



DEI MONTHLY NEWS

"With Profound Gratitude and Veneration, this monthly Issue of the DEI Integrated Newsletter is most humbly dedicated to His Holiness Dr. M.B. Lal Sahab, the August Founder of the Institute. We seek His continued Grace & Benediction to attain excellence in all our endeavours."

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Section A : DEI

DSC 2025 Organized on the Occasion of Shiksha Diwas



The Sixth Winter Session of Dayalbagh Science of Consciousness (DSC) 2025 was organized on 1st January 2025 to celebrate 'Shiksha Diwas' at Dayalbagh Agroecology-cum-Precision Farming Fields and DEI International Seminar Hall Complex. The Event featured the Vision Talk, Keynote Talks, Invited Talks, Oral Presentations, Panel Discussion, and a Poster Session.

The highlight of the Conference was an ambrosial Vision Talk by Revered Prof. P. S. Satsangi Sahab, Chairman, Advisory Committee on Education, (a non-statutory body serving as a think tank for Dayalbagh Educational Institutions). The Talk stressed the mystical significance of *Bhanwar Gupha* (Tunneling Effect) required to transcend the barriers and advance understanding in TEASE (Towards Evolutionary/Re-Evolutionary Art, Science, and Engineering of) Consciousness & Conscientiousness).

Prof. Lakshmidhar Behera, Director, IIT, Mandi, delivered a Keynote Talk on 'Science of Consciousness: The Progressive Steps', and Ms. Kakoli Maiti, Director (Planning), Delhi Development Authority, delivered her Keynote Talk on Consciousness in Urban Planning. In the Invited Talks Series, Prof. Anita Lakhani, Department of Chemistry, Faculty of Science, DEI talked about 'Air and Water Quality Monitoring and Assessment at Dayalbagh', Prof. D. Bhagwan Das, Department of Electrical Engineering, Faculty of Engineering, DEI, Agra, spoke on 'Academia-Community Synergy: Renewable Energy' and Dr. Rajiv Ranjan, Department of Botany, Faculty of Science, spoke about 'Agroecological Contribution to Biodiversity and Sustainable Development'.

In the Panel Discussion, twenty-two eminent panellists from India and abroad participated in the vibrant discussion which centred around the theme of *"Developing a targeted roadmap with actionable steps to enhance the quality of ongoing research on TEASE (Towards Evolutionary/Re-Evolutionary Art, Science, and Engineering of) Consciousness & Conscientiousness through collaborative engagement between the Community (Dayalbagh Headquarters and all its branches) and Academia (DEI Main Campus and its Supervised Open Book Examination/Entrance ODL Centres): Bhanwar Gupha/Tunneling Effect,"*.

The theme emphasized the transformative potential of a synergistic relationship between the Dayalbagh community and Dayalbagh academia. It was prudently highlighted by the experts that guided by the overarching vision of promoting global welfare, the Dayalbagh Educational Institute (DEI) and the entire Dayalbagh community have undertaken a pioneering journey to redefine education, research, and community engagement in ways that integrate scientific exploration with spiritual consciousness. The Panel was in complete unison stressing that Central to this transformative initiative is the quintessential role of the *Waqt Sant Satguru*, Most Revered Gracious Huzur, Professor P.S Satsangi Sahab, Chairman, Advisory Committee on Education (ACE), Dayalbagh Educational Institutions, Who has so mercifully chosen to Bless everyone with His omnipresent guidance and boundless compassion to uplift the *jivas* and steer the Dayalbagh community's evolution on an ever-progressive Golden Mean Path. Various

practical steps were also recommended by the panellists which include promoting collaborative research and study on TEASE, application of Systems Techniques in Consciousness Research, Wider Dissemination of Repository of Knowledge, Land-to-lab and Lab-to-land Research, etc.

In the Cultural extravaganza, which was part of the Event, a Dance performance by the Children of Superman Evolutionary Scheme of Dayalbagh, a Western Group Song by the Student Winners of Central Zone Youth Festival and a special "Jasrangi Vadyavrin" performance by the staff of the Department of Music, Faculty of Arts, DEI, Agra were skilfully presented and greatly applauded by one and all. The Programme ended with a Vote of Thanks followed by the Institute Song.

