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# Department of English

## Faculty of Humanities

**Gurukula Kangri (Deemed to be University), Haridwar – 249404**

(Formerly: 'Gurukula Kangri Vishwavidyalaya, Haridwar')

(NAAC Accredited Deemed to be University u/s 3 of UGC Act 1956)

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### Aadhyatmik Kaushal

A guest lecture on the topic "Aadhyatmik Kaushal" was held on 6th March, 2025 at Kanya Gurukul Campus, Haridwar. The session was delivered by Mr. Naveen Kumar, an expert in spiritual and personal development from Compulsory Skill Development Spiritual Training Programmer, Nainital. The lecture was aimed at shedding light on the meaning and significance of adhyatma and its application in everyday life. The lecture was attended by research scholars, students of UG & PG and faculties of various departments. Mr. Naveen Kumar, started the lecture emphasizing on the relevance of spiritual skills in today's technology driven fast-paced world. He discussed some fundamentals of adhyatma and prakriti and how both these concepts are inseparable. He also discussed how spiritual practices like meditation, mindfulness, and self-awareness can greatly enhance one's mental and emotional well-being.

The lecture was interactive with Mr. Naveen encouraging students to engage in introspective discussions about their personal experiences and understanding of spirituality. He explained that spiritual growth is interconnected with our understanding of nature and the universe. It is a continuous process that requires patience and self-reflection. Through various examples and anecdotes, he highlighted how individuals can incorporate spiritual skills in their daily routines and improve their life significantly. The lecture highlighted the fact that while modern life often focuses on achieving material success, true fulfillment lies in nurturing the inner self. At the conclusion of the session, the resource person answered questions from the students providing valuable insights. The students left the session with a renewed sense of motivation and a deeper understanding of the role of spirituality in personal development. The session concluded with gratitude extended to Mr. Naveen Kumar for his enriching words, and the hope that such enlightening sessions would continue to be held in the future.

