

Interactive Session
on
“SPRITUALITY IN EDUCATION-AWAKENTING THE
FUTURE GENERATION”

June 10, 2021

Forum of Public Schools has taken an initiative to start a series of ‘Interactive Session’ with the school leaders to share their vision, ideas, thoughts, best practices and the work they are doing

Another Talk Session under the ‘Interactive Session’ was presided over by Ms. Rashmi Malik, Principal Salwan Public School, Gurugram, on the topic:

“SPRITUALITY IN EDUCATION-AWAKENTING THE
FUTURE GENERATION”

on June 10, 2021. With a detailed power point presentation, Ms. Rashmi Malik apprised the school leaders what spirituality is and how she has been able to bring 360 degree change in her school while practicing this.

To begin with, she made the session very engaging by asking all the school leaders to share what they perceive by the word spirituality. All the school leaders happily shared what they think spirituality means to them.

To take the session further, she addressed that spirituality was the major part of our education system but during the British rule but they actually had broken our education system. Within 100 years of time span, we all have forgotten what we are and we have turned from human beings to being human. So, the challenge lies ahead is to turn human being schools become human. NEP has also talks so much on this and in fact we knew all about this but the only thing which we could not able to bring is how to get an integrated way of learning.

She further reiterated that currently we are catering to generation alpha, a generation who has less human contact, relationships and are more into apps. & technology, are less into moral and spiritual connection, they are more individualistic, which results to less

resilient generation. She said this is a matter of huge concern especially for the educators.

She further shared that as school leaders we have two very important responsibilities on our shoulders to fulfill. Our first prime concern is that our teachers should take the responsibility of teaching with utmost care and should be a great role model and turn into gurus and another is holistic development of the students.

Now the teachers and Ms. pZL Both of them now need to work on and explore their inner potential. For that they need to work on the wellness of their Mind, Body and Spirit. She also talked about the 8 dimensions of wellness which are-Mental, Environmental, Financial, Spiritual, Vocational, Emotional, Social and Physical. When we take care of only Mental and Spiritual wellbeing then other things automatically fall into right places.

She also stressed about Yog Asanas. Under Spiritual areas, meditation is one thing which is missing in most of the schools. She shared how Yoga Asanas are being practiced in her school Pranayam, surya Namaskar. She shared the importance of Super Brain Yoga which

actually does wonders and have proved very beneficial for the students and teachers of her school.

She further suggested that Meditation empowers us to regulate our thoughts so that they should not control us this is why it is very important that we make it as an important component of our wellness program. She said in her school students and teachers practice Focused Meditation. She also talked about Master Chao KOK SUI Meditation on Twin hearts which she has been practicing for last 2 decades and also have been taking sessions on it.

She also talked about EG and Prefrontal Cortex. She beautifully explained that our thoughts turn into our feelings and our feelings push us to take action and our actions turns into habits. So it takes time to form habits but we all have to work towards this that taking care of our Mental and Spiritual wellness becomes our habit.

The more creative or innovative a school leader is, it definitely reflects on the school and in the entire set up.

With this note Ms. Archana Narain, Secretary FPS invited all the school leaders to share how they are practicing spirituality in their own way in their respective schools.

- ❖ Ms. Pallavi Sharma shared that by playing a soulful music right before the closing of the school day has brought so much change in the overall discipline and behaviour of her school students
- ❖ Ms. Anupma Chopra shared that Light Instrumental Music is played 3 times in a school day and it pays very positive effect on the students.
- ❖ Ms. Savita Arora also shared about the Silence Period being practiced in her school.
- ❖ Dr. Muksha Mishra shared how by practicing Yoga, Asanas, Breathing Techniques and Silence periods have brought a positive change in the school environment, in students, teachers and in the overall discipline of her school.

- ❖ Dr. Shakuntal Jaiman shared about Stilling Your Mind and Quieten your Mind concepts being practiced in her school and have proved very helpful in teaching students to responsibly act or react to any situation.
- ❖ Ms. Anita Sharma shared spirituality means special rituals. Lots of program are going on in her school also. Showing Special Gratitude Meditation Videos to the students is one of them. This practice has inculcated among the students to have Appreciation for their own body parts.
- ❖ Ms. Archana Nrain talked about Greetings by saying 'NAMASKAR' with folded hands a practice introduced in her school and how the parents have appreciated this effort of the school.
- ❖ Ms. Anupma Bhardwaj also shared about the need to be aware about ourselves and we need to be very honest to ourselves.

All the school leaders congratulated and appreciated the session took by Ms. Rashmi Malik. The session was high on awakening and was food for thought. Lots of takeaways and best practices being shared during the session were highly appreciated by all the school leaders.