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(H.Q: ರಾಮಕೃಷ್ಣ ಮಠ ಶಾಖೆ, ಬೆಲೂರು ಮಠ, ಹೌರಾ)  
113, ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ರಸ್ತೆ,  
ಹಲಸೂರು, ಬೆಂಗಳೂರು - 560008

# RAMAKRISHNA MATH

(H.Q: Ramakrishna Math, Belur Math, Howrah Dt, W.B)  
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## SUMMER CAMP FOR SENIOR CITIZENS

### VALUE EDUCATION WORKSHOP

To find a Path to Fulfilment, Peace, and Spiritual Growth

Organised by

Ramakrishna Math, Halasuru, Bengaluru

FROM

21.4.2025 TO 24.4.2025

Dear Devotees and Senior Citizens,

Greetings from Ramakrishna Math, Halasuru, Bengaluru.

We are happy to announce that we will be conducting **VALUE EDUCATION WORKSHOP FOR SENIOR CITIZENS FROM 21.4.2025 TO 24.4.2025.**

The purpose of the Workshop is to give a **transformative experience that will lead to a peaceful, purposeful, and fulfilling life for Senior Citizens.**

All those Devotees and the public who are Senior Citizens (Age 60+) can join this workshop. They can join by registering their name using the following link.  
<https://forms.gle/C55PJJBsxec87FfT6>

The duration of the Workshop is for four days from April 21<sup>st</sup> to 24<sup>th</sup>, 2025 from 9.30 am to 1.00 pm. Inaugural session will be held on April 21, 2025 at 9 am. Resource persons are Monks, Doctors and Scientists who are well versed in the field of Geriatrics.

Tea and Lunch will be provided to all the participants.

Yours in the service of Sri Ramakrishna,

Swami Bodhaswarupananda

Adhyaksha

Join us for a transformative experience that will  
lead you to a peaceful, purposeful, and fulfilling life

## Purpose of the Workshop:

The wellbeing of senior citizens is of paramount importance to any society. Having served the society for major part of their lives, now is the time to explore how one can live a life of fulfilment for the remaining part of their lives. The teachings of **Bhagavan Sri Ramakrishna**, **Holy Mother Sri Sarada Devi**, and **Swami Vivekananda** offer invaluable insights that will guide us on this path.

Senior Citizens are the bedrock of any society and their invaluable contribution in shaping its progress is immeasurable. We at Ramakrishna Math Halasuru have always endorsed this undeniable truth. While the Math has been organizing various short-term Value Education workshops, camps and retreats for Kids, Youth and women from time to time, similar avenues for the senior citizens has been missing. In this direction, we are glad to announce a short-term camp of four days duration at our Math premises for the senior citizens aged 60 years and above. The primary aim of the camp is to bring together the senior citizens in the divine premises of Bhagavan Sri Ramakrishna Math, Halasuru to unwind themselves and share their rich experience by participating in the activities lined up in the camp detailed below especially when the summer camp for children is being held concurrently in the same premises.

## Key Highlights of the Workshop:

- **Teachings of Bhagavan Sri Ramakrishna:** Discover the spiritual wisdom of the Master that emphasizes devotion, simplicity, and the power of prayer.
- **Holy Mother Sri Sarada Devi's Guidance:** Learn how to embrace peace, compassion, and selfless service, fostering a fulfilling life.
- **Swami Vivekananda's Philosophy:** Delve into practical teachings on self-realization, inner strength, and how to live harmoniously in today's world.
- **Mindfulness and Spiritual Practices:** Simple yet powerful techniques to bring inner peace and serenity to daily life.
- **Physical Wellbeing for Seniors:** Gentle yoga, meditation, and breathwork that nourish both body and mind.
- **Interactive Sessions:** Engage in group discussions to share experiences and learn from one another.

## Why Attend:

- **Inspiration from Divine Teachings:** Feel the deep wisdom of Sri Ramakrishna, Holy Mother, and Swami Vivekananda guide your journey of fulfilment.
- **Lead a Peaceful Life:** Learn how to manage stress and embrace tranquillity in every stage of life.
- **Physical, Mental, and Spiritual Growth:** Incorporate wellness practices that benefit the whole self.
- **Connect with Like-minded Individuals:** Meet and bond with other senior citizens in a supportive and nurturing environment.
- **Build Inner Strength:** Cultivate resilience and inner peace in these precious years.

