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...an offering

A Journey Into The Spiritual Realm!



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WORLD ENVIRONMENT DAY 5th June



World Environment Day was established by the UN General Assembly in 1972 to mark the opening of the Stockholm Conference on the Human Environment.

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Preserve the precious

Most of us know that God is the Creator of the Cosmos. To help us learn and sharpen our intellect, He has created *Prakriti* or Nature. A keen observation of His creation results in unraveling various astounding facts.

The strength given to different animals is really amazing. The voice of the cuckoo, body of an elephant, courage of a lion, milk produced by the cow, beauty of the swan, grace of the peacock and the humming of birds are all unique features of God's creation. A man can't run like a leopard. He can neither swim like the fish forever. However, on observing all these movements, it has become possible for man to devise various mechanisms. He has learnt a lot from nature.

The flight of the bird has taught him to make aircrafts. Imitating the sounds of nature, man has learnt to speak. He created poetry inspired by the beauty of nature. The Cuckoo has helped in creating various notes of music. Nature cure has come into existence on observing the eating habits of animals and birds. Even a blade of grass has taught us many lessons. By bending down when thunder struck and rising fresh when it stopped, the grass has taught us

to be humble at all times. Ants have shown us how to live a disciplined life. Honey bees have proved that combined efforts are always successful. The exquisitely fine efforts of the spider in weaving its web, have helped us develop a strong will power.

Trees have shown us how to be flexible and above all taught us the greatest quality of charity. No tree has ever eaten its own fruit. Like the tree, it is essential for us to have strong roots embedded in spirituality if we want to evolve. We have to grow from where we are planted.

Chanakya has rightly stated that man should be courageous like a lion, go with nature like a crane and never give up like a cock. If we adhere to the lessons learnt, we can always be cool like the breeze, serene like the water, nurture our fellow beings like the Earth, pure like the fire and unassuming like the space. For Nature had all virtues a man needs to learn, in all its elements. In fact Nature is the true Guru to us human beings. Let us revere our Guru now and forever. Let us preserve that which is precious to all living on this planet.

- **Subhadra K.**





Sri Ramakrishna's Amrita Dhara

Sri Ramakrishna as Guru Nanak



Sri Ramakrishna heard about Buddha, the Jain Mahavir, and Shankara and based some of His teachings upon their messages. The Master remarked about Buddha: "Buddha was definitely an incarnation of God. There is no difference between His religion and the Vedic path of knowledge." In the Master's room at Dakshineswar there were a stone image of Mahavir Tirthankar and a portrait of Christ; the Master would wave incense before both of them. Although He adored and respected them, He never said that the Tirthankaras in Jainism and the ten gurus in Sikhism, from Nanak to Govind, were incarnations of God. About the ten gurus of Sikhism, the Master said: "They are all incarnations of the sage Janaka. I heard from some Sikhs that the royal sage Janaka had a desire to do good to humanity before he attained liberation. That is why he was born ten times as ten gurus from Nanak to Govind, established religion among the Sikhs, and then merged forever into the Supreme Brahman. There is no reason to disbelieve this statement of the Sikhs."

It is mentioned in the Ramakrishna literature that Rama, Krishna, Jesus, Chaitanya and others merged into the Master's body. But there is no mention of Buddha, Mahavir, Muhammad, Nanak, or Shankaracharya merging into Him.

During the Master's time, there was a government magazine at the north side of the Dakshineswar temple garden. A group of Sikh soldiers were stationed there to protect it. Sometimes they would come to the Master for spiritual advice, and at other times they would invite Him to their quarters for food. Swami Ambikananda said: "The Sikh guards first called the Master 'Paramahansa.' The Master would joyfully move around the *Bel* tree, naked. The people of the Punjab are very devoted to monks, and they serve holy people with great respect. Observing the Master's exalted state, they remarked, 'Look, this man is a Paramahansa!' From that time on the Master had the name "Ramakrishna Paramahansa."

Once the Master said: "I have practiced all kinds of Sadhana: *Jnana yoga*, *Karma yoga*, and *Bhakti yoga*. I have even gone through the exercises of *Hatha yoga* to increase longevity. There is another person, dwelling in this body. Otherwise, after attaining *Samadhi*, how could I live with the devotees and enjoy the love of God? Koar Singh used to say to me: 'I have never before seen a person who has returned from the plane of *Samadhi*. You are none other than Nanak."

