

vivek-vasat varta

Monthly Newsletter

Ramakrishna Mission

Swami Vivekananda's Ancestral House and Cultural Centre

105 Vivekananda Road, Kolkata – 700 006, West Bengal, India

<https://www.vivekanandahome.org/>

vivekananda.ancestralhouse@rkmm.org

70442 42941

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Workshop on Time and Stress Management

A workshop for students in classes IX–XI from local schools was organised on 30 July 2026 in the Prayer Hall. Given the intense pressure the student community faces every day, 214



students, accompanied by 14 teachers, from 9 schools participated enthusiastically. Following an inaugural address by the Secretary of the Ashrama, participants were guided to identify time-wasters and sources of mental stress and to learn a variety of techniques to overcome them. A lively question-and-answer session followed the presentation. In written responses, the students expressed their desire for more such workshops. At the end, each participant received a booklet about Swamiji and a snack packet.

Memorial Lectures

Two memorial lectures were held during the month.

On 12 July 2026, Swami Krishnanathanandaji Maharaj highlighted a little-known aspect of Sri M's life. We are familiar with Thakur bringing Sri M back from the brink; thereafter Sri M took refuge in Thakur for the next 5 years. What is less often noted is that Sri M spent the following 35 years under the care and guidance of Sri Ma, who was the main motivating force behind his writing of the incomparable Kathamrita.

On 14 July 2026, Swami Nikhileshwaranandaji Maharaj spoke about how time is more valuable than money, about time management and about practical techniques to manage time. For devotees, this is especially important: saving time or being punctual is not enough; devotees must deploy the saved time in sadhana, svadhyaya and sadhusanga.

Inauguration of Vivekananda Swavalamban Pratishthan outlet

Our Vivekananda Swavalamban Pratisthan project, which aims to empower women in need in the surrounding areas by helping them achieve financial independence through the production and sale of household food products, has opened its first retail outlet on the ground floor of Nivedita Bhavan. The brightly lit, tastefully decorated shop was inaugurated by Srimat Swami Suparnanandaji Maharaj on 28 July 2026 amid Vedic chanting by invited monks and monks of the Ashrama. This was preceded by Ram-Naam chanting by monks and devotees. The shop will also sell Pallimangal products and will be open daily except Sunday, from 3:30 p.m. to 8:00 p.m.



Value Education in Schools

With a view to extending the Ashrama's Value Education Programme from colleges to schools across the State, a half-day conference of interested Resource Persons was organised at Vivekananda Hall on 5 July 2026. All present agreed on the



urgent need to introduce Value Education in schools, although disparities in resources among schools were noted. Accordingly, it was decided to start the Value Education in schools in both online and offline mode depending upon the facilities available.