



Vivekananda Kendra Samachar

2023 - 2024

‘तवैव कार्यार्थं इह उपजाताः

“No great work can
be done without
sacrifice..”

-Swami Vivekananda





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General Secretary's Letter

Dear Sisters and Brothers,

Namaskar from the feet of Mother Bharat - Kanyakumari!

It was the great year not only for Bharat but for the whole world that all of us witnessed the Prana Pratishtha of "Sri Ram Lala" at temple in Ram Janmabhoomi Ayodhya. With this happy moment Bharat reclaimed its lost glory partially and it is marching forward to bring the "Ram Rajya" or in Swami Vivekananda's words establishing 'Jagadguru Bharat' in coming years. We all, therefore, have additional responsibility to awaken ourselves to this higher responsibility and contribute our might in this Global Mission of Bharat. Actually, we are born for this Ishvari Karya.

We are happy to present Vivekananda Kendra Samachar 2023-24 "Tavalv Karyarthmihopajatah" (सर्व कार्यमिहोपजातः). Please go through the lead article by Mananeeya Nivedita Bhide, the Vice-President of Vivekananda Kendra as it gives us the essence of the work that we, the Kendra Karyakartas and citizen of this great nation are to do. In the remaining pages, you will get glimpses of different activities of the Kendra all over the country during the year April 2023 - March 2024.

In the Year 2023 India had the Presidentship for G20 to play the role of leadership and she has engaged herself in it through different Sub-Roles. Under G20, Vivekananda Kendra was an Institutional Partner for C20 (Civil Society) as its core team member and had worked on 2 topics - "Vasudhaly Kutumbakam" and "Diversity, Inclusion, Mutual Respect". Taking this opportunity, Kendra organized 186 programs involving 12266 people engaged in different social, cultural, spiritual organizations. Kendra's work in this field has been given in the Samachar.

Like every year, the "Akhil Bharatiya Adhikari Baithek" was organized in Mahakaleshwar corridor, Ujjain, Madhya Pradesh. The Prant and Vibhag Adhikaries took part in 3 day deliberations in the month of February 2024.

To commemorate the 50 years of the training started by Mananeeya Eknathji Ranade in Vivekananda Kendra, we are organising "Vishesh Prashikshan Shivirs" from August 2023 onwards. In it there would be 7 days residential Prashikshan for Karyakartas at all levels. The Prant and Vibhag level is completed. In 2024, Nagar Vishesh Prashikshan shibirs are being organized.

Vivekananda Kendra could take up these large scale special activities apart from the usual expanding activities only due to your immense support. And with that Vivekananda Kendra would continue to march forward to contribute its share, in fulfillment of the vision of Swami Vivekananda and Mananeeya Eknathji.

With prayers,

Yours sincerely

Bhanudas Dhakras

General Secretary

Akhil Bharatiya Adhikari Baithak - 2024



On 10th February, early morning Pratah Smaran was conducted followed by chanting Karma Yoga shloka Sangraha. Then Mananeeya Nivedita Didi, Vice-President of VRM & VK gave a discourse on "Atmabodh", and a detailed explanation of Kendra Prarthana. She explained that any initiative will have challenges and one must overcome these challenges. **99% of these challenges are internal, and 1% only external, and hence the solutions to these obstacles are also internal. To overcome these challenges a Karyakarta has to forego "Me" and "Mine" Bhava and should become an integral part of the Team.**

In the Manthan, how to convert "Right Material" (a chosen Karyakarta) to "Ready Material" (effective Karyakarta) was discussed dayltvasha. Samookhik Manthan on Nagar Vishesh Prashikshan shibir was organized.

On 10th and 11th, there was a PPT presentation on work done during the year by different Prants and Projects. The manthans on the formation of Amrut Parivar Sankul and its guidelines, Mahavidyalaya sthan, Karyapatrak, Apekshit - Upasthit, Karyakarta Nirman and Dayitvavan Karyakarta were organised.

On 11th, while concluding **Sri Bhanudas ji recalled Karaneeyam and appealed all to begin the improvements needed by bringing changes in oneself.**

There was a Vimarsha on "Up India! Conquer the world with your spirituality" by Mananeeya Nivedita Didi in which Dr. Mohan Yadav, Hon'ble Chief Minister, Madhya Pradesh was also present.

Prime Minister Letter for ABAB

Akhil Bharatiya Adhikari Baithak was held at Ujjain Mahakaleshwar Corridor on 9th, 10th and 11th February 2024. All Prant and Vibhag Team participated in the Baithak. It started with 3 Omkar, Prayer, Aikya Mantra and Vande Mataram Shradhdhanjali was offered to those departed souls who passed away during the last year by chanting Shri Ram Jal Ram Jal Jal Ram Om 11 times.

In the inaugural address, Ma. Hanumantha Raoji, Vice President VRM & VK stated that since last year Kendra activities have been focused on the theme of "**Chale Nirantar Athak Prayaas**". Kendra's work is the work of Rama and Krishna means it is the work of Sanatana Dharma. To extend and expand our work we need to consistently engage in Pravaas, Baithak, and Prashikshan. He gave an analogy that Kendra's work is comparable to Lord Rama, it's philosophy is Lord Rama's Bow, and it's Karyakarta is Lord Rama's Arrow. Kendra Varga followed by Bhajan Sandhya was organised. An Introduction session was organized where 354 Karyakartas were Upasthit of 508 Apekshit.

Expressions from the VKVAPT Alumni

"Sadar pranam to Vivekananda Kendra Family,

As proud alumni of our beloved institution, we are forever indebted to the values, teachings, and guidance we received during our formative years at Vivekananda Kendra Vidyalaya. It is within the nurturing walls of this esteemed institution that our characters were molded, and our hearts were instilled with the essence of nationalism and integrity.

Today, as we stand tall in our endeavors, it is with deep reverence and gratitude that we acknowledge the role Vivekananda Kendra Vidyalaya played in shaping us into the individuals we are today. The strong foundation of character building and the emphasis on nationalism have been instrumental in shaping our paths and guiding our actions.

We owe our successes, our values, and our essence to the teachings and ethos of Vivekananda Kendra Vidyalaya. The lessons learned within these walls have stayed with us throughout our journeys, serving as beacons of light and inspiration in times of challenge and triumph.

With profound respect and koti koti naman, we express our deepest gratitude to Vivekananda Kendra Vidyalaya for being the cornerstone of our growth and development. The impact of this institution will forever resonate in our lives, guiding us to strive for excellence and uphold the values instilled in us.

Thank you, Kendra for being the guiding force in our lives and for shaping us into the proud individuals we are today.

With heartfelt gratitude and warm regards the Vivekananda Kendra Vidyalaya Alumni Association (VKVAA) extends its deepest gratitude and heartfelt thanks to the Arunachal Pradesh state government, under the esteemed leadership of Chief Minister Shri Pema Khandu for conferring the prestigious State Gold Medal upon Vivekananda Kendra Vidyalaya Arunachal Pradesh Trust (VKVAPT). This honour was bestowed upon the VKVAPT during the grand celebrations of the 38th Statehood Day, commemorating its exemplary 47 years of dedicated service to the state's education sector.

Since its inception in 1977, Vivekananda Kendra Vidyalaya Arunachal Pradesh Trust has remained steadfast in its commitment to nurturing the young minds of Arunachal Pradesh. Through the establishment and operation of 42 Vivekananda Kendra Vidyalayas across the state till date, the VKVAPT has tirelessly worked towards providing quality education and holistic development opportunities to countless students.

This recognition by the Arunachal Pradesh state government reaffirms the significant contributions made by Vivekananda Kendra Vidyalaya Arunachal Pradesh Trust in shaping the educational landscape of the state. It serves as a testament to the unwavering dedication and tireless efforts of all the students, staff, teachers, volunteers, and supporters associated with the VKVAPT over the years.

The Vivekananda Kendra Vidyalaya Alumni Association acknowledges and appreciates the visionary leadership of Chief Minister Pema Khandu and the entire state government for their continued support and encouragement towards promoting education and excellence in Arunachal Pradesh.

As alumni of Vivekananda Kendra Vidyalayas, we take immense pride in this momentous achievement and pledge to continue our support towards the noble cause of education for the betterment of our beloved state.

We express our sincere gratitude once again to Chief Minister Pema Khandu and the Arunachal Pradesh state government for this prestigious recognition and assure them of our continued commitment towards the development and progress of Arunachal Pradesh."

Sd/
Dr Minggam Pertin,
Chairman
Vivekananda Kendra Vidyalayas Alumni Association

तवैव कार्यार्थं इह उपजाताः

Nivedita R. Bhide
Vice-President
Vivekananda Kendra

The purpose of Bharat is to help humanity to evolve

Since the Vedic times, we see that the Rishis of Bharat had the well being of the whole world at their heart and that is why the prayers in Vedas are not individualistic but are always for the good of all and about what we are supposed to do for the good of the whole world. So whether it is the celebrated Gayatri Mantra where it is said that 'let our intellect be awakened (धीयो यो नः प्रचोदयात्) to see that One which is effulgent and pervading everywhere'. Or the Vedic prayer, which talks about going together, working together, having unity of purpose, having hearts together to work for the good of all. Or whether the celebrated Vedic prayer लोकाः समस्ताः सुखिनो भवन्तु-- where it is said that let all the worlds be happy, means not only the human world but even the animals, the plants, the inanimate or even the worlds beyond our comprehension be happy and let all be healthy. All the prayers were in the interest of whole world. No one was derided or condemned to hell.

In Bharat, in any pooja, a sankalpa is done wherein, the space and time is located starting from the beginning to the present and then the reason for doing that Pooja is told. Whatever is the reason for the pooja, before pronouncing it, always, in sankalpa it is mentioned that it is for Ishvara - Ishwarapritiyartham. When the Prana Pratishtha of Sri Ramiala was done in the temple rebuilt at Ram Janmabhoomi, first it was mentioned Ishvara Prityartham, Sri Rama Prityartham. So anything that is done is basically for Ishvara because we are born to do His work. We are born to realise our divine nature and at the same time to align our life in the service of the creation of Ishvara so that the creation goes on unhindered and is well maintained and man evolves. The call - 'कृण्वन्तु विश्वं आर्यम्' Let us make the whole world Arya', given by the Rishis, underlines the important purpose of our life. Arya does not denote the race as some persons would like us to believe. In Vedas, Ramayana, Mahabharat, puranas wherever Arya word is mentioned, it is always in the sense of a noble, cultured person. So whether it is Mandodari who addresses her husband Ravan as Arya, Or Sita who also calls her husband Srirama as Arya; whether in North a mother is calling her child as Aryaputra or whether it is in the south that the mother addresses her child as Aryaputra, every time the word Arya meant noble. Therefore, कृण्वन्तु विश्वं आर्यम् means, let us make the whole world noble.