One day the Master went to the Sikhs' quarters with Narayana Shastri. The men were delighted to see that the Master had come on His own accord. They bowed down to Him, and sat to hear Him talk about spiritual matters. The Master spoke, and they listened. However, Narayana Shastri interjected with some words about *Jnana* (knowledge) into the Master's discourse. Akshay Sen wrote: "The soldiers were angered by this, and threatened Narayana Shastri with a sword. They told Shastri, 'you are a worldly householder – you have no right to talk about knowledge.' Then the Master calmed those angry Sikhs with sweet words."

The following incident took place sometime earlier. The uniformed Sikh regiment was marching to the Calcutta fort under the guidance of a British commander when the Master was passing by with Mathur in his horse carriage. Seeing the Master on the street, the soldiers dropped their guns on the ground and bowed down to the Master, saying, "Victory to the Guru." Such actions were not acceptable under military rules and would be considered a grave offence. Akshay Sen wrote: "The commander asked the soldiers: 'Why have you dropped your arms without permission?' They replied: 'It is the custom of our religion to respect the Guru. We don't care whether we lose our lives, but we must bow down to our Guru when we see him.' The Master blessed those soldiers by raising His hand. It was by the Master's grace that the British commander did not say a single word more to them."

Compilation from 'How to Live with God- In the company of Ramakrishna' by Swami Chetananda.

My Humble Pranams...



Dear Sadhakas! From where do I start and from whom? But one thing is for sure- many helping hands have made the consecration of *Maa Yoga Shakthi Peetham* possible; otherwise it would have been very difficult even to dream of it. Our '*Yogic Sadhana*' started much before the consecration and I wanted everything to be done silently but not secretly; therefore slowly I started involving *Sadhakas* like Manga, Jyothi, Laxman etc. to take care of other activities.

Dear *Sadhakas*! Manga took care of Mataji and me right from day one. Especially on those five days of consecration from 1st to 5th March, she single-handedly managed cooking and feeding everyone. She looked after all of us unfailingly, followed Swamiji and Mataji religiously and obeyed the command of Divine Mother devotedly! I salute this simple yet qualified girl for her unflinching faith in the organization!

Whenever I required Mataji for some special work, I would find Laxman and Jyothi right in front of me, eager to do the same work. They played their role perfectly because they were innocent and were also totally unaware of their childlike innocence. These children of immortality have made the impossible possible. Now when I look back at "*Maa Yoga Shakthi Peetham*", I am astonished to see, how these innocent children could be so handy for the consecration!

If Jyothi was dancing and Laxman was riding on every moment then Manga was playing with every moment effortlessly and enjoying every bit of it. I was watching them silently and witnessing the drama played by Divine Mother. Great are those whose very acts have inspired me, but greater are those whose very presence has elevated one and all. Consecration was just a medium to understand ourselves. It was like a drop of the ocean which quenched the thirst of many. It was like a mirror in which each one looked into, to know exactly what they are. It was just designed that way so that we can perceive our own depth of elevation. It was just another yard-stick to know what

degree of maturity we have got within. It was just another attempt to know how we can treat each other while treading the spiritual path. It was just another expression of true Divinity that was hidden within since ages. It was just another effort to bring broken hearts together. But it was never meant to separate races from races, human beings from human beings. If at all *Sadhakas* have felt lonely or distanced at any time then it shows that I have failed in taking care of my responsibilities. I beg your pardon for





Consecration was just a medium to understand ourselves. It was like a drop of the ocean which quenched the thirst of many. It was like a mirror in which each one looked into to know exactly what they are.

always regarded our *Sadhakas* as the best ones to be served, but in case, we couldn't do justice, then on behalf of all those who were engaged in different works; I beg your pardon for not being at your disposal.

Please come! Let us join palms together if not hands to uplift the needy and underprivileged ones! Let them taste the nectar of Divinity that was distanced from them since ages together! I know "*Maa Yoga Shakti Peetham*" is not the only platform that will bring succor to broken hearts; there are many kindhearted souls who will bring solace to one and all. You belong to that class and perhaps you are the one who can bring broken hearts together and present them the nectar of Divinity!

not making proper arrangements. Remember! Our consecration never ends here; in fact it starts from here. What we have witnessed was just a drop in the ocean of consecration in the form of "*Ma Yoga Shakti Peetham*."

