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Nachiketanjali



...an offering

A Journey Into The Spiritual Realm!

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Happy Raksha Bandhan



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Tiny Ripples can build a Current

Every individual has a role to play towards developing a nation. The electronic media plays a major role in influencing the youth of any nation. But what do we as a society wish to express?

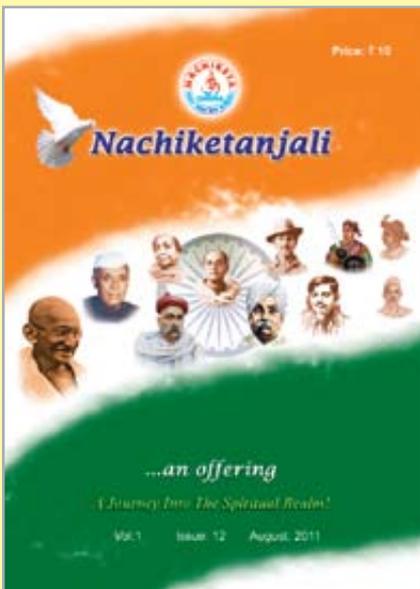
When something goes wrong we do mud-slinging, attributing our failures to the society. But hardly do we realize we are part of it. When we do not stick to our dharma, what right do we have to blame others? We as citizens should be aware of certain basic civic sense otherwise the development of our country will undergo serious setbacks. It is high time we look around and reflect on the way we conduct ourselves and in the way we choose our governance. Any movement starts with one person. We as individuals can raise voice against the wrongs and slowly people will join us and it will gain momentum, but if people with selfish motives join the movement then the flame is put off. Our nation needs people like Anna Hazare but that does not mean that rest of us, are completely void of any responsibilities.

It may take long to accomplish our dreams and turn them into realities, but it is possible to achieve when we realize that it is not the responsibility of a few. Success can be achieved when each and every individual performs. Just one small change, by one individual that is executed for the betterment, shall change the world eventually. And when it takes one individual to make a change, why can't that individual be you or me? We can always try to find a peace formula and try to implement.

Nachiketa Tapovan was a little step taken by a single individual for the betterment of the society. Right kind of education is provided to the children, lessons learnt go beyond academics and the day is not far off before our society will be enriched with a few more citizens, who adhere to our cultural and human values. Tiny ripples can build a current that can sweep down the mightiest walls of corruption and we can ascertain that we can create those ripples.

- **Subhadra K.**

Cover Story

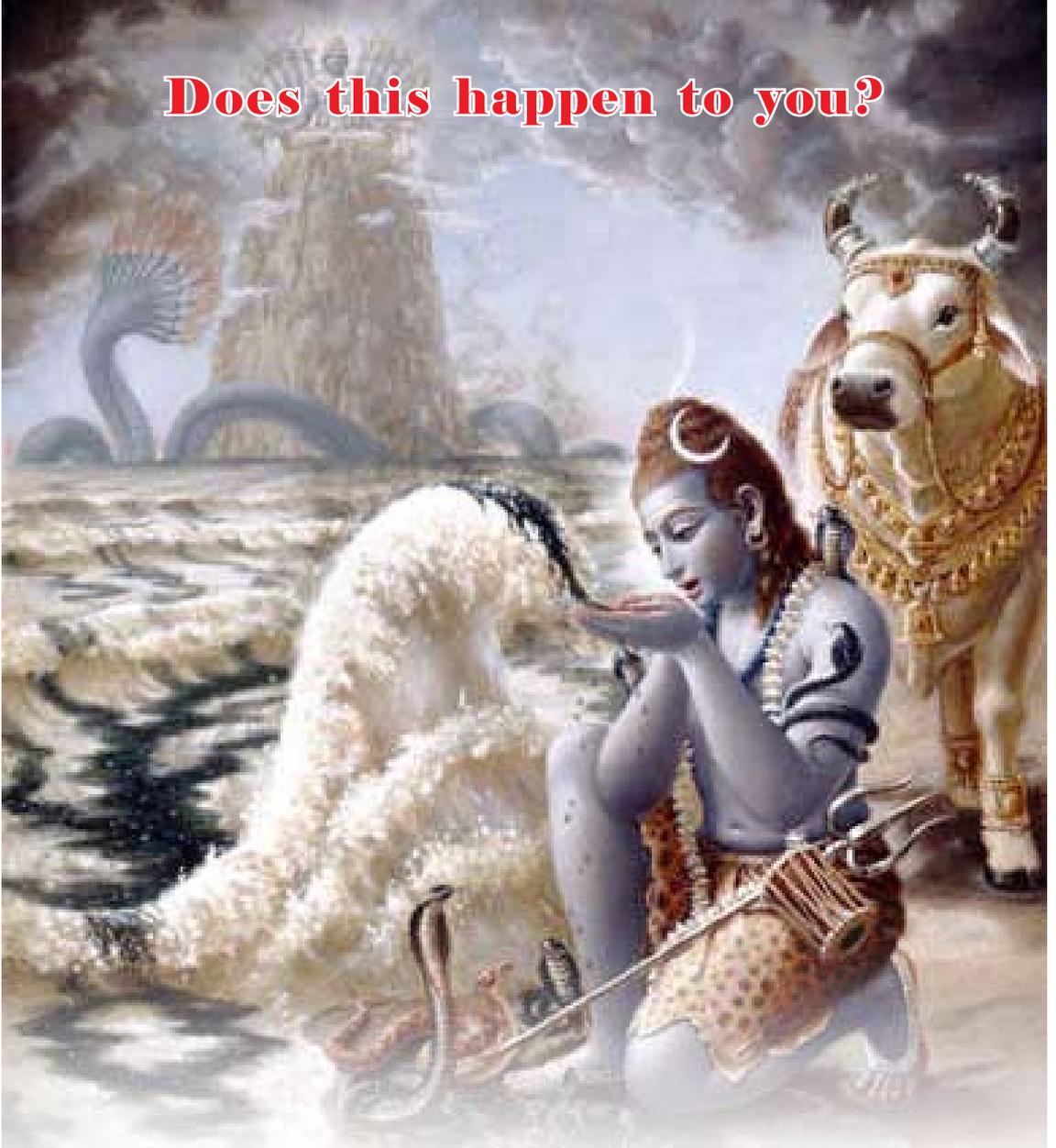


Like the dove 'Nachiketanjali' carries the message of peace, hope, love, unity and tranquility and soars high into the realms of freedom awarded by our Great Leaders.

Let us all enjoy and safeguard that Peace and Freedom.



Does this happen to you?



May it be in a family, workplace or friends' group, where there is more than one individual involved there is difference of opinion and when more than two individuals are involved, there is expression of that dissent to the third person. The third person could pass it on back to the subject or to the others in the group leading to what could eventually become gossip and backbiting and pain and bitterness. So what can we do as mature adults?

We could take the message from Lord Shiva the 'Neelakantha' who holds poison in His throat! No one wants to deal with negativity but

there are times when we are given no choice than absorb it. So in the first place, let us avoid it by all means but when we do pick up some, we should adopt Garalakantha's way of handling the poison. We can try our best to hold on to it and process it within, rather than spreading it further to pollute more minds. It is better to purify our own mind using good old methods like japa and meditation than spread fights, pain, hostility and negativity in the world around.

- Annapurna R.



Dear Ma! Can I have one day leave...?

She was all alone. The Children have left for school. Her son is studying in 10th class. Daughter is studying in 7th class. Husband is working in an IT firm. She had a servant boy, Bhargav, who came from her village and worked in the house. She always introduced him to her guests, as her son. He came to her house when he was just 11 years old and was the same age as her son. Without any complaint, he used to take care of all the household activities. He always had a smile on his face whether he was keeping hot water ready, packing children's school bags, keeping their breakfast ready or cleaning their plates. He was very active and energetic and had tremendous respect towards the family. That's why sometimes when her own children were not faring well in studies or not keeping things in proper place; she used to tell them that she wished God gave her a son like Bhargav.

Bhargav had a separate room in her house and a very special room in her heart because she was very much concerned about his studies. She always used to teach him whenever he was free. And to her surprise she found that he was an extraordinary child.

As she was recollecting each and every minute spent with him, she murmurs "How nice and kind he was, well-behaved and well-mannered!"

"They say, world never stops but goes on and on, no matter what happens to anybody." She remembers this quotation and after contemplating with a heavy heart she gets back to her daily activities, all alone, where she understands how important and significant his role was in the house.

Next day after bidding good bye to her children and husband she takes up cleaning Bhargav's room and while cleaning, she finds a diary beneath the clothes. As she reads the very first page in the diary she breaks down completely.

First page:

Dear Ma, will you accept me as your child...?

Second page:

Ma! I have seen many times, hiding behind the door of the drawing room, when your children returned from school exhausted, you were there with open arms to give them a very tight hug removing their tiredness completely.

I also wish sometimes that somebody would hug me when I am tired. And shall I tell you one truth Ma, these days I am feeling exhausted very often... but I do not know why.

Third page:

Dear Ma, something is happening within. I am feeling weak and not having stamina to work.

Can I have a pat, if not a warm hug from you?

Dear Ma, today I felt that you have heard my prayers... like how God hears sincere prayers of His devotees. Your patting tenderly on my head brought tears in my eyes and I felt as if something is passing through my body. I felt much better and strong. Thanks! Dear Ma, your touch was miraculous. Just one small request, can you give me a hug Ma?

After reading this page, she feels as if somebody is squeezing her heart incessantly and she is not aware of the diary falling out of her hand. Her arms are stretched out completely and waiting for the most precious moment in her life to happen... how long she doesn't remember but...

