

# Biography Presentation



**Swami Vivekananda**

“In a day, when you don’t come across any problem – you can be sure that you are travelling in wrong path”

By:  
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# Introduction



**“In conflict between your heart and the brain, follow your heart”**

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1. **Full Name:** Swami Vivekananda (Narendra Nath Datta).
2. **Birth and Death:** Born on January 12, 1863, in Calcutta, India. Died on July 4, 1902, in Belur, West Bengal, India.
3. **Family:** Born into an affluent Bengali family; his father was Vishwanath Datta, and his mother was Bhuvaneshwari Devi.
4. **Spiritual Legacy:** Renowned for introducing Indian spirituality and yoga to the Western world.
5. **Relationship with Ramakrishna:** Chief disciple of 19th-century Indian mystic Sri Ramakrishna Paramahansa.
6. **Education:** Graduated from Scottish Church College, Calcutta, with a degree in philosophy.
7. **Legacy:** Founded the Ramakrishna Math and Ramakrishna Mission, organizations focused on spiritual growth, education, and social service.

# Meeting Ramakrishna



1. **Spiritual Awakening:** The meeting marked a significant spiritual awakening for Swami Vivekananda (Narendra Nath Datta), leading to a profound transformation in his life.
2. **Guru-Disciple Relationship:** It initiated a close and enduring guru-disciple relationship between Narendra and Sri Ramakrishna. Under Ramakrishna's guidance, Narendra delved into various spiritual practices and gained a deep understanding of spirituality.
3. **Pluralistic Spirituality:** Narendra was introduced to the concept of pluralistic spirituality through his interactions with Sri Ramakrishna. He learned about the unity of all religions and the idea that various spiritual paths could lead to the same truth.
4. **Influence on Future Work:** The teachings and experiences gained from Sri Ramakrishna profoundly shaped Swami Vivekananda's future work and mission. He not only spread Ramakrishna's message but also carried forward the principles of universal spirituality, service to humanity, and interfaith harmony that he learned from his guru.



