

## **INSTITUTIONAL DISTINCTIVENESS**

### **GURMAT VICHAR SABHA: SOCIETY FOR IMPARTING RELIGIOUS AND SPIRITUAL TRAINING FOR HOLISTIC DEVELOPMENT**

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. To this end, Gurmat Vichar Sabha of the college strives to instill spiritual values in the minds of our students with great dedication and devotion.

#### **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 10<sup>th</sup> 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 faculty and the students come together in a celebratory mode twice a year to mark the beginning and end of their learning journey together – the start and the end of the academic year.

#### **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 entire staff and students participate enthusiastically in this event and seek blessings of the Gurus to help them all through the session by reciting Shabad Kirtan. Recitation of Sehaj Path also begins to mark this day. Students and staff give a musical rendition of the shabads of the gurus at different times during the academic session. The birth of the first Guru of the Sikhs, Guru Nank Dev Ji, is celebrated in November every year where everybody associated with the college participates in the Nagar Kirtan- community procession. The birth of Guru Gobind Singh Ji is commemorated as the Sthapna Diwas – Founder’s Day – at the end of the academic year. A number of activities are organised to make this day memorable and meaningful; the day is set off by the Arambh (start) of the ‘Akhand Path’ (a continuous recital of the Guru Granth Sahib for 48 hours), Kirtan (musical renditions of shabads of gurus), and Katha Vichar (spiritual discourse) by scholars and eminent personalities from all walks of life.

Langar (community meal) is prepared and distributed by the staff and students of our college. This event brings the entire college community together. Students are delighted and ecstatic to participate in all the activities. The act of preparing, serving and distributing the meal generates a strong sense of community among them as they learn to organize and work together and become a part of one big family.

Keeping up with the world wide charitable movement, Gurmat Vichar Sabha has recently set up a Bebe Nanki ‘Wall of Kindness’; The motto – care and share- is meant to encourage students to donate miscellaneous useful things such as winter clothing to the needy.

### **Evidence of success**

- The practice has brought about a feeling of goodness and cooperation among students and the whole fraternity in general.
- 
- Students develop a state of consciousness towards duties, leadership skills as well as a team spirit.
- 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 a crucial role in safeguarding the society from further damage.
- This practice has been vital in fulfilling our aim of imparting holistic education to our girls, empowering them with knowledge, skill and competence 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 endeavours and spirit of this organization.
- Financial support is provided by the college. Generous voluntary donations by the college community also enhance the support.