



ANNUAL REPORT 2023-2024

ACP

AWAKENING

VIVEK
SHAKTI

VIVEK DEEP

VIVEK MARG

AACT

KALYANI

SVARAT



RAMAKRISHNA MISSION

VIVEKANANDA INSTITUTE OF VALUES,
GURUGRAM

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Glossary

Abbreviation	Full Form
ACP	Awakened Citizen Program
CSSL	Centre for Science of Student Learning
FCP	Foundation of Citizenship Program
JNV	Jawahar Navodaya Vidyalaya
KV	Kendriya Vidyalaya
RKM	Ramakrishna Mission
RP	Resource person
AACT	Awakened Ambassadors for Community Transformation

Executive Summary

The Awakened Citizen Program is entering into the 10th academic year in 2024-25, after its debut in 2014-15. This year 81 new schools were added for undertaking the Awakened Citizen Program (ACP) and Foundations of Citizenship Program (FCP) with the total number of registered schools adding upto 6452 for the middle school programs. There has been a consolidation of the schools not implementing the program and the number of active schools stands at 3474. 4228 teachers have been trained taking the total number of teachers trained to 61576.

To ensure better implementation of the programs in KV's and JNV's a proposal, of an adoption model, was made to the authorities by Swami Shantatmananda, Secretary Ramakrishna Mission Gurugram. Navodaya Vidyalaya Samiti and Kendriya Vidyalaya Sangathan have agreed to the adoption model in the upcoming academic year. All other details are being finalized.

The defence schools have been recommended to transit from ACP to FCP in view of the implementation issues they face. They are open to the idea; however, they are yet to respond in writing.

118 new schools were onboarded for 'Awakening', our primary school program, taking the total number of schools to 328. Around 96% of the schools are implementing the program.

Centre for Science of Student Learning (CSSL), Bengaluru, a pioneer in the field of impact assessment was commissioned to study the impact of ACP on students in the academic year 2023-2024. The baseline survey in 307 select schools was completed successfully. Preparations for the endline survey are in progress and it is hoped that it will be completed successfully soon.

Our community initiative for ACP students AACT grew in this academic year by an impressive 668 students taking the total number to over 1400 of tracked students. Our resource persons conducted 40 sessions across the country, reaching out to students through both online and offline modes. The west, central and south zones were the most active. Over 450 students were engaged on a regular basis.

Vivek Shakti, our community initiative of ACP-trained teachers, has close to 750 registered participants. One major engagement was conducted in which 221 teachers participated. Vivek Deep our community initiative for awakening teachers has 49 registered participants. It had two engagements.

VIVA initiatives such as Svarat for senior citizens, Kalyani for women, Youth Connect for youth, ARISE for parents had a few successful engagements in this year Though the number of participants was low the feedback obtained was encouraging. Winter workshops for students and youth were conducted on different topics. Efforts to increase participation are being made. Vivek Marg our new initiative for college students is getting ready to be piloted.

Overall it has been a good year for us in VIVA and we are all set to march ahead!



Introduction

The Vivekananda Institute of Values (VIVA) under Ramakrishna Mission Gurugram, has been operating in the dedicated institute in Gurugram since May 2023. All the previous value initiatives that were successfully conceptualized and delivered by the value education team of the Ramakrishna Mission Delhi have shifted under the banner of VIVA led as before by Revered Swami Shantatmananda. The focus of our value education programs stems from Swami Vivekananda's ('Swamiji') message to the people of India and the world. Swamiji worked to inspire people to "Arise! Awake! And stop not till the goal is reached."

What is the 'goal' Swamiji inspired people to have? He visualized an awakened India. To that end, he inspired us to have purposeful goals and not meander through life directionless, slavish and weak. According to him "great enterprise, boundless courage, tremendous energy, and above all, perfect obedience - these are the only traits that lead to individual and national regeneration". All these traits he himself exemplified. He guided us to "take up one idea, make that one idea your life, think of it, dream of it, live of it, let the brain, muscle, nerves, every part of your body be full of that idea and just leave every other idea alone." The relevance of this sentiment is immediately clear to anyone who has ever met with success and to everyone who is looking to create success in their lives. Among his greatest instructions to humanity is that "all the power is within you; you can do anything and everything. Believe in that; don't believe that you are weak. Stand up and express the divinity within you." Thus, he sowed the seed of self-belief. A strong foundation of self-belief is best expressed in a person with character and making of this character was another idea close to Swamiji's heart.

VIVA's value education programs take these bold ideas, and through it's specifically designed workshops, aims to spread the message to benefit various stakeholders of our nation. The previous year VIVA successfully commenced with workshops for senior citizens (SVARAT - Living with Ananda), for women (KALYANI - the Awakened Woman) and communication workshops for the youth (Effective and Empathetic Communication in our Personal and Professional Life). The school programs (Awakening and Awakened Citizen Program), the parent workshop (ARISE), and customized workshops for different stakeholders are progressing very well.

We believe, that each and every person coming into contact with Swamiji's profound thoughts, will realize their inherent strength and their own true nature consequently, an awakened nation of responsible citizens can become a reality- a citizenry that sees itself as a part of a whole machinery of nationhood expanded into one humanity. With the support of our sponsors and the people of our community, we are willing to work towards this goal for as long as it takes.

This report serves as the main document of the Annual Report. Along with this anecdotal evidence of ACP by students and teachers is being attached. Annual Report is supplemented by several smaller and specific reports along with media files present in Google Drive, which can be found here:

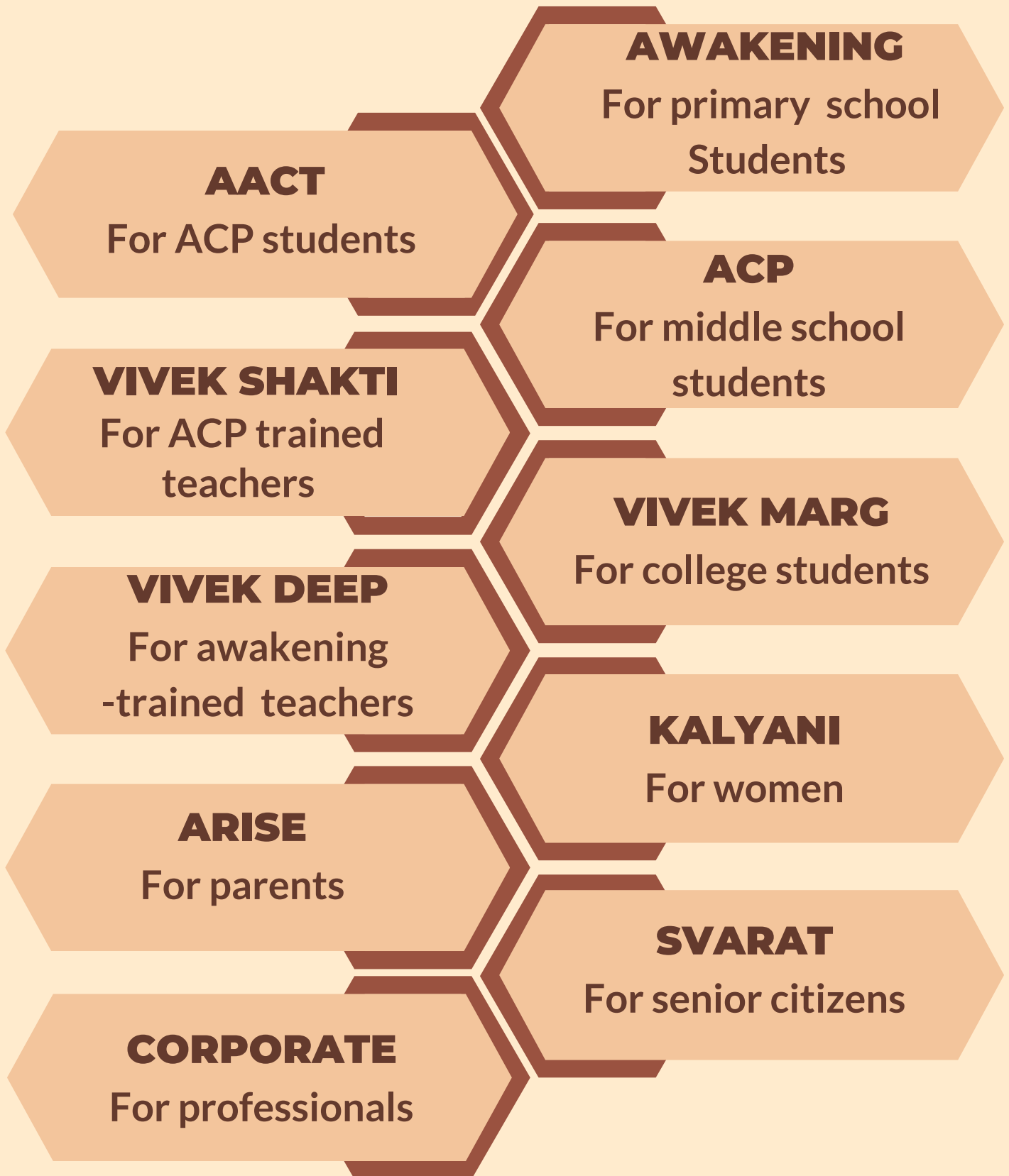
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"Character has to be established through a thousand stumbles."

