



### **Expert Lecture on the topic ‘Spiritualizing Life and Living’ held at University of Jammu**

**Jammu, Jan 12:** Commemorating the birth anniversary of Swami Vivekananda as National Youth Day, the Department of Students Welfare, University of Jammu, organized an insightful expert lecture on the theme “Spiritualizing Life and Living” at the Seminar Hall of Brig. Rajinder Singh Auditorium.

The lecture was delivered by Prof. Arvind Jasrotia, Rector, Kathua Campus, University of Jammu, who offered a deeply reflective interpretation of Swami Vivekananda’s spiritual philosophy, connecting ancient wisdom with contemporary life.

Prof. Jasrotia recalled that Swami Vivekananda, born in 1863 and attaining samadhi in 1902, had once predicted that he would not live beyond forty years. He spoke about the profound influence of Swami Ramakrishna Paramahansa on Vivekananda’s spiritual evolution, highlighting that formal education is not a prerequisite for self-realization. True spirituality, he explained, is not a journey across time or space, but a journey from ignorance to knowledge.

Elaborating on the limitations of language in expressing spiritual truths, Prof. Jasrotia pointed out that English often fails to capture the depth of Indian philosophical concepts. He cited the difference between the word “philosophy,” meaning love of knowledge, and the Sanskrit word ‘darshan’, which implies direct experience and seeing. Similarly, he explained the richness of terms like ‘drishti’, which go beyond mere perception and shape one’s understanding of reality.

Reflecting on Swami Vivekananda’s core teachings, Prof. Jasrotia highlighted three foundational principles: every soul is potentially divine, there is a unity of existence, and life must balance self-liberation with service to humanity, captured in the ideal of Atmano Mokshartham Jagat Hitayacha. He emphasized that spirituality transcends religious boundaries and calls for inner awakening and social responsibility.

He further encouraged students to reflect on fundamental questions such as “Who am I?”, “What is the universe?”, and “What is the ultimate purpose of life?”, noting that such inquiry leads to self-awareness and inner energy. Drawing from Vedantic philosophy, he explained the significance of the Upanishads, Bhagavad Gita, and Brahma Sutra, collectively known as Prasthantrayi, and their role in shaping the Advaita Vedanta tradition.

Using relatable examples such as the illusion of the blue sky and the rope appearing as a snake, Prof. Jasrotia explained the concept of Abhyasa and the Vedantic understanding of reality and illusion. He emphasized that realization comes through disciplined inquiry, detachment, control of senses, and sincere guidance from a true teacher. He concluded by reiterating that spiritual growth transforms one’s outlook from self-centered desire to service-oriented consciousness, echoing Swami Vivekananda’s message of inner strength, self-realisation, and universal harmony.

The programme was held under the guidance of Prof. Prakash C. Antahal, Dean Students Welfare, with Prof. Monika Chadha, Chairperson, Campus Cultural Committee, and Prof. Sarika Manhas, Co-Chairperson, CCC, coordinating the event. The lecture witnessed enthusiastic participation from students, faculty members, and staff, making it a meaningful observance of National Youth Day.

The events of DSW are conceived, planned and organised by the team consisting of Prof. Prakash Antahal (Dean Students Welfare), Prof. Monika Chadha (Chairperson, Campus Cultural Committee), Prof. Sarika Manhas (Co-Chairperson, Campus Cultural Committee), Dr. Pritam Singh (Associate Dean SW), Dr. Shallu Sharma & Dr. A.R. Manhas (Deputy Chief Proctors), Dr. Harleen Kaur & Dr. Ripudaman Parihar (Assistant Dean, SW), members of Campus Cultural Committee, Ms Mansi Mantoo (Media Officer) and Sumeet Sharma (Drama Instructor). The sound was looked after by Kulbhushan Thakur and Arif Paul. The programme was conducted by Aisha Talhat.