



“You cannot believe in God until  
you believe in yourself”

– **Swami Vivekananda**

“Work with your Hands.  
But let your mind  
remain at His feet”

– **Sri Ramakrishna Paramahansa**



“As wind removes a cloud,  
so does the name of God dispense  
the cloud of worldliness”

– **Holy Mother Sarada Devi**



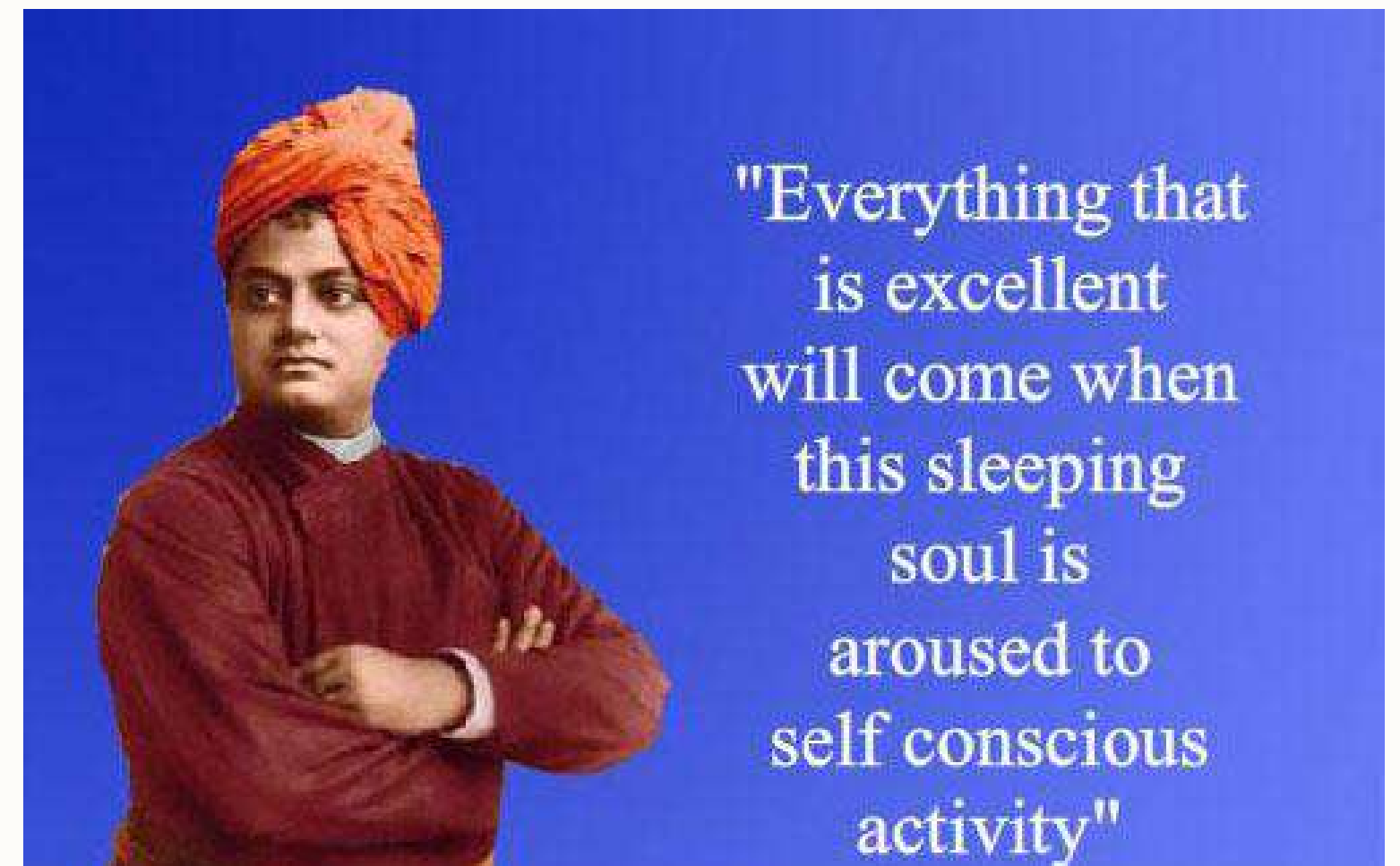
SESHADRIPURAM EDUCATIONAL TRUST

**Seshadripuram Academy of Business Studies**

(Affiliated to Bangalore University)

K S Town, Bangalore – 60

**VIVEKA VIKASA FORUM NEWS DESK 2015-16**



"Everything that  
is excellent  
will come when  
this sleeping  
soul is  
aroused to  
self conscious  
activity"

Co-ordinator

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## Coordinator's Message

In today's chaotic world, a poised mind becomes highly essential to grow as a strong individual. The collectedness of the mind could be achieved, by following the way many great people lived their lives. One such youth icon is Swami Vivekananda whose ideals, if followed, can change the path of one's life. "Take up one idea. Make that one idea your life-think of it, dream of it, live on the idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success", with these invigorating words of Swami Vivekananda in mind, we at Seshadripuram Academy of Business Studies have started the VIVEKA VIKASA FORUM in our college to proliferate the ideas of Swami Vivekananda who has remained a youth icon till date. The forum was inaugurated on 12 January 2015 on the auspicious occasion of Swami Vivekananda's birth anniversary.

