

Varsharambh Upasana: A Ceremony of Resolution Setting at Kola Saraswathi Vaishnav

At Kola Saraswathi Vaishnav Sr. Sec. School, education transcends the conventional boundaries of textbooks and exams. It's not just about imparting knowledge but nurturing the holistic development of students, grounding them in values, culture, and self-awareness.

In alignment with this philosophy, we recently underwent a training/initiation about Varsharambha Upasana by Jnana Prabodhini. Shri Prashant Diwekar Ji, Ms Madhura and Ms. Yogini explained the power of Sankalpa and gave us a complete experience of this whole process and procedure.

Now as the First term was already over, we thought of implementing Varsharambh Upasana for second term (Dvitiya Satra). We conducted this special ceremony today for our senior students to have a ritualistic start to the second term, aimed at setting a purposeful tone for classes 10, 11, and 12.

Upasana Day

The programme started with a PPT presentation where I presented a PowerPoint that guided the students through the concept of resolutions—explaining what they are, why we set them, and how they can shape personal growth and success. I emphasized the importance of resolutions as intentional commitments to self-improvement, giving students a sense of purpose and direction. The presentation also outlined the various categories in which resolutions can be made, such as academic goals, personal development, physical health, social responsibility, and national/global awareness. This structured approach helped students reflect on their priorities and make informed, meaningful choices for the year ahead.

The Varsharambh Upasana is not merely an academic ritual but a spiritual journey that intertwines personal growth with cultural ethos. The ceremony involves students reciting sacred hymns and mantras from the Upanishads given as planned Upasana by Jnana Prabodhini. The environment is set such that the students are initiated for reflecting on their inner selves, and committing to meaningful goals. This event, rich with tradition and introspection, marked a significant moment for our students, as they were invited to set their resolutions for the year ahead.

The Power of Sacred Recitations

The ceremony began with the soulful recitation of Upanishad mantras and hymns, creating an atmosphere of peace and reflection. These sacred verses, steeped in wisdom, have been chanted for centuries to invoke clarity, inner strength, and purpose. For our students, this recitation was more than a spiritual practice—it was a moment to align their minds with higher goals, both personal and academic. The calm and focus induced by these hymns allowed the students to approach the next part of the ceremony with a clear mind and a sense of direction.

The Art of Resolution Setting

Following the Upanishad recitations, the students were tasked with an important and transformative activity: writing their resolutions for the year. In this exercise, they were asked to pen down ten resolution statements, a reflective process aimed at encouraging them to think about their aspirations, both academic and personal. These resolutions weren't just random thoughts, but well-thought-out promises to themselves, designed to propel their growth throughout the year.

However, this wasn't merely a list-making task. Students were guided to categorize their resolutions into three grades—from highly important to moderately important—based on the impact they

believed these goals would have on their personal and academic lives. This exercise in prioritization is crucial in helping them focus on what truly matters and setting realistic, achievable goals.

Defining Core Goals

Of the ten resolutions, students were then encouraged to carefully choose the two most important ones. These core goals would serve as their guiding principles for the year, helping them focus their energies and efforts on achieving success in the areas they deemed most significant.

This practice teaches students a valuable life skill—the ability to prioritize. In an age where distractions are abundant and time is limited, learning to identify what truly matters is essential for achieving long-term success. By committing to their top two resolutions, our students gained clarity about their path forward, ensuring that their academic journey is purposeful and grounded in self-discipline.

Collective Resolution:

The students will be setting class resolutions after the discussion with class teacher and fellow students. As the whole process required a silent zone, discussion was not initiated. There will be a subsequent session for sharing class goals.

Cultivating a Growth Mindset

The ceremony not only gave students the opportunity to reflect on their individual growth but also reinforced the importance of continuous self-improvement. By setting clear, actionable goals, students develop a growth mindset. The students were asked to come and share their goals with others. Initially there was hesitation as they fear being judged by peers and teachers. They were assured that it is purely their wish and will on which they can set their resolutions and no one will judge them. Then slowly they started opening up. We were surprised to listen to their goals as they were way beyond our expectations. We thought that they will only be thinking in terms of academics but they were into so many things like share market, spending time with parents, learning a foreign language, reading Bhagwat Geeta, physical fitness, playing basket ball for regional level, reducing screen time etc. They were informed about the SMART goal setting. What touched me more when one girl said that she would talk to her grandparents for 30 minutes daily and a teacher wished to take her parents for a world tour. The act of writing resolutions reminds them that learning is not a destination but a journey, one that requires conscious effort and determination.

Conclusion

Varsharambh Upasana is a beautiful reflection of how education goes beyond academics to touch the core of a student's personal and spiritual development. By instilling the habit of setting meaningful resolutions, we empower our students to take control of their future, make thoughtful decisions, and walk the path of lifelong learning with integrity and purpose.

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