



BE AND MAKE

ONLINE/OFFLINE BLENDED MODE

*Indian Perspectives on Character
Building and Emotional
Intelligence Management*

Date:
27th February, 2022
[Sunday]

A One Day National Level Youth Convention
[aided by RUSA 2.0 Component 8 Grant]

For Undergraduate/Post-Graduate students across all disciplines & Teachers under 35 years

Ramakrishna Mission Sikshanamandira

[An Autonomous Post-Graduate College under the University of Calcutta
under section 22 of the UGC Act and duly recognized by the NCTE]

Belur Math, Howrah - 711202
West Bengal, India

“The stronger the will, the less the yielding to the sway of the emotions.” - **Swami Vivekananda’s** proclamation encased with his teachings are a source of tremendous inspiration and guidance to innumerable seeking souls. His quote seems sacrosanct with the very definition of the term ‘Emotional Intelligence’, also known as Emotional Quotient (EQ), which is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Adapting the principles of 'Emotional Intelligence' brings immense benefits like broadening outlook and making acceptable by one and all, improve communication skills to build stronger relationships; make a person more cheerful by removing deep rooted frustrations; ensure continuous learning and efficiently organized. This Convention with its distinguished panel of Experts will try to explicate the process by understanding the deep-grained, highly evolved Indian Values and how to reach a consensus of a healthy mind & body through Emotional Intelligence – applying it in the Vivekananda way!

Fivefold Objectives:

1. Students will acquire knowledge on personality development through veritable experts in the field and also get practical ideas on time management
2. Based on Swami Vivekananda’s ideas on manifestation of perfection – the convention will help students learn Indian values and inculcate them in character building
3. They will learn about Emotional Intelligence – a topic much relevant in modern context
4. They will know about character building and Emotional Intelligence from an Indian Perspective
5. Swamiji’s message and teachings will enrich their physical, mental, social and spiritual wellbeing

**Medium of Communication:
English & Bengali**

Inaugural Session (9:30 AM – 10:35 AM)

9:30 AM: Vedic Chanting & Opening Song

9:40 AM: Welcome Address by

Swami Divyagunananda

Principal, Ramakrishna Mission Sikshanamandira

9:50 AM: Keynote Address:

Revered Srimat Swami Suviranandaji Maharaj

General Secretary, Ramakrishna Math & Mission, Belur Math

10:20 AM: Speech by

Sri Somnath Bagchi,

General Secretary, Akhil Bharat Vivekananda Yuva Mahamandal

10:30 AM: Vote of Thanks by

Swami Shastrajnanandaji Maharaj

Secretary, Ramakrishna Mission Saradapitha

Session I (10:40 AM – 12:10 PM)

10:40 AM – 11:10 AM: Speech (Perspectives of Upanishads):

Swami Atmashraddhanandaji Maharaj,

Secretary, Ramakrishna Mission Kanpur

11:10 AM – 11:40 AM: Speech (Perspectives of Raja Yoga):

Swami Satyeshanandaji Maharaj,

Assistant General Secretary, Ramakrishna Math and Mission, Belur Math

11:40 AM – 12:10 PM: Speech (Perspectives of Swami Vivekananda):

Swami Balabhadranandaji Maharaj,

Assistant General Secretary, Ramakrishna Math and Mission, Belur Math

LUNCH BREAK
(12:10 AM – 1:10 PM)

Session II (1:15 PM – 4:20 PM)

1:15 PM – 1:45 PM: Presentation by

5 Participating Youth Representatives

1:45 PM – 2:15 PM: Speech (Perspectives of Values according to Indian Scriptures):

Swami Vedatitanandaji Maharaj,

Correspondent, Ramakrishna Mission Shilpamandira

2:15 PM – 2:45 PM: Speech (Perspectives of Karma Yoga):

Sri Yugal Pradhan,

*Member, Central Committee, Akhil Bharat
Vivekananda Yuva Mahamandal*

2:45 PM – 3:15 PM: Speech (Perspectives of Bhagavad Gita):

Swami Shastrajnanandaji Maharaj,

Secretary, Ramakrishna Mission Saradapitha

3:15 PM – 4:15 PM: **Question and Answer (Q&A) Session**

4:15 PM – 4:20 PM: Vote of Thanks by

Samir Dasgupta,

Assistant Editor, Vivek-Jivan

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Online Convention will be conducted through Google Meet

(Link & other details will be notified later)

No registration charges

Certificates will be provided to participants at the end of the convention

Tiffin & Lunch expenses will be provided to each conglomerating unit

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