



Priceless Pearls

Swami Nachiketananda Puri





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Nachiketa Tapovan

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Preface



A delightful company for the young as well as the elderly, Swami Nachiketananda Puri Adi Praneta of Nachiketa Tapovan has illustrated profound truths in His daily life, simply yet with great insight.

Mere words cannot become Truths if they have not been experienced internally. Swamiji's every single word and expression springs forth only after deeply understanding and attentively practicing the very same ideas.

Though the same light glows through every candle, every Spiritual Master carries a distinctive persona. One can describe His disposition to be 'as clear as glass'. Swamiji always presents things 'as is' whether they pertain to the organization or about Him or about anything else.



A mother to the hungry, father to the prodigal child,
teacher to the seeker, friend to the lonely,
a beacon to the lost, our Swamiji is;

He brings out the best in you,
leads you through the worldly path;
not by holding hands but by letting you fly;
into the realms of Spirituality!

Swami Nachiketananda is the brain,
heart and soul of Nachiketa Tapovan- a haven for rich and poor
alike helping all to “Be And Make”.



We present here a collection of quotes and words of wisdom by Swamiji that portray fascinating secrets of the magical world of spirituality and allow us to experience the effulgence woven in the tapestry of life. We invite the reader to revel in Swami Nachiketananda's wisdom and companionship through His 'Priceless Pearls'.

- Volunteers of Tapovan



There may be many training schools for various fields but
there isn't one school for simplicity, love,
inner discipline or spirituality.

It has to be learnt in the school called LIFE.



The main purpose of human birth is to know
about your SELF.

Understand the importance of your main goal
and march forward.

Get spiritually charged and go beyond Time and Distance.



If you want blissful and peaceful life then look at the world through your inner eye and the world shall bestow what you try.



Beauty can be expressed through different actions. Your very kind gesture or affectionate pat or loving hug will express that beauty... Your very thought to serve the needy, without seeing their external identities will bring that beauty in life. Your single step towards the society with selflessness will bring beauty... Your fine tuning with Divinity will make you encounter your self... that is the real beauty... the moment you get experience of yourself, that very beauty will start engulfing this entire universe. You will be able to see your own expansion.



Through work we can channelize our energies in the right direction and get a better perception of life while interacting with others. When work becomes worship, not only does it elevate the society but also the individual.



Challenges are many... but they will never pressurize us
without our submissiveness.

Challenges are many... but they will never overrule our
existence without our permission.

Challenges are many... but they will never overpower us
without our greedy nature.

Challenges are many... good and bad
but relatively not in reality.

Challenges are many... inspiring and aspiring when we accept
them without any hesitation.



Challenges are many... provoking and stimulating when we
become active and energetic.

Challenges are many... simple and difficult
but in arrogance not in love.

Challenges are many... sweet and bitter when we do have
desires but not in desire-less-ness.

Accepting is more important than negating challenges.



Leaders cannot be created but every one is born with leadership qualities... therefore for me, you are all born leaders. But to bring out those qualities from within, we need to understand the law of life.



Learn whatever you want through any means
but only for life
not for livelihood.



Life can teach but life cannot be taught.



Death wins over life when we are not conscious

Death wins over life when we are ignorant

Death wins over life when we have limited knowledge

Death wins over life when we are jealous of others

Death wins over life when we are not really what we are.



Every human being is in the evolution process, no matter what that person is. We judge the person's actions by the performance not by the process. But truth lies in the process.

This process kindles the inner fire and there is a kind of awakening... a kind of understanding... a kind perception
Therefore we should start giving serious thought to process
itself in order to understand the purpose of life.



Desire has limitations but mission is unlimited.

Mission of life is life itself. Mission in life is life itself.

Therefore mission is infinite. But to accomplish mission in life we have to have sincere desires, interest, clarity and inner strength. If we do not have those spiritual values, then we lose interest and ultimately the mission.



We live in life. We talk about life.
But we do not know what exactly life is.
What a strange phenomenon!

It is like fish asking what the ocean is or
bird asking what the sky is.
Don't you think that, this strange phenomenon
needs to be understood?