- Swami Vivekananda

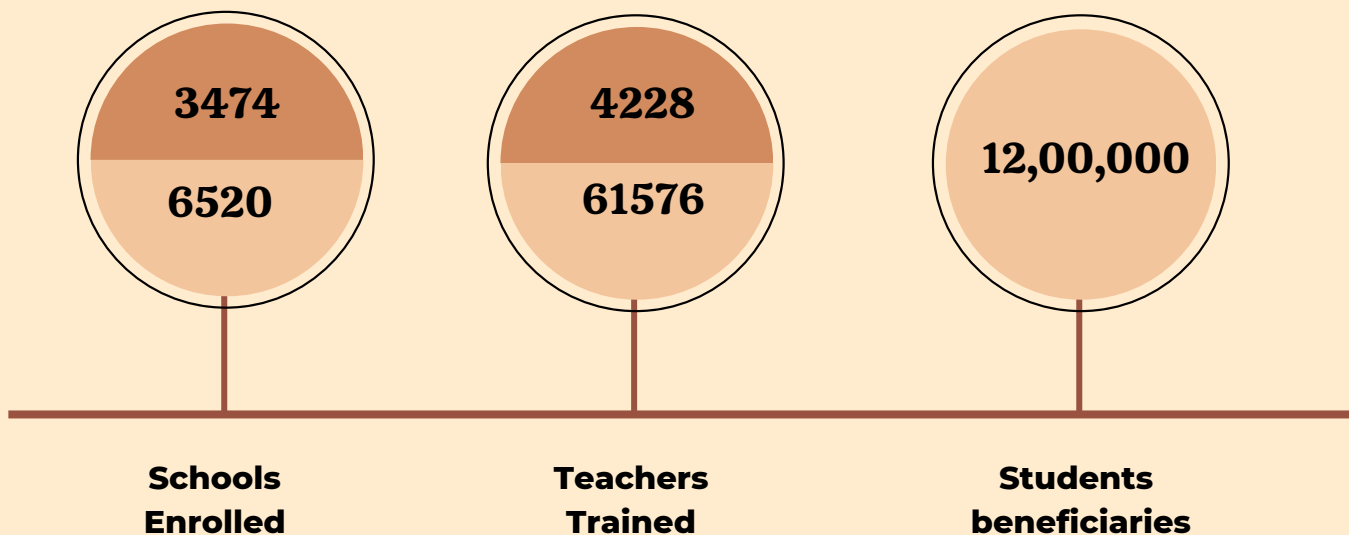


Our Value Initiatives

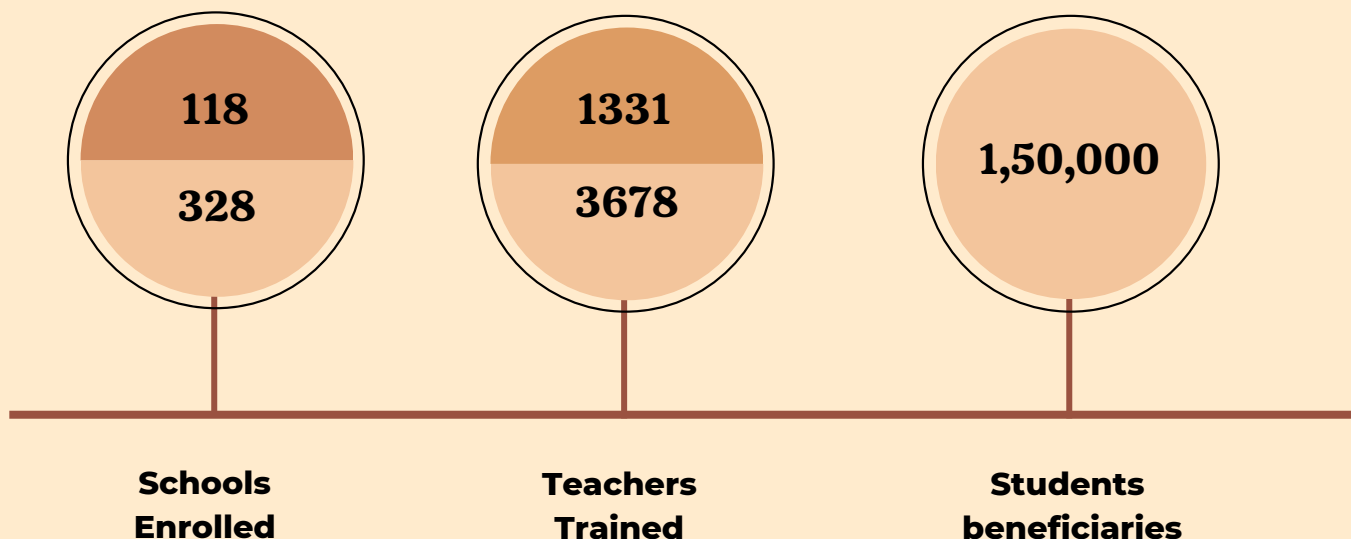




The Awakened Citizen program



Awakening



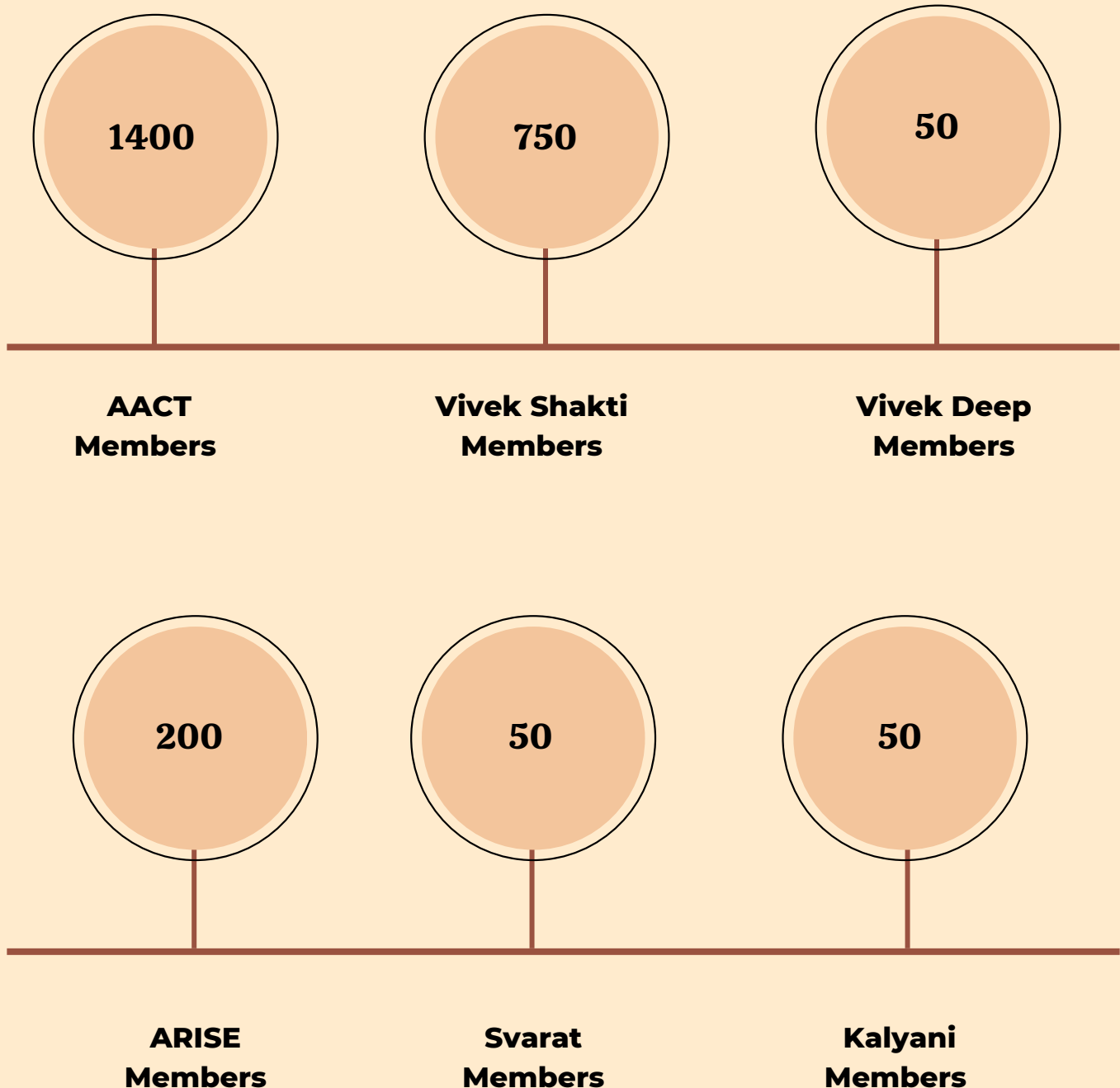
● From Inception
● Year 2023-24

“Character has to be established through a thousand stumbles.”

- Swami Vivekananda



Our Community Initiatives



“Character has to be established through a thousand stumbles.”

- Swami Vivekananda



Implementation of The Awakened Citizen Program (ACP)

The Awakened Citizen Program is entering into the 10th academic year in 2024-25, after its debut in 2014-15. About 6500 schools have enrolled in the program and the program has a pan India presence. The growth of the program over the years in terms of schools enrolled are presented in graph on page no 10.

State and central government schools, private and defence schools are all part of the program. For the past decade the program has been implemented with varying degrees of success. Despite the spirited work of team members and the ownership of school authorities, implementation could not always be carried out as per plan and a large number of trained schools no longer active. Today 3474 schools are actively pursuing the program. The different categories of schools running the program are discussed below-

Government Schools

A large number of schools enrolled in The Awakened Citizen Program (ACP) are central and state government schools. This includes the Kendriya Vidyalaya and Jawahar Navodaya Vidyalaya run by central government and state board schools run by various state governments.

Implementation of the ACP in the central as well as state government schools has been an exciting as well as a challenging journey.

Enrolment of government schools into the program started as early as year 2014 when the program was formally launched and the number gathered strength as the years passed by. The number of these schools reached nearly 2500 constituting almost 40% of the schools enrolled into the program. Here is a brief of each category of schools and their journey into the program.

Central Government Schools

Kendriya Vidyalaya Sangathan (KVS) that oversee the Kendriya Vidyalaya and Navodaya Vidyalaya Samiti that oversees Jawahar Navodaya Vidyalaya are under the Ministry of Education Government of India.



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Kendriya Vidyalayas or commonly known as KVs, joined the program in the early stage but the number was small in the beginning. However, realizing the impact that ACP could make in the life of not only the students but the teachers as well, the Kendriya Vidyalaya Sangathan (KVS) formalized the relationship with an MoU in 2018 and enrolled pan India schools into the program. More than 1200 KVs are enrolled for the ACP as on date.

