

IMPARTING SPIRITUAL TRAINING FOR HOLISTIC DEVELOPMENT

GURMAT VICHAR SABHA

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

Focus of our institution has always been towards better health and well-being of its staff and students. Emphasis has been laid on the concept of spirituality to instill a feeling of compassion, empathy, tolerance, self-discipline, a sense of community that transcends all diversities of religion, class and caste, to take on challenges of life and stand for justice fearlessly and confidently. Carrying forward Guru Gobind Singh Ji's philosophy of 'Oneness and Selfless Service to humanity' we have tried to develop this practice as our institutional distinctiveness through our society-Gurmat Vichar Sabha. We start the academic year by visiting the historical Gurudwara Nada Sahib. New Academic session commences with "Sahej Path" that culminates with the celebration of Sthapna Diwas that marks birth anniversary of Guru Gobind Singh Ji. Guru ka Langar is prepared and served to sangat. Thus, with this practice of our institution we have been able to upkeep and strengthen the pillars of the *langar system, sewa, sangat, kirtan* that gives strength to society. The Manipuri New Year is also celebrated in hostel by the preparation of a special meal dedicated to this practice