When she overcomes sadness to some extent; she picks up the diary and turns over the pages slowly so that she should not miss anything. But she finds few pages are empty. Probably there



was nothing for him to write or perhaps he was experiencing some emptiness which she felt just a little while ago...

Another page:

Dear Ma, today I wore new clothes that you gave me for Diwali festival. Do you know why I wore them today?

Guess!

Guess Ma!

Because, today is my birthday. Won't you wish me, Ma?

She remembers how she celebrated her children's birthday but forgot Bhargav's birthday. She mumbles, "Oh my God! What have I done to him? Except treating him like a servant, I never did anything great for him."

Two drops fall on the page as if she is trying to wish him and give a birthday gift, but it is too late.

After so many empty pages:

Dear Ma, today when we had guests in the house you said, "Bhargav is like my son." Do you know Ma, 'like' means not real? That very moment, I felt as if somebody is piercing a very sharp knife in my chest and trying to cut my heart into several pieces. Today I cried and cried... keeping my head on the pillow... a silent witness and the best shoulder to rely on, but certainly not like your shoulders Ma!

I always feel that you are my mother. Will you accept me as your son, Ma? Ma! Can I keep my head on your shoulder at least once... please?

It was unbearable and inconsolable pain for her. She gets terribly upset. More emptiness pervades when she recollects the day when he complained about chest pain but due to guests and other work, he had to work tirelessly, keeping the smile on the face, cleaning, washing, cooking, serving and attending. She utters, "How many things he had to do that day or even every day and how I overlooked his complaint?"

And next day when he did not get up in the morning till 5.00 a.m., she felt he was avoiding work. He is supposed to get up at 4.30 a.m. and start his work. She was angry and banged doors.



But there was silence from his side. She thought he will come and join her in the kitchen but no response. Again she shouted from the kitchen but the same silence pervaded all over. Next morning when her husband got up she told him this boy is of no use. Nowadays he is not taking care of anything. Better to send him off and get someone else. Her husband also tried calling him but when there was even bigger silence he had a doubt and broke the doors. When they entered the room, Bhargav was lying flat on the floor on his bed sheet. Hands on the chest, legs straight and a beautiful smile on the face as if he is seeing a beautiful dream. That very moment they both lost control and in anger shouted at him and shook his body but there was no response except the beautiful smile on his face forever.

The diary is still in her hands. She opens and reads the page that he wrote on the night that he spent all alone.

Dear Ma, today I am feeling uneasy. I have severe pain in the chest. Can I have one day leave Ma? Ma, could you please do one favour? Can you take me to the hospital? Ma, my throat is choking, I am sweating profusely and something terrible is happening to me. Ma! Can you come and take me on your lap? Will you pat me once again so that I can feel better? Ma! Please come and hug me, I know that I will be alright in no time if you come. Will you come, Ma? I need you and your love, Ma! Please come Ma... Please!

- *Swami Nachiketananda Puri*



The Mysterious world of Bliss - Bhakti Yoga



Surdas

There is a beautiful and unknown world than the world which we are seeing today. It seems very distant from the world in which we exist, but it is not impossible to reach that world. One day or the other everyone has to pass through that world. In that unknown world people do not eat food. They only drink; drink the elixir of bliss. In that inexplicable world, one experiences the highest happiness of life and beyond life. In that unrevealed world you never find misery, difficulty or any other problem. The kick you derive from that world, you would not get anywhere else in our world. Do you want to experience that Divine Intoxication? Do you want to enjoy the highest happiness in life?

This mystifying world is the world of Satya and Bliss. This unnoticed world is not very far from you, it is very much in you. Any seeker, as he progresses on his respective path, whether it be Raja yoga, Karma Yoga, Japa Yoga, Kriya Yoga has to pass through this world. This world is nothing but a world of Bhakti and Bliss. The drink consumed by the people

of this mysterious world, can be purchased only with Bhakti, not with the material riches, hence even the world's richest person cannot afford it. This invaluable drink or amrutha- the Divine Drink is acquired only through Shraddha and surrender to Ishvara. Meera, Surdas, Ramakrishna Paramahansa, Kabir, Tukaram and many great saints have tasted this Divine Drink. The power of this Divine Drink is such that the poison given to Meera turned into nectar. The power of this Divine nectar is such that it gave the true vision (Divya chakshu) to Surdas. Sant Gora lost both his hands and got them back, because of its effect. Ramakrishna Paramahansa used to always be in the state of Samadhi and Tukaram went to Vaikuntha with the body. The inebriation you get through an ordinary drink makes you ignorant whereas the Divine intoxication of this mysterious world makes you 'Realize' and culminates in merging with the Supreme Self. Devotion is union between the soul and the Supreme Soul; it is a state of the sadhaka where he merges himself with the Lord. It is such a magnificent state of bliss



that whoever experiences the state of highest devotion goes beyond the material world and experiences the ultimate world of Divinity.

A true devotee is beyond body, mind and world and he is drenched to the bone in the name of the Lord. That is the reason a true Bhakta sees his Beloved One everywhere. Being in the material world, he performs all worldly actions with an attitude of offering to the Lord, but mentally he is always in the world of devotion. That's how a true Bhakta is an ideal Karmayogi, ideal householder, ideal mother, father, son, daughter etc. His unconditional and immense love towards God brings clarity in life and he feels oneness with the people and universe. He doesn't have enemies; he is free from all wants and necessities of life. He is satisfied with whatever he has.

He charges the atmosphere with his devotion and compassion. Through every act and gesture of his, a true Bhakta emanates the fragrance of the Lord's name. That is why many Bhaktas forget the world when they chant Ishvara's name. The difference between Sant Meera and the ordinary person is that the latter dances



Meerabai

for livelihood and material gain but the former dances unintentionally as an expression of spontaneous gestures sprouting from the heart and soul. When an ordinary person dances it is called a performance but when a true Bhakta dances it becomes a true offering to Paramatma. A sharp intellect and weak mind do not help one in achieving Bhakti. Bhakti cannot be achieved. It can only be experienced. Bhakti yogis follow the nine steps of Bhakti. When a sadhaka follows and practices his respective path, his sadhana and austerity fetch him true knowledge and wisdom. And when the coat of ignorance is removed then the seed of Bhakti sprouts. As you intensify your sadhana, the love and devotion towards God multiplies. As you tread deeper in your path, the plant of Bhakti keeps growing. A true sadhaka is aware of the growth of the plant and experiences the beauty of the growth. So, intensify your sadhana and experience the world of the unknown. This is the true and eternal world. So let us seek Paramatma's blessings and grace to intensify our sadhana and in discovering our accurate residential address and become immortal.



Bhaktha Tukaram



- Swami Shivananda Puri





Sri Ramakrishna's Amrita Dhara

Direct disciples of Sri Ramakrishna - Swami Trigunatitananda

He was born in an aristocratic family on 30th January, 1865 and was named Sarada Prasanna Mitra. At fourteen years of age he was admitted in the Metropolitan Institution where Mahendranath Gupta or 'M' was the headmaster. Since he was a brilliant child he was expected to perform exceptionally in the examination but fate would decide otherwise for him. He lost his gold watch on the second day of the exam and as a result was grief stricken and passed in the second division only.

'M' took him to Sri Ramakrishna to enable him to overcome his depression. The loss was a material one and this contact became a turning point in his life to walk on the path of spiritualism. Once he came in contact with the Master he was deeply attracted to his teachings and started visiting him frequently. His parents became alarmed at this development and tried to arrange his marriage secretly.

Once he got to know of it, he took blessings from the Master and went to Puri on foot. His parents caught up with him and brought him back home. He served his Master during his illness whenever he could get away from his parents. After the passing away of the Master his brother performed several sacrificial ceremonies to change his mind. But that did not deter him and he went and joined his brother disciples in Baranagore and took up Sanyasa.



He went on long pilgrimages in 1891 and again in 1895. His favorite activity was reading the scriptures and his room would always be surrounded by books. He started three centres in Calcutta for training students. In 1897 he took up famine relief work in Dinajpur. He could survive for days together with only one piece of food and at other times he could eat what four men can consume in one meal.

He undertook the task of running the periodical 'Udhbodhan' and had to undergo severe strain physically and mentally to keep it running. He would always find time for the sick and needy inspite of his hectic schedule.

He was asked by Swami Vivekananda to go to San Francisco in America to replace Swami Turiyananda. He left after Swamiji's passing away and sailed to America in January 1903.

He laid the cornerstone for a permanent temple at San Francisco in 1904 and the temple was completed in 1906 and the first service was held on 15th January, 1906. Immediately after this he started a monastery in connection with the Vedanta society. The young men who joined the monastery were subject to strict discipline. They had to wake up early, meditate and also take up all the household duties of cleaning and sweeping. He took these young men on the roof of the monastery to sing devotional hymns and songs.



He was a great disciplinarian of the highest order and was the brightest example of what a disciplined life should be. As he had his mind fixed on the inner core of things, possible external bad results never deterred him. To the genuine disciple he would say, 'I don't mind if I have to break every bone in your body, so long as I can drag you up to the shores of the Ocean of Immortality and throw you in; then my life work will be finished.'

In 1909 he started a monthly magazine called the 'Voice of Freedom' which continued for seven years. Every year he would lead a select group of students to Shanti Ashrama and would have continuous spiritual activity from 3.45 am to 10 pm. Even a mundane activity of eating was regarded as an important aspect of spiritual life.

The Swami would often say, "That mind which is attached to more than one thing can never reach the goal, learn to see God in everything about you. Smear God over everything and your mind will think of Him alone."

