



श्रद्धा Śraddhā

The Monthly Chronicle of Sri Ramakrishna Vidyarthi Mandiram

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SUBHASHITA: THE THREE TRUE JEWELS

अकृत्वा परसंतापम् अगत्वा खलनम्रताम् ।
अनुत्सृज्य सतां मागं यत्स्वल्पमपि तद्वहु ॥

Meaning: "Without tormenting others, without complying with the wrongdoer, without giving up the path of the noble—any little (achieved) is more."

Ref: Sanskrit Pearls (consolidated and enhanced) by Rashmi Kashi, Samskruti Publications, First Ed., February 2025

From the Warden's Desk: A Tapestry of Growth

The past month has been a beautiful tapestry of intellectual and spiritual awakening. With the culmination of our Vijñāna Vardhini sessions, we placed a vital emphasis not just on academic brilliance, but on the holistic mental and emotional well-being of our young minds. We also joyously welcomed our new batch of 1st PU students. We celebrated Phalaharini Kali Pooja with soul-stirring bhajans; we were reminded to surrender everything at the lotus feet of the Divine Mother. May She grant our new and returning students the clarity and strength to walk the path of Śraddhā and success.

— Swami Anilayananda

THE SPIRIT OF OUR NAME

Swami Vivekananda considered **Śraddhā**—a deep, reflective faith in oneself and the Divine—to be the foundation of character. He taught that this internal conviction is what empowers individuals to stand on their own feet. Inspired by the determination of Nachiketa and the realization of the lion cub in Swamiji's parables, we selected this name to anchor our newsletter. It stands as a reminder that true education goes beyond textbooks; it is the process of recognizing and cultivating one's inherent strength and dignity.

IN THE LIGHT OF SPIRIT

Phalaharini Kali Puja & Bhajans

On May 17th, the Mandiram was enveloped in divine fervour as we celebrated Phalaharini Kali Puja. The highlight of the auspicious evening was a mesmerizing bhajan session led by Rev. Swami Mayadhipanandaji Maharaj. His soul-stirring devotional songs dedicated to the Divine Mother uplifted the spirits of all present, deeply instilling the ideal of surrendering the fruits of our actions to the Supreme.

NURTURING THE MIND

Vijñāna Vardhini: Focus on Mental Well-being

The month featured a pivotal mini-session of our ongoing 'Vijñāna Vardhini' series on May 3rd, focusing deeply on mental well-being. The session was led by Dr. Gayaathri Reddy, a highly esteemed clinical psychologist and psychotherapist with over 16 years of extensive experience. Having served at premier medical institutions like KEM and Apollo Hospitals, and having facilitated healing for over 10,000 clients through her inclusive, empathetic practice, Dr. Reddy brought invaluable real-world insights to the Mandiram. Her interactive dialogue equipped our Vidyarthi with practical tools for stress management and maintaining psychological resilience during rigorous academic pursuits. Key takeaways shared during the session included:

- Discipline is not punishment but self-respect.
- Consistency matters more than moods.
- Your mind matters more than the syllabus.
- Take ownership.
- Time is not the problem, but the structure is.



Culmination of Vijñāna Vardhini (17 & 24 May)

The transformative 'Vijñāna Vardhini' series gracefully concluded this month. Assistant War-

den Maharaj guided the 7th (penultimate) session on May 17th, followed by the grand final session on May 24th. Drawing deeply from the ideals of Swami Vivekananda, the concluding discourses focused on the delicate balance between *Pravritti* (righteous action in the world) and *Nivritti* (inward withdrawal and reflection). Maharaj beautifully explained how true spiritual growth is the journey from narrow selfishness—born of dualistic ignorance—towards the expansive selflessness of recognising the Divine in all. These discourses have profoundly enriched our students with the timeless spiritual tools necessary to navigate life's challenges with strength, clarity, and a spirit of service.



Forging Iron Will: Naval Physical Training Session

During the first week of May, the Mandiram grounds hosted a rigorous, physical training session under the commanding presence of Retired Captain D.S. Gehlot of the Indian Navy. A distinguished veteran, Capt. Gehlot served as the Executive Officer (XO) at INS Agrani, the Navy's premier establishment for leadership, management, and physical training in Coimbatore. His esteemed career includes overseeing elite combat exercises, such as the official Southern Naval Command (SNC) Musketry Championships, where naval teams compete in professional shooting and combat skills.

Drawing from this profound military expertise, Capt. Gehlot guided our students through an intensive physical conditioning routine. The exercises were specifically designed to test and elevate their endurance, giving them a practical taste of the immense physical and mental toughness required to clear the screening processes of armed forces competitive exams. Embodying Swami Vivekananda's call for "muscles of iron and nerves of steel," this highly focused session instilled a fresh sense of discipline and physical

readiness in our young aspirants.

LIFE AT MANDIRAM

Welcoming the 1st PU Vidyarthis

The last week of May marked a joyous milestone as we warmly welcomed the incoming batch of 1st PU students to our hostel. As they stepped into this new phase of their lives, the senior students and monks embraced them into the SRVM family, ensuring they felt instantly at home in our nurturing, values-based environment.

ACADEMIC MILESTONES

Empowering the 2nd PU Seniors

As our present 2nd PU students prepare for a highly crucial academic year, a specialised orientation session was held on May 30th, guided by Dr Mahesh Arvind. Bringing over four decades of rich teaching experience, Dr Arvind holds an MPhil and a PhD in Chemistry and Biochemistry. Throughout his distinguished career, he has

served not only as a Head of Department but also as a compassionate student counsellor. Post-retirement, his enduring passion for education led him to found the Prajñā Foundation, a non-profit NGO dedicated to fostering better teaching methodologies and community mentorship. Drawing from this erudite experience, he offered the students highly inspiring and practical words that provided clarity, focus, and a strong sense of purpose to confidently tackle their upcoming board exams.



THE MONTH AT A GLANCE

Date (May 2026)	Category	Event
May 3	Well-being	Vijñāna Vardhini Mini Session by Smt. Gayaathri Reddy
First-half	Physical Training	Physical / Endurance training by Capt. D.S. Gehlot
May 17	Spiritual	Phalaharini Kali Puja & Bhajans by Swami Mayadhipanandaji
May 17	Academic	Vijñāna Vardhini 7th Session by Asst. Warden Maharaj
May 24	Academic	Vijñāna Vardhini Final Session by Asst. Warden Maharaj
May 24	Student Life	Welcoming the new batch of 1st PU Students
May 30	Academic	2nd PU Orientation by Dr Mahesh Arvind

Partner in Our Seva

The Vidyarthi Mandiram is more than a hostel; it is a home where character is forged. Your generous support ensures that deserving students continue to receive this holistic education regardless of their financial background.

To ensure the holistic growth of our students—intellectually, physically, and ecologically—we are embarking on these vital initiatives:

- Operational and Maintenance Fund for NICE
- Integrated Smart Learning Hub
- Comprehensive Rainwater Harvesting System
- Sports Complex Development
- Utility Vehicle for Medical Emergencies & General Use

We also invite you to contribute generously to our Corpus Fund, ensuring the Mandiram stands as a financially independent beacon of service for generations to come.

Support our mission here: <https://srvm.org/donation-form>

Sri Ramakrishna Vidyarthi Mandiram

Bengaluru, Karnataka

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