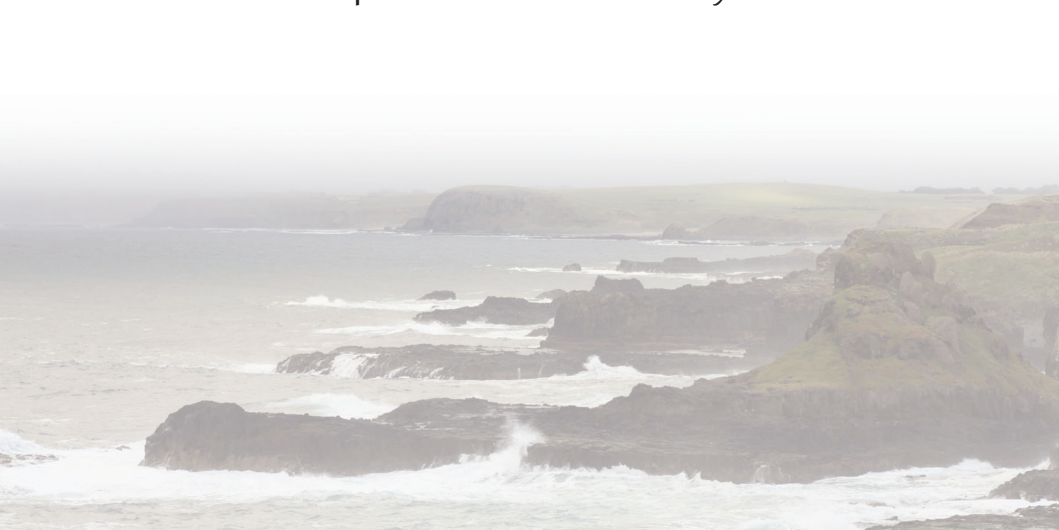
Sorrow comes from emptiness whereas happiness
springs from silence.

Hence there is a wonderful connection between
happiness and silence.



If we start looking at the ocean the waves disappear, similarly when we look at the Self the body and mind disappear and our hearts get filled with silence.

Then the Divine call springs from within to take us to the depth of the ocean of Divinity.



Strange but true...

that, life is experienced but not seen like wind or heat...

that life is hidden everywhere but hardly felt in others...

that even though self is hidden within, we are unaware of it..

that we are connected with one thread called Divinity

but feel strongly separated



If we want to find out our true identity then let there be
silence in that moment.

If we want to live in that moment then let there be childlike
innocence in that moment...
let there be purity in that moment...
let there be soul in that moment.



A child might be at school but the mother has constant thoughts about the child.

You know the child is a part of yourself but you are not realizing that you are a part of 'God'. This is because you haven't yet experienced God.

Do not separate yourself from God. He is in you and you are in Him. Your rituals, your *Upasana*, your *Sadhana* and everything you do should be connected to God.

Develop an intimacy with Him.



People might judge you externally but
God judges you from inside.

He bestows His grace only on those who deserve.
Sometimes even if He showers His blessings, our receptors
are not strong enough to receive them.



Jnanis and *Karmayogis* are doing the same work in the society even though one stays in seclusion and the other stays in the society. Ramakrishna, Yukteshwara or Bengali Baba did not travel like Swami Vivekananda, Yogananda or Swami Rama but their contribution to the society is equally important and truly inspiring.

One is heard louder and the other one is felt silently.



Today we need men of wisdom and a mother's heart to translate an ordinary society into a loving society. It is all in our hands and if we take up this responsibility on our shoulder then sooner or later we can experience paradise on earth and witness enlightened citizens.



Blessed are those who are innocent not intellectual...
spiritual not religious.



Come! Let us walk together at least now, so that you will not regret whatever you have lost or whatever your achievements are, you will not create obsession for it.

Come! Let us walk together... at least for your sake if not for God's sake. This journey needs to be tread all alone but not without me. My presence if felt, life gets charged with simplicity and happiness.

Therefore, come! Let us walk together... who knows?
Once again you may start your journey afresh, all alone
without loneliness.



Say aloud

'I am the maker of my own destiny and
I know how to transform failure into success.'



Do not be passive. 'Passively good' people are more dangerous than 'Actively bad' people. An 'Actively bad' person may try to stab you from the front but a 'Passively Good' person will stab you from behind.

Try to be an 'Actively Good' person who is always ready to serve the society unmindful of any consequences lying therein.



Continue your struggle and do not give up until
you have achieved your goal.

Your *Mantra* and Spiritual energy will help you in your pursuit
of understanding the real purpose of your life.



The Experience

I was running, I was dripping
My throat was choked
In dark it was difficult to figure out
But something gigantic was chasing me
My whole world was in my throat,
My breathing was in my mouth
My legs were numb, my body was heavy



My mind was over powered by mysterious entity
And suddenly I heard a voice deep down
Asking me to stop, contemplate, meditate
Something tremendously ensued within
Now there was -no dripping, no running
No thoughts, no ego, no breathing, body motionless.
How long I do not know, but one thing I realized
I knew I encountered 'Myself'.



Everything comes out of the Cosmic Energy and
we are a part of that Cosmic Consciousness.

We have every right to say

'I AM GOD'!

