

## Retreat and Workshops at Jnana Pravaha, Manjakudi

### FIRST LECTURE BY SWAMI DAYANANDA STUDY CIRCLE

An Five-day interactive workshop with Bramacharini Nandana Chaitanya on “An Introduction to Vedanta”.

Vedanta is a subject available for scrutiny by logic and reasoning. It's a subject where students are encouraged to question and develop the intellect that helps them understand that each one of us is free from all limitations. That's exactly what the students of Bramacharini Nandana Chaitanya's five-day interactive workshop titled, 'An Introduction to Vedanta' did.

Organized by Swami Dayananda Study Circle, this workshop provided students an overview of the subject called Vedanta. Every day, the session touched upon rich insights that have been passed down from Gurus. Nandanaji shared how this knowledge of Vedanta helps transform our life. The main takeaway from this workshop was that when equipped with this knowledge (Vedanta), one will learn to live a peaceful life, and efficiently manage the dynamic world that we all live in.



- Day 1 – Texts, A Valid Means of Knowledge  
What are the Vedas and their auxiliary texts? Brief introduction into the ancient schools of thought from India.
- Day 2 – Ignorance & Knowledge  
What is the Bhagavad Gita and how can this knowledge help me in my life. Birds eye view of the Gita's teachings.

- Day 3 – Sambandha (Connections)

Selected verses of the Bhagavad Gita and their relevance for modern times mind management techniques.

- Day 4 – Human Pursuits

An introduction to the purusharthas – the primary goals of all human beings is to discover the true purpose of your life.

- Day 5 – Understanding the Fundamental Problem Through Q and A

The workshop sessions were streamed via Zoom to 100+ registered participants

**SADHANA PRAVAHA AT JNANAPRAVAHA, MANJAKKUDI**

Arshabodhini conducted their 4<sup>th</sup> camp at Jnanapravaha facility at Manjakkudi from 7<sup>th</sup>-10<sup>th</sup> October 2022 .

Two texts, Bhaja Govindam and Sadhana Panchakam, were taught by Guru LavanyaJi during this 4<sup>th</sup> camp at Jnanapravaha, Manjakkudi. Every day, 5 classes were scheduled and both texts were completed successfully in 3 days. Gopooja was conducted and attended by all including Swami Ramesvaranandaji and the vidyarthi.

Around 40 vidyarthi attended the camp and as special invitees, teachers from Dayananda School and Colleges attended. All the vidyarthi were very appreciative of all the facilities provided and also the food. At the inaugural session and final session, both, Swami Ramesvarananda and Sri Rajagopal briefly spoke sharing details of Jnanapravaha making teachings of Pujya Swamiji available in book and digital formats and also other activities of SDET in and around Manjakkudi.



On the final day, there was a feedback session after which the felicitations took place.

*Om Tat Sat*