

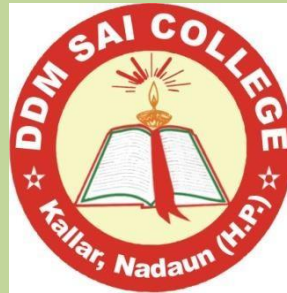
INVITATION

ONE DAY NATIONAL SEMINAR

On

The Science of Spirituality and Values in Personality Development

December 02, 2023



Being Organised By

D.D.M. SAI COLLEGE

VILL. KALLAR, P.O. JALARI, TEHSIL NADAUN, DISTT. HAMIRPUR (H.P.)

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ABOUT THE COLLEGE

Dawarka Dass Memorial Sai College was set up in **3rd October, 2003** by Sai Society of Education (Kallar) in the memory of Late Shri Dwarka Dass Ji, who himself was a dedicated teacher. The institution is situated at village Kallar in a cool and calm environment free from noise and pollution which is about 1 KM. from Jalari station on the Nadaun to Hamirpur National Highway. Later on we have started two more professional courses D.El.Ed. and Law in 2007 and 2008 respectively. We equally, have dedicated and professionally competent faculty to meet the objectives laid down by the institution. Our institution is tirelessly working for a mission that aims to provide quality to teacher education. The need of the hour is to make teachers who are creative, innovative constructive and dynamic enough to instill these qualities in their students.

ABOUT THE SEMINAR

Science is a very valuable part of humanity. However, it hasn't yet explained it all. Stepping fully into a meaningful life requires a shift in the way we show up for ourselves and others. Building the science of spirituality into a practice takes intention and effort. The benefits are far reaching, even if perfect scientific experimentation is somewhat elusive. Read on to see how science and spirituality mix into what makes life meaningful and beautiful. Before you continue, we thought you might like to download our three Mindfulness Exercises for free. These science-based, comprehensive exercises will not only help you cultivate a sense of inner peace throughout your daily life, but will also give you the tools to enhance the mindfulness of your clients, students, or employees. Spirituality is all about integrity. It help us to find meaning in life, provide a foundation of our values to guide us in the way we behave with self other & the world around spirituality is the science of human growth for self transformation and also for world transformation through peace and purity. There is connection between science and spirituality. Science has long been seen as the domain of rationality has been associated with faith, mysticism and subjective experience. However our understanding of both fields has grown, it has become increasingly clear that there is significant connection between them. Spirituality is wonderful land has a lot to contribute to our personal growth. We experience it differently in our everyday life. Spirituality brings closer to who we really are by connecting us with our inner core an attribute key for personal growth .the moment we start understanding the depth of our life better it becomes easier to achieve our purpose .Be mindful that the purpose of our life is to gain experiences and develop qualities for personal growth. Our personal qualities which are to be developed further are difficult to understand with our logical intellect. Practicing spiritually creates a sense of belongingness acceptance and security. It promotes strong relationship among individual and increase personal well being. Being spiritual helps us to cope up easily to change happening around us. Having a spiritual outlook in life helps us to find meaning in every event even in different surroundings. Trial and mistakes are the part of growing up and personnel development we tend to let go and sail with the wind. Education is itself means all round development of personality, whether it is social, moral, emotional, physical, mental and spiritual also, But since time immemorial, spiritual development was ignored in comparison to other

dimension of development in contemporary education this is not the case of religious education where main emphasis is laid on spiritualism. In today's modern world of globalization spiritual development is the need of hours because of competition educated unemployed etc. That he leaves youth towards anxiety, Frustration depression etc. which leads them towards committing suicide some time. At that time, It may be realized that there is something failure in the system mechanism etc of towards committing such of heinous acts. The main objective is to explore the idea of spiritualism as the main dimension of all round development of personality.

THEME: "The Science of Spirituality and Values in Personality Development"

SUB-THEMES:

- Role of Value based education in Society.
- Spiritual Self in Understanding the self.
- Spirituality and self Actualization consideration for 21st century.
- Role of Gita to concentrate mind.
- Goodwill will Begins with you.
- Education and Spiritualism.
- Meditation for Regulation of Mind Contemporary Challenges and possible Solutions.
- The Role of Education in Holistic Human Development.

SUBMISSION OF ABSTRACT & PAPERS

The participants are requested to send the abstracts of their seminar paper on or before 29th November, 2023. Full length paper should reach the organizer latest by 30th November, 2023. This will help the college to bring out the souvenir on the deliberations of the seminar along with the suggestions and recommendations. The participants are requested to send the full length paper in Microsoft word with the font size of 12 and Font face for English: Times New Roman and for Hindi: Kruti Dev 010 to contactddmsai@gmail.com, . The full length paper will be published in the Journal, Himalayan Journal of Educational & Psychological Research with ISSN 2319-6874.

PATRONS

- Smt Kamlesh Kumari (President, Sai Society)
- Smt. Pawna Sharma (Secretary, Sai Society)
- Sh. Rajesh Kapil (Administrative Officer)

RESOURCE PERSONS:

- Prof. T.N. Lakhanpal (Prof. emeritus) Deptt. of Bio Sciences, H.P. University Shimla-5
- Dr Ajay Lakhanpal, Rtd. Principal, GTEC Dharamshala, Himachal Pradesh
- Dr Om Prakash Sharma, ADM (Retd.)
- Prof. R.C. Sharma, Emirates, Deptt. of Sanskrit
- Capt. J.M Pathania, IAS (Retd.)
- Sh. Devender kumar Sharma, Lecturer English (Retd.)
- Sh Kartar Singh, Assistant Professor, Deptt. of Public Administration. C.U. Dharamshala.
- Dr. Vishv Mohan Sharma, Assistant Professor, Deptt. of Sociology, C.U. Dharamshala.

ORGANIZING COMMITTEE

1.	Dr. O.P. Bhardwaj(Principal)	Convener	9459816580
2.	Dr. Malkiat Rana(Vice-Principal)	Co-ordinator	9805311453
3.	Mr. Ritesh Kanwar(Asst. Prof.)	Member	9418128785
4.	Mr. Vijay Kumar(Asst. Prof.)	Member	7807478836
5.	Mr. Harish Kumar(Asst. Prof.)	Member	7018306695
6.	DR. Monika Parmar(Asst. Prof.)	Member	9459933052
7.	Mrs. Shakun Seth(Asst. Prof.)	Member	7018468324

REGISTRATION:

All the participants are requested to register their names for the seminar on or before, the 1st December, 2023 by paying Rs. 500/- for teachers and free for students. The participants can also register their names on spot the 2nd December, 2023 by 11:00 AM in the office of the college by giving Rs. 500/-. No TA, DA will be paid by the college. Lunch will be served by the college.

SCHEDULE OF THE SEMINAR

Saturday 02Nd December, 2023

SR. NO.	TIME	ACTIVITY
1.	09:30AM to 10:30AM	Spot Registration
2.	10:30AM to 11:30AM	Inauguration By Chief Guest
3.	11:30AM to 11:45AM	Welcome By Principal
4.	11:45AM to 12:15PM	Address By the Chief Guest
5.	12:15PM to 12:30PM	Tea Break
6.	12:30PM to 01:30PM	Technical Session - 1
7.	01:30PM to 02:00PM	Lunch
8.	02:00PM to 03:00PM	Technical Session - 2
9.	03:00PM to 04:00PM	Valedictory