







REF: MSRCASC/VSC/2024/06

Date: 03/08/2024

## CIRCULAR

# VIVEKANANDA STUDY CENTER

# Personality Development Program for Students

This is to inform all the HOD's and the faculty members of all the departments that the Vivekananda Study Center (VSC) in association with Ramakrishna Mutt, Bengaluru is organizing Personality Development Program for Students of First Year Autonomous batch. The resource person for this event is Revered Pravrajika Divyanandaprana, Monastic Member of Sri Sarada Math & Ramakrishna Sarada Mission, New Delhi. The theme of this session is "Mind Management".

#### PDP Schedule:

Speaker	Date and Time	Venue
Pravrajika Divyanandaprana	13 <sup>th</sup> August, Tuesday,	APJ Abdul Kalam
Mataji	3.00pm to 4.30pm	Auditorium

This programme is compulsory for all the first-year students.

Mrs. Soumya S Shanbhag

Convenor, VSC

Dr Anandappa

Registrar-Academics

Dr. Pushpa

Principal









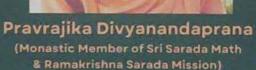


Vivekananda Study Center, MSRCASC First Anniversary Talk Student Personality Development Program

Talk on

# **Mind Management**







Venue: Abdul Kalam Auditorium Date: Tue, 13 Aug, 2024 Time: 3:00 PM - 4:30 PM





## VIVEKANANDA STUDY CENTER

M S Ramaiah College for Arts, Science and Commerce, Bengaluru

## PERSONALITY DEVELOPMENT PROGRAM FOR STUDENTS

#### Talk on

#### MIND MANAGEMENT

### Program schedule

Program sequence	In-Charge
Anchor	Ms. Monisha Achari Volunteer - VSC
	Ramaiah anthem
Welcome Address	Dr Sathish Babu
	Coordinator-VSC
Annual report presentation	Mrs. Swapna Sahoo, Volunteer - VSC
Introducing Speaker	Ms. Sreeyashee Basu, Volunteer - VSC
Felicitation to the guest of honor	Vice Principal Prof Jayaram & Mrs Sowmya Shanbhag
Resource Person Talk	Pravrajika Divyanandaprana
	Monastic Member of Sri Sarada Math & Ramakrishna
	Sarada Mission, New Delhi.
Que	estion and Answer Session
Vote of Thanks	Mr. Deb Sharma,
Students Feedback (online)	

Venue: Abdul Kalam Auditorium

**Date:** August 13, 2024 **Time:** 03.00 pm- 04.30 pm





### Vivekananda Study Center

# Report on the First Anniversary of Vivekananda Study Center (VSC)

Date: Tuesday, 13th August 2024 Venue: Abdul Kalam Auditorium

Event: First anniversary talk on "Mind Management" by Pravrajika Divyanandaprana

Coordinated by: Dr Sathish Babu

On the auspicious occasion of the first anniversary of the Vivekananda Study Center of M.S. Ramaiah College of Arts, Science, and Commerce, a distinguished talk on "Mind Management" was conducted by Pravrajika Divyanandaprana, a revered monastic member of Sri Sarada Math, New Delhi. The event took place on Tuesday, 13th August 2024, in the Abdul Kalam Auditorium.

#### The Event:

Ms. Monisha Achari of final year MSc student and a core volunteer of VSC took on the role of the anchor for the event, guiding the audience through the program seamlessly. The program commenced with a warm welcome address by Dr. Sathish Babu, setting a tone of reverence and enthusiasm for the proceedings. He emphasized the significance of the Vivekananda Study Center's role in fostering intellectual and spiritual growth among students and faculty alike.

Following the welcome address, the annual report was read by Swapna Sahoo, final year BSc student and a core volunteer of VSC who outlined the VSC's achievements over the past year, including various events, seminars, and activities that have contributed to its growth and impact.

The introduction of the esteemed speaker, Pravrajika Divyanandaprana, was conducted by Sreyashi Basu, final year BSc student and a core volunteer of VSC. Her introduction highlighted the speaker's profound knowledge and her contributions to the field of mind management and spiritual well-being.

#### Keynote Address:

Pravrajika Divyanandaprana delivered an enlightening lecture on "Mind Management," covering a range of topics that explored the intricate science of managing one's mind. The following were the core areas addressed:

- Fundamentals of Mind Management The Science of It: Pravrajika
  Divyanandaprana began with an exploration of the fundamental principles behind mind
  management, detailing its scientific underpinnings and importance in achieving mental
  clarity and balance.
- Memory Recycled Thought: The discussion moved to memory, emphasizing how our thoughts recycle and influence our mental patterns and overall cognitive functioning.
- Samskaras Explained Neurologically: The speaker provided insights into samskaras, or mental impressions, and explained their neurological basis, shedding light on how they shape our behaviors and thought processes.
- Factors Affecting Neural Pathways: The talk delved into various factors that
  influence neural pathways, including lifestyle, habits, and emotional states,
  highlighting their impact on mental health.