Dear *Sadhakas*! Sometimes we might have fallen short in attending, serving, or cajoling you all but it was never done intentionally. We

Once again I sincerely request all of you to shoulder even the smallest responsibility that may change the course of at least one life!



- *Swami Nachiketananda Puri*



Mataji's Visit to GURU SANGAMAM MEET



Nachiketa Tapovan received an invitation from Guru Sangamam, to attend its second annual Guru Sangamam meet held on Thursday April 12th, 2012. Swami Nachiketanananda Puri delegated Paramahansa Swami Shivananda Puri as his representation to grace the occasion. The meeting was held in New Delhi's tastefully decorated auditorium of Thyagaraja Sports Complex.

The program began with Vedic chants and beautiful Bhajans. The confederation was attended by about 100 Gurus from all over India and Indonesia as well. Guru Sangamam was formed in 2011 with a view to nurture, promote and celebrate the wealth of indigenous spirituality of our country. Its main objective was to evolve 'a non-religious, non political platform' that represented the variety and exuberance of all spiritual movements devoted to the liberation of the individual. In a single year the event has expanded from a meeting of 17 spiritual figures to include over a hundred voices of support from like minded Gurus spanning a spectrum of traditions, from Hindu to Jain, Sikh to Buddhist.

The event brought together several leaders of eminence, such as Sadhguru Jaggi Vasudev, President of Guru Sangamam, Jagadguru Sri Shivarathri Deshikendra Mahaswamiji of Suttur

Mutt, Karnataka, Swami Chidananda Saraswati of Paramartha Niketan, Rishikesh, Dr. Lokesh Muniji of Ahimsa Vishwa Bharati, Jathedar Gyani Gurubachan Singh of Akal Takht, the Gyalwang Drukpa of the Drukpa Order, Ladakh among others.

The august gathering of Spiritual Masters resolved to make India a spiritual capital and gateway of the world, set up chairs for teaching Indian spirituality both at the prestigious universities in India and abroad, make efforts for better dialogue and interconnection among the Indian spiritual masters and also promote the occasion of Guru Purnima as a celebration of national significance. It was also decided to come up with an upgraded web portal.

Many eminent Gurus expressed their views in a few minutes time that had been allocated to each speaker, due to limitations of time. The event featured the release of five new books on Indian spirituality and culture in the presence of the assembled Gurus. The next Guru Sangamam will be held on April 4th 2013 to renew the dialogue and to continue the tradition of congregating in a spirit of accord and celebration, free of sectarian consideration or factionalism.

YOGA FOR HEADACHE & MIGRAINE



The role of Yoga in head ache and migraine:

According to Yoga, the diseases in the body are due to the blockage or imbalance in *Prana*, the vital energy that keeps the immune system resilient. The imbalance in the Prana takes place when an individual is emotionally very weak. There are five different *Pranas* which pervade the body part by part. They are *Prana*, *Apana*, *Vyana*, *Udana* and *Samana*. The vital energy called *Vyana* pervades the whole body. Due to imbalance in the vital energy called *Vyana* in the head region, the problems such as headache, migraine and neck pain arise. This imbalance can be corrected by certain Yogic practices like:

Neck Bending:

Before beginning this practice, adopt any meditative posture like *vajrasana*, *sukhasana* etc. and keep both the palms on the knees. This practice can be done even in standing posture-keep the legs apart by half a meter and take both the hands to the back, catch hold of your right wrist with your left hand.

Front and Back:

Inhale, bend your neck completely backwards and exhale; bend forward completely. This is one round. Repeat it for 5 rounds.

Left and right:

Inhale, try to touch the ear to the right shoulder and exhale. Again while inhaling come to the centre, while exhaling try to touch the ear to the left shoulder.

This is one round. Repeat it for 5 rounds in clockwise direction and anti-clock wise direction.

Neck rotation:

While inhaling move the head from right shoulder, backward to the left shoulder. Now exhale and move the head from left shoulder, downwards and right shoulder, making a 360°

angle with the head. This is one round. Repeat it for 5 rounds in clockwise direction and another 5 rounds in anti-clock wise direction.