SI No.	Timings		Brief of the Activities	Conducted by/ Moderated by
21.04.2025				
	8-30 AM	9-00 AM	Registration	
	Inaugural Session			
	9-00 AM	9-10 AM	Vedic Chanting	Monks
	9-10 AM	9-30 AM	Welcome Address & Key Note address	Colonel GB Radhakrishnan
	9-30 AM	9-35 AM	Lighting the Lamp	Dignitaries on the Dias
	9-35 AM	10-20 AM	Inaugural Address New Sprouts-Old Roots ಹೊಸ ಚಿಗರು ಹಳೆ ಬೇರು	Dr. Gururaj Karajagi Chairman, Academy for Creative Teaching, Bengaluru
	10-20 AM	11-05 AM	Benedictory Address: “How to attain bliss in old age”.	Pujya Swami Raghaveshanandaji Maharaj Adhyaksha, Ramakrishna Math Ooty
	11-05 AM	11-15 AM	Vote of thanks	Pujya Swami Bodhaswarupanandaji Maharaj, Adhyaksha, Ramakrishna Math, Halasuru, Bengaluru
	11-15 AM	11-30 AM	Tea Break	
	11-30 AM	12-30 PM	Speech on “Emotional Health and well-being for Senior Citizens”	Dr Sivakumar P T, HOD, Dept. of Psychiatry, NIMHANS Bengaluru
	12-30 PM	12-45 PM	Bhajans/accompanied singing	Sarada Satsanga Kendra, Halasuru
12-45 PM	1-15 PM	Lunch		
22.04.2025				
	9-30 AM	9-45 AM	Bhajans	Monks
	9-45 AM	10 -30 AM	“Simple Yoga exercises for Senior citizens”.	Dr Bhanumurty, BNYS
	10-30 AM	11-15 AM	Speech on “The importance of Spirituality for the elderly”	Revered Swami Nityasthanandaji, Adhyaksha, Ramakrishna Math, Basavanagudi, Bengaluru
	11- 15 AM	11-30 AM	Tea Break	
	11-30 AM	12-15 PM	Talk on “Understanding Senior Citizens’ Health”	Dr Yamini Ramakrishna Consultant Physician & Geriatrician, Apollo Clinic, Bengaluru
	12-15 PM	1-00 PM	Talk on “Frustration to Fascination”	Dr. Vasantha Kumar, Medical Superintendent, MVJ Medical College, Bengaluru
	1-00 PM	1-30 PM	Lunch	
	23.04.2025			
	9 -30 AM	10-00 AM	Guided Meditation	Pujya Swami Raghaveshanandaji Maharaj
	10-00 AM	11-00 AM	“Evolving through Interpersonal Relationships: A Neuroscience perspective”.	Dr Usha Vastare, Founder of YogaKshema Rehabilitation & Wellness Center.
	11-00 AM	11-15 AM	Tea Break	
	11-15 AM	12-15 PM	Talk on “Life Style for active and healthy ageing”.	Flt Lt. Dr. M A.Balasubramanya Founder Managing Trustee, Jeeva Raksha Trust, Bengaluru
	12-15 PM	12-45 PM	Talk on “The Necessity of Value Education Workshop for Senior Citizens”	Pujya Swami Bodhaswarupanandaji Maharaj
	12-45 PM	1-15 PM	Lunch	
24.04.2025				
	9 -30 AM	10-00 AM	Bhajans	Vidwan Sri Gururaj
	10-00 AM	10- 45 AM	Talk on “Nutrition for Elderly”	Dr Gowri Rokkam Holistic Nutritionist, Yoga & Nature Cure Therapist, Bengaluru

	10-45 AM	11-00 AM	Filling and submitting the Feed Back of the camp and suggestion for future improvements	Participants
	11-00 AM	11-15 AM	Tea Break	
	Valedictory Session			
	11-15 AM	11 -25 AM	Vedic Chanting	Monks
	11-25 AM	11-35 AM	Welcome Address	Sri Vijaya Bhaskar Retd. DGM, BSNL
	11-35 AM	11-50 AM	Speech by Participants – 4 Nos.	Participants
	11-50 AM	12.20 PM	Address by Chief Guest	Pujya Swami Muktirupanandaji Maharaj, Senior Monk, Ramakrishna Math, Halasuru
	12-20 PM	12-40 PM	Concluding Remarks	Pujya Swami Bodhaswarupanandaji Maharaj
	12.40 PM	12-50 PM	Vote of Thanks	Sri Vishwanathan Hariharan Retd. Professor, BITS,Pilani
	12-50 PM	1-00 PM	Arati & Closing Song	Monks
	1-00 PM	1-30 PM	Lunch	

**Camp Fee is Rs. 2000/- only (Inclusive of Tea, Snacks and lunch, Gift Books)**

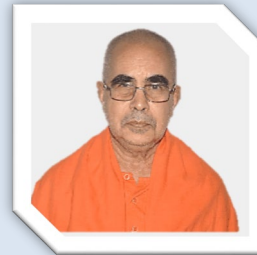
### Resource Persons



Revered Swami  
Raghaveshanandaji



Revered Swami  
Muktirupanandaji



Revered Swami  
Nityasthanandaji



Revered Swami  
Bodhaswarupanandaji



Dr Usha Vastare,



Dr Gururaj Karajagi



Dr. Gowri Rokkam



Dr Sivakumar P T



Dr. Fl. Lt. M A  
Balasubramanya



Dr. Yamini  
Ramakrishna



Dr. Vasanta  
Kumar



Col. G B  
Radhakrishnan