



Mittal Institute of Education

(Approved by NCTE, New Delhi & Affiliated to BU, Bhopal M.P.)

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Session 2021-2022



Report on Youth Day Celebrations 2022

Dated – 12th January 2022

Time – 10:00 AM To 1:30 PM

Venue – MIE Campus

Theme of the Program

Theme 2022: “It's all in the mind”.

25th National Youth Festival:

- The Prime Minister inaugurated the 25th National Youth Festival **which is a five-day festival.**
- The main purpose to celebrate the festival is **to increase bonding between the diverse cultures of the country to strengthen the unity** of the nation.
- The festival is organized by **National Service Scheme (NSS)** and **Nehru Yuva Kendra Sangathan (NYKS)** under the aegis of Ministry of Youth Affairs and Sports.
- National Youth Day creates awareness and provides knowledge about the rights of people in India. It is a day to educate people to behave properly in the country. The main objective behind the celebration is to make a better future for the country by motivating the youths and spreading the ideas of the Swami Vivekananda. National Youth Day is also famous as **“Yuva Diwas”.**
- The festival aims to shape the minds of India's youth and transform them into a united force for nation building.
- It is one of the biggest exercises in social cohesion and intellectual and cultural integration. It aims to bring diverse cultures of India and integrate them into a united thread of **'Ek Bharat, Shreshtha Bharat'**.

- **National Youth Day 2022: History**

- The Government of India declared Swami Vivekananda's birthday as the National Youth Day of India in 1985. This was primarily done to motivate the youth of India to follow in the footsteps of Swami Vivekananda and ultimately lead to the prosperity of the nation. Born in 1863, it is amazing how Swami Vivekananda serves as a consistent inspiration to lakhs of Indian youths even today. In fact, one of the strongest messages he gave to the youth was, "What I want is muscles of iron and nerves of steel, inside which dwells a mind of the same material as that of which the thunderbolt is made."

“Insights of the Event”



- The Event began with an Inspirational Speech by Honorable Dr. Malika Pal Mam, Principal of Mittal Institute of Education. She shared the motive for Celebrating the International Youth Day and also profound philosophy of Swami Vivekananda Ji.
- Later, Vinay Divan Sir, Respected Principal of B.Ed, also shared his thoughts on the day with our students and inspired them to follow the ideologies of Swami Vivekananda Ji.





- The Event was continued with practicing and teaching Students ***Yoga Asans*** that will help them in their Mental, Intellectual, Emotional and Spiritual Growth which will lead them to living their lives truthfully and in fulfilled manner.
- Importance of Yoga in Daily Life was taught to our Students by **Mrs. Renu Saxena M'am** and **Dr. Zafar Khan Sir**.





- “Through practice comes Yoga, through Yoga comes Knowledge, through Knowledge comes Love and through Love comes the Bliss.”

– Swami Vivekananda. He has been the only one who has claimed that Yoga is scientific, rational and therefore, Universal. Through his constant study, he tasted spirituality as practiced in India. His great emphasis was on 4 Yogas, namely: Bhakti, Karma, Jnana and Raja Yoga. Each of these is ultimately related to a way of attaining the ultimate goal of life – Mukti or Salvation. He said that to attain salvation, meticulous and sincere practice is required, which can come through Yoga. He said that Freedom of the Soul is the goal of all the Yogas and those who desire for liberation must do it.