In December 1914, the Swami was holding Sunday service when a live bomb was thrown to the pulpit. It was the act of a young former student of the Swami, who did it in a fit of depression and an unbalanced state of mind. The young man died and the Swami was severely injured. On the way to the hospital he asked, 'Where is Louis, poor fellow?' Such was his compassion to his fellow beings. On 9th January 1915, the Swami aroused himself out of an apparently unconscious state. He stated to the young disciple in charge that he would leave his body the next day, January 10th. Thus passed a great soul whose life was devoted to the spiritual enfoldment of man- a great yogi and the servant of all.



Conflict will be there when
we have a split personality.
If we decide to dedicate our
lives for any spiritual cause
- the cause becomes bigger
than the individual. If we are
working for an organisation
- the organisation becomes
bigger than us... Spiritual
world lies beyond conflict...
Let us carry the spiritual
flavour and live beyond all
conflicts.

Compiled by - Geetha K.

- Swami Nachiketananda Puri



What We Think We Become



Thought is all important, for “what we think we become”. There was once a Sannyasin, a holy man, who sat under a tree and taught the people. He drank milk, and ate only fruit, and made endless “Pranayamas”, and felt himself to be very holy. In the same village lived an evil woman. Every day the Sannyasin went and

warned her that her wickedness would lead her to hell. The poor woman, unable to change her method of life which was her only means of livelihood, was still much moved by the terrible future depicted by the Sannyasin. She wept and prayed to the Lord, begging Him to forgive her because she could not help herself. By and by both the holy man and the evil woman died. The angels came and bore her to heaven, while the demons claimed the soul of the Sannyasin. “Why is this!” he exclaimed, “Have I not lived a most holy life, and preached holiness to everybody? Why should I be taken to hell while this wicked woman is taken to heaven?” “Because,” answered the demons, “while she was forced to commit unholy acts, her mind was always fixed on the Lord and she sought deliverance, which has now come to her. But you, on the contrary, while you performed only holy acts, had your mind always fixed on the wickedness of others. You saw only sin, and thought only of sin, so now you have to go to that place where only sin is.” The moral of the story is obvious: The outer life avails little. The heart must be pure and the pure heart sees only good, never evil. We should never try to be guardians of mankind, or to stand on a pedestal as saints reforming sinners. Let us rather purify ourselves, and the result must be that in so doing we shall help others.

Source: The Complete Works of Swami Vivekananda by Swami Vivekananda, Volume 8, Lectures And Discourses

The Investment

Invest where the returns are more. This is an universal principle which does not require any further explanation. But every investment involves risk and there is always a percentage of ambiguity of success which makes our investment vulnerable and we might even end up losing the capital. To mitigate the risk of unpredictability it is advised “Not to put all the eggs in one basket” but spread your investment in multiple vehicles. Despite all this the returns are not assured and if they are, then not enough.

Your investment is also dependent on your capacity to invest and your capability to handle the risk.

Our wish list definitely includes an investment vehicle where the risks are zero and returns are multiple-fold. We all wanted it, didn't we?

I have discovered one. Yes, an investment where the risks are “nil” the returns are multiple-fold and it does not have a limiting factor like your capacity to invest or the level of comfort. The good thing about it is that everyone can do the investment and reap the benefits.

To me, the best investment in this world that a person can make is to invest in “GOD”. Let me make an attempt to explain in detail.

The primary understanding required to invest in GOD is that GOD is the director of this life's play and we are all mere actors in the world stage whose script is decided and has to be performed to the best of our abilities. GOD alone knows what is good for His children (us) and out of love and compassion towards His chosen children, He puts us into the life's grueling situations and He does it to make us evolve strong and better.





Mere mental acceptance of GOD's authority makes life more beautiful and enables us to give up the fears of life and face the grueling situations with strength and courage. This is because we become aware that our loving and compassionate Father is there to take care of us. This feeling makes us vacate the driver's seat and hand it over to the Almighty and shift ourselves to the back seat to enjoy the Life's ride, for we know that our chauffeur is the best in the world to handle the worldly chaos and we need not worry any further.

What can I invest in GOD?

Investment in God takes two things, the first requirement is the "heart" and the second requirement is the "time". Each one of us is bestowed with the two requirements and in equal proportions (Each one of us has got a big heart and every individual is given 24 hrs of time in a day). Thanks to the Almighty. He provides equal opportunities to His children and does not show any variance.

The above two requirements made each one of us qualify to do the investment. Now that we know that each one of us qualify, let's move on to the next step.



How do I invest in GOD?

By following some religion or by associating with some spiritual organisation? It is not so complex.

Investment in GOD means "Divinise our actions". How do I do that? This is done by letting each and every act of ours be an offering to the GOD. We shall devise a means by which we shall feel that every act that we perform (no matter what) and every interaction in life that we do are offerings to GOD. This brings a new insight in our worldly behavior and we see the world as a better place and everything in perfect order. We become more kind more humble and more humane.

GOD alone dwells in His creation that comes in different forms. The forms are different but, the essence is same. This very thought makes us more kind and generous to our fellow brethren for we know that we are living/dealing with GOD in a different form in our day in and day out.

Godly Returns

Returns are based on the amount of resources that we have invested and are multiple-fold for the amount that we have invested. Primary benefit is that we shall see things in better light and the world looks more beautiful to live and everything looks in perfect harmony. We shall have a new found freedom which helps us perform better in our life in whatever we undertake. The returns are also multifold even in the material arena. The best return is that we might become eligible to receive the world's greatest gift "The Almighty's Grace" and can be the chosen ones to execute the Divine will.

Let us all pledge that we make "**The Investment**".

I'm aware of the fact that every one of us knew this before. I have just made an attempt to present it from a different perspective.

A Devotee



Kolhapur Mahalakshmi



There are 108 Shaktipeethas in India and 18 among them are more significant. Kolhapur Mahalakshmi in Maharashtra, is one among the 18 or Ashtadasa Shaktipeethas as they are called. This Shaktipeeth has special religious significance being one of the 6 places where it is believed that one can either obtain salvation from desires or have them fulfilled.

There is history behind the manifestation of these Shaktipeethas. When Lord Shiva was insulted by His father-in-law, Goddess Parvathi in the form of Satidevi, became furious and jumped into the Yogagni. The infuriated Lord Shiva carried Her body on His shoulders and wandered in all the three worlds. To save the situation, Lord Vishnu, who realized that Shiva could be pacified only if Satidevi's body was separated, started chopping Her body with the help of His Sudharshan chakra. The places where the body parts fell came to be known as Shaktipeethas. According to the legend, Satidevi's third eye fell in Kolhapur and henceforth this Shaktipeeth came into prominence.

It is said that during Pralaya, Lord Shiva safe-guarded Kashi by holding it

high on His trident and Goddess Parvathi lifted Kolhapur with Her mace, thereby safe-guarding it from destruction. There is another belief that when Kolhapur was immersed in water, Goddess Mahalakshmi held the place high with Her Kara (hand), which gave this place the name of 'Karaveera Kshetra'.

Goddess Lakshmi is said to be the main deity in this kshetra, Lord Shiva exists in the form of water, Lord Vishnu in the form of stone, Rishis in the form of sand and the Demi-Gods in the form of trees. It is believed that on the day of solar eclipse, all the rivers are present in this holy place and hence a bath in this place on the day of solar eclipse is considered to be very auspicious.



The temple of Kolhapur Mahalakshmi is famous for its architecture. It has entrances on all four sides and there are 35 other small shrines in the courtyard. The main idol of the Goddess is made of gemstone and the deity faces west. The Goddess is shown having four arms. In one hand is the large mace touching the ground, in the other a citrus fruit, in the third hand, She holds a water bowl and in the fourth a lotus flower. On the crown of the Goddess is a cobra-hood and

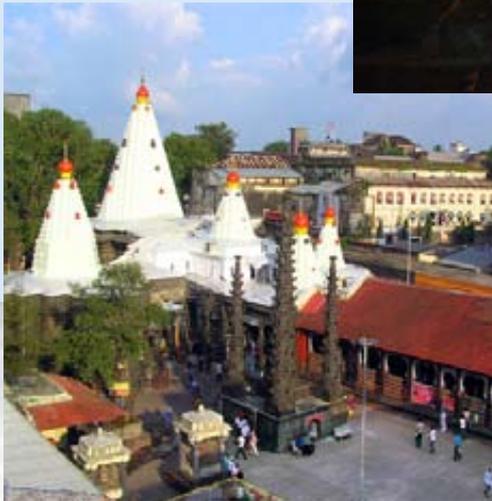


a Shivalinga with a yoni around it. Standing behind is the stone statue of a lion- the vahana of the Goddess.

There are 7 lamp posts in the premises which are a big attraction to the devotees. It is a feast to the eyes when all the lamps are lit on these lamp posts. The exterior of the temple appears in the form of a Srichakra. There are 64 Yoginimatas sculpted in the courtyard of the temple.

Goddess Mahalakshmi was worshipped as their kuladevata by many kings belonging to the Maurya, Konkana, Chalukya and Yadava dynasties. During the invasion of Aurangzeb a devotee hid the deity in his house and it was during the time of Sambaji Rao that the Goddess appeared in a devotee's dream and instructed him to re-install Her in the temple. Chatrapathi Shivaji too had a great role to play in the development of this kshetra.

It is not surprising that even the rays of the setting sun pay homage to Goddess Mahalakshmi as the life of human beings revolves around illumination and prosperity. The sanctum is designed in such a way that twice a year, for a period of three days in the lunar month of Karthik (November) and Magh (February), an amazing phenomenon occurs. The setting rays of the sun fall through the entrance of the temple, reach the inner sanctum and light up the feet of the idol of Mahalakshmi,



gradually rising up to finally fall on the face of the image. These days are celebrated as 'Kiranotsav' and are considered to be very auspicious. Devotees throng this temple on all the three evenings for a glimpse of the beautiful image bathing in the golden rays of the setting sun.



