

# VOICES

## Swami Vivekananda and the celebration of the National Youth Day

-By Ayush Raj  
Bachelor of VFX  
And Film Making

Swami Vivekananda was a Hindu monk and a key figure in the introduction of Vedanta philosophy to the Western world. Born on January 12th, 1863, his birthday is celebrated as National Youth Day in India and many other countries around the world. Swami Vivekananda was a strong advocate for education and believed that it was essential for personal and societal development. He was a passionate speaker and his teachings continue to inspire and guide young people all over the world.

### Famous quotes

"Education is the manifestation of the perfection already in man."

He believed that every individual has the potential to achieve greatness and that education is the key to unlocking that potential. He also emphasized the importance of practical education, which not only helps individuals acquire knowledge, but also teaches them skills that can be applied in real life situations. In addition to education, Swami Vivekananda also believed in the power of self-reliance and hard work.

He encouraged young people to take responsibility for their own lives and to strive for excellence in whatever they do. He believed that this was the key to personal growth and fulfillment. Swami Vivekananda's teachings are just as relevant today as they were over a

**National Youth Day** we can honor his legacy by following his teachings and working towards personal and societal growth through education, self-reliance, and hard work. Let's take this opportunity to celebrate the potential of our youth and inspire them to make a positive impact on the World.



-By Mosharof Hossain  
Masters of Public  
Health

### Swami Vivekananda's Inspiration for the Twenty-First Age

Swami Vivekananda is the greatest youth icon produced by India and one that influenced millions of youth across the ethnicity and world. In 21st century, youth of India are facing new problems of sovereignty, brotherhood, communalism thoughts of Swami Vivekananda have become more relevant.

His ideas can be understood by this fourfold mantra to live a meaningful life - Physical, Social, Intellectual and Spiritual quest for all.

When the physical quest came his mind He asked the youth to "overcome fears and become stronger physically and mentally".

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He said, "Power is within you; you can do anything and everything. Believe in that, do not believe that you are weak. Therefore, arise, awake, and stop not till the goal is reached." Vivekananda wanted from the youth was 'muscles of iron' and 'nerves of steel'.

When society in his mind, He advised the youth to 'Serve God in man'. Vivekananda clubbed spiritualism with social service.

He suggested that to rebuild the Indian society, education was the primary means for empowering the people.

When enlightenment of education is prospect, he emphasised on education for all.



He also said, "Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas."

He encouraged the youth to live for a noble reason, a mighty ideal and a higher state so that they were able to transcend the impermanence.

For nation building, He also talked about the unity of society, something that finds an echo in today's world when we witness conflict at various levels.

He left very important quote for the 21st generation of Bharti, that "I see in my mind's eye the future perfect India rising out of this chaos and strife, glorious and invincible, with Vedanta brain and Islam body". - Written to Mohammed Sarfaraz Husain of Naini Tal) ALMORA, 10th June, 1898.

-By V Ravi Shankar  
Masters of Media  
Science

### Raja Yoga Meditation And Swami Ji

A fish, when caught in the fisherman's net and carried to the shore, flops and flounders on the dry land; struggles desperately to return to the water, which is its real abode. Similarly, man's real home is the Soul World with God, in Paramdham.





Swami Vivekananda has been acclaimed as a *Dhyana-Siddha*, one perfected in meditation by Sri Ramakrishna himself, who had personally tried out, with incredible rigorousness, the diverse modes of meditation laid down in different paths and faiths.

Swami ji's Raja Yoga is an authentic and a popular treatise on this subject.

**No 10.** “Do one thing at a Time, and while doing it put your whole Soul into it to the exclusion of all else”

**National Youth Day on Swami Vivekananda Jayanti: Why?**

-By ANUPAM SANYAL  
BACHELOR OF  
OPTOMETRY

Swami Vivekananda Birth Anniversary, National Youth Day: To foster logical thinking among the young, the nation's future.

Swami Vivekananda was born on January 12th, and he is widely regarded as a shining star who helped educate the West about Hinduism. He was an influential figure in the renaissance of Hinduism in India and a devoted follower of Sri Ramakrishna Paramahansa. His 1893 address in Chicago is remembered as the one in which he advocated for India's independence from British rule.

In recognition of the numerous positive accomplishments that he had made to India, the government of India proclaimed his birthday to be National Youth Day in 1984, and the holiday has been recognised annually ever since. On this day, the nation's young people are expected to embody the values, principles, and beliefs that the great priest exemplified in his life and work. It was stated by the government in 1984 that "the philosophy of Swamiji and the ideals for which he lived and fought could be a wonderful source of inspiration for the Indian Youth Day." The government was correct in making this statement.

