



## **Society: Vivekananda Society**

Annual Report-2024-25

### **Staff advisors:**

Convenor: Dr. Tarang Kapoor

Faculty Advisors: Dr. Raj Verma Sinha

Dr. Om Jee Ranjan

### **Student Office Bearers:**

President- Komal Charan

Vice-President- Kirti Chikara

General Secretary- Al Shifa

Treasurer- Unnati Sati

### **Aim and objectives of the society:**

- Mental and Spiritual development
- Promotion of universal brotherhood and service to mankind.
- Challenging the power of youth towards what's good for society
- To involve and encourage young minds in leadership and teamwork.
- To spread awareness about civilizational values.
- Incorporate good practices in life like Yoga and Meditation.

**Events, Activities and Engagements in the academic session 2024-25:-**

**WORKSHOP- IMPActs: Empowering Youths Through Positive Action**

The workshop was conducted by the Department of Philosophy, Miranda House in collaboration with Vivekanand Society, Miranda House on 3<sup>rd</sup> September 2024 aimed at inspiring youth to take positive actions for personal growth and community impact. The workshop was conducted by dividing all the participants into 5 groups as Self, Society, Value, Health and Environment. The department and society presented a token of appreciation to Dr. Jitendra Khanna, the distinguished guest speaker. The workshop was organized by Youth wing, Brahma Kumaris Kingsway Camp, Delhi which mainly focused on group activity and team spirit. The assigned topic was presented and explained by a group member followed by the detailed explanation by our distinguished chief speaker. Dr. Khanna elaborated all the 5 parts by interconnecting them and concluded with the statement “connect with nature.”

DEPARTMENT OF PHILOSOPHY, MIRANDA HOUSE  
IN COLLABORATION WITH  
VIVEKANANDA SOCIETY, MIRANDA HOUSE

**IMPActs**  
**Empowering Youth  
Through Positive Actions**

WORKSHOP BY  
BRAHMA KUMARIS KINGSWAY CAMP,  
DELHI & YOUTH WING (RERF)

**DR. JITENDRA KHANNA**  
PROSTHODONTIST &  
IMPLANTOLOGIST

**3 SEPTEMBER, 2024**  
**MINI AUDITORIUM**  
**1:00 PM - 2:30 PM**

FOR ANY QUERIES CONTACT:-  
ARUSHI VERMA (PRESIDENT, PHILOSOPHY DEPARTMENT): 8085441134  
KOMAL CHARAN (PRESIDENT, VIVEKANANDA SOCIETY): 8829094341



## Celebration of Universal Brotherhood Day and Society Orientation:-

The orientation of 'Vivekananda Society' was conducted on September 11<sup>th</sup>, on the auspicious occasion of 'Universal Brotherhood Day'. It was designed to welcome freshers and to introduce them with our society i.e. VIVSOC. The session included an introduction of the society and movie screening. On the well-timed occasion of UBD, when Swami Vivekananda delivered his famous speech in Chicago that captivated the audience about universal brotherhood and religious tolerance, the same speech was commemorated in the orientation. The 'Bharatvarsha', a movie on the life of 'Adiguru Shankaracharya' was screened at the event which taught us about the concept of Advaita Vedanta, which advocates that there is only one reality and that all difference is an illusion. Movie screening is followed by a discussion where all the viewers expressed their views on the major takeaways from the movie.

**VIVEKANANDA SOCIETY  
MIRANDA HOUSE**

**ORIENTATION**

Commemorating the Iconic  
"CHICAGO ADDRESS"

WHAT AWAITS YOU AT ROOM NO. 143 FROM 2PM ONWARDS :

- Screening of a short film on ' Advaita Vedanta'
- Group Discussion
- A Guided College Campus Tour
- Refreshments

" Give me 100 energetic youth and I shall transform India." \_ Swami Vivekananda

Room no. 143

For Any Queries Contact :  
President : Komal Charan [8829094341]  
Vice-President : Kirti

Follow Us on Instagram :  
@vivosoc.mh

**VIVEKANANDA SOCIETY  
MIRANDA HOUSE**  
*presents*

**Orientation  
2024**

11th SEP. 2024  
Room No. 143  
2:00 p.m. onwards

REGISTER NOW!!

