

# Spirituality in Education : How can modern system help students think deep - The Indian Wire

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We all know, that children are a clean slate but what happens when they start asking you questions about the universe, our creation, purpose of life and so on. Parents at times do not know how to resolve the query, sometimes procrastinate or even tell them to mum. But each one of us has the realization that there is for sure a supreme power who has created us, whether we follow any religion or not even pray to that power. The existence of a supreme power is undeniable and therefore no matter how hard we try but the question of our connection with the God becomes a matter of concern.

- **WHAT IS SPIRITUALITY:**

To start with there is no prominent assertion by scientists what spirituality is. Some believe it is a constant developmental process with which we are born, some assert the fact that we definitely do have the capacity to inculcate it by interacting with our parents and teachers. But in general, spirituality is often viewed as the beliefs, practices, and experiences that shape and create our way of living which may or may not be taught in any religious practices. But consciously choosing to practice spirituality and seeking answers about our existence and the universe surely makes us a responsible being.

In a research conducted on over 7000 people from India, Australia, Canada, Thailand, U.K and U.S who are from different religions and even atheists confirm one fact that spiritual progress transcends boundaries, religions and it even doesn't abide the rule of practicing your religious rituals on a daily basis.

- **RELEVANCE OF SPIRITUALITY IN EDUCATIONAL CURRICULUM:**

First of all, we need to get all the respective elements of being spiritual because these aspects will help us better to understand it's relevance in the educational curriculum:

### 1. **Empathy:**

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This is by far the best emotion in human beings which suggest their coordination with the fellow humans by perceiving their reactions, body language and at last understanding them by putting your toes in their shoes. Teaching students initially about this human potential make them explore their depth as a human being. which will help them grow and find their soft spots towards fellow human beings and that too unbiased by their race, caste, creed or gender.

### 2. **Gratitude:**

This is a feeling that comes when we thank someone who gave us favor which is undeserved. These days parents often complain about their children being over demanding and being thankless, but if we see to the flip side of the story we at times did this too. That's why practicing spirituality in our daily lives helps us overcome such vices. And teaching this in school curriculum will inculcate good values in students that after a point of time becomes their way of living.

### 3. **Compassion:**

Compassion is an emotion in which people go out of their way to feel for others. Because helping others is the only way you can build a society that is happier and safer for everyone. Things can only get better if we nourish the roots i.e. students at an early age when exposed with such values always brings good results to the society and to themselves.

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