



VALUE BASED EDUCATION (VBE) FOR ENHANCING THE SPIRITUAL DEVELOPMENT

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Abstract

Education is principally a process of nurturing, developing and shaping the study process of children. Education in mortal values and church contributes to shifting deeply settled social stations, which are negative to women and people of lower estate who fairly have the same rights as everyone differently. Education in values also boosts the confidence of socially underprivileged individualities and inspires them to claim their rights. Now as per Value-Based education aims at training the pupil to face the external world with the right station and values. It is a process of overall personality development of a pupil. It includes character development, personality development, citizenship development, and spiritual development. The present conceptual paper is to focused on Value Based Education (VBE) for enhancing the Spiritual Development with prime aims (i) To understand the concept of Value Based Education (VBE). (ii) To analyze the importance of Spiritual Development in Value Based Education (VBE) (iii) To discuss the various activities for Spiritual Development through Value Based Education. The present paper focused to know the concept of Value Based Education (VBE). To analyze the importance of Spiritual Development in Value Based Education (VBE) for personal, societal life-long development. It also discussed the various activities for Spiritual Development through Value Based Education.

Key words: Value Based Education (VBE), Spiritual Development

Introduction:

In Indian society, Value Based Education is the real need of the hour. As we see how the Society is dwindling in case of values day by day. It is necessary to develop the programs for inculcating values in the society. Moment's Indian youths are little bit confused because of the bombarding of the new technological bias, information explosion and violent news by the press & media. To inculcate the value system in their confused minds and make them value- acquainted- important leaders, educational institutions should take the action to conduct Value Based Spiritual Knowledge to this new generation. Values- Based Education is an approach to tutoring that works with values. It creates a strong literacy terrain that enhances academic achievement and develops scholars' social and relationship chops that last throughout their lives.

Concept of Value Based Education:

Concept of Values and value education is deeply hardwired and learned through our culture, family, religion, and particular gestures. Values can be positive, similar as honesty, respect, empathy, and responsibility, or negative, similar as rapacity, egoism, and dogmatism. Value education is the process of tutoring and breeding positive values and character traits in individuals. It involves the methodical development of a person's ethical, moral, and social values through colorful educational strategies.

As per the below delineations, Value- Based education promotes scholars' particular, moral, and social well- being. It focuses on particular development. It prepares scholars to acclimatize to changing circumstances. It enables scholars to make sound opinions in stressful situations. Value education equips scholars with the knowledge, chops, and values they need to address global changes. It promotes scholars' overall development. It provides scholars with a positive direction in order to achieve their life pretensions. It instills in scholars a sense of brotherhood and humanity. It fosters courtesy and responsibility.

Need for Value Based Education:

Mahatma Gandhi set up that there's a great deal of moral declination in the society.

The main causes of moral degeneration are:

- Lack of respect for the saintship of mortal life.
- Breakdown of maternal control of children in families
- Lack of respect for authority, seen through the brazen-faced breaking of the law and total casualness for rules and regulations
- Crime and corruption ▪ Abuse of alcohol and medicines
- Abuse of women and children, and other vulnerable members of society.
- Lack of respect for other people and property.

Objectives of the Study:

- (i) To understand the concept of Value Based Education (VBE).
- (ii) To analyze the importance of Spiritual Development in Value Based Education (VBE)
- (iii) To discuss the various activities for Spiritual Development through Value Based Education.

Value Based Education and Personality Development:

Value- Based education is essential to develop an individual and help him her lifelong in numerous ways:

- ✓ It gives a positive direction to the scholars to shape their future and indeed helps them to know the purpose of their life.
- ✓ It teaches them the stylish way to live that can be salutary to individualities as well as the people around them.
- ✓ Value education also helps the scholars to come more and more responsible and sensible.
- ✓ It helps them to understand the perspective of life in a better way and lead a successful life as a responsible citizen.
- ✓ It also helps scholars to develop a strong relationship with family and musketeers.

- ✓ It develops the character and personality of the scholars.
- ✓ Value education develops a positive view of life in the pupil's mind.

