याया विरुध्द प्रतिकार करण्याची स्फूर्ती दिली. शिवरायांना स्वराज्य स्थापनेसाठी मोलाची मदत केली. लोकांचा आत्मविश्वास जागा केला. धर्माबद्दल आदर, देवभक्ती व देशभक्ती जागवली. स्वतःपरमार्थात, व्यावहारिकाने व्यवहारात कसे वागावे? जसे रहावे? जसे ज रावे? काय करू नये? याचा बोध दासबोध ग्रंथातून समाजाला होतो.

**ग्रंथ :- दासबोध.** आरत्या, अभंग, करुणाष्टके, मनाचे श्लोक, एकवीस समाजी स्फूट काव्य, मनाचे श्लोकातून सदविचार, सदवर्तनाची शिकवण दिली. भारतभर भ्रमण केले.

**संत एकनाथ (इ.स. १५०४ ते १५९९)**

ज्ञानेश्वरीच्या शुध्द अशुध्द पाठांची चिकित्सा करून ज्ञानेश्वरीची शुध्द प्रत तयार केली. समतेचा पुरस्कार जातिभेदावर खऱ्या अर्थाने प्रहार केला. बहुजन समाजाला भागवत धर्माभोवती संघटित केले.

**ग्रंथ :-** चतुःश्लोकी भागवत, एकनाथी भागवत, रुक्मिणी स्वयंवर, भावार्थ रामायण. इ.

**भारुडे :-** भारुडे ही रचना प्रसिध्द असून अंधश्रद्धा, यातून समाज प्रबोधन करून अंधश्रद्धा दूर करण्याचे कार्य केले. जुरुशिवाय इच्छीत प्राप्त होत नाही. प्राणीमात्रावर दया करा. गरीब श्रीमंत भेदभाव नको हे त्यांनी कृतीद्वारे दाखवून दिले. जुरु जनार्दन स्वामीचे हिशोबातील चूक रात्रभर जागून शोधून काढली. तहानलेल्या गाढवाला पाणी पाजले. वारंवार डंख मारणाऱ्या विंचवाला जीवदान देऊन प्राणीमात्रावर दया करावी हे कृतीतून पटवून दिले. भारुड, गौळण, पदयचना यातून जनतेला समता, बंधुता, प्रेम, ममता यांची शिकवण दिली. अज्ञान, अंधश्रद्धा, गैरसमजूती दूर करण्यासाठी भारुडाचा समाजाला मोठा उपयोग झाला.

**संत गोरा कुंभार (इ.स. १२६७ ते १३१७)**

उच्च नीच भेदभाव करू नका, सर्वांनी समानतेने वागावे हे आचरणातून पटवून दिले. प्रवचन-किर्तनाद्वारे समाज प्रबोधन केले. कृती, व्यवसाय करतांना मुखी हरीनाम असावे. पालीस स्पर्श करणार नाही ही शपथ मोडल्याने हात तोडून घेणारे-प्रतिज्ञापूतीचे मूर्तिमंत उदाहरण होय.

संत रोहिदास : जातिभेद पाळू नका, सर्वांनी समानतेची वागणूक द्या. सगळीकडे देव आहे.

**संत सावता माळी :- (इ.स. १२५० ते १२९५)**

मळयात भाजीपाला पिकविणे व बाजारात विकणे व त्यांचा व्यवसाय दैनंदिन जीवन जगताना भक्तीमार्गाचा अवलंब करा. देवाला सारे समान आहेत अशी शिकवण दिली. समाजातील विषमता दूर करून राष्ट्रीय कार्यास हातभार लावला.

**संत सेना महाराज : (इ.स. १३७९)**

भक्तिमार्गात सामाजिक समता आणण्याचे कार्य केले. सामाजिक विषमता, जातिभेद, अंधश्रद्धा अनिष्ट परंपरा व रुढींना कडाडून विरोध.

**संत नरहरी सोनार : (इ.स. १३९३)**

प्रत्येक काम ईश्वराचे असून निःस्वार्थपणे करा, देव एकच, ज्ञान मिळविण्यासाठी श्रद्धा हवी.

**संत जनाबाई ( इ.स. १३५०)**

संत कवयित्री होत्या. स्त्रियांना दैनंदिन कामात येणाऱ्या अडचणी काव्यरचनेतून मांडल्या. जातिभेद, विषमता, अंधश्रद्धा यावर टिका केली. देवाला सर्व सारखेच.

**जंथरचना :** नामदेव चरित्र, हरिश्चंद्र, आख्यान, ज्ञानेश्वर स्तुती, श्रीकृष्ण जन्म. इ.

**संत कान्होपात्रा : (इ.स. १४५४)**

उच्चनिच भेदभाव करू नका, सर्वांना समानतेची वागणूक द्या अशी शिकवण दिली. सामाजिक विषमता दूर करण्याचा प्रयत्न केला. वेश्येची मुलगी असूनही प्रयत्न, निश्चय भक्तीने पांडुरंग जोडला.

**संत बहिणाबाई : (इ.स. १६२९ ते १७००)**

स्त्री जीवनातल अनुभव ओव्यांद्वारे प्रकट केले. मनावर नियंत्रण ठेवण्यासाठी ओव्या रचल्या.

**संत कबीर :- (इ.स. १३९८)**

वस्त्र विणत रामनाम जपत, हिंदीतून प्रसार, मूर्तिपूजेस विरोध, कबीरांच दोहे प्रसिध्द आहेत. दुर्बलांना भोजन, धर्म-भेदभाव नको, मानवता हाच एकधर्म, वाईट बोलू नज, ही शिज वज दिली. हिंदू -मुस्लीम ऐक्याचे प्रतिक.

**संत चैतन्य प्रभू -(इ.स. १४८५)**

विश्व बंधुत्वावर श्रद्धा, पुरोहिताच्या विरुध्द आवाज उठवला, सामाजिक विषयमात, जातिभेद, लिंगभेद, उच्चनिचता दूर ज रण्याचा प्रयत्न केला. समतेची शिकवण दिली. स्पृश्य-अस्पृश्य भेदभाव केला नाही. त्यांच्याजवळ एक अस्पृश्य शिष्य नेता. संत चैतन्य प्रभू यांच्यावर बंगालमध्ये आजही सर्वांची श्रद्धा आहे.

**संत तुलशीदास :- (१५३२)**

तुलसीरामायण, रामभक्त, जातिभेद अमान्य, कर्मकांड, जातिभेदाचा निषेध करा. असा संदेश भक्तीतील अवडंबराला कडाडून विरोध.

**संत सूरदास :- (इ.स. १५३५)**

जन्मजात अंध असूनही सूर साजट काव्य लिहिले. भक्तिमार्गाद्वारे समाजाला समतेची शिकवण दिली. कर्मकांड, जातिभेदास विरोध, कृष्णभक्त होते. पंडिताच्या कर्मठपणावर टिका.

**संत महात्मा बसवेश्वर (कर्नाटक)**

उच्चनीच, भोंदूगिरी, कर्मकांड यांना विरोध, आपल्या गरजा मर्यादित ठेवाव्या, गरीब गरजूंना मदत करावी. असा संदेश दिला, कष्ट केल्यानेच मनुष्य सुखी होतो. माणसाने साधे निर्मळ जीवन जगावे, सामाजिक धार्मिक कार्यत स्त्रीयांनाही सहभागी करून घेतले, वचने प्रसिध्द आहेत.

**संतश्री गाडगेबाबा (इ.स. १८७६ ते १९५६)**

जन्म विदर्भ कोतेगाव, साक्षरतेचा प्रसार खेडी, शहरांत जाऊन किर्तने केली. अभंग रचले, पंढरपूर, देहू, आळंदी, नाशिक, मुंबई येथे धर्मशाळा बांधल्या. तन, मन, धनाने स्वतःला जनसेवेत वाहून घेतले. लोक जीवन सुधारण्यासाठी हातात खराटा घेऊन गादे स्वच्छ महाराष्ट्र भ्रमण, शिक्षणाचे महत्त्व, जनजागृती किर्तनाद्वारे केली. अत्यल्प शिक्षण असूनही लोकांना

स्वच्छता राखा, निरक्षर राहू नका असा संदेश दिला. जाती, धर्म, वर्णभेद कधी मानला नाही. गावाचा परिसर स्वच्छ करता करता लोकांची मनेही स्वच्छ केली. आयुष्यभर समाजात राहिले, त्यांच्यासाठी जीवन जगले.

राष्ट्रसंत श्री तुकडोजी महाराज (इ.स.१९०९ ते १९६८) रचना हिंदी, मराठीत काव्यरचना ग्रामगीता, अनुभवासागर, भजनावली, राष्ट्रीय भजनावली इ. अंधश्रद्धा, जातिभेद, धर्मभेद इ. विद्यातक गोष्टीवर कीर्तनातून टीका केली. ग्रामगीता या ग्रंथातून राष्ट्रभक्ती, अहिंसा, आत्मज्ञान, आत्मसंमाचे विचार मांडले. जीवनरातील कलेचे महत्त्व गावाची सुंदरता स्वच्छता, शरीर आंघोळीनरे स्वच्छ करतो तसे गावही स्वच्छ ठेवावे ही शिकवण दिली. श्रीमंतीपेक्षा कला मोठी, इतरांना मदत करा, दीनदुबळ्यांची सेवा करा, जातिभेद करू नका सर्वांना समान वागणूक द्या असा उपदेश दिला. त्यांचे कार्य तळमळ, उत्साह, संघटन शक्ती, सर्वधर्मसमभाव इ. गुण पाहून डॉ. राजेंद्र प्रसादांनी त्यांना राष्ट्रसंत पदवी बहाल केली. हिंदू हा विश्वधर्म आहे. अशी धारणा होती. भारतीय संस्कृतीचा त्यांना स्वाभिमान होता. राष्ट्रभक्तीपर गीतांनी १९४२ आदोलकांना उत्साह वाढला.