Lohri Celebrations at the Institute



The Campus of Dayalbagh Educational Institute (Deemed to be University), Dayalbagh, Agra 282005, was brimming with joy and festive fervour as students came together on 13th January 2025, to celebrate Lohri, the harvest festival that holds immense cultural significance in northern India. The celebration brought students, faculty, and staff together to honour tradition and community spirit. The event began in the evening with a virtual bonfire lit in the three hostels of the campus, symbolizing the Sun's energy and the end of Winter.

The celebration featured a series of cultural performances, including melodious renditions of folk songs and dances of Bhangra and Gidda. The performances received huge applause from the audience, which included faculty members, students from various departments, and members of the local community.

As part of the festivities, traditional delicacies, such as, popcorn, peanuts, *rewri*, and jaggery sweets were distributed among the attendees, adding a delightful savoury-sweet touch to the celebration. Students and faculty joined hands to offer prayers to the Almighty, expressing gratitude for Nature's bounties and seeking blessings for prosperity and success. The evening left everyone with cherished memories and a sense of belonging, reinforcing the Institute's commitment to preserving cultural heritage while promoting harmony and community spirit. Dayalbagh Educational Institute continues to stand as a beacon of holistic education, nurturing not only academic excellence but also the cultural and moral development of its students.

FACULTY NEWS

Faculty of Education

Five-Day Scouting and Guiding Camp Organized



Faculty of Education hosted a vibrant Five-Day Scouting and Guiding Camp from 31st December

2024 to 4th January 2025. Prof. NPS Chandel, Dean, Faculty of Education, welcomed the attendees and outlined the safety measures to be implemented throughout the Camp. During the Camp, the participants engaged in a variety of hands-on activities aimed at building practical skills, teamwork, and an appreciation for outdoor life. The first day included a demonstration and a lecture on tent pitching by Professor Emeritus Ranjeet Satsangi, Faculty of Education. Additionally, Environment Cleaning and Poster/Slogan-making Competitions were organized and evaluated by Dr. Suman Sharma, Associate Professor and Dr. Namita Tyagi, Assistant Professor, Faculty of Arts. The second day witnessed the Inauguration Ceremony of the programme where the esteemed Chief Guest, Prof. Anand Mohan, Registrar DEI, and Mrs. Namita G. Sood, a distinguished Alumnus of the Institute, delivered inspiring lectures to prospective teachers to maintain a positive outlook and adapt to the evolving landscape. The day also featured a cultural performance which was evaluated by Dr. Namasya, Associate Professor and Dr. Nishith Gaur, Assistant Professor, Faculty of Arts. On the third day, Mr. Amit Chhabra, Trainer, Rapid Action Force (RAF), Dayalbagh and Mr. S.D. Sinha, Head Assistant, CAO, DEI, imparted a Self-Defence Training to the participants. The day also included a Yoga demonstration and performance by Mrs. Sangita Sinha, Yoga Trainer at Dayalbagh. Day four witnessed an exciting Hiking, along with the demonstration of tent pitching and culinary skills of Scouts and Guides in DEI's Anupam Upvan which were evaluated by Professor Emeritus Archana Kapoor, Prof. NPS Chandel, Dean & Head of M.Ed. & Ph.D programmes, Prof. Nandita Satsangee, Head of D.El.Ed. programme and Prof. Savita Srivastava, Head, B.Ed., Faculty of Education, DEI. The Camp concluded with the ceremonial Scout and Guide Oath administered by Prof. Kiran Nath, former Dean, Faculty of Education, DEI. Mrs. Sneha Bijlani, Treasurer DEI, blessed all students. Their addresses underscored the importance of self-discipline and service in the development of future leaders. A detailed report of the Camp was presented by Prof. P.S. Tyagi, Camp Co-coordinator, followed by a Vote of Thanks delivered by Prof. Savita Srivastava, Head, B.Ed. Dr. Arti Singh, Camp Coordinator, conducted the Valedictory Session. The Camp was attended by 423 students of D.El.Ed., B.Ed., and Pre-Service Teacher Education (PSTE) Classes.