Significance of Personality Development:

Personality development is essential to foster the child into a winning personality. It can bring lots of changes in the station, perception and gets of a child. Some of its benefits are described below:

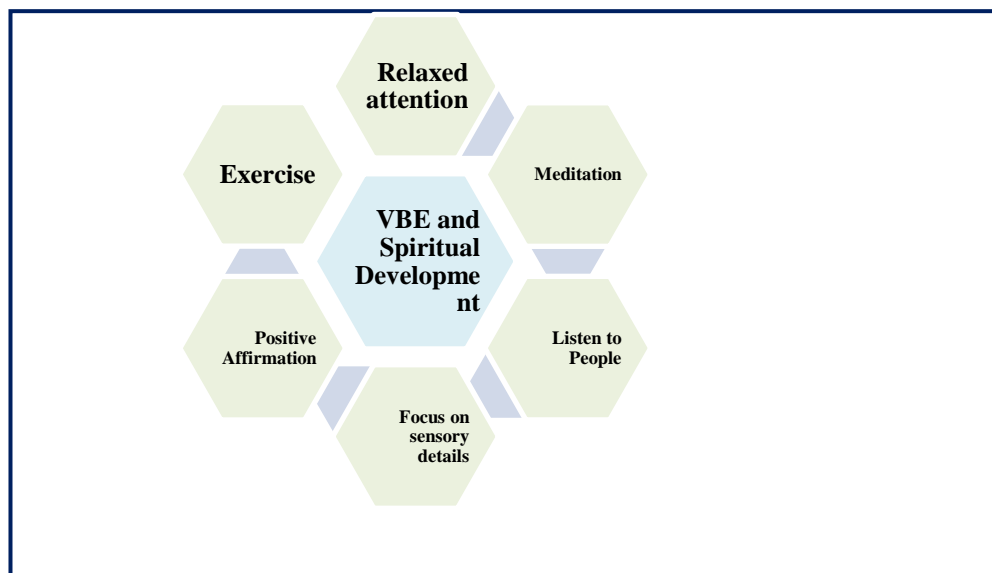
- ✓ The scholars come more responsible for their gets with preceptors and fellow scholars.
- ✓ The scholars come regular with their home workshop and class workshop.
- ✓ They learn to cooperate with the preceptors and fellow scholars in every situation.
- ✓ They learn to handle every situation in class with maturity.
- ✓ The scholars come attentive in class.
- ✓ It helps scholars to take their own decision without any vacillation.
- ✓ It develops a positive mind and a good station.
- ✓ Value education creates a strong relationship between pupil and preceptors.

Value Based Education(VBE) and Mindfulness Power:

Mindfulness is the introductory mortal capability to be completely present, apprehensive of where we're and what we 're doing, and not exorbitantly reactive or overwhelmed by what's going on around us. awareness is the one factor of mind of which we can no way have too important. awareness is the observing power of the mind, the active aspect of mindfulness. aware + ness means not forgetting to pay attention, not forgetting to be apprehensive of whatever is passing within us, around us, from moment to moment to moment. It's a veritably subtle process.

Value Based Education (VBE) activities for Spiritual Development:

Following are the activities for Value Based Education (VBE) for Spiritual Development:



Value Based Education (VBE) activities for Spiritual Development

Relaxed attention:

Relaxed attention is veritably significant for spiritual development. Relaxation in psychology, is the emotional state of a living being, of low pressure, in which there's

an absence of thrill that could come from sources similar as wrathfulness and fear. Relaxation is when the body and mind are free from pressure and anxiety. Relaxation involves loosening up, letting go, and eventually going to sleep. Attention involves fastening energy, chancing excitement.

Meditation:

Meditation is a simple way of freeing your mind, forgetting about daily anxieties and focusing on mental relaxation.