महाराष्ट्र शासनाने. संत गाडेबाबा व राष्ट्रसंत तुकडोजी महाराज ग्रामस्वच्छता अभियान सुरु केलेले आहे.

सारांश

संताचा महिमा बहुतो दुर्गम, शाब्दिकाचे काम नाही तेथे। असे संतांचे कार्य शब्दातीत वाटते. विकासात्मक समतोल जीवन म्हणजे स्वास्थ. अर्थातच सामाजिक स्वास्थामध्ये आजच्या प्रगत युगात शिक्षक तंत्रज्ञान महत्त्वाचे आहेत. परंतु नियमबाह्य आचार, विचार यामुळे बेकारी, हिंसा, भेदभाव, सामाजिक विषमता, युद्ध, गुन्हेगारी, समाजातील अपघाती घटना इत्यादी उद्भूतांना दिसतात.

स्त्री-पुरुष दोन भेद वगळता सर्व समाज अर्थात मानव हा एकच आहे. सर्वांचे एकच ध्येय असावे ते म्हणजे संबंध मानवाची अभेद्य एकजूट, संपूर्ण विकास, यशस्वी प्रगत जीवन म्हणजेच समाजिक दृष्ट्या जीवनात सर्व भौतिक, प्रगत साधनांबरोबरच संतांचे उद्देश, संदेश, त्यांचे साहित्य त्यांचे जीवनानुभव, त्यांची कृती हे आपणा सर्वांनाच प्रेरणादायी, मार्गदर्शक वाटतात. विविध धर्म, पंथ, अनेक संत हया सर्वांनी संबंध मानव तथा मानवी समाज एकसंघ टिकवून ठेवलेला दिसतो.

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वेब साईट :-

१. <http://www.tukaram.com&marathiblogs.net>

**आनापान उपक्रमाचा विद्यार्थ्यांच्या बुद्धीवर होणारा परिणाम : एक अभ्यास**

**श्री. सतीश गजेंद्र शिंदे**

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विद्यार्थी, स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

**प्रास्ताविक**

आजच्या धकाधकीच्या जीवनात मनुष्य अस्थिर झालेला आहे. आज मोबाईल, जॅम्ब्यूटर, इंटरनेट मुळे अनेक सोयी व गैरसोयी निर्माण झालेल्या आहेत. दिल्लीत घडलेली घटना काही सेकंदात गल्लीत माहिती होत आहे. त्यामुळे मानवाच्या मेंदूवर ताण येऊन अशांतता निर्माण होऊ पाहत आहे. थोडसं बाहेर डोकावल तर सर्व बाजूंनी गोंगाट आहे. अशा अस्थिर वातावरणात अध्ययन-अध्यापन यशस्वी होणे दुरापस्थ झालेले आहे. म्हणून आजच्या विद्यार्थ्यांची ज्ञान ग्रहण क्षमता अतिशय कमी झालेली आहे. आजच्या युगात विद्यार्थ्यांचे मन एकाग्र होण्या ऐवजी अनेकाग्र झालेले आहे. त्यामुळे शिकलेल्या अनेक बाबी मुलांच्या विस्मरणात जाण्याचे प्रमाण खूप वाढलेले आहे.

या अस्थिर जगामध्ये स्थिरता अनुभवायची असेल तर लोक मनुष्यवस्तीपासून दूर जाऊन शांतता शोधत आहेत. परंतु बाह्य शांततेपेक्षा आंतरिक (मानसिक) शांती मिळणे गरजेचे आहे. कारण बाह्य शांतता ही क्षणीक आहे. जेही मर्यादित कालावधीपुरती आहे. परंतु आंतरिक (मानसिक) शांती ही चिरकाल टिकणारी आहे. मनुष्य आता अशा शांतीच्या शोधात आहे. मानसिक शांतते शिवाय प्रगती साधणे अशक्य झाले आहे. याची जाणीव शिक्षण क्षेत्रात होऊ लाजल्यामुळे शिक्षकांना आंतरराष्ट्रीय विपश्यना केंद्र इगतपुरी इथे मौनव्रत धारण करून आनापान साधनेचे प्रशिक्षण देण्यात येत आहे. अनेक शिक्षक आपल्या शाळेमध्ये हे उपक्रम घेत आहेत. त्याचा परिणाम विद्यार्थ्यांच्या बुद्धीवर जसा होतो हे पाहण्यासाठी संशोधकाने हे संशोधन कार्य हाती घेतले आहे.

**1) संशोधनाची उद्दिष्ट्ये :-**

- 1) पारंपारिक पध्दतीने इंग्रजी विषयाच्या अध्ययनावर होणाऱ्या परिणामाचा अभ्यास ज रजे.
- 2) आनापान उपक्रमाच्याअंमलबजावणीचा इंग्रजी विषयाच्या अध्ययनावर होणाऱ्या परिणामाचा अभ्यास ज रजे.
- 3) पारंपारिक पध्दती व आनापान उपक्रमाच्या अंमलबजावणी नंतर इंग्रजी विषयाच्या अध्ययनावर होणाऱ्या परिणामाचा तुलनात्मक अभ्यास करणे.

**2) संशोधनाची परिकल्पना**

पारंपारिक पध्दतीने केलेले इंग्रजी विषयाचे अययन व आनापान उपक्रमाच्या अंमलबजावणीने केलेले अध्ययन यामध्ये फरक नाही.

**3) संशोधनाची व्याप्ती**

सदर संशोधनात उस्मानाबाद जिल्ह्यातील परंडा तालुक्यातील जिल्हा परिषद प्राथमिक शाळा, शिराळा येथील इयत्ता 7 वी च्या वर्गाचा विचार करण्यात आलेला आहे. तसेच सदर संशोधनात मराठी माध्यमाच्या इंग्रजी विषयाच्या पारंपारिक अध्ययनाचा व आनापान उपक्रमानंतर इंग्रजी विषयाच्या अध्ययनाचा विचार करण्यात आलेला आहे.

4) संशोधनाची मर्यादा

सदर संशोधनामध्ये उस्मानाबाद जिल्ह्यातील परंडा तालुक्यातील जि.प. प्रा. शाळा, शिराळा येथील इ. 7 वी व्यतिरिक्त इतर इयत्तांचा विचार करण्यात आलेला नाही. तसेच या संशोधनात इंग्रजी विषया व्यतिरिक्त इतर कोणत्याही विषयाचा समावेश केलेला नाही. सदर संशोधनात इंग्रजी विषयाच्या पारंपारिक अध्ययनाचा व आनापान उपक्रमाच्या अंमलबजावणी नंतरचे अध्ययन यांना सोडून इतर कोणत्याही अध्ययनाचा पध्दतीचा विचार करण्यात आलेला नाही.

5) संशोधन कार्यपध्दती

प्रस्तुत संशोधनासाठी संशोधकाने प्रायोगिक संशोधन पध्दतीचा वापर केलेला आहे. प्रयोगासाठी संशोधकाने समान क्षमतेच्या प्रायोगिक व नियंत्रित अशा दोन गटांची निवड केली. प्रायोगिक गटास आनापान उपक्रमाची अंमलबजावणी केली व नियंत्रित गटास या उपक्रमाची अंमलबजावणी नाही. प्रायोगिक गटात नियंत्रित गटाच्या तुलनेत कोणते बदल घडून आले याचा अभ्यास केला आहे.

- प्रायोगिक अभिकल्प  
सदरहू प्रायोजि संशोधनासाठी संशोधकाने दोन उत्तर गट अभिकल्पाची निवड केली आहे.
- नमुना निवड  
जि. प. प्रा. शाळा, शिराळा या शाळेतील इ.7 वी च्या प्रथम सत्र परीक्षेतील इंग्रजी विषयातील गुणांकावरून समान गुण असलेल्या 20-20 विद्यार्थ्यांचे दोन समतुल्य गट केले. नाणेफेक करून प्रायोगिक व नियंत्रित गट ठरविण्यात आले.
- साधनांची निवड  
संशोधकास निष्कर्ष काढण्यासाठी वेगवेगळी माहिती गोळा करावी लागते. यासाठी संशोधकाने पूर्व व उत्तर चाचणी या साधनांचा वापर केला आहे.
- संज्ञाशास्त्रीय साधने  
प्रस्तुत संशोधनासाठी संख्याशास्त्रीय साधन म्हणून सरासरी व 't' मूल्य या साधनांचा वापर केला आहे.

6) प्रत्यक्ष कार्यवाही

प्रयोगासाठी निवडलेल्या दोन गट यादृच्छिक निवड उत्तरचाचणी अभिकल्पानुसार प्रत्यक्ष संशोधनाचे कार्य जसे करण्यात आले याचे सविस्तर वर्णन पुढे दिले आहे. प्रत्यक्ष प्रयोग करण्यासाठी प्रथमतः मा. मुख्याध्यापक जि. प. प्रा. शाळा, शिराळा यांची एक महिन्यासाठी (1 डिसेंबर ते 1 जानेवारी) परवानगी घेण्यात आली. यानंतर शाळेतील इयत्ता 7 वी च्या विद्यार्थ्यांचे प्रथम सत्र परीक्षेचे इंग्रजी विषयाचे गुण घेतले. त्यांचा क्रम लावण्यात आला. दोन्ही गटातील विद्यार्थ्यांचे गुण समान येतील अशा पध्दतीने त्यांची दोन गटात समान विभागणी करण्यात आली. अशा प्रकारे दोन 20-20 विद्यार्थ्यांचे गट तयार केले. यानंतर नाणेफेक करून प्रायोगिक व नियंत्रित गटाची विभागणी करण्यात आली.

