An expert talk on Value Based Education- Religion and Yoga for MBA

Department of Management has a tradition of fostering and nurturing spiritual values among students. A fourth session of “Self Development Program” on "Religion and Yoga” was conducted on 4th March 2015.

Mr. Vinay Madras was the main facilitator of the program. The session began with a recap of previous three sessions, and illustrations of various theologians and their theological practices and religious philosophies. He delivered his views by incorporating the example of the Hindi film “OMG” and explained how religion, spirituality and yoga are to be defined in their true sense. According to him religion seeks God outside, is realistic and it seeks affirmation of its view by fear and temptation, whereas spirituality finds God inside the human being and it is comprehensive as well as individualistic, a unifying force of the universe. Integration of yoga in life can lead a human being towards spirituality, a sublime pathway to peace and salvation.

The interactive and informative session was attended by over 73 students of final year MBA of Department of Management who benefited enormously.

Date: 04/03/2015