Similar was the case with the Jawahar Navodaya Vidyalaya. Training of teachers from one of the JNVs resulted into signing up of an MoU with the Navodaya Vidyalaya Samiti (NVS) in the year 2017. More than 600 JNVs are enrolled for the ACP as on date.

Dealing with the authorities in implementation and monitoring of the project in government schools has its own challenges. Some of these challenges that we faced are:

One has to deal with the officers at the Headquarters and the respective regional offices; be it training of teachers or visiting the schools for monitoring purpose the investment of time in the follow-ups delays the whole process of taking the program's benefit to the students. It often happens that the training notification reaches the school at the last moment which irritates the teachers and causes errors and delays in registration.

A sizable number of teachers show little interest in the program, hence run the program half-heartedly or do not conduct it at all. Many teachers already feel overwhelmed with their existing responsibilities and are reluctant to take on additional activities within the school. Principals also express concerns about the feasibility of implementing numerous programs within the limited timeframe available.

The program's continuity is further jeopardized by the frequent transfer of teachers to different locations. In case of transfer of level 2 or 3 trained teachers, the task of training replacements becomes considerably more challenging for both the fresh teacher and the trainer.



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State Government Schools

Our engagement with state government schools commenced in 2014 with the inclusion of schools in Madhya Pradesh. Subsequently, we extended our reach to Delhi, enrolling 200 government schools, including NDMC and Navyug schools, for the ACP. To support program implementation, some schools were equipped with projectors. However, in 2018, Delhi govt introduced another educational initiative, prompting the decision to withdraw the ACP to prevent potential conflicts. Despite the discontinuation, a handful of Principals and trained teachers who were deeply inspired by the program have maintained communication with our team members, underscoring the lasting impact of our efforts.



At present, over 700 state government schools in Haryana, Rajasthan and Madhya Pradesh are enrolled into the ACP. More than 500 projectors were distributed in the schools in these states realizing that the schools did not have the digital infrastructure to run the program.



The ACP and such other initiatives are put under a project in the state govt. schools and these initiatives are monitored by the State Project Director (SPD). With frequent transfers of the officers at the SPD level make it difficult to maintain the continuity of communication with the stakeholders.

