



**Heartfulness Institute &
NSS Pondicherry University**

presents

**Swami Vivekananda on Youth and
the Power of Meditation**

A practical & experiential session on
Heartfulness Meditation for happiness,
improved well being and reducing stress

On the occasion of
155th Birth Anniversary of Swami Vivekananda

**19th January 2018
10:30 AM - 12:30 PM**



*My hope of the future
lies in the youths of
character; intelligent,
renouncing all for the
service of others and
obedient - good to
themselves and the
country at large*

-Swami Vivekananda

ARISE
OF THE YOUTH, FOR THE YOUTH, BY THE YOUTH

YOUTH

THE BUILDING BLOCKS OF
THE FUTURE

The rise of a nation lies in the proper education of its youth. The youth of today form the foundation of tomorrow's society. If the youth rise and become balanced individuals, they have the strength and dynamism to generate a transformation in our society.

Close to 30% of the current Indian population constitutes of its youth, and it is with this fact in mind that it is imperative that investment in made both in terms of time and energy towards their development for the better future of our country.

HEARTFULNESS

Heartfulness Institute is a non-profit organization that offers holistic growth through meditation on the heart. Established in 1945, today heartfulness is practiced in over 130 countries.

With over 5,00,000 around the world and 50,000 practitioners in Tamil Nadu, Heartfulness meditation motivates its aspirants to be in tune with the heart and strengthen that connection. This empowers them to follow their hearts and lead their lives wisely, resulting in balanced individuals.

How does it help?

A balance between the mind - The Executor and the heart - The Inspiration-giver, allows one to remain focused even in the face of adversity. The practice also enables one to tap into the infinite resource of the heart, calm the mind at will, manage stress better, improve relationship with oneself and with the people in one's life and surroundings and better one's emotional intelligence.

On the wonderful occasion of Swami Vivekananda's birth anniversary, Heartfulness Institute, in collaboration with and for the students of the National Service Scheme (NSS) is organizing the event Arise! '18 all over India.

These Students are already inclined towards service and when channelized in the right way, can do wonders for the growth of the country.

The event would address the various challenges faced by the youth of today and ways to overcome these challenges simply by focusing on the heart. The main focus of this year's event - stress and interpersonal relationships has been chosen based on a survey taken by the participants