



ARYA MAHILA P.G. COLLEGE

Admitted to the privileges of the Banaras Hindu University
Grade "A" Accredited by NAAC & "College with Potential for Excellence by UGC"



Sri Aurobindo Society

AUROYOUTH

INSPIRING YOUTH, TRANSFORMING THE WORLD

SEVEN DAYS NATIONAL AUROYOUTH ONLINE WORKSHOP

“TOWARDS A NEW DAWN”

Age Group: 19-30 Years

Date/Time

20th-26th July, 2020, 6.00 to 7.00 PM

Zoom Meeting App



Medium- Hindi

Jointly Organized by

Sri Aurobindo Society, Varanasi Centre

(Under the UGC mandate Notification, D.O. No.1-3/2020(CM) dated 28th March 2020)

Arya Mahila P.G. College

(Admitted to the privilege of Banaras Hindu University)

(Accredited Grade 'A' by NAAC & CPE status by UGC)

Chetganj, Varanasi- 221001

Background of the Event

The world is going through a phase of crisis and all of us are under different kind of stress and distress. The clouds of confusion and chaos have over shadowed the life in general. In this turbulent time, especially unprecedented crisis created by COVID- 19 there is a need to develop life skills among youngsters. The enlightening and inspiring views of The Mother and Sri Aurobindo will help us to cope up with such troubled time. AuroYouth's seven days online workshop will try to come forward with the insights to the necessary life skills that are needed to cope up with this situation as envisaged by Sri Aurobindo and the Mother. Let us aspire for a new dawn where life will be joyous, filled with light, beauty and peace.

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर्मांसृतां गमय । ॐ शान्तिः शान्तिः शान्तिः ॥

About the College

Arya Mahila P.G. College is a women's college in Varanasi admitted to the privileges of Banaras Hindu University. The college has been accredited with grade "A" by NAAC and College with Potential for Excellence by "UGC". This historic college's foundation was laid by Smt.Vidya Devi in 1956 who was an able follower of great Guru Maharishi Gyanananda ji with the objective of carrying forward the national educational activities in continuity and to develop the rich heritage of art, culture, science in order to further empower women through education. Today the college is successfully running U.G. and P.G. courses, carrying research work for Ph.D. This prestigious historic college of Kashi is being managed by Shri Arya Mahila Hitkarini Mahaparishad.

About Sri Aurobindo Society

Sri Aurobindo Society seeks to bring a dynamic spirituality into material life and all its activities, so that the global problems can find a true solution, and the dreams of humanity, through the ages, can be realized. Sri Aurobindo Society was started by the Mother in 19th september 1960. She was not only the founder and the Executive President but also remains its guiding force. From a very small beginning, over the years, the Society has grown into an international organization working in diverse fields of life. In 1972, the Centenary Year of Sri Aurobindo's birth, the Mother said in a message:

"Sri Aurobindo belongs to the future; he is the messenger of the future. He still shows us the way to follow in order to hasten the realisation of a glorious future fashioned by the Divine will.

All these who want to collaborate for the progress of humanity and for India's luminous destiny must unite in a clairvoyant aspiration and in an illumined work."

This message beautifully describes in a nutshell, the purpose, and the work of the Society.

Sri Aurobindo Society is registered at Kolkata with its administrative office in Puducherry, India. The Society is a Not-for-profit Organisation under the Societies Registration Act, 1860 (now West Bengal Act XXVI of 1961), a Research Institute in Social Sciences under DSIR, Ministry of Science & Technology, Government of India, an Institution of Importance throughout India under Section 10(23C)(iv) of Income Tax Act, 1961, Contributions to Sri Aurobindo Society qualify for benefits under Section 80G and

contribution to Research Activities are eligible for deduction under Section 35(1)(iii) of the Indian Income Tax Act, 1961.

About AuroYouth

AuroYouth is a launching platform for enabling the youth to look deep within and prepare for the new dawns of future-an adventure into the realms of consciousness.




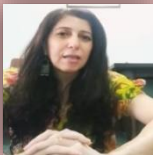




India demographically, is today a country of young people. Around 50% of Indian population is less than 25 years of age. In the National Youth Policy 2014 (NYP-2014), youth is defined as individuals within the age-group of 15-29 years of age. Around 30 crore of Indians fall into this bracket of youth. The future of India is dependent on the values and commitment of the youth. Sri Aurobindo Society has been a pioneer in the field of value-based self-development programs for Youth. First rolled out in 1985, the youth programs have a history of over thirty years. The AuroYouth programs are designed to awaken youth to their fullest inner potential to pursue a successful life.