- Re-Wiring the Brain Yogic Insights: Pravrajika Divyanandaprana shared valuable yogic insights into the process of re-wiring the brain, offering practical approaches to foster positive mental transformations.
- Techniques for Mind Management: A series of effective techniques for managing the mind were discussed, providing the audience with practical tools to enhance their mental well-being.
- Quest for Self-Identity: The address concluded with a discussion on the quest for selfidentity, emphasizing the importance of self-awareness and personal growth in the journey of mind management.
- Organised & Disorganized Mind: The address concluded with emphasis towards organized mind which will take ones life towards desired goals.

#### **O&A Session**

After the talk, there was an engaging interactive session where students raised questions about specific concerns about mind management and their problems. Pravrajika Divyanandaprana patiently answered all queries, providing clear and actionable advice.

#### Closing:

The event concluded with a heartfelt vote of thanks delivered by Deb Sharma, who expressed gratitude to the speaker, the attendees, and everyone involved in making the anniversary celebration a success.

#### Conclusion:

The first anniversary of the Vivekananda Study Center was marked by an insightful and engaging talk by Pravrajika Divyanandaprana, which left a lasting impact on all participants. The event not only celebrated the Center's accomplishments but also provided valuable knowledge and practical strategies for managing the mind. The successful organization and execution of the event underscored the Center's commitment to promoting intellectual and spiritual development within the college community.

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## Glimpse of the event



Ms Swapna reading the Annual report of VSC



Pravrajika Divyanandaprana delivering the talk





### Glimpse of the event



Audience of the talk



Audience of the talk





### Glimpse of the event



Q&A session



Q&A session



Vote of thanks by Mr Deb Sharma



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8	Aswathi P.V	BSC IST	Arthou	
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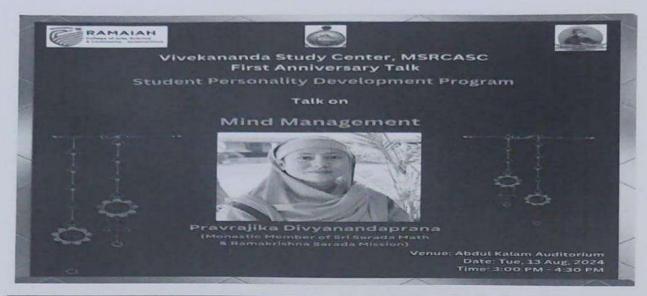
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Profile of the Resource Person: Pravrajika Divyanandaprana

## Pravrajika Divyanandaprana

(Monastic Member of Sri Sarada Math & Ramakrishna Sarada Mission)



Pravrajika Divyanandaprana, a monastic member of Sri Sarada Math, is a renowned expert in the areas of Yoga-Vedanta. She has extensively studied the Ramakrishna-Vivekananda literature, the Patanjali's Yoga Sutras, Raja Yoga, Upanishads, and the Prakarana Granthas, along with their commentaries, and has a deep interest in the Brahma Sutras with Sankara's commentary, the works of Ramana Maharishi, and the Bhagavad Gita.

With her unique combination of knowledge in conventional sciences and traditional Yogic and Vedantic texts, Pravrajika Divyanandaprana has been lecturing across India since 2010, including prestigious institutes such as IIT-Madras, IIT-Delhi, IIT-Kharagpur, IIT-Mumbal, IIT-Kanpur, IISC Bangalore, Delhi University, Vivekananda International Centre, Ramakrishna Mission, Engineering and Medical Colleges in Mumbal, Pune, and Kolkata, and several schools. She offers courses on Yoga-Vedanta every semester at IIT Delhi, which are also available on YouTube at IIT's official channel:NRCVEE IIT Delhi.

Internationally, Pravrajika Divyanandaprana has traveled extensively to hold classes or deliver lectures at several universities in the US and Europe, including Princeton University, MIT, North Carolina State University, Duke University, Carnegie Melion University, Seton Hall University, Purdue University, Loyola Marymount University, and many other Vedanta organizations. She has also traveled to South Africa, Ireland, Great Britain, UAE, and Canada for talks, lectures, and scriptural discussions.

Pravrajika Divyanandaprana is the editor of the English journal Samvit published from New Delhi and was the Principal of Nivedita Vidya Mandir School from 2014-2019. Mataji is also the author of the books 'Science of Happiness' and 'Self Discovery', Currently, she is extensively working on Vedanta as the science of consciousness. Pravrajika Divyanandaprana's You Tube channel VivekaVani has more than 3 lakh subscribers with nearly 200 videos and these videos have millions of views.