No doubt there have been success stories in these schools as well. Good number of teachers who were trained to run the program have given very encouraging feedback not only on the content of the program but also the delivery methodology.



The students exposed to the program have considered this program to be life-changing for them. Number of students have shared their experiences of developing self-belief with the help of the program. Even teachers who believed in the program have not only run the program very well in their schools but were seen to have experienced a shift in their own behavior.

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Defence Schools

Defence schools i.e. Army Public Schools (APS), Air Force Schools (AFS) and Navy Children Schools (NCS) too have been part of the ACP journey from the very beginning of the project. Many of the Army Public Schools joined the program even before the Army Welfare Education Society signed a formal MoU with the Ramakrishna Mission. As on date 175 Defence schools (of all three services) spread across the country, are part for the program.

Though running the program in these schools has its own challenges; continuous movement of students with parents' transfer, teachers' transfers, shortage of teachers and delayed response from the governing bodies, the program is well appreciated by the teachers and principals. The Defence schools, especially in the border areas of J&K, North East, Uttarakhand and Punjab have highly appreciated the program and the students too have benefitted worth a mention.

Considering the challenges the schools face in running the 3-year program, a 1-year model has been proposed to the Education Directorates of APS and AFS. Their response is awaited.



Private Schools

The onboarding of CBSE private schools began in 2014. Initial feedback on the quality of training and implementation was highly encouraging. However, the sustainability of the program was hindered because of multiple reasons.

One of the primary challenges faced was the reluctance of schools to send teachers for training, particularly in the second and third year of the program, (refer to graph on page no 10) due to a significant attrition rate among teachers. Additionally, in instances where schools did participate, limited teaching faculty often resulted in teachers being burdened with multiple responsibilities. This situation inevitably relegated the program to a lower priority, impacting the regularity of classes and its overall effectiveness.

Despite these challenges, there were notable successes in a handful of private schools where stakeholders showed consistency in teacher training and integrated the program into the school timetable. In these cases, the graded nature of the program yielded results, showcasing the importance of prioritizing teacher development and effective implementation strategies.

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Learning and well-calibrated modification in the ACP Program

In the coming academic year, we are implementing two strategic measures to enhance our support for schools:

1. Introducing the Foundation of Citizenship Program (FCP):

- All Kendriya Vidyalayas (KVs) and Jawahar Navodaya Vidyalayas (JNVs) will transition to a one-year program known as the Foundation of Citizenship Program (FCP).
- Implementing FCP across KVs and JNVs will minimize the challenges arising from teacher transfers or absences of trained teachers.
- Private schools will be introduced to the FCP program.

2. Adopting Schools:

- As part of our commitment to support the implementation of FCP, we will directly conduct FCP sessions in selected KVs and JNVs using our own resource persons.
- This approach will ensure consistent delivery of the program and allow us to maintain close communication with the other facilitators in the school.
- Furthermore, this direct involvement will enable us to monitor the program's progress closely and its impact on the students.

All new initiatives that have helped in making the program effective will continue with greater vigor.

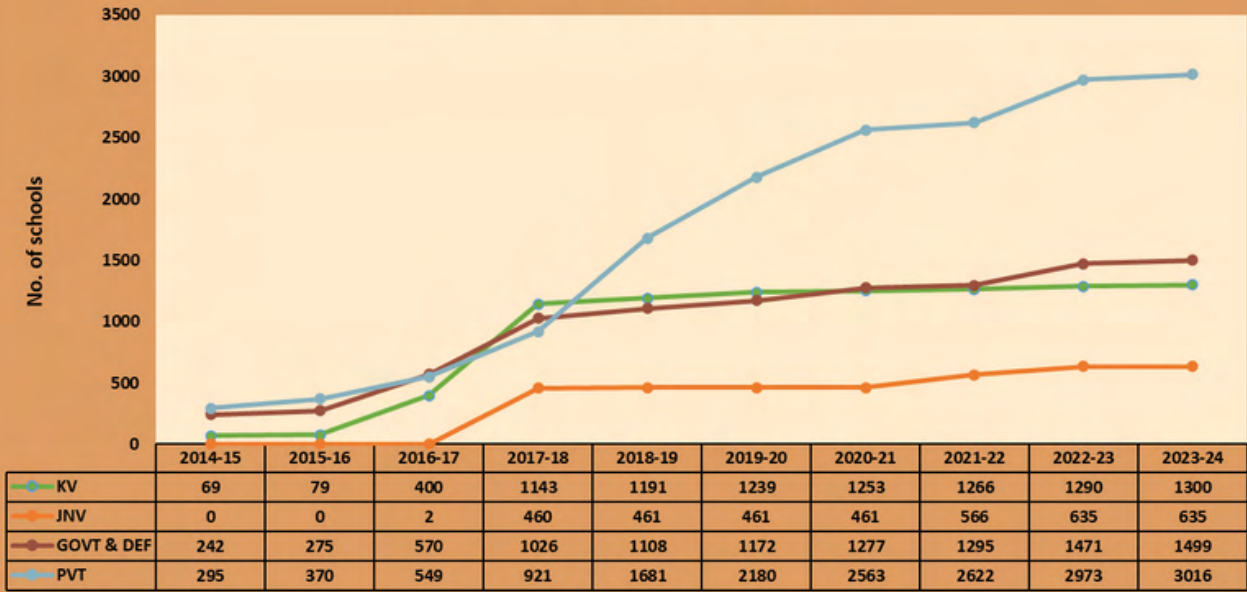


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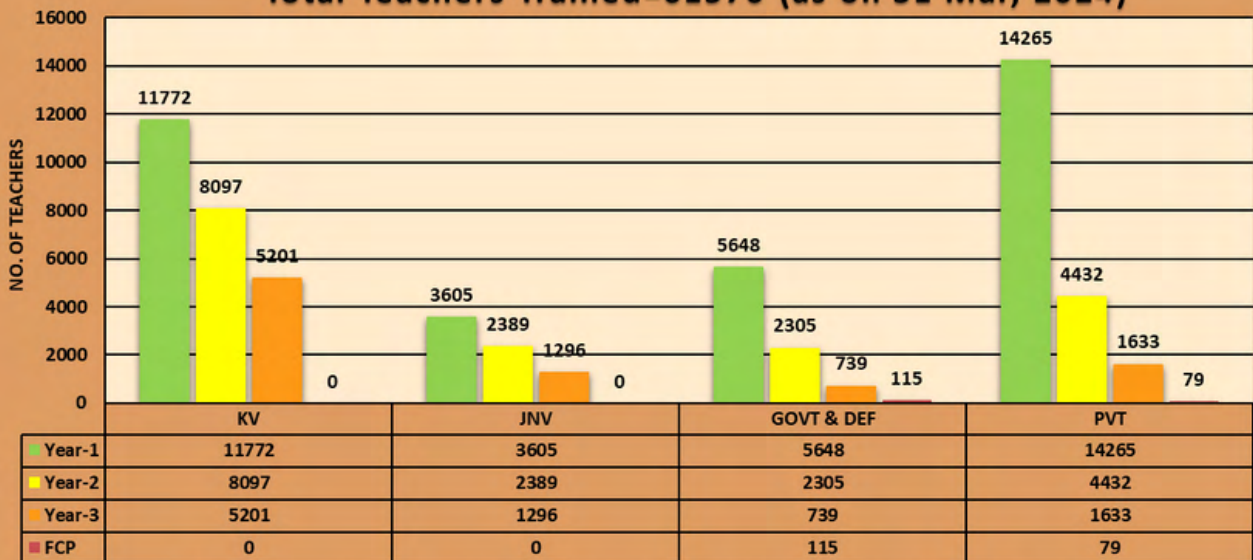


