

## **BK Sister Shivani delivered an Enlightening Talk on Integrating Spirituality in Modern Education at AICTE HQ**

**Institutions should have councilors and digital wellness programs in order to address the problems related to stress management: Sister BK Shivani**

**New Delhi, 29 March 2025**

All India Council for Technical Education (AICTE), in collaboration with Brahma Kumaris, organized an enlightening talk titled "*Integrating Spirituality in Modern Education: The Need of the Hour*" at the AICTE Headquarters. The session featured renowned spiritual speaker and motivator, BK Sister Shivani, who delivered an insightful address focused on the importance of integrating spirituality into education to foster holistic growth. The event saw a gathering of renowned academic leaders, chairman of educational trust, AICTE staff and students.

BK Sister Shivani's motivational talk focused on the importance of cultivating good habits and the need for spiritual practices like meditation in combating stress and depression. She emphasized that an empowered nation, like *Atmanirbhar Bharat*, begins with self-awareness, which can be achieved through meditation. Sister Shivani further advocated for introducing meditation at the school level, asserting that it is not enough to teach these practices; they must be actively implemented to create lasting change. She encouraged the audience to embrace positive thinking and to consider the well-being of their nation, family, and society as integral to personal happiness.

Further, BK Shivani also imparted four key principles for living a fulfilled life: *Sanskars shape the world, thoughts shape creation, willpower leads to success, and actions determine destiny*. These guiding principles, she said, are essential for fostering a healthy, happy, and harmonious life. She said that every institute should have a councilor/psychiatrist in order to address the problem related to stress management and institutions should have digital wellness initiative. She reiterated the importance of Indian Knowledge System practices in education.

AICTE Chairman Prof. T.G. Sitharam also addressed the gathering and emphasized on the Council's commitment to the holistic development of students and faculty members. He highlighted AICTE's various initiatives aimed at promoting well-being, including the development of the self-learning platform, SWAYAM and minor degree course in Universal Human Values (UHV).

The program was also graced by the presence of Prof. D.P. Singh, former Chairman of University Grants Commission (UGC), who spoke about the importance of *National Education Policy (NEP) 2020*. He reiterated that NEP 2020 aims to equip students not only with knowledge but also with self-awareness, thus preparing them for their roles in advancing the human race. According to Prof. Singh, spirituality plays a crucial role in this endeavor, helping students understand the true purpose of life and education.

The event marked a significant step towards integrating spiritual teachings into the educational framework, supporting both personal and professional growth in the modern world.