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Glimpse of Socio-Spiritual Research Lead by Spiritual Application Research Center (SpARC) for Development of Society

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Abstract

Since its inception in the year 1995, Spiritual Application Research Centre (SpARC) is the research wing of Prajapita Brahma Kumaris Ishwariya Viswa Vidyalaya popularly called as Brahma Kumaris (BK). This socio-spiritual organization has about 22 nos sibling organization under the umbrellaship of Raj Yoga Education and Research Foundation (RERF) for spreading of socio-spiritual awareness cum professional learning process amongst each strata of like-minded people for healthy living. Currently, SpARC is serving strengthening the spiritual research for upliftment of global humanity through spiritual education and value based society building over more than 30 years. The forthcoming year is focus with complete preparedness of man making process during the 'Amrit kaal' as proposed by government of India to build developed India. Thus building a value based society would be a reality to stepping in to the ensuing 'planetary civilization' with spiritually elevated human being equipped with different soft skills and divine characters.

Keywords: SpARC, Socio-spiritual movement, rituals and Raj Yoga

Introduction

The current research and technology development trend is driven by global education policy through acquiring more specific skill and value system in most of the management, professional and technical universities throughout the World. Such institutions are adopting the concept of human value based ethical and moral education curriculum either audit or credit course' system. Such curriculum was initially prevailed in the ancient India within Gurukul Education System during golden phase of human civilization. The advancement of Science, Technology, Engineering and Management system have speed up the materialistic comfort but human beings are moving away faster from the inner peace, happiness and comfort life. In this context, role of Prajapita Brahma Kumaris Ishwariya Viswa Vidyalaya, in short Brahma Kumaris (BK) and its sibling organizations like Raj Yoga Education and Research Foundation (RERF) plays a vital role for restoring the values within human life for peaceful living. Spiritual Application Research Centre (SpARC) is established in the year 1995 as Raj yoga research wing under umbrellaship of Raj yoga Education and Research Foundation (RERF) of Brahma Kumaris (BK). During 2007 onwards, a new era has been created by SpARC through connecting researchers through a programme: Spirituality in Researcher (SIR) from different field of Science, Engineering and Technology (SET) in a 'e-conference platform' or 'hybrid mode' of knowledge sharing activities either at Gyan Sarovar, Mount Abu, Rajasthan or other establishment of BK for rapid spreading of minimum spiritual awareness (MSA) of self-understanding, understanding of Supreme being, Karma philosophy, divine values amongst intellectual community. Research activities for quantification of raj yoga research findings also become helpful for more involvement of larger researcher groups of diversified field of Biomedical, Psychological and Humanities social sciences. Such equipped scholars are the building block of 'Atma nirbhar bharat' for coming decades. The validated psychoanalytical tools, bio-imaging technologies are necessary to assess the effect of Raj yoga life style (RYLS), Raj Yoga Meditation Method (RYMM) etc. in modifications of human behaviour with the help of Raj yoga intervention. In the platform of Spiritual Application Research Centre (SpARC).

Such key resource persons are following Brahma Kumaris Philosophy in their different domains of living including personal, social, professional and spiritual life. SpARC wing also exploring the spiritual content of traditional knowledge in rituals and myth as described in different epics and godly version of BK. Major activities of SpARC wing are summarize below.

Spirituality in Researchers (SIR) being conducted by SpARC from 2007 and onwards

The SIR programme has been initiated since 2007 as annual event and several programmes being conducted afterwards at Gyan Sarovar Complex of Mt. Abu, the international head quarter of Prajapita Brahma Kumaris Iswariya Viswa vidyalaya (PBKIVV), popularly called as Brahma Kumaris (BK). Such programme has been initiated to awakened the scientists and researchers group of different fields with practical exposure of spiritually elevated vibration for better work efficiency, mental peace, happiness and character building. Usually, SIR is conducted through different modes including offline, hybrid mode and purely electronics mode conferences with different topics. Basically, Spiritual Application Research Centre (SpARC) is the core research wing of Raj Yoga Education and Research Foundation (RERF), a sibling organizations of BK. During last 30 years of its' journey, this wing has deeply interlinked with the morethan 20 nos wings of RERF to spreads the spiritual awareness amongst people through functioning of more than 35 nos Local Chapters(LC) and more than 12 nos special interest groups (SIG) till date(Ref: <https://bksparc.in/special-interest-groups>) throughout the country. Since its inception