Schools Enrolled- Year Wise
Total Schools=6450 (as on 31 Mar 2024)



KV - KENDRIYA VIDYALAYA, JNV - JAWAHAR NAVODAYA VIDYALAYA, GOVT - STATE BOARD, DEF - DEFENCE, PVT - PRIVATE

Teachers Trained- Program Year Wise
Total Teachers Trained=61576 (as on 31 Mar, 2024)



KV - KENDRIYA VIDYALAYA, JNV - JAWAHAR NAVODAYA VIDYALAYA, GOVT - STATE BOARD, DEF - DEFENCE, PVT - PRIVATE

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ACP-Impact Survey

The Awakened Citizen Program (ACP) is a middle school intervention aimed at creating “Awakened Citizens” among our school students. It has been designed to help students-

- To recognize and develop their infinite human possibilities
- To awaken them to the roles, responsibilities, contributions, and engagements with self, family, friends and society as awakened citizens.

The core outcome of the program is to enable individuals to change their attitude toward themselves and to break free from thinking of themselves as ‘limited’. Instead, they realize they are full of infinite inner strength and can widen their thinking to include many others.

The impact has been studied since the inception of the program.

This was done through :

- Anecdotal evidence from all stakeholders- students, teachers, parents and all those who participate in the program. The testimonials are provided in a separate document along with this report.
- Baseline and end-line surveys at the start and conclusion of program.

An Impact Survey was conducted in 2019-2020 on the teachers and students who were implementing the program at their schools. The students’ survey had to be abandoned due to onset of COVID. Some of the highlights of this survey conducted by Illumine Knowledge Resources Private Ltd on teachers are presented next page.



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Another Impact Survey was initiated on students this year. It is being conducted by Centre for science of Student Learning (CSSL) Bengaluru. The baseline survey has been completed and the end line will be completed soon. The baseline survey was conducted in 307 schools from all categories in an offline and online mode. The tools created for the survey are based on a combination of methods-semantic differences and through vignettes. Presently, preparations are on for endline survey.

Results of teacher survey

Changes perceived by teachers on themselves.

- Improved interpersonal interactions including ability to see/ accept others' point of view,
- Willingness to enable others, engage better with others like family members, colleagues and in the case of students,
- Better quality of interactions, as well as concern for others.
- Better understanding of self-reflected as an increase in self-confidence, self-reflection, and perception of conscious change in themselves. Teachers also felt that students developed an expanded vision of themselves, an increase in confidence, participation, and higher aspirations.
- Better ability to meet and respond to challenges that are faced, both by teachers and by the students, reflected in willingness to respond to challenges proactively and positively.
- Change in the way the teachers play their role reflected in a revised understanding of their role as teachers, parents, and individuals and in case of students, as future citizens. Specifically, these changes indicated an expansion in how teachers/ students take ownership of their roles and responsibilities.

Changes perceived by teachers on students.

- Interpersonal interactions where they demonstrate the ability to accept others despite differences
- In their understanding of themselves and their ability to reflect
- In their ability to participate more and to deal better with life situations and
- Improvement in the quality of work of students.

Results highlighted changes in the students, which were in the areas of

- Engagement with Self, wherein teachers perceived greater potential for 'I-Can', improvement in self-confidence, higher aspirations, a greater search for excellence, increased self-reflection, and expansion in their roles as students.
- Engagement with Peers, wherein changes were perceived in the way students work together, accept others, help others, include others, in how open-minded they are, and their concern for others.
- Engagement with Life, where changes were perceived in the form of greater participation outside the classroom, greater courage in dealing with life, more proactive interaction with life and situations that the students faced, greater responsibility shown in the various roles that they played, and more responsible choices being made.

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AWAKENING-Our journey so far

There has been an increasing demand from educationists to develop a value education for primary school children as moral values are very important components of any individual's character and they should be taught right from childhood. Responding to this demand Awakening a value education program for primary school children of Class I to V was created. Awakening also serves as a feeder program for our 3-year graded Awakened Citizen Program (ACP) value education program for middle school children which is running in schools across the country.



Younger children learn values by observing their surroundings and the actions and behaviors of people around him/her. With these points in mind, the Awakening program content and methodology was developed after extensive research and pilot studies in schools, by a team consisting of qualified resource persons of Ramakrishna Mission, Gurugram, child psychologists, program designers and integrated with the help of domain experts - ELF Learning Solutions, Chennai.



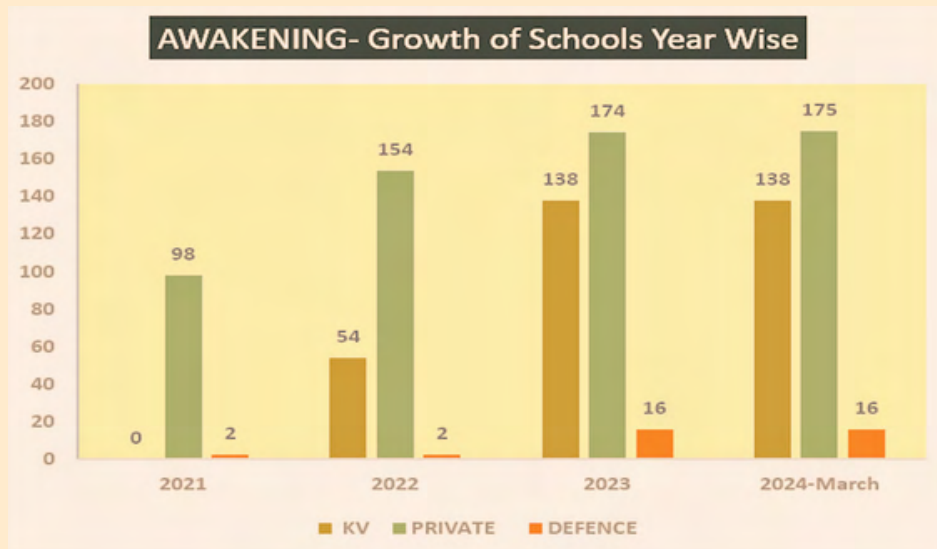
Awakening consists of a mix of age-appropriate stories of real life and fun activities that introduce and reinforce noble values for children. Children are encouraged to share their learning with their families through home activities and create an overall values-enabling environment for them. The use of story-based narratives and activities by trained facilitators aims to encourage the child to explore, find, choose and adopt voluntarily and thereby aid their socio-emotional development and helps a child in making responsible choices in life without any compulsion or prejudice.



Awakening entered its third year this year. 118 schools were added, taking the total school count to 328. A category-wise distribution of schools is given in chart below.

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The number of teachers trained this year was 1331 taking the total number of teachers to 3678. 80% of the schools were visited by resource persons all over the country. 96 %of the schools are active. In addition, 23 enabling sessions were conducted this academic year in which 338 teachers were enabled. In these sessions the facilitation practices are revisited and the teacher is given an opportunity to share her experiences in the classroom. The program has been well accepted by the stakeholders.

The primary reasons are:

- No infrastructure required to conduct classes
- One-day training program for teachers both offline and online where they are trained for classes I to V.
- No additional cost in conducting activities

However, the most important reason for the success of the program has been the motivation of the teachers and their willingness to apply the facilitation practices in the classroom refer page no 15 for testimonials.