We are separating ourselves from God and
this separation is stopping us from experiencing God.



Physical body, when diverted towards God becomes Temple.

Mind, when diverted towards God becomes heart.

Intellect, when diverted towards God becomes knowledge.

Knowledge when diverted towards God becomes wisdom.

Emotions, when diverted towards God become devotion.

And soul when diverted towards God becomes the servant.



Freedom cannot be borrowed or gotten from outside. It is very much deep within. Once the search is over, 'I' vanishes and 'We' springs, then 'We' vanishes and 'Soul' springs and lastly 'Soul' vanishes and the 'Supreme Soul' springs.

Then Divinity becomes life and life becomes Divinity.



Japa is the repetition of the same mantra in a set rhythm.

Japa is a bridge between the soul and the Supreme Soul.

Japa is like a boat that helps one cross the ocean of

Samsara and *Japa* leads the *Sadhaka* to

higher realms of consciousness.

Japa if done regularly with absolute dedication transforms
an ordinary human being into a Divine being.



Inner discipline means when we feel for others...
when we work for others... when we eat for others...
when we see for others...

when we become the servant of the servant...

when we simply live without expectations...

when we do not have any enemy... when we are what we are...

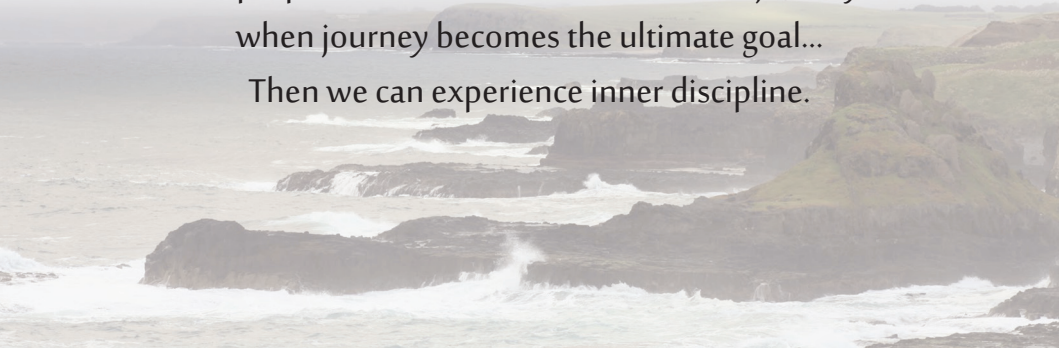
when we love others... when there is no 'I'... when 'All' emerges

from the bottom of the heart... when Divinity becomes the

sole purpose of life... when life becomes a journey...

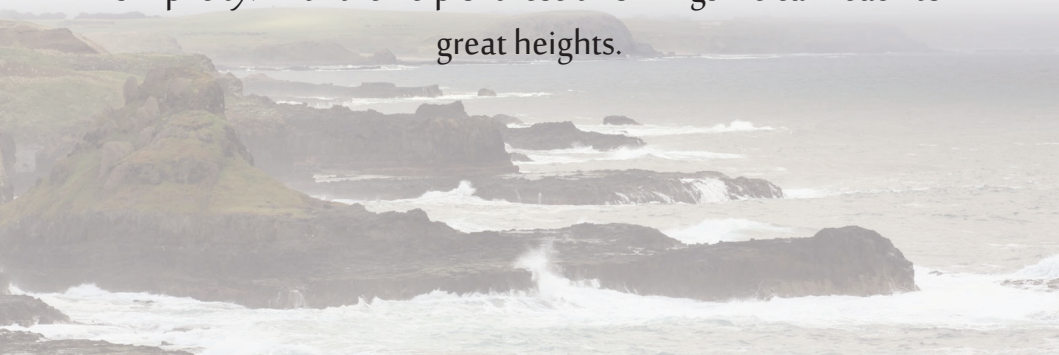
when journey becomes the ultimate goal...

Then we can experience inner discipline.



Simplicity is like
the fragrance of a flower,
aroma in the incense stick,
Ma Ganga in the flowing river,
light of the sun and coolness in the moon...
simplicity is a wonderful gesture and
expression of Divinity itself.

A childlike smile and innocence are the two wings of
simplicity. With the help of these two wings we can reach to
great heights.



All of us have our own inner chamber. And this chamber is not built on this life or intelligence but is built on many lives with the support of feelings, thoughts and emotions blended with acceptance, love, dedication and devotion.

Without Guru this spiritual journey might not be possible, but the moment we encounter our inner chamber, we can see the real Guru within. Then we do not need any external Guru, we can find the very essence constantly flowing within and making us always take the right path.



We all have to discover what exactly we have and what we need. Many people try to imitate great souls externally and eventually they find themselves nowhere.