Staff News:

- Dr. Shalini Verma, Assistant Professor, Faculty of Education, DEI, was awarded the 'YouTube Creator Award' (Silver Award) for her educational YouTube channel, 'Meta Education' which delivers content related to Research Methodology, Research Aptitude, Statistics, and Child Pedagogy, and which crossed the 100,000-subscriber mark.
- Dr Sona Dixit acted as Session Chair in the International Conference on 'Navigating Global Intersections: Growth, Sustainability, Cooperation and Innovation in Dynamic World' organized at Dr Bhimrao Ambedkar University, Agra, in association with Howard University Washington DC, USA from 16th to 18th Dec 2024. She also delivered a Talk on, 'Human Rights Awareness: Creating a World of Compassion and Respect' in the Winter Research Internship Programme (WRIP) organized by Pahar Horizon, India on 20th December 2024.

Faculty of Engineering

Invited Talk on Growth Opportunities in the Footwear Sector Organized

Department of Footwear Technology, Faculty of Engineering, DEI, hosted insightful Invited Talks on 14th December 2024 on the dynamic and ever-evolving footwear industry. The Session was led by Mr. R.K. Sharma and Mr. Gurdev Prasad, General Manager and Store Manager, Metro & Metro, Agra, respectively. They addressed an enthusiastic audience of students, sharing valuable knowledge and perspectives on the future of the footwear sector and its promising growth opportunities.

The event began with a warm welcome from the Head of the Department, Prof. D.K. Chaturvedi,

who introduced the esteemed guests and emphasized the importance of industry engagement in shaping students' professional outlook. Mr. R.K Sharma delivered an engaging lecture that covered key aspects of the footwear industry, its trends, challenges, and opportunities. Mr. Gurdev Prasad added valuable operational perspectives to the discussion. Drawing from his extensive experience, he shared practical insights into the day-to-day challenges and strategies for efficient leather outsourcing and identification points in manufacturing units.

Staff News:



Prof. D.K. Chaturvedi, Head, Department of Footwear Technology, Faculty of Engineering, DEI, delivered the Keynote Address and was also awarded the *Eminent Scientist Award – 2024*, at the Inaugural Function of the 2nd International Conference on Multidisciplinary Research & Practice for Sustainability Development & Innovation (ICMRP 2024) organized by Koshambi Foundation, India, in collaboration with Dr. Bhim Rao Ambedkar University and Neelan Group of Institutions, Agra, from 27th to 29th December 2024.

Dr. Atul Dayal, Assistant Professor, Dept. of Footwear Technology, DEI, received the *Young Scientist Award – 2024* at the 2nd International Conference on Multidisciplinary Research & Practice for Sustainability Development & Innovation (ICMRP 2024) organized by Koshambi Foundation, India, in collaboration with Dr. Bhim Rao Ambedkar University and Neelan Group of Institutions, Agra, from 27th to 29th December 2024.

Faculty of Science

Staff News:

- Professor Sukhdev Roy, Head, Department of Physics and Computer Science, DEI delivered an Invited Talk on '*Controlling the Brain and Heart with Light and Sound*' and chaired the Session on Bio-Photonics and Medical Optics at the International Conference on Advances in Optics and Photonics Instrumentation, at CSIR- Central Scientific Instruments Organisation (CSIO), Chandigarh, from 23rd to 25th October 2024.

He also presented the Progress Report as the Principal Investigator of the DST-sponsored R&D project on "Computational Modelling of Optogenetic Control of Neural Circuits with Light" at the DST Review Meeting on 29th November 2024 in New Delhi. He also reviewed research papers for the Journal of Neural Engineering and Optical Engineering.

- Mridul Kumar, K. Soami Daya and, Zeeshan, were granted a Patent on Apparatus and Method for Determining Plant Stress, Application No.: 202111033265, Date of Grant: 1st October 2024.
- Ravindra Bhardwaj, Guest Lecturer, Department of Physics and Computer Science, DEI, along with writers from other universities, got two Textbooks published, entitled, *Fundamentals of Python Programming* (ISBN: 9789361320996, 2024), and *Data Science and IOT* (ISBN: 978361321399, 2024). The books were published by Scientific International Publ. House, Mannargudi, Tamil Nadu.

