

A Report  
on  
**RESIDENTIAL YOUTH TRAINING CAMP**  
at  
RAMAKRISHNA MISSION, BISTUPUR

### **Introduction**

On 30th September 2023, 11 students of DBMS College of Education participated in the three-day residential youth training camp at Ramakrishna Mission Ashram campus in Bistupur. The camp was organized by the Ramakrishna Mission Society, Jamshedpur. It started on 30th September 2023 and ends on 2nd October 2023. The theme of the camp was “Rebuild India through human excellence”. The students were selected by written test followed by an interview, which was taken one month before this camp,

### **Objectives**

The objectives of the youth camp are as follows:

- Personality Development
- Character Building
- Enhance the essence of spirituality
- Inculcate social values
- Promote unity and brotherhood
- Teach devotional music and Vedic chanting
- Practice yoga asana and meditation

### **Methodology**

Methodology taken by the organisation:

The organisation arranged various sessions and activities, from morning to evening for students.

**30 – 09 -2023s**

The program was inaugurated by Vedic chanting by the monks and the offering of flowers at the feet of the holy trio, Sri Ramakrishna ji, Sarada Maa and Swami Vivekananda, followed by the lighting of the lamp. After that, Swami Atmashraddhanandas ji, secretary of Ramakrishna Mission Kanpur and Swami Bodhamayananda ji, secretary of Ramakrishna Mission Hyderabad, guest speaker Dr Sumita Roy, Head of the department, faculty of English, Osmania University, Hyderabad along with Shri Shakti Prasad Mishra, Nivedita chair, Centre for Indological Studies and Research Kolkata were felicitated in the inaugural session. After the introductory speech, a short film on the life of Swami Vivekananda was shown to the students.

### **01-10-2022**

On the next day, campers started the morning with Vedic chanting. After that, they have a yoga session. After a short break of breakfast, the first session was conducted. The session was taken by Swami Atmashraddhanandji on the topic of "Understanding the mind and its control". The second session was taken by Swami Bodhamayanandji on the topic "Character building, why and how" followed by the third session by Dr. Sumita Roy on "Leadership lessons in the Ramakrishna tradition".

In the evening campers were taken to a slum area visit and they also did tree plantation. After these activities, they participated in evening prayer and meditation sessions. A documentary film "What is Education according to Vivekananda" also shown to them.

### **02- 10 - 2023**

On the next day, the scheduled routine of morning prayer yoga and breakfast was followed. The first session of Swami Atmashraddhanandji was focused on the habits and practices to develop the mind. He also explained quotes from the Bhagavad Gita and the Yog sutra of Maharshi Patanjali. The second session of Bodhamayanandji was focused on the eight principles of character building. The third session was taken by Shri Shakti Prasad Mishra on "Rebuilding India's culture and heritage". After that, the campers were taken to a procession in the Bistupur area with the slogan of "Jai Vivekananda".

At last, the valedictory speech was given by Swami Bodhamayanandji where he interacted with campers by asking questions. The questions asked by the campers were answered by Swamiji. Campers were given

certificates and were appreciated for their participation in all the events of this youth training camp.

The camp was scheduled with proper timetables and arrangements for food and restrooms. Separate rooms were provided for boys and girls. All three days campers were given music classes where bhajans like “Veer Senapati Vivekananda”, “Ramakrishna Sharanam”, “Shiv Bhajan” etc were taught to enhance the essence of spirituality and connect to the almighty.

### **Outcomes**

The following are the outcomes of a three-day residential youth camp:

- Students inculcated moral and social values.
- They learned the various aspects of self-development.
- They learned self-discipline and its importance.
- They learned the Vedic chanting, music and community working method.
- They also learned to practice yoga and meditation and its benefits.
- They became more self-confident than earlier.

The management of DBMS College allowed students, to attend this residential training camp for their inner growth and to develop life skills which will lead them as teachers of tomorrow.

**Pamela Ghosh Dutta**

**Assistant Professor**

**DBMS College of Education**