# Role in the Ramakrishna Movement

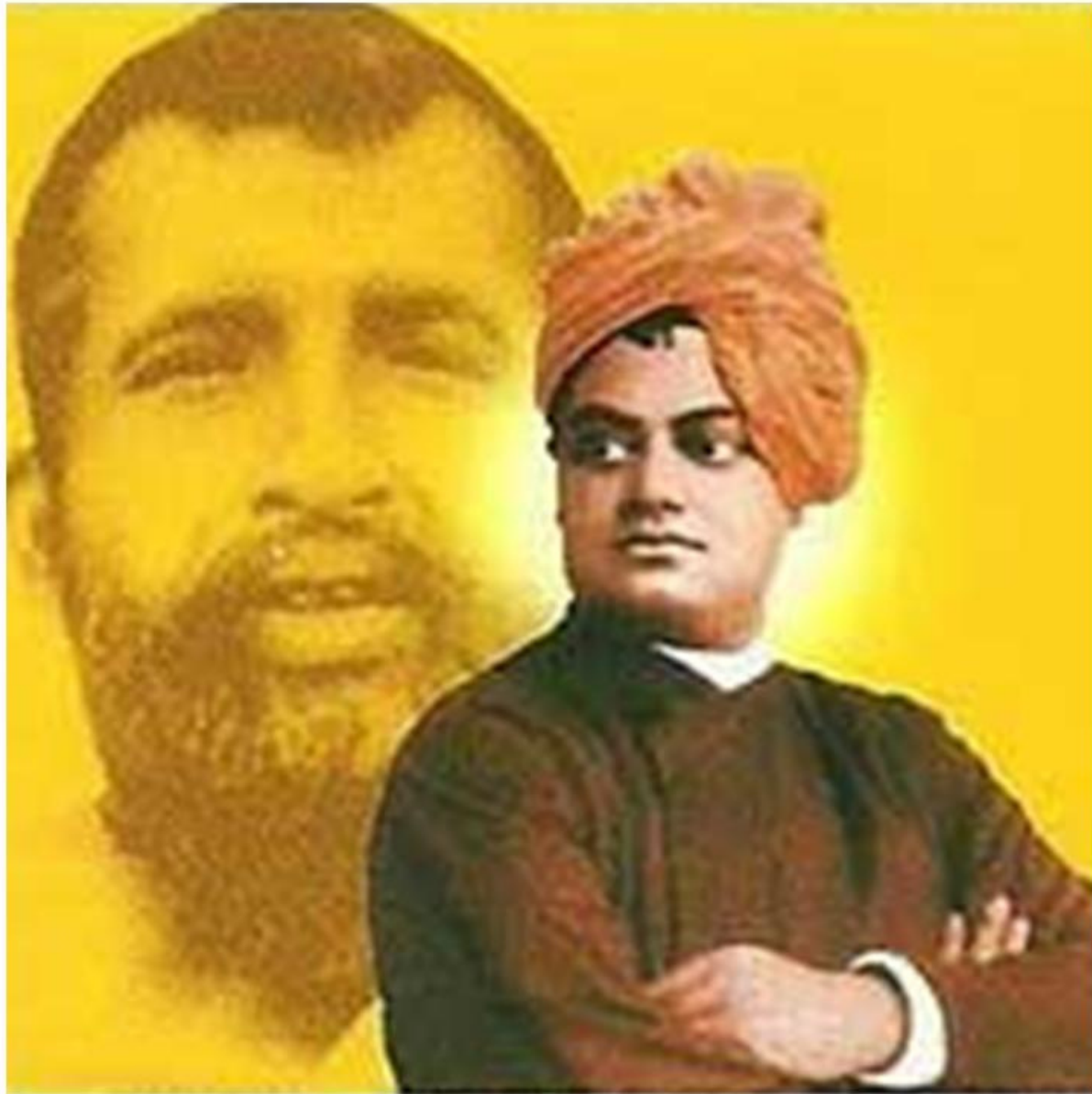


**“Be the servant while leading. Be unselfish. Have infinite patience and success is yours.”**

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- 1. Global Expansion:** He introduced the teachings of Sri Ramakrishna to the Western world, significantly expanding the movement's reach and recognition beyond India.
- 2. Founding Institutions:** Swami Vivekananda established the Ramakrishna Math and Ramakrishna Mission, institutions dedicated to spiritual growth, education, and social service, which continue to thrive.
- 3. Philosophical Leadership:** He served as the principal spokesperson for the movement, articulating its core philosophies, emphasizing the universality of religion and the harmony of religions.
- 4. Social Service Initiatives:** Under his guidance, the Ramakrishna Mission initiated various social service activities, providing education, healthcare, and relief to the underprivileged, reflecting the movement's commitment to holistic service.

# Contributions to Indian Philosophy



- 1. Universalization of Vedanta:** He reinterpreted Vedanta, making it more accessible and highlighting its universal and practical aspects, emphasizing the unity of all religions.
- 2. Integration of Science and Spirituality:** Vivekananda bridged the gap between science and spirituality, emphasizing their compatibility and mutual enrichment.
- 3. Karma Yoga and Selfless Service:** He popularized the concept of Karma Yoga, promoting selfless service as a path to spiritual realization, emphasizing the importance of actions aligned with higher principles.
- 4. Promotion of Raja Yoga and Meditation:** Vivekananda made Raja Yoga and meditation techniques more accessible, encouraging individuals to practice mindfulness and introspection.

# Legacy



1. **Advocate of Universal Spirituality:** Swami Vivekananda introduced Indian philosophy and spirituality to the world, promoting the idea that all religions lead to the same truth.
2. **Champion of Social Reform:** He actively supported social reform, including the eradication of caste discrimination and the empowerment of women, leaving a lasting impact on India's social fabric.
3. **Youth Empowerment:** His teachings continue to inspire young people to take an active role in personal and societal development.
4. **Institutional Legacy:** Vivekananda's legacy lives on through the Ramakrishna Math and Ramakrishna Mission, institutions dedicated to spirituality, education, and social service.

# Takeaways



1. **Self-Realization:** Knowing oneself is the first step to personal growth and spiritual awakening.
2. **Unity of Religions:** All religions lead to the same truth; respect and learn from different faiths to promote tolerance.
3. **Strength and Fearlessness:** Inner strength and courage are vital for facing life's challenges.
4. **Service to Humanity:** Selfless service to others brings purpose and fulfillment.
5. **Education and Knowledge:** Education empowers individuals and societies; it should be accessible to all.
6. **Discipline and Self-Control:** Practice discipline and self-control to channel energy and achieve success.
7. **Mindfulness and Meditation:** Meditation and mindfulness lead to self-discovery and inner peace.
8. **Optimism:** Positive thinking and optimism inspire perseverance and action.



**Q1. How your personality can or has changed due to peace subject of this semester and Previous Trimesters ?**

Ans: My personality has undergone some noticeable changes as a result of studying the subject of peace during this semester and previous trimesters. Engaging with the topic of peace has prompted personal growth and transformation in several ways.

First and foremost, I have developed a greater sense of empathy and a deeper understanding of the world's complexities. Learning about conflict resolution, peacebuilding, and the causes of violence has made me more aware of the suffering and challenges that many people around the world face. This awareness has heightened my sense of compassion and empathy, leading me to become more considerate and sensitive to the struggles of others. I find myself more willing to listen, understand different perspectives, and work towards conflict resolution in my personal and professional life.