Oneness is the basis of nobility of character

How will the whole world become noble? Nobility can not be achieved if people resort to exploitation of nature, and weaker sections of the society or the simple people. Or when religions influenced by fanatic thoughts resort to conversion by force or fraud. Or if people are so selfish as to not to care for their own family members, society or the nation and are involved in exploiting society and nature towards their selfish interests. Or if people are totally insensitive to the caring nature like earth which nourishes, rivers which perennially flow for the good of all, the trees which give fruits or the air on which our life depends. Nobility springs from feeling of Oneness and understanding the interconnectedness of the whole existence. If a man feels for the family, for the society, for the nation then he will sacrifice his selfish interests. If a person feels for the nature, the environment, he would take care of it and not exploit it. He, even, would feel happy to be with the river, the earth, the trees, the plants, the birds, the animals. The nobility of heart and actions are rooted in Oneness. India always insisted upon and developed the way of life based on Oneness so that Vedant - philosophy of Oneness did not remain as a mere philosophy but could be practiced in life.

Even if it is over the centuries and many lives, man has to evolve; the humanity has to evolve to acknowledge the higher values in human life and nobler intentions towards non-human world. This is ordained or it has to happen. The providence has chosen Bharat to fulfil this role of evolution of human being. Therefore, since the Vedic times, the vision of Oneness, the values that spring from vision of Oneness and various life systems which are necessary to inculcate this Oneness and values, were evolved and nurtured in India. Swami Vivekananda reminded Indians that it is their duty to work towards it. He said, 'Each Nation has a message to deliver, a destiny to fulfil and a mission to accomplish.' Ishvara has nurtured Bharat to contribute towards making man and Arya, that is a man with evolved consciousness. The problems afflicting the humanity can be solved only if man is rooted in the vision of Oneness. He would therefore be less selfish and more caring for all. Thus, the Ishvari Karya is to work in the interest of the humanity for the regeneration of India rooted in her culture.

Dharma is the life center of India

Swami Vivekananda had said, 'Here in India, it is Dharma that forms the very core of the national heart. It is the backbone, the bed-rock, the foundation upon which the national edifice has been built. Politics, power, and even intellect form a secondary consideration here. Dharma, therefore, is the one consideration in India.' Thus, for rebuilding of our nation we have to work to establish Dharma. The very fact we are born in India, indicates that we are born to work for Dharma. In Kendra Prarthana it is said **तौ कर्मणि ज्ञेयम् अस्मत्**. We are born here (that is in India) to do Your (Ishvara's) work only.

What is the Ishvari karya or the work of Ishvara? It is three fold - for establishment of Dharma **धर्मं संस्थापनायै**, for protection of the simple and spiritual people **परिचायणाय साधुनाम्** and the third is specially destroying those thoughts, ideologies which provoke man to do cruel and destructive actions **विनाशाय च दुष्कृतम्**. Naturally, the question is what is Dharma? For easy understanding, we can say that Dharma has four components.

First component of Dharma is to behave with others with feeling of Oneness; it means behave with others as you would like others to behave with you. As the entire existence is interconnected, interrelated and interdependent, how a person behaves with others comes back to him. Generally, we do not like others to lie, cheat, hurt, humiliate, or ignore us. Therefore, we too should not lie, cheat, hurt, humiliate or ignore others. If others speak to us kindly, respectfully, truthfully and are considerate and helpful to us, we like it. Thus, we should also be kind, respectful, truthful, considerate and helpful to others. Why? Because what we do to others is actually, we are doing to ourselves and in real sense it comes back to us at some point of time. The first component of Dharma is therefore, the interactions with others and nature based on feeling of Oneness, empathy or compassion. There are none as 'others'. What we regard as 'others' are extended forms of one's own self. How I behave with others is in reality how I behave with myself. If I cheat others, I cheat myself. If I hurt others, I hurt myself. We all know in our heart what is right. But if we behave otherwise, then we get disturbed first. For example, suppose we abuse someone, then we are disturbed deep down. We know we should not have done that. Therefore, we try to justify that wrong action in our mind. After telling some wrong words to our own person we feel bad deep down. To overcome, it we keep saying to ourselves, 'What I have done is correct.

At least at some time, he should know what he is. Why should only I listen?' etc. etc. But when we behave rightly, we do not need to justify that, so there is no grinding going on in the mind. Mind is peaceful. A person's behaviour with others creates his adrishtam - the unseen factor, Daivam, or 'luck or fate'. It will at some point of time come back to him because he is not separate from others. Dharma is primary. If man follows Dharma, his Artha and Kaama also will be successful in due course. Additionally, the practice of Dharma which is difficult also matures a person, cleanses his Chitta and thus gradually prepares him for Moksha. Therefore, man should behave with others with compassion, love, Oneness.

Second component of Dharma is performing one's Duty towards Samashti. An individual is an ever-expanding consciousness that encompasses the whole existence. The expanding form of an individual is family; the expanding form of the family is society; the expanding form of the society is nation; and the expanding form of the nation is the whole existence. Collectives like family, community, organisation, society, nation and creation are the expanded forms of an individual. The second component of Dharma is fulfilling our duty towards each collective so as to maintain the harmony in these collectives. Dharma is not just duty. It is something higher than duty. Suppose you are travelling in the train; someone is sick. In the strictest sense, it is not your duty to help him unless asked. But your Dharma is, you feel the difficulty of the person and help him in all possible ways.

The basis of Dharma is 'Aatmiyata', Oneness. It is because of the sense of Oneness, of love, that one takes care of his parents. Parents take care of their children because parents love their children. We sacrifice ourselves for our country because we love our nation. Distant relatives are taken care of, the concern for anyone suffering, known or a stranger is expressed in help. This sort of Oneness makes one perform one's duties easily, happily. We have words like Pitru Dharma, Matru Dharma, Putra Dharma, Putri Dharma, Sharira Dharma, Raashtra Dharma. The basis of all these aspects of Dharma is duty born out of love, 'Aatmiyata'. If more emphasis is given on rights then it fragments the families, societies and other collectives. Thus, in Indian culture, there hardly was a discourse on rights of a person but always on Dharma of a person. In the practice of Dharma, the right of other persons is taken care of. For example, if a husband takes care of his Dharma, then the rights of his wife are taken care of.

If the employer takes care of his Dharma, then the rights of the employees are taken care of. On the other hand, if wives agitate for their rights, they may get their rights but the relationship between the couples would get strained, families may disintegrate. If each follows his or her Dharma then there is no need for anyone to fight for his or her rights. The rights are taken care of and at the same time the harmony, love, Oneness are nurtured in the collectives. **The simple and spiritual persons also get protection when Dharma prevails परित्राणाय साधुनाम्।**

May be in the West for want of any better cultural practice like Dharma, they had to take recourse to the path of demanding their rights but, we should not imitate them when we have such higher view and aspiration for life.

The third component of Dharma is, that, in the need to choose between two duties, the interest of the bigger collective takes precedence. One has a duty towards the collectives like family, society, nation and nature, which are the bigger identities of an individual. But if there is a clash of interest say for example between the duty towards family and the duty towards nation, or clash of interest between personal well-being and the well-being of the family, then what should be done?

It happened in the life of Rama. He was unjustly asked to go to the forest for 14 years. Lakshman said, "How can they ask you to go to the forest? I will fight with father. I will imprison him. I will imprison Kaikeyi. I will make you the king. You are the most deserving of all four of us and you are the eldest also. It is the tradition of our family that the deserving eldest son becomes the king. So, you should become the king." Dasharatha himself pleaded with Rama, 'I know I am doing injustice. You can imprison me and become the king. Though I have to order you to go to the forest, you can disobey me.' There was a clash of interest. Rama's individual advancement was at cross purposes with the family values and Oneness of the family. Sri Rama did not think of his personal interest. He went to the forest to keep the family intact. Had Rama imprisoned Dasharatha and Kaikeyi to become the king, the whole family would have been shattered. May be some misgivings would have entered even in Bharat's mind. In order to keep the family together, in order to keep the mind of the family members together, with due respect to the entire family, Rama took the decision to go to the forest.

Bharat realizes that if he becomes a king, Rama would never come back and the family would never come together. Not only that, he knew that his mother had taken a wrong decision. The whole family was getting shattered and separated because of that decision. Bharat decides not to become a king. He kept aside his personal interest. He could easily have become the king. That is what was promised by Dasharatha to Kaikeyi's father a long time ago. So, it was his birth-right to become a king. Bharata sacrificed his personal interest for the sake of the family. He decided to do that in the interest of the family, the larger form of an individual. Thus, Sri Rama obeys his parents and Bharat does not, but both are called Dharmaatma as their decisions were in the interest of the family at the cost of their personal interest.

Why is it so? Dharma is always followed or practiced in a context. Dharma is not a set of injunctions and dogmas or norms to be followed forever. When a part does not follow the norms of the whole and becomes a threat to the very existence of the whole, then removing that part is also Dharma. For example, a patient with diabetes has to consent for the amputation of the gangrenous toe; otherwise, the whole body is in danger of infection. Thus, in a society if any group or any ideology is bent upon destroying the whole society, then it is Dharma to contain them. Ignoring them or treating them with compassion or tolerating their aggression or appeasing them is Adharma. Thus another essential part of Dharma is **विनाशाय च दुष्कृताम्।**

It is applicable in history too. The military strength of Chatrapati Shivaji Maharaj was less than that of the Muslim rulers including the Moghuls, yet he won. All the persons with him were imbued with the vision of 'Hindavi Swarajya' and श्रीची इच्छा - the desire of Ishvara. They kept aside their own interest. Tanaji goes with the marriage invitation of his son. Shivaji says, "Oh! Your son's marriage is settled. We were thinking, we should get that Kondhana fort as early as possible." Tanaji says, "My son's marriage can wait." Tanaji goes and dies in the battle but he wins the fort. It was due to the sacrifice of such warriors who kept aside their personal interest, that Shivaji won several battles, won the war with the Muslim rulers and founded Hindavi Swarajya-the rule of the Hindus. Family's larger identity is society. Society's larger form is the nation. When there is a clash between the interests of two identities or two forms, the interest of the bigger identity - Samashti is chosen. Nation can be rebuilt and rise to glory when there are many persons and communities who give primary importance to the needs of nation.

The fourth Component of Dharma is sacrifice. Tyaga. Dharma cannot be practiced maintaining one's comfort levels, one has to sacrifice a lot. To perform one's duties one has to take out time for it. Even the nurturing of the families has to be rooted in our culture, in our vision and values. Our family should become the place where our Sanatan Dharma also called as Amrita Dharma in Bhagavad Gita is nurtured and thus our families should become Amrit parivar. Fortunately in India we do take care of our family, we sacrifice for it but what is required today is we have to take out or say sacrifice our adequate time and energy for serving our nation, for enabling our nation to guide the world. That is Ishvari Karya. And we are born in India to do this and cannot lag behind in sacrifice. Swami Vivekananda said while stressing the importance of sacrifice, 'Giving up the senses makes a nation survive. As a proof of this, here is history today telling us of mushroom nations rising and falling almost every century -

starting up from nothingness, making vicious play for a few days, and then melting. This big, gigantic race which had to grapple with some of the greatest problems of misfortunes, dangers, and vicissitudes such as never fell upon the head of any other nation of the world, survives because it has taken the side of renunciation; for without renunciation how can there be Dharma?'