Arise, Awake and stop not until the goal is achieved

## Workshop On LEADING WITH HEART: NAVIGATING EMOTIONS FOR A BETTER LIFE:-

The society organized a cathartic energy and a space for creativity to channelize the zeal of the youth into realization of the inner self and spiritual enlightenment through the teachings of Swami Vivekananda. The workshop was organized on October 8<sup>th</sup>, 2024 in the Student Activity Centre, Miranda house. The esteemed guest for the workshop, Dr. Arpita Gupta is an assistant professor at OP Jindal University and an accomplished therapist. Dr. Arpita Gupta gave an insightful presentation on emotions and navigating them for a better life. It was a very interactive workshop and students shared their take on how they perceive emotions by giving examples of movies and sharing their personal experiences. Following the presentation, the audience was organized into groups of 8 to 10 for an activity where the groups had to creatively express their happiest and worst memory on a chart paper. Our esteemed guest Dr. Arpita shared her own experiences and subsequently the students interacted with her and shared that of their own.



**VIVEKANANDA SOCIETY**  
**MIRANDA HOUSE**  
under the aegis of IQAC  
*presents*  
**WORKSHOP**  
*on*  
*Leading with Heart: Navigating Emotions for a Better Life*

Join us for an enthralling experience in becoming a better version of yourself

  
**Dr. Arpita Gupta**  
(Therapist)  
Assistant Professor  
OP Jindal Global University

**08 October 2024**  
**02:00 pm**  
Student Activity Center

**Contact For Queries:**  
Komal Charan (President): 8829094341  
Kirti (Vice President): 7015106014

**Convenor:**  
Dr. Tarang Kapoor  
Department of Philosophy



## National Youth Day and Ram Krishna Ashram Conference :-

On the auspicious occasion of the 163rd birth anniversary of Swami Vivekananda, Ramkrishna Mission, New Delhi on 12<sup>th</sup> January 2025 organized a conference on the theme “The universal message of Swami Vivekananda and its relevance for our youth.” Students from Vivekananda Society went on an excursion to Vivekananda Auditorium, R K Ashram to celebrate the prosperous moment. The conference commenced with the rendition of classical devotional music by a group of youngsters. After that Swami Sarvalokanandaji Maharaj, a senior monk of the Ramakrishna Math and Ramakrishna Mission welcomed the chief guests and the audience and highlighted the importance of National Youth Day and roles of youth in contemporary times. The session concluded with the remarks of a former DGP. He threw light on the importance of Brahmacharya and mind control. Vivekananda Society expresses gratitude to the speakers, audience and organizers.



## Yuva Sakti Saptah: Extempore Competition:-

As part of Yuva Shakti Saptah, Vivekananda Society, Miranda House held an Extempore Competition at Nescafe lawns on 17<sup>th</sup> January, 2025. The theme was 'India: A Confluence of Cultures'. It provided a platform for emerging artists to showcase their talent in Speech and Story-telling. Participants performed before a live audience, with judging based on originality, content and presentation. The event featured a wide range of performances and there was uniqueness among them. Winners received prizes. The event successfully fostered creativity and community engagement, offering a valuable opportunity for performers to connect with the audience and gain exposure.

The winners were as follows—

First: Prerana Choudhary

Runner-up: Akansha

Second Runner-up: Apoorva



## KARAMSHEEL: An Interactive Online Session with IAS Shruti Sharma:-

On 18<sup>th</sup> January 2025, an online session with IAS Shruti Sharma (UPSC-CSE 2021 AIR 1) focused on resolving the challenges faced during UPSC preparation. Shruti Ma'am shared her experiences and discussed key hurdles like managing the vast syllabus, maintaining consistency, and dealing with stress. She offered strategies for effective time management, study techniques, and the importance of mental resilience. The session included interactive discussions, where Ma'am answered questions on handling self-doubt and utilizing resources efficiently. Her insights provided valuable guidance, inspiring participants to stay focused and motivated on their UPSC journey.

