Event Name: A Talk on “From Distraction to Direction”
Organized by: Saraswati IKS Centre in collaboration with IQAC
Date: 23rd April, 2025 (Wednesday)
No. of Participants: 72

The Saraswati IKS Centre in collaboration with the Internal Quality Assurance Cell (IQAC) of Shyam Lal College, University of Delhi, organized an insightful session titled "From Distraction to Direction" on 23rd April 2025. The talk was aimed at guiding youth towards a meaningful and purpose-driven life.

The session was graced by Swami Shyamananda Ji, a revered spiritual mentor known for his teachings on mindfulness, inner growth, and youth empowerment. The central theme of the session was to help students and young professionals identify the root causes of distractions in their lives and learn how to cultivate focus, discipline, and purpose.

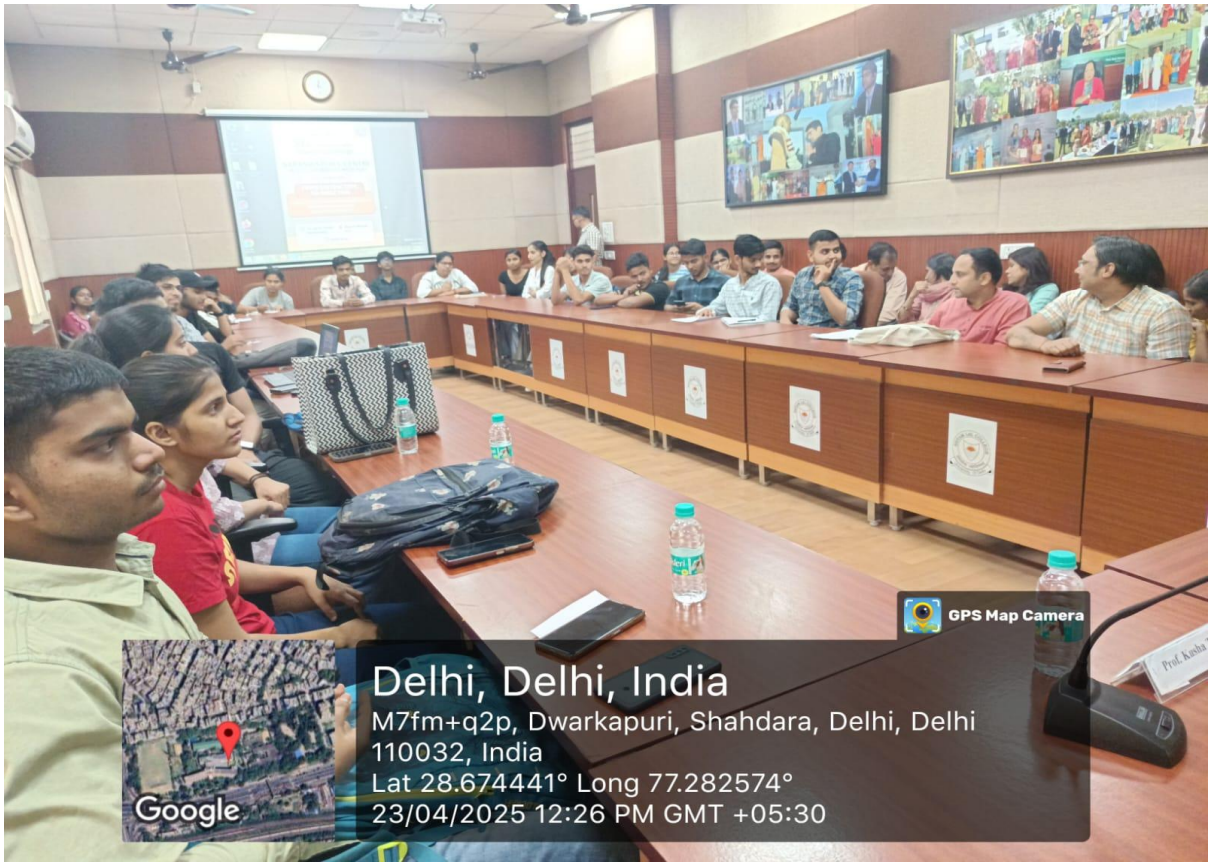
Swami Ji highlighted the importance of mental clarity, self-awareness, and spiritual grounding in navigating the modern world, which is often filled with noise, stress, and superficial pursuits. He emphasized values such as self-discipline, gratitude, and inner peace as essential pillars for building a fulfilling life.

Swami ji beautifully explained that the mind needs direction just as a river needs banks to flow purposefully. Distractions often stem from lack of clarity in values and purpose. He emphasized that meditation, reading spiritual texts, and self-reflection are essential tools to realign with one’s goals. Youth must strive for not just career success, but also emotional and spiritual well-being.

The session had an interactive Q&A, where students enthusiastically engaged with Swami Ji, seeking his advice on dealing with stress, career dilemmas, and personal challenges. Swami Ji answered with wisdom and compassion, leaving the audience with actionable insights.

The session was a great success and received overwhelming appreciation from both students and faculty members. It served as a powerful reminder of the importance of introspection and direction in life, especially for the youth navigating a complex and rapidly changing world.

The talk ended with vote of thanks and extended the gratitude to Swami Shyamananda Ji, Prof. Rabi Narayan Kar and Prof. Kusha Tiwari for making this enriching event possible.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