Navaratri utsav is the other main festival celebrated in Kolhapur. It is celebrated in the month of Shravan and the Goddess is decorated as Lakshmi, Saraswathi and Parvathi. On the 9th day, the utsav comes to an end with Aarti given by harijans. It is stated that during the daily Aarti, Goddess Parvathi gives the Aarti to Mahalakshmi in golden vessels, while all the 64 yoginimatas fan the Goddess.

Many sages and devotees have had a magnetic pull towards this temple and it is believed that Lord Dattatreya comes here every noon to seek alms. A visit to this temple is sure to enrich our spiritual experiences.

Source: Sthala Purana



“Indi-end, it doesn’t even matter”

Ah, another year gone by. And that makes us what, 64? Happy Birthday, India! You, the world’s youngest, largest, most ‘shining’ democracy has just turned a year older.

But hold on there for a minute. And ask yourself this- do you really believe we are living the ‘glorious’ life we were promised at the ‘stroke of that fateful midnight hour’? Do you really think this is a place ‘where the mind is without fear and the head is held high’? Do you really feel we are living a life of freedom, a life of independence?

Honestly, I don’t. All I can see are the mangled remains of the two objects we chose to inherit from our freedom-fighting forefathers.

Inheritance Number One- the English language. From village children scratching A, B, C on slates to bestselling authors bagging Man Booker Prizes, we’re doing it all. But let’s not forget about our mother tongues and Sanskrit, the mother of all civilized languages, lying buried under a pile of colloquial garbage.

Inheritance Number Two is a Mantra. It’s been around for long enough to become ingrained as part of our psyches, so much so that we’ve begun to accept it as a way of life. Chant with me - Indi-end, it doesn’t even matter.

Powerful, isn’t it? Just watch.

\$ 1.4 Trillion, half of India’s GDP, is smuggled and stashed away in Swiss banks. The banks are holding on to their non-disclosure agreements while scam-masters and swindlers are buying real estate around the world. The rest of India burns in poverty. It doesn’t even matter.

The Lokpal Bill has been fluttering in the air like an aimless leaf for half a century now. Hazare and Ramdev have daily tweets and likes to their credit. But goons and heavyweights continue to sit on the government’s chairs unperturbed, flexing their political muscle. It doesn’t even matter.

India’s Picasso MF Hussain dies in exile, pining for a Bombay ka Falooda. Mamata didi wins the seat of the Bengal CM after diverting all the nation’s trains to her backyard. Saffron colored tigers roar every time a non-Marathi mannos dares to step onto the sacred land of Maharashtra or speak in his tongue. It doesn’t even matter.

Amidst all of this insanity, the media plays an enthusiastic game of table tennis, to and fro, back and forth. It makes sure that we reward them with the highest TRPs and largest circulations for serving up daily portions of muck and garbage, classified as news. But we’re happy. For as long as we sit and watch the show, it doesn’t even matter.

Doesn’t it astonish you how easily this Mantra can passively solve every potent issue we face? This Independence Day, gone is the vision of India ‘shining’. Now it’s India ‘sleeping’, India ‘do it tomorrow’ and Indi-end, it doesn’t even matter. Maybe it’s time to just give it all up, yes?

NO.

We are Indians. We come from the land of Ashoka, of Shivaji, of Subhash Chandra Bose, of Bhagat Singh, of Mahatma Gandhi. We don’t just face a black wall and give it all up. We’re made of a little more than that.





I know that after I finish writing this piece, I shall go back to the drudgery of the life of the common man, trying to make a small difference in the rotten 'system'. I know that after reading this, you will turn the page and forget all about it. I know that tomorrow, people of this promised land called India will continue to die of hunger, disease, poverty, religious clashes or terrorist blasts. It's not going to stop in one day. In fact, it might not even stop for one day. But that's not the answer, is it?

You see, there's this fragment of a human heart that keeps it beating for a reason- it is called hope. There's a light we see at the end of the dark tunnel that guides us through the darkest nights- it is called faith. There's an ideal of a better tomorrow we strive for, in spite of everything that is the way it is- it's called a dream.

Yes, we do live our own sweet lives contentedly. And we do chant that Mantra every now and then so we can turn our back to situations without guilt. It's been 'okay' so far, living with Indi-end, it doesn't even matter.

No more now. Enough.

Our world is much smaller than it seems. We're all much closer than you think. Deep down inside, we're animals of the same breed-sharing the same elements, walking the same path and living in accordance with the same law-humanity. That's why, every little bit matters. If not yet today, tomorrow for sure.

This Independence Day, let's make our schedule a little different. Let's not make it just another Public Holiday or moan about it being a disappointing Dry Day. It's time for a change.

Make every less minute you sleep and every extra minute you work count.

Find something, find someone and find someplace which really matters to you. Let every oozing drop of sweat, tear and blood mean something. Look around you and realize that life is meant to be lived well. And that your life is a life lived well only if it can, in some small way, inspire others to do so, even long after you're gone.

The day you look into the mirror and realize that 'my' life means a lot more than just 'my life'; the clouds will start to clear up. The day you stop asking others for their surname, hometown, mother tongue and religion, your own identity will come to surface. The day you find the one thing you'd willingly die for, life will suddenly seem worth it.

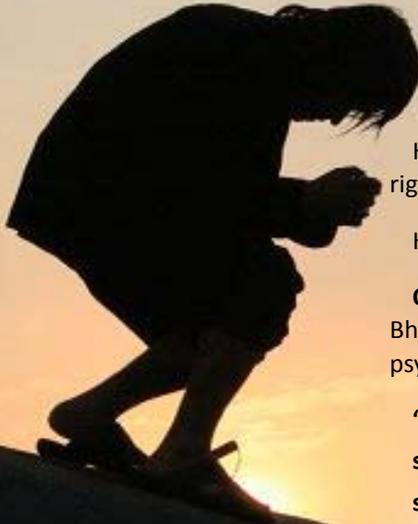
And I promise you, that day we shall have our glorious freedom, our long-awaited Independence Day. Because, believe me, Indi-end, it all matters. Every little bit.

Jai Hind.

- Avinash Agarwal



“Anger takes you there, Ego keeps you there.”



Hence, it feels important to do the cleansing act right away.

Here's what I found valuable:

Observe the roots: In the 2nd chapter of Bhagavat Gita, verses 62 - 63 sum up the psychological cause and effect of anger.

**“dhyayato visayan pumsah
sangas tesupajayate
sangat sanjayate kamah
kamat krodho bhijayate”**

Meaning: While thinking about sense objects, a person develops attachment for them, and from such attachment desire develops, and from desire anger arises.

**“krodhad bhavati sammohah
sammohat smrti-vibhramah
smrti-bhramsad buddhi-naso
buddhi-nasat pranasyati”**

Meaning: From anger, delusion arises, and from delusion confusion of memory. When memory is confused, intelligence is lost, and when intelligence is lost, one falls down again.

The sense objects referred here need not be “objects”, it could be people, ideas, opinions etc.

This understanding is key that “Anger is an emotion in me” Vs “That person or thing made me angry”.

We have heard tips like drink a glass of water, take a brisk walk, do some breathing etc to control an outburst. While that helps the moment, it would be even better to do something to remove the negativity altogether from the system.

Remember the good: When we feel wronged, human memory (which is confused at that point) only tends to remember the negative side of the

I happen to read the title on a bill board on the road side. How very true! Especially with people we closely interact with. I questioned myself if I'm even eligible to share any tips on “anger management” when I'm myself not “anger-free” or “anger-proof”. But these are tips and perspectives from great masters that can be useful reminders for all of us. Though the volcano still explodes, I found succor in handling it within, through these thoughts of self-awareness. After all, the first step to dealing with any negative emotion is the understanding, observing and as a result altering our reactions.

By repeatedly doing this exercise, I believe, we will gradually lessen the bold imprints of that Samskara. Most of us have had numerous encounters especially at home when we “just can't help it!” While outburst is a side-effect for some and suppressed anger for others, the frustration or resentment in the mind is the real problem. If we don't throw it out of the system right away, some time or the other it is going to get its hood up again, against the same person or situation.



person or circumstance. Making the effort to recall or even write down the positive aspects of the person or situation helps. This helps us train the mind and memory to have a balanced outlook and to feel grateful.

Avoid wrong intelligence: This is the most practical tip that I found for my cleansing. We use our intelligence to always judge a situation or person's words or actions based on our previous interactions with them. While this is good for "I don't put my hand in the fire because I got burnt", when it comes to people, it helps to drop this wrong intelligence. It helps to deal with each new interaction with the same person with a fresh mind. Else, we will be bringing past resentments and difficulties into the present anew. Dropping the past also helps us help the other person to calm their anger.

They are children too: I have heard some friends expressing resentment and pain due to things said to them by extended family etc. While their feeling of being wronged is genuine and legitimate, at some point we need to cut the chain of resentment. It helps a lot to forgive them as we forgive little children for their mistakes. We forgive children more easily because they don't know any better with their innocence. So also, we can forgive grown-ups for their ignorance (if any)!

Break the logic bubble: Often times, especially with a spouse or parent, differences in opinion lead to heavy arguments that end up in a nasty state of affairs. Edward De Bono, author of "Six thinking hats" says that "we each exist within our own logic bubble, wherein what we do makes complete

sense to us if not everyone else. It contains our perceptions, values, needs and the experiences of each of us at any given moment". Understanding the presence of these logic bubbles helps break them and see another person's point of view.

