

# **"Spiritual Education Committee Report"**

**Academic year 2022-23**



**Submitted to:**

**The Principal**

**Yeshwant Mahavidyalya, Nanded.**

**Shri Sharda bhavan education society's**

**YESHWANT MAHAVIDYALYA, NANDED**

## **“Spiritual Education Committee Report”**

**Academic year 2022-23**

### **Introduction**

The aim of education is holistic development of the learner which include physical intellectual conjunctive emotional social and spiritual aspect and education person is expected to be physically and mentally fit emotional balance the socially will adjust and spiritually mature formal educational institution schools colleges and Universities have been trying to fulfill this aims through their curriculum and co-curricular activity. In the education of our children we need to help them develop their character and their mind but we must also help them prepare for living successfully in this world we don't want them to go out into society and find themselves in capable of relay real thing to what going on they have to have the fact that are a part of our modern upper burning but they don't need to have those fact true to them in such a way as to leave them believing that there's no value in anything there is a great deal of emphasis on the wrong things today the basic of spiritual education is to prepare them for society in a way that will help them to remind idealistic. Bases of Psychological and experimental study to students who have learn how to love everyone how have learn the goodness of life when they go out into the world they may face hearted criminal activity and many other negative things will they be able to handle it therefore in the today's word spiritual education is very important part of student life

### **❖ Concept and purpose of spiritual education**

The purpose of spiritual education is fulfill the divine potential of Children's and to prepare them for Life By giving them the tools they need to keep on the learning throughout the many experiences that will come to them. Another purpose of spiritual education is bullied the person on all leaves in brief spiritual education giving training of student for the happy life, happy Nations and Happy society

### **❖ Objective spiritual education**

- To understand the concept of spiritual development
- To make a sense of spiritual development in the contest of modern education
- Use of religion and spirituality to develop the attitude of student
- To develop spiritual and Holistic development through education in student life
- Developing emotional maturity social values and spirituality among the youngsters

### ❖ Mission of spiritual education:

Building discipline and spirituality in youngsters

### ❖ Vision of spiritual education:

Our main vision and goal is to Develop physically and mentally fit, emotional balance, socially will adjust and spiritually mature student

### ❖ Committee Members

<b>Chairman</b>	Dr. D.D.Bhosale , Asst. professor Dept.of Economics, YMN
<b>Member</b>	Prof. Dr. A.V.Gavane Professor and Head Dept. of Political science, YMN
<b>Member</b>	Dr. R. S Sonwane, Associate professor Dairy science, YMN
<b>Member</b>	Dr. V.G.Swami Associate Professor Dept. of Political science, YMN

### ❖ How the Program was conducted

Spiritual education Committee of Yeshwant Mahavidyalya,Nanded organizes Gust Lectur for the senior college teaching faculty ,Non teaching staf and students of yeshwant Mahavidyalya ,Nanded in Humanity Smart class room.



## श्री शारदा भवन एज्युकेशन सोसायटी, संचलित यशवंत महाविद्यालय, नांदेड



### स्परिच्युअल एज्युकेशन कमिटी

दिनांक: 06 /03/2023

Topic : "Youths and spiritual Education"

वेळ: सकाळी 10 वाजता

स्थळ: मानव्य विज्ञान विद्या शाखा, आयसीटी हॉल .

कार्यक्रमाचे अध्यक्ष  
प्राचार्य,  
डॉ. गणेशचंद्र शिंदे सर

प्रमुख वक्ते  
आचार्य,  
आर्य नरेश जी  
माजी सिव्हिल इंजिनियर,  
हिमाचल प्रदेश.

प्रमुख उपस्थिती  
उपप्राचार्य,  
डॉ. हरिचंद्र पतंगे सर  
डॉ. कविता सोनकांबळे मॅडम

### ❖ Participants :

All senior college teaching faculty, Non-teaching staff and students of Yeshwant Mahavidyalaya ,Nanded .

### ❖ Outline of program

In the introduction of program ,the chairman of spiritual education committee Dr.D.D.Bhosale sir said that our committee is organize guest lecture of Acharya Arya Nareshji on **Youths and spiritual Education**. it is so beneficial for all senior college faculty and student .I hope it is beneficial for your life.

### ❖ Principal Desk :

In the introductory speech Dr.Ganeshchandra Shinde principal YMN Welcome all participant said Our commitment at Yeshwant campus is provide a safe positive intellectual earnings as I enter into the campus as principal I would like to continue sitting high expectation for our students in regards to academic performance within the classroom participation in co-curricular activities as well as responsible citizenship at the college and in the community. Our vision

is to work in partnership with our people's parents and the community at the last to create positive and inclusive environment for higher quality learning and teaching where everyone is value valued and respected. We encourage spiritual values to be a part of education at the College level, because we believe a young student will learn better only if he is explained the purpose of spirituality in life. Incorporating this value, we can bring a growth in the young student's mind, body, and soul, which will in turn develop their characters. we prepare students to understand life from the spiritual way to let them recognize other higher quality in life and become better humans. There for our spiritual education committee organize guest lecture of Acharya Arya Nareshji on **Youths and spiritual Education**..it is so beneficial for student enjoy this program .

