

BEST PRACTICE

1. Title of the Practice

Inculcation of Moral & Ethical/Spiritual values through the Art of Value Development and Living.

Need for the practice

Man is a social being. He lives in the society. It is the society which makes him socialized and cultured. Almost everything that he learns, is acquired from the society. Only the capacity of learning is his own.

At present when social, moral, cultural and spiritual values are disintegrating, when religion is losing its hold, when power and knowledge are being misused for vested interests, when nations do not trust on one another, when black marketing, corruption, barbarism, indiscipline, violence are fast spreading, it is essential that education promotes individual and social welfare, love, peace, goodwill and understanding.

The tensions and worries at present time is mainly due to the fact that knowledge has increased but morality has lagged behind. Morality is the form of truth, righteousness and non-violence is the only balm which can heal the wounds of humanity. It is value oriented education which would impel man to utilize atomic energy for the betterment of humanity rather than destruction. It is the task of education to develop, preach and practice social, moral and spiritual values, as these values are the greatest unifying force in the lives of mankind.

According to Dr. Radhakrishnan, "Education is not limited

to the imparting of information or the training in skills. It has to give the education a proper sense of values.”

The need for such practice was felt to ensure the applicability of such values in day to day lives of the students. The teacher of a Democratic India has to produce democratic citizens. Kothari Commission 1964-66 has rightly emphasized that the citizen of today’s India has a freedom to choose, hence the future of the society will largely depend upon the type of choice that every individual makes. Here, the values that an individual has, plays an important role in making the right choice. We in our college try to strengthen and deepen the sense of social responsibilities among the pupil teachers and also an appreciation of moral and Spiritual values, as weakening of these values is at present creating many serious social and ethical conflicts.

Although through various academic and non-academic activities, that are conducted in the college, such values get inculcated, but we felt that there is the need to conduct a specific programme through which we can particularly lay emphasis on physical, emotional, social and spiritual development of pupil teacher’s personality. The college tries to do so through various co-curricular activities in general and conducting morning assembly Yoga & art of living classes in particular.

Through these programmes we try to develop certain attitudes and values which provide strength and resilience to the students and enable them to contribute towards social development. The need was also felt to enable the pupil teachers to overcome violence, frustration, immorality, self-centeredness, egoism, jealousy and arrogance which destroys our personality and harms the National pride.

Objective of the Practices

1. To ensure punctuality and discipline among pupil teachers.
2. To develop a sense of oneness and a belonging to the social system to which they belong.
3. To enable to develop self-confidence, as students come forward and talk about various social and National issues in front of the gathering.
4. While reciting prayers or songs of secular nature and national unity, a sense of true patriotism and love for the country is fostered.
5. To develop respect for elders & affection towards fellow beings.
6. Brings rhythm to our breathing, as lack of rhythm in breathing is source of sufferings.
7. Maintains a link among breath, the mind, the emotions and the body, to reduce emotional and mental imbalance.
8. Inculcate discipline and integrity.
9. To create a Divine Society.
10. To maintain unshaken calm and divinity.
11. To make students health conscious.
12. Make people sensitive towards human sufferings and evils.

The Practice :

In order to give education a proper sense of values the Sai Shyam College of Education has introduced :-

1. Morning Assembly

2. Art of Living
3. Yoga Classes
4. Organising/Participating in programmes in collaboration with VKM(I) related to inculcating moral ethical & spiritual values.

1. Morning Assembly

Morning Assembly is conducted daily in our institution. It is of 15 to 30 minutes duration. Activities of Morning Assembly include :

- (i) Prayer
- (ii) Singing of devotional and patriotic songs.
- (iii) Brief ethical speeches by a student, teacher or Head of the institution.

(i) Prayer

Prayer is the first and prominent activity of morning assembly. Gathering of students for assembly is not only inculcating the moral values but social and religious values as well. Prayer at B.Ed level is important for the students because it oftenly and obviously helps in shapening their student career as well as their future teacher career. Morning assembly aims at perfection, self realization, satisfaction, development, integrity and cohesion etc. Our conduct is motivated by prayer. The prayer helps in inculcating the eternal values of life viz truth, beauty and goodness. Prayer when combined with silence can connect us to the infinite source of power deep within our hearts.

(ii) Singing of devotional and patriotic songs

This activity of morning assembly helps in inculcating the values of Nationalism, brotherhood of man and fatherhood of God, truth fitness, purity, secularism, universal love, synthesis between material and spiritual values and National integration.