If we want to have a real journey, then we need to find out for ourselves, the true path, that which is hidden in us.



For me, *Sannyasa* cannot be given nor can it be taken.
The actual fact is that *Sannyasa* just happens and when it
happens, creation takes place within.

Acceptance becomes the mantra in life.
Fearlessness becomes the personality of life.
Selflessness becomes the signature of life.



It is important that we should never try to withdraw our sense organs forcibly from the objects but train them in such a way that they will pick up only necessary things like how a *Rajhamsa* picks up only milk.



If we want to keep the spirit of mankind alive then we should first drop our identities.

Let us understand that we are all human beings.

Let the identity called '**Human Being**' get ripened in the process called life. Then the phase will come where '**Human**' will get replaced by '**Divine**'. Once again let it get churned in the process called '**Selflessness**' where '**Divine**' will get dropped completely and what remains is '**Being**'. That is our true identity. And this '**Being**' has many synonyms and one such synonym is Atman... that which cannot be proclaimed but can be experienced and expressed silently.

Universal principle is accepted everywhere,
doesn't belong to any religion.

It is like how medicine works on everyone
without discriminating patients.



Strange but true all inner calls are gateways to the self...
to the Divinity.

If we start listening to those inner calls then the day is not far
when we will be able to experience His creation...
His expressions and His true nature... the Self.



What is forever is not seen but experienced and
what is not forever is seen but not experienced in totality.

The aroma we carry because of body and mind is not
permanent and leaves behind past memories
which fade away permanently.

If we start using the same incense sticks every day, though the
fragrance is there we are hardly aware of it.

This very package we have got many times and in that process
we have lost the real aroma... which is permanent.



When wisdom comes into the picture
Spiritual journey becomes smooth.
What you gain with effort is knowledge;
what comes to you effortlessly is wisdom.
That indicates you are advancing in your spiritual journey.

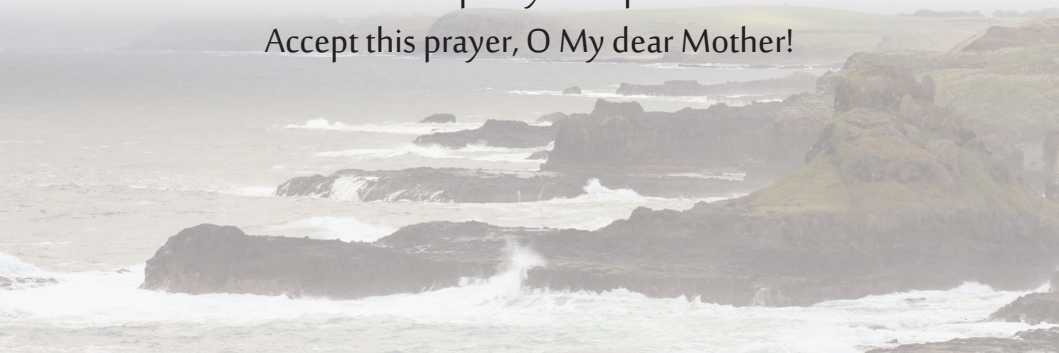


“When You speak”

When you speak... Eternity travels in eternity
When you speak... Blessing dawns
When you speak... Everything stops and love flows
When you speak... A sound of silence is heard
When you speak... Elevation is at its peak
When you speak... Mind travels to Himalayas
O! Mother! when you speak... I am not within and
without but in you.



O! Mother! When I see... Depth in your eyes,
Smile on your face, Love in your heart
Protecting hands and caring thoughts,
Your mesmerizing golden glow, pulls me over and over again
To get lost in eternity
Dear Mother,
Please let there be the same love, same compassion
So that this child of yours can play on your body,
Nap on your lap
Accept this prayer, O My dear Mother!



Your 'worth' will not be measured by your speech or your followers but by the simple acts that you perform.

Don't be in a hurry to 'reach first' but have a sincere desire to 'reach there first.'



Be firm and strong! Let not your confidence be shaken with small jerks and jolts in life.

Remember, if you raise yourself without pride then no one can pull you back except you yourself.



Sometimes we choose the work, sometimes the work chooses us, sometimes the situation and sometimes the Divine Mother!

If you encounter a moment in your life when you feel that you are the one chosen by Divine Mother, hold onto that moment, place it in the heart like how mother places her child on the lap and then let that moment radiate pure energy in any form, in all directions for hundreds and thousands to get illumined.



For spiritual souls, the journey is always beautiful and
inspiring, amazing and awakening...
because for them journey is all about living in possibilities...
living in happenings... living in this very moment.