### ❖ Guest Lecture report

In the Gust Lecture Acharya Arya Nareshji sir said **Youths should become physically, mentally strong**'Expressing his concern over the degrading moral values among youths, Acharya Arya Nareshji from Himachal Pradesh stated that every youth in the country should become physically, mentally, and intellectually strong to develop and defend the nation. He spoke at a special lecture organised by the Spiritual Education Committee of Yeshwant Mahavidyalaya on Monday. Vice principal Dr Kavita Sonkamble, presided over the event, while Suresh Jadhav, Dr Ajay Gavane, and Dr Mera Phad shared the dais. Underlining the need to conserve moral values by adhering to Indian culture, Acharyaji said that the present era is a crucial one, with the country surrounded by enemies such as Pakistan and China, and with cultural encroachment on a large scale in universities and colleges. Answering various questions asked by the students, he said that providing equal opportunities to all persons in the country should be the aim of the youth. Regarding physical health, he said that unless students conserve their physical and mental energy, they could not learn and face the problems in the country or serve the country. Dr Sonkamble underlined the importance of following the message given by Acharyaji, saying that character is the most important part of a student's life. Dr Digambar Bhosle conducted the programme. Dr Gavane proposed a vote of thanks.

There are times when we feel like we can handle anything life throws at us. And then there are days where even the smallest setback feels overwhelming. What makes the difference?

It's not really the circumstances we face. Many of us know what it's like to be upset by something that wouldn't ordinarily bother us. We often can then turn around and brush off major setbacks as just being part of life.

The difference isn't what's happening: it's our mental strength. Our mental strength helps us to resist being derailed by negative thoughts. It helps us get back into the ups and downs of life day after day. And — just like physical strength — it's a kind of mental muscle that we can develop to improve our overall well-being. Mental strength doesn't mean that you never cry, complain, or express doubt. And it's not mutually exclusive to mental illness. In fact, because they've had to work so hard to develop coping mechanisms, many of those with ADHD, depression, and other mental health conditions are incredibly mentally strong people. Instead of having one static idea of what it means to be mentally fit, mental strength looks at these questions: How do you respond to negative emotions or setbacks? Do you start thinking of solutions, whine about your bad luck, or let them roll off your back? We can use the metaphor of physical health to understand mental strength. Just as physical strength is a component of physical fitness, mental strength is a part of mental fitness. Mental fitness is the complete set of practices that enable you to maintain and improve your mental state. Mental toughness helps you stay focused in crucial moments — for example, the athlete who needs to drown out the crowd to score a winning goal. Even though mental toughness helps you perform under pressure, it's often not sustainable. Even in Olympic athletes, this kind of extreme pressure can damage mental health. On the other hand, mental strength balances the extreme. It's our ability to function effectively and sustainably in the face of challenges and stress — without sacrificing our own health, sense of self, and mental well-being. It's closely related to resilience. And in fact, Olympic silver medal winners actually tend to be *more* resilient than gold medal winners. To summarise, resilience, mental strength, and mental toughness are all components of mental fitness. Mental toughness helps you tune out distractions and negative self-talk. Resilience helps you recover from setbacks. Mental strength helps us to persevere, and mental fitness builds all of these practices.



We all admire people who are strong, both physically and mentally. When someone is strong, they take care of themselves, show confidence and proactivity, and serve as an inspiration to others. Staying fit and having emotional strength are also important components of your overall health. Maintaining physical activity through the decades will keep your muscles, bones and joints strong, which is important in keeping your health in check. And studies show that people that are mentally strong are physically healthier and have stronger immune systems, which can help you fight chronic disease.

This guest lecture conclude with vote of thanks delivered by Prof. Dr. A.V.Gavane the faculty Dr.V.G.Swami and Dr. R. S Sonwane, also part of such important activity and taking hard effort to success this program.

## Session Outcomes:

At the end of session students asked questions regarding Yoga Dhyan and personality Development.and resource person answered the queries suitably, therefore student were very satisfied with the Program and gave them good feedback.