All the four components of Dharma are linked with each other. They are not one after other or one in itself. All four are to be practiced simultaneously. Tyaga is inherent in all the components. We need to sacrifice or give adequate time and energy to fulfil our duty towards family, organisation, society, nation and the whole creation.

शिवो भूत्वा शिवं यजेत्।

Worship Shiva by being Shiva

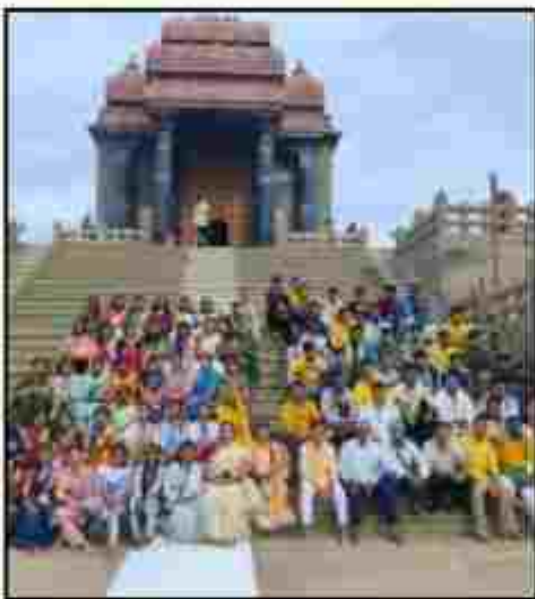
To do noble work one has to be noble, one has to work also on oneself. To be able to practice Dharma with all its four components, man needs to prepare oneself, to train oneself. Therefore qualities that we should inculcate in ourselves are - Satya, Karuna, Shuchita and Tapas.

Satya - Our behaviour should be based on truth only. The transparency and integrity of a person is the basic quality for practicing Dharma. As per Bhagavadgita, Satya is always combined with priyam and hitam. सत्यं विदितं व्रतं। Truth is to be told in such words and tone that it is palatable, acceptable विदितं to the other person. It should also be beneficial विदितं to the other person and to samashti. Neither for our personal gain nor for fun we should resort to untruth or falsehood.

Karuna - Another essential quality is Karuna or compassion. Unless we feel for others and accept their shortcomings and failures we cannot serve them.

Shuchita - Purity of motives, of money management, of speech, of character is required to be able to do Ishvari Karya.

Tapas - If we want to do a great work we should strive hard. We should be ready to face difficulties till we succeed in our endeavour. We should be ready to undertake all that is required for rebuilding of our Bharat. By Tapas alone the inner strength is enhanced which can bring any required change. First we should strive to manifest excellence in all our duties. To perform our duties well towards our own well-being, family, organisation, society, nation and creation. We should acquire required mental attitude, skills and knowledge with all-out efforts. A person cannot say 'I am like this, I cannot change'. Tapas is striving to become a better person to fulfil our duties well. If we remember and remind ourselves that we are born in India to do Ishvari's work then we would be ready to change ourselves. Secondly, with Tapas our life should spiritually evolve, only then we become capable in guiding the world.



What is the way to evolve spiritually or to strive for Atmavikas? Katha Upanishad and Gita tell the sutra for it. Kathopanishad gives the simile.

आत्मानं रथिनं विद्धि शरीरं रथमेव तु। बुद्धिं तु सारथिं विद्धि मनः प्रग्रहमेव च॥ इन्द्रियाणि हयानाहुः विषयांसोपु गोचरान्। आत्मेन्द्रियमनोपुत्रं भोक्तेत्याहुर्मनीषिणः॥'

'O Nachiketa! This body is the chariot and this Atma is its owner, the charioteer. The Buddhi is its driver. The mind is its reins. The Indriyas are the horses pulling the chariot. The objects of taste, touch, etc. are its path. Thus, the Atma uses the indriyas and antahkaran as a means to enjoy worldly pleasures and also to cross the path. Understand in this way' (Katha Upanishad 3/3-4).

So, the owner is separate from the chariot, driver, horses, reins, path and everything else. He is called the master of the chariot. Similarly, this Atma is totally different from body, Indriyas, Antahkaran and other things, and is the master, or head, of them all. As directed by Atman the horses are controlled by Buddhi with the help of reins i.e. mind. Suppose, these horses decide where to go, still worse if they decide to go in different directions and the reins also allow it, what will happen? The charioteer i.e. buddhi would be ineffective and the chariot would break. Therefore, Atman should direct the Buddhi, the mind should listen to Buddhi and not the Indriyas only then one can enjoy the world at the same time can evolve in life.

The same thing is explained in Bhagavadgita.

इन्द्रियाणि पराण्याहुरिन्द्रियेषु परं मनः ।

मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः ॥3.42

Compared to the objects of enjoyment, the senses are supreme. Compared to the senses, the mind is supreme. Compared to the mind, the buddhi - intelligence is supreme and compared to the intelligence, the Atman is supreme. Thus in our life, senses should not direct the mind, or mind should not direct the intelligence to take decision. It would be opposite of spiritual life. It would be materialistic life. Atman will guide the intelligence, the intelligence would use mind to control the senses. One may find it difficult to understand the meaning of Atman. It is simple. Till we realise it, we should be guided by the manifested Atman that is samashti - well being of collectives like family, organisation, society, nation and creation. That is Tapas.

It is a great fortune that we are born in Bharat. But any good fortune also comes with responsibility as we are born in Bharat, we also have responsibility to work for the two-fold, material and spiritual well being of the whole world. The spirituality cannot be taught. It can only be transmitted and radiated. Therefore, our life has to be a great panance, a great striving to inculcate the vision of Oneness and to practice the great values that come from it. Actually, the very fact that we are born in India, means we are born to do Ishvara's work. **सर्वे कामासि इह उपजयतः ।**

**“ARISE!
AWAKE,
and stop not
till the goal is
reached.”**

-Swami Vivekananda

7th International Yoga Shastra Sangamam

7th International Yoga Shastra Sangamam was held at Vivekanandapuram Kanyakumari from 2nd to 4th February 2024. There were 458 delegates of whom 202 Men and 256 Women. The delegates are from 16 states of Bharat and from eight other countries. 33 renowned Yoga and Sanskrit institutions were represented in this Sangamam. There were 4 plenary and 12 parallel sessions at 4 venues. There were 124 scholarly papers presented from 20 Yogopanishads.

World renowned Yoga and Ayurveda Acharya Yamadeva Shastri (Dr David Frawley) was present along with Yogini Shambhavi Devi for all the three days. Their presence and knowledge was an inspiration to all the delegates and added immense depth to the discussions and interactions.

The Inaugural session of the Yoga Shastra Sangamam was held in the Vivekananda Sabahgriham on 2nd Feb. Manaseeya Sri Balakrishnanji, President VRM&VK, Acharya Yamadeva Shastri, Yogini Shambhavi Devi, Dr Harilakshmeendrakumar, Hon.Dr. of Centre for Yoga and Naturopathy, Mahatma Gandhi University, Yogashri Sri NV Raghuram, Founder Director Yoga Bharathi, Bengaluru blessed the delegates with their presence.

Dr David Frawley in his inaugural address emphasised the importance and necessity of such Conferences to unearth the contents and knowledge of Yogopanishads to the present world wherein Yoga has been getting recognition for mere health and fitness. The effect of such philosophical conferences will correct the direction of understanding of Yoga in theory and practice. A 174 page Conference proceedings containing the abstracts and synopsis of all the papers presented was released during the Inaugural function. Delegates were treated with an enthralling dance recital by the students of VKMHSS, Kanyakumari. A visit to the Rock Memorial was arranged to have a glimpse of Swami Vivekananda.

The plenary sessions were addressed by Dr David Frawley, Yogini Shambhavi Devi, Dr K Subrahmanyam, Pro Chancellor, SVYASA, Bengaluru, Yogashri N V Raghuram, T Raghunandan, Dr K Padmanabhan, Visiting Faculty of Yoga in MGU, Kottayam. Daily in the morning, on an average 100 delegates participated in the Patanjali Homam, performed with the chanting of the Yoga Sutras and the 108 names of Maharshi Patanjali. The valedictory function was held on 4th Feb with the chanting of the Yoga Sutras by all the delegates. All the 124 scholars who presented papers received their certificates from Acharya Yamadeva Shastri and Yogini Shambhavi Devi.



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for more details



Prakalpa : Culture



VK Institute of Culture, Guwahati :

- **Started** : in the year 1993 at Guwahati, Assam
- **Theme**: Culture nurtures unity
- **Aim**: To carry out research on the Cultural traditions of the communities of the North-eastern region to preserve the rich knowledge base.
- **Objectives**: Research to understand rich cultural traditions in North East India and preserve them by practicing
- **Methodology** : Documentation Projects, Periodic lectures, seminars, workshops, discussions and exhibition



VKIC: Arun Jyoti/Arunachal Chapter

VKIC: Manipur Chapter

VK Vedic Vision Foundation, Kodungallur:

- **Started**: in the year 1997 at Kodungallur, Kerala
- **Objective**: Dissemination of Vedic knowledge in order to promote the practice of Vedic truths in families and motivating the youth to absorb the glory of our spiritual heritage.
- **Activities** : Satsanga and Spiritual Discourses, Vimarsha, Publications, Yoga and Pranayama Courses, Camps and Celebrations, Shishuvihar, etc.



Vivekananda International Foundation, New Delhi:

- **Started**: in the year 2009 at Chanakyaपुरi New Delhi
- **Aim**: Inter Civilizational Dialogue for Global Peace and Harmony
- **Organises**: Vimarsha, Conferences, Seminars and discussions
- **Publishes**: books, monographs, policy briefs, etc.



VK AICYAM, Bhubaneswar:

- **Aim:**
 1. To develop a research, resource and training centre for studies and activities in the fields of Culture, Yoga and Management
 2. To develop AICYAM into a think tank of Eastern India.
- Seminars, Conferences, workshops.
- Documentation and Publications.
- Awards and Lectures.
- Career Guidance and Counselling.



VK VAYAM, Solapur :

Started: on 4th March 2022 at Solapur Maharashtra

Aim: as a project dedicated to YOGA and Management in the pursuit of Vedanta

Activities: Yoga Workshop, Vimarsha, Certificate Courses, Lectures, etc
Residential and nonresidential programmes for application of Yogic concepts and techniques.



C20 Namsai Conclave – Summit Seminar

- Total Delegates – 289
- No. of Countries participated – 24
- No. of Foreign Delegates – 34
- Karyakarta Involved – 80
- No. of Dignitaries (heads of states, CM's, Members of Parliaments, Diplomats etc.) -56



Scan the QR code to watch the video.