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Testimonials

We have started the Awakening modules. The little ones are picking up the sharing and caring, giving respect, etc. Although class is only once in a week impact is very high. Wonderful classroom experience. I recommend to all other heads of schools.

-Lincy Pancholi
Principal Navy Children's School Porbandar

Children are really not feeling it's boring .They are feeling quite energetic enthusiastic to participate in this program. Stories are easy to connect. They have a very good value hidden in them which we are indirectly instil in our young minds.

-Nisha Trivedi, Counsellor
Patanjali Rishikul School.



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Community initiatives for students and teachers

Awakened Ambassadors for Community Transformation (AACT)

Awakened Ambassadors for Community Transformation (AACT) provides a national platform for students, who have completed at least two years of the Awakened Citizen Program (ACP). It envisions a community of Young Awakened Citizens, who can inspire and lead India into the future. AACT is meant to transform self-belief into a spirit of service.



Last year, AACT members performed community service, through the online modality, in which they supported the children in their academics. But one challenge that we faced through the year was very few students participated in these engagements. Though the participation was poor in terms of numbers, those few students who attended always said they benefitted from these engagements. Last year all activities were done from the headquarters and most of them were in an online mode.



Our community initiative for ACP students AACT grew this academic year by an impressive 668 students taking the total number to over 1400 tracked students.

This year the nature of the engagement moved from online to offline mode and from headquarters to the 5 administrative zones where resource persons conducted Design our Destiny modules with students who had registered for AACT. Design your destiny is a 6 module program created in-house to reinforce ideas of ACP in addition to helping self-reflection and converting the thoughts to practice.

Our resource persons conducted 40 sessions across the country, reaching out to students through both online and offline modes. The west, central and south zones were the most active. Over 450 students were engaged on a regular basis. The digital platform Mysphere in which 'Design Your Destiny' modules were uploaded did not take off due to certain technical glitches.

The highlight of this year's engagement was when some senior members of the community took the initiative to lead a session on the topic stress management. They had great ideas and created a very interesting session using technology. 50 students participated and benefited from this session.

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Vivek Shakti

Initiated in June 2022, Vivek Shakti strives to establish a nationwide community of facilitators for The Awakened Citizen Program. This community is dedicated to delving deep into the educational ideals of Swami Vivekananda, serving as catalysts for community transformation and national awakening. The platform aims to nurture individuals aspiring to become Ambassadors within their respective schools and communities.

Following a successful more than one-and-a-half-year tenure, an additional 175 facilitators expressed their interest in joining the platform this year. Currently we have over 750 facilitators hailing from private and defence schools across India.

This year the engagements of the community was done zone-wise. Two sessions were conducted one for North and South zones and another for West, Central, and East zones.

The highlight of this year's engagement was one on 05th January 2024 in which 221 teachers of mainly north zone participated. At the beginning of the session, teachers from various schools shared their experiences on the various initiatives undertaken by them in their schools such as Daan Utsav, Roti Bank, and Blood Bank, aimed at serving the underprivileged sections of society. Following this, a video presentation on the concept of; Shraddha towards others was shown. Later, the participants were divided into breakout rooms where they engaged in discussions on the topic with their mentors and Vivek Shakti lead. The session was predominantly moderated by the facilitators themselves.



Vivek Deep

On the lines of Vivekshakti another platform was conceived called Vivekdeep for engaging teachers who were trained for the Awakening program and have implemented the program in their schools for at least 1 year. This platform will give them scope to engage with their peers across the nation and share novel ideas on executing the ideas of the New Education Policy 2020. Above all, they will be able to develop themselves to take on the role of value ambassadors in their institutions, thus enhancing their self-esteem.

Two sessions of Vivek Deep were conducted this year in which 19 and 36 teachers participated. The topic was self-esteem and the teachers participated enthusiastically. 49 teachers are registered for this initiative.

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Testimonials from Vivek Shakti

“It was indeed a great session. We came to know about the activities performed in different schools. The students are getting motivated by such initiatives. Even we are also getting lots of motivation and inspiration through this program.”

**-Ms. Pallavi Sarkari
Ashok Memorial Public School, Faridabad**

“The best part of being in Vivek Shakti is the freedom of expression and mentoring, followed by unconditional support of the mentors of Ramakrishna Mission Vivekananda Institute of Values, Gurugram that we receive. This type of program will help to inculcate values and the right attitude to our children.”

**-Ms. Itishree Panda
Raghav Global School, Noida**

“I really admire the concept of Vivek Shakti, programme which inspire, encourage, and motivate students to learn, grow and progress in both their academic and personal lives .The Atmashradha inculcate the positive and kind attitude to students I CAN ensure infinite power to face challenges and respond to these challenges

So ACP is the programme which inspire students towards enlightened citizenship which are commendable efforts.”

**-Dr. Smita Tripathi
RSS International School, Noida**



Other VIVA Initiatives

Since its inception, VIVA has begun and successfully run initiatives for many community members, who we believe are equal stakeholders in this process of nation-building. These initiatives are usually weekly or monthly interactive workshops with the participants and curated by the VIVA team under the guidance of Swami Shantatmananda. The objective of each of our workshops is 'mindset transformation', a new way of looking at the same old problem and as much as possible a dawn of self-belief. The process is one of slow immersion and constant engagement with the idea presented through practical methods, role models, and group activities. We lean heavily on Swami Vivekananda's life-enriching ideas. The following will give a brief idea about the initiatives.

SVARAT – Living in Ananda

Svarat means self-mastery as opposed to the more familiar word 'Samrat' (meaning a ruler, or a master of others). We all look forward to adopting the former attitude as life progresses. This is our popular workshop for senior citizens aged 55 and above.

There were 11 Svarat sessions held last year and the topics of discussion were the following:

- Building Self Worth
- Living with Acceptance
- Managing Conflicts in Relationships
- Handling Emotions
- Managing Internal Conflicts – Meditative Practices
- Contributing to Society
- Compassionate Communication with Oneself
- Tackling Fear – the Source of all Misery
- Viveka (Discrimination)
- Dealing with Difficult People
- From Blame to Balm



Number of participants for each session was an average of 20 but our community of senior citizens is close 50 members.

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KALYANI – The Awakened Woman

Kalyani represents an awakened woman; awakened to her potential and possibilities and is willing to move forward constructively with self-belief and strength, in harmony and with love.

During the months of May-June 2023, 6 weekly Kalyani sessions were organized around similar themes as Svarat:



- Building Self Worth
- Understanding your Nature
- Managing Conflicts in Relationships
- Handling Emotions
- Managing Internal Conflicts – Meditative Practices
- Purpose – Potential – Possibilities.

Subsequently, in the month of September, VIVA undertook for the first time, online Kalyani sessions.

They were held in two consecutive weeks on:

- Building Self-Worth – Living with Acceptance
- Understanding your Nature and Handling your Emotions

Number of participants for each session was an average of 20 but our community of Awakened women is close to 50 members.

ARISE- Empowered Parenting Workshop

ARISE is about forming a loving bond that enables the child to live a fulfilling life. The acronym stands for accepting, reflecting, involving, sharing and encouraging. Online sessions were held in the months of September and October. 31 participants joined the workshop. An offline ARISE session was held at VIVA in March 2024. Only 3 parents joined the workshop but benefitted hugely with close interaction with the VIVA mentors.

An offline ARISE workshop was also conducted by VIVA resource persons at the Global Public School, Karatagi, Karnataka. About 50 parents of primary school children attended this 2-hour workshop, which was delivered in Kannada and English.