Here are five tips for beginners to learn how to meditate:

- 1) Find a quiet, peaceful place.
- 2) Sit comfortably, with eyes closed and concentrate on the heart.
- 3) Begin with a suggestion that the source of light is within my heart and it's attracting me inwards.
- 4) Meditate for 10 twinkles, or until you feel ready to come out of the contemplation.
- 5) Repeat it every day, in the morning and the evening. Incorporating this time for quiet contemplation and reflection can bring you enormous internal and physical benefits.

Listen to People:

Listen to People is the veritably important tips for awareness. Indeed if the person who's talking to you is the most boring person you've ever met, they offer an ideal script to exercise a aware discussion. rather of allowing about and judging what they're saying try mindfully harkening to them, give relaxed attention to what they're saying.

Focus on sensitive details:

sensitive organs are veritably important for every mortal beings. Start your morning with jotting or wind up the day on the runner. Focus on sensitive details. Or write about your life as a unresistant bystander. This will help limit judgment as you check in with your feelings and studies on the runner. It can also help with mindfulness of feelings.

Positive Affirmation:

Positive affirmations release you from anxiety, negativity, guilt, fear, and pain. It's easy to go off on a negative tangent of thoughts. A great way to reverse this is by repeating a positive affirmation. The focus on the repetition is a mindful practice and has the added benefit of making you feel more positive.

Mindful Relationships:

Mindful Relationships are essential for spiritual development. Even though mindfulness is a very introspective activity, it can have a positive impact on our relationships. Think of things you can do for others. Even small acts of kinds will improve your relationships and help enhance your compassion.

Focus on the Movement:

This component is well- known to go hand in hand with awareness. There are plenitude of ways to do this below. But a introductory tip is to stop comparing the present with the history and to concentrate on what's good in the moment. It might be

as simple as being thankful for your morning coffee or for the good rainfall. It could also be as simple as fastening your attention on a task you're doing.

Exercise:

Exercise involves engaging in physical exertion and adding the heart rate beyond resting situations. It's an important part of conserving physical and internal health. frequently, when we work out, we try to distract ourselves from what we're doing. This will help with mindfulness of what you're doing. Throughout remind yourself to breathe and concentrate on your breathing. Exercising mindfully also reduces the chance of injury.

Enjoy a time-out:

Every now and then it helps to take a break. This allows you to relax during the day. You may choose to take a short nap or retreat to somewhere quiet to sit for a few minutes in silence. This stillness will make you return refreshed.

Key terms for Spiritual Development through Value Based Education:

Following are the Activities for Spiritual Development through Value Based Education:

1. To develop total personality.
2. To make the child apprehensive of the right values, to feel the proper feelings and to internalize values in words and deeds.
3. To develop in children moral, aesthetic, artistic and spiritual values.
4. To enable the scholars to understand and appreciate the values of republic, denomination, equivalency & scientific station.
5. To develop in child the habits like probity, tidiness, promptitude, honesty etc.
6. To develop character and morality in children.
7. To encourage the scholars to come progressive and responsible citizens in their particular and social life.
8. To make them liberal in study and practice.

Value Based Education (VBE) and Spiritually Power:

To be spiritually powerful is to...

- Know you are safe and loved no matter what is going on outside of you or around you or even to you.
- Find the joy and sometimes humour in any situation – lightens up and enlightens.
- Not be defeated by defeat, changes course or finds a new way round instead.
- Know, trust and align to spiritual truth.
- Understand the difference between illusion and truth.
- Have given up the need to be right and make others wrong.
- Not shun the material world.
- Not criticize those you do not understand or disagree with the choices you have made about how you live.
- Know yourself and focus on your greatness.
- Commit to your gifts and never argue for your limitations.

- Follow your intuition, the wisdom from your soul through your heart.
- Not take things personally, be soulful in response.
- Know when to respond, when to say nothing and to never react.
- Celebrate the greatness that you are that you cannot yet see, because your reach, your depth, your light so far is incomprehensible to you, yet you know that in time as you claim your power it will reveal and unlock.
- Believe and trust in the bigger picture; the divine plan.

Conclusion:

Value Based Education (VBE) plays an important role for spiritual development. Now it is expected to help positive awareness and developing self-confidence. VBE plays a significance role for better development.

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