Shashankasana breathing:

Sit in *Vajrasana* by folding both the knees and place both the heels under buttocks, keeping back bone straight. Now take both hands to the back; hold the right wrist with the left hand.

- Inhale and expand the chest by leaning backward a bit and exhale while bending forward, try to touch the forehead on the ground. This is one round. Repeat it for 5 rounds.

Head rolling:

For this practice, come to the *vajrasana* - fold both the knees and place both the heels under the buttocks keeping the back bone straight. Move the knees about half a meter apart and place palms at the level of the knees and heels. Heels, knees and palms should be in a straight line. Try to touch the forehead to the ground leaning forward. Slowly lift up both the buttocks so that the position from knees to the buttocks is at an angle of 90 degrees and now tilt the head forward so that crown of the head is touching the floor.

- Now slowly inhale. While exhaling carefully roll the head forward until you feel a gentle stretch along the back of the neck. Hold for a while.
- Now inhaling, tilt back the head slightly until the forehead touches the floor. This is one round. Repeat it for 5 rounds.
- Gently inhale, and while exhaling roll the head towards right side. Inhale come to the centre, again while exhaling roll the head towards left side. This is one round. Repeat it for 5 rounds.
- Now with the help of both the palms make a rolling movement in clockwise direction 5 rounds and also in anti-clockwise direction 5 rounds. This is head rolling.

Note: When the pain in the head region is too severe, avoid head rolling as this increases the blood circulation in the head region and might aggravate the pain.

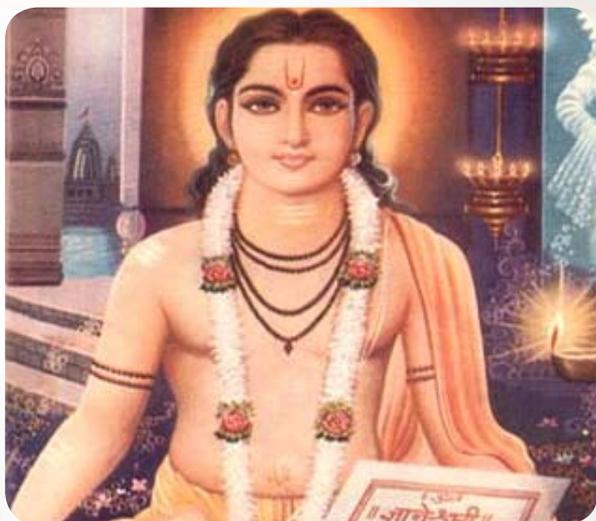
- Maheshwari

Final year student of B.Sc. Yoga,
Swami Vivekananda Yoga Anusandhana Samstha
(International Yoga University, Bengaluru)



Sant Gyaneshwar

About 800 years ago it was considered necessary to know Sanskrit to attain spiritual knowledge. But, learning Sanskrit was only few elite people's cup of tea. Also there was a stress on rituals which only the upper caste could follow and perform. As a result the masses were cut off from the religion and the religion was dominated by the high caste Brahmins. On the other side, Mughals were very active in converting Hindus and were dominating the political scene. Around this time, in the year 1271, Gyaneshwar was born to the pious couple Rukmani and Sant Vitthoba into a family of spiritual masters, in a small village near the Godavari River. He radiated spiritual brilliance from a very young age. At the age of 22- the saint took *Samadhi* voluntarily.



At a very young age Gyaneshwar wrote "*Gyaneshwari*" - a commentary on Srimad Bhagavad Gita in Prakrit (Marathi) a language which could be understood by the masses. Till date it is the most popular book in Marathi on Bhagavad Gita. His other milestone was "*Amritanubhav*". Sant Gyaneshwar endowed Marathi language with great literary qualities, which had been a folk-language till that day.

He was a poet, an intellectual, a spiritual leader, a master of yoga and an Enlightened One.

Sant Gyaneshwar together with Sant Namdev initiated "*Bhakti Sampradaya*", wherein it was possible to attain Godliness merely through *Bhakti* or devotion. Also this could be easily adopted and practiced by the common masses. The womenfolk and children were easily attracted to this new form of worship. Thus was born the *Namasankirtana* cult (singing glories of God) and *Varkari Sampradaya* (tradition of *Bhakti* comprising chiefly of worship of Vithobha, pilgrimage to Pandharpur and vegetarian diet).