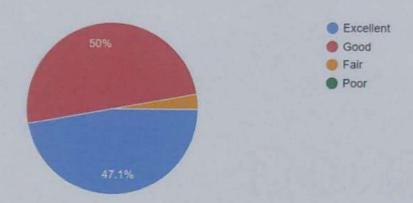




### Feedback

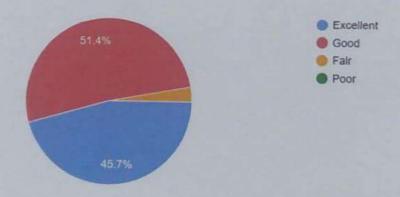
## 1. How would you rate your overall experience at the anniversary program?

70 responses



# 2. How informative and engaging was the Mind Management talk during the event?

70 responses

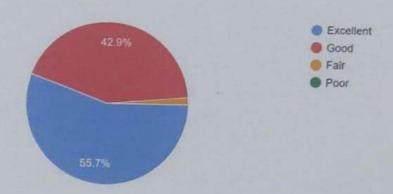






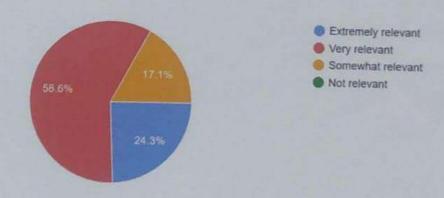
# 3. How well did the speaker Pravrajika Divyanandaprana convey the concepts of Mind Management?

70 responses



# 4. How relevant was the topic of the talk to your personal and academic life?

70 responses

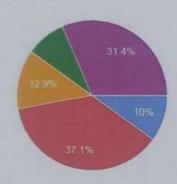






#### 5. Which part of the talk did you find most valuable?

70 responses



Introduction to Mind Management

Techniques and Strategies for Managing the Mind

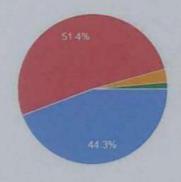
Practical Examples and Case Studies

Interactive Q&A Session

All the above

#### 6. Did you find the content of the talk easy to understand?

70 responses



Yes, very easy to understand

Mostly easy to understand

Somewhat difficult to understand

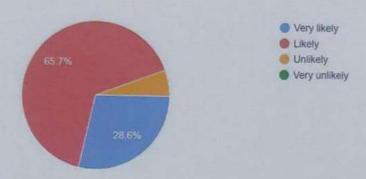
Difficult to understand





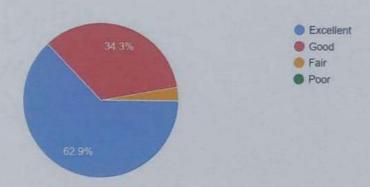
# 7. How likely are you to apply the techniques or strategies discussed in the talk to your daily life?

70 responses



# 8. How would you rate the speaker Pravrajika Divyanandaprana in terms of knowledge, engagement, and delivery?

70 responses

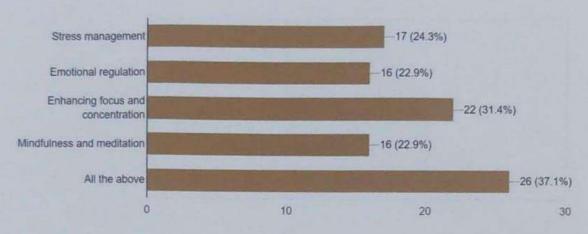






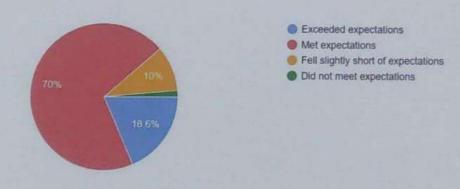
# 9. What aspect of mind management would you like to explore further in future programs?

70 responses



#### 10. Did the talk meet your expectations?

70 responses

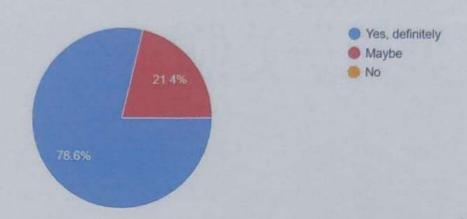






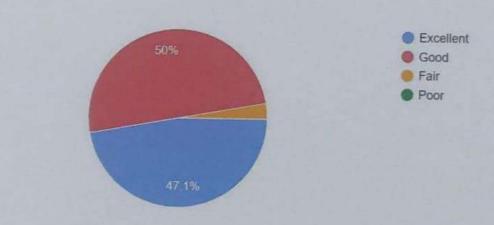
# 11. Would you recommend events by the Vivekananda Study Center to your peers?

70 responses



# 12. How would you rate your overall experience at the anniversary program?

70 responses



**Dr Sathish Babu** VSC Coordinator Mrs Soumya Shanbhag VSC Convenor Dr Pushpa Principal