

Commemoration of National Youth Day on 12th of January, 2022

**Department of Students Welfare
University of Jammu**
Commemorates
Birth Anniversary of Swami Vivekananda
organizes lecture on the topic
"Spiritualizing Life and Living"
on
National Youth Day
on 12th January, 2022 at 3:00 pm
on Google Meet @ meet.google.com/uh-shvd-rtq

Chief Guest: Prof. Manoj K. Dhar, Vice-Chancellor, University of Jammu
Resource Speaker: Prof. Arvind Jasrotia, Registrar, University of Jammu

Prof. Vishav Raksha, Chairperson, C.C.C. **Prof. Prakash C. Antahal, Dean, Students Welfare** **Prof. Saranya Paul, Co-Chairperson, C.C.C.**

STATE TIMES NEWS
JAMMU: Educational institutions celebrated National Youth Day, also popularly known as 'Yuva Diwas', to mark the birth anniversary of Swami Vivekananda. To commemorate birth anniversary of Swami Vivekananda as National Youth Day, the Department of Students Welfare, University of Jammu organised an online Lecture on topic 'Spiritualizing Life & Living' by Prof Arvind Jasrotia, Dean, Faculty of Law & Registrar, University of Jammu. Prof Manoj K Dhar, Vice Chancellor, University of Jammu was the Chief Guest during the virtual event, which was attended by a number of students, scholars, teachers, officials and members of civil society. Speaking on the occasion, Prof Dhar congratulated Dean Students Welfare and his team for successfully organising such a programme of high relevance. Prof Vishav Raksha, Chairperson Campus Cultural Committee presented formal vote of thanks. Dr Garima Gupta, Assistant Dean, SW conducted the event under guidance of Prof Prakash C Antahal, Prof Vishav Raksha, Prof Sanjana Kaul, Prof B K Bajaj and Dr Priyam Singh.

To commemorate Swami Vivekananda Ji's birth anniversary as National Youth Day, the Department of Students Welfare, University of Jammu organized an online lecture on the topic "Spiritualizing Life and Living" by Prof Arvind Jasrotia, Dean, Faculty of Law and Registrar, University of Jammu. Prof. Manoj K. Dhar, Vice Chancellor, University of Jammu was the chief guest. Prof. Dhar congratulated Dean Students Welfare, Prof Prakash C. Antahal and his team for successfully organizing such a programme of high relevance. Citing the statistics that India is the country of youth, he asserted this programme as highly relevant and meaningful. Moreover, Swami Vivekananda's vision has got all the essence which is required to make the youth of the country empowered, positive, courageous and thoughtful.

अभिप्रेत कथन प्रो. प्रकाश अन्ताल को और कुलपति मनोज कुमार धर की उपस्थिति में राष्ट्रीय युवा दिवस मनाया गया। कार्यक्रम में अरविंद जसरोटिया ने स्वामी विवेकानंद के बारे में बताया। इस अवसर पर कुलपति प्रो. मनोज धर ने बताया कि विवेकानंद की भाँती ही सफल कारकीर्मी करवाना पता है।

Prof. Manoj D., arvind jasrotia, Vishav Raksha, Sanjana Kaul, Anik Gupta, garima gupta, Kuldeep Sing..., Satnam raina, Alka Sharma, Priyam Singh, neelam choud..., Dr Hema Gan..., vijay saigal, Anil Gupta, Sumera Sharata, Surbi Singh

12th of January, 2022

To commemorate Swami Vivekananda Ji's Birth Anniversary as National Youth Day, the Department of Students Welfare, University of Jammu organized an online Lecture on the topic "Spiritualizing Life & Living" by Prof. Arvind Jasrotia, Dean, Faculty of Law & Registrar, University of Jammu. Prof. Manoj K. Dhar, esteemed Vice Chancellor, University of Jammu was the Chief Guest at the occasion. The commemoration marked the celebrations of Azadi Ka Amrit Mahotsava. The virtual event was attended by students, scholars, teachers, staff of the University and members of civil society.

Prof. Manoj K. Dhar congratulated Dean Students Welfare, Prof. Prakash C. Antahal and his team for successfully organising such a programme of high relevance. Citing the statistics that India is the Country of youth, he asserted this programme as highly relevant and meaningful. Moreover, Swami Vivekananda's vision has got all the essence which is required to make the youth of the country empowered, positive, courageous and thoughtful. He also emphasised that some of the innovative ventures/projects of Govt. of India would go a long way in realizing the vision of Swami Vivekananda in several senses. He gladly shared that, realizing the vision of Hon'ble Prime Minister Sh. Narendra Modi, and under the guidance of the Chancellor of University of Jammu, and Hon'ble Lieutenant Governor of J&K Sh. Manoj Sinha, University of Jammu has taken innovative initiatives to provide entrepreneurship skills to the youth of the region. He termed today's session as an in-depth, spiritually stimulating session. He praised Prof. Jasrotia for the examples and anecdotes he quoted for their suitability in shaping our minds. Speaking about National Youth Day, he expressed that the philosophy and ideals of Swami Ji serve a great purpose in inculcating inner strength in the youth of the country. As Swami Ji told about Physical, Social, Intellectual and spiritual quest and believed that 'Successful life is nothing if it is not meaningful', he invoked the youth of the region to come forward with constructive thoughts to face the exciting and challenging times as Swami ji dwelt on the capabilities of the youth in detail.

Citing the examples of the golden thoughts of Swami Vivekananda, Prof. Arvind Jasrotia, with reverence stated Swami Ji as a modern seer with ancient spiritual background who believed that to believe in god is to believe in one's own-self and considered that 'Each soul is potentially divine and the goal is to manifest the divinity within' and 'There is unity of existence'. He termed his teachings as 'It is a journey from ignorance to knowledge'. Prof. Jasrotia fortified his speech with appropriate and relevant Slokas from Upanishads. Exemplifying that 'Vedanta' is the highest knowledge of human existence he also cited anecdotes from Bhagavad Geeta. He very lucidly explained the concept of 'Equanimity of mind is called Yog. He also conducted a meditation session, which was very effective. He precisely answered the questions of the participants and ended his session with a noteworthy thought that 'We are spiritual beings having human experience'.

Earlier, in his welcome address, Prof. Prakash Antahal informed that Department of Students Welfare fondly organises events which inculcate positivity and intellect amongst students. He also deliberated on the importance of celebration of such days which infuse determination and confidence in the youth. He shared his personal experience of the intellectual and spiritual inclination of Prof. Jasrotia.

Prof. Vishav Raksha, Chairperson Campus Cultural Committee presented the vote of thanks and summarized the main highlights of the session. She also congratulated members of Campus Cultural Committee for organising continuous and meaningful events. Dr. Garima Gupta, Assistant Dean, SW conducted the virtual event very explicitly. The event was organised under the guidance of Prof. Prakash C. Antahal, Prof. Vishav Raksha, Prof. Sanjana Kaul, Co-Chairperson, Campus Cultural Committee, Prof. B.K. Bajaj, Associate Dean, SW, Dr. Garima Gupta & Dr. Pritam Singh, Assistant Deans, SW, and members of Campus Cultural Committee and was coordinated by Mansi Mantoo, Sumeet Sharma, and Ifra kak.