Section B: DEI-ODE (Online & Distance Education)

From the Coordinator's desk



In a recently published article dealing with Scientific Temper [1], the author makes several interesting and useful observations, some of which are presented below:

- The spirit of inquiry is the main core of scientific temper in which a person with a scientific perspective, whether intentionally or inadvertently, applies empirical approaches to everyday tasks and choices that are made.
- The Indian family system instills in its children the value of accepting what is said to them from an early age.
- The majority of the Indian population appears to lack a scientific temper and logical outlook, despite significant advancements in the fields of science and technology in the country.
- To instill in the next generation of minds the value of scientific temper, it is imperative that they receive an appropriate education. In contrast to the widely held belief that such training is appropriate to begin near the end of a child's schooling, it should embark during the very formative years of the child's education.
- The acquisition of attributes that depict scientific temper requires nurturing principles such as inquisitive spirit and resilience.
- The unproductive learning environment of the conventional teaching approach actually hinders the urge of inquiry that most children possess naturally.
- It is crucial that the educational process be enjoyable, with teachers assisting as mentors, and facilitators of knowledge.
- The youngster needs to be allowed to study at his own pace and according to his own interests. The learner also needs to be allowed to make errors without worrying about receiving negative feedback from the teacher.
- Using a discovery approach to teaching is a very successful way to foster scientific thinking, especially in science classes where experimentation is frequently the key to understanding.
- The mentioning of scientific temper in Article 51A(h) of the Indian constitution under the head fundamental duties, highlights the need 'to develop the scientific temper, humanism and the spirit of inquiry and reform' focusing on the need for the development of science and through it the scientific temper.
- Sustainable Development Goal no. 16 (SDG 16) of the United Nations aims at "Promoting peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels". The author presents arguments to show that "Only with the cultivation of scientific temper through education, it would be possible for us to achieve, *'Peace, Justice and Strong Institutions.'*"
- The NEP 2020 (National Education Policy 2020) endorsements state that in order to preserve scientific experiences, teachers ought to be urged to encourage appropriate classroom practices.

It is a tribute to our visionary leadership that innovations and values have been an integral part of our education system right from its inception and scientific temper has received high priority as will be seen from what follows.

A unique feature of Dayalbagh Educational Institute (Deemed to be University) is the integration

of education from pre-nursery to Ph.D. The education system of the Institute is so designed that the inculcation of values takes place in the learner in an appropriate format at all stages. For example, in the primary school stage, the values are imparted through stories in which the emphasis is on rational thinking, creativity, etc. In higher classes Activity-based-learning and the Discovery approach to teaching allow them to acquire hands-on experience. Various labs like Atal Tinkering Labs, Practical workshops, Heuristic centres, etc. are available to students so that they get to learn about scientific phenomena. Various inter-school competitions are arranged. As the student moves to higher classes, he is exposed to STEM lessons which encourage him to think independently.

At the undergraduate level, the students do a 'Scientific Methodology, General Knowledge & Current Affairs' course whose object is to nurture a scientific temper and enhance awareness of contemporary developments in the fast-changing world of technological advancements. Scientific temper here means avoidance of bias and application of logic in perception and decision-making. This is inculcated by critically examining not only the events but also the causes and consequences in complex environments. This course is taught in four semesters where the faculty covers the prescribed content, current affairs as well as contemporary developments in the world.

Finally, it is noteworthy that one of the aims and objects of the DEI Education Policy formulated by His Holiness Dr. M.B. Lal Sahab in 1975, reads as follows:

“To develop and promote a scientific temper.....”

(Prof. V.B. Gupta)

Reference:-

- [1] S Prabu Shankar, Scientific Temper for Achieving Peace, Justice and Strong Institutions (SDG 16), University News, Vol 62, No. 48, November 25 – December 01, 2024

