



162nd Birth Anniversary of Swami Vivekananda

For Prelims: [National Youth Day](#), [Swami Vivekananda](#), [National Youth Policy 2014](#), [Ramakrishna Paramhansa](#), [Vivekananda Rock Memorial](#), [Vedanta](#), [Yoga](#), [Neo-Vedanta](#), [Upanishads](#), [Gita](#), [Buddha](#), [Ramakrishna Mission](#), [Parliament of Religions](#), [Sustainable Development Goals](#), [National Education Policy 2020](#).

For Mains: Contributions of Swami Vivekananda. Role of youth in nation building

Source: IE

Why in News?

On [National Youth Day](#) (162nd birth anniversary of [Swami Vivekananda](#)), Prime Minister participated in the **Viksit Bharat Young Leaders Dialogue 2025**.

- The **National Youth Day** is celebrated on **12th January** to commemorate the great spiritual leader, philosopher and thinker **Swami Vivekananda**.
- The [National Youth Policy 2014](#) defines youth as the persons in the age group of **15-29** which constitute **nearly 40% of India's total population**.

What is the Viksit Bharat Young Leaders Dialogue?

- **About:** It is a platform aimed at **engaging youth in nation-building**, aligning with the Prime Minister's Independence Day call to **involve 1 lakh youth in politics without political affiliations**.
- **Participation:** The event brings together **3,000 dynamic youth aged 15-29 years**, selected through a **merit-based, multi-stage process** called the Viksit Bharat Challenge.
- **Thematic Focus:** Young leaders will present ideas on **ten thematic areas** critical to India's development, including **technology, sustainability, women empowerment, manufacturing, and agriculture**.

What are Key Facts Regarding Swami Vivekananda?

- **About:** Swami Vivekananda, born as Narendra **Nath Datta** on **12th January 1863**, was a monk and the chief disciple of [Ramakrishna Paramhansa](#).
 - In **1893**, upon the request of **Maharaja Ajit Singh** of the Khetri State, he took the name '**Vivekananda**', changing from '**Sachidananda**' that he used before.
- **Enlightenment:** In **1892**, Swami Vivekananda was said to have swum to a **rock** (later named [Vivekananda Rock Memorial](#)) in the Indian Ocean from the shores of **Kanyakumari** for **meditation**.
 - He spent **three days and nights there**, resulting in his **enlightenment**.
- **Contributions:**
 - **Philosophical:** He introduced the world to the Indian philosophies of [Vedanta](#) and [Yoga](#).
 - He preached '[neo-Vedanta](#)', an interpretation of **Hinduism through a Western**

lens, and believed in combining **spirituality with material progress**.

- **Spiritual:** Vivekananda's message on human values draws from the **Upanishads**, the **Gita**, and the examples of **Buddha** and **Jesus**, emphasizing **self-realization, compassion, and selfless service**.
 - He advocated the doctrine of **service**. Serving **jiva** (living beings) is considered **worship of Shiva**.
 - He gave the **four pathways** of attaining **moksha (liberation)** from the worldly pleasure and attachment in his books- **Raja-yoga, Karma-yoga, Jnana-yoga and Bhakti-yoga**.
- **Revivalism:** He laid emphasis on **education** for the **regeneration** of our motherland. He advocated a **man-making character-building education**.

▪ **Core Values:**

- **Youth:** He encouraged the youth to **commit to their goals** for success, stressing the importance of dedication in facing challenges.
 - Swamiji urged them to develop both **mental and physical strength**, with '**muscles of iron**' and '**nerves of steel**'.
- **Ethics:** Ethics is a **code of conduct** that guides a person to be a good citizen, and purity, being our **true divine Self or Atman, reflects our real nature**.
- **Religion:** His view of religion sees it as a **universal experience** of transcendent reality, **free from superstition, dogma, priestcraft, and intolerance**.
- **Education:** Vivekananda emphasized education that reveals students' **innate knowledge and power**, focusing on **character-building** and making them self-reliant to face life's challenges.
- **Rationality:** He fully **supported** the methods and results of **modern science** and did not reject reason in favor of faith.
- **Nationalism:** His nationalism is based on **Humanism and Universalism**, the two cardinal features of Indian spiritual culture.
 - His nationalism is based on concern for the masses, freedom, equality, and **Karma Yoga** — a path to **political and spiritual freedom** through selfless service.

- **Associated Organisations:** He founded the **Ramakrishna Mission** in 1897 to propagate the ideals of **service, education, and spiritual upliftment**.
 - In 1899, he established the **Belur Math**, which became his permanent abode.
- **International Address:** He addressed the **Parliament of Religions** held in **Chicago in 1893**, at which he represented **Hinduism**.
 - In July, 1896, he addressed a conference of the **London Hindu Association** in London.

INDIAN SCHOOLS OF PHILOSOPHY (ORTHODOX)

Indian Philosophy refers to traditions of philosophical thought, originated in the Indian subcontinent. It is divided into 2 schools of thought: Orthodox and Heterodox

Orthodox school believed that Vedas were the supreme revered scriptures that hold the secrets to salvation.

