

VIVEKANANDA STUDY CIRCLE

“The greatest religion is to be true to your own nature. Have faith in yourselves.”

— Swami Vivekananda

Vivekananda Study Circle strives to take the message of Swami Vivekananda to all the Youths so that they can become the youth as envisioned by Swami Vivekananda i.e. physically strong, mentally sharp, spiritually inclined and emotionally balanced. For that purpose, four modules have been created namely Yoga Varg, Swadhyay Varg, Life Sketch and Presentation sessions. Yoga Varg includes early morning yoga sessions. The activities involve warm up, stretching exercises, asanas and pranayamas. Its focus is to train the members so that they can independently conduct such sessions near their house. Swadhya varg involves studying about Swami Vivekananda's biography and lectures. Life Sketch involves preparing and presenting the important events in the life of those freedom fighters who are somewhere lost in the pages of history. Their last module is Presentation session which involves preparing Power Point presentations on the topic as per the choice of the member. The purpose of this activity is to equip the members with the skill of preparing good Power Point presentations and also presenting them in an impactful manner. The motto of their study Circle is ‘Together we Learn, Together we Grow!’