Helping others heal: Sometimes we are also on the other side of the court: Either that we have promoted someone's anger or we are just lending an ear to someone who is venting their frustration. What can we do to make them feel better? If these are people whom we care about, how do we help them deal with the emotion constructively?

First, it helps to just listen. Many times there are those who are aware of the inner workings of the mind on one side but frustration is still building on the other. We need to just listen to them in that heat of the moment and not be offering solutions or judging as to who was right or wrong. As much as we think we have a fairer perspective on the situation, it is best to just listen. When they are offered the comfort of a listening ear, their anger automatically dissipates and heals.

With children, I noticed that as long as I don't absorb their temper and react to it, just giving them a tight hug and gently stroking their spine gives them instant relief.

Secondly, (in case we are in an encounter) when the other person is taking the first step down the ego ladder, we should readily shed ours and take the next step towards peacemaking. Continuing to hold on to the past and nagging doesn't help the situation.

As we gain in awareness and understanding, anger in our nature evaporates. There will be few things that will irk us as much. Our thoughts become charged up with positive energy and as a result there will be more love and peace in our lives.

- Harini Nandakuru



Madhurathi Madhuram

Madhurashtakam composed by Sri Vallabhacharya deals with the qualities and deeds of Lord Krishna, all of which are conceptualized as been dipped in madhu, meaning honey or nectar. In the eyes of the devotee, everything that pertains to Lord is sweet and graceful, He being the Adhipathi- Lord of all sweetness.



**adharam madhuram vadanam madhuram
nayanam madhuram hasitam madhuram
hrdayam madhuram gamanam madhuram
madhuradi-pater akhilam madhuram**

“His lips are sweet, His face is sweet. His eyes are sweet, His smile is sweet. His heart is sweet, His walk is sweet. Everything is sweet about the Lord of sweetness.” (1)

**karanam madhuram taranam madhuram
haranam madhuram ramanam madhuram
vomitam madhuram samitam madhuram
madhuradi-pater akhilam madhuram**

“His activities are sweet, His liberation is sweet. His thieving is sweet, His loving sports are sweet. His offerings are sweet, His peacefulness is sweet. Everything is sweet about the Lord of sweetness.” (5)



**Vacanam madhuram caritam madhuram
vasanam madhuram valitam madhuram
calitam madhuram bhramitam madhuram
madhuradi-pater akhilam madhuram**

“His words are sweet, His character is sweet. His garments are sweet, His navel is sweet. His movement is sweet, His wanderings are sweet. Everything is sweet about the Lord of sweetness.” (2)



**gunja madhura mala madhura
yamuna madhura vici madhura
salilam madhuram kamalam madhuram
madhuradi-pater akhilam madhuram**

“His gunja-mala is sweet; His flower-garland is sweet. His Yamuna is sweet, His ripples are sweet. His water is sweet, His lotuses are sweet. Everything is sweet about the Lord of sweetness.” (6)



**venur madhuro renur madhura
panir-madhura padau madhura
nrtyam madhuram sakhyam madhuram
madhuradi-pater akhilam madhuram**

“His flute is sweet, His dust is sweet. His hands are sweet, His feet are sweet. His dancing is sweet, His friendship is sweet. Everything is sweet about the Lord of sweetness.” (3)

**gopi madhura lila madhura
yuktam madhuram bhuktam madhuram
hrstam madhuram sistam madhuram
madhuradi-pater akhilam madhuram**

“His Gopis are sweet, His pastimes are sweet. His meeting is sweet, His food is sweet. His happiness is sweet, His etiquette is sweet. Everything is sweet about the Lord of sweetness.” (7)



**gitam madhuram pitam madhuram
bhuktam madhuram suptam madhuram
rupam madhuram tilakam madhuram
madhuradi-pater akhilam madhuram**

“His singing is sweet, His yellow dress is sweet. His eating is sweet, His sleeping is sweet. His form is sweet, His tilaka is sweet. Everything is sweet about the Lord of sweetness.” (4)



**gopa madhura gavo madhura
sastir madhura srstir madhura
dalitam madhuram phalitam madhuram
madhuradi-pater akhilam madhuram**

“His cowherd boys are sweet, His cows are sweet. His herding-stick is sweet, His creation is sweet. His trampling is sweet; His fruitfulness is sweet. Everything is sweet about the Lord of sweetness.” (8)



An Achiever Already!

Pavan Kumar A. – The name which his parents, teachers and friends are proud of. Famous as a “Walking Encyclopedia” amongst his friends, he always seemed to be lost in his thoughts. His absence from the classroom was a relief to cheer his teachers, so profound were his doubts! His personality inspires awe...and a conversation with him rules out all negative thoughts. Easily approachable and committed to his word, he has obliged us by sharing his success story ...

What do you enjoy doing the most?

My interests keep shifting with time. In school days I enjoyed Mathematics, Physics, Chemistry and writing. As of now I am highly motivated to do research in Computer Science and Engineering. On the ‘science’ side I like to work in distributed computing and social network analysis and on the ‘engineering’ side I like to update myself with the status-quo in web technologies and IT. Other than these, I also enjoy playing squash and badminton.

The IIT Dream – when did you first conceive it?

I heard about IIT only towards the end of my 10th class. This was mainly from friends who were taking foundation classes in Maths, Physics and Chemistry in order to improve their chances of cracking the prestigious Ramaiah’s entrance examination. However, I should say that I started reading Physics, Calculus and Chemistry extensively from 8th class itself, not for IIT-JEE but to do something impossible – “build a tachyon” {it is a particle that can travel at speeds greater than or equal to that of light}. I first conceived this dream after watching a documentary on black holes in the ‘Discovery Channel’. The interesting thing is that while trying to understand the concepts behind black holes, light, etc. I trained myself well for cracking JEE, albeit unknowingly. My effort was fun and motivated with an impossible dream rather than a tangible one (cracking JEE).

Could you please tell us the ranks that you achieved in various competitive exams?

IIT-JEE: 107 (AIR)

AIEEE: 242 (AIR)

EAMCET: 36 (STATE RANK)

How hard did you work to get the fabulous result, as in the number of hours of work you put in daily, etc?

I would say that working hard in an extremely disciplined manner by spending x amount of time each day on each subject is not that essential. Though this is the way most people work. It is necessary that you read something with an open and inquisitive mind. You have to enjoy your work. Hence, it is acceptable if you read, say ‘physics’ your subject of interest for an entire week, whenever you are free (that is removing the time you spend attending classes at school, travel, sleep, etc.), without even touching the other subjects. But then you need to be smart enough to understand that such a biased effort will reduce your chances of cracking IIT-JEE. Every person has to make his/her own plans (of course they are dynamic). But I would suggest spending at least an hour each day on a particular subject. Then read according to your interest.

Is coaching a necessity?

Coaching is not that necessary if you have someone to guide you by clarifying your doubts and tell you about the resources that need to be used for preparation. But what is important, regardless of whether you attend coaching or not is competition. I believe that the more exams you take before JEE and the more competition you face, you will have a lot of opportunities to understand how to manage your time during the exam. I heard and also personally feel that the last 3 months before JEE as well as the actual 6 hours during the exam are the most important. If you can manage the 6 hours efficiently you can optimize your performance to a very high degree.

When do you think an aspirant should start preparing?

Preparation should start right after the 10th class. I see that a lot of people take foundational classes starting from 7th class itself. But this is not at all necessary. Rather, it would be good if one does general reading in the subjects of MPC to nurture interest in some topics so that while preparing for JEE after the 10th they have a certain motivation for studies other than the entrance exam itself.



Who is your inspiration and role model?

I cannot answer this accurately since my 'role model' keeps changing with time. During the entire time of preparation I wanted to become akin to 'Albert Einstein'. But in terms of the exam itself even today I admire 'Piyush Srivastava', JEE topper in 2005. His achievements, humility, depth of thought and width of knowledge inspired me to work harder. I believe strongly that one day I can outperform him (he was also my senior in CSE at IITK).

What role has your family played during your preparation?

Family support is indispensable in JEE preparation as in any endeavour. They constantly motivated me during the ebbs and encouraged me when I felt dejected. My father used to drop me at the coaching institute and my mother used to take care of my diet. They know what my strong and weak points are. My sister also supported me a lot. Family's role is of utmost importance in any endeavor of an individual. It can make or break the future of an individual.

Tell us about your close friends and things that you admire or dislike, in them or in general.

I do not believe in close friends. I socialize with all the people that I meet. I try to form SIGs (Special Interest Groups) by sharing information on subjects of interest. I do not see any reason to dislike a person since I look at the big picture. My philosophy is that every person is inherently self-centric or showy, it is better not to judge them and just forgive them for any act of theirs that you feel is offensive.

Life at IIT – could you please describe about this? Is it similar to what we saw in the movie '3 Idiots'?

Life at IIT is very exciting. You have access to a large number of facilities. The internet speed is good, library is huge, sporting facilities are fabulous, people are brilliant, faculty is elite, and opportunities to pursue your interests are abundant. Well, as for the similarity with the movie, you are the protagonist; you can make it similar (smiles). All you need is the desire to do

something, the facilities in terms of technical and human resources, and the opportunities to make it a success are always there for you.

What are your plans for the future?

I actually sketched a lot of plans but am not sure which path I will take, only time can decide. But pursuing a Ph. D in CSE is the most favorite of my plans.

Your advice and tips to the aspiring students, please!

As I have emphasized in the previous answers, it is most important that you stay motivated for most of the time. Use standard books on the shelf for preparation. Writing a lot of tests before the exam alone can forge the path to success. There is one classical situation that needs a mention. If you are a student like me who has started preparation just after 10th and in the class there are a lot of students who have taken foundational coaching and are able to participate actively in the class, your first reaction would be to curse yourself (or your parents) for not having done this yourself. I say that do not compare yourself with others, everyone has his/her own pace of preparation. What matters is the actual performance in the exam. You have ample time to catch up, so no need to worry!