"YOU HAVE TO GROW FROM THE INSIDE OUT"

Swami Vivekananda

Swasthya Seva



- **Hospital:**

1. VK-NRLH, Numaligarh, Assam
2. VK-BRH, Bina, Madhya Prant.
3. VKPRMS Paradip, Odisha

- **OPD Clinics**

1. Swasthya Seva Kendra, Tinsukia, Assam
2. Vivekananda Masonic Hospital
Vivekanandapuram Kanyakumari

- **Programs**

1. VK-Project Arun Jyoti, Arunachal Pradesh
2. VK- Rural Development Programme
Thoothukudi, Tamilnadu
3. VK- Prashikshan & Seva Prakaipa, Pimpri-
Nashik
4. VK- Odisha Seva Prakaipa
5. VK- Kangra Himachal Pradesh

- **Overall Swasthya seva beneficiaries**

1. VK NRL: 76828 + 39,888 camp = 1,16,216
2. VK BR: 37610 + 19310 = 56,920
3. VK PRMS: 61,066
4. VK VMH: 7,338
5. VK SSS TINSUKIA: 9,209
6. VK ARUNJYOTI: 12,271
7. VK RDP: 22,853
8. VK PSPP: 4,720
9. VK OSP: 6,238
10. VK KHP: 1,387
11. TOTAL: 2,98,218

- Special ENT surgery camps at Pasighat, AP: A team of expert ENT surgeons from Bengaluru along with local surgeon treated the patients.
- Gangtoh Gangsa, a local health worker from a very remote Chop village of Longding district, AP distributed medicines to needy village people in consultation with our doctor.
- Shruti, a 4 yrs girl with hearing defect offered Cochlear implants. Equipment donated by an NGO whereas Rs 5.38 lakhs donation collected for her treatment by Kendra workers.
- Sara, another 5 yr girl after cochlear implantation during speech therapy she able to speak early and she was able to chant Gayatri mantra and shlokas of Bhagavat Gita.

Rural development program:

Embracing cultural awareness, we celebrate the identity and traditions of rural communities. There's a growing interest in studying our scriptures, especially among young people and academics. After rigorous training, youths are stepping up to continue this vital work, with strong support from the general public. An awakened society ready to withstand any challenges is emerging, showcasing the power of culture in driving development.

- VK Rural Development Program, Thoothukudi
- VK Natural Resources Development Program
- VK Arunjyoti
- VK Rural Welfare Project, Khatkhati
- VK Odisha Seva Prakaipa, Deobandh & Amilpani
- VK Prashikshan va Seva Prakaipa, Pimpriad, Nashik
- VK Samarpan va Seva Prakaipa, Bina

No. of karyakrta : 571

No. of villages covered: 511

Anna Pooja

Anna Puja: 53590 kg rice collected
Amrita Surabhi: 12576 kg rice collected
Every month 5500 kg rice supplied to the Creche children, schools, Orphanages, Temples.

Deepa Pooja

Mass Deepa Puja's in 14 places 14471 women participated from 802 villages.



Awareness & Training on Harit Arogya

No.: 22

Attended: 1447



Commissioning of Biomethanation Plant



Award for NARDEP

Gandhigram Trust celebrated 76th anniversary on 7th October. On this occasion they honoured our Secretary Shri.G.Vasudeo by giving 'Keithan Sathiya Award' for his contribution in developing Green Resilient Rameswaram.

India CSR summit was held on 11th October at New Delhi. During the summit, BrahMos Aerospace Pvt. Ltd., received the Dalmia Bharat CSR Impact award while Vivekananda Kendra - Nardep received the award as an implementing agency.

Samarpan and Skill Training was inaugurated by Maa. Nivedita Didi.

Training programme

Youth Organic Farming Training and Guidance for farmers.

60 Villages 1870 Person



Education

• 83 Vivekananda Kendra Vidyalayas

1. Arunachal Pradesh 44
2. Assam, and Nagaland 25
3. Andaman and Nicobar Island 11
4. Tamil nadu 2
5. Karnataka 1

• 2 HIGHER Education Institutions

- VKNRL school of nursing, Numaligam, Assam
- VK College Of Teacher Education, Nirjuli Arunachal Pradesh

Our strength

- Number of boys : 16725
- Number of girls : 17334
- Total number of staff : 1668
- Total villages covered : 2908
- Number of home visited : 4473
- Total number of Janjatis : 31
- In class X -2493 students appeared, no. of student passed 2460, 1924 scored above 60%.
- In class XII - 933 students appeared and 932 students passed, 854 students scored more than 60%.



During Prize distribution of state level competition, with Governor of Arunachal Pradesh



Guru Purnima



Samartha Bharat Parva, VKV Tazu, Arunachal Pradesh



Sl. No.	State	Village/ The (Gardens)	Aanandalayas	Acharyas	Students
1	Arunachal		32	32	685
2	Manipur		7	7	176
3	Assam		110	220	3960
4	Odisha		51	51	1126
5	Tamil Nadu		13	13	349
6	Karnataka		7	13	205
7	Maharashtra		6	6	120
8	Gujarat		15	28	616
9	Rajasthan		26	26	953
10	Madhya Prant		19	31	785
Total			286	427	9085

Aanandalayas

- The students' are scoring A+ in schools owing to the congenial study atmosphere in the Aanandalayas and training by the Acharyas.
 - School Teachers appreciate Aanandalayas as the students are doing homework.
 - They have learnt to respect elders and greet them with a Namaste.
 - They have also realized that they have a responsibility towards the society.
 - The cleanliness of the surrounding area is increased.
 - Self-confidence has improved
 - Interested to know about our National Heroes is increased
 - They have learnt to introduce themselves before the class and school.
- Based on the feedback received from the school teachers, our Aanandalaya students are more disciplined than other students.
 - We have witnessed our students singing patriotic songs even after the ongoing activities of Aanandalaya.
 - The Vadodara Aanandalaya students renovated Mahakali Temple. They collected donations and other required resources by themselves.
 - Aanandalayas have brought improvements in the community in terms of health, hygiene, awareness of the merits of being educated, keeping our traditions, etc.



PRAKASHAN:

Books published at 11 centers

Chennai, Jodhpur, Guwahati, Mysuru, Bhabuneshwar, Kolkata, Hyderabad, Vadodara, Kodungallur, Pune, and Solapur.

17 language

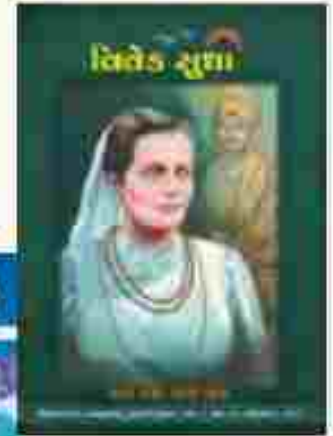
Assomiya, Bodo, Dimasa, Karbi, Manipuri, Adi, Marathi, English, Tamil, Bangali, Hindi, Telugu, Gujarati, Punjabi, Kannada, Odiya, Malayalam in which kendra books are published



3,714 subs.



3,171 subs.



467 subs.

10,050 subs.



2,972 subs.



3 new titles in English

3 new titles in Hindi



Yuva Bharati: 87,300 copies printed.
Kendra Bharati: 42,724 copies printed.
Vivek Vichar: 30,500 copies printed.
Kendra Patrika: 3000 copies printed



Scan the QR code for more details

Publication:

Vrm: 49,47,446
Other: 18,31,933
Utilites: 43,44,454
Total: 1,11,23,833



Shri Ram Lalla Pran Prathista

Event Significance: This special issue was released in conjunction with the grand event of the 'Pran Prathista' (consecration) of Shri Ram Lalla. Copies of 'Pratyak Ghar Ayodhya Banave': A remarkable 14,000 copies were sold during this event.

Utsavas celebrated by Vivekananda kendra

Gurupurnima

Gurupurnima involves the worship of the Guru, the worship of Om, the remembrance of the goal, and the worship of parents.

Universal Brotherhood Day

On Universal Brotherhood Day, it is important to engage with the youth to explain the significance of the day. Highlight Swamiji's speech in Chicago and share Swamiji's thoughts and messages within the family.

Sadhana Divas

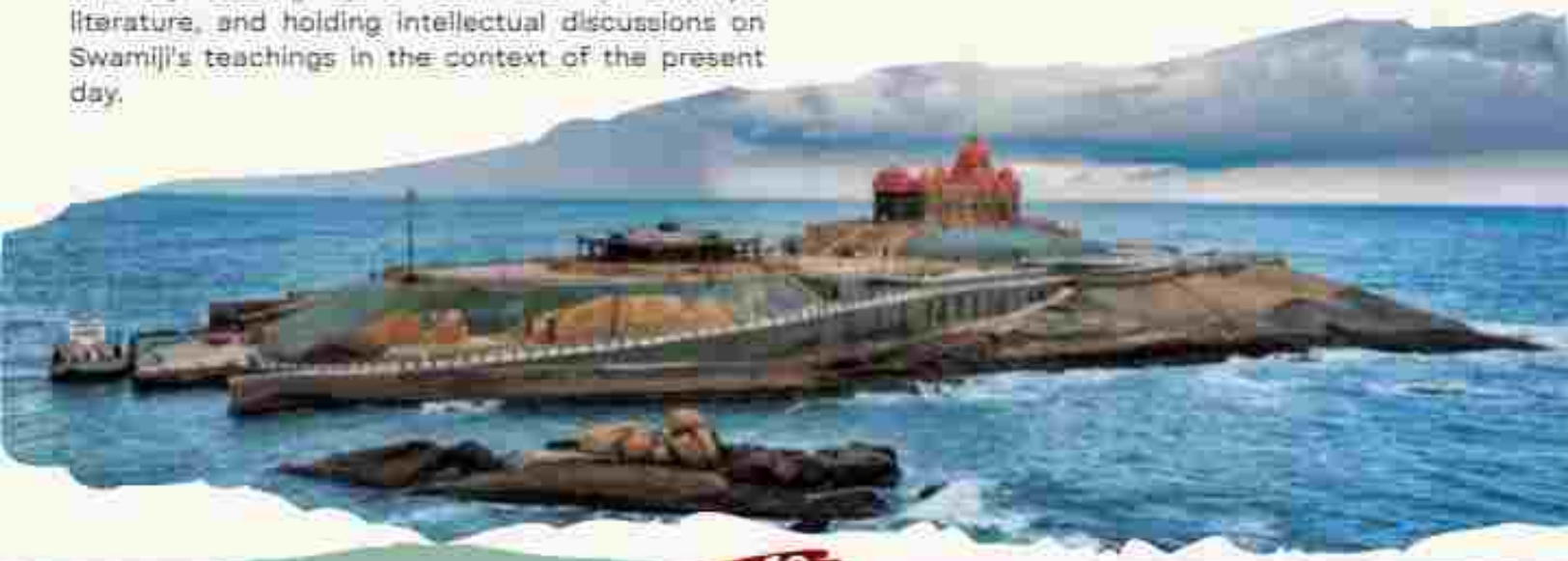
Sadhana Divas celebrates the birth anniversary of Eknathji. It is a day for workers to contemplate on their work, develop a sense of responsibility, distribute new responsibilities, and reflect on and remember the goal.

Gita Jayanti

Gita Jayanti is a time for family gatherings under the theme "My family, Amrit family." It focuses on the concept of family, the study and contemplation of the Gita within the family, and family bonding programs. An intellectual discourse by a speaker is also a part of the celebrations.