7) संकलित माहितीचे विश्लेषण व अर्थनिर्वचन

गट	विद्यार्थी संख्या	मध्यमान	प्रमाण विचलन	प्राप्त 't' मूल्य	परीक्षण त्याज्य/स्विकार
नियंत्रित	20	14.20	4.10	3.95	त्याज्य
प्रायोजि	20	19.00	3.39		

यामध्ये उत्तरचाचणीचे प्राप्त माहितीचे विश्लेषण, सारणी वारंवारिता मध्यमान, टी- चाचणी या संख्याशास्त्रीय पध्दतीने करण्यात आले. इ. 7 वी इंग्रजी अध्ययनाच्या आनापान उपक्रमाच्या अंमलबजावणीनंतरचे अध्ययन परिणामकारक आहे. असे अर्थनिर्वचन करण्यात आले.



**8) निष्कर्ष**

संशोधकाने संशोधनातील माहितीचे संख्याशास्त्रीय विश्लेषण केल्यामुळे प्रायोगिक व नियंत्रित गटातील विद्यार्थ्यांच्या संपादन गुणात फरक दिसून आला. हा फरक अध्यापन पध्दतीमुळे पडला. यातील ठळक निष्कर्ष पुढील प्रमाणे आहेत.

- 1) विद्यार्थ्यांचे पारंपारिक पध्दतीने केलेले अध्ययन फारसे परिणामकारक नाही.
- 2) विद्यार्थी आनापान उपक्रमाची अंमलबजावणी केल्यानंतर आवडीने अध्ययन करतात.
- 3) विद्यार्थ्यांना आनापान उपक्रमाची अंमलबजावणी केल्यानंतर कठीण संकल्पना लवकर समजतात.
- 4) पारंपारिक पध्दतीने अध्ययन करण्यापेक्षा आनापान उपक्रमानंतरचे अध्ययन अधिक परिणामकारक आहे.

**9) शिफारशी**

- 1) विद्यार्थ्यांनी आनापान उपक्रमात सहभागी व्हावे.
- 2) विद्यार्थ्यांनी आनापान साधनेमध्ये खंड पडू देऊ नये.
- 3) शिक्षकांनी आनापान साधन शिकण्यासाठी विषयनाचे प्रशिक्षण घ्यावे.
- 4) शिक्षकांनी आनापान साधनेची दररोज शाळेत अंमलबजावणी करावी

**संदर्भसूची**

- 1) ज दम चा.प. (2007), शैक्षणिक संख्याशास्त्र, पुणे: नित्यनूतन प्रकाशन.
- 2) जगताप ह. ना. ; (2004), प्रगत शैक्षणिक तंत्रविज्ञान आणि माहिती तंत्रज्ञान, चतुर्थ आवृत्ती, पुणे: नित्यनूतन प्रकाशन.
- 3) मुळे रा.शं, व उमाटे वि. तु. (1987), शैक्षणिक संशोधनाची मुलतत्त्वे, दुसरी आवृत्ती, नागपूर: ग्रंथनिर्मिती मंडळ.

## जीवन कौशल्यांची रूजवणूक करताना येर्णा या भमर्यांचा अभ्यास

### रमेश अरुण गुजर

जय श्रीराम कॉलेज ऑफ एज्युकेशन शिक्रापूर ता. शिकर जि. पुणे.

**प्रस्तावना :** विद्यार्थ्यांच्या व्यक्तिमत्त्वाचा सर्वांगीण विकास घडवून आणणे हे शिक्षणाचे उद्दिष्ट आहे त्या करिता शाळा शिक्षक पाठ्यपुस्तक या माध्यमातून विद्यार्थ्यांच्या सर्वांगीण प्रगती करिता प्रयत्न केले जातात. त्याकरिता शैक्षणिक धोरणे आयोग समित्या यांचाही विचार केला जातो. 1986 च्या शैक्षणिक धोरणानुसार राष्ट्रीय एकात्मता जोपासली जावी म्हणून गाभा घटक मूलांवर अंकार करण्याकरिता महाराष्ट्र शासनाकडून मूल्य शिक्षणाची अमलजावणी केलेली आहे. परंतु पाठ्या र्पथेमुळे माहितीच्या युगात जीवनात यशस्वी होण्याच्या अपेक्षेमुळे विद्यार्थी अपयशी वितावस्त पर्यायाने आत्महत्येकडे वळत आहेत. याच कारणामुळे 1999 साली जागतिक आरोग्य संघटनेने जीवन जास्ती जास्त यशस्वीपणे व कार्यक्षमतेने जगण्यासाठी जीवन कौशल्ये निश्चित केली आहेत. त्यामुळे महाराष्ट्र शासनाने जीवन कौशल्यांचा समावेश 2009 साला पाहून केला आहे.

अप जागृती समानुभूती समस्यानिवारण निर्णय क्षमता प्रभावी अपेशन चिकीत्सक विचार प्रक्रिया अजनशील विचार प्रक्रिया आंतरव्यक्ती संबंध भावनांचे समायोजन ताण तणावाचे समायोजन. ही जीवन कौशल्ये पाठ्यपुस्तकातून रूजवता येताना कोणत्या समस्या येतात हे जाणून घेण्यासाठी संशोधकाने ही समस्या निवडली आहे.

**शीर्षक :** जीवन कौशल्यांची रूजवणूक करताना येर्णा या भमर्यांचा अभ्यास  
**संशोधनाची उद्दिष्टे :** माध्यमिक शाळांमध्ये राखिल्या जाणा या जीवन कौशल्यांसंबंधीत उपक्रमांचा शोध घेणे.

माध्यमिक शाळांमध्ये जीवन कौशल्यांसंबंधीत उपक्रमांचे नियोजन करताना येर्णा या भमर्यांचा शोध घेणे. माध्यमिक शाळांमध्ये जीवन कौशल्यांसंबंधीत उपक्रमांचे कार्यवाही करताना येर्णा या भमर्यांचा शोध घेणे.

**संशोधनाच्या कार्यात्मक व्याख्या :** जीवन कौशल्य : इडे ने प्राथमिक स्तरावरिल अभ्यासक्रमांतर्गत समाविष्ट केलेली 10 जीवन कौशल्ये. **नियोजन :** इडे ने समाविष्ट केलेली 10 जीवन कौशल्यांची रूजवणूक करण्याकरिता केलेल्या उपक्रमांची आखणी. **कार्यवाही :** इडे ने समाविष्ट केलेली 10 जीवन कौशल्यांची रूजवणूक करण्याकरिता केलेल्या नियोजनानुसार केलेली अमलजावणी.

**संशोधन पद्धती :** सर्वेक्षण पद्धती **साधने :**

- 1) माहिती संकलनाची साधने : संशोधकाने तयार केलेली प्रश्नावली.
- 2) माहिती विश्लेषणाची साधने : शेकडेवारी **न्यादर्श :** श्री संभाजी माध्यमिक व उच्च माध्यमिक विद्यालय जातेगाव ता. शिकर जि. पुणे येथिल 20 शिक्षक. **विद्यालयाची निवड :** लॉटरी पद्धती. **शिक्षकांची निवड :** प्रासंगिक

**माहितीचे विश्लेषण :**

अ. क्र.	प्रश्न	प्रतिभाद	प्रतिभाद	प्रतिभाद	प्रतिभाद
1	रूप जाणीवेचे उपक्रम	खेळ 35%	कला 25%	प्रकल्प 15%	इतर 25%
2	समानुभूति	परिपाठ 35%	तज्ज्ञ व्यक्ती 15%	सांस्कृतिक 36%	इतर 14%
3	समस्या निराकरण	भूमिका पालन 10%	प्रसंग 10 %	चर्चा 70%	इतर 10%
4	निर्णय क्षमता	खेळांच्या स्पर्धा 40%	कार्यक्रम 10%	प्रसंग 20%	इतर 30%
5	संप्रेषण क्षमता	व्यक्तत्व स्पर्धा 31%	तोंडी परिक्षा 29%	अभिनय 20%	इतर 20%
6	आंतर व्यक्ती संबंध	सांघिक स्पर्धा 37%	कार्यक्रमाचे 36%	सम साजरे 13%	इतर 14%
7	सृजनशील विचार	प्रदर्शन 15%	निर्बंध स्पर्धा 25%	सहशालेय 44%	इतर 16%
8	चिकित्सक विचार	कार्यानुभव 15%	चित्रकला 45%	उत्कला 10%	इतर 35%
9	भाषनांचे समायोजन	खाल जत्रा 40%	आनंद मेळावा 20%	क्रिडा स्पर्धा 28%	इतर 12%
10	ताण तणावाचे समायोजन	सांस्कृतिक कार्य 41%	शालेय सहली 20%	मार्गदर्शन 27%	इतर 12%

**निष्कर्ष : उद्दिष्ट क्र. 1 :** माध्यमिक शाळांमध्ये राखिल्या जाणाऱ्या जीवना कौशल्यांसंबंधीत उपक्रमांचा शोध घेणे.

माध्यमिक शाळांमध्ये वरिल कोष्टकांमध्ये उल्लेख केलेले उपक्रम राखित येतात. **उद्दिष्ट क्र. 2 :** माध्यमिक शाळांमध्ये जीवना कौशल्यांसंबंधीत उपक्रमांचे नियोजन करताना येणाऱ्या समस्यांचा शोध घेणे. जीवना कौशल्यांसंबंधीत उपक्रमांचे नियोजन करताना विद्यार्थी अनुपस्थिती, आर्थिक परिस्थिती, शिक्षकांचे शालासाहय कामे आदि समस्या येतात.

**उद्दिष्ट क्र. 3 :** माध्यमिक शाळांमध्ये जीवना कौशल्यांसंबंधीत उपक्रमांचे कार्यवाही करताना येणाऱ्या समस्यांचा शोध घेणे. जीवना कौशल्यांसंबंधीत उपक्रमांचे कार्यवाही करताना विद्यार्थी संख्या, वेळेचे नियोजन विद्यार्थ्यांमध्ये जाणीवेचा अभाव व 10 पेची पूर्ण तयारी म्हणून घघण्याचा दृष्टीकोण.

