

A REPORT ON
**Mindful Leadership: Harnessing
Spirituality for Professional Growth**

Date: 20th March, 2024

Venue: EA - 820, Silver Oak University

MINDFUL LEADERSHIP
*HARNESSING SPIRITUALITY FOR
PROFESSIONAL GROWTH*

Introduction:

Silver Oak University IEEE Student Branch orchestrated a thought-provoking event titled "**Mindful Leadership: Harnessing Spirituality for Professional Growth**," aimed at illuminating the essence of consciousness and leadership in a student's path. This event sought to offer insightful guidance on the role of spirituality in fostering professional growth.

About the speaker:

The session was led by the distinguished speaker Prof. Mansukh Savaliya, former Head, Department of Computer Engineering at Vishwakarma Government Engineering College.

About the session:

Date: 20th March, 2024

Time: 11:30 AM - 2:30 PM

Venue: EA-820, Silver Oak University

Participants: 39

The speaker, Prof. Mansukh Savaliya, initiated the event by engaging attendees with a thought-provoking question about the core definition of spirituality as he delved into the essence of leadership, drawing inspiration from Swami Vivekananda's teachings. He further illuminated the concept of knowledge intertwined with consciousness, illustrating how understanding our existence is intricately linked with recognizing the interplay between consciousness and knowledge.

The speaker delved into the concept of Karma Yoga, emphasizing the idea of working for the betterment of society, encouraging the attendees to approach all tasks with the mindset of contributing wholeheartedly, without attachment to personal gain. By doing so enables individuals to embark on a journey towards transforming their work into "Divyakarm," work that is divine and selfless.

Another significant topic discussed was the "Gyan Mudras", a symbolic hand gesture representing the connection between the fingers and thumb, which the speaker correlated with heightened consciousness. The speaker elaborated on how this simple, yet profound gesture symbolizes the union of individual consciousness with the universal consciousness, enhancing one's focus and promoting a sense of inner peace and clarity.

Afterward, the expert engaged students in an enlightening discussion, delving into the profound teachings of the Bhagavad Gita, regarding concepts where yoga is interpreted as excellence in action. Drawing from Lord Krishna's discourse to Arjuna, he elucidated the importance of performing one's duties with skill, focus, and mindfulness, while also emphasizing the need to maintain detachment from the outcomes.

In addition, Prof. Mansukh Savaliya encouraged attendees to incorporate meditation into their daily routine. He highlighted the origins of the Law of Attraction, tracing its roots back to ancient Indian philosophy, emphasizing how regularly aligning one's thoughts and energies with positive intentions allows individuals to manifest their desires and lead a more purposeful life. Through these practices, students were encouraged to cultivate a deeper connection with themselves and the universe, fostering personal growth and spiritual evolution.

Moreover, the speaker expounded on the three levels of understanding through “**kshar**”, “**akshar**” and “**uttam**” highlighting the evolutionary journey of the soul towards enlightenment. Through vibrant interactions, students envisioned larger goals and aspirations, instilling a sense of purpose and direction, inspiring them to transcend mundane concerns and strive for higher ideals. Following this, Dr. Satvik Khara presented a memento to Prof. Mansukh Savaliya symbolizing the profound respect and appreciation for his expertise.

Concluding the session, the speaker underscored the importance of harnessing spirituality in one's professional growth. By integrating the wisdom of spiritual teachings into daily life and work, individuals can cultivate resilience, clarity of purpose, and a deeper understanding of their roles in the broader context of the world. Through this integration, attendees were encouraged to approach their professional endeavors with a renewed sense of balance, purpose, and fulfilment.

Conclusion:

In conclusion, "Mindful Leadership: Harnessing Spirituality For Professional Growth" offered valuable insights into a student's goals, consciousness, and willingness. The session emphasized the pivotal role of leadership in providing guidance and inspiration, instilling a profound sense of purpose and direction among participants.

This event owes its success to the unwavering support and invaluable guidance of Dr. Satvik Khara, Dean, Diploma Engineering, SOU; Head, Department of Computer Engineering, SOCET; IEEE Senior Member; Chairperson, SIGHT, IEEE Gujarat Section; Secretary, Computer Society, IEEE Gujarat Section and Founding Member, Silver Oak University IEEE Student Branch. His constant guidance and pivotal encouragement have been instrumental in making this event possible.

Glimpses of the event:



Dr. Satvik Khara presenting memento to Prof. Mansukh Savaliya



Prof. Savaliya sharing insights on spirituality



Engaging attendees in discussions about consciousness



The expert sharing his wisdom on harnessing spirituality for professional growth