

Minutes of the Webinar

Sankalp Sahodaya South Delhi Chapter organized a Webinar on the topic, 'Holistic Wellness' on May 26,2021. The Speaker for the webinar was Swami Shantatmananda Ji, the senior monk of the Ramakrishna Order. The webinar was on Zoom platform and was live on facebook. This informative webinar was attended by the school Principals, teachers, students and parents.

Swami Ji enlightened the audience with his teachings and guidance.

- ❖ Mind is very powerful and can completely influence the body. If one controls the mind, the body can be easily controlled.
- ❖ There are lakhs and lakhs of poor people die due to lack of minimal medication provision every year and we pay no heed to it. Now when people are dying from Corona we all are worried and sad.
- ❖ We need to see how we are looking at the situation, what should be our understanding, what should be our attitude now what should be done
- . ❖ With the help of shlokas of Geeta and stories, he enlightened the audience with the types and purpose of humankind.
 - ❖ Learn to live as life doesn't stop.
 - ❖ Beautifully explained what is the journey from gross to subtle.
 - ❖ We always seek outward and oriented towards gross, God has made us this way. 99.9% People live in the constellation of Sukha and Dhukha. Desire is the reason for all dukkha in life.
 - ❖ There are exceptions there are some extra ordinary people who turn their case inward and seek peace.

- ❖ We can also seek this internal peace. Whenever something bothers us by closing our eyes and by sitting for some 15-20 minutes in complete silence will make us more lightened and peaceful.
- ❖ We have the capacity to go inward and it is the God's gift to us.
- ❖ Corona has come as a blessing as it has forced us to see deeper what we have done to the Prakrity, nature and this corona is the roughest and rude call of the nature to remind us what harm we have done to it.
- ❖ One need to ask these questions, are we happy, are we peaceful, are we ok the way life is unfolding before us this corona is one blow there may be more calamities coming every 3-4 years but the question is are we ready to combat those.
- ❖ We need to find solutions and examine these issues closely do we have a better way of handling our life and situation.
- ❖ Universal definition given by swami Vivekanand of human nature is that humankind is universally divine and the goal is to manifest his divinity. Do it by work, worship, psychic control and be free.
- ❖ Beautifully explained the 4 noble paths; path of Enquiry, Bhakti, Karma and Raj Yog.
- ❖ Advised to read books written by Swami Vivekanand which will charge you and will fill you with energy.
- ❖ Advised to extend a helping hand and indulge in acts of kindness. Talk to people, talk to those who are suffering become a source of support, make small efforts. We all can make this world a better place for us and for the future generations to come.
- ❖ . He insisted to remain positive don't stress and overtly worried and do your best.

- ❖ He stressed on to wake up early and meditate to have positive impact around us.
- ❖ He suggested modules for students to overcome stress.(awaken citizens)
- ❖ The Q & A session also filled everyone with more knowledge.

The session was concluded on the positive note by Swamiji that it was the vision of Swami Vivekanand that India will emerge as far more glorious than its past, and this vision of Swami Vivekanada will come true only when we all work together to make this vision a reality.

The vote of thanks was proposed by Ms. Priti Ojha, Principal Delhi International School.

Overall it was an enriching and blissful session.