Nachiketa Tapovan thanks Pavan and wishes him a great future ahead. May he outshine the master in all that he does. May his pursuit for the impossible enable him to earn fame for the country.

- Pavan Kumar A.





My life as a “Mother” & Mother’s day Gift:

he belongs to. At the age of 9 he answers very promptly without a second thought that “his home town is where his mom lives”. I was surprised to hear his answer, but then that is what my son is, ‘pure love’.

My tiny little daughter’s smile makes my days bright and her every word brings tons of joy to my heart and soul. My kids’ gentle palms & cute feet seem to be the eternal abode of my happiness... My two kids seem to have the control over my entire life... My kids’ birthdates seem to be like stars shining out in the calendar and the beauty of the year is measured by their memories.

It is as if I am born again and not them. As the saying goes “The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new”.

I would also like to thank my Mother for her limitless love... I am sure that even when I am on my last minute, the sweetest thing in my life will be her unselfish love and her blessings that have been following through me since the day I was born... I owe her a supreme debt - ‘The Life itself’.

Mothers have a special place in heaven for the Pure Love they share with their offspring...

Enjoy yourself as a “Mother”— a blessed being & fill your hearts and soul with pure love and joy.

“When God thought of mother, He must have laughed with satisfaction, and framed it quickly, so rich, so deep, so divine, so full of soul, power, and beauty, was the conception.”

- Henry Ward Beecher

“You are the caretaker of the generations, you are the birth giver,” the Sun told the woman. “You will be the carrier of this Universe”

- Brule Sioux

“Mothers” are blessed beings and they are indeed very fortunate to hold the fountain of pure & divine love in their hands every minute of their life as a Mother...

I would like to share the wonderful gift I received for Mother’s Day. My kids presented me a poster with the saying

“A Mother holds her children’s hands for a while...their hearts forever”.

My life is divided into two episodes, the period “before” my first child was born and the period “after”. I love my kids a lot, but “these enormous bundles of joy”, love me a million times more. I see the yearning in their eyes when I drop them at school, when I am late to home from office. I see the pain they feel when I fall sick.

I had been travelling quite a lot and so my kids grew up in different places all the way along with me and my husband. Near and dear ones keep on asking my son, what his home town is & which country



-Krishna Peesapati





THE DESTINY OF DESTITUTES

She was short in stature but has become the personification of compassion for the people who knew nothing but despair, disappointment and persecution. She has seen God in the tears of destitutes, and in their trauma. She is “**Mother Teresa**”. Once in the streets of Calcutta, lay an orphan who gave up her fight to survive, not moving even when bit by a rat. Such was her plight. Death was at the threshold. Mother came to her rescue, took her home, cleansed the body and laid her on bed. She comforted her by rubbing her hands smoothly. Mother’s attempt was to see that the orphan had a peaceful death after a life of suffering. Mother’s intention was to provide strength to the destitute to face the inevitable with courage. She established “Nirmal Hriday” for those who are terminally ill, particularly for orphans. Beggars, leprosy patients and orphan children living in the streets of Calcutta became her near and dear. Her heart used to yearn for the destitutes. One day while travelling by car she noticed a long packet lying by the roadside; she rushed to the spot only to find a baby lying in the packet left alone on the street. She took that baby home and that’s how “Sishu Sadan” for rag pickers and children began.

Mother Teresa’s erstwhile name was Agnes Gonxha Bojaxhiu. She was born on August 27, 1910 in Scopje, Albania which presently comes under The Republic of Macedonia. Since her childhood her heart ached for the poor. She became a nun at the age of 18. She joined “Sisters of Love” an institution run by Irish nuns. She worked in Ireland, Dublin and also at Darjeeling for Loreto Convent. In 1946 while she was travelling by a train in Darjeeling the thought of serving the poor struck her. Her intent was so strong that she realized that it was the instruction of the Almighty and before she began serving the poor, she took formal training in medicine and that has become the foundation stone for her service activities. Everyone had doubts of her capability in serving the poor as she was a nun from a foreign country. But she believed in God and always felt that

she was just an instrument in the hands of God. She started “Missionaries of Charity”. The ever smiling face, purity in her eyes and compassion in her heart made her mother of the destitutes in no time. Her activities soon spread into other countries like Tanzania, Venezuela, Rome, Colombo and Australia. She built Shantinagar for Leprosy affected people in Calcutta. She used to say “If a man comes to me I give him fish, if he comes again I give him fish rod”. She strongly believed that service to the needy should not make them dependent but rather independent. She started “Premanivas” for beggars.

Mother never thought religion is separate from service. According to her, Jesus lives in everyone, more particularly in the poor. Like Gandhiji, she also used to see things from the angle of morality. She was conferred Padma Shri, Magsasay award, Pope John Award, Joseph Kennedy Award, Queen Elizabeth Award, including Bharat Ratna and Nobel peace prize. Though built short and lean she had strong convictions and even stronger resolve. Everyone was equal for her whether they had come from rich or rags. She realized God in the destitute. She suffered two massive heart attacks but her heart always beat for the poor. She left this world physically on September 5, 1997, but not before ensuring a safe life for all the destitutes, who knock her doors of motherhood for strength and succor.

- M. Koti Rajasekhar



Women and Property



“Women’s chains have been forged by men, not by anatomy.” Women have been made victims by their very own society – that very society which they foster and nurture, acting in different roles. Under the garb of classical law and custom¹, women have not been given rights on par with men. But with the inroads of legislation into the domain of personal laws, much progress has been made. Backed by the Constitution of India, our legislations recognize the rights of women and adopt a progressive view.

Property is one of the fundamental aspects of the socio-economic life of an individual. In simple words, property is a bundle of rights in a thing or land. Under Hindu law, the property that a person may own, or can have an interest in, can be

categorized into two – separate property and joint family property. The law relating to joint family property is governed by the Hindu joint family system that is unique to Hindus and has no parallel anywhere in the world. The Hindu Joint Family system is characterized by the coparcenary system, the system which governs the joint family property. Coparcenary is a type of co-tenancy where property descends to two or more persons on the death of the owner. The Supreme Court of India, in *Narendranath vs. Commissioner of Wealth Tax*², has observed that a Hindu coparcenary is a much narrower body than the Hindu joint family; it includes only those persons, who acquire by birth an interest in the joint or coparcenary property, they being sons, grandsons and great-grandsons of the holder of the joint property for the time being.



Earlier, only male members were included in the coparcenary. But after 2005 Amendment to the Hindu Succession Act, 1956, even daughters have been included in the coparcenary system, thereby recognizing their rights to the coparcenary property. Hence, now daughters have a share in the ancestral property just like the sons.

The following is treated as coparcenary property³ :

1. Property inherited from father, grandfather and great grandfather.
2. Property inherited from maternal grandfather is not ancestral property vis-à-vis the descendants.
3. Property acquired on partition (property obtained through partition in a Mitakshara coparcenary will be joint family property in respect of his own son, grandson and great grandson).
4. Property obtained from a gift (gift of a self-acquired property of a father to his son constitutes a self-acquired property in the hands of a son).
5. Property jointly acquired by Mitakshara (the school of law followed in most of our country) Coparceners (such an acquired property will be joint family property in which the sons will acquire an interest by birth unless it is intended to own it as co-owners between themselves or as partners).
6. Property acquired in exchange for the joint family property.

It is pertinent to note that it is **daughters** who have been included in the coparcenary of her father and not any other category of women.

One basic and simple rule with regard to property is that one can deal with self-acquired or separate property in a manner one wishes to. The entire property may be given to one among several children or even to a stranger. The act of a person with regard to his self-acquired

property can never be questioned. But with regard to ancestral property, there are many stakeholders.

It is to be noted that women have rights in the coparcenary property of their father, as well as in the property of her husband. When the husband dies leaving behind his widow and two children, the three have equal rights over his property.

Making all daughters coparceners has far-reaching implications. It gives women birthrights in joint family property that cannot be willed away. Rights in coparcenary property will also provide social protection to women facing domestic violence or marital breakdown, by giving them a potential shelter. Millions of women - as widows and daughters - and their families thus stand to gain by these amendments in law.

The issue of property is too intricate to be dealt in a single article. This basic discussion shall develop over a span of time. Law is heterogeneous and an effective agent of social change. Therefore, it is necessary that law leaves no stone unturned in emancipation of women. The Hindu Succession (Amendment) Act, 2005 is a very significant step in this direction. Women need to be aware of their rights to property. Only then can they prevent any kind of discrimination against them.

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- 1 Basu, Srimati, She Comes to Take Her Rights – Indian Women, Property and Propriety (State University of New York Press, Albany) (1999)
 - 2 1969 SCR (3) 882
 - 3 Desai, S. A., Mulla Hindu Law (LexisNexis Butterworths, Nagpur, Vol-II, 19th edn) (2005)



Neetika Gogula, 3rd year B.A., L.L.B. student has passion for writing articles on social issues.



Timed Game

We live an entire life without understanding the purpose of life. We keep facing new challenges, finding new solutions and revelling in new victories. The game never ends and after a while makes me think, "What is this for? Why again?" In my opinion, life is a timed game. Like the Mario game where Mario wins the princess, we all have something to win and a dragon to face in each challenge and the game is timed. Challenges are for those who want to win the game. Giving up is never the solution because you either can face the dragon or fall in the fire, standing still is never the option.