The primary intention is to encourage reasonable thought among young people, who are seen as the country's future. It was anticipated of the younger generation that they would rise to the challenge, battle for what is right, and channel their inner impulses in the same way that Swami Vivekananda would have. There are many events held in classrooms and universities, which are the primary locations of young people's minds. On this day, competitions in the areas of public speaking, singing, recitation, essay writing, and yogasanas are conducted. Children are actively encouraged to reflect on and make use of their spirituality.

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He feels restless and disconsolate, so long as he forgets his real nature, which is divine

As students of Media Science, we know of the concept of Intrapersonal Communication. Though man is a social animal, at times, one needs peace and quiet to explore the inner recesses of one's mind and come to terms with what one wants in life.

Buffeted by the tensions and anxieties, temptations and frustrations of the world, around him, and at times finding only a great emptiness within himself, man today, is in the midst of a crisis. He is unable to determine what are the lasting values of life What a Man really seeks, even perhaps without knowing it, is freedom, joy, bliss and peace within. How can he achieve it?

**Meditation is the answer.**

Meditation is that bridge, which connects man with God. Raja Yoga, is one of the forms of yoga; in fact, the highest form of Yoga, as denoted by its name.

The Science of Raja Yoga, in the first place, proposes to give us such a means of observing the internal states. The instrument is the mind itself. The power of attention, when properly guided, and directed towards the internal world, will analyze the mind and illuminate facts for us. The powers of the mind are like the rays of light dissipated; when they are concentrated, they illuminate. This, is our only means of knowledge.

The world is ready to give up its secrets, if we only know how to knock, how to give it the necessary blow. The strength and force of the blow come through concentration. There is no limit to the power of the human mind.

**Ten life lessons by Swami Vivekananda on his birth anniversary**



-By Abhik Maiti  
Bachelor of Business  
Administration

**No 1.** You cannot believe in God until you believe in yourself

**No 2.** Arise! Awake! And stop not until the goal is reached

**No 3.** You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul

**No 4.** “In a conflict between the heart and the brain, follow your heart”

**No 5.** “They alone live, who live for others”

**No 6.** “Neither seek nor avoid, take what comes”

**No 7.** “Comfort is no test of truth. Truth is often far from being comfortable”

**No 8.** “The fire that warms us can also consume us; it is not the fault of the fire”

**No 9.** “Ask nothing; want nothing in return. Give what you have to give; it will come back to you, but do not think of that now”

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"Give youth the power and see the world change for good"

-By Payel Manna  
Bachelor of Medical Lab  
Technology



-By Yudhajit Naskar  
Bachelor of  
Psychology

### A prodigy

The term "shrutidhara," which refers to someone with an exceptional recall, was often used to describe Swami Vivekananda. In addition to the Sanskrit texts and Bengali writings that shaped his worldview, Vivekananda also read the works of Western thinkers.

### Spirituality

He did not always have a spiritual outlook; in fact, there was a time in his life when he struggled with his faith and questioned whether or not God even existed. During a discussion, he immediately questioned his teacher Sri Ramakrishna to find out if he had ever had an encounter with God. He was able to make it through this trying time with the assistance of Lord Ramakrishna.

### Breaking barriers

Swamiji loved tea. He brought tea to his ashram when most Hindu pandits opposed it.

Swami Vivekananda died decades ago, but his teachings live on in our kindness and generosity. Vivekananda's ideas can help us comprehend the world during difficult times.

### ধর্মের আলো

-By Avishek Das  
Masters of Data Analytics

সেই খ্রিস্টের সময় থেকেই ধর্ম নিয়ে হানাহানি, করেছে "ধর্ম" শব্দটিকে গ্লানিমুখর ও কালো।

জীবে প্রেম করতে শিখিয়ে, কলকাতার ডানপিটে ছেলে "বিলে" জ্বালালো ধর্মজ্ঞানের আলো

পড়াশোনা খেলাধুলার পাশাপাশি তাঁর ছিল নতুন কিছু খোজার স্বভাব,

সেই মহার্ঘ্য জ্ঞান অর্জন করতে করতেই হলো তাঁর শ্রী রামকৃষ্ণের শিষ্যত্ব লাভ।

শিক্ষা এবং ধর্মকে এক সুতোয় বেঁধে, পাড়ি দিলো সে শিকাগো শহর, আমেরিকায়,

স্পষ্ট ইংরেজিতে বলা বক্তৃতায়,

ভেঙে দিলো সে পাশ্চাত্যের ধর্মান্তরকরণের রীতি নির্দিধায়।

সাধুসঙ্গ থেকে দেবদর্শন, গভীরে গিয়ে ধর্মচর্চা করেও দিয়েছিলেন মনুষ্যত্বকে বেশি দর,

তাই বাংলার এক মধবিস্তৃত ঘরের ছেলে, গোটা বিশ্বের "স্বামীজী" হওয়ার পরও জোর গলায় বলতে পারেন - "জীবে প্রেম করে যেই জন, সেই জন সেবিছে ঈশ্বর।"



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