**संदर्भ सूची :**

1. इयत्ता 8वी भूगोल पाठ्य पुस्तक (2015): प्रकाशन, महाराष्ट्र राज्य पाठ्यपुस्तक निर्मिती महामंडळ पुणे.
2. पाटील शोभा विजय कुमरा (ऑक्टो. 2009) शिक्षण संक्रमण, जीवना कौशल्य यशासाठी जीवना जगण्याची कला महाराष्ट्र राज्य शैक्षणिक संशोधन व प्रशिक्षण परिषद.
3. कंडले ग. आ.: शैक्षणिक तत्त्वज्ञान व शैक्षणिक समाजशास्त्र, श्री विद्या प्रकाशन, 250 शनिवार पेठ, पुणे 30.

## जीवन कौशल्य

### अपिनाश जयशिंग कामटे

(अहाय्यक प्राध्यापक)जय श्रीराम कॉलेज ऑफ एज्युकेशन शिक्रापूर पुणे.

**प्रास्ताविक:** आजच्या जीवनामध्ये सामाजिक, राजकीय, आर्थिक, सांस्कृतिक परिस्थिती मध्ये झपाट्याने बदल होत आहेत. या बदलामुळे विद्यार्थी गोंधळून गेलेला आहे. पालकांच्या आणि शिक्षकांच्या अपेक्षांच्या ओझ्याखाली विद्यार्थी दडपला गेला आहे. त्यामुळे अतःला अमजून घेण्याची क्षमता विकसित होण्यास त्यास अडथळ निर्माण होत आहे. व्यक्तिका सर्वांगीण विकास करणे हे शिक्षणाचे अंतिम उद्दिष्ट मानले जाते. शिक्षणातून विद्यार्थ्यांच्या भौतिक व मानसिक क्षमतांचा जास्तित जास्त उपयोगातून त्यांच्या व्यक्तिमत्त्वाचा विकास घडवणे हे मुख्य उद्दिष्ट आहे.

जागतिक आरोग्य संघटनेने 'WHO' 1999 साली दहा जीवन कौशल्य पुरस्कृत केली आहे.

- 1. अजगती:** व्यक्तीला अतःच्या मानसिक व शारीरिक अवस्थांची जाण अजगतीची क्षमता म्हणजे अजगती होय. या क्षमतेमुळे व्यक्तीला अतःच्या क्षमता मर्यादा आकांक्षा आणखी निवडी
- 2. अमानाशुती:** दुर्भ याच्या भूमिकेत शिरण्याची क्षमता अथवा दुर्भ या व्यक्तीला तिच्या दृष्टिकोनातून जाणून घेण्याची प्रामाणिक जिण्यास म्हणजे अमानाशुती.
- 3. अमर्या निराकरण:** अनेक पर्यायांचा विचार करून त्यातील योग्य तो पर्याय निवडणे व आपली अमर्या सोडविणे म्हणजे अमर्या निराकरण होय. जीवनात आपल्याला पदोपदी अमर्यांना तोंड द्यावे लागते.
- 4. निर्णयक्षमता:** निर्णयक्षमता ही अशी प्रक्रिया आहे की ज्यामध्ये व्यक्ती किंवा व्यक्तीगट एखाद्या प्रसंगाच्या किंवा अमर्यांच्या संदर्भात माहिती गोळा करतो. मिळालेल्या माहितीचे पृथक्करण करून योग्य पर्यायाची निवड निश्चित करतो.
- 5. परिणामकारक अंशण:** अतःच्या विचारांची शाब्दिक अथवा अशाब्दिक पध्दतीने प्रभावीपणे अभिव्यक्ती करता येणे म्हणजेच परिणामकारक अंशण कौशल्य होय.
- 6. व्यक्ती व्यक्तीमधील अहसंध:** व्यक्ती व्यक्तीमधील आदर प्रामाणिकपणे शिरास यांवर परस्परसंध अंशणून असातात. अमजूनदावणाअहकार्य या आधावर परस्परसंधी नाती जुळविली जातात.
- 7. अर्जनशील विचार:** नवीन उपयुक्त व असाधारण निर्माण करण्याचा विचार म्हणजे अर्जनशील विचार
- 8. चिकित्सक विचार:** एखाद्या विषयाची विशिष्ट माहिती अंशणण्यापूर्वी अनेक लहानलहान प्रश्नांच्या आहाय्याने त्या विषयाची अत्याव्यता पडताळून पाहण्याची विचार प्रक्रिया म्हणजे चिकित्सक विचार
- 9. भावनांचे अमायोजन:** भावना हा शब्द कोणताही अंशमानसिक अर्थ्याचा अंग अहसंधीलता अथवा मनाची प्रक्षुध्रावस्था यांच्याशी अंशधित आहे. भावना अकारात्मक असो की नकारात्मक

**10. ताणतणापाचे अमायोजन :** एखादे कार्य कधीत अक्षताना अनेक अमन्या उभरपतात प दडपण येते.तेव्हा अशी परिस्थिती निर्माण होतजेव्हा सामान्यपणे लोक तणावग्रस्त होतात.

**जी.एड. विद्यार्थीशिक्षकांच्या दृष्टीकोनातून अध्यात्मिक प शैक्षणिक मूल्यांचे महत्त्व एक अभ्यास.**

डॉ. राम किशनराव काकडे(अहाय्यक प्राध्यापक)जय श्रीराम कॉलेज ऑफ एज्युकेशन शिक्रापूर पुणे.

**प्रस्तावना :** अंत ज्ञानेश्वर, अंत रामदास, महात्मा गांधी, ब्रामी पिपेकानंद, गुरुदेव रवींद्रनाथ टागोर हे थोर शिक्षणतज्ज्ञ प विचारवंत होते. अत्यं, शिषं, अंदरम या त्रयीवर त्यांची प्रगाढ अक्षा होती. त्यांच्या मधे धार्मिक विचाराखरोखरच मानवी विचाराला महत्त्व देणारे थोर महामानव होते. भारतीय जनतेत गुलामेगरी पिषयी अनेकांनी जागृती निर्माण केली. अतंत्रता, अयावलंजन याच खरोखर मनेर माणूस शोधण्यासाठी ते अखंड प्याकूळ होते. शिक्षणातून अंरकार व्हावे, मूल्य रूजापीत यासाठी अतिरत धडपडणारे अनेक महान महामानव होऊन गेले.भाषा भाषा आणि जिवन यांचा मेळ ज्यात मिट घातलेला आहे असे शिक्षण आपल्याला हवे यावर त्यांचा भर होता. म्हणूनच जेव्हा एवढेच एवढेच तहात अहचिह बि नेत न्लट फतएर गपिठि कळेलएदगए अत अहचिह मकएर तहए लफिए फ तहए विदपिठिह वि हारमेवट अतिह लल एकैरितएवट. ह्येरेम पुेव्हातेविे फ वुदिएलनिएरे फ मेदएरव एदुचतेवि प.३९ह जीवनातील यांत्रिकता घालपण्याचे आधन म्हणजे मूल्यशिक्षण कारण आजच्या यांत्रिक युगात मानव आपले मानवत्त्व हरवून अक्षला आहे. मानवी जीवन अखी होण्यासाठी अंरकृत प्यक्तितमत्वाची जडण घडण होण्यासाठी आध्यात्मिक प शैक्षणिक मूल्यांन महत्त्व दिले.

**अंशोधनाची उदिदष्टे :** जी.एड. विद्यार्थी शिक्षकांच्या दृष्टीकोनातून अध्यात्मिक प शैक्षणिक मूल्यांचे आजच्या काळात अक्षलेल्या महत्त्वाचा अभ्यास करणे.

**अंशोधन पद्धती :** अंरक्षण पद्धती आधने : अंशोधकाने तयार केलेली प्रश्नावली.

**न्यादर्श :**जय श्रीराम कॉलेज ऑफ एज्युकेशन शिक्रापूर ता. शिरूर जि. पुणे येथिल २० विद्यार्थी शिक्षक.

**माहितीचे विश्लेषण :**

अ क्र	मूल्य	1	2	3	4
1.	शिक्षणाने आत्मिक उन्नती	परिपाठ 60%	योग प ध्यान धारणा 15%	अौंदर्याचा अक्षरवाद 10%	अर्थ बहीत पृत्ती 15%
2	अत्यं, शिषं, अंदरम	जयंती, पुण्यतिथी 40%	नेत्यांचे चरित्र 5%	थोड कथा 50%	अनुकरण, कृती 5%
3	जात, धर्म, पंत एक्य आधने	अंरधर्मचे अक्षन, उक्ताव अक्षने करणे 50%	लोक कला, नृत्य 10%	पिपिध अर्धा, पेशाभूषा 30%	पिपिध भाषांचे अध्यापन 10%
4	जे माणूस अक्षते तेच शिक्षण	आचार विचार 30%	अर्तपूक, कृती 40%	अमायोजन 20%	अकारात्मक अक्षल 10%
5	आनंदमय चेतण्याचा शाश्वत विकास	शालेय पातावरण 50%	शिक्षक विद्यार्थी 20%	आळेपिषयी आत्मियता 20%	अुप्तगुणांचा विकास 10%
6	अमनपय पृतीचे अंरधन	गट कार्य 40%	शाहल 30%	खेलक्या अिती 20%	अंरकृतीचे दर्शन 10%