Life is the best friend... mentor... guide... teacher... preacher...
practitioner... and obviously a training school...

People are there to share their views, opinions and
experiences but the best thing that we can enjoy in life is our
own experiences about life.

Thus have faith in yourself... have faith in life... have faith in
the Almighty... and then enjoy your life to the fullest...
bit by bit... moment by moment.



Sannyasa is of two kinds: external and internal.

External *Sannyasa* comes from a guru, tradition or *Satsanga* whereas internal *Sannyasa* springs from within.

When we take *Sannyasa* from external source, we are prone to create boundaries around us. But when internal *Sannyasa* takes place, the boundaries get destroyed and then nothing can bind the soul.

External *Sannyasa* demands and commands whereas internal *Sannyasa* obeys and accepts.

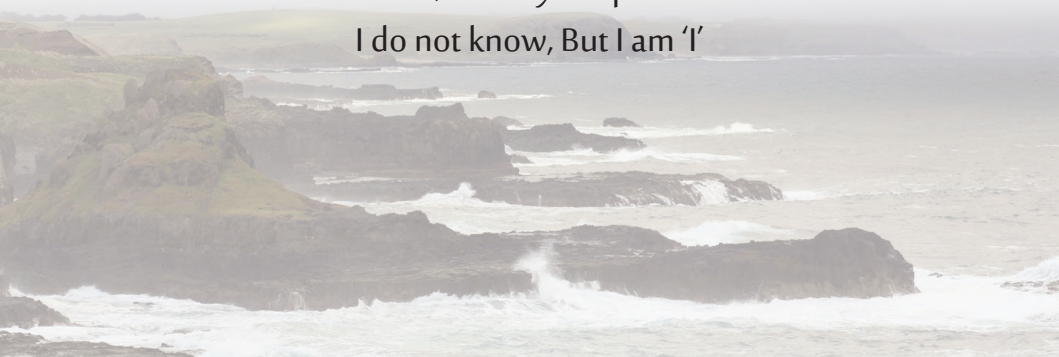


I am 'I'

I am 'I', tiny or big
I do not know
But I am 'I'

I am 'I', ego or soul
I do not know
But I am 'I'

I am 'I', worldly or spiritual
I do not know, But I am 'I'



I am 'I', servant or Master

I do not know, but I am 'I'

I am 'I', source for hatred or Love

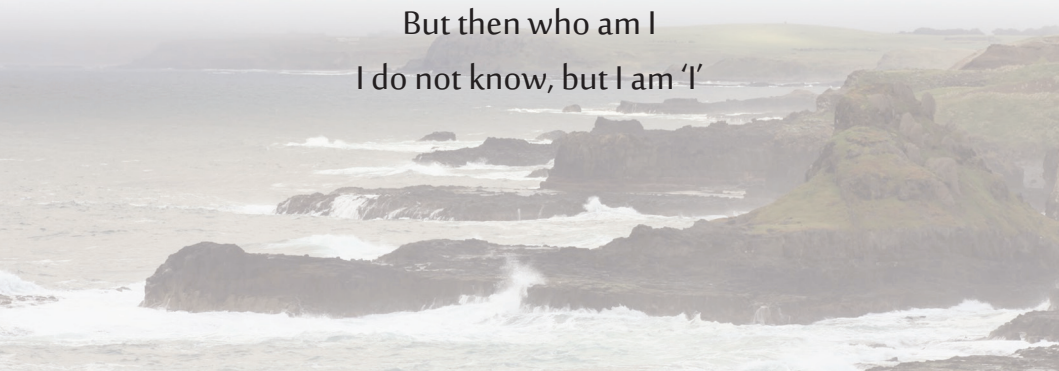
I do not know, but I am 'I'

I am 'I', temporary or permanent

I do not know, but I am 'I'

But then who am I

I do not know, but I am 'I'



In this journey called life, even for a moment if this external 'I'
becomes silent then real melody begins within.
Then inner 'I' plays the mystic flute and spreads music all over.
Then the real dance begins in life.

Then external 'I' gets tuned to inner 'I' and
life reveals life,
soul reveals soul,
'I' reveals 'I'.



I always believe that without purpose in life there is no life.

For every human being there are different roles to play in life and once it becomes clear then functioning becomes a wonderful journey into bliss.



We try to create many Gods according to our perception. But there is a difference between 'seeing' and 'experiencing' God.

You might look at an idol and say 'I have seen God'
but to experience that is not enough.

At the same time to experience God,
sometimes the seeing is also important.



We create two different worlds,
'God's world and Our world'.

Because of this false identity we are not experiencing God.



We have to drop our false identity and say
'Yes I'm Consciousness!'