Samkhya School

- ↳ Founded by Kapil Muni.
- ↳ Oldest school of philosophy.
- ↳ Postulates that reality stems from purusha (self, soul or mind) and prakriti (matter, creative agency, energy).
- ↳ **It went through two phases of development:**
 - ⊗ Original Samkhya (Materialistic Philosophy)
 - ⊗ New Samkhya (Spiritual Philosophy)

Yoga School (Union of two major entities)

- ↳ Founded by Patanjali.
- ↳ Humans can achieve salvation by combining meditation and physical yogic techniques.

Means of Achieving Freedom	Ways of Achieving
Yama	Practicing self-control
Niyama	Observation of the rules governing one's life
Pratyahara	Choosing an object
Dharna	Fixing the mind (over the chosen object)
Dhyana	Concentrating on the (above-mentioned) chosen object
Samadhi	It is the merging of the mind and the object and that leads to the final dissolution of the self

Nyaya School

- ↳ Founded by Gautama rishi.
- ↳ Everything should be in accordance with reason and experience.
- ↳ **Means of Attaining Knowledge:** perception, inference, comparison, and verbal testimony.

Vaisheshika School

- ↳ Founded by Kanada rishi.
- ↳ Everything is created by fire, air, water, earth and ether (sky).
- ↳ Developed atomic theory (all material objects are made of atoms).
- ↳ **Reliance:**
 - ⊗ God is the guiding principle.
 - ⊗ Laws of Karma guide this universe.

Mimamsa School/ Purva Mimamsa

- ↳ Founded by Kanada rishi.
- ↳ Vedas are eternal and possess all knowledge.
- ↳ Religion means the fulfilment of duties prescribed by the Vedas.

Vedanta School (End of the Vedas/Upanishads)

- ↳ Philosophical teachings of the Upanishads (mystic/spiritual contemplations within Vedas).
- ↳ **Sub-schools:**
 - ⊗ Advaita (Adi Shankara): Both the individual self (Atman) and Brahman are same.
 - ⊗ Visishtadvaita (Ramanuja): All diversity is subsumed to a unified whole.
 - ⊗ Dvaita (Madhvacharya): Brahman and Atman as 2 different entities.
 - ◆ Bhakti is route to salvation.
 - ⊗ Dvaitadvaita (Nimbarka): Brahman is the highest reality.
 - ⊗ Shuddhadvaita (Vallabhacharya): God and the individual self are the same.
 - ⊗ Achintya Bheda Abheda (Chaitanya Mahaprabhu): Individual self (Jivatman) is both different and not different from Brahman.

Views Related to Vivekananda

- No other religion preaches the **dignity of humanity** in such a lofty strain as Hinduism and no other religion on earth treads upon the poor and the low in such a fashion as Hinduism. —**Swami Vivekananda**.
- A country where **millions** have nothing to eat and where **few thousand holy men and brahmins suck the blood** of the poor and do nothing at all for them, is not a country but a living

hell. Is this religion or a dance of death? —**Swami Vivekananda**

- Forget not that the **lower classes**, the ignorant, the poor, the illiterate, the cobbler, the sweeper are thy flesh and blood, **thy brothers**. —**Swami Vivekananda**.
- So far as **Bengal** is concerned Vivekananda may be regarded as the **spiritual father** of the **modern nationalist movement**. —**Subash Chandra Bose**.

National Youth Policy (NYP) 2014

- **About NYP 2014:** It is a policy framework by the **Ministry of Youth Affairs and Sports** to **empower the youth of India** to achieve their **full potential** and **participate actively** in the development of the country.
- **About NYP 2024:** The Government has **reviewed and updated** the NYP 2014, and has released a draft for the **new NYP 2024**.
 - This draft outlines a **ten-year vision** for youth development in India, aligned with **Sustainable Development Goals (SDGs)**.
 - It focuses on five main areas: **education, employment, youth leadership, health, and social justice**, with a commitment to social inclusion.
 - **Key points include:**
 - A clear plan to achieve **youth development goals by 2030**.
 - Alignment with the **National Education Policy 2020** to improve career and life skills.
 - Strengthening leadership and volunteering opportunities and using **technology** to empower youth.
 - Enhancing healthcare, especially **mental health and reproductive health**, and promoting **sports and fitness**.
 - Ensuring **safety, justice, and support for marginalized youth**.

Conclusion

The **Viksit Bharat Young Leaders Dialogue** and **Swami Vivekananda's teachings** emphasize youth empowerment, ethical leadership, and holistic development. Aligning with **national goals like NYP 2024**, these initiatives aim to equip youth with **education, self-reliance, and rationality** to shape India's sustainable future while honoring its spiritual and cultural heritage.

Drishti Mains Question:

"A strong, rational, and ethical youth is the cornerstone of a developed India." Comment in light of Vivekananda's teachings.