News From the Centres

Shiksha Diwas Celebrations

Ludhiana Information Centre



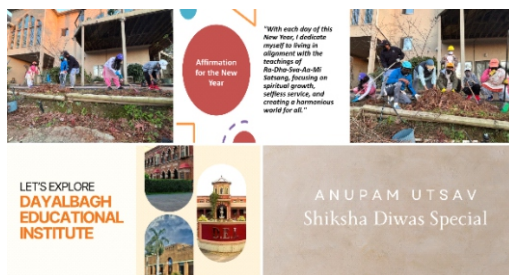
Information Centre Ludhiana celebrated Shiksha Diwas on 1st January 2025. The event aimed to emphasize the importance of perfection in education, aligning with DEI's Education Policy. The programme began with the recitation of the University prayer, followed by the University Song, setting the atmosphere of reverence. The eminent Speakers highlighted the significance of Shiksha Diwas and DEI's contribution to the field of education. It was followed by a Cultural programme to showcase the talent and enthusiasm of students and staff. Finally, the event concluded with a prayer and distribution of light refreshments, providing an opportunity for attendees to interact and collaborate on plans for the future.

Chennai Information Centre

Shiksha Diwas was celebrated on 1st January 2025 in a befitting manner at the Chennai Centre. The programme commenced with the University Prayer recited jointly by present students, DEI Alumni and faculty members. It was followed by a brief note on the importance of Shiksha Diwas, a presentation on the Shloka “*Karmanya Vadhikaraste....*” from the Holy *Bhagavad Gita*, and a rendition of excerpts from Holy books by Revered leaders, which were related to Education. A student also shared her views on the role of Education in eradicating the ills and evils prevalent in society. Thereafter, Alumni shared their takeaways from their college days at DEI. One of the esteemed members of the Chennai Satsang branch highlighted the importance of Value-based

Education and its impact on the personality of an individual. The programme concluded with a Vote of thanks, followed by the rendition of the University Song and the distribution of sweets.

Atlanta Branch



Staying true to the ideals of Param Guru Huzur Mehtaji Maharaj, who taught, “If you want to eat, you must sweat first,” the Atlanta Branch members began 2025 with the Khet seva by preparing plant beds for the upcoming season. Children, youth, and elderly members enthusiastically participated in this seva.

Later in the day, while celebrating Shiksha Diwas, the Atlanta Branch, together with its associated Centres in Dallas, Houston, Florida, and a few members from Dayalbagh Radhasoami Satsang Association of North America (DRSANA), gathered virtually for their flagship programme, *Anupam Utsav: Shiksha Diwas Special*. The branch secretary, Smt. Madhulika Nemani, warmly welcomed everyone and shared a brief history of Shiksha Diwas, highlighting its significance in Dayalbagh. The branch members then engaged in an interactive activity featuring a virtual tour of Dayalbagh Educational Institute (deemed to be University), Dayalbagh, Agra 282005, which was presented by Dr. Sudhi Oberoi. The tour included identifying various faculties and listing the departments or courses they offer. Faculties of Engineering, Science, Social Sciences, Education, Commerce, Arts, and other affiliated schools were featured. DEI alumni in the audience shared a few cherished memories from their time at the institute, while other members expressed their intention to visit these landmarks on their next trip to Dayalbagh.

To help members set goals for 2025 and beyond, DRSANA Secretary Shri. Dayal Nagasaru gave an insightful presentation on cultivating meaningful goals that balance personal and spiritual growth. Drawing inspiration from the teachings of the Holy Books of the Ra Dha Sva Aa Mi Faith, he encouraged members to nurture harmonizing relationships not only with each other but also with the environment.

The event concluded with a heartfelt prayer in the Holy Feet of the Most Gracious Ra Dha Sva Aa Mi Dayal, seeking His infinite Grace and Mercy to guide members onto a virtuous path in the new year.

Bangalore Centre



DEI Centre Bangalore, celebrated "Shiksha Diwas 2025" in hybrid mode to enable many to participate. The programme started with a Welcome Address by the Centre-in-charge and then was taken over by the anchor Smt. Shweta Sethia to proceed with the events. After the rendering of the University Prayer, Miss Parul Sharma read a "Brief Note on Shiksha Diwas". This was followed by a speech on "Academic Matters of Importance to DEI ODE Centre" by Prof T V S N Murty, Centre-in-charge. Next, members of the Bangalore Satsang Branch recited prayers and Smt. Resham Bhatia read in Hindi from "Discourses on Education in Dayalbagh. A vision of complete Education". Shri Ashish Sethia gave a lucid presentation on "Social Media Influencing the Physical, Mental and Spiritual Education of our Youth" which was much appreciated by the people present. This was followed by an interesting presentation on "Seeds of Knowledge & Education 600 BC-400 BC". The programme concluded with the rendering of the University song and distribution of Prasad.