The moment we say that, our receiver will open and connect
directly to the Cosmic receiver.

When we start experiencing God, we realize that
He is all pervading.



Like Swami Vivekananda, all of us should have a reason to
drop this body.

Have one-pointed awareness of your life.

You came into this world with a purpose,
not for mere enjoyment.

Make a resolution to find out that purpose, accomplish it,
then cast your body.



Remembering God in the last moment of casting your body is possible only by constant remembrance throughout your life.

Attachment towards family and other desires will not allow you to think of God.



You need Divine guidance even to utter His name.
Sometimes even if He showers His blessings,
our receptors are not strong enough to receive the same.



Every object in this world is trying to convey some message to you, be it a human being, an animal, a rock or a tree.

A dog which is near you is also trying to teach you something of which you are not aware because of your ignorance.

Do not confine yourself to the boundaries created by you.



Your ignorance is sprouting from Ego and ego from greed, selfishness and other *Shadripus*.

It is because of your ignorance that you are unable to perceive the beauty of every object.

A guru helps you by removing your ignorance. He tries to unfold the knowledge that is already within you.

A real Guru helps you remove the layers of ignorance to give you a glimpse of the SELF.



Are you a true Shishya? Shishyas have waited years together
to receive knowledge from the Guru.
Do you have that much patience in you?



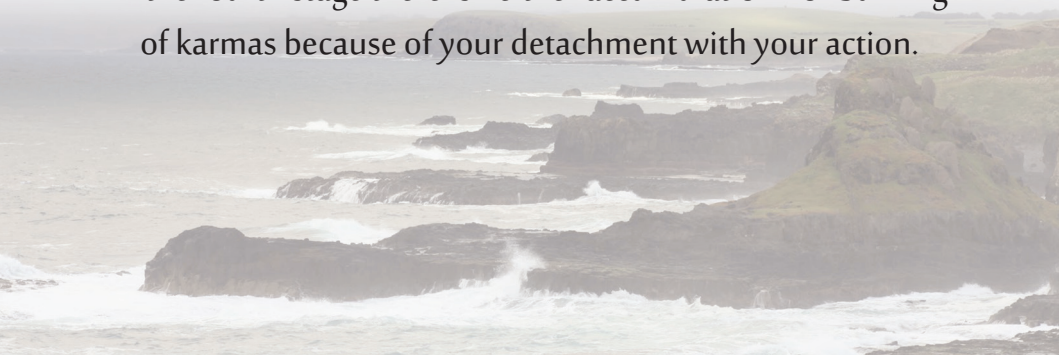
Stages of Karma: First stage is when you accumulate karma.

You don't know how to burn them and they bind you.

In the second stage, you will burn your karmas and also accumulate. Ex: With charitable deeds you burn karmas but if the intention is to gain name and fame, you are also accumulating karmas.

In the third stage, you will be burning karmas and not accumulating any.

In the fourth stage there is neither accumulation nor burning of karmas because of your detachment with your action.



What is Sadhana? Channelizing all your actions
effectively is Sadhana.

Anything that supports your spiritual growth is Sadhana.

External growth is not spiritual growth.



To grow spiritually,
it is foremost to understand one's own self.



God has created many hurdles in our spiritual path because
they are mirrors which reflect our true self.
You have to understand and overcome these hurdles
instead of seeking a way out.



When you are not influenced by external forces
then you can consider yourself
to be growing spiritually.



Suppose there are two glasses;
one filled to the brim and the other empty.

If they are placed at a distance,
both the glasses might seem empty.

Similarly, it is very difficult to understand the difference
between silence and emptiness.



What you gain with effort is knowledge;
what comes effortlessly is wisdom.
Bring wisdom into life and life into wisdom!



Life without a spiritual foundation becomes a burden to you
and to the society.

A spiritual person enjoys life from every angle.



Start walking your own path without following anyone.
Don't lose your identity in whatever place or
culture you live in.
Be your own signature.



A Guru knows his disciple's past, present and future and gives *Mantra* according to their nature and *Ishta Devata* when the time is ripe.



One needs to have clarity about his relationship with God before deciding to take a *Mantra* from his Guru.

He has to choose his *Ishta Devata* and must not waver from that choice.



A Guru has to experience himself before giving initiation.
If not, the *Mantra* given by him will be
a mere statement without any effect.



Any action that leads to Divinity comes from silence and has a greater impact on everyday life.



Mouna (silence) when practiced brings revolution in life and transforms hundreds and thousands of lives.

You feel more calm and composed,
devoted and dedicated towards every action.

When understood and experienced,
Mouna brings clarity in every action.



If you want to transform yourself from a *Bhogi* to a *Yogi*,
develop multi-dimensional awareness.
Engage yourself in any activity but your concentration should
always be on the *Ajna Chakra*.