7	विशेषकशिल पिकाक्ष	अपेक्षित आयोजन 60%	प्रेरणा व पारितोषिके 5%	प्रकल्प 30%	अंशोधन 5%
8	निर्गमनादाचे महत्त्व	अहल 35%	परिभाष 15%	क्षेत्र भेटी 5%	पर्यावरण 45 %
9	बालक केंद्रित शिक्षण	विद्यार्थी महत्त्वाचा 40%	अकती नाही 15%	आपडी निपडी विचार 35%	जैवार्गिक यातावरण 10%
10	बत्री शिक्षण	बत्री पुरुष अमान 5%	शिक्षणात भोयी अविद्या 80%	अन्याय दूर करणे 5%	आवक्षण 10%
11	मान्यता केंद्रित पिकाक्ष	सौजन्यशिलता 40%	अपेक्षितशील ता 35%	अंकटात मदत 15%	शांतता वाचणे 10%
12	शिक्षक एक गुरु	कोमल, निर्मल, क्षमाशील 20%	निःपक्षपाती 30%	विद्यार्थ्या विषयी प्रेम 20%	व्यवभार्याशी प्रामाणिक 30%
13	अपारलंभन	कृतीतून शिक्षण 10%	प्रकल्प पर्या वरण 40%	प्रात्यक्षिक 40%	नाटय, संगित, चित्रकला 10%
14	शिक्षित, अपातंज्य	शिक्षक वर्तन, अनुकरण 50%	विचार अपातंज्य 20%	विद्यार्थ्यावर विश्वास 10%	अपरंपरेतून शिक्षित 20%
15	आंतरराष्ट्रीय सामंजस्य	विश्वबंधुत्व, शांतता 10%	अधुधार्मिकता, अम 40%	अधुआंकृती क 10%	आशय व पद्धती 40%

**निष्कर्ष :** उद्दिष्ट क्र. 1 : श्री.एड. विद्यार्थी शिक्षकांच्या दृष्टीकोनातून अध्यात्मिक व शैक्षणिक मूल्यांचे आजच्या काळात अक्षलेल्या महत्त्वाचा अभ्यास करणे. शिक्षणाने आत्मिक उन्नती होते.

**संदर्भ सूची :**

1. भगत स.तु: शिक्षणातील थोर विचारवंत, चैतन्य प्रकाशन, 1758, ए  
अनिरुद्ध अपार्टमेंट, साकोली कॉर्नर, कोल्हापूर.
2. दुनाखे अपरिंद: प्रगत शैक्षणिक तत्त्वज्ञान, प्रकाशक मिलिंद जोगळेकर,  
श्री 6 रक्षालेखा भोसरायटी, दत्तवाडी, पुणे.
3. घोसमोडे के. तु. व घोसमोडे कला: शैक्षणिक विचारवंत भारतीय व  
पाश्चात्य, प्रकाशक, श्री. प्रमोद भुंजे, विद्या प्रकाशन, रुईकर रोड,  
नागपूर.
4. कंडले ग. आ.: शैक्षणिक तत्त्वज्ञान व शैक्षणिक समाजशास्त्र, श्री विद्या  
प्रकाशन, 250 शनिवार पेठ, पुणे 30.
5. O'connel K.M. (2003) Rabindranath Tagore on Education In The  
Encyclopedia of Informal Education.
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**श्री.एड. विद्यार्थी शिक्षकांच्या दृष्टीकोनातून आध्यात्मिक व शैक्षणिक मूल्यांचे  
महत्त्व एक अभ्यास**

**डॉ. भागवत किशनराव काकडे**

(अहाय्यक प्राध्यापक) जय श्रीराम कॉलेज ऑफ एज्युकेशन (श्री.एड.)  
शिक्रापूर ता. शिरूर जि. पुणे.

जीवनातील यांत्रिकता घालण्याचे साधन म्हणजे मूल्यशिक्षण कारण आजच्या यांत्रिक युगात मानव आपले मानवत्त्व हरवून खाला आहे. मानवी जीवन सुखी होण्यासाठी सुसंस्कृत व्यक्तिमत्त्वाची जडण घडण होण्यासाठी जवळ जवळ अर्थच संतांनी व विचारवंतांनी आध्यात्मिक व शैक्षणिक मूल्यास महत्त्व दिले आहे.

प्रस्तुत संशोधनात संशोधकाने आध्यात्मिक व शैक्षणिक मूल्यांच्या महत्त्वाचा अभ्यास केलेला आहे. आध्यात्मिक व शैक्षणिक मूल्यांच्या रूजवण्यासाठी साधण्यात येणारे उपक्रम जाणून घेण्याचा प्रयत्न केला आहे.

प्रस्तुत संशोधनात संशोधकाने अर्थेक्षण पद्धतीचा वापर केला आहे. जय श्रीराम कॉलेज ऑफ एज्युकेशन (श्री.एड.) शिक्रापूर ता. शिरूर जि. पुणे येथील 20 छात्रशिक्षक यांचेकडून प्रश्नावली भरून घेतली.

प्रस्तुत संशोधनाच्या माहिती संकलन व विश्लेषणा करून असे दिखून आले की आध्यात्मिक व शैक्षणिक मूल्यांचे आजच्या काळात मोठ्या प्रमाणात उपयोजन केले जात आहे व त्यासाठी विविध उपक्रम साधण्यात येत आहेत. यावरूनच आध्यात्मिक व शैक्षणिक मूल्यांना आजही शिक्षणात अत्यंत महत्त्वाचे स्थान आहे. त्याचा शिक्षणात वापर करण्यावर भर दिला जात आहे.

**प्रस्तावना :**

संत ज्ञानेश्वर, संत रामदास, महात्मा गांधी, स्वामी विवेकानंद, गुरुदेव रवींद्रनाथ टागोर हे थोर शिक्षणतज्ज्ञ व विचारवंत होते. सत्यं, शिवं, अंदरम या त्रयीवर त्यांची प्रगाढ श्रद्धा होती. त्यांच्या मध्ये धार्मिक विचारसौख्यमानवी विचाराला महत्त्व देणारे थोर महामानव होते. भारतीय जनतेत गुलामगिरी पिढी अनेकांनी जागृती निर्माण केली. स्वतंत्रता, स्वावलंबन याच अर्थे मनेर माणूस शोधण्यासाठी ते अखंड व्याकूल होते. शिक्षणातून संस्कार व्हावे, मूल्य रूजावीत यासाठी अविबत धडपडणारे अनेक महान महामानव होऊन गेले.

भाषा भाषा आणि जीवन यांचा मेळ ज्यात निट घातलेला आहे असे शिक्षण आपल्याला हवे यावर त्यांचा भर होता.

म्हणूनच

Highest education is that which is not only after giving knowledge, but which makes the life of the individual in harmony with all existence. (some foundations of guidelines of modern education p.39)

जीवनातील यांत्रिकता घालण्याचे साधन म्हणजे मूल्यशिक्षण कारण आजच्या यांत्रिक युगात मानव आपले मानवत्त्व हरवून खाला आहे. मानवी जीवन सुखी होण्यासाठी सुसंस्कृत व्यक्तिमत्त्वाची जडण घडण होण्यासाठी या लोकांनी आध्यात्मिक व शैक्षणिक मूल्यास महत्त्व दिले.

**शीर्षक :**

श्री.एड. विद्यार्थी शिक्षकांच्या दृष्टीकोनातून आध्यात्मिक व शैक्षणिक मूल्यांचे महत्त्व एक अभ्यास.

**अंशोधनाची उद्दिष्टे :**

1) श्री.एड. विद्यार्थी शिक्षकांच्या दृष्टीकोनातून आध्यात्मिक व शैक्षणिक मूल्यांचे आजच्या काळात असलेल्या महत्त्वाचा अभ्यास करणे.

**अंशोधनाच्या कार्यात्मक व्याख्या :**

**श्री.एड. विद्यार्थी शिक्षकांच्या :**

प्राथमिक व माध्यमिक वर्गांना अध्यापन करण्यासाठी शिक्षणशास्त्र महाविद्यालयातून पदवीचा अभ्यास करणारे जय श्रीराम कॉलेज ऑफ एज्युकेशन (श्री.एड.) शिक्रापूर ता. शिरूर जि. पुणे येथील विद्यार्थी.

**आध्यात्मिक मूल्य :**

सुखी, सुसंस्कृत जीवन जगण्यासाठी घालून घेतलेले नियम म्हणजे आध्यात्मिक मूल्य.

**शैक्षणिक मूल्य :**

शिक्षणातून मानवी जीवन सुखी होण्याकरिता तसेच सुसंस्कृत मानव निर्माण होण्याकरिता जीवनाविषयक आदर्शांचे संस्कार मानवी मनावर करायचे साधन म्हणजे शैक्षणिक मूल्य होय.

**अंशोधन पद्धती :**

सर्वेक्षण पद्धती

**साधने :**

- 1) माहिती संकलनाची साधने :  
अंशोधकाने तयार केलेली प्रश्नावली.
- 2) माहिती विश्लेषणाची साधने :  
शेकडेपारी

**न्यादर्श :**

जय श्रीराम कॉलेज ऑफ एज्युकेशन (श्री.एड.) शिक्रापूर ता. शिरूर जि. पुणे येथील 20 विद्यार्थी शिक्षक.



**महाविद्यालयाची निपट :**

अहेतूक पद्धती.

