

NATIONAL YOUTH DAY

Date of Event	12.01.2024
Name of the Event	National Youth Day
Type of the Event	Commemorative Day
Conducted by	Department of Optometry, ARKA JAIN University
No. of Participants	08

OBJECTIVE:

To signify the birthdate of Swami Vivekananda, National Youth Day is observed throughout the country. The day addresses the opportunities, dreams, challenges and potentials in the youth of the day and how these can be molded in a way to impact the nation as a whole. National Youth Day aims to achieve the following:

Youth Empowerment- Youth Day often emphasizes the empowerment of young people, encouraging them to take an active role in shaping their future. This includes promoting education, skill development, and providing opportunities for personal and professional growth.

Youth Leadership- It emphasizes the potential of young people to become leaders of today and tomorrow in various areas e.g., science, activism, cultural heritage etc.

Sentience & Advocacy- It may focus on social, economic, or environmental issues, aiming to mobilize youth for positive change and advocacy.

Boosting Youth Image- National Youth Day combats youth stereotypes. It emphasizes youth's capacity for good development. The day also frequently inspires young creativity and innovation. The day also lets youngsters network, cooperate, and exchange ideas. This may create young groups, clubs, and organizations with shared aims.

ABOUT THE EVENT: National Youth Day marks the birthday of Swami Vivekananda, a renowned Hindu monk and philosopher. Swami Vivekananda was a key figure in the introduction of Indian philosophies of Vedanta and Yoga to the Western world and played a crucial role in the revitalization of Hinduism in India. His teachings emphasized the importance of selfless service, education, and the development of a strong and healthy youth for the progress of the nation. He believed in the energy possessed by the youth of India and the changes they can bring.

Based on the similar note, an essay writing contest was organized with the theme 'Relationship between Youth & Lifestyle'. The students were made to register via an online link to participate in the essay writing competition beforehand. The word limit was set between 400-500 words and the participants had to complete the writing in 45 minutes. Mukul Kumar emerged as the winner of the competition.

TAKEAWAY (OUTCOME):

Essay writing contests allow youngsters to express themselves, communicate ideas, and participate in meaningful conversation. This essay writing contest helped in putting together various minds on pages that influences personal growth, society awareness, and the collective urge for good change. The link between youth and lifestyle is complicated and varied since lifestyle includes many everyday decisions and behaviors.

Youth lifestyles are shaped by social, cultural, economic, and personal influences. Therefore the topic for essay writing was chosen to be 'Relationship between Youth & Lifestyle'.

Conclusion:

Youth, often characterized by a period of exploration and self-discovery, is a critical phase where lifestyle choices can shape long-term outcomes in various aspects of life. Whether its health, relationships, career, or personal development, the decisions made during this time can have lasting effects.

The was observed to mark the birthday of Swami Vivekananda and respect his beliefs; preaching and advocating the potential of the today's youth in achieving greater heights.

Poster of the Event

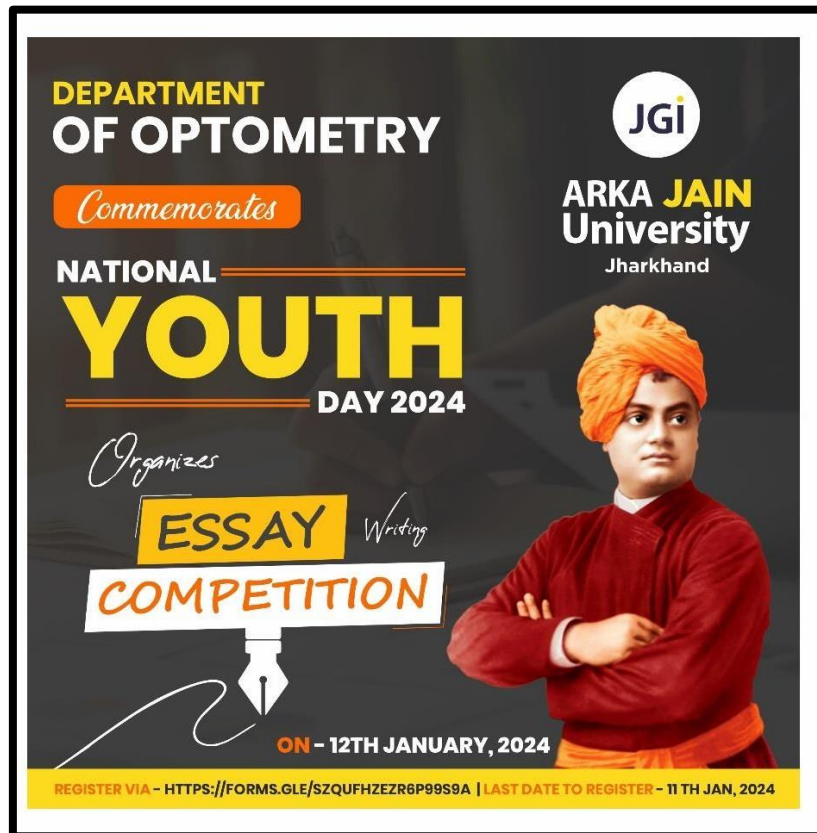


Figure 1 Poster of National Youth Day

Glimpses of the Event



Figure 2: Students participating in the essay writing competition

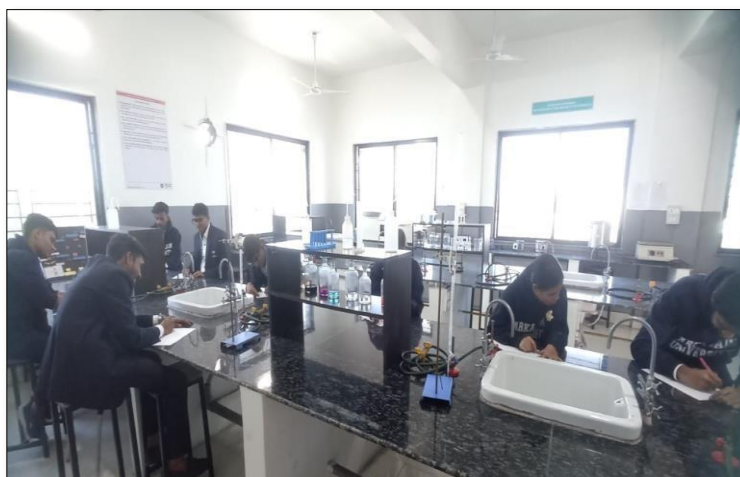


Figure 3: Students participating in the essay writing competition


List of Participants




List of Attendees: National Youth Day [12.01.2024]

B.Optometry

S.No.	Enrolment number	Name of the Attendee	Signature
1.	AJU/231400	Sabna Keesar	Sabna Keesar
2.	AJU/231988	Owais Dhared Sharfi	Owais Dhared Sharfi
3.	AJU/231499	Achint Kumar Mishra	Achint
4.	AJU/230861	Hitesh Kumar Mahato	Hitesh
5.	AJU/230864	Mukul Kumar	Mukul Kumar
6.	AJU/231286	Sapna Sharma	Sapna
7.	AJU/232017	Anvesh Vikram	Anvesh Vikram
8.	AJU/231832	Sourabh Kumar	Sourabh Kumar


Ever Coordinator- Ms Shreya Chakraborty


Program Co-ordinator
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Feed Back