**VIVEKANANDA SOCIETY**  
MIRANDA HOUSE

Under the thematic series  
**Karmsheel: Youth in Action, Youth for Nation**  
Presents  
**Speaker session with SHRUTI SHARMA**

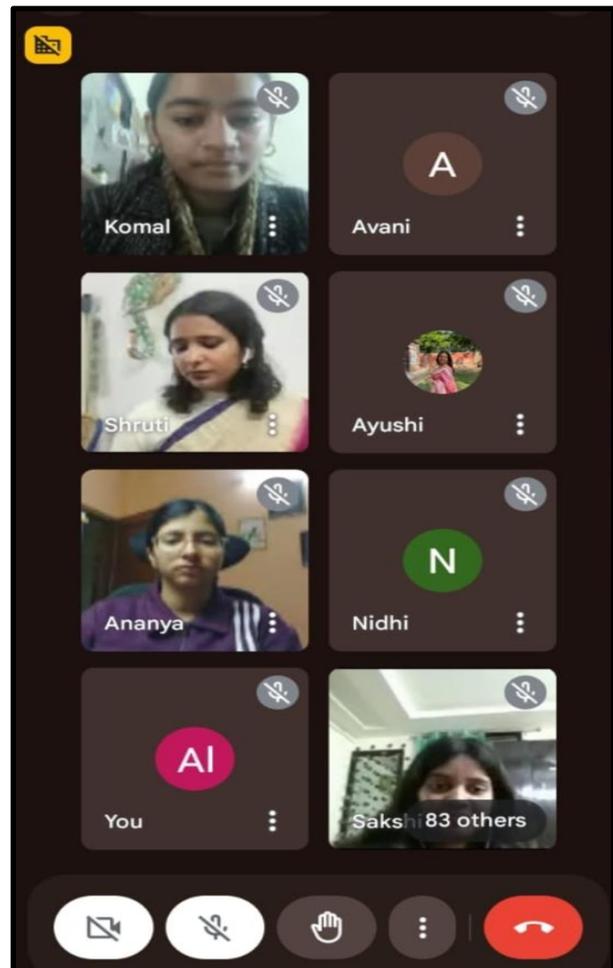
**SATURDAY**  
18 JANUARY 2025  
7:00 PM  
G-MEET

**SEIZE THIS OPPORTUNITY TO INTERACT WITH THE TOPPER AND ATTAIN CLARITY ON ALL YOUR DOUBTS**

Register now!!

**Ms. Shruti Sharma**  
(UPSC CSE 2021 AIR-01)

Komal Charan (President) +91 88290 94341  
Convenor Dr. Tarang Kapoor Department Of Philosophy  
Kirti Chhikara (Vice President) +91 89688 25703



## ‘Soul Sanctum: Vedanta Study Circle’ (A new initiative)

**Soul Sanctum: Vedanta Study Circle’** is an initiative of Vivekananda society, Miranda house to **nurture a close-knit collective of Vivekians** with the ideas, life and legacy of Swami Vivekananda. The study circle as a distinct lateral of VivSoc is premised upon the idea of getting the participants acquainted with the **broader themes** based on teachings of Vivekananda through lively and spiritually engaging discussions.

**Objectives:-** •Getting to know about the life and legacy of Swami Vivekananda

- A preliminary knowledge of the fundamentals of Advait Vedanta
- Stimulate spiritual conversations in a simple layperson language

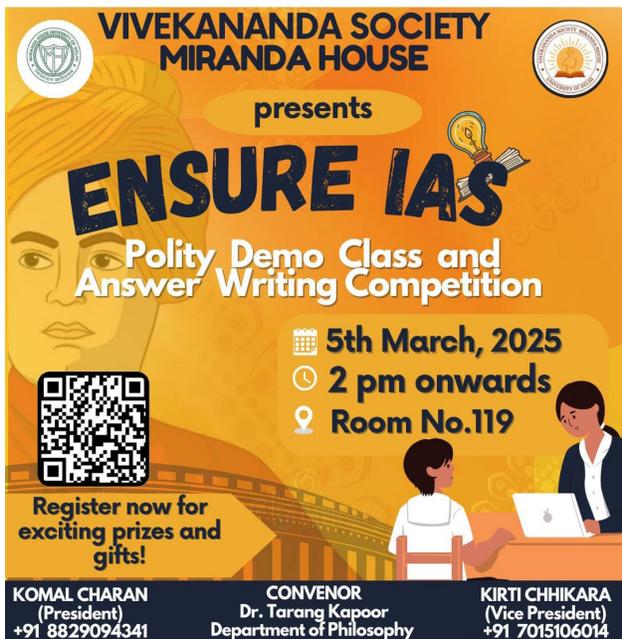
The inaugural session of the study circle was conducted on 18<sup>th</sup> February in the library lawn of Miranda House. The theme for discussion was “The Life And Legacy of Swami Vivekananda”.