during the year 1997 and onwards, such LCs and SIGs are engaged with focused objective to explore in depth spiritual knowledge. Different conferences with specific topics were organized by SpARC and RERF. Publications of different books, booklets, monograms etc. were also done by SpARC based on the in depth 'content analysis' research of Godly version of BK teaching materials popularly called 'Murli'. Recently, during 2022 onwards, this wing has also initiated special self-progress project for regular students of BK and there are 4 nos projects ongoing in this category at head quarter level and different centres throughout the country(Ref: <https://bksparc.in/self-progress-projects>). This wing has also creating more holistic approach for effective research in the field of 'Spiritual sciences' with the in depth understanding of spiritual essence of Indian culture, rituals, myth as described in the epics like Ramayana, Mahabharata, Geeta etc. in the form of different characters. There are in depth philosophical attitudes blended with socio-religious cum spiritual fragrance in those Epics and properly explained with its spiritual meaning in the book entitled as 'Murli Me Anewali Kahawate Aur Kahani' (digital Hindi book available in www.bkdrluhar.com and book published by literature department of BK also). Till 2023, the SpARC wing has conducted successfully 17 nos SIR conferences and 17th SIR held during September: 5-19 September'2023 at Gyan Sarovar, Academy for the better World, Mount Abu with the theme: Integration of Science and spirituality: The source of infinite possibilities. Impacts on participants reflecting the implication of SIR in social lives is also given in Tab no-1. (Ref: <https://bksparc.in/milestones>).

Table 1: Summary of SIR held during 2007-2023 as per mandate of SpARC Wing

Yrs.	Theme of Conference	Title of the e-Conference	Impacts on participants
2007	Research and spirituality	Spirituality in Researcher	Scientific approach on Sahaj Raj yoga meditation (SRYM) officially started for different researchers.
2008	Excellence and spirituality	Spirituality for Excellence in Research	Spirituality enhances work efficiency and its validation process started in a scientific way.
2009	Realization power	Reflections & Realisation in Research	The concept of integration of core human values and needs of spirituality for personal and social life was initiated in a rationale way
2010	Science spirituality and world renewal	Convergence of Science and Spirituality for World Renewal	The concept of rejuvenation and complementary role of silence and science is exemplified in a better way through key informants.
2011	Researcher & applied spirituality	Empowering Researchers Through Applied Spirituality	In depth study on 'self-empowerment' and self-transformation through changing awareness was started for natural practice of meditation.
2012	Holistic approach in spirituality	Spectrum of Spirituality: A Holistic Approach In Research	The concept of spirituality for all through understanding the co-existence of spiritual content in each religion as core nectar part, covered by different rituals and myth.
2013	Researcher shaping society	Role of Researchers In Shaping The Society	Understanding self-management leadership through acquiring more fundamental values to play as a role model for others.
2014	Value based society	Fostering Research to Build Value Based Society: A Holistic Approach	The concept of integration of cultural, ethical and moral concern through spiritual thread to build value based society.
2015	Inner strength and Changing world.	Inner Strength & Stability in an Ever Changing World	'Change' is the natural process and stability of mind power shape this changing process was well deliberate in this theme.
2016	Past and future connectivity	Power of the Past Force of the Future	The continuity of natural cycle was well reflected as eternal truth.
2017	Inner power	Inner Resilience to Outer Agility	Stability of mind set is the governance of whole system
2018	Exploring ancient wisdom	Rejuvenate-Innovate-Integrate: Ancient Wisdom Inspire the Future	Traditional knowledge and indigenous spirituality is the backbone of our development
2019	Harmony, Research and	Co-Creating Harmony Through Research	Blending of Inward and outward journey through