**छात्रशिक्षकांची निपट :**

सुगम यादृच्छिक लॉटरी पद्धती

**माहितीचे विश्लेषण :**

अक्र	मूल्य	1	2	3	4
1.	शिक्षणाने आत्मिक उन्नती	परिपाठ 60%	योग व ध्यान धारणा 15%	सौंदर्याचा रसनावाद 10%	स्पर्धा रहित पृत्ती 15%
2	अत्य, शिव, सुंदरम	जयंती, पुण्यतिथी 40%	नेत्यांचे चरित्र 5%	छोद्य कथा 50%	अनुकरण, कृती 5%
3	जात, धर्म, पंत एक्य साधने	सर्वधर्मांचे अन, उत्सव साजरे करणे 50%	लोक कला, नृत्य 10%	विविध स्पर्धा, पेशाभूषा 30%	विविध भाषांचे अध्यापन 10%
4	जे माणूस अनपते तेच शिक्षण	आचार विचार 30%	वर्तणूक, कृती 40%	समायोजन 20%	सकारात्म क बदल 10%
5	आनंदमय चैतण्याचा शाश्वत विकास	शालेय पातावरण 50%	शिक्षक विद्यार्थी अंतर्बंध 20%	शाळेपिषयी आत्मियता 20%	सुप्तगुणांचे विकास 10%
6	समन्वय पृतीचे अंतर्धान	गट कार्य 40%	सहल 30%	खेलक्या भिंती 20%	असकृतीचे दर्शन 10%
7	विवेकशिल सुद्धिचा विकास	स्पर्धांचे आयोजन 60%	प्रेरणा व पारितोषि के 5%	प्रकल्प 30%	असोधन 5%
8	निर्भरगवादाचे महत्त्व	सहल 35%	परिभर भेटी 15%	क्षेत्र भेटी 5%	पर्यावरण शिक्षण 45%

9	खालक केंद्रित शिक्षण	विद्यार्थी महत्त्वाचा 40%	विद्यार्थ्यांवर भाक्ती नाही 15%	विद्यार्थ्यांच्या आवडी निवडीचा विचार 35%	नैसर्गिक वातावरण 10%
10	बत्री शिक्षण	बत्री पुरुष समान 5%	शिक्षणात बोयी भुविधा 80%	अन्याय दूर करणे 5%	आवक्षण 10%
11	मानवता केंद्रित विकास	भौज्यन्य शालता 40%	अंधेदनशिलता 35%	अंकटात मदत 15%	शांतता राखणे 10%
12	शिक्षक एक गुरु	कोमल, निर्मल, क्षमाशील 20%	निःपक्षपाती 30%	विद्यार्थ्यांविषयी प्रेम 20%	व्यवसायाशी प्रामाणिक 30%
13	व्यावलंछन	कृतीतून शिक्षण 10%	प्रकल्प पर्यावरण 40%	प्रात्यक्षिक 40%	नाटय, संगित, चित्रकला 10%
14	शिस्त, व्यातंज्य	शिक्षक वर्तन, अनुकरण 50%	विचार व्यातंज्य 20%	विद्यार्थ्यांवर विश्वास 10%	व्ययंपेवणे तून शिस्त 20%
15	आंतरराष्ट्रीय सामंजस्य	विश्वबंधुत्व, शांतता 10%	अहुधार्मिकता, मन 40%	अहुभांस्कृतीक 10%	आशय व्यपस्खती 40%

निष्कर्ष :

**उद्दिष्ट क्र. 1 :**

जी.एड. विद्यार्थी शिक्षकांच्या दृष्टीकोनातून अध्यामिक व शैक्षणिक मूल्यांचे आजच्या काळात अवलेल्या महत्त्वाचा अभ्यास करणे. शिक्षणाने आत्मिक उन्नती होते.

**संदर्भ सूची :**

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वर्तमान आव्हानांचा सामना करण्यास अध्यात्मिक शक्तीतून भावनिक बुद्धिमत्तेचा विकास

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**धर्मवाद :** खरं तर प्रत्येक धर्माची शिकवण, शांती, दया, मानवता, भूतदया, क्षमेवर आध्यात्म आहे. उदा. गीता, कुराण, बायबल, झेंद अवेस्ता, त्रिपीटक असा कोणताही धर्मग्रंथ हिंसेला विरोध करून सर्वांना बरोबर घ्यायची शिकवण देतो. आताचे धर्माचे ठेकेदार आपल्या पद्धतीने अर्थ काढून अनुयायांना आपलाच धर्म श्रेष्ठ असे सांगून भडकावतात. ज्यातून तेढ व तणाव दंगलीस आमंत्रण देतात. येथे मानवास आत्मबोध करून वैचारिक पातळीवर मदत करणारे अध्यात्मिक तत्वज्ञान शांती व मानसिक सुख प्राप्त करून मुक्तीचा मार्ग दाखवेल. जीवनास वैचारिक बैठक पुरवून त्व म्हणजे स्वरूप (ब्रम्ह) व भाव जाणून प्रेम व शहाणपणा वाढून आध्यात्मातून भावनिक बुद्धिमत्ता विकसनास मदत होईल.

**पर्यावरण हानी :** सगळे जग ग्लोबल वॉर्मिंग, अवेळी पाऊस, अती बर्फवृष्टी, भूकंप, त्सुनामीच्या अजस्र लाटा, पाणी पातळीत वाढ, हिमाच्छादित भूप्रदेश आक्रसणे, हजारे किलोमीटर अँमेझॉन व ऑस्ट्रेलियातील जंगलांत आग लागणे, करोडो जीव—जंतू, पशूंचा होरपळून मृत्यू, प्रचंड हिमखंड अंटार्क्टिकापासून, अलग होणे, हिमनद्या आक्रसणे, भयंकर वादळे, प्रचंड ज्वालामुखी यांनी पर्यावरणीय संतुलन बिघडल्याची ग्वाही दिली आहे. भारतीय संविधानातील मुल्यांत पर्यावरणास महत्व दिले आहे. यावर वृक्षवल्ली आम्हा सोयरे वनचरे, वने वसवावी असा अध्यात्मिक उपदेश संतांनी केला, चार वेदांतही वृक्षवल्ली लागवड व जोपासण्यातील मानवी जीवनाची यशस्वीता प्रतिपादन केली आहे. वृक्ष जोपासना व पर्यावरण जाणीवेतून मानवात स्वयंप्रेरणेतून उद्युक्त होण्यास अध्यात्मिक वातावरण उपयोगी ठरते, यातून भावनिक बुद्धिमत्ता वाढण्यास मदत होईल.

**लोकसंख्या वाढ :** शिक्षणातून मानव शहाणा झाला, पण चार वेद, सहा वेदागे, चौदाविद्या यांतून मानवास उपयुक्त ज्ञान दिले तरी मानवाचा स्वार्थी, हट्टीपणातून स्वार्थाने सगळंच ओरबाडत आहे. इतर प्राण्यांपेक्षा आपलाच पृथ्वीवर अधिकार या थाटात मानव प्राणी वागताना दिसतो. एकापेक्षा अनेक अपत्ये जन्मास घालण्यातून एकाचेही सुयोग्य संगोपण घडताना दिसत नाही. यावर शुद्ध व्यावहारिक तत्वज्ञानातून अध्यात्माद्वारे, तर्कशास्त्रातून लोकसंख्या वाढीचे फायदे—तोटे समजण्यास मदत होईल. उपयोजित तत्वज्ञानातून शिक्षण विशयक तत्वज्ञान लोकसंख्येस आळा घालणे, छोट्या कुटुंबातून, संख्या मर्यादित असल्याने भावनिक एकोपा येऊन परस्पर संबंध वाढून भावनिक बुद्धिमत्ता विकासास हातभार लागेल.

**व्यसनाधिनता :** मानवी भौतिक जीवनात व्यसनाने अनेकांवर ताबा मिळविला आहे. ज्यातून भौतिक सुखालाच महत्व देऊन गांजा, चरस, अफू, दारू, जुगार अशा व्यसनांनी संबंधित मनुष्य, कुटुंब, समाजही पोखरत आहे. व्यक्तिगत आयुष्यात व्यसनाधिनतेमुळे शरीर विविध व्याधींनी निकामी बनत असल्याची व व्यसनांची दाहकता विविध आधुनिक साधनांतून, संतांच्या शिकवणीतून समोर येत आहे. यापेक्षा दिवसातून एकदा तरी भजन, कीर्तन, भारूडे यांतून समाज एकत्र येऊन त्याचे तोटे समजावून सांगितले आहेत. कोणताही धर्मग्रंथ,

अध्यात्मिक गुरूंनी व्यसनसधिनतेचे समर्थन केलेले नाही. समाजाने शहाणे बनून व्यसनाधिनता दूर केल्यास परस्पर सहकार्यातून भावनिक बुद्धिमत्ता विकसित होईल.

**शेतकरी व इतर आत्महत्या :** शेतकरी व इतरांच्या आत्महत्यांचे प्रमाण सध्या संपूर्ण देशात व जगात वाढलेलेच दिसत आहे. जगात दरवर्षी २ लाख लोकांच्या आत्महत्या होत आहेत. यावर उपाय काय? असा विचार केला असता अध्यात्मिक बाबी जसे — योग, विपश्यना, ध्यान—धारणा, भजन, कीर्तन, प्रवचन या साधनांतून मानवी जीवनाचे महत्व, व्यक्तिगत आधाराचे महत्व व्यक्त केले आहे. केवळ शेतकरीच नाही तर सर्वच घटकांत सध्या आत्महत्येद्वारे जीवन संपविण्याकडे कल दिसतो, असे का? याप्रश्नाचे उत्तर जीवन संघर्षातील ताण नको वाटतो. या ताणावर मार्गदर्शन, समुपदेशन व कौटुंबिक संवादाची जोड दिल्यास मानसिक शांती व भावनिक बुद्धिमत्ता विकसित होण्यास मदत होईल.

**बेकारी :** प्रत्येकास नोकरीच हवी असते. ज्यातून जीवनसंघर्ष कठीण होतो. प्रत्येकास जर शिक्षण व अध्यापनातून अध्यात्मिक शक्तीपर प्रवचने कार्यशाळा आयोजित केल्यास जीवन घडवण्यास नोकरी व व्यवसाय दोन्हीसाठी मार्गदर्शन अध्यात्माद्वारे मिळाल्यास जीवनास आकार येऊ शकेल. समुपदेशातून बेकारीच्या संघर्षात आधार मिळेल. 'सत्यम शिवम सुंदरम्' द्वारे आत्मिक विकासातून भावनिक विकासास बळ मिळेल. यासाठी प्रत्येक शिक्षण केंद्रात मानसिक स्वास्थ्यपर अध्यात्मिक समुपदेशकाची आवश्यकता आहे.