The event commenced with the introduction of this endeavor to the members. Further, the discussion revolved around the theme life and legacy of Swami Vivekananda and the speech he delivered in Parliament of Religions. In continuation, a game was organized by the project head which led to the inclusive participation.



## Polity Demo Class and Answer Writing Competition

Vivekananda Society, Miranda House in collaboration with ENSURE IAS, conducted a Polity demo class and Q and n A round based on the demo class. The session was a simulated CSE oriented coaching class. It commenced after felicitating the guest speaker by society convenor Tarang Kapoor Ma'am. The faculty delivered his lecture on topics of Polity from basic to the advanced level. Goodies were distributed among all the participants. He made aspirants understand the pattern and demand of UPSC CSE and cleared doubts of the audience very patiently. After the lecture, a question-answer round was conducted. The audience participated enthusiastically and winners were awarded with scholarships and exciting prizes.



**VIVEKANANDA SOCIETY  
MIRANDA HOUSE**

presents

**ENSURE IAS**

Polity Demo Class and  
Answer Writing Competition

📅 5th March, 2025  
🕒 2 pm onwards  
📍 Room No.119

Register now for  
exciting prizes and  
gifts!

**KOMAL CHARAN**  
(President)  
+91 8829094341

**CONVENOR**  
Dr. Tarang Kapoor  
Department of Philosophy

**KIRTI CHHIKARA**  
(Vice President)  
+91 7015106014



## YOUTHSAV'2025

### The annual spiritual festival of Vivekananda Society

A 5-day Certificate Course on the theme “A Better You: Building Mental Resilience” with the motto of **चेतो दर्पण मार्जनम: Cleansing the Mirror of Consciousness** was organised from 7<sup>th</sup> to 11<sup>th</sup> April 2025. The annual spiritual festival offered a series of enriching workshops and experiences designed to promote mindfulness, self-expression, and personal growth. Respected Principal Prof. Bijaya Laxmi Nanda graced Youthsav with her cherished presence and inspiring words of wisdom. The workshop was successfully conducted under the able guidance of convenor Dr. Tarang Kapoor.





# VIVEKANANDA SOCIETY, MH

under the aegis of IQAC organises a

**CERTIFICATE COURSE on**

## **A BETTER YOU : BUILDING MENTAL RESILIENCE**

**7<sup>th</sup> to 11<sup>th</sup> April 2025**

**2 p.m. to 4 p.m.**

Mandala Art Workshop: Exploring the Relation between I and the Universe  
Ms. Chetna (Mandala Artist)

Handwriting Workshop: Exploring Emotional Well-being and Signature Analysis  
Ms. Nidhi Gupta (Handwriting Expert)

Positive Psychology Workshop: Knowing Yourself through Positive Psychology  
Ms. Aarti Bardhan (Counselling Psychologist, Miranda House)

Pancha Kosha Meditation Workshop: Upanishadic Way to Happiness and Well-being  
Dr. Vidhu Jain (Assistant Professor, Daulat Ram College)

**Register Now :**



Field Visit to Ram Krishna Ashram, Gurugram:  
Unpacking Vedantic Wisdom for Mental Wellness  
Swami Shantatmananda



# VIVEKANANDA SOCIETY MIRANDA HOUSE

*presents*

## **YOUTHSAV'25**

*under the aegis of IQAC on*

**"चेतो दर्पण मार्जनम्" –  
"CLEANSING THE MIRROR OF MIND"**

**7<sup>TH</sup> APRIL, 2025 - 11<sup>TH</sup> APRIL, 2025**

**CERTIFICATE COURSE | COMPETITIONS  
ASHRAM VISIT | CASH PRIZES  
INTERACTIVE SESSIONS**

**KOMAL CHARAN  
PRESIDENT  
+91 8829094341**

**DR. TARANG KAPOOR  
CONVENOR  
VIVEKANANDA SOCIETY**

**KIRTI CHHIKARA  
VICE – PRESIDENT  
+91 7015106014**

## **Day-wise report-**

**Day 1** featured a **Mandala workshop by Ms. Chetna**, where participants explored meditative art, fostering relaxation and creativity. The session was followed by a **bookmark making competition** on the theme ‘**Symphony of Colours**’. The winners were as follows—