The main intent of this forum would be to conduct thought provoking activities that would make the students more confident and help them to imbibe those attributes that would make them grow as leaders and strong nation builders. As Swami Vivekananda rightly said, "My hope of the future lies in the youths of character, intelligent, renouncing all for the service of others, and obedient-good to themselves and the country at large", we have started the VIVEKA VIKASA FORUM, with an intent to build a college of such youths.

The forum is a noble endeavour to learn more about Swami Vivekananda, imbibe his values and strive for excellence.

## SWAMI VIVEKANANDA'S MESSAGE TO THE YOUTH

Supreme value of youth period is incalculable and indescribable. Youth life is the most precious life. Youth is the best time. The way in which you utilize this period will decide the nature of coming years that lie ahead of you. Your happiness, your success, your honor and your good name all depend upon the way in which you live now, in this present period. Remember this. This wonderful period of the first state of your life is related to you as the soft wet clay in the hands of the potter. Skillfully the potter gives it the right and correct shapes and forms, which he intends to give. Even so, you can wisely mould your life, your character, your physical health and strength, in short your entire nature in any way in which you make up your mind to do. And you must do this now.

O fortunate youth, recognize this great duty. Feel this wonderful privilege. Take up this adventure. God watches you graciously, ever ready to help and guide. I wish you to be great. The world has put its faith in you. Your elders keep their hopes in you. Now youth means to place your firm confidence in yourself and exercise your hopeful determination and resolution and willing good intentions in this beautiful task of self-culture. This will truly bring supreme satisfaction and fulfillment not only to you, but also to all concerned. The shaping of your life is indeed in your own hands.



## Personality Development Programme at RIMSE, Mysore

The VIVEKAVIKASA Forum of our college had arranged a one day Personality Development Programme for the students at Ramakrishna Institute of Moral and Spiritual Education, RIMSE, Mysore. A group of 50 students were accompanied by the coordinator Ms Roopashree and two other faculty members to the programme that was held on the 14 Sep 2015.

The first session which was between 10:30 and 12:30 was addressed by Sri DT Ramanuja. The session focussed on topics like Mind Management, Attitude and Success. The staff and students also interacted with the resource person to share their views at the end of the session. Post lunch, the students went round the institution and were shown clippings on motivational videos. The second session which was between 2:30 and 3:30pm was on Essential Values by Swami Maheshatmanandaji. The interaction was followed by Valediction, where students and staff expressed their gratitude. The breakfast, lunch and snacks were arranged by RIMSE.

The staff and students departed at 4:00 pm having experienced a day of PEACE, SERENITY and DISCIPLINE.



## A bird's eye view of the activities of the VivekaVikasa Forum

- ◆ Inauguration on the 12 January 2015 on the occasion of the birth anniversary of Swamy Vivekananda by Sri. Sharadatmanandji Maharaj of Sri. Ramakrishna Matt, Kengeri, Bangalore
- ◆ College to College Swami Vivekananda was started from our college on 15 January 2015
- ◆ Students participated in the inter collegiate competitions on the occasion of the Eighth Annual Vivekananda Jayanti Celebrations organized by DISHA
- ◆ Our students participated in the YOUTH CONVENTION which was conducted at Ramakrishna Yogashrama, Ramohalli on the 13 February 2015
- ◆ Intra college Debate Competition on 20 August 2015
- ◆ 50 girls of our college participated in the Youth Convention for Girls on 30 August 2015 at Ramakrishna Matt, Bangalore
- ◆ 50 boys of our college participated in the Youth Convention for Boys on 13 September 2015 at Ramakrishna Matt, Bangalore
- ◆ 50 students of our college accompanied by the Coordinator and two other faculty members attended a Personality Development Program at Ramakrishna Institute of Moral and Spiritual Education (RIMSE), Mysore
- ◆ A Magic Show by Jadugar Jagannath was organized on 11 January 2016 wherein he made known the ideals of Swami Vivekananda through magical tricks
- ◆ On the occasion of the birth anniversary of Swami Vivekananda, Sri Sharadatmanandji Maharaj of Ramakrishna Matt addressed the students on the "Relevance of Swami Vivekananda" on 12 January 2016
- ◆ Article writing competition for students on 20 January 2016
- ◆ On 27 January 2016 students participated in the inter collegiate competitions organized by DISHA





*1. Inauguration of "College to College Swami Vivekananda" at SABS on 15 January 2015.*



*Celebration of National Youths Day on 12 January 2016.*

## **Magic show by Jadugar Jagannath**

The forum had organized a magic show on the occasion of Swami Vivekananda's birth anniversary on the 12 January 2016, where the ideologies of Swami Vivekananda were demonstrated through magic by Jaadugar Jagannath. Sri Jagannath who is a magician by profession, is also himself a staunch follower of Swami Vivekananda and runs an orphanage at Kengeri. His shared experiences of his life, to render support to these desolate children, was heart rending. His magical tricks along with his exemplary life reminded the audience of the message of Swami Vivekananda that "Each one of us pray, day and night, for the downtrodden millions in India, who are held fast by poverty, priest craft, and tyranny - pray day and night for them. I am no meta physician, no philosopher, nay, no saint. But I am poor, I love the poor.... Let these people be your God - think of them, work for them, pray for them incessantly - the Lord will show you the way".

