



Vivekananda Institute of Values (VIVA)

Practical Spirituality for All

I make no distinction as to householder or Sannyasin...all time my head shall bend low in reverence wherever I see greatness, broadness of heart, and holiness.

Swami Vivekananda



GOOD NEWS FOR GURUGRAM

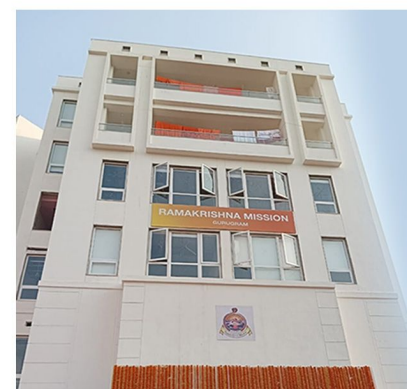
The bustling city of Gurugram has it all – reputable educational institutions, world class health care, thriving businesses, environmentally conscious activists, affluent residents and yes, with this there is frustration, stress, underemployment, isolation and crime. What the city needs is balance. The best way to bring about this balance is to awaken a sense of purpose in the residents so that they can contribute to their own well-being through responsible choice making and empathy for others. In early November, a new ashrama of the Ramakrishna Mission has been established in Gurgaon and in its premises is housed The Vivekananda Institute of Values (VIVA), which will cater primarily to the spiritual needs of those who want to understand their true nature and then practice karma yoga. We encourage a spirit of enquiry and include all seekers.

FROM THE DESK OF THE SECRETARY, SWAMI SHANTATMANANDA

Dear Sisters and Brothers,

Many of you may be aware that the Ramakrishna Mission, established by Swami Vivekananda, with the headquarters at Belur, West Bengal, has over 200 branches all over the world. Through this Mission, monks have been working closely with awakened citizens like you for over 125 years, to serve humanity, primarily in the areas of education and health. It is a matter of honour for us to announce that a new centre has been opened in Gurgaon this month and you are all welcome to be an active part of it. Through this newsletter, we are introducing you to some of the value-based initiatives that we are offering in the newly established Vivekananda Institute of Values (VIVA). This is only a beginning and we are sure to be of service to the residents of Haryana and elsewhere. Our focus will be to enable each one to lead a value based life, after carefully and responsibly choosing how to conduct oneself at work and in life. The choice is ours – we can shape our destiny and live to our full potential. The best way for you to know how you can benefit from the centre is to visit us and talk to our resource persons. Those living outside Gurgaon may reach out to us through email (please see contact details given below) and we can co-create a happier, more fulfilling life on earth.

Yours in service



From the speech by Hon'ble Chief Minister of Haryana, Shri Manohar Lal Khattar during the inaugural ceremony of VIVA on Nov 2, 2022



Until the creative work of man-making which Ramakrishna Mission has undertaken is followed enthusiastically by all, the country cannot progress quickly



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VIVA INITIATIVES

Program	Awakened Citizen Program (ACP) since 2014	Awakeing since 2021	Awakened ambassadors for community transformation since 2021	Vivek Shakti since 2022	ARISE since 2022	Working Professionals since 2022
Stakeholder	Middle School Students	Primary Students	ACP Graduates	ACP trained teachers	Parents	Working Professionals
Reach	12,00,000+ students 35,000+ teachers 6,000+ schools	40,000+	840+	270	1100+	200+



OUR TEAM

The VIVA team consists of 90+ volunteers and experienced and committed resource persons based all over India. Readers may contact us to co-create courses and programs (online and face to face) that awaken human potential. We plan to create special programs for senior citizens, home-makers, students and other target groups based on the need. If you are interested in knowing more about how you can ensure your own inner development through service of humanity please contact us.

ASK SWAMI SHANTATMANANDA

For this section, we invite our readers to send in any questions they may have regarding an aspect of life they are struggling with for which they require a spiritual resolution or any other question of the nature of a spiritual inquiry. Questions will all be collated and a few will be shortlisted each time and answered exclusively in the newsletter.

READER'S SECTION

We invite our reader's to look at the picture below and share with us what they feel. Please title the email 'Answer to Reader's Section'.