First position: Aishani Pandey

Runner-up: Khushi Kumari

On **Day 2**, **Ms. Nidhi Gupta led a handwriting workshop**, delving into the psychology behind script and self-image, offering insights into posture, grip, and handwriting analysis. Ms. Nidhi is a handwriting expert working with Likhawat Academy, receiving great laurels in the field. A **poetry writing competition** on the theme ‘The Only Way Out Is Within’ took place after the completion of the workshop. Following students excelled and grabbed positions—

First: Srishti Yadav

Runner-up: Sumedha Patnam

**On Day 3** a workshop with **Ms. Aarti Bardhan**, a counseling psychologist currently serving in Miranda House, focused on cultivating emotional intelligence, resilience, and a growth mindset, emphasizing gratitude, optimism, and mindfulness. It was followed by a photography competition on the theme ‘**Magic in the Mundane**’. The winners were as follows—

First: Vanshika Baisoya

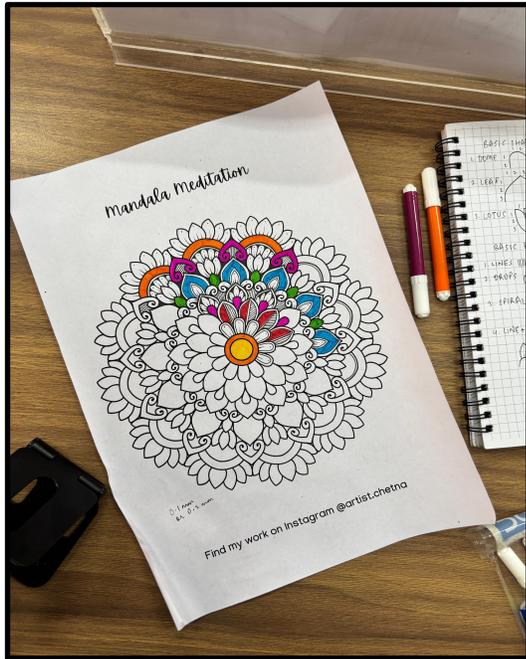
Runner-up: Lauren

**Day 4** included a field **visit to the Vivekananda Institute of Values (VIVA) in Gurugram**, guided by **Swami Shantatmananda Ji**, Secretary at VIVA, offering a spiritual retreat for reflection. Participants also engaged in a discussion on the purpose of life with **Dr. Anuradha Balram**, a civil servant and economist.

**Day 5** concluded the festival with a **Panch Kosh Meditation** workshop by **Dr. Vidhu Jain**, Assistant Professor at Daulat Ram College, exploring the layers of human existence through meditation, promoting mental clarity, emotional balance, and well-being. It was followed by the **Valedictory Ceremony** wherein the winners and participants of the workshop were felicitated.

Each day provided a meaningful, insightful experience, enriching participants' lives with practical tools for mindfulness and personal development.

# MANDALA WORKSHOP—



# HANDWRITING WORKSHOP—

**VIVEKANANDA SOCIETY**  
**MIRANDA HOUSE**  
*presents*

**HANDWRITING WORKSHOP**  
Exploring emotional well-being and Signature Analysis

**8<sup>th</sup> April, 2025**  
**2 p.m. - 4 p.m.**  
**Room No. 314**

**Miss Nidhi Gupta,**  
**Hand Writing Expert**

**Prof. Bijayalaxmi Nanda**  
Principal  
Miranda House

**Dr. Tarang Kapoor**  
Convener  
Vivekananda Society

**Komal Charan**  
President  
+91 8829094341

**Kirti Chhlikara**  
Vice - President  
+91 7015106014



# SESSION on POSITIVE PSYCHOLOGY—

**VIVEKANANDA SOCIETY**  
**MIRANDA HOUSE**  
*presents*

**POSITIVE PSYCHOLOGY WORKSHOP**  
Knowing yourself through Positive Psychology

**Ms. Aarti Bardhan**  
Counselling Psychologist,  
Miranda House

9<sup>th</sup> April, 2025  
Room No. 119  
2 p.m. - 4 p.m.

