

SOCIETY FOR IMPARTING SPIRITUAL TRAINING FOR HOLISTIC DEVELOPMENT:

GURMAT VICHAR SABHA

(Teaching of Gurus Spiritual knowledge, Society for Reflecting on mind and Spirituality)



Spirituality plays a significant role in helping students search for meaning and purpose in life. Spiritual engagement equips students with tools to deal with various experiences that will come their way both personally and professionally spiritual practices like meditation can influence learning and well-being positively.

Objectives of the practice

- To shoulder responsibility as an institution for shaping the moral and spiritual well-being of students.
- To instill awareness of a broader social responsibility and promote a sense of compassion, tolerance, and self-discipline.
- To cultivate confidence to imbibe a value system as the basis of their choices, goals, and priorities.
- To build a sense of community that transcends all diversities of religion, caste, and class.
- To foster a strong faith in the Higher Power, Almighty that gives an inner strength to take on challenges especially for women and stand for justice fearlessly and confidently.

The Context

Named after the 10th guru of the Sikhs, Sri Guru Gobind Singh, our college is guided by his philosophy of Oneness and selfless service to humanity. We draw upon his teachings to encourage our students to engage in spirituality along with leading their lives with good moral and ethical practices. There is a Gurudwara (prayer room) on the hostel premises where students are free to visit and draw inspiration from the teachings of the gurus.

The Practice

We start the academic year by visiting the historical Gurudwara Nada Sahib to seek blessings from the gurus. An inaugural function is held at the commencement of the academic session.

The birth of Guru Gobind Singh Ji is commemorated as the Sthapna Diwas – Founder’s Day – at the end of the academic year. The Manipuri New Year is also celebrated in the Hostel by the preparation of a special meal dedicated to this practice. This encourages all students to feel connected to the Gurmat Vichar Sabha and its message of harmony and peace for all.



Evidence of success

- The practice has brought about a feeling of goodness and cooperation among students and the whole fraternity in general.
- Tiers of the college community - the management, principal, staff, students, and employees work together to organize these huge festivities, thus strengthening their bond and generating a sense of community and belonging.
- In the current scenario of social and moral decay, such an organization plays an indispensable and crucial role in safeguarding society from further damage.
- This practice has been vital in fulfilling our aim of imparting holistic education to our girls, empowering them with knowledge and making them self-reliant, enlightened, and socially responsible citizens of the country.



Problems Encountered and Resources Required

We have never confronted any obstacle that can encumber the endeavors and spirit of this organization. Financial support is provided by the college. Generous voluntary donations by the college community also enhance the support.