Section C: DEI Alumni (AADEIs & AAFDEI)

From the Editor's desk

As many grapple with problems of mental health, awareness regarding how to deal with it and where to seek help becomes imperative. On October 20, 1936, Dr. S Radhakrishnan delivered the inaugural lecture as the newly elected Spalding Professor of Eastern Religion and Ethics at the University of Oxford. The lecture entitled 'The World's Unborn Soul', strangely seems as relevant to our times as to his. As we plunge into feverish and chaotic activity, we must face an abyss—moral and spiritual uncertainty. The answer may lie in the connect between inner and outer selves, a sense of harmony which stems from religion. Religion not in the form of dogmas and ceremonies but religion as 'the art of conscious self-discovery'. The other two contributions in this issue highlight the core values deeply embedded in the Dayalbagh system of education. Along with knowledge and skills those fortunate to have studied here take with them the life skills which will help them survive in an increasingly violent and vicious world—courage, endurance, inner peace, a deep sense of the Divine.

Please share your comments and views at aadeisnewsletter@gmail.com. Your response will be deeply appreciated.

Role of Psychology in Promoting Mental Health and Well-being

Preet Kumari

B.A (1992), M.A (1994), B.Ed. (1995), PhD (2002), DEI

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Mental health is a fundamental aspect of human life, encompassing emotional, psychological, and social well-being. It influences cognition, perception, and behaviour, affecting how individuals handle stress, relate to others, and make decisions. Psychology plays a crucial role in understanding mental health, diagnosing mental illnesses, and developing therapeutic interventions.

Sigmund Freud (1917) introduced psychoanalytic theory, emphasizing the influence of the unconscious mind on behaviour. He proposed that unresolved conflicts, often rooted in early childhood experiences, manifest as psychological distress. For example, repressed memories of trauma might lead to anxiety or depression. Therapy in this framework involves bringing unconscious material to consciousness through techniques like free association and dream analysis. **Aaron Beck (1967)** developed cognitive-behavioural theory, which focuses on the role of maladaptive thinking patterns in mental health disorders. He identified 'cognitive distortions'—irrational thought patterns that contribute to negative emotional states. For instance, an individual with depression might engage in 'catastrophizing,' expecting the worst outcomes in every situation. CBT helps patients identify and challenge these distortions, promoting healthier thinking and behaviour.

Humanistic theory, championed by Carl Rogers (1951) and Abraham Maslow (1943), emphasizes individual potential and self-actualization. Rogers introduced the concept of 'unconditional positive regard,' suggesting that accepting individuals without judgment fosters personal growth. Maslow's hierarchy of needs posits that fulfilling basic needs leads to self-actualization. This perspective sees mental health issues as arising from conditions that hinder personal growth and self-expression. **George Engel (1977)** proposed the biopsychosocial model, which integrates biological, psychological, and social factors in understanding mental health. For example, depression might result from a combination of genetic predisposition (biological), negative thought patterns (psychological), and life stressors (social). This model underscores the importance of a holistic approach to mental health care, addressing all aspects of an individual's life.

Aaron Beck's (1976) research on cognitive therapy demonstrated its efficacy in treating depression. By addressing negative thought patterns, patients showed significant reductions in depressive

symptoms. For instance, a patient with the thought 'I am worthless' could learn to challenge and modify this belief through cognitive restructuring. **Hofmann et al. (2012)** conducted a meta-analysis of Cognitive-Behavioural Therapy (CBT) for anxiety disorders, confirming its effectiveness across various conditions. Their findings support CBT as a first-line treatment, emphasizing the importance of addressing cognitive distortions and avoidance behaviours. **Caspi et al. (2003)** explored the interaction between genetic predispositions and environmental factors in depression, highlighting the role of gene-environment interactions. They found that individuals with a specific genetic makeup were more susceptible to depression following stressful life events, suggesting that both biological and environmental factors contribute to mental health.