Samartha Bharat Parva

Samartha Bharat Parva spans from Swamiji's meditation day to his birthday. Activities include conducting workshops among new people, daily recitation of Vande Mataram at a common place, organizing a floral tribute program on Swamiji's birthday, setting up a book stall of Swamiji's literature, and holding intellectual discussions on Swamiji's teachings in the context of the present day.



Gurupurnima

Number of program :581 programs
number of attendees : 45144 present

Universal Brotherhood Day

Number of program: 481 program
Number of attendees: 66,252 present

Sadhana Divas

Number of program : 411 program
Number of attendees: 24416 present

Gita Jayanti

Number of program: 413 program
number of attendees: 27785 present

Samartha Bharat parva

number of program:1237 program
number of attendees: 141495 present:

Amrita Parivar

Program: 407
Attendance: 15400
Sankuls: 98
families: 473
Members : 1728

Swadhyaaya competition

School :

contacted: 613
Represented : 736
students regd: 18136
Students appeared : 15392
Workshops: 318
work shop att: 3654

Institutes:

Contacted: 849
Represented : 574
Students reg : 30689
Students appeared: 22254
Workshops: 159
Workshop att : 5465



Scan the QR code
for more details



Karyakarta

Jeevanvratī - One who takes a vow for life - Entire life dedicated to serving the nation
- Simple living, high thinking - Non-possession - Any work/action for Bharat Mata (Mother India) and the nation.

Sevavratī - One who takes a vow of service - Dedicating at least 2 years of life to serving society and the nation.

Shiksharthī - One who has served as a Sevavratī and then decided to dedicate their entire life to this work. After completing their term as a Sevavratī, they undergo 4 months of training to begin their journey as a Jeevanvratī.

Vanaprasthī - Retired but not tired - After completing all job and family responsibilities, both husband and wife wish to dedicate some years of their life to serving society and the nation. Such volunteers are given tasks according to their capabilities to further the work.

Karyakarta Overview

Prant	Total Karyakarta	RKPS	PKPS	SKPS
Maharashtra	714	94	129	239
Rajasthan	234	56	62	56
Odisha	306	43	64	67
Madhya	595	56	86	133
Uttar	95	12	8	19
Punjab	49	3	2	6
West Bengal	126	8	15	52
Telugu	143	13	12	22
Assam	2094	102	159	332
Haryana	143	12	15	32
Bihar-Jharkhand	106	12	19	27
Dakshin	704	17	13	184
Arunachal	656	48	95	40
Gujarat	516	54	79	118
Uttar Pradesh	93	13	9	26

Camps organised by Vivekananda Kendra

SKPS (Sthanik Karyakarta Prashikshan Shivir)

Purpose: To provide more clarity and training to workers in their methodology or when they take on new roles.

Duration: 5 days

PKPS (Prant Karyakarta Prashikshan Shivir)

Purpose: For workers who have been in the field for 1-2 years after completing SKPS, to gain more clarity about their center and ignite their hunger for more intellectual training.

Duration: 7 days

RKPS (Rashtriya Karyakarta Prashikshan Shivir)

Purpose: For workers who have completed PKPS and worked in the field for 1 year, to prepare for the final camp in Kanyakumari, understand the work across India, and fulfill their training needs.

Duration: 15 days

Yuva Prerana Shivir

Purpose: To inspire and involve new youth in the work.

Sanskar Varga Prashikshan Shivir

Purpose: To strengthen classes and provide more training to workers, specifically for class teachers, group leaders, and guardians.



Spiritual Camps and seminars held by other Organisation at Vivekanandapuram

Statement showing the particulars of Spiritual Camps and Seminars conducted by various organisation from 1-4-2023 to 31-03-2024

Sr. No.	Camps	Period	No. of Persons
1	NEO MAX Real Estate Business Meeting	08-04-2023	100
2	Kumar Nitya Througha	06-05-2023	50
3	Brahma Shree Kalundakra Gurav 24th Aishwarya Celebration	07-05-2023	100
4	Youth of Indian Foundation Delhi	15-06-2023	50
5	Cum gratia academy of education 19th batch Nataraj Center Meeting	24-06-2023	50
6	Prasanna Kumara Sangham IESSE Program	06-08-2023	100
7	Dr. Aayan Aravinda College, Vellore	07-08-2023	50
8	Tamil Nadu Elementary School teachers Federation KK Diet	05-09-2023	100
9	Tamil Nadu Hindu Mahila Sabha Meeting	16-09-2023	50
10	K.K. Thirupathi (Sri Ganam) Mahabharata Katha Annual Day	28-09-2023	100
11	Tamil Nadu Electricity Board employees Federation / Tirunelveli (Executive members meeting)	04-10-2023	100
12	Vishvam Yoga Sanyasa Yatra	24-10-2023	100
13	RSC Tamil Nadu Meeting	02-11-2023	100
14	Tamil Nadu Tamil Sangam Rayakumar	03-12-2023	50
15	Lakshya Tamil Sangam	10-12-2023	50
16	Association of Cytologists and Histopathologists & of Natural Cosmetics Meeting	18-12-2023	100
17	Swasathi Jagran March Meeting	25-12-2023	100
18	Tydvani Parvat Meeting	07-01-2024	100
19	Shri. Rameshchandra Anand Yatra Meeting	25-01-23 to 01-02-24	100
20	Kanaka Manja Samaksha Bithali	01-02-2024	500
21	Shaktiya Jyotsha Srikanth Sarathi Meeting	01-02-2024	25
	Total		2825



Prant Overview

Prant	States Covered	Total Districts	Covered Districts	Villages	Anganwadis	Centres	Prakalpanas	Mobile Units	Gramothas	Manakalyan Shala
Maharashtra	2	38	22	4	11	18	43	11	12	17
Karnataka	1	51	10	8	8	5	27	18	16	18
Gujarat	1	30	12	3	8	2	81	5	42	8
Madhya	3	91	36	5	13	18	47	26	32	18
Uttar	4	68	17	6	4	8	2	11	18	8
Orissa	2	29	6	4	3	4	1	5	8	8
West Bengal	2	26	10	4	3	7	9	4	1	0
Telangana	2	59	11	5	2	9	7	5	1	7
Assam	3	58	32	11	20	11	254	10	30	21
Nagaland	1	22	9	4	5	2	0	8	10	8
Bihar/Jharkhand	2	62	17	3	4	1	5	12	5	8
Odisha	1	81	18	8	8	17	180	4	24	7
Andhra Pradesh	2	41	17	8	10	7	158	7	31	15
Gujarat	1	32	18	5	7	18	3	17	3	7
Uttar Pradesh	1	75	10	4	2	0	0	0	0	0



Spiritual Camps and Seminars held by Vivekananda Kendra in Vivekanandapuram

- Ekakshara Maha Ganapathi Temple Varshabhishekam held on 20.06.2023
- International Yoga Day held on 21.06.2023 Participated 80
- Gurupurnima 03.07.2023 Participated 90
- Independence day celebration held on 15.08.23 Participated 75
- Universal Brotherhood Day on 11th September, 2023 Participated - 50
- Man, Eknathji 109th birth anniversary on 19.11.2023 Participated - 120
- Gita Jayanti 22.12.2023 Participated - 85
- 161st Birthday anniversary of Swami Vivekananda on 12.1.23 Participated - 50
- Kendra Varga Every Sunday Participated - 10
- We have performed Samartha Bharat Parva from 25.12.23 to 12.01.24 both on the Rock Memorial and Vivekanandapuram. Participated - 1925



Maharashtra Prant

- Vivekananda Kendra Kanyakumari Maharashtra Prant runs 18 Kendra Vargas, 31-Yoga Vargas, 62 Sanskar Vargas 37-Swadhyaya Vargas.
- Maharashtra Prant organised Prantiya Karyakarta Prashikshan Shivir twice at our Prakalpa, Pimpri in which total 50+27 Karyakartas participated.

Five annual Utsavas Celebrated

- Gurupurnima 71 places 2464 att.
- Universal Brotherhood Day 57 places 7577 attended
- Sadhana Divas 82 places 549 Present
- Gita Jayanti 30 places 1288 attended
- Samartha Bharat Parya celebration 37 places attendance 4745.

Punjab Prant

Punjab Prant of Vivekananda Kendra, Kanyakumari covers Two States - Punjab and Chandigarh. It has one Nagarstan Ludhiana and 5 Karyasthans with 49 Dayitavan karyakartas. Five Utsavs celebrated, Gurupurnima 1 program 8 attended; Universal Brotherhood Day 2 20 attended; Sadhana Divas 1 attended by 12; Gita Jayanti 3 attended by 158 Samartha Bharat Parva 8 attended by 458. One Yoga Satra attended by 15.

Pathankot branch organized a yoga prashikshan for International Day for Yoga. The yogasbhyas as per IDY protocol was taught to the participants.

Amritsar branch organized Simhanad Competition. Recitation of Swami Vivekananda's quotations by youth was the theme for this competition.

Paschim Bengal Prant

A 3 days NRPDC was organized at Dakshineswar karyasthan near the project site of Vk Pradanam on May 30, 31 and June 1, 2023 where 38 participants reaped the benefit, wherefrom we could send 2 interested participants for YSS at Kanyakumari. International Day of Yoga was celebrated at 18 places 738 students from 5 colleges where the IDY was observed with due respect and dedication.



Arunachal Prant

Arunachal Prant Utsava Vijay Hi Vijay 37 colleges 877 celebrated Gurupurnima 99 students attended. for them 5 Places 13704 attended. Universal days residential camp conducted Brotherhood Day 67 Places 8249 402 students attended. 162 Attended. Sadhana Divas at 66 students taken responsibilities in Places and 12822 Attended. Gita Ignited youth Forum. Jayanti 64 Places and 8065 attended. Samartha Bharat Perva Swasthya Seva Manch of VKAJ 88 places 13693 attended. organized 73 rural medical Swadhayaya Competitions 123 benefitted 7943 patients. Health Schools 6759 attended. awareness meetings 183, 3350 Karyakarta Prashikshan Shivira 3, attended in Changlang, Tirap, places 137 attended. Prant Longding and Namsai distt. Karyakarta Prashikshan Shivir 2 places 93 participated. Rashtriya Karyakarta Prashikshan Shivir 4 Karyakarta attended at Kanyakumari.



Rajasthan Prant

- Prant Karyakarta Prashikshan Shivir was organized at Bhillwara. In this training camp, 52 Karyakarta attended
- Mangarh Arohan : A one- day youth inspiration camp was organized at Maa Bharti Mahavidyalaya, Kushalgarh
- on 4 September 2023 for pre-climbing preparation in Mangadh. 165 young brothers and sisters were present in the camp. Special presence in the camp was Karni Singh Ji, Lokesh Bhai, Rejan Bhai and Utsava Bhai Join the Group.
- The Program Tribal youth Brothers and Sisters of Western Region Tribal Service Project, was organized on 2 October 2023 Mananeeya Nivedita Didi blessed the students. The total attendance in the program was 364.
- Ratha Saptami : On 15 February, various events were organized 5118 participants 75000 rounds of Surya Namaskar performed.
- Aanandalaya yearly meeting held on 25 February 2024, students from 23 Aanandalaya gave cultural program at Banswara 360 people enjoyed.