## Photographs of the Event





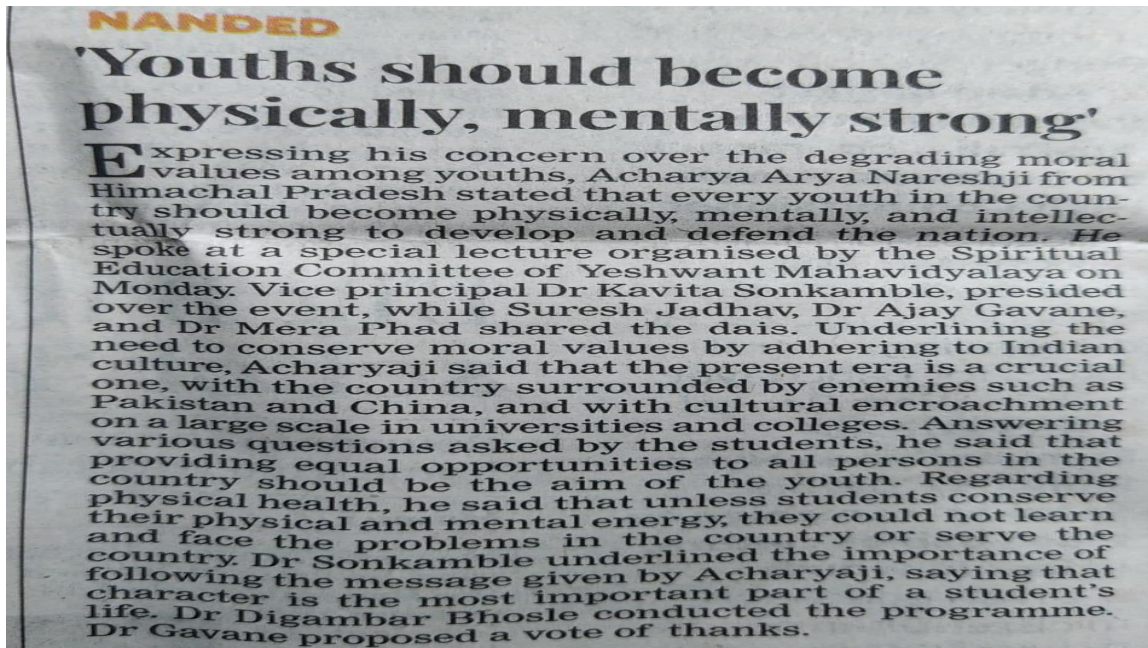




## Attendance of the Event

Spiritual Education Program Attendance Date: 06/05/2023		Spiritual Education Program Attendance Date: 06/05/2023	
Sl. No.	Attendee Name (C)	Sl. No.	Attendee Name (C)
1	1) Ramesh Jadhav (B)	30	30) Dhire Amite Nagathrao (B)
2	2) Anil Ramesh Jadhav (B)	31	31) Dhire Amite Nagathrao (B)
3	3) Ramesh Jadhav (B)	32	32) Dhire Amite Nagathrao (B)
4	4) Ramesh Jadhav (B)	33	33) Dhire Amite Nagathrao (B)
5	5) Ramesh Jadhav (B)	34	34) Dhire Amite Nagathrao (B)
6	6) Ramesh Jadhav (B)	35	35) Dhire Amite Nagathrao (B)
7	7) Ramesh Jadhav (B)	36	36) Dhire Amite Nagathrao (B)
8	8) Ramesh Jadhav (B)	37	37) Dhire Amite Nagathrao (B)
9	9) Ramesh Jadhav (B)	38	38) Dhire Amite Nagathrao (B)
10	10) Ramesh Jadhav (B)	39	39) Dhire Amite Nagathrao (B)
11	11) Ramesh Jadhav (B)	40	40) Dhire Amite Nagathrao (B)
12	12) Ramesh Jadhav (B)	41	41) Dhire Amite Nagathrao (B)
13	13) Ramesh Jadhav (B)	42	42) Dhire Amite Nagathrao (B)
14	14) Ramesh Jadhav (B)	43	43) Dhire Amite Nagathrao (B)
15	15) Ramesh Jadhav (B)	44	44) Dhire Amite Nagathrao (B)
16	16) Ramesh Jadhav (B)	45	45) Dhire Amite Nagathrao (B)
17	17) Ramesh Jadhav (B)	46	46) Dhire Amite Nagathrao (B)
18	18) Ramesh Jadhav (B)	47	47) Dhire Amite Nagathrao (B)
19	19) Ramesh Jadhav (B)	48	48) Dhire Amite Nagathrao (B)
20	20) Ramesh Jadhav (B)	49	49) Dhire Amite Nagathrao (B)
21	21) Ramesh Jadhav (B)	50	50) Dhire Amite Nagathrao (B)
22	22) Ramesh Jadhav (B)	51	51) Dhire Amite Nagathrao (B)
23	23) Ramesh Jadhav (B)	52	52) Dhire Amite Nagathrao (B)
24	24) Ramesh Jadhav (B)	53	53) Dhire Amite Nagathrao (B)
25	25) Ramesh Jadhav (B)	54	54) Dhire Amite Nagathrao (B)
26	26) Ramesh Jadhav (B)	55	55) Dhire Amite Nagathrao (B)
27	27) Ramesh Jadhav (B)	56	56) Dhire Amite Nagathrao (B)
28	28) Ramesh Jadhav (B)	57	57) Dhire Amite Nagathrao (B)
29	29) Ramesh Jadhav (B)		

## News Coverage of the Event



Signature of Chairman

Signature of Principal