

## National Youth Day Camp 2024

On the occasion of National Youth Day on 12.01.2024, Friday, Youth Self-Development Camp was held successfully at Arsha Vidya Gurukulam in Anai-katti, Coimbatore. Swami Sadatmananda Saraswati Chief Acharya of Arsha Vidya Gurukulam blessed the participants with his blessing speech.

The camp was conducted from 10am to 3pm by Swami Jagadatmananda Saraswati. He delivered lectures on topics including Vedic traditions, value of Dharma, spiritual development, meditation, goal setting, emotional intelligence, stress management, time management, culture and self-discipline. The values of five values Satya, Dharma, Shanti, Prema and Ahimsa were emphasised.

Over 120 students from Shankara Polytechnic College, various schools and universities benefited from attending the discourse. A special speech on the Thirukkural was delivered by A.S. Malarmita from PSG Sarva Jana Higher Secondary School.

S.Ganesh, Principal of Shankara Polytechnic College, S.Shaktivel, Head of Automobile Department, Professor E.Vijayakumar, Professor R.Soundararajan and several other school teachers along with parents graced the event with their presence.

*Om Tat Sat*