**निरक्षरता :** भारतात काही निवडक राज्ये तसे केरळ, महाराष्ट्र, मिझोराम यांसारख्या ठिकाणी साक्षरता ७०% चे पुढे आहे पण इतर लोकसंख्या जास्त असलेली राज्ये व अफ्रिकी देशांमध्ये निरक्षरतेचे प्रमाण प्रचंड आहे, ज्यातून हिंसा, अंधश्रद्धा, व्यसनाधिनता वाढताना दिसते. संत वचनांप्रमाणे 'शहाणे करुन सोडावे सकल जन' असे झाल्यास बऱ्याच समस्या सुटतील.

**सामाजिक अंतर :** अनेक समाजात भाषा, प्रांत, देव, धर्म, जात अशा विविध कारणांनी समान दुभंगत असून तेढ वाढत आहे. ज्यातून हिंसा, दंगलींनी न भरुन येणारे नुकसान होत आहे. जे का रंजले गांजले। त्यासी म्हणे जो आपुले।। तोची साधु ओळखावा। देव तेथेची जाणावा।।

अशा मानवतेस मानणाऱ्या संत व्यक्तींनी अध्यात्माची जोड दिल्याने परस्परांत 'खरा तो एकची धर्म जगाला प्रेम अर्पावे' या महात्मा फुलेंच्या विचाराने प्रेमाचा एकोपा वाढून भावनिक बुद्धिमत्तेच्या आत्मभान, स्वनियंत्रण, परानुभूती अशा घटकांची वाढ होईल.

**सारांश :** आज इराण—अमेरीका, सिरीया—पाश्चिमात्य देश, भारत—पाकिस्तान व विविध धर्मांत तेढ व तणाव वाढून परस्परांबद्दल संशय वाढून मानवजात संकटात येत आहे. यासाठी, 'हे विश्वची माझे घर', आता विश्वात्मके देवे असे पसायदान मांडणारे विश्वसंत ज्ञानदेव, स्वातंत्र्य, समता, बंधूता शिकविणारे ज्योतिबा फुले, अध्यात्मिक, आंतरिक व शैक्षणिक विचार देणारे अरविंद घोष, भारतीय अध्यात्मिक वारसाची जगास ओळख देणारे स्वामी विवेकानंद, अध्यात्मातून राष्ट्रीयत्व सदाचार, रामधून, ग्रामधून यातून आत्मजागृती देणारे संत तुकडोजी महाराज यांच्या विचारातून वर्तमान आव्हानांचा सामना शक्य आहे. या विचारामृतातून विविध समस्या, आव्हानांना दूर करण्याची शक्ती प्राप्त होईल. हे विचार रूजवून एकत्वाची भावना

वाढून भावनिक बुद्धिमत्तेचा विकास घडून परस्परांशी जुळवून घेण्यातून आव्हाने दूर करणारा मानव समाज घडेल.

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## सन्मान संस्कृती

डॉ. सोनुने. एस. एस.

सहा. प्राध्या. शिक्षणशास्त्र विद्याशाखा, यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापीठ  
नाशिक - ४२२२२२

### प्रस्तावना-

माणूस चार पायावरून दोन पायावर चालायला लागला, निर्मिती करायला, टोव्यात राहायला लागला. त्यातून मानवी हक्कांचा विचार करायला लागला. देवधर्म मानायला लागला. ज्ञानाची क्षितीज धुंडाळायला लागला. या सा-या प्रवासात तो संस्कृतीही जन्माला घालायला लागला. संस्कृती ही मानवनिर्मित गोष्ट असून संस्कृती हे मानवाचेच वैशिष्ट्ये आहे. माणसाच्या विकासासाठी संस्कृती आवश्यक आहे. आदर व सन्मानामुळे संस्कृती ही आदरणीयच बनते.

सन्मान किंवा 'आदर' हा भारतीय संस्कृतीचा अविभाज्य भाग मानला जातो. आदरयुक्त वर्तनातून समाजाचे व संस्कृतीचे रूप व्यक्त होत असते. ते केवळ बाह्यरूप नसते तर विशिष्ट समुदायाच्या माणसातील प्रवृत्ती, रूढी, प्रेरणा, परंपरा, कला, साहित्य, खानपान, भाषा निवासव्यवस्था या माध्यमातून 'आदर किंवा सन्मान (Respect)' व्यक्त होत असतो. म्हणून 'आदर (Respect)' किंवा 'मान, सन्मान' हा प्राचीन काळापासून भारतीय संस्कृतीचा अविभाज्य व महत्वाचा असा घटक मानला जातो.

भारतीय संस्कृतीत मोठ्यांना आदर देण्याचे संस्कार बालकाला अगदी लहान वयापासून दिले जातात. माता, पिता, गुरू, अतिथी यांचा 'देवा' समान सन्मान (आदर) करण्याची शिकवण भारतीय संस्कृती देते. वडीलधा-यांशी नम्रपणे व त्यांचा मानसन्मान ठेऊन वागावे, हे संस्कार बालकाला लहानपणी आपो-आपच मिळतात. त्यातून 'सन्मान संस्कृती' विकसित होत जाते.

### १) संस्कृतीची संकल्पना -

तर्कतीर्थ लक्ष्मणशास्त्री यांच्या मते "मणुष्य व्यक्तीशः व समुदायशः जी जीवन पध्दती निर्माण करतो आणि जीवनसाफल्यार्थ स्वतःवर व बाह्यविश्वावर संस्कार करून जे अविष्कार करतो, ती पध्दती वा तो अविष्कार म्हणजे संस्कृती."

डॉ. इरावती कर्वे यांनी 'मराठी लोकांची संस्कृती' या पुस्तकात "संस्कारपूर्ण व संस्कारमय जीवन जगण्याची देशकाल विशिष्ट रीत (जीवन व जीवनमूल्ये) म्हणजे संस्कृती होय" अशी व्याख्या केली आहे. संस्कृती या शब्दाचा विग्रह केला असता चांगली कृती (संस्कृती ३ संस्कृती) असा होतो.

साधारणपणे संस्कृती, प्रकृती, विकृती हे तीन शब्द मराठीत वापरले जातात. सर्व संस्कृती ही चांगली कृती ह्या अर्थाने मानवी विकासास पोषकच असते. मात्र संस्कृती सोबत विकृतीची वाढ झाल्यास किंवा सामाजिक भेदाभेद वाढल्यास संस्कृतीची विकृती होते.

### २) 'सन्मान (Respect) चा अर्थ' :-

'सन्मान' या शब्दाला दुसरा पर्यायी शब्द मराठी भाषेत सर्रास वापरला जाणारा शब्द म्हणजे 'आदर' तर इंग्रजीत 'Respect' आहे. आदर किंवा सन्मान हा भारतीय संस्कृतीचा महत्वाचा घटक मानला जातो. समाजिक स्वास्थ टिकवण्यासाठी 'आदर' महत्वाचा घटक आहे. बंधूभाव, आपलेपणा, जिवाळा, प्रेम, स्नेह, संस्कार, स्विकृती, चांगले आरोग्य, स्वागत, मनाचा खुलेपणा, भेट, चांगला व्यवहार यासारख्या अनेक बाबी ह्या सन्मान किंवा आदर या शब्दातून व्यक्त होतात.

### ३) सन्मान व मनोभाव :-

सन्मान प्राप्त करणे ही मानसाची प्रवृत्ती असते. त्यातून त्याला मानसिक समाधान मिळत असते. त्यातून व्यक्तीचा स्वतःप्रती मनोभाव सकारात्मक होत जाते. सन्मानातून नैराश्य कमी होण्यास मदत होतो. व्यक्तीचा सन्मानातून

मानसिक व त्यातून भावनिक विकास होतो. भावनिक विकासातून सामाजिक व सांस्कृतिक विकास साधला जातो. म्हणजेच पर्यायाने संस्कृतीचा विकसित होतो.

**४) परस्पर संवाद व सन्मान :-**

सन्मान जसा कार्यातून मिळतो, तसा वर्तनातून देखील प्राप्त होत असतो. वर्तनामध्ये भाषिक वर्तन हे सभ्यता, नम्रता, विनयशिल, संस्कारक्षम तसेच सुसंवादी असेल तर व्यक्तीला सन्मान प्राप्त होतो. परस्पर संवाद व सन्मान संस्कृतीतून कार्यसंस्कृती विकसित होते. त्यातून व्यक्तीच्या व्यक्तीमत्व विकासाच्या कक्षा विस्तारात.

**५) सन्मान-संस्कृतीची गरज :-**

माणसाला माणूसपण प्राप्त होण्यासाठी प्रत्येक मानसाचा सन्मान करणे आवश्यक असते. सामाजिक स्वास्थ्याच्या दृष्टीकोनातून सामाजिक व सांस्कृतिक आदर किंवा सन्मान महत्वाचा असतो. त्यातूनच संस्कृतीचा विकास प्रचार व प्रसार होतो. तसा व्यक्तिच्या व्यक्तीमत्व विकासासाठी स्व-सन्मान, आत्मसन्मान, स्वाभिमान, म्हणजे सन्मान महत्वाचा व गरजेचा असतो.