All the *Lokas* exist right in this universe;
when we are happy it is *Swarga* and
when we experience sorrow it is *Naraka*.

It is just a state of mind.

Higher the state of mind, subtler is our understanding.



Life and death are the two ends of the same circle.
The beginning and the end is not known to
ordinary perception.



Death for whom? Death for this body is inevitable.
The body merges with the five elements.
There is no death for the soul.



We need to know the exact relationship
between cause and effect.

Effect follows cause in the way shadow follows light.



God is constantly helping His devotees.
Developing greater awareness might help in
solving the mystery of
why some people experience miracles and enjoy His grace
and others do not.



Our very existence is the greatest miracle.
This Universe and the perfect harmony between
every star and planet,
every growing tree and blossoming flower is
valid proof for the beauty of God's creation.



When everything ceases and
Self springs forth from deep within,
that state is called Realization.
In Sanskrit this state is called '*Moksha*' or '*Mukti*'
and in English – Liberation.



The body goes through six stages of transformation - birth, existence, growth, decay, disease and death.

But the soul is eternal, undying and everlasting.



Sometimes we do not find the Sun in the sky
because of the clouds,
but the light of the sun is always experienced.
Similarly, Self also can be experienced in the body,
in the light of consciousness.
The essence of the Self is consciousness and can be
experienced through any object.



The Self which brings light into life and
life into action has been forgotten.

But when that Self is found,
then your every action gets purified and
takes utmost care of everything —
within and without.



Life does not depend on external chaos
but on internal integrity.



Life is more precious and meaningful
if it is understood and celebrated spontaneously
with total surrender.



When you travel from
conscious mind to subconscious mind
with awareness then you are into a meditative state and
whatever we experience in that state is vision.

When you travel from
conscious mind to subconscious mind
without awareness then you are into a sleeping state and
whatever we experience in that state is dream.



Dream, Vision or Reality are not separate from mind,
in fact they are expressions of mind itself.
Purified expression of Dream is Vision and
the most purified expression of Vision is
Reality.



Solitude is great but it should spring from within.
Otherwise externally induced solitude can be very dangerous.



Action that carries values as essence is Godly action and produces enormous amount of positive energy whereas actions without values will have a negative impact on the society.



Once you touch the 'Self' and return,
every action becomes a value;

Whatever you perform will be a *Yagna*.



Through many we can experience the One and
through the One we can experience many.



When you start your journey with selfless efforts
you will never have to seek help because
there is help coming to you through
every object that you come in contact with.
Every object becomes the best instrument to
explore unknown areas of your life.



It is our perception that makes everything
possible or impossible.



If you are in search of Divinity or
Spirituality or Supreme consciousness
then it is important to know
the role of a selfless journey
though the corridor of life.



Water and mud play a great role in the life of a lotus.

Therefore water is life, mud is life and lotus is life.

But to see or experience water and mud in lotus is very difficult
but that is the meaning of
experiencing different dimensions of life.



To experience life multi-dimensionally,
you can experiment within,
by using the mind and body as a lab.
Do your *Sadhana* sincerely in your own lab and then
you will see life in
every object and in every moment.



Thought is the biggest hurdle on the path of spirituality.



Japa is a Divine thought... but still a thought.

If we are going to cling to it,
we only get a glimpse of the Divinity but
never totally experience it.

It is like travelling -by train and getting a glimpse of a beautiful
city passing by
but never getting down, to experience it.



Imagination is indirect and comes from the mind
whereas Vision is direct and comes from the 'Self'.



Visions are the authentic language of the inner book.
The inner book, the essence and the writer can be understood
by using this language.



Spiritual life is when
the 'Self' speaks and you listen
and worldly life is
where you speak and the 'Self' listens.



Spirituality never demands or commands,
it simply accepts and offers.



Listen to the Divine song that is
constantly springing from within,
every moment of our lives.





Nachiketa Tapovan

Nachiketa Tapovan is a non-profit service organization that aims at social, cultural and spiritual rejuvenation in the society. Services offered free of cost range from education and medical aid to the underprivileged to yoga and environmental awareness workshops for one and all. Numerous volunteers join hands in the spirit of service and experience tremendous joy and fulfillment by being part of these efforts.



Swami Nachiketananda Puri

Pujya Swamiji is a mystic from the Himalayas. He is a rare *yogi* of this age and is an epitome of spirituality. He did not seek any external spiritual guidance but always relied on His Inner Self. Since childhood, He was immersed in *Sadhana* and has been experiencing that wisdom within. Leaving the comforts of His house at the age of 14, He started serving the nation spiritually and socially. Since then He has transformed many lives through His endless wisdom.