	spirituality	and Spirituality	adoption of soft skill and hard skill for better harmony.
2020	Inner tranquillity	Inner tranquillity leading research towards perfect world	Understanding the chaos and order state of mind for building a planetary civilization.
2021	Science, Consciousness & Spirituality	Expanding horizon: Science, Consciousness & spirituality	Integration of Science and spirituality in a Conscious level
2022	Swarnim Bharat	A holistic Approach in building a Swarnim Bharat	A: Vishwashanti Rajayoga Bhawan, Gottigere, Bengaluru under the umbrellaship of 'Azadi Ka Amrit Mahotsav' B: Shantivan Complex, Talheti, ABR, Rajasthan. May: 27-10, 2022
2023	Integration of Science and spirituality	Integration of Science and spirituality: The source of infinite possibilities	Initiate new path for exploring contemporary role of Science of Spirituality for

This initiative of SpARC wing is well supported and strengthened by Hon'ble P.M, Government of India (GoI) through adoption of the calendar date of 21st June of each year as International Day of Yoga (IDY) since 2015 onwards after its due approval by UN General Assembly on 11th December 2014 (Ref: <https://yoga.ayush.gov.in>.)

Role of SpARC wing as collaborator for spiritual research activities with other institute

To validate the traditional myths, rituals and socio-spiritual values of different sects of Indian peoples in a more rational and scientific ways, technical expertise of SpARC could be exploited in the spiritual research. Since 2011 onwards SpARC has initiated its collaborative research work with more than 10 nos national collaborators and more than

04(four) numbers international collaborators (<https://bksparc.in/milestones>.) in the field of bio-medical health. Such research initiatives are summarized in Table no- The findings have strengthened the ongoing research activities in the field of newly conceptualized 'Thought Laboratory' concept of BK for assessment of mental state, emotions, cognition related issues along with SpARC through non-invasive biomedical imaging technologies like fMRI, MRI, CT, pet CT, EEG, ECG, ML, DML etc. Thus, this wing creates more in depth and specific research oriented focus on spiritual empowerment of global humanity for better health through integration of Traditional Indian Yoga, different meditations practices and spiritual wellbeing concept of BK exclusively required for holistic peaceful living.

Table 2: Different Research collaborators of Spiritual Application Research Centre (SpARC)

Sr. No	Name of the Research Collaborator	Collaborators' Expertize: Key Resource Person(s), if any	Role of SpARC	Reference, Address and Reflection on 'Yogic Science' research, if any.
National Research Collaborator				
01	India International Multiversity, Bavdhan Khurd, Mulshi, Pune.	'E-learning process with Cognitive Psychology' Dr Arvind Kulkarni(IO) ujwalam@multiversity.co.in elearning@multiversity.co.in	Spiritual concept for better learning, and its role on memory management.	https://www.multiversity.co.in/expertise/ www.multiversity.co.in Multiversity Pvt Ltd, 1A, I-Space, S.No.51, Bavdhan Khurd, Off Pune-Mumbai Bypass Rd, Bavdhan Pune
02	Indian Institute of Science, Deptt. Of Medical Intelligence and Language engineering (MILE), Bangalore.	Prof. A.G. Ramakrishnan, Head, Medical Intelligence and language engineering (MILE) laboratory. 'Electrophysiology Science and Raj yoga meditation(RYM)	Spiritual concept for better learning on EEG	https://bksparc.in/scientific-spiritual-research dt.23.10.2023 Help to understand the molecular concept and Basis of RYM adopted in Brahma Kumaris for transformation of self & Society
03	Defence Institute of Physiological and allied Sciences(DIPAS), New Delhi	Environmental Physiology and Human Factor Research	Spiritual concept for better learning of imaging Technology	https://bksparc.in/scientific-spiritual-research dt.23.10.2023 https://www.drdo.gov.in/labs-and-establishments/defence-institute-physiology-allied-sciences-dipas
04	Defence Institute of Psychological Research, New Delhi.	Military psychology and Spirituality in mental toughness & decision making.	Spiritual concept for better learning cognition	https://www.drdo.gov.in/labs-establishment/about-us/defence-institute-psychological-research-dipr
05	Institute of Nuclear medicine and Allied Sciences (INMAS), Delhi.	Nuclear Medicine and imaging technology for psychosomatic analysis of defence personnel.	Spiritual concept for better learning about mental status	https://www.drdo.gov.in/labs-and-establishments/institute-nuclear-medicine-allied-sciences-inmas
06	National Institute of Mental health and Neurosciences (NIMHANS), Bangalore.	Mental Health, Neurosciences and Translational research Prof Bindu Kootty/ Dr. Ajay Nair	Spiritual concept for better learning about mental health	https://nimhans.ac.in/ Established better relation between RYM and different brain waves, neural network for neuro cognition impairment treatment
07	All India Institute of Medical Sciences, New Delhi and others	Drs Usha Kiran and others	Spiritual concept for better learning on migraine management	https://www.aiims.edu/index.php?lang=en
08	Kidwai Memorial Institute of	Curing and rehabilitation of	Spiritual concept for	https://kmio.karnataka.gov.in