Odisha Prant

- Leadership Development Workshops In 42 colleges, 17 locations in Odisha as a preliminary preparation for establishing college chapters Organised, 3-hour workshops aimed to awaken hidden leadership qualities in students through yoga, sports, songs, group discussions, and presentations. Six 3-day residential Youths Inspiration Camps were organised with a total participation of 288 youths. To engage them, plans were made to celebrate Swami Vivekananda's birth anniversary in several colleges.

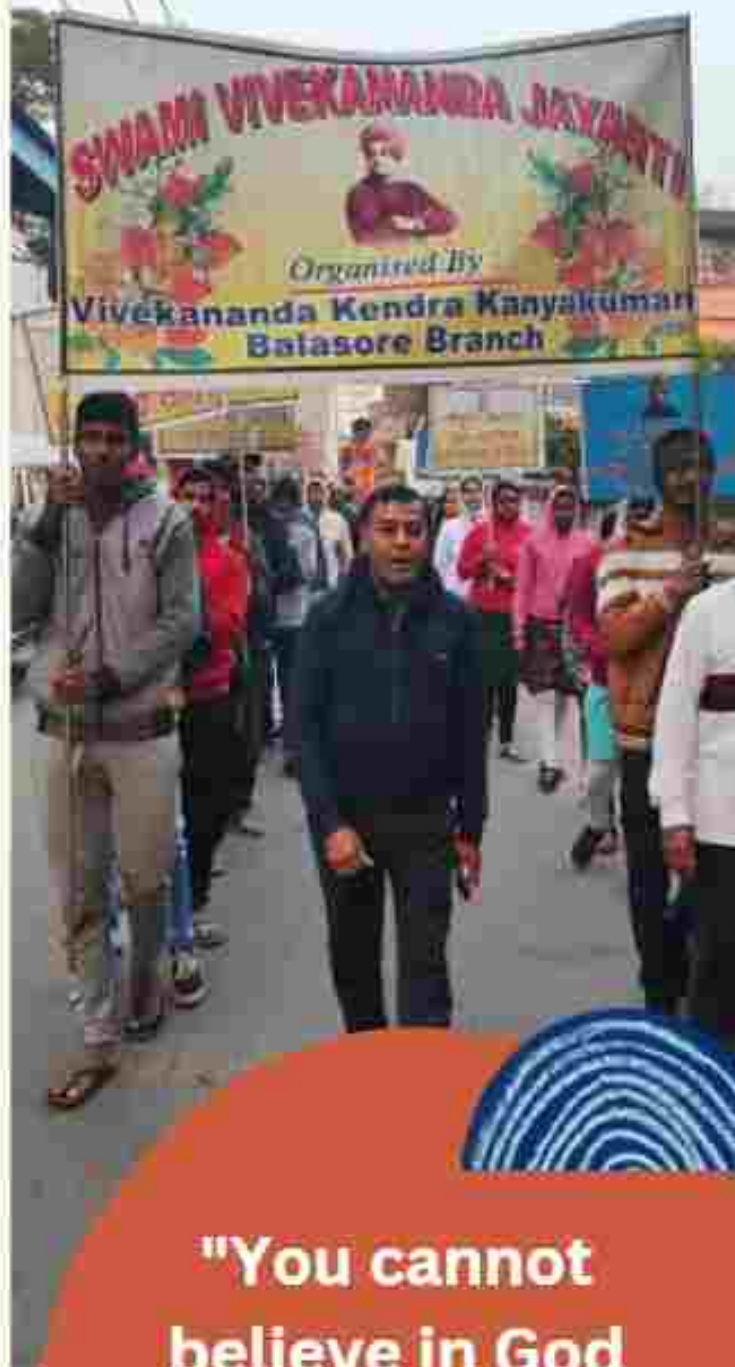
In this series, during the Youth Inspiration Camp's final day organized by the Rourkela chapter, the participants performed 54 collective Surya Namaskars. Each participant pledged to continue daily Surya Namaskars with two other youths. One month after the YPS event, 75 youths performed 54 collective Surya Namaskars at Government College-Rourkela.

On January 12, students from 14 colleges and educational institutes received training in Surya Namaskar, culminating in a grand event where 560 youths performed collective Surya Namaskars. A college committee and local chapter were established in Rourkela.

Gujarat Prant

The Seva and Prashikshan was inaugurated on January 4, 2023, in the esteemed presence of Ma. Nivedita Didi and Aa. Kamleshbhai. The total attendance was 49.

Inauguration of Seva and Prashikshan Prakaipa on 16/4/2023. With the support of Shri Meghjiabhai Punjabhai Charitable Trust, the Seva and Training Prakaipa was inaugurated. The revered Swami Paramatmananda Saraswati from Arsh Vidya Mandir Rajkot graced the occasion with his special presence and blessings. A total of 210 workers from the Gujarat province, along with their families, attended the event.



"You cannot believe in God until you believe in yourself."

Uttar Prant

- Delhi Branch organized two-day Prant Shivir at MRV School, from 18th to 19th June 2023. The camp saw active participation from around 20 individuals. Aadaraniya Manas Ji, Uttar Prant Sangathak, graced the event with his presence. The primary objective of this camp was to facilitate individuals in enhancing their self-awareness, interpersonal skills, and overall personal growth through engaging activities and training sessions.
- A Universal Brotherhood Day event was organised by Delhi branch on 11 September 2023 from 5:00 pm to 6:30 pm at Vivekananda International Foundation. The main purpose of this event is to spread information regarding the Swami ji ideas, works and his view regarding youth of nation among all the audience.
- A three day Personality Development Workshop at Rainbow International School situated in Kangra, Himachal Pradesh was conducted. Manish Sharma (SDM of Nagrota Bagwa) was the chief guest of this camp. Around 80 children participated in this camp.
- Vivekananda Kendra SRMA, Nigdandi, Anantnag, Kashmir, organized a transformative 3-day Personality Development Camp. The camp aimed to re-energize and guide 23 enthusiastic children from different parts of Kashmir towards a goal-oriented and holistic well-being.

Sahitya Seva at Mysuru



Dakshin Prant

- Universal Brotherhood Day was celebrated on 10th September at Ramakrishna Math, Chennai along with Yuva Bharathi 50th anniversary celebrations. The program was presided over by Swami Dharmishtananda Mananeeya Balakrishnan Ji, Mananeeya Lakshmi Kumari Didi, Ma. Rekha Davey Didi



Thiruvananthapuram

- Districts Covered: 6
- Dayitvavan Karyakartas: 65
- Kendra Varga - 3, Attendance 60
- Yoga Varga - 8, Attendance 96
- Swadhyaya Varga - 3, Attendance 36

- Gurupurnima - 5 places Attendance 915
- Universal Brotherhood Day - 6 places Attendance 502
- Sadhana Divas - 4 places Attendance 99
- Gita Jayanti - 4 places Attendance 161
- Samartha Bharat Parva - 5 places Attendance 728
- AmritaParivar: 15 places Attendance 623, Sankul 1
- Kishori Vikas Shibir: 1, Attendance 45

- Teachers' Workshop 'Samartha': Programmes 6, Attendance 164
- Students' Workshop: Programmes 12, Attendance 1530
- Total Workshops (including above workshops): Programmes 77, Attendance 4951



Karnataka Vibhag

Karnataka Vibhag consists of 31 districts:

Nagarsthans : 3 RT Nagar, Hebbal and Mysuru
Niyojit Nagarsthans : 5 Dharwad, Mandya, Jigani,
J P Nagar, Mangaluru

Karyasthans : 3 Marathalli, Ajjampura, Hanumanalu

Prakaipas : 2 VKV Kallubalu and VK Kennada
Prakashan

Dayitvavan Karyakartas : 166 | KPS Done: 107



A mega event conducted at IISc Bangalore Campus to apprise the well wishers and philanthropists about importance of North East states and the man-making and nation building activities of Vivekananda Kendra in these regions. Honorable Governor of Tamil Nadu Shri R N Ravi and Ma. A Balakrishnanji and Shri Jagannath Shenoy were the chief guests.

- PDC at Kallabelu 70 Participants.
- PDC at Hebbal 38 Participants.
- Yoga Satra RT Nagar 12 Participants.
- Yoga Satra Dharwad 16 Participants.
- Vimarsha 40 Participants, Online 38 Participants.
- International Yoga Day 847 Participants.
- Gurupurnima 5 places 1987 attended.
- Universal Brotherhood Day 27 Programs 2993 Participants.
- Note Book distributed for 600 Students.
- Prashikshan Shibir 52 attended.
- Aanandalaya 4 places, 8 Acharya, 179 Students.
- School Strength 386, 25 teachers; 100 % results
Midday meals provided. Career guidance workshop conducted.
- Medical camp 425 patients courtesy Apollo Hospital and Meenakshi ENT Hospital.
- In 6 places, 18 days Book Exhibition cum sales organized. **SODARI NIVEDITA** new book published. **Viveka Sinchana** Magazine published.



Haryana Prant

In the year 2023-24, 6 cities and 3 karyasthan in Haryana engaged in various activities including Kendra Karyapaddhati, Utsavas, and Sampark activities. Sthanik Karyakarta Prashikshan Camp was conducted in June in Bhiwani with 63 prashiksharti and 22 karyakartas in Vyavastha toll. The Prant Karyakarta Prashikshan Camp was held in Panipat in December, with 12 prashikshanarthi and 8 Vyavastha karyakartas in attendance. At the Prant level, the Uthashta Bharat initiative (college-level study competition) was conducted in all cities. This competition was completed in 4 phases. On April 20, a training session for youth leaders and competition coordinators from all cities was held in Rohtak, with 32 participants. Registration, paper work, workshops, and a three-day residential youth training camp were organized in Bhiwani, which saw a total participation of 207 trainees and 23 karyakarta managing and conducting the event. Through this competition, efforts are being made to strengthen college locations, methodology, and city teams.

For Prant Vishesh Prashikshan Shibir in Bhubaneswar, 8 karyakarta from Haryana were expected and all were present. The Uttar Kshetra department-specific training camp was held in Faridabad, where five out of the expected eight karyakarta from Haryana attended.

Bi-monthly meetings were held in Faridabad (39 participants) and Panipat (22 participants). The annual meeting was conducted in Rewari on March 30-31, 2024, with a total attendance of 28 karyakarta.

Bihar - Jharkhand Prant

- Sthanik Karyakarta Prashikshan Shibir was successfully held from December 23, 2023, to 30, 2023, at Maur, Barbilgha in Bihar. The camp commenced with a devotional evening on December 23. Daily activities in the camp were organized from 5:00 AM to 10:00 PM. Discussions and guidance were provided on various topics such as Swami Vivekananda, nation-building through personal development, challenges faced by the nation, discipline, obedience, daily routine, the necessity of Kendra workers, communication systems, and mantras.
- The Ranchi branch of Vivekananda Kendra Karyakumari organized a Universal Brotherhood Day program on Friday, September 8, 2023, from 5:30 PM to 7:00 PM. The event was held in the auditorium of Dr. Shyama Prasad Mukherjee University. The main speaker, the esteemed Dr. Omendra Ratnu, delivered an address on "Swami Vivekananda and Universal Brotherhood."