भारतीय समाज व्यवस्थेचा विचार केला तर आपल्याला असे दिसते की, या समाज व्यवस्थेतील काही घटकांनी समाजातील आर्थिक दृष्ट्या, सामाजिक दृष्ट्या मागास घटकांचे शोषण केल्याने त्याच्यातील आत्मसन्मान नाहिसा झालेला होता. त्यामुळे त्यांची अवस्था काही वर्षापूर्वी जनावरांपेक्षाही हीन दर्जाची झाली होती. त्यांना सामाजिक व सांस्कृतिक दृष्ट्या कोणताही मान किंवा सन्मान नव्हता. मात्र समाजसुधारकांनी ह्या वंचित घटकांसाठी केलेले कार्य, शिक्षणाने झालेली जागृती. त्यामुळे काही प्रमाणात आत्मसन्मान सामाजिक व सांस्कृतिक दृष्ट्या मागास असलेल्या घटकांमध्ये विकसित झालेला दिसतो. त्यांना सामाजिक मान व सन्मान प्राप्त होत असल्याने त्यांचा विकास होतांना दिसत आहे.

थोडक्यात म्हणजे संस्कृतीचा विकास हा प्रत्येक घटकाना सन्मान मिळाल्यास चांगला होतो व त्यातूनच सांस्कृतिक व सामाजिक विकास आपोआपच साधला जातो.

**६) व्यक्ती विकास व 'सन्मान' संस्कृती :-**

सन्मान संस्कृतीची सुरुवात ही 'स्व-स्विकृती' ने झाल्यास आपोआप आत्मसन्मान व्यक्तीत विकसित होतो. आत्मसन्मान म्हणजेच आत्मप्रौढी नव्हे. तर स्वतःच्या क्षमतां, दर्जा, गुण, कला, कौशल्यांची जाणीव व त्यांचा अभिमान व सन्मान होय.

थोडक्यात म्हणजे प्रथम स्वतःचा सन्मान व आदर होय. स्व-सन्मानामुळे व्यक्ती स्वतःच्या आरोग्यकडे, आहार-विहाराकडे अधिक लक्ष देवून आरोग्य संपन्न राहण्याचा प्रयत्न करते. राहणीमान दर्जा सुधारण्याचा प्रयत्न करते. योग्य भाषेचा वापर करते. स्व-उन्नती साधण्यासाठी आर्थिक दृष्ट्या बचत करण्याची सवय लावते. तसेच सामाजिक सन्मान समोर ठेवून कार्य करण्याचा प्रयत्न करतो. आपले इतरांशी असलेले मानवी संबंध चांगले ठेवतो. थोडक्यात सांगावयाचे म्हणजे 'सन्मान संस्कृती' ही व्यक्तीच्या सर्वांगीण विकासासाठी महत्वाची असते.

**७) सन्मान संस्कृतीतून - कार्यसंस्कृती :-**

मानसिक स्वास्थ्य टिकवण्यासाठी सन्मान संस्कृती ही महत्वाची भूमिका पार पाडते. मूळातच मनुष्याला सन्मान आवडतो. इतिहासात त्यामुळेच आपल्याला राजदरबारी राजाचे गुण-गाण गाणारे व सन्मान करणा-या व्यक्ती असलेल्या आढळतात.

समाजामध्ये सन्मान संस्कृती ही 'Give Respect And Take Respect' ह्या उक्ती प्रमाणे विकसित होते. कार्यसंस्कृती चा विकास होण्यासाठी सन्मान हा महत्वाचा असते. सन्मानाने जर कार्याची विभागणी व वाटप केल्यास कार्यसंस्कृती विकसित होते. सन्मानाने म्हणजेच व्यक्तीच्या क्षमता, कला, गुण, कौशल्य लक्षात घेऊन. क्षमतेनुसार, पात्रतेनुसार व मनासारखे कार्य व त्यासाठी उचित कार्य मोबदला दिल्यास कार्य करणा-या व्यक्तीला सन्मान प्राप्त झाल्याचा आनंद होतो. त्यातून कार्यसंस्कृतीचा विकास वेगाने होतो. शिवाय व्यक्तीची स्व-उन्नती देखील देखील साधली जाते. त्यामुळे कार्यसंस्कृतीच्या विकासासाठी सन्मान संस्कृती महत्वाची आहे.



#### ८) भारतीय संस्कृतीत सन्मानाचे स्थान व महत्व

‘अतिथी देवो भवः’ आदरातिथ्य किंवा सन्मान हे भारतीय संस्कृतीचे महत्वाचे अंग आहे. जगातील एकमेव आपल्या भारत देशात घरी आलेल्या अतिथींना देवासमान मानून त्यांचा सन्मान केला जातो.

सन्मान-संस्कृतीमुळे व्यक्तीतील न्युनगंड, तिरस्कार, द्वेष, वैयक्तिक व सामाजिक आकस, मत्सर, दूर होतो. सन्मान संस्कृतीकमुळे मानसिक समाधान मिळते. मानसिक समाधानातून भावनिक समाधान व त्यातून आत्मिक समाधान मिळते. त्यामुळेच वारकरी संप्रदायात सर्व वारकरी बंधू एका स्तरावर असतात. कोणी लहाण व कोणी मोठा असत नाही. कोणताही भेदाभेद न मानता सर्व वारकरी एकमेकांच्या ठायी पांडुरंगाचे रूप पाहतात व एकमेकांच्या पाया पडतात. तसेच एकमेकांना माऊली असे संबोधून परस्परांच्या व्यक्तीमत्वाचा सन्मानाने स्विकार करतात.

#### ९) चांगल्या नागरिकत्वासाठी सन्मान - संस्कृती:-

माणसाच्या जीवनातील कला, कायदा, नितीमत्ता, प्रस्था, परंपरा, श्रद्धा, ज्ञान व आचार- विचारांच्या एकत्रित मान्यतेमुळे ‘आदरात्मक संस्कृती’ निर्माण होते. त्यातून पुढे भारतीय संस्कृती सर्वसमावेश संस्कृती बनलेली दिसते. ह्या सर्वसमावेशक संस्कृतीचा आदर केला जातो व त्यातून सुसंस्कृत नागरिक निर्माण होतात. त्या अर्थाने चांगल्या नागरिकत्वासाठी निर्मितीसाठी आदर महत्वाचा असतो.

#### १०) शिक्षण व सन्मान - संस्कृती :-

शिक्षण हे व्यक्तीमत्त्व विकासाचे साधन आहे. संस्कृतीचे संवर्धन, संक्रमण व संरक्षण कार्य शिक्षणाच्या माध्यमातून होत असते. शिक्षणातून मूल्ये संस्कार दिले जातात. चांगल्या नागरिकत्वाला आवश्यक असलेल्या गुणांचे संवर्धन व विकास हा शिक्षणातून होतो. अध्ययनार्थ्यांच्या व्यक्तीमत्वाचा विकास होण्यासाठी त्यांच्या व्यक्तीमत्वाचा आदर, सन्मान करणे आवश्यक असते.

चांगल्या नेतृत्व निर्मितीसाठी, अध्ययनास पोषक वातावरण निर्मितीसाठी, मूल्यात्मक विकासासाठी, अध्ययनार्थींना भयमुक्त वातावरणातून मुक्त करून त्यांना सुरक्षित वाटण्यासाठी व धैर्यशिल बनविण्यासाठी सन्मान संस्कृतीची आवश्यकता असते. अध्ययनार्थीला अध्यापकाने सन्मान दिल्यास त्याच्या व्यक्तीमत्वाचा आदर केल्यास अध्ययनार्थीत आपोआप आदर/सन्मान संस्कृती (culture of Respect) विकसित होईल. कारण म्हणताच ना जे ‘पेराल तेच उगवते.’

#### समारोप

मानवी जीवनातील विविध घटक जसे की, भाषा, धर्म, विज्ञान, कला, राजकारण, कृषि, स्थलांतर, आदींचा स्पर्श संस्कृतीला होऊ लागतो. त्यातून पुढे प्रत्येक घटकांची स्वतंत्र संस्कृती निर्माण व्हायला लागते. जसे की, कार्य संस्कृती, आदर संस्कृती, खानपान संस्कृती इ. मात्र प्रत्येक संस्कृती ही व्यक्तीला सन्मान करायला शिकवते.

आजच्या जागतिकीकरणाच्या संदर्भात व प्रगत शोधाच्या संदर्भाने मानवी अस्तित्व, व उन्नतीचा जेव्हा प्रश्न उपस्थित होतो, तेव्हा सर्वांचा व सर्वांच्या संस्कृतीचा आदर करणे आवश्यक ठरते. त्यासाठी सर्वांचा सन्मान करणारी संस्कृती (culture of Respect) अध्ययनार्थीत विकसित करणे आवश्यक आहे. सन्मान संस्कृती (culture of Respect) विकसित करण्याची प्रवृत्ती अध्ययनार्थीमध्ये निर्माण करण्याचे कार्य शिक्षणच चांगले करू शकते. त्यामुळे शिक्षण व्यवस्थेतून स्व-सन्मानाबरोबर इतरांचा सन्मान करण्याचे शिकवले पाहिजे. विविध सण, उत्सव, शैक्षणिक कार्यक्रम, सहशालेय उपक्रम यांच्या आयोजन नियोजनातून ते साधता येते.

थोडक्यात सांगायचे म्हणजे मानसिक, भावनिक व वैयक्तिक समाधान हे सन्मानातून मिळते. स्वतःच्या विकासासाठी प्रत्येकाने आत्मसन्मान जपला पाहिजे. तसेच इतरांच्या व्यक्तीमत्वाचा सन्मान करून त्यांना कार्यशक्तीच्या विकासासाठी प्रेरित केले पाहिजे.

म्हणजेच सन्मान संस्कृतीच्या माध्यमातून वैयक्तिक, सामाजिक, सांस्कृतिक उन्नती साधल्या जाते व त्यातूनच कार्यसंस्कृती विकसित होते. त्यामुळेच भारतीय संस्कृतीला आदर्श संस्कृती मानल्या जाते.

**संदर्भ ग्रंथ सूची :-**

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