



Ramakrishna Math &
Ramakrishna Mission, Mumbai

AWAKEN THE GIANT WITHIN

Inculcating Man-Making &
Nation Building Ideas of
Swami Vivekananda

3RD RESIDENTIAL YOUTH CAMP

FRI, 12TH - SUN, 14TH
SEPTEMBER, 2025

FOR MEN
AGE: 18-28 YRS



Scan to Register

📍 Ramakrishna Mission,
Swami Vivekananda Chowk,
12th Rd, Khar West, Mumbai - 400052

📞 (022) 6181-8000

✉️ mumbairkm@gmail.com



No Registration Fees

ABOUT YOUTH CAMP

Awaken the Giant Within is the **3rd Residential Youth Camp** organized by **Ramakrishna Mission, Mumbai** — a 3-day immersive program designed for **young men aged 18 to 28**. ***Limited to 50 participants only.**

Held in the spiritually uplifting atmosphere of the Ramakrishna Mission campus, this residential camp offers a rare opportunity to disconnect from distractions and reconnect with your inner strength. Under the guidance of the monks of the Ramakrishna Order, participants will engage in sessions and activities that help them:

- Practice **Yoga, Pranayama, and Meditation** for physical and mental well-being
- **Manage the mind** and cultivate inner calm
- Build **self-confidence** and emotional resilience
- **Set and achieve meaningful goals**
- **Overcome fear** and limiting beliefs
- Develop a **genuine and grounded personality**
- **Face life's challenges** with strength and clarity

The camp draws inspiration from the timeless teachings of **Swami Vivekananda**, the **Bhagavad Gita**, the **Upanishads**, and the **decades of practical wisdom** of the monks.

This is more than just a camp — it's a journey inward.

“DISCOVER THE POWER WITHIN. AWAKEN THE GIANT.”

SCHEDULE

12 th Sept, Friday	13 th Sept, Saturday	14 th Sept, Sunday
4PM - 9PM	6AM - 10PM	6AM - 4PM

“We want that education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one's own feet”

— **Swami Vivekananda, Complete Works of Swami Vivekananda**

“There are many ideas written in books. But the authors of the books do not assimilate the ideas themselves. It is only by keeping the company of holy men that one can internalize them. It is only when a holy man with genuine renunciation instructs them that people listen.”

— **Sri Ramakrishna**