For more info, contact:  
Prof. Bijayalaxmi Nanda, Principal, Miranda House  
Dr. Tarang Kapoor, Convenor, Vivekananda Society  
Komal Charan, President, +91 8829094341  
Kirti Chhikara, Vice - President, +91 7015106014



**VIVEKANANDA SOCIETY**  
MIRANDA HOUSE  
*presents*

**RK MISSION VISIT**  
Unpacking Vedantic Wisdom for Mental Wellness

10<sup>TH</sup> April, 2025  
Vivekananda Institute of Values  
11a.m. onwards



**Swami Shantatmananda Ji**  
Secretary,  
Vivekananda Institute Of Values

For more info, contact:  
Prof. Bijayalaxmi Nanda, Principal, Miranda House  
Dr. Tarang Kapoor, Convenor, Vivekananda Society  
Komal Charan, President, +91 8829094341  
Kirti Chhikara, Vice - President, +91 7015106014

**VIVEKANANDA SOCIETY**  
MIRANDA HOUSE  
*presents*

**RK MISSION VISIT**  
Unpacking Vedantic Wisdom for Mental Wellness

10<sup>TH</sup> April, 2025  
Vivekananda Institute of Values  
11 a.m. onwards



**Dr. Anuradha Balram**  
Civil Servant and Economist

For more info, contact:  
Prof. Bijayalaxmi Nanda, Principal, Miranda House  
Dr. Tarang Kapoor, Convenor, Vivekananda Society  
Komal Charan, President, +91 8829094341  
Kirti Chhikara, Vice - President, +91 7015106014



# PANCHAKOSH WORKSHOP—



**VIVEKANANDA SOCIETY**  
MIRANDA HOUSE  
*presents*

**PANCHAKOSHA MEDITATION WORKSHOP**  
Upanishadic way to happiness and well being



**Dr. Vidhu Jain**  
Assistant Professor,  
Daulat Ram college

11<sup>th</sup> April, 2025  
Room No. 120  
2 p.m. - 4 p.m.

For more info, contact:  
Prof. Bijayalaxmi Nanda, Principal, Miranda House  
Dr. Tarang Kapoor, Convenor, Vivekananda Society  
Komal Charan, President, +91 8829094341  
Kirti Chhikara, Vice - President, +91 7015106014



# COMPETITIONS conducted under YOUTHSAV workshop—



## VIVEKANANDA SOCIETY, MH

under the aegis of IQAC organises a

### COMPETITION SERIES

7<sup>th</sup> to 9<sup>th</sup> April, 2025



**BOOKMARK COMPETITION**  
**THEME – SYMPHONY OF COLOURS**  
**DATE: 7 APRIL**  
**DAY: MONDAY**  
**VENUE: ROOM NO. 119**  
**TIMING: 4 P.M. – 4:30 P.M.**

**POETRY COMPETITION ( ON THE SPOT POEM WRITING )**  
**THEME – "THE ONLY WAY OUT IS WITHIN"**  
**DATE: 8 APRIL**  
**DAY: TUESDAY**  
**VENUE: ROOM NO. 314**  
**TIMING: 4 P.M. – 4:30 P.M.**

**PHOTOGRAPHY COMPETITION**  
**THEME – MAGIC IN THE MUNDANE**  
**DATE: 9 APRIL**  
**DAY: WEDDAY**  
**VENUE: ROOM NO. 119**  
**SUBMISSIONS TO BE MADE ONLINE VIA GOOGLE FORM**





### EXCITING CASH PRIZES !

- Winner : 1500/-
- First Runner Up : 1000/-
- Second Runner Up : 500/-

**FOR FURTHER QUERIES CONTACT:**  
**9971686553**  
**AL SHIFA**  
**(GENERAL SECRETARY, VIVSOC)**

**Register Now :** 



## VIVEKANANDA SOCIETY



### Miranda House

within the ambit of YOUTHSAV'25  
presents

A THEME BASED PHOTOGRAPHY  
COMPETITION




**AMAZING PRIZES!!**  
**1000 FOR WINNER**  
**500 FOR RUNNER UP**



Date: 9 APRIL 2025  
 Time: 4 p.m.- 4:30 p.m.  
 Venue: ROOM 119

9034916307: PALAK GHANGAS (SOCIAL MEDIA HEAD)



