

Guest Lecture on Youth Empowerment



The guest lecture on Youth Empowerment took place at Vidyuth Vihar Auditorium, SASTRA UNIVERSITY on 31st July 2015 from 9.00 AM to 12.00 Noon. The Chief Guest of the day was **H.H Swami Buddhatmananda Saraswathi, Acharya, SathDarshanaKutil, Arsha Vidya Study Centre, Dindigul.**

The Session began with the Welcome Address and introduction by Shri. J.Naren, Assistant Professor and Student Branch Co-ordinator, School of Computing, SASTRA University. Dr.A.UmaMakeswari, Associate Dean, School of Computing presented a memento to show respects to Swamiji. The Session

continued with the importance of Guru Poornima and Swamiji taught things that are most necessary and important required for a student's life.

Simplicity is the most important weapon needed to succeed in life. One has to be determined to lead his goal in life. The clarity in one's deeds comes with inner purity when the individual's mind is clean and the capability to choose the right path one gets.

Righteousness is not something which is written in books but it is that which is suitable and apt for a particular situation.

The value of forgiving and enjoying every single moment of life and to be happy (Anandha) was stressed upon. Santhosham is a feeling that sustains only for a little amount of time where as Anandha is a



sthithi(notion) of a person which keeps him satisfied and in turn happy till the end. There is an old saying that smile is a curve which makes everything else in this world straight. A person can smile only when he does not complain or think that he is the superior. The feeling of superiority comes with ego. A person with ego is the one who thinks he is perfect and respects none in the world. No one is perfect in the world. Everything one face's in present and future is the consequence of one's own deeds in the past. That is why people have to respect everyone and love all fellow beings.

Swamiji also enlightened the masses about the duties of a student. The zeal to achieve one's dreams and goals comes when an individual has faith on oneself and trust on his Guru. Guru is the one who tells us where to see for not what to see.

The Session finally concluded with Question and Answer Session followed by the Concluding verses.

*Report by
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