(iii) Brief ethical speeches

In the morning assembly brief ethical speeches are delivered by the students, teachers or by the Head of the Institution. Every student and teacher is provided an opportunity to speak at a length on various social, cultural, educational, economical and other burning issues. The aim of such speeches is to inculcate the various values of human life like tolerance, courtesy, friendship, goodmanners, helpfulness, kindness, respects for others, dignity of labour, sense of social responsibility, solidarity of mankind and team work.

The ethical speeches also help in inculcating the moral values like compassion, non-violence, purity, sympathy, self discipline, humility and God fearing personality.

2. Art of Living

Today most of us seem to be trapped in maize of competition, deadlines, targets, goals, tensions, stress and what not. All for the ultimate but elusive panacea – success. The culprits of a disturb mind are stress and pressure. They originate in the human mind and subsequently get translated in toxins in the human body. To combat this paralysing force there has been awakening for the need to use alternative to provide holistic healing. One needs to treat the origin of the illness, not just the symptoms. Today even medical

doctors are advising the patients to use various alternative therapies to reduce emotional imbalance.

In the pursuit of the scenic of the existence we seem to have lost the art of living in the bleak scenario but still there is a ray of hope. A ray which is fast becoming luminous light is the art of living (AOL).

The institution has introduced the one with basic course in art of living. The experts conduct this programme with the help of staff and management of the college. The students are provided training how to live a healthy and tension free social life. The various activities under the Art of living umbrella are given below :

- 1) The art of living course part I (Breathing technique called Sudershan Kriya).
2. The art of living course part II (Meditation)
3. Art excel (simple Breathing exercise)
4. Young Adult (better focus and concentration)
5. Youth Leadership training programme.

The purpose of introducing this activity in the college is to create a sense of belongingness with the whole world. This art of living includes breathing techniques and spiritual practice such as pranayamas, meditations and yoga can release tension and negative emotion and help one to live in the present moment.

3. Yoga Classes :

Yoga is considered to play a vital role in overcoming almost all health problems. Keeping this thing in view the college in collaboration with Bhartiya Yog Sanathan, Jammu conducts

yoga classes during each session for the benefit of pupil teacher. The yoga experts from the Sanathan visit the college and demonstrate different yogic exercises. The institution provides books on yoga in the library for the use of faculty and students.

The yogic exercises that are performed during the activity have helped the pupil teachers to get rid of accumulated stress and negative emotions. It has also helped them to rejuvenate the whole body. It has also helped them in better focus, clarity of mind and concentration. An urge is created among pupils to love mankind and help others. They develop faith in themselves and a strong commitment to the society to which they belong.

4. Organising/Participating in programmes in collaboration with VKM(I) related to inculcation of a moral ethical & spiritual values.

The college is closely associated with Vichar Kranti Manch (I) a socio-spiritual organisation, in spreading the message of importance of inculcating moral, ethical and spiritual values in all types of educational institutions.

The Principal of the college along with its few faculty members the faculty are the life member of this organisation.

The institution in the past five years has been regularly organising programmes in collaboration with this NGO in the educational institutions and the community at large.

The institution has conducted seminars rallies, public meetings & other such programmes in collaboration with the organisation. One of the important seminar that was conducted on “Enhancement of spirituality and spiritual

learning through education” sponsored by ICSSR Chandigarh. Atleast 30 participants from different colleges and organisations participated in the seminar. The paper presentations were compiled and submitted to ICSSR Chandigarh.

Impact of the practice

Both the practices that the college undergoes have been readily welcomed by the students community in every session. We had observed a tendency among the students to come late in the morning, which was immediately curbed due to this practice. It has also enabled us to highlight certain important issues in day to day working of the institutions and resolve them with the help of students. The impact of the practice is as follows :

I. Sense of Leadership

Such practices developed a sense of leadership among the students. The students start becoming more responsible and reliable. High morals, strong will and positive thinking is developed among the students. They also develop proper attitude towards society. Group activities get impetus and more and more students start participating in debates, declamations, discussion, poetic-recitation, seminars, games, literary and dramatic clubs, NCC etc.

II. Feeling of oneness

The students admitted to our college are from various states, speak different languages and profess different religions. Being a co-educational institution we have both boys and girl students. The class is heterogenous viz-a-viz age of the students. All these diversities many a times create certain adjustment problems among the students. But, we have

observed that this 'practice' has enabled the students to bind themselves in unity. After undergoing these practices students feel a sense of oneness among themselves. The initial heritage of living together, with the girls of othe state in a hostel room vanishes in a few days. They become more relaxed, which enables them to study seriously and participate in all activities of college and also develops in them a sense of social sensitiveness and responsibility. It also promotes in them social efficiency. They learn to adjust with the environment and are also trained to modify themselves as per the need felt.