Our parent community has 200 members.

“Character has to be established through a thousand stumbles.”

- Swami Vivekananda



Corporate

In order to help the working professionals in dealing with their challenges at the workplace of meeting commitments, deadlines, dealing with conflicts, work pressures, anxieties, etc., and lead a life that is more fulfilling in-house programs were developed and conducted for some of the corporate organization.

Realizing the need of such interventions for the working professions, VIVA has created a dedicated team for investing time in developing new opportunities. We have reached out to various national and multinational organization. Offline/ meetings were held to understand their specific needs.

Proposal have been given to couple of organizations and their response is awaited. In the meantime, our Retreat Center at Rishkesh, Uttarakhand is ready for being inaugurated in the coming months. The centre once open shall be used for off site training workshops.

MISCELLANEOUS

Various engagements with students were held at the VIVA premises through the year, in the following ways:

- A 3-day certificate course was held at VIVA on 'Empathetic and Effective Communication in our Personal and Professional Lives' for college students and young professionals.
- As part of their curriculum on NGO immersion, a six-week project, 20 students from SOIL Institute of Management visited the VIVA center on a weekly basis during November-December 2023. Workshops and lectures on Swami Vivekananda's ideas were also held for the benefit of the students besides their collaboration with VIVA mentors on the outreach of VIVA programs.
- Two winter workshops for children (aged 8-12 years) on 'Awakening your Possibilities' was held on 26 to 30 December, 2023; and in January, 2024 for a period of 5 days.
- A winter workshop for teenagers (aged 13-16 years) on 'Effective and Empathetic Communication' was held on 26 to 30 December.
- A winter workshop for children on 'Effective and Empathetic Communication' was held for 5 days in January 2024 for the students of the 'Arth Foundation'.
- Youth Connect - On January 12, 2024, the birth date of Swami Vivekananda, VIVA launched 'Youth Connect', a program to be conducted every Sunday for the youth. This program will provide a platform to read and connect with Swami Vivekananda to discuss, relevant present-day problems and solutions and to calm the mind through guided meditation.

Though participation in some of these events has been poor yet we continued with the engagement with the hope of building a community of all stakeholders.

"Character has to be established through a thousand stumbles."

- Swami Vivekananda



Vivek Marg

foundational course for college students

A Vivek Marg is a unique foundational course for young future professionals. It aims to guide youth to find a sense of purpose that enriches their work and life, to bring out the best in each individual so that they excel, and to help them build harmonious relationships and contribute to the collective good of humanity.

When students step into college, many experience freedom for the first time. Since college life is essentially different from school, there is an adjustment process accompanied by societal expectations of responsible behavior. At the same time, at the threshold of adulthood, many students feel ill-equipped to deal with the pressures of a cosmopolitan existence.

To help support students at this important juncture in their lives, the Vivek Marg program has been conceptualised, and it is hoped that a pilot can be conducted for a small set of first-year students for the next academic year, based on which an impact assessment can be conducted.

Vivek Marg aims to instill a deep sense of 'Atmashraddha' or 'self-respect' in the lives of young men and women. This program is based on Swami Vivekananda's eternal messages for the regeneration of India, with an emphasis on the role of the youth in our country's quest for progress. This program will prepare the youth to find solutions to the challenges of life. It will not just give them ideas but will also align them to their purpose in life. It will help them to manage their emotions, develop concentration and harness the power of their minds constructively. They will become aware of their immense potential and how to manifest it in life. They will no longer work simply for external validation, rather they will be focused on a principled life with clear thoughts and a firm mind. They will pursue excellence in every walk of life, come what may. They will overcome fear to become the architects of their own destiny and contribute significantly to their own and their nation's progress.

This program encourages young minds to find out the truth by themselves using a series of thought-provoking interactive sessions with practical activities. The youngsters will be guided gently by trained facilitators to introspect, share their feelings freely without fear of being judged, learn from their personal experiences as well as from their peers and make responsible choices in their lives and be fully accountable for the decisions made. They will be encouraged to test the practical utility of the noble values by trying them out in their lives.

Created in-house by the VIVA team, there are 12 modules, each structured to be facilitated in 90 minutes, for which a weekly session is to be allotted in the time table. Vivek Marg can be offered as a 2-credit Value-Added Course (VAC), as per the UGC Curriculum and Credit Framework for Undergraduate Programmes and as recommended in Mulya Pravah 2.0.

"Character has to be established through a thousand stumbles."

- Swami Vivekananda



Our Team

Swami Vivekananda was categorical that the human being is the most important element in determining how well a goal is reached. The VIVA team consists of 85 members (45 of whom are working pro-bono) is spread all over the country. Though diverse in many aspects the team is driven by a common ideal- that of awakening Indians to recognize their spiritual nature and manifest their possibilities consciously and consistently.

The motivated team of different age groups is open to learning from each other and from outside the group and brings to the table a range of skill sets. It is with some pride that we can say that our data management system and our digital media are all created and managed in-house.

Some of our team members can express themselves in poetry and their tributes to Swami Vivekananda his birth anniversary are showcased on page no 25.

It is heartening to note that highly inspired people are joining the team and are willing to stretch themselves to serve this noble cause.

Testimonials from Our Team



“These last 10 months with Viva has come to me as a breath of fresh air. A new empowered sense of being with a purpose and reinforcement of my deep sense of being, which is expressed as Values in Viva. I got to join hands with the strong, dedicated, highly motivated seasoned team, working to spread Swami Vivekananda's teachings to every student, youth and now every strata of society across our Country. I got to hone my skills in expression through various opportunities to pitch in making content for workshops. Got first hand exposure in how trainings are conducted for teachers in taking our Value Education Program to the students in classes. A professional work environment with a spiritual goal to awaken everyone to live a life of values, ethics and integrity. I quite liked the blend. Age and stage of life irrespective, I saw many Senior Mentors working actively, traveling across the country to hold training sessions and also overlooking many hurdles to attend office at Viva, Gurgaon. I liked the transparency of communication across the tiers in team. It's a good blend of young minds and experienced seniors, each having a unique feature of creativity, immense positive energy, dedication and a wonderful quality of taking everyone along, aware of the deep Spiritual truth of we all are on our own individual journey. The deep respect and gratitude towards Maharaj, who conceptualised this whole program, the organisation as a whole and pride in being torch bearers of change, in bringing awakening in every heart. It's been an enriching association that has opened new vistas of growth in me, both personally and professionally.”

-Uma Kaikini Resouce Person

“Character has to be established through a thousand stumbles.”

- Swami Vivekananda



“My introduction to VIVA started when I was attending the Kalyani Workshop last year. Focus on Self Worth was the key learning from the well conducted sessions.

The ACP and Awakening internal training program conducted by our mentors are very engaging and enriching. The content and the facilitation techniques of these programs have made a deep impact on me. The patience, care and warmth shown by our mentors have made these sessions more effective. Awakening the faith in our infinite power and strength, and that we all are work in progress, the gentle push by the facilitator using the facilitation practices aims to create a conducive environment for the participants.

Discovery and acceptance, how making responsible choices have a long-term effect and the value is imbibed deeply, has given me a structured way of dealing with my own self and others. These programs have helped me analyze and respond to situations. The words, I CAN is a constant reminder for me that nothing is impossible to achieve.”

