



Vivekananda Rock Memorial & Vivekananda Kendra

Vivekananda Kendra organized a Spiritual Retreat from 8th to 14th August 2015. 61 people participated from 11 states named Tamilnadu, Kerala, Karnataka, Andhra, Odisha, West Bengal, Assam, Uttar Pradesh, Rajasthan, Gujarat and Maharashtra. All Participants were divided in to 6 ganas named Nyaya, Vaisheshik, Saankhya, Yog, Mimansa and Vedanta, in which sisters in two ganas and brothers four. The medium of the Shibir was Hindi. Daily routine started with wake at 4.30 a m and ended with light off at 10.00 p m. Sessions in between were prathasmaran, Gita Pathan, Loosening exercises, simple Aasanas, Surya Namaskar, Pranayama, Shram Samskar, Lecture sessions, Group discussion, Songs and Chanting Practice, Omkar Dhyana, Cyclic Meditation, In tune with Nature, Bhajan Sandhya and Aananda Mela.

Subjects for the lecture sessions were Concept of Spirituality, Purposeful Life, Kendra Prarthana, Story of Vivekananda Rock Memorial, Karma Yoga, Bhagavad Gita, Swami Vivekananda, V K- a Thought Movement, Kendra Activities and Shri Shankaracharya. Group discussions were on selected chapters from Sadhana of Service and Rousing call to the Hindu Nation. They also visited the Exhibitions and Vivekananda Rock Memorial. Videos on VKV Tafrogam, Construction of Vivekananda Rock Memorial, Prime Minister's speech on the occasion of MEJSP Inauguration and Eknathji were also shown.

In Geet Abhyas, songs on Ma. Eknathji, mantras, slokas and patriotic songs were practiced. Incidents from the life of Ma. Eknathji, games or video show, Hanuman Chalisa and Aatmaavalokan were in Aanandamela.

In Samapan Satra, Ma. Balakrishnanji gave udbodhan on Thyaga and Seva and asked all the participants to associate with Vivekananda Kendra and its activities. Shibir concluded with Kendra Prayer.

Camps
Spiritual Retreat Shibir
Camps
State
Kanyakumari
Tamil Nadu

Source URL: <https://www.vrmvk.org/report/2015/august/8-14/Spiritual-Retreat-at-Kanyakumari-August-2015>