June, July and August of 2010 were a testing period for me and I thought, "These months will pass and when September comes in, I will live my dream. I will study what I always wanted to, get a job, earn and live independently. I have earned a scholarship for the first year; I will prove my



abilities and earn scholarships for the next three years too. Life will be great and like in every movie, I will be a star." Nothing close to what I thought has been my life in the last ten months. In fact, the exact opposite has happened. To get a job, I needed Canadian experience and to get Canadian experience, I needed a job. Not a single person was ready to call me for an interview until May, when my friend helped me out with my resume. She read my resume and said, "Well, nobody should decline you for the skills you have and the experience you've gained. However, this is not a resume to be read in Canada. In Canada, resumes work differently." That was when I realized that the game was yet to begin. What I thought would be a bed of flowers, turned out to be a Mario game. I could not really fit in the Canadian system of education either. Until September last year, I was considered the smartest kid of the bunch. But in December, I felt miserable considering my academic performance. I almost gave up when a voice from within told me that giving up is not a solution if I wish to win. I can either quit and lose miserably or fight the dragon and stand the chance of winning this game and achieve my goal. And I chose the second option. I have made a place for myself now. I have earned a job; I do not make a fortune out of it. However, I have gained respect for myself. Regardless of how the game ends and what tomorrow holds for me, I know for sure that things could have been worse than what they are today and so I am happy for what today offers me.

Therefore, live a life with purpose. Never anticipate victory, however, dream for it; live a life working towards realizing it. Remember always that the clock is ticking and you have just enough time to complete your tasks and achieve your target. Giving up or standing still is not the solution because unless you move ahead, you will not have the satisfaction of losing graciously. Move ahead with a focus and the game is yours, my mate!



*I love writing poems, stories and songs; compose them and sing.
All I can write is about life because that is all I can experience.*

Ramya Manasa Kandala, 1st Year Undergraduate Student,
University of Alberta Edmonton, Alberta, Canada.

इबलइरगो इइइठ = इइरइरइइइ

*Krupalu Ogeti, Secretary, Samskrit Bharati, Hyderabad.
email:okrupalu@sanskritam.net*

Bahuvacanam

(Contd from previous issue)

'AkArAnta' Feminine gender words are as below.

बालिका – बालिकाः

उत्पीठिका – उत्पीठिकाः

The sentences look like:

बालिका धावति – बालिकाः धावन्ति

लता अस्ति – लताः सन्ति

उत्पीठिका उत्तमा अस्ति – उत्पीठिकाः उत्तमाः सन्ति

The girl runs. The creeper is (there). The table is good. And their corresponding usages of plural numbers. Notice that अस्ति 's plural is सन्ति. Also उत्तमा is an adjective of उत्पीठिका. Notice that adjective's number is also changed in accordance with the noun.

लेखनी – लेखन्यः

तरुणी – तरुण्यः

The 'I' (ई) at the end becomes 'yaH' (यः) in plural. For example, 'nadi' becomes 'nadyaH'.

Notice the difference between तरुण्यः and तरुण्याः. The latter is 'of young woman - singular', whereas the former stands for 'young women'.

लेखनी सुन्दरी अस्ति – लेखन्यः सुन्दर्यः सन्ति (Pens are beautiful)

तरुणी मन्दहासं करोति – तरुण्यः मन्दहासं कुर्वन्ति (Young ladies smile)

See the special (and very common) verb करोति (do). Its plural is कुर्वन्ति. Similarly, notice the following special verbs along with their plural forms:

शृणोति – शृण्वन्ति (listen)

जानाति – जानन्ति (know)

ददाति – ददति (give).

(To be contd in the next issue)



Good News!

Municipal corporation of Greater Hyderabad, A.P. initially imposed a ban on the use of all kinds of plastic effecting from July 1, but in the last minute revised the rules restricting the ban only to plastic with less than 40 microns in thickness. Well this seems to have caused disappointment and confusion in some of the consumers as to how to differentiate between 40 microns and otherwise. Irrespective of what laws and legislation are, it rests on us citizens to seize this opportunity and make Hyderabad GREENER and the GREENEST city. A few tips to help us all:

- Old T-shirts, bed sheets and school uniforms can be recycled to make cool looking cloth bags
- Fold up and tuck old plastic bags and cloth bags in hand bags, cars/bikes and use instead of new bags
- Make a fashion statement by sporting eco-friendly cloth bags
- Carry your own cup, bowl, tiffin box and a couple of spoons if you are going to get a drink, ice cream or buy sweets

Readers are urged to add to the list of tips to Nachiketanjali1@gmail.com.

Nachiketa's Green Report

The Go Green club of Nachiketa Tapovan has been receiving a tremendous response from the well wishers of Tapovan. As a part of the awareness campaign, the club had the privilege of spending an afternoon with the Utkarsh Ladies Club. The members of Nachiketa Go Green made a presentation informing the viewers of the existing and impending perils to the Earth due to pollution, highlighting on the necessary evil- **Plastics**.

The facts and figures were well comprehended by those present. The importance of the implementation of the 3R mantra - Reduce Reuse

Go Green



Recycle was emphasized. The Go Green team, besides displaying several items made out of recycled materials, tipped the attendees with day to day practices which can save precious resources. The presentation concluded with the members of Utkarsh club taking an oath to **“Go Green and Say No to Plastics”**

Nachiketa Go Green is very thankful to all the members of Utkarsh for hosting and having given them this opportunity. The facilities and refreshments provided are greatly appreciated. Nachiketa Go Green will consider it a privilege to entertain more such opportunities to share Green awareness among the various sectors of community. Going green is not an option anymore, it is our responsibility. After all,

**WE ONLY HAVE ONE EARTH...
LET'S KEEP IT CLEAN!**



Green morning!

Just before you relax over your morning cuppa tea:

Snip wider, rinse and dry the milk bags, oil bags or any soiled plastic bags so that they can be recycled!



Yoga at ilabs



Being a part of today's work force requires regular refreshing and rejuvenation of body, mind and soul in order to be effortlessly efficient. Otherwise the pressure and competition at work could cause great amounts of stress among most individuals which could lead to various psychosomatic disorders. Yoga is the greatest tool in preventing and over coming such disorders and helps lead a happy and spiritual life.

Identifying this need, **iLabs** has recently invited **Swami Shivananda Puri** of Nachiketa Tapovan to conduct a stress-management programme. Yogic techniques to overcome their personal and social problems were taught to the employees from 20th- 25th June 2011 in their campus in Hitech city.

The yogic session was very well received and greatly appreciated by the attendees. Nachiketa Tapovan thanks iLabs for giving an opportunity to share some ancient relaxation techniques and wishes them a life filled with happiness and spiritual bliss.



Yoga theory session in progress



Asanas for relief from backache



Asanas for flexibility





Yoga pyramid by Tapovan's Children



Prayer by Tapovan's children

Events at Nachiketa Tapovan

Vidyamandir students of Nachiketa Tapovan were preferentially invited to perform at the Osmania University Electronics and Communication Engineering Alumni Association's Annual Alumni Meeting. This is a testimony to the fact that given a choice, people opt for performances that are reflective of our culture and heritage over the other kind. A team of 30 students presented and pleased the spectators present at the meeting with their Invocation, Yoga Pyramid and Deepam dance. The meeting was presided over by Prof. K Kishan

Rao, addressed by patron and advisor Prof DVR Vittal, and other scholars, patrons, engineering students and other eminent members. The performance was enjoyed and appreciated by all.

We convey our thanks to Mr. Piyush Sultania of "24 X 7 Transline" for facilitating the means of transport which added fun and ease to the commute. We greatly appreciate Kum. Krishna and Kum. Jyothi for having prepared the children and accompanying them to the performance.



Bala Vahini, a free Sunday school was successfully started on July 10th (Sunday) with an enthusiastic participation from children. This program was started by Swami Shivanandapuri and that aims to imparting value based education along with slokas, bhajans, yoga and meditation. It is open to all children.



On July 10th an Alcohol and Smoking awareness camp was conducted for the slum dwellers in the neighbourhood. Dr. Rajani put up an effective and graphic powerpoint show to educate the audience on the physical and psychological consequences of cigarette and alcohol abuse. The program was well received and appreciated by the people especially the women. Those already suffering from an addiction were invited to spend additional time with the doctor in order to discuss and receive the appropriate counseling. Nachiketa Tapovan hopes to conduct similar programs in the future to educate and empower the people with the right knowledge and understanding.





Smt. Ramamani lighting the lamp



Ms. Ratnasree of Richmond High School receiving 2nd prize

Telugu Sweekruthi

Language is part of one's culture and it becomes incumbent on us to treasure our "mother-tongue" and hold on to that invaluable gift and heritage. We must also endeavour to pass this on to the next generation - as part of our 'tradition and dharma'.

In an effort to promote and nurture a love of learning for Telugu, in Telugu speaking children, the staff of Nachiketa Tapovan Vidyamandir, with Ms. Bindu's initiative, conducted an inter-school contest "Telugu Sweekruthi" in Nachiketa Tapovan on 4th of July 2011. The program's primary aim was to inculcate awareness among children and to showcase the rich cultural heritage of Telugu language. Twelve schools from around the city participated with a total of 57 students.

Recitation of verses from "Sumathi Satakam" was held for classes 3, 4 and 5. Sumati Satakam is a popular literary work that teaches right conduct and social values in a poetic form. Elocution competition on "Telugu Bhasha Mahatyam"

(the greatness of Telugu Language) was held for classes 6, 7 and 8. Prizes were distributed to the winners and participation certificates were awarded to all participants.