Every action of His carries the spiritual fragrance. He has never exhibited any miracles but made His followers understand that Life itself is a miracle and that a life spent for the others is the greatest miracle. His spirit of dedication to a cause and His inspiration to a life of true learning remains the guiding force. He not only dedicated His Life for the cause of the needy but also made others walk on that path.

Paramahansa Swami Shivananda Puri



At the very young age of nineteen, Paramahansa Swami Shivananda Puri decided to dedicate her life entirely to self-less service and Self-realization. As a result she joined Nachiketa Tapovan and took up the organization's daily responsibilities on her shoulders. She was initiated into Brahmacharya by Swami Nachiketananda Puri whom she had accepted as her spiritual guru and guide.

Paramahansa Swami Shivananda Puri is often spotted in deep states of Samadhi by fellow satsang members. She experiences wonderful spiritual states and visions during long meditations and it is an inspiration and joy for fellow seekers to witness these occasions.

Mataji as she is lovingly called, became the mother that many poor children and their families whet to for solace, advice and a lot of love. She often visits the nearby slums in Hi-tech city in Hyderabad, to



emphasize the importance of education for their children, to guide them in their personal problems or to just listen to them.

Maa Yoga Shakti Peetham

Ours is a land of temples- big and small, grand and simple, ancient and modern. Some are built as tokens of devotion, some to express gratitude, some to preserve culture and some to fulfill Divine orders. However a handful are built giving form to awakenings, visions and experiences that devoted seekers have, during their ethereal journey into the spiritual realms... And very few are the outcome of one-pointed Sadhana of exceptionally dedicated Karmayogis whose “I” and “mine” seamlessly and lovingly diffused into “Us” and “Ours”. Maa Yoga Shakti Peeth is an elegant illustration of - “of the people by the people and for the people”.



Vidya Mandir

More than 230 children from weaker sections of society receive light in the form of our completely free education with a curriculum that nourishes them physically, mentally and spiritually. Apart from education and hygiene they are given vocational training and are exposed to spiritual upliftment in the form of Satsanga and Meditation.



Nachiketa Ashrama

In an effort to change the lives of the rural population, largely comprising of tribal communities in the Mahboobnagar District, A.P, Nachiketa Ashrama was born in Kodgal village. Goal of the Ashrama is to make these people self-reliant by providing vocational training, basic education and health care, all free of cost. The ashram will also be home to spiritual work and will serve as a retreat to all those who seek spiritual rejuvenation.

Medical Camps (Sanjeevani)

Since its inception, Nachiketa Tapovan had been conducting “Sanjeevani”, a free dispensary scheme where free medical consultation and free medication is given to the poor and needy on a weekly basis. Special health and awareness camps are also conducted for the people in nearby slums. We are grateful to the doctors who volunteer their precious time to make this possible.

In order to reach the rural masses who have no access to cost free quality health care, health camps are conducted in the premises of Nachiketa Ashrama in Kodgal village in Jadcherla Mandal, near Hyderabad.



Go Green Club

Nachiketa Tapovan's Go Green is a small gesture made in the direction of tracing our steps back to cleaner Earth and instilling the same spirit in the minds of young ones.

Going green is as important a part of insuring children's future as is saving and planning for their education. Go-Green club creates awareness and implements steps towards recycle, reuse and reduce of waste. Useful and beautiful articles are made with recycled materials. Implement and educate steps towards lesser pollution and greater conservation of resources.

Arts and Crafts

Children from higher classes of Vidya Mandir are taught to make crafts from eco-friendly and recyclable material which in turn creates a sense of responsibility in their minds for this planet. Volunteers teach children creative work using discarded and unused material. Examples are stationery items from old wedding invitations, gift bags using old newspapers and art work using discarded tailor bits of fabric.

Craft items are sold at Nachiketa Tapovan, Hyderabad throughout the year and craft fairs are held at corporate campuses, hotels, clubs and other venues. All sale proceeds directly benefit the children and their education at Vidya Mandir.



Nachiketanjali

Our monthly magazine, "Nachiketanjali" is an offering from Nachiketa Tapovan, to disseminate Indian teachings and share secular and spiritual expressions of upcoming writers. Nachiketanjali is dedicated to showing how everyone can experience God in their daily lives as a tangible, loving presence, and how all life experiences can become opportunities for spiritual growth.

The magazine includes sections on practical Yoga, teachings of Swami Vivekananda and Sri Ramakrishna, inspiring tales of personal growth and experience, teachings and interpretations of ancient texts and scriptures from around the world, Sanskrit lessons, answers to queries of *Sadhakas* etc.