Uttar Pradesh Prant

On 16 July 2023: Under the aegis of the G20, a C20 (Civil Society) program was organized on the theme of "Diversity, Inclusion, and Mutual Respect" by the Department of Social Welfare, Uttar Pradesh, Lucknow branch at Bhagirathi Bhawan. The event featured dignified presence of key speakers, Uttar Pradesh's Minister of Social Welfare, Mr. Asim Aruh, and the Chief Minister's Advisor, Mr. Avnish Awasthi. The program was conducted by Mr. Deep Narayan Pandey, Nagar pramukh of Vivekananda Kendra, Lucknow.

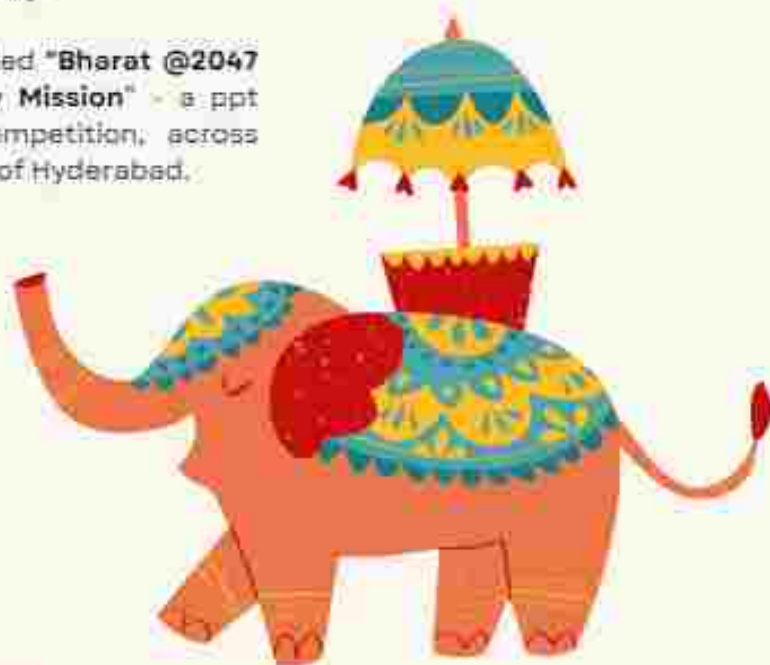
Telugu Prant

PRANT KARYALAYA

The inauguration ceremony of Vivekananda Kendra Kanyakumari, Telugu Prant Karyalaya, was held in Hyderabad. The program was planned for two days, along with Chaumasik Baithak. In the esteemed presence of Man. Balakrishnanji, President Vivekananda Kendra, Kanyakumari, Pooja, and Homa, the felicitation of donors was performed on November 18. Situated in the Irum Manzil area of Hyderabad. The land for prant karyalaya was donated by Smt. A. Leela Ranganatha Swamy in memory of her husband, Shri A. P. Ranganatha Swamy.

This entire program started in month of Dec '23 and culmination was organized on 19th March 2024. 8 colleges had participated in this youth centric initiative. 86 teams, with 405 students participated in the competitions. The Youth were invited to be the part of team of Vivekananda Kendra and devote their time and energy in service of Bharat Maata. As a follow-up of this entire program, monthly meet up with interested youth has been planned followed by activities at college level by these youths.

The program titled "Bharat @2047 - Our Vision My Mission" - a ppt presentation competition, across degree colleges of Hyderabad.



Assam Prant

BAITHAK

Prant Samiti Baithak - 8 and 80 present
Chaumasik Baithak - 14 and 291 present
Prant Niyojan Baithak - 1 and 10 present
Masik Baithak - 386 and 4421 present
Varshik Niyojan Baithak - 34 and 361 present
Other Baithaks - 451 and 4997 present

AMRIT PARIWAR

✓ Programs-182
✓ Attendance- 5736
✓ Sankuls- 35
✓ Families-183
✓ Members- 507

UTSAVAS

Gurupurnima : 79 places with, 8520 attendees
Universal Brotherhood Day : 89 places with 17,319 attendees
Sadhana Divas : 59 program with 11,430 attendees
Gita Jayanti : 78 places with 10,777
Samartha Bharat Parva : 133 program, 23,159 attendees

Madhya Prant

A Youth India Leadership Camp in Kanyakumari, organized by the Madhya Pradesh region, saw 110 youth pledging lifelong service to India. Inaugurated by Balakrishnan Ji, the camp emphasized collaboration with Vivekananda Kendra, unity of Hindu society, and extending the center's work to every village in Madhya Pradesh. Notable sessions included "Punya Bhoomi Bharat" by Nivedita Didi, highlighting the importance of living for others and India's spiritual significance; "Dhyeya Prerit Jeevan" by Bhanudas Ji, focusing on a purpose-driven life and national happiness; and "Swamiji's Life and Youth" by Hanumantrao Ji, discussing Swamiji's convergence of knowledge, devotion, and sacrifice. On February 11, 2024, the discussion program

"Hey Bharat. Achieve World Victory through Spirituality" was held in Ujjain, with Chief Minister Dr. Mohan Yadav underscoring India's spiritual journey and the historical significance of the Simhasth. He highlighted contributions by scientists like Jagadish Chandra Bose, who recognized life in plants. The event also saw the release of the book "Dhyeyanishtha Jeevan" by Vivekananda Kendra students. Mananeeya, Nivedita Didi shared that spirituality is inherent in one's nature, as per the Bhagavad Gita, and true spirituality involves thinking about family, society, and nation as extensions of oneself. Selfless service and natural living reinforce the interconnectedness of individuals, families, societies, nations, and the world.



ACTIVITIES IN VIVEKANANDAPURAM AT KANYAKUMARI

**Administrative Head Quarters of
Vivekananda Rock Memorial &
Vivekananda Kendra**

1. Providing good accommodation at nominal rates to the pilgrims in a clean and serene atmosphere of Vivekanandapuram campus in Kanyakumari. Double Bedded deluxe and AC rooms; and AC cottages are also available.
2. Training Centre and hostel for the dedicated workers who join Kendra as JivanvratIs/ ShiksharthIs/ SevevratIs/Vanaprasthis
3. Maintenance of Vivekananda Rock Memorial
4. Providing outpatient medical facility for the pilgrims in the Allopathic and Siddha dispensary
5. Facilities available inside the Kendra campus for the benefit of the pilgrims who stay there - A) State Bank of India branch with ATM facility B) Post Office C) Vegetarian Restaurant D) 24 hour water & power supply E) Granthalaya (Library & Reading room)
6. Dhyani Mandir (daily Prathahsaran at 05.15 AM, Gita Pathan @ 07.30 AM & Bhasjan @ 06.30 PM)
7. Higher Secondary School catering to nearby 1500 students of the local area
8. Vivekananda Mandapam and Ekanathji's Samadhi
9. Vivekanandapuram beach and Sun-Rise point
10. Books Stall of Ramakrishna Vivekananda Literature
11. AC Auditorium - 250 seats
12. Peacock Sanctuary
13. Ramayana Darshanam
14. Gangotri
15. Arise! Awake!! Exhibition



Accommodation Tariff

A.C. Cottages (4-person occupancy), ₹.5,000 + GST

Rooms with attached bath

AC Three bedded room ₹. 2,000 + GST

AC Double bedded room ₹. 1,600 + GST

Deluxe Four bedded room ₹. 1,100 + GST

Deluxe Three bedded room ₹. 950 + GST

Four bedded room ₹. 900 + GST

Double bedded room ₹. 600 + GST

Four bedded room in annex * ₹. 500 + GST

Rooms with common bath

Three bedded room * ₹. 300 + GST

6 bedded room * ₹. 600 + GST

8 bedded room * ₹. 800 + GST

Small hall (without beds) * ₹. 500 + GST

Big hall (without beds) * ₹. 1,500 + GST

New hall (with carpet) ₹. 2,000 + GST

* denotes asbestos roof.

Check-in-Checkout Time: morning 8am

Online booking can be done at <https://yatra.vrmvk.org>



VIP's visited Vivekananda Rock Memorial

- Justice Ajay Rastogi, Judge of Supreme Court, New Delhi | 05.04.2023
- Shri Sangita Singh, Member Central IT Board, New Delhi | 19.04.2023
- Shri Prithviraj Singh Roopum, President of Mauritius | 18.05.2023
- Shri Ratanjit Pratap Narain Singh, Former Minister of UP | 18.05.2023
- Shri Ravi K. Dhingra, Flag Officer, Commanding Tamil Nadu and Puducherry | 18.05.2023
- Shri D.Ganesan, Chairman and MD, PSC Ltd., Chennai | 24.05.2023
- Dr. L.Murugan, Union Minister of State Fisheries, Govt. Of India | 26.05.2023
- Shri Shantanu Thakur, Minister of Ports, Shipping and Water ways | 27.05.2023
- Shri Aniruddha Roy Chowdhury, Rotary Information Director | 24.06.2023
- Air Marshal Balakrishnan, Southern Air Commando, Indian Air Force | 15.08.2023
- Shri Anup Chandra Pandey, Election Commission of India | 19.08.2023
- Shri Ram Mohan, Indian Air Force, New Delhi | 23.08.2023
- Shri Rajesh Varma, Chairman of the Welfare Parliament Committee | 25.08.2023
- Shri Bimalendra Nidhi, Former Deputy Prime Minister, Nepal | 06.09.2023
- Shri Justice Battu Devanand, Judge, Madras High Court | 09.09.2023
- Shri Narayanaswamy, Ministry of Social Justice and Empowerment | 05.10.2023
- Dr. Anirban Ganguly, Chairman, Dr. Syama Prasad Mukerjee Research | 31.10.2023
- Smt. Anuttama Ganguly, Secretary, Vivekananda International Foundation, New Delhi | 31.10.2023
- Dr. Rajkumar Ranjan Singh, Minister of State External Affairs | 12.11.2023
- Shri Roop Narayan Shankar, Infrastructure, Railway Board | 18.11.2023
- Shri Shivraj Singh Chouhan, Former C.M Madhya Pradesh | 25.01.2024
- Shri Bipin Kumar Deb, Ex.C.M Tripura | 29.01.2024
- Shri Satish Kumar, Swadeshi Jagran Manch, Delhi | 26.02.2024

Spiritual Retreat

Vivekananda Rock Memorial and Vivekananda Kendra Kanyakumari, organizes Spiritual Retreat twice a year, in February and August. The Spiritual Retreat for February 2024 took place at the Vivekanandapuram Campus in Kanyakumari from February 22nd to 28th, 2024. A total of 62 participants (44 Hindi + 18 English) and 20 organising team members from 10 States across India participated in it, which included 28 Brothers and 52 Sisters.

