

Report

Second Education : The Science of Self(Practical Spirituality)

The School of Continuing Education, Yashwantrao Chavan Maharashtra Open University (YCMOU), organized an enlightening program titled "*The Science of Self: Practical Spirituality*" on 24th January 2025 at 4:00 PM in the Auditorium Hall. The session featured Shri Sudershan Sharma, a distinguished speaker from the Pathiya Foundation, Dehradun, who delivered an engaging lecture on the essence of spirituality and self-awareness.

The program commenced with a warm welcome and introduction of the chief guest by the School Director, Dr. Jaydeep Nikam. Prof. Sanjeev Sonawane, the Hon'ble Vice-Chancellor of YCMOU, chaired the event, adding depth to the occasion with his presence.

In his thought-provoking lecture, Shri Sudershan Sharma emphasized the interplay of the soul, mind, and body in shaping our existence. He discussed the importance of self-talk, distinguishing between positive and negative energies, and the need for a digital detox to maintain mental clarity. He also touched upon intriguing concepts like "normally mad and abnormally mad," providing practical insights into navigating modern-day challenges with spiritual wisdom.

The session was highly engaging, leaving the audience inspired and introspective. The program concluded with a vote of thanks delivered by Dr. Jaydeep Nikam, who expressed gratitude to the esteemed guest, the audience, and the organizing team for making the event a grand success.

This session was a testament to the School of Continuing Education's commitment to fostering holistic growth and practical spirituality among its learners and community.