## VIVEKANANDA SOCIETY



### Miranda House

within the ambit of YOUTHSAV'25  
presents

IMPROMPTU POETRY WRITING  
COMPETITION




**AMAZING PRIZES!!**  
**1000 FOR WINNER**  
**500 FOR RUNNER UP**



Date: 8 APRIL 2025  
 Time: 4 p.m.- 4:30 p.m.  
 Venue: ROOM 314

8829094341 [KOMAL CHARAN (PRESIDENT)]  
 9971686553 [AL SHIFA (GENERAL SECRETARY)]

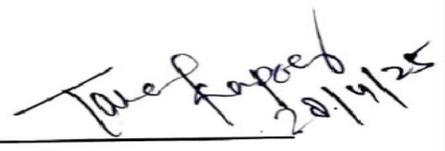
**With Youthsav's closure, the society bid an official adieu to 2024-2025—**



## List of Participants:

NAME	COURSE	YEAR
1.Sejal Kumari.	B. Sc(Hons) Mathematics.	3rd
2.Muskan	Ba Programme	2nd
3.Gayatri	B.A.(Hons)Philosophy.	1st
4.Jahnvi Prabha.	B.A. (Hons) Philosophy	1st
5.Hetal	Philosophy honours	1st
6.Pranshi Chaudhary	B.A. (Hons)Philosophy.	1st
7.Kanika Sharma	Ba (Hons) Philosophy	1st
8.Garima Goyal	Ba hons philosophy	3rd
9.Aakanksha kumari	BA.philosophy(hons)	1st
10.Ai Shifa	BAP	2nd
11.Lhingneivah Haokip	Philosophy Hons	1st
12. Sonam Rai	BA philosophy hons	1st
13.Prova Mandal	B.A (hons) geography	1st
14.Anshika Singh Rajawat	Philosophy Hons	1st
15. Komal Soni	Ba program	2nd
16. Yashika Sharma	Philosophy honours	1st
17.Kamna	BA(Hons)Philosophy.	2nd
18.Anisha kumari	Ba hons philosophy	1st
18.Sejal Kumari	B.Sc(H) Mathematics.	3rd
20..Duvvala Anugna Chandra	BA Geography Hons	1st
21.Verabelli mahathi	Ba economics	1st
22.Shweta kumari	BA (hons)Philosophy.	1st
23.Shaurya Tiwari	BA (hons)Philosophy	1st
24.Kanchan Singh	BA (hons)Philosophy.	1st
25.Rhythm Choudhary	B.El.Ed	4th
26.Mishti	Ba (hons)philosophy	1st
27.Tania kumari	BA (hons)Philosophy	1st
28.Anjali priya	BA (hons)Philosophy.	1st
29.Hiya Bose	BA (hons)Philosophy.	1st
30.Diya Pawalia.	BA (hons)Philosophy.	1st
31.Gauri Sharma	BA (hons)Philosophy.	1st
32.Anchita Tandon	Ba programme	1st
33.Anupma singh.	Bap ( polscience.+hindi).	1st
34.Avika Dwivedi	BA Hons Philosophy	1st
35.Prerana Choudhary	B.A.multidisciplinary (Geo+Pol.Sci.)	2nd
36.Khushi Kumari	B.A(hons.) Hindi	1st
37.Tamanna	English honours.	2nd
38.Bhoomika Sharma	B.A. Economics Honours	1st
39.Payal jeengar	Ba(H)Hindi	3rd
40.Vanshika Baisoya	BA Programme (History + Sanskrit ).	1st
41.Arushi Verma	BA Hons Philosophy	3rd
42.Srishti Yadav	BA Programme	2nd
43.Charumathy R	BA Programme	2nd

  
 President  
 VIVEKANANDA  
 SOCIETY

  
 Convenor  
 VIVEKANANDA  
 SOCIETY