An anecdote below illustrates the simplicity of his teachings-

Gyaneshwar and Ornaments

"Wisdom, power and devotion is sanctioned by God only to the worthy", said Sant Gyaneshwar.

Hearing this, a lady reacted sharply, "Then where is the greatness of God? He should scatter His grace equally on everyone!" The saint kept quiet and the discussion came to an end.

The next morning, the saint sent for a stupid person and asked him to go to the lady's home and request her to lend all her ornaments. He did the same. The lady scolded him and immediately turned him away.

After some time, Sant Gyaneshwar himself went to the lady and politely requested her to lend her ornaments for a day. Without asking a single question the lady opened her safe and happily gave all her ornaments. Now, returning the ornaments, the saint asked, "In the morning another person had come to you with the same request, why did you turn him away?"

"How could I give my valuable ornaments to an unreliable person?"- the lady retorted. Sant Gyaneshwar smiled and said, "Dear sister, when you can't entrust your ornaments to a person without considering his worthiness, then how can God bestow His priceless Divine blessings upon unworthy people?" Our worthiness is tested repeatedly to assess our capacity to receive God's grace.

Source: Literature of All World Gayatri Parivar (AWGP)



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Students of Nachiketa Tapovan Vidya Mandir marching into a new academic year seeking your blessings...

Yuvanjali



Speaking of Himself, Swamiji once said that He was a 'Condensed India.' Indeed, His love for India was so profound that eventually He became its embodiment. Vivekananda and India became one. Sister Nivedita echoed this conviction when she said: 'India was Swamiji's greatest passion... India throbbed in His breast, India beat in His pulses, India was His daydream, India was the embodiment of India in flesh and blood. He was India; He was Bharat- the very symbol of her spirituality, her purity, her wisdom, her power, her vision and her destiny.'

When we study Swamiji's life we cannot but be convinced that He was unique in all respects. There was no one, who better loved India, who was more proud of this country, who worked more zealously for its well-being. Yet, it is also true that nobody lashed out at the imbecility, cowardice and incompetence of Indians as mercilessly and vigorously as He did. He touched both extremes for He knew Indians intimately. Indeed, Swamiji could read India as meticulously as a loving mother can read her child's mind and know better than the child itself, what it needs. We get a perfect picture of India, its past, present and future from Swamiji's thoughts. That is why Rabindranath Tagore said to Romain Rolland: 'Read Vivekananda if you want to know India.'

From : My India, The India Eternal
by Swami Vivekananda

TEACHERS The Makers of The Pillars of the Nation

Education is critical in shaping the future of humanity and plays a vital role in curing the evils in society. The ideal type of education is that which would produce an integrated person- one who has learned how to improve his intellect, purify his emotions, and stand firm on moral virtues and unselfishness. By finding the source of infinite strength within, great people like Swami Vivekananda and Adi Sankaracharya could accomplish herculean tasks in a very short span of time. The aim of education system, parents and teachers should be to help young students know and manifest the infinite strength within every human being.

According to Patanjali, "... just as a farmer breaks the barriers to a course of water, which thereafter flows by its own force to irrigate his fields, so also a person's inherent power will spontaneously manifest itself when external and internal obstacles, if any, are removed at the proper time by the teachers or the education system..."

The Teacher

During the process of education, several agents such as teachers, parents, friends, assist a student. But the role that a teacher plays is indispensable and deserves all the more honor and recognition from students, parents and the society.

In the ancient times, education used to take place in the *Gurukula* system where the student was cut off from all familial comforts and distractions. The

Passion for teaching is but a necessary ingredient in transference of knowledge to the taught. The life-changing teachers who cast indelible memories in students' minds are those who totally get transformed into fountains of knowledge and inspiration, the minute they enter the classroom.



student derived not only knowledge but also care, nourishment, discipline of life and inspiration all from one source- the Guru. "The blazing character and the ideal personal life of the teacher would set a living example to the student right from his childhood." There was no fees involved, but for the bond of *Munja* grass filament around students waist symbolizing the commitment of the teacher to teach and determination of the student to learn.