The Shivar, conducted in both English and Hindi through parallel sessions, the Shivar included a comprehensive syllabus covering the study and practice of Yogasanas & Pranayama, Yogic Relaxation methods, Japa and Techniques of Meditation, as well as the study of Yoga Darshana, Bhagavad Gita, Indian Culture, and more. The camp aimed at the five-fold development (physical, mental, intellectual, emotional, and spiritual) of the participants.

The camp started on February 21st evening with a soulful Bhajan Sandhya, setting a serene atmosphere for the entire Shivar. During the inaugural session on February 21st, Mananeeya Rekha Didi, the Joint General Secretary of VRM & VK, delivered an insightful session about the sacred land of Kanyakumari, enriching the participants' understanding of the spiritual significance of the location.

The first 3 days of the camp focused on learning Prayers, Mantras, Geet, Bhajans, etc., taught using the Lead and Follow method. All participants were able to learn them with good pronunciation and tune.

The bauddhik sessions covered topics related to the Message of Upanishads, Ananda Mimamsa, Bhakti Yoga, Karma Yoga, Indian Culture, Swami Vivekananda, Mananeeya Sri Eknathji Ranade, the inspiring story of Vivekananda Rock Memorial, and Kendra Prarthana. These sessions were designed to help participants realize their Atma chetana and expand it from the individual to the family, from the family to society, from society to the nation, from the nation to the world, and to the entirety of existence.

During the Shivar, participants also visited the Vivekananda Rock Memorial - a midsea monument, Gongotri, 'Arise! Awake!' and 'Wandering Monk' Pictorial Exhibitions, and Ramayan Dharshanam & Bharat Mata Sadhanam. They also enjoyed the sunrise at Vivekanandapuram beach, providing a rejuvenating experience.

Overall, the Spiritual Retreat provided a unique and transformative experience for the participants, facilitating them to discover and nurture their spiritual essence.



Scan the QR
code for
more details



Shraddhanjali

From April 2023 to April 2024

1. Sri Brijesh Kumar Gupta - VK Purv Sanyojak, Shimla
2. Swami Prabhanandaji - Vice-President of Ramakrishna Mission
3. Sri Prakash Singh Bapat - Former Chief Minister of Punjab
4. Sri Girish Bapat - MP from Pune, Supporter of Vivekananda Kendra
5. Prof. Sudhanshu Shaker Day - Donor of land at Sukchar for VK Pradanam in Bengal
6. Sri L. Kimhun - Trustee VKVAPT, Arunachal Pradesh.
7. Swami Aatmananda - Ramakrishna Tapovanam
8. Sri Krishna Premi Swamigal - Exponent of Bhagavata, Kumbhakonam.
9. Sri Madandas Deviji - Former Sarkaryavah of RSS
10. Sri Jayantao Sahasrabudhe ji - RSS Pracharak and Organising Secretary of Vijnana Bharati
11. Dr. Gangadhar Maddiwari - Founder of RAM, initiated medical check-up
12. Smt. T.G.K. Sharada - Karyakarta of VK Telugu Pracharini Vibhagmu
13. Sri Kato Rangmu - Karyakarta of VK Arun Jyoti
14. Sri Deepak Khairaji - VK Life Worker
15. Sri Hastimal Jain - All India Sampark Pramukh of RSS
16. Shri Vireshwar Dwivedi, - Former editor, Rashtra Dhar & Kendra Bharati
17. Shri Ratanlal Ji Naulakaha - Former Nagar Sanchalak of Bhillwara.
18. Shri Nandakumar Joshi - Former Poornakalik Karyakarta
19. Smt. Jayashree Mani - Former Vanaprasthi
20. Shri Chintaman Asanikar - Nidhi Toli sadasy, Maharashtra Prant
21. Shri P.A. Murugesan - A staff member of VRMVK, from 25 years.
22. Sri P. Mukundan - RSS Pracharak
23. Sri Bangaru Adigalar - a renowned spiritual guru
24. Keertankar Sri Baba Maharaj Satarkar
25. Sri Padmanabha Acharya - Senior BJP Leader, former Governor of Assam,
26. Sri Ranga Hari ji - Senior RSS Pracharak, former Alhil Bharateeya Baudhik Pramukh.
27. Sri Roman Chakravarty - Kendra Karyakarta from Assam.
28. Sri Nagesh ji - Former Kendra Karyakarta from Arunachal, Chennai
29. Sri Pankaj Bhattacharjee - Nagar Sachalak Guwahati
30. Sri Indrajit Dey - Director, SRI, Ranchi
31. Sri Kirit G. Shastri - Vibhag Sanchalak, VK Surat Vibhag
32. Sri Glosar Rigla - Yuva Pramkuh, VK Daprijo, Arunachal Pradesh
33. Sri P. R. Agnihotri - Sanchalak, VK Hangra
34. Pravrajika Amalaprana Sharada Math General Secretary of Ramakrishna Sarada Mission
35. Shri Vettrivel - VK Thoothukudi well-wisher
36. Swami Smaranananda - President, Sri Ramakrishna Math, Kolkata
37. Sri Hegde - VK NARDEP, Rameshwaram
38. Dr. Mahadevan - The Head Doctor of Sri Sarada Ayurveda Hospital, Therisanankoppu

An Appeal for Participation and Support

Join the Noble Mission of Vivekananda Kendra

Vivekananda Kendra invites young men and women, as well as energetic retirees, to live a meaningful life by serving the needy. Here is your chance to contribute to Man-Making and Nation Building, either by dedicating your whole life or just a few precious years.

Be a Part of Our Mission

We also call upon those who wish to share their time, expertise, and financial resources to aid in the regeneration of our Motherland and support our brethren in interior regions. Here's how you can help:

- 1. Offer Your Services:** Contribute your expertise, time, or financial resources to any of our branch centers or projects.
- 2. Motivate Youth:** Encourage qualified and service-minded young men and women to join our mission.
- 3. Support Education:** Inspire capable youth to join our schools as teachers, shaping the future of our nation.
- 4. Become a Patron:** Join our Patron Scheme and support our initiatives regularly.
- 5. Subscribe to Our Journals:** Become a subscriber and promote our journals to spread knowledge and awareness.
- 6. Purchase Our Products:** Support our cause by buying our publications, diaries, calendars.
- 7. Sponsor Education:** Help needy students by sponsoring their educational expenses in our schools.
- 8. Attend Our Camps:** Participate in our camps and motivate others to join for a transformative experience.
- 9. Donate Generously:** Contribute to our various service projects and make a significant impact on society.

Your Contribution Matters:

Each contribution, no matter how small, helps us move closer to our vision of a regenerated and united India. Join hands with Vivekananda Kendra and be a catalyst for positive change.

Contact Us Today

Reach out to your nearest Vivekananda Kendra branch center to learn more about how you can get involved and make a difference. Together, let's build a stronger, more vibrant nation.

Thank You for Your Support.

Bank details :

Donations to Vivekananda Kendra are entitled to Income Tax Exemption under Section 80-G Income Tax Act. The amount can be paid by cash or cheque/money order/demand draft in favour of "Vivekananda Kendra" payable at State Bank of India, Vivekanandapuram, Kanyakumari or by directly depositing in our State Bank of India Core Banking

Account Number: 11305877361

IFSC Code: SBIN0003780

For further details

Contact : The General Secretary Vivekananda Kendra Vivekanandapuram, Kanyakumari - 629702

Phone: 04652-247012 **Email:** info@vkendra.org



Donation record of Vivekananda Kendra Kanyakumari

Prant	Donations Collected	Donors Above 5000
Maharashtra	2,15,21,446	551
Rajasthan	14,53,855	81
Odisha	16,09,588	5,036
Madhya	88,24,290	256
Uttar	30,79,096	148
Punjab	29,201	4
West Bengal	7,20,818	32
Telugu	7,16,776	61
Assam	64,43,154	125
Haryana	1,49,447	10
Bihar-Jharkhand	35,46,219	61
Dakshin	1,56,06,034	294
Arunachal	2,71,93,345	168
Gujarat	19,14,772	56
Uttar Pradesh	1,36,141	9



"It is within the nurturing walls of this esteemed institution that our characters were molded and our hearts were instilled with the essence of nationalism and integrity".

Social Media Extension

- **Main Channel**

<https://youtube.com/vrmvk>

- **Activity Channel**

<https://youtube.com/vkactivity>

- **Padavali**

<https://youtube.com/padawali>

- **SahityaSeva**

<https://youtube.com/vkprakashan>

- **Facebook Page**

<https://fb.com/VivekanandaKendraKanyakumari>

- **Twitter**

<https://twitter.com/vkendra>

- **Flickr**

<https://flickr.com/vivekanandakendra>

- **Instagram**

<https://instagram.com/vrmvk>

- **Swami Vivekananda Daily Quotation (Hindi & English) Telegram Channel**

<https://t.me/dailyvivek>

- **VK Update Telegram Channel :**

<https://t.me/vkendra>

- **Blog :**

<https://blog.vrmvk.org>

Be a part of

VIVEKANANDA KENDRA'S

SOCIAL MEDIA COMMUNITY

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Join us in spreading the spirit of selfless service!

8th International Conference on YOGA



Vivekananda Kendra

(Yoga Sastra Sangamam)

At Vivekananda Kendra Kanyakumari

28th February to 2nd March 2025

The Objective : To understand the Yoga Texts deeply, to project Yoga as a tool for Man Making and Nation Building and To inspire participants to study, understand and practice the teachings of the Yogopanishads.

Contents : Multi track Paper presentations in Hindi and English, Poster Presentations, Panel Discussions, Key-note addresses, Yoga Practices and **Recitation Competition of Patanjali Yoga Sutras.**

Who can participate : Yoga Enthusiasts, Yoga Teachers, Students, Professionals and Beginners, Students and Professors of Sanskrit.

We are extremely happy to inform that **Parampujya Swami Niranjanananda Saraswati Maharaj** of Bihar School of Yoga will be present in this Yoga Conference, which will be a onetime life experience to be in his inspiring Divine presence.

Environment : Inspiring on the banks of the ocean, Salubrious, Green, Calm, Serene and Peaceful.

Invitation for Paper Presentations : In Hindi and English. Discussion, elaboration and understanding of Yoga Sadhana in Yoga Vasishta.

Yoga Therapy oriented Papers need not be sent.

Last date to Submit Synopsis : 15 February 2025

Last date for Registration : 20 February 2025

To Reach Kanyakumari : 28 February 2025, 7 am

For all details contact :

yoga@vkendra.org

<http://www.vrmvk.yoga>

Registration : Dormitory Accommodation : Rs. 1,500/-

Non AC Room with sharing : Rs. 3,000/-

AC Room with sharing - Rs. 5,000/-

(Registration amount includes food and accommodation)

You can transfer online into

A/C No. 57039910344

IFS Code : SBIN0070013

SCAN & PAY





**They alone live,
who live for
others.**

-Swami Vivekananda



Contact:

The General Secretary
Vivekananda Kendra and Vivekananda Rock Memorial
Vivekanandapuram, Kanyakumari - 826702
Phone: 04652-247012
Email: info@vkendra.org