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Panel C

Subject:- Philosophy of Science and Religion | Spirituality.

### Assignment 1

Q.A.

2. Importance of Spirituality in humans life.

→ Spirituality is a fundamental aspect of human life that provides a sense of purpose, meaning, and connection to something greater than oneself. It is the belief in a higher power, a force beyond the physical world that guides and supports us in our journey through life. Spiritual practices, such as prayer, meditation and contemplation, allow individuals to connect with this higher power and cultivate a sense of inner peace and harmony.

Spirituality can play a crucial role in human life, as it provides individuals with a sense of direction and purpose. When one is grounded in their situation spirituality, they are more likely to approach life with a sense of meaning and intentionality. This can help individuals navigate difficult times as they are able to draw upon a deeper sense of strength and resilience.

Additionally spirituality can provide individuals with a sense of connectedness to others and to the world around them. When one recognizes that they are a part of something greater than themselves, it can lead to sense of empathy,

compassion and unity with the others. This can be especially important in today's world, where many individuals feel isolated and disconnected from their communities.

Spirituality can also contribute to physical and emotional well-being. Studies have shown that spiritual practices such as meditation and prayer can reduce stress, anxiety and depression and promote a sense of calm and well-being.

Overall spirituality can play a vital role in a human's life providing them with a sense of purpose, connection and well-being. By cultivating a spiritual practice individuals can deepen their understanding of themselves and their place in the world and approach life with a sense of meaning.



8B.

2. What is the concept of Five pillars in Islam?

→ The 5 pillars of Islam are the foundation of the Islamic faith and serve as the basis for a Muslim's religious practice. There are a set of 5 practices that Muslims are expected to fulfill throughout their lives and they include:

1. Shahada: Declaration of faith, which is the belief in the oneness of Allah and the prophethood of Muhammad
2. Salat: Practice of performing five daily prayers, which are obligatory for Muslims and are performed facing the Kaaba in Mecca.
3. Zakat: The giving of a portion of one's wealth to charity, which is an act of purification and a way of helping those in need.
4. Sawm: Practice of fasting during the holy month of Ramadan which involves abstaining from food, drink, and other physical needs from dawn until sunset.
5. Hajj: The pilgrimage to holy city of Mecca, which is a once-in-a-lifetime obligation for Muslims who are physically and financially able to undertake the journey.