In the modern day scenario, though the fundamental truths have not changed, the conditions, societal structure and education system have undergone many changes. Paradigm shift has taken place from character-building education to information and technique-based education. Even in the field of education, 'End' has become more important than 'Means' to both the teachers and the taught, due to societal pressure. In this context, those who chose the noble profession of teaching, are needed to be more resourceful and innovative. Dwelling on the process of education, playing with concepts through improvisations and experiments and understanding the real life applications of the concepts than just focusing on tests and scores make learning enjoyable, effective and long lasting to both teacher and the taught.

Just until a decade ago teacher used to be the main source of knowledge, but in this internet era, voluminous information is available at one's fingertips. Due to this, the student is not that naive anymore. So it becomes imperative to respect

his awareness and to evolve towards student-centric teaching methods that involve him in the learning process in order to achieve better results. Knowledge, love and patience to help students learn, and commitment and passion for teaching are qualities that set real teachers apart. No super computer can ever replace a teacher whose ulterior motive is job satisfaction and character-building of the child. Passion for teaching is but a necessary ingredient in transference of knowledge to the taught. The life-changing teachers who cast indelible memories in students' minds are those who totally get transformed into fountains of knowledge and inspiration, the minute they enter the classroom.

Every society has its outer aspect called 'civilization', and also its inner aspect called 'culture'. A teacher should educate her students on both these aspects so that the tenets and practices of our forefathers are not forgotten. The need for this aspect has never been more than now, in the wake of globalization. Swami Vivekananda says: **"It is culture that withstands shocks, not a simple mass of knowledge... knowledge is only skin deep, as civilization is, and a little scratch brings out the old savage."**

A society is forever adding to its learning and culture. Therefore, education is a continuous and life long process. The modern day teacher is expected to learn continually. Sri Ramakrishna used to say, **'As long as I live, so long do I learn.'**

In order to facilitate teachers accomplish their goal, greater support, encouragement and respect are to be meted out to them and their profession by the system, students, parents and community. From their side the pupils should nurture a burning desire to learn. Parents could help by identifying, accepting and encouraging interests of their children and stop putting undue pressure on them to meet society's norms and expectations so that the whole process of learning becomes more enjoyable and exams and marks cease to be looked upon as 'the end'. Our salutations to the teachers, the makers of pillars of the nation and the authors of every race's future, on the occasion of beginning a new academic year.

- Annapurna R.

Ref: Profiles of Famous Educators
by Swami Prabhananda, RK Math, Kolkata



A TRUE VISIONARY

Helen Keller

Helen Keller was born on June 27, 1880 at Tuscumbia in Alabama. Arthur Keller was her father and Catherine, her mother. Due to an illness, at the tender age of 19 months Helen Keller became both blind and deaf.

While reading 'American Notes' by Charles Dickens, Helen's mother was inspired by the successful education of another deaf and blind woman and the Kellers' search for help ultimately led to educator Alexander Graham Bell, who recommended that the Kellers contact Anagnos at Perkins School for the Blind. Michael Anaganos of Greece was the chief of that Institution. He asked former student Anne Sullivan, herself visually impaired and only 20 years old, to become Keller's instructor. It was the beginning of a 49-year-long relationship, Sullivan evolving into her governess and then eventually her companion.



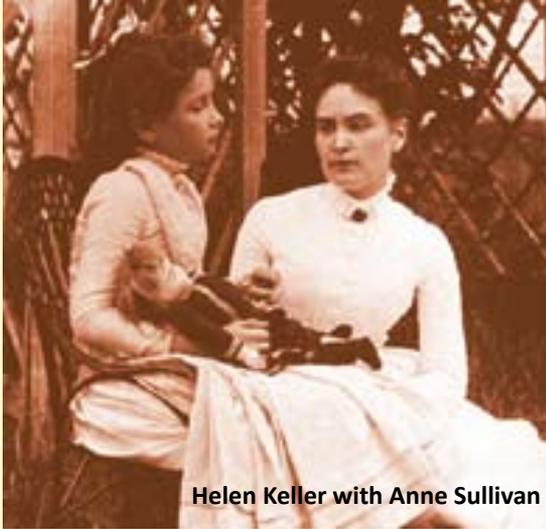
Helen not only learnt English, Latin, Greek, French and German through the Braille script, but also started to converse through the language of finger signs. She passed the B.A., examination at Radcliff College in 1900. She was the first person