Mr G. Venkateswarulu, senior teacher of Madhapur Z.P.H.S School and Mr M.P. Ramaraksha, Correspondent Ramakrishna High School and Mrs Ramamani were the judges. The judges expressed appreciation on the conduction of the event. They spoke about the importance of preserving and conversing in one's own language apart from receiving education in English. Ways to improve pronunciation and precision in the use of Telugu were also mentioned. The programme was from 10.30 am to 4.30 pm. Lunch was arranged for the guests, teachers and participants.

All the participants enjoyed the event and expressed to have similar programmes in the future at Nachiketa Tapovan. We thank the organizers and participants for making this event a memorable one.

THE WINNERS ARE:

At the junior level:

Ms. Bhavana	Blossom concept school	1 st Prize
Ms. Ratnasree	Richmond High School	2 nd Prize
Master Vijaya Kumar	Nachiketa Tapovan Vidya mandir	consolation prize
Ms. T. Pushpa	Sai Chaitanya Techno School	consolation prize

At the senior level:

Master Sai Charan Vaibhav	Buds and flowers high school	1 st Prize
Ms. K. Pranathi	Sri Sai Ram High school	2 nd Prize





Inviting writers for Nachiketanjali!

A humble and ardent endeavor of Nachiketa Tapovan is our monthly magazine, "Nachiketanjali". The magazine offers an arena to showcase reflections and expressions of truth, values, spirituality, viewpoints and concerns of every day existence.

We're looking for true, original, personal essays or poetry that befits the pulse of the magazine. Articles can also relate to topics on Philosophy, our cultural heritage, great Indian personalities and our great epics.

This is a wonderful opportunity to discover and share your positive ideas, dreams and reflections. As they say "Pen is mightier than the Sword" and is a great medium for motivating others, affecting positive change and building self-confidence.

Please note ...

- Articles selected and published will receive a gift subscription of Nachiketanjali for one year that they can keep or gift to a friend
- Please encourage your friends or children to write too
- We particularly encourage young writers to participate
- Please keep the article under 300 words for one column and 500 words for one page
- Any number of Articles are accepted
- Please include your full name, address and contact info
- Please send your articles to **nachiketanjali1@gmail.com**
- The Editor does not accept responsibility for the author's views.
- If you would like to mail in, our address is:

"Inviting Writers-Nachiketanjali"

Nachiketa Tapovan

Plot # 70, Phase 1, Kavuri Hills,
Madhapur, Guttalabegumpet,
Serilingampally
R.R Dist, Andhra Pradesh.



A request to the readers of Nachiketanjali

Dear Readers,

Thank you all for supporting our Magazine.

Did you know...

- You can gift a subscription to a friend
- You can request an ecopy of Nachiketanjali
- Your feedback is most welcome
- You can inform us if you are receiving double copies

Write to us at : nachiketanjali1@gmail.com

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Inside Page	15cm x 19cm	N. A.	₹ 5,000
Inside Strip	4cm x 15cm	N. A.	₹ 2,500



AN APPEAL TO PATRONS & SPONSORS



Ashraydatas are encouraged to become patrons of the magazine by joining Nachiketanjali's Patron's Scheme. You can become patrons by donating ₹ 5000/- which will be deposited in the magazine's corpus fund. We express our thanks by announcing their names in the following issue of the Magazine and the patron will also receive a 5 year subscription of the same.

Nachiketanjali ...an offering

Yes, I would like to

- Subscribe / Renew _____ subscriptions to Nachiketanjali for 1 year/3 years/5years
- Donate ₹ _____ to Nachiketanjali corpus fund as patron

Amount of ₹ _____ is enclosed herewith by Draft/MO/Cheque/Cash (Add ₹ 30 for outstation cheques, drawn in favour of "Nachiketa Tapovan").

For fund transfer to bank account - Bank details shall be mailed to you, if you write to nachiketanjali1@gmail.com

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Sponsor Options

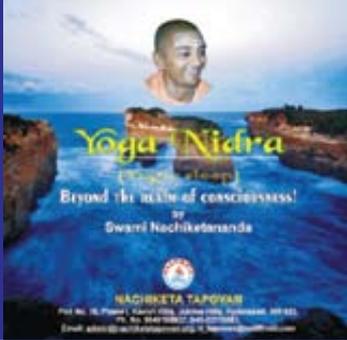
**Anna daanam maha daanam; vidya daanam mahattaram.
Annena kshanika trupthihi yaavajjeevanthu vidyaya.**

Vidya Mandir at Nachiketa Tapovan is currently able to accommodate a family of about 210 children who receive all-round nourishment from man-making education to milk-meals and basic health-aid in an atmosphere of genuine love. Kind-hearted Well wishers have been the unseen force behind this offering to God. We thank you for your continued support.

Sponsor a Child for Lifetime	₹ 1 Lakh
Vidya Daanam (Education)	₹ 5200/year/child
Anna Daanam (Mid-day Meals)	₹ 4200/day
Alpa Aharam (Snacks)	₹ 700/day
Vastra Daanam (Uniforms)	₹ 800/2 pairs
Dinnerware (Steel Plates & Glasses)	₹ 5000/ 50 sets
Stationery Supplies (Copier Paper)	₹ 5000/term
Medicines (For needy people)	₹ 5000/month

Celebrate your Special Days with the Children at Nachiketa Tapovan!

PUBLICATION



A set of 8 'Yogic CDs'

The CDs comprise instructions given on different yogic techniques based on an extensive research done by Swami Nachiketananda and assisted by other Swamis and volunteers. 'Yoga Nidra' is second of the series which takes you into the realms of Supreme Consciousness. All the CDs are available at the Nachiketa Tapovan premises at Kavuri Hills, and also in leading bookstores.

Cost of each CD is Rs. 20/-

***Incense stick burns and leaves the fragrance
behind, so does the Spiritual person***

- Swami Nachiketananda Puri

With best wishes from

Griha Constructions, Chennai





An Appeal

Dear Atman

“When a person really desires something, all the universe conspires to help that person to realize his dream.” This is truer when a selfless desire is pursued by a group of ardent seekers. This was proven by the multifarious growth of Nachiketa Tapovan from a humble hut into a 3-storeyed building in Kavuri Hills and onto a 40 acre spiritual haven in Gairan Tanda in Jadcherla with His blessings and your good wishes.

Imparting literacy, combined with love, care and cultural values to children from impoverished families was in the fore front ever since the inception of Nachiketa Tapovan. Whether this objective has been accomplished or not, can be well illustrated by the progress being made by the children of Vidya Mandir who are winning accolades in all areas from academics to vocational skills to arts to yoga and chanting Vedas. The Vidya Mandir at Nachiketa Tapovan, Hyderabad is not satisfied with giving just breadwinning education but is striving to create a learning platform for each child to receive a man-making education. Thanks to the donors, well wishers, volunteers and teachers who are making this endeavor successful.

Nachiketa Tapovan's efforts to extend the same education to children from the rural areas of Gairan Tanda in Jadcherla, Mahaboobnagar are in full swing, with plans to start classes from June 2011. If Nachiketa Tapovan, located in the heart of HiTec city known for its sprawling growth, is benefiting 210 children, it is needless to mention how many will be benefited by another such Vidya Mandir in the rural areas far placed from technology, comfort and convenience.

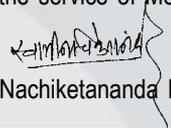
The Vidya Mandir being constructed is planned to cover an area of 50,000 sq.ft. around an extensive central play ground. The building will have two floors, the ground floor consisting of spacious classrooms (750 sq ft) and the entire top floor rooms devoted to laboratories like math Lab, Science lab, language lab etc. and a library. The two floors will enclose a copious 10 ft. verandah. The facility has been planned to provide character building education up to X class (progressively) under the S.S.C. board. However, materialization of this progressive project into a reality requires additional monetary and human resources.

Estimated cost of this project is ₹ 3.8 crores

In this time and age when people are far removed from truth and true spiritual values, the way to build a happy and healthy society lies in strengthening the spiritual base of the country and Nachiketa Tapovan has been trying to achieve this by exposing the children of Vidya Mandir to our great heritage contained in Upanishads, Epics and Puranas. We hereby fervently appeal for generous donations. Please participate in this Vidya Dana Yaga being performed to benefit the underprivileged children and thereby strengthen the cultural and spiritual values of our nation.

It may kindly be noted that donations to Nachiketa Tapovan are exempted from IncomeTax U/S 80 G of IT Act, 1961 of Govt. of India. Donations in the form of Cheques/ Demand drafts may please be drawn in favour of Nachiketa Tapovan. We acknowledge the generous contributions made by donors.

Yours in the service of Motherland


Swami Nachiketnanda Puri



Nachiketa Bala Vahini

It's a Learning for Life!

We provide children tools for a joyous living and help them blossom to their full potential. Bala Vahini provides value education, awareness and appreciation of our ancient Indian culture and heritage. We also teach yoga and pranayam to energize their mind and body.



Character Development



Indian Culture



Story Telling



Energizing Yoga



Fun and Games

For Ages 5-15 yrs

Every Sunday starting July 10th 2011

Timings: 10:00 a.m. - 12:00 noon

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Nachiketa Tapovan

Plot # 70, Phase I, Kavuri Hills, Madhapur,
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Ph: 9849168937, website:www.nachiketatapovan.org

Invitation

We cordially invite you to attend our celebrations



Rakhi Festival
12th August 2011
at 12:50 pm.



Independence Day
15th August 2011
at 9 am.



Krishnashtami
22nd August 2011
at 10 am.

Venue:

Nachiketa Tapovan,

Plot No. 70, Phase I, Kavuri Hills, Hyderabad.

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.

- Swami Nachiketananda



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*“You are a Cosmic Love Energy,
Regain your Reality
Right here, Right now, with love”*

- Guruji Satya Pranava Yogi



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