**Q2. What are you planning to implement or have implemented in your life style based on the knowledge you gained?**

Ans: Practicing Meditation on regular basis from past 10 days has significantly improved the quality of my life.

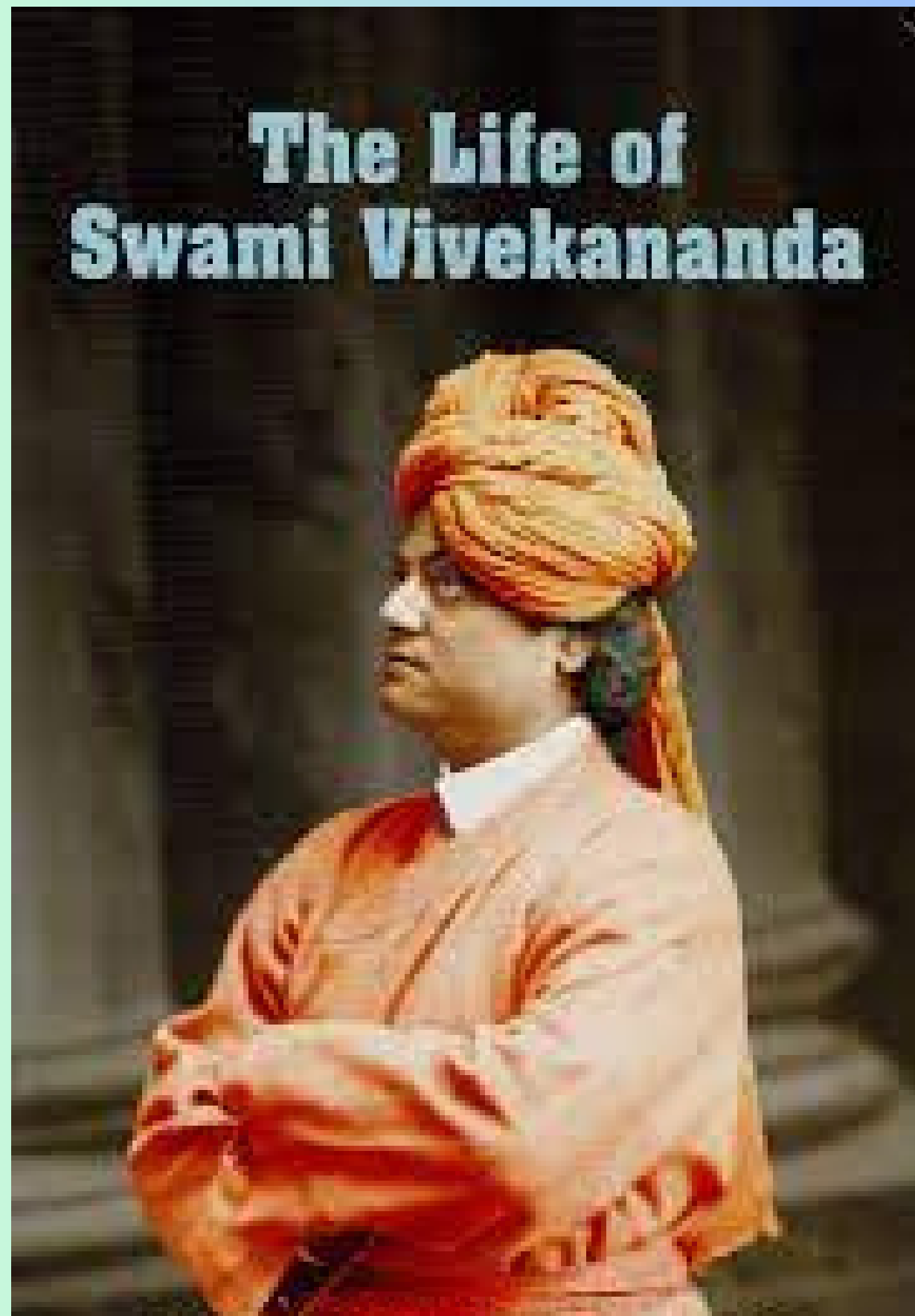
**Q3. What did you learn this trimester?**

Ans: In my exploration of meditation, I've come to understand that it is a practice that goes beyond the simple act of sitting quietly with closed eyes. Meditation is a multifaceted discipline that encompasses various techniques and philosophies, each offering unique benefits for the mind, body, and spirit.

One crucial aspect I've learned is that meditation is not just about relaxation, though that is certainly a part of it. It serves as a powerful tool to enhance mindfulness, self-awareness, and emotional regulation. Through consistent meditation, individuals can gain better control over their thoughts and emotions, helping them respond to life's challenges with greater resilience and clarity.

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# Thank you

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