



Mysore Education Society (Regd.)

MES INSTITUTE OF MANAGEMENT

Affiliated to Bengaluru City University

College Code : 2807

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Institutional Distinctiveness

Vivekananda Saptaha – The Celebration of Thoughts

Society, the culture in which we live, dictates that student's must be oriented towards a career and financial security - this has been the constant pressure of all societies. To have a capacity to earn a livelihood is necessary but neglecting 'Swadharma', which is far deeper and greater, is dangerous. We, at MESIOM, inspired by Vivekananda's words of man-making, strive to reverse this thought- process because man cannot be happy with his career alone. When career becomes the dominant factor of life, there is an imbalance in the fundamentals of existence.

In MESIOM, we are trying something entirely different: to educate, not only academically, but also to cultivate an understanding of the power of positive thinking and an enquiry into the whole psychological structure of human beings. We follow Vivekananda's thought that, "Education is life-building, man-making and character-making assimilation of ideas" and design various programmes which seek to achieve a synergy between academic practices and holistic development so that they realize their maximum potential and live an exuberant life.

MESIOM understands the power and tremendous impact thoughts have on life and we also understand that the right kind of thoughts elevates lives to greater heights. Vivekananda Saptaha -The Celebration of Thoughts, is one such attempt by the institution to inculcate in students the ideals and the powerful thoughts of Swami Vivekananda. The institution has been celebrating National Youth Day, since its inception and from the academic year 2016 – 17, the college has been organizing a week- long programme, Vivekananda Saptaha, celebrating the thoughts of Vivekananda through various competitions and thus achieve Vivekananda's gospel of man-making.

Objectives –

1. To propagate ideas and thoughts of Swami Vivekananda
2. To inspire the youth to contribute to nation-building
3. To contribute to the holistic development of the youth
4. To empower the youth to seek contentment and exuberance in life

The institution upholds the greatest youth icon, Swami Vivekananda's thoughts – 'We want that education by which character is formed, intellect is expanded and one can stand on one's own feet'. The Cultural Committee Coordinators and the HOI deliberate and organize a week-long programme which aims at inculcating in students an awareness of the four – fold mantra of Swami Vivekananda to live a meaningful life- physical, social, intellectual and spiritual quest. The campus is vibrant with the thoughts of Vivekananda all the seven days. The various competitions are organized

ARISE, AWAKE, STOP NOT TILL THE GOAL IS REACHED

on his adage, 'We are what our thoughts have made us; so, take care about what you think. Words are secondary. Thoughts live, they travel far.'

Day 1- Inauguration and Collage Making competition – Eminent personalities are invited to address the students. The Collage Competition is conducted on the same day and students express their thoughts about Swami Vivekananda through the collages.

Day 2 – Essay Writing competition is conducted in English/Kannada/Hindi/Sanskrit with the intention of creating awareness in students on the thoughts of Vivekananda and its impact on today's youth.

Day 3 – Quiz competition on the theme 'Incredible India' which includes sub-themes like, life history of Swami Vivekananda, History and Heritage and India - gives students an interactive platform to learn about the thoughts of Swami Vivekananda.

Day 4 – Workshop on Yoga and Meditation. We, at MESIOM, follow Swami Vivekananda's ideas that mental and physical stamina is important for a meaningful life. Swamiji was a staunch supporter of human strength and said, 'Strength is life and weakness is death.' In this direction, the college incorporates Yoga and Meditation workshop as a part of Vivekananda Saptaha.

Day 5 – Pencil Sketch competition of Swami Vivekananda.

Day 6 – Speech Competition on Vivekananda's ideals. The students are encouraged to internalize the ideals and philosophy of Swamy Vivekananda and also strengthen their personalities based on Swami Vivekananda's thoughts.

Day 7 – The Valedictory Programme

The Success of Vivekananda Saptaha has inspired us to start two new Programmes to keep the aura of Vivekananda's powerful thoughts afloat:

1. Vaak Surabhi – The Flow of Thoughts - where the thinktank of society are invited to address the students on contemporary issues. Some of the notable speakers were Mr. Chakravarthy Sulibele, Youth Social Activist, Mr. Annamalai, Ex-IPS Officer etc.
2. Vichara Vedike – Pen your thoughts - where students are encouraged to pen their thoughts and display their articles on the class pin-up board. The best articles are identified and published in the annual magazine Manjari.

Evidence of Success

- Increase in the participation of students in extension activities from 45.45% in 2015-16 to 74.07% in 2019 -20
- Introduction of value-added course Yoga and Meditation – 30 hrs, by in house faculty from academic year 2020-21
- Introduction of Vaak Surabhi – the flow of thoughts, programme and Vichara Vedike – pin-up board in each classroom, from the academic year 2019 – 2020

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