Scope of the event

By attending this programme the students will learn ways to increase their mental and emotional self-control. During times of distress they will learn how to remain at peace through exercises and meditation, and will develop a strong ethical and moral framework for their own life. They will realize that they alone are responsible for the consequences of their actions and therefore become more responsible adults, and will learn how to handle failures, without taking extreme steps. Objectives of this workshop are follows:

- To bring about solidarity among people during global crisis.
- To extend a helping hand in regaining control over ourselves.
- To provide emotional stability during the period of stress and trauma.
- To liberate our thoughts and emotions during a prolonged state of restrictions in lockdown.
- To generate positive vibrations during a crisis of humanity.
- To evoke inner streams and help in defeating abnormalities of life.

EMINENT SPEAKERS

	<p>Mr. Arun Naik Chairman, Noida Branch; Member, SAS Core Advisory Group; Director, AuroYouth and SAFIM Puducherry</p>
	<p>Mr. Manoj Sharma Chairman Madhya Pradesh state committee, SAS Vice chairman of SAS Hindi Zonal committee Member of SAS Core group Puducherry. Engineer by Profession, Working for M.P. Govt. at Bhopal</p>
	<p>Mrs. Jayantika Basu Secretary, SAS West Bengal</p>
	<p>Miss Anahita Sanjana Youth Coordinator, SAS, Mumbai & Yoga Teacher In the year 2014, the University of Chicago awarded her 'the Outstanding educator' award for her work with teenagers.</p>
	<p>Dr. Bandana Bal Chandnani Asst. Prof., Deptt. of English, DAVPGC & AuroYouth Executive, SAS, Varanasi</p>
	<p>Dr. Deepika Baranwal Asst. Prof., Deptt. of Home Science AMPGC & AuroYouth Executive, SAS, Varanasi</p>
	<p>Palak Dubey, Auro Youth Facilitator, Noida & Business Operations Associate Consultant at ZS Associates, Gurugram</p>
	<p>Mr. Sourav Chatteraj Youth Co-ordinator, SAS, Asansol & AuroYouth Executive, SAS, West Bengal</p>

ORGANISING COMMITTEE



PATRON
Dr. Sashikant Dikshit
Manager, AMPGC, Varanasi



Co- PATRON
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Principal, AMPGC, Varanasi



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Joint-Secretary, SAS, Varanasi



CONVENER
Dr. Deepika Baranwal
Asst. Prof, Deptt. of Home-Science,
AMPGC
AuroYouth Executive, SAS, Varanasi

For Registration click on Below Link

<https://forms.gle/BdNaEzG48av1sM5h6>

Note

The certificate of Seven Day AuroYouth National Online workshop will be given only to those who have attended it all the seven days and filled the feedback form of all sessions on time.

Instructions

- Kindly Mute your audio and Turnoff your video during sessions.
- Ask questions in Chat Box, In Q and A session your questions will be taken.
- Join Whatsapp group for further notifications.
- Click on this link to join group:
<https://chat.whatsapp.com/L1GmcmO4jmC743RMKF2iEI>
- For Further queries: auroyouthonlineworkshop@gmail.com

Program Schedule

Date	Day	Time	Topic	Speaker
20-07-2020	Monday	5.00-5.20PM	Inaugural Ceremony	
		5.20-6.00PM	Intro of SA &TM	Mr. Arun Naik (Noida)
		6.00-7.00 PM	Keys to Conscious and Harmonious relationship	Miss Anahita Sanjana (Mumbai)
21-07-2020	Tuesday	6.00-7.00 PM	Prophet of Nationalism	Mrs. Jayantika Basu (West Bengal)
22-07-2020	Wednesday	6.00-7.00 PM	Food and Us	Dr. Deepika Baranwal (Varanasi)
23-07-2020	Thursday	6.00-7.00 PM	Conscious Sleep: An effective Repose	Dr. Bandana Bal Chandnani (Varanasi)
24-07-2020	Friday	7.00-8.00 PM	Making life-Taking Decision	Mr. Sourav Chatteraj (Asansol)
25-07-2020	Saturday	6.00-7.00 PM	Self-driving our emotions	Miss Palak Dubey (Noida)
26-07-2020	Sunday	6.00-7.00 PM	Our True Personality	Mr. Manoj Sharma (Bhopal)