III. Developing Moral and Eithcal Values

The role of the teacher is to shape the minds of younger generation towards positive lines. During their education, the students must be helped to identify and retain the positive elements and transfer them to the next generation after strengthening their own contributions. We can mould the studetns in a positive way with the values of Humanity, Self Respect, Respect for Others, Honesty, Goodwill for all, peace and tolerance, non-voilence, sympathy and service for well being etc.

In order to inculcate all the above qualities among the students the college has organized seminars on moral and ethical values and spirituality for irradicating negative and unhealthy encroachment of human mind.

The Kothari Commissioni (1964-66), emphtically stated that "Knowledge with a lack of essential values might be dangerous." Human values are those qualities of a human beings which are desirable, respected, worth esteemed and are sanctioned by a given society. Education has two aspects,

wordly and spiritual. Wordly Education brings out the latent knowledge pertaining to the physical world and spiritual education brings out the inherent divinity in man. Both are equally important. It is not enough today to make a man a human being. One of the big challenges for the teacher of modern society is, how to foster values and good qualities among the students.

Moral and ethical values influence our thoughts. Healing actions guides as to do the right thing. It adds quality to the life. Energetic and efficient, thoughtful, innovative emotionally balanced, morally strong and spiritually awakened students can lead a nation to the golden age. Moral and ethical values can develop sense of responsibility and commitment among the students towards their society. It exposes students to a broad and meaningful study of the humanities. A teacher has not only to instruct but also to inspire the students. The student must be educated to become the instrument to develop an integrated nation.

In order to provide trained guidance in the field, the college has deputed three teachers for three months certificate course for “Inculcation of Moral & Ethical values in Human life.” Organized by Vichar Kranti Manch (I) in collaboration with University of Jammu.

IV. Develop religious and secular values

It has enabled the students to develop values like truth, beauty, goodness, sympathy, good manners and good citizenship, which are all common in all religions. students are helped to analyse mind, thought and spirit and believe in the peace and Ahimsa. Development of such values decrease tension and bring order in life, resulting in

satisfaction and a sense of fulfillment in ones life.

Through this 'practice' we found that a sense of mutual understanding gets inculcated among the students, which is essential for developing secular tendencies. It increases a sense of broadmindedness to the extent that they become tolerant to all types of physical, social, economic, cultural, political and religious differences.

Every day students speak on issues like (i) Tolerance (ii) Social Loyalty (iii) Dignity of labour (iv) Courtesy and devotion, (v) Helpfulness (vi) Good manners (vii) Kindness (viii) Respect and regards for others (ix) Team work (x) Solidarity of mankind etc. It has been found that students after listening to such issues, come up with their own views about the issues and many a times critically evaluate them. This results in active involvement of students in discussing issues of importance.

Values are also developed through participating in various activities during the session. Debates, symposiums, conducting visit to religions places, participation in one act plays, organising games and also enabling students to participate in NSS and other community development programmes. All these programmes are regular features of our institution. Through these programmes our college tries to enable the students to tackle the issues like population explosion, environmental issues, women empowerment, female feticide, child marriage, anti-corruption atmosphere and honest policy.

The students are also given an opportunity to listen to social workers, worthy educationists and saintly persons, which greatly influence the personality of pupil teachers. Every year the college conducts one or two such lectures.

With the breathing exercises in art of living, the participants

enjoy good results. They practice breathing for half an hour every morning or evening. The effects were observed immediate and tangible. They express that their internal discard from past sorrows and disappointments have returned into a soothing symphony of peace.

The students who practice all such activities, only start believing in love, peace and harmony. They shed all the negative influences of vice and inhuman actions. Such feelings also create a sense of national as well as international understanding. It leads to universal humanism and brotherhood.

Obstacle : Our institution does not face any major obstacle in performing the above given practices. The faculty members and students organize/participate in all these activities voluntarily and with full enthusiasm.

Resources : The sources which help us in organising / conducting the programmes with the institution Vichar Kranti Manch (I), Bhartiya Yoga Sanasthan, Jammu, Art of Living and WWF-India, University of Jammu and others. The infrastructure and other basic necessary requirements are fulfilled by the institution itself.