Advancements in technology and neuroscience have led to significant progress in understanding and treating mental health disorders. Functional magnetic resonance imaging (fMRI) studies have provided insights into brain activity patterns associated with mental disorder. **Cohen et al. (2018)** used fMRI to study brain activity, identifying areas involved in emotional regulation and stress response. These findings have implications for developing targeted therapies. Digital health technologies, such as mobile apps and teletherapy, have revolutionized mental health care, making it more accessible.

In conclusion, psychology plays a vital role in promoting mental health and well-being by offering evidence-based frameworks for understanding human behaviour, emotions, and cognition. Psychological theories and therapeutic approaches, such as cognitive-behavioural therapy, mindfulness-based interventions, and positive psychology have significantly contributed to improving mental health outcomes across diverse populations.

Shaping Minds, Building Character: The Holistic Vision of Dayalbagh Educational Institute

Anubhuti Thakur

BSc Electronics, MCM, Postgraduate Diploma in Theology, Batch 2012-13, DEI; Currently, Managing Partner, Transium Consulting



Education plays a transformative role in shaping individuals and societies, and Dayalbagh Educational Institute exemplifies this belief through its pioneering approach to learning. Situated at the confluence of tradition and modernity, DEI has developed a distinctive educational model that prepares students not only for academic success but also for meaningful contributions to their communities and the world at large.

The educational philosophy of DEI is centred on nurturing well-rounded individuals through a holistic approach that seamlessly integrates academic rigor with practical, moral, and spiritual dimensions, reflecting a commitment to creating holistic individuals capable of addressing the challenges of an ever-changing world. This unique model emphasizes both vocational and academic excellence, blending hands-on, work-based education with traditional learning to foster self-reliance and skill development from an early stage.

At its essence, DEI strives to cultivate creative thinking, analytical reasoning, and a commitment to experimentation, equipping students with the scientific temperament necessary to tackle complex challenges in a dynamic world. Rooted in high standards of conduct and a strong foundation in moral and spiritual values, the institute aims to develop individuals who aspire to higher ideals and contribute meaningfully to society.

A defining mission of DEI is to instill the dignity of manual labour in students while encouraging creativity and innovative work. The institute places a strong emphasis on developing critical faculties such as reasoning, analysis, and a lifelong habit of learning, enabling students to achieve the fullness of their human potential. It also promotes a scientific mindset and practical understanding of science and technology, preparing students to adapt seamlessly to advancements in a rapidly evolving technological landscape.

An implicit yet vital aspect of DEI's pedagogy is to foster an appreciation of social forces and a deep understanding of societal transitions. This comprehensive approach equips students with strong

character, high ethical standards, and a profound sense of responsibility, enabling them to navigate and shape a society in flux with integrity and purpose.

DEI continues to inspire generations of students to lead lives of meaning, virtue, and impactful service to society through its unwavering commitment to holistic development.

The Value of Discipline: Lessons from My Alma Mater

Toran Talwar

PhD; B.A (Psychology) Batch 1996-1999, M.S.Sc (Psychology) Batch 1999-2001, DEI; Currently, Assistant Professor, Psychology, Sharda University



As an alumnus of Dayalbagh Educational Institute, I often reflect on the lessons I was fortunate to learn here. Among the most impactful are regularity and punctuality—qualities I initially resisted but now deeply value. At the time, strict rules around attendance and timeliness felt burdensome. Early mornings and the pressure to maintain consistent attendance seemed unnecessary. Yet, those habits became the foundation for a disciplined approach to life.

After graduation, I realized the true importance of these values. Regularity taught me the power of consistency, and punctuality helped build trust and respect in both personal and professional settings. These lessons, though simple, shaped my character and gave me an edge in navigating challenges.

The emphasis on active participation wasn't just about attending classes—it was about commitment and accountability. These values became life skills that extended far beyond the classroom, helping me stay organized and responsible in all areas of life.

Looking back, I am grateful for the discipline the University instilled in me. What once seemed like rigid rules are actually invaluable lessons that have prepared me for life's challenges. To current students, I say: embrace the habits you are building today—they will serve you well tomorrow.

My alma mater didn't just educate me; it shaped the person I am, instilling values that continue to guide me every day.

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