

NEED FOR SPIRITUAL DEVELOPMENT OF STUDENTS IN HIGHER EDUCATION

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Abstract:- To recommend spiritual development programme mainly based on Rajyoga for the students for overcoming the barriers leading to disturbed mental health, stress, depression etc.

Keyword:- depression, misconception, superconscious.

Introduction

It is commonly observed that all of us find some or the other time ourselves in condition of feeling not so good. The reason may be some bad experience, impaired or broken relationship with someone, mishaps, stress of work or exertion in following some dream. Sometimes we are not happy with our routine life and we expect something else to happen. There are conflicts, arguments in family, at work place. Eventually we lose peace of mind and slowly go into a kind of depression. Nobody likes to remain in such state and wishes to restore that happiness, comfort. But we expect that the change will take place in the outer environment. Like people will change their attitude and behaviour, circumstances will change, opportunities will creep in etc. It may happen too but only rarely. Otherwise, life is same monotonous and there are no likely changes to take place. But this is a misconception that you should wait for the miracles to take place and make your life happy.

Major psychological problems faced by students;

1. Mental stress
2. Emotional disturbances
3. Depression

In the light of above facts we should take reference of our philosophical doctrines. There are various schools of philosophy such as Vedic, Buddhist, Islamic, Jain etc. They propose some principles and lifestyle to follow to attain peace of mind. Although these models look apparently different, they all unanimously agree upon the ultimate goal of human life is self-realization. Yoga philosophy of ancient India offers pathways such as

Rajyoga which empowers human mind as a direct descendent i. e. a child of god and ensures that human-god communion. This is achieved through meditation and observance of eight principles to better oneself physically, mentally and spiritually.

Yama– ethical restraints (the don'ts)

- Niyama– ethical observances (the dos)
- Asana– a posture that one can hold for a period of time, staying relaxed, steady, comfortable and motionless
- Pranayama– conscious regulation and exercise of breath
- Pratyahara– mastery of sensory organs, withdrawal of the senses from external objects
- Dharana– concentration, introspective focus, one-pointedness of mind
- Dhvana– meditation
- Samadhi– the quiet state of complete forgetfulness of external world and the physical, complete blissful awareness of one's mind and liberated being, superconscious state.

Following God's path: Rajyoga:

Bad habits are your actual enemies. They guide your behaviour in every situation. You may carry them as samskaras from one incarnation to another until you overcome them. These patterns make you behave in a certain way, often against your wish. Your life follows those grooves that you yourself have created in the brain. In that sense you are not a free person; you are more or less a victim of the habits you have formed. Depending on how set those patterns are, to that degree you are a puppet. But you can neutralize the dictates of those bad habits. How? By creating brain patterns of opposite good habits. And you can completely erase the grooves of bad habits by meditation.

There is no other way. However, you can't cultivate good habits without good company and good environment. And you can't free yourself from bad habits without good company and meditation. You are the master of your own destiny. If you overcome your bad habits you can even change your fate. For the elimination of bad habits you need to be in good company and spiritual wisdom. One of the ancient path in Yoga philosophy is Rajyoga. It shows you royal path of life which is supposed to be created by God himself. According to Rajyoga God is the creator of this world and thus he is the Supreme Father. So we are the godly children and we owe within us all essential virtues that the God has. We are the hairs of this divine property and we must tread the path that He has shown us. Our goal should be to combine with Supreme Soul and be like him in every word, every thought, every word and every action. (man, vacha and karma) Essential virtues of soul:

Love and happiness are the essential qualities of the soul and every soul likes to maintain these eternal states. However, there are deviations due to stimuli in the external environment. They create waves of thoughts and one has to remain free from such thoughts arising from the source object. We have to just look at every scene as if it is a drama and we are performing the role without getting affected by it adversely.

How to deal with difficult situations:

There are some difficult situations and it is important to maintain calmness in these situations.

You must have controlling power to stop the problem before it worsens with the power of silence. Also you must have power of sensing the negative vibrations created due to ill feelings in the environment. Instantaneously you should be able to withdraw yourself. You can transmit the positive vibrations in the atmosphere by your silence and free mind.

Be light and might!

Mind is usually loaded with bulks of thoughts so much so that we forget the original nature of soul. These thoughts make our mind heavy and inhibit the powerful actions of mind.

What are these thoughts? They are all waste thoughts like anger, greed, attachment, desires, fears etc. You must get rid of them. This is possible only when you internalize the truth that communion with God is the only goal of life and not the earthly pleasures. Your free mind is light and thus gives you might! That's why angels are always imagined to have wings and flying in air. Thus, you can be angels for others and give them light of hope in troubles.

Meditation brings about changes in brain:



Every time you meditate deeply on God, beneficial changes take place in the patterns of your brain. Suppose you are a financial failure or a moral failure or a spiritual failure. Through deep meditation, affirming, "I and my Father are one," you will know that you are the child of God. Hold on to that ideal. Meditate until you feel a great joy. When joy strikes your heart, God has answered your broadcast to Him; He is responding to your prayers and positive thinking. This is a distinct and definite method.

Conclusion:

Students pursuing higher education belong to most suitable age group for comprehension of any spiritual doctrine. They are in the initial phase of getting into real life roles and thereby dealing with various situations. This is the phase when they are introduced to noble path of Raj yoga they can tread their entire journey with God's grace and

immense power of soul. Nevertheless human lives are very flimsy and are carried on without having any knowledge of reality!

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