	Oncology, Bangaluru.	Cancer patient by concern unit	better learning	
09	Indian Spinal Injuries Centre (ISIC), New Delhi.	Dr. H.S. Chhabra, M.D Dr G Vishwakarma, Bio-Stats	Spiritual concept for better learning	https://www.isiconline.org/
10	National Disaster Management Authority (NDMA), New Delhi.		Spiritual concept for better management of disaster	https://ndma.gov.in/
11	Digital well ness	Digital wellness team of Brahma Kumaris	Spiritual concept for Digital health and detox procedure from digital addictions	www.digitalwellness.in
International Research Collaborator				
01	University of Zurich, Switzerland [Key Institute for brain Mind Reseach(KIBMR): Affil Instn of UOZ]	Prof. Achermann and Prof Pascal Faber	Spiritual concept for better learning	https://www.uzh.ch/keyinst/KIBMR , C/o Dr. Kieko Kochi Gotthardstrasse 38 CH-8002 Zurich Switzerland
02	Universite de Leige, Belgium (Coma Science Group: CSG)	Experts on 'post-comatose patients with disorders of consciousness' Other consciousness: Near-to-death experience, cognitive trance, hypnosis and psychedelic experiences concussion: TBI	Spiritual concept for better learning	https://www.coma.uliege.be/ GIGA research B34, Coma Science Group Avenue de l'hôpital 11-4000 Liège, Belgi. email: info@mindcare.foundation
03	Universiti Teknologi Petronas, Kuala Lumpur, Malaysia	HoD, Centre for intelligent signal and Imaging research,	Dr Sushil Charndra INMAS DRDO, Expert in Neuro Cognition assessment through AR/VR instead of AI/ML.	https://www.utp.edu.my/Pages/Home.aspx 32610 Seri Iskandar, Perak Darul Ridzuan Malaysia
04	University of Groningen Bernoulliborg, The Netherlands	Energy, Healthy Ageing & Sustainable Society.	Spiritual concept for better learning	https://www.rug.nl/ University of Groningen, PO Box 72 9700 AB Groningen, The Netherlands

4. Unpublished work of author D.H. under the value based programme during the Year 2005-06:

The SpARC wing has conducted the national wide awareness programme with the theme of 'Value Based Society Campaign' during the Year 2005-06 to build a Swarnim Bharat or Developed India. The work was carried out as sporadic spiritual awareness programme in different schools of West Bengal and UP including few villages as

tabulated and given below in table no-3. Two types of activities were held within different institutions as stated below:

- Awareness programme in Values for students and faculty members with 10 minutes MSA.
- Distributed the constructed leaflet for Value Base Society and received back the signed counter slip.

Table 3: Awareness programme for value based society held during the year 2005-2006

District(State)	Name of the School	Nature of Work done	Impacts within students and Teachers lives
Lucknow (UP)	Angel Caramel Inter College	Awareness Program	Necessity for national integration
	MLM inter College	Awareness Program	-Do-
	Bal Nikunj Inter College	Awareness Program	-Do-
Purulia	Sindri High School, Barabazar	Awareness Program	-Do-
	Dr. A.N.Jha High School, Bandwan	Pledging Form on values	Only pledging form circulated
	Eklavya Model Residential School, Shushunia, Boro, Manbazar	Pledging Form on values	-Do-
	Kunchia High school, Kunchia	Pledging Form on values	-Do-
	Rishi Nibaran Chandra Vidyapith	Pledging Form on values	-Do-
	Purulia Zilla School, Purulia	Pledging Form on values	-Do-
	Gokul Nagar Village, Barabazar	Awareness Program	Necessity for national integration
Bankura (WB)	Ramananda College Bishnupur	Pledging Form on values	Only pledging form circulated
	Khatra Adivasi College	Pledging Form on values	-Do-
Barabanki, Fatehpur (UP)	New Public Mont. Inter College	Awareness Program	Necessity for national integration
	National Inter College	Pledging Form on values	Only pledging form circulated
	Public Inter College	Pledging Form on values	-Do-
	Azad Inter College	Awareness Program	Necessity for national integration
	Saraswati Inter College	Pledging Form on values	Only pledging form circulated
	Madhyamika Inter College	Pledging Form on values	-Do-
	Rajakiya Girls' Inter College	Awareness Program	Necessity for national integration
	Vikash Inter College	Pledging Form on values	Only pledging form circulated
	RM Public School	Pledging Form on values	-Do-
	Genius Monteswari School	Awareness Program	Necessity for national integration
	Jugantar Inter College	Pledging Form on values	Only pledging form circulated

Sitapur, Mehmudabad (UP)	Govt. Girls' Inter College	Awareness Program	Necessity for national integration
	Calvin Inter College	Awareness Program	-Do-
	Sita Inter College	Awareness Program	-Do-
Sitapur, Binswa (UP)	S.J.D Inter College	Awareness Program	-Do-
	H.R.D Inter College	Awareness Program	-Do-
Basti district (U.P)	Shri Lal bahadur Inter College	Awareness Program	-Do-
	Patwa Inter College, Beghat	Pledging Form on values	-Do-
	Rewta Junior High School	Pledging Form on values	-Do-

Summary

The research work of SpARC under RERF umbrella ship has a common goal to understand Raj yoga and Impacts of Raj yoga lifestyle in a more scientific way through collaboration of numbers of national cum international research Institutions where Raj yoga meditation is the key intervention tool to modify lifestyle of BKs and Non-BKs individuals. Different programmes of SIRs and IDYs is usually conducted by SpARC wing for better spreading of minimum spiritual awareness within community lives. Currently SpARC is strengthening its research activities through creation of more collaborative research with different sibling sub units like digital awareness group (www.digitalwellness.in), 'Raj yoga Thought Laboratory' for educators cum academicians (<https://rajyogathoughtlab.in>) with the joint collaboration of Education unit of RERF and JECRC-Jaipur under financial support of Department of Science and Technology.

Conclusion

The complementary role of Science and Spirituality is well known facts. SpARC is the leading research unit in the field of applied spiritual science, the guiding force of Yogic Science advancement for achieving holistic health. This spiritual research activity is now spreading in the Western culture also for their balance, healthy and happy life. In this Mini review, activities of SpARC unit are briefed for better understanding of scholars cum common people. Thus, this paper help to understand the activities of SpARC and spiritual movement of BK in a better way.

Future Scope

This mini review high lights the working strategies of Brahma Kumaris and its sibling organizations like RERF for better understanding of spirituality for social life in terms of modern research. However further research activities of SpARC and RERF specifically for academic points of view in Yogic Science research need to be explored in near future.

Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this review

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