-Chhandita Sen Sharma Resouce Person



“गत वर्ष मई माह में कल्याणी कार्यशाला के साथ मेरी विवा में यात्रा प्रारंभ हुई। 6 हफ्ते तक चली इस कार्यशाला के प्रत्येक सत्र के पश्चात मैंने स्वयं में आए सकारात्मक परिवर्तन को स्पष्ट रूप से अनुभव किया। संस्थान द्वारा आयोजित सभी कार्यक्रमों का मूल आधार स्वामी जी के तपोग्यान से प्रस्फुटित अमूल्य विचार हैं, जो सर्वमान्य हैं। ज्ञान, भक्ति और कर्म के इस अद्भुत संगम ने मुझे प्रेरणा दी कि मैं भी इसके पावन और महत्वपूर्ण उद्देश्य का हिस्सा बन सकूँ। विवा टीम के वरिष्ठ गुरुजनों द्वारा हमारे विद्यालय मूल्य शिक्षा कार्यक्रम का प्रशिक्षण प्रारंभ हुआ। बाल मनोविज्ञान व जीवन मूल्य पर आधारित यह संरचनात्मक कार्यक्रम इतना प्रभावी व सटीक है कि निश्चित रूप से यह भविष्य के श्रेष्ठ सशक्त व स्वर्णिम भारत की नींव बनेगा। विवा एक संस्थान मात्र नहीं है, अपितु यह एक वृहद परिवार है। यहां का प्रत्येक सेवा कर्मी चाहे वह वैतनिक हो या स्वयंसेवक स्वामी जी के विचारों और मूल्यों का अपने व्यवहार व व्यक्तित्व में जीवंत उदाहरण प्रस्तुत करता है। जिस आयु में लोग सेवानिवृत्ति होते हैं उस आयु में चौगुनी ऊर्जा व उत्साह के साथ कार्य कर रहे हमारे वरिष्ठ सदस्यों को देखकर हमारे अंतर में भी आत्म श्रद्धा की शक्ति और अधिक प्रबल होती है। संस्थान में सभी सदस्यों का व्यवहार सहयोगात्मक, स्नेहपूर्ण व प्रोत्साहित करने वाला है। यहां पर सभी को समान रूप से अपने विचार व्यक्त करने नव कौशल सीखने व निरंतर उत्कृष्टता की ओर बढ़ने के अवसर प्राप्त होते हैं। आज के इस प्रतिस्पर्धी तनाव भरे व्यावसायिक वातावरण में विवा जैसे आदर्श संस्थान में सेवा कार्य करना मेरा सौभाग्य है। यहां आना मेरे लिए एक घर से दूसरे घर आने जैसा है। यहां का प्रत्येक सदस्य मां ठाकुर व स्वामी जी के स्नेह रूपी आशीर्वाद के सूत्र में बंधा है। मैं रामकृष्ण मिशन व विवा संस्थान के प्रति अपनी हृदय से कृतज्ञता प्रकट करती हूँ एवं ईश्वर से प्रार्थना करती हूँ कि स्वामी जी के मानव मूल्यों के जागरण के इस महान उद्देश्य में जीवन पर्यन्त सेवक बन कार्य करती रहूँ।

-Shilpi Sharma Resource Person

“Character has to be established through a thousand stumbles.”

- Swami Vivekananda



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Tribute 1

“The Joy of Life*

The world may bewilder us until we reach Your feet,
Rest assured that tears of joy shall flow soon,
Because You raise us step-by-step.
From a fleeting emotion,
To a lasting mood,
Till we reach the attitude of everlasting Joy in Self.

Ever-present like the vastness of space,
Still you remain hidden till we seek,
Then like a breath of fresh air you tease,
Like a morning dew drop you nourish,
Supporting us like the rock,
Until You burn bright in us unto eternity.

Today, we surrender to Thee,
Akin to a Bilva leaf,
And pray that we can raise our self by our self,
Inspiring in Thy name and spirit,
Every being across the world
To savour the Joy of Viveka, O Vivekananda!

”

“

Tribute 3

Love and Serve

He did not see forty, this cyclonic monk
He saw just his promise to his Guru - his Work
In just a few years, without fear, without rest He
majestically captured the East and West
To his enslaved country-men, "Be bold", said he
"Be strong and responsible - create your own destiny"
He taught us to be humble - he taught us to obey
He taught us to take pride in our traditional ways
"Hold on to an ideal - never mind if you fail"
"Even the smallest attempts are not in vain"
To a weak and defeated country, he inspired hope
To this very day, his words help us cope
He predicted that India would rise again
With the help of right spirited women and men
Today on his birthday, can we honestly say
We are willing to serve till our dying day?

”

“

Tribute 2

शब्द खोजने लगता हूँ लेकिन खोज नहीं पाता हूँ ।
सार लिखने जाता हूँ लेकिन लिख नहीं पाता हूँ ।
व्यक्तित्व जिसका ऐसा है, कार्य गंगा जैसा है ।
विचार करने बैठता हूँ लेकिन बयों नहीं कर पाता हूँ ॥

ऐसे हैं दिव्य विवेकानन्द, ऐसे हैं युवा विवेकानन्द ।
कैसे कहूँ मैं उनकी वाणी, कैसे कहूँ मैं उनकी गाथा?

बचपन से लेकर जवानी तक, सिर्फ उन्होंने ईश्वर खोजा ।
गुरु भी ऐसे मिले, जिनसे रहा अश्रुपूर्ण नाता ।
लोग ईश्वर को कहाँ खोजते, राष्ट्रभक्ति तो रहने दो ।
लेकिन विवेकानन्द ने तो, आम मनुष्य में ही ईश्वर देखा ॥

जब जल रही थी भारतभूमि, टूट रहा था मानव मन ।
उपनिषदों के सार्वभौम सत्य से जब दूर हुआ आम जन ।
उस अंधकार भरे बादलो को, जिसने चीर प्रकाश लाया ।
हाँ थे वही विवेकानन्द, जिसने तोड़ा मानव का भ्रम ॥

आज के तकनीकी दौर में थी, जिसकी वाणी शक्ति समर ।
आज के भागमभाग में भी जिसकी कहानी रश्मि सदन ।
उसी विवेकानन्द की मैं, आज गाथा गाता हूँ ।
कर लूँ चाहे जितनी बातें, कह कहाँ पाता हूँ ॥

उसी विवेकानन्द की मैं, आज गाथा गाता हूँ ॥
उसी विवेकानन्द की मैं, आज गाथा गाता हूँ ॥

”

Swami Vivekananda

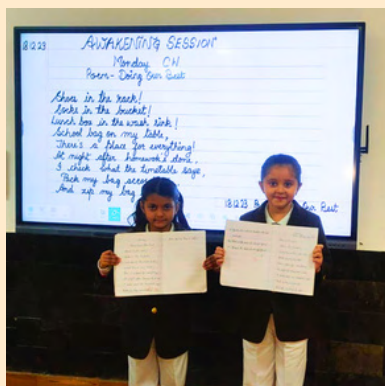
“Character has to be established through a thousand stumbles.”

- Swami Vivekananda



WAY FORWARD

“Patience, purity, perseverance and above all love” - this is what Swami Vivekananda wanted his followers to aim for. Step by step, patiently overcoming every hurdle, we hope to persevere in the task of guiding Indians to consciously awaken their full potential. Purity of purpose, selfless service and great love for the country will help VIVA and those who partner with RKM, Gurugram to involve more educational institutions, (schools & colleges), corporates, and members of the community in this worthy nation-building movement.



“Character has to be established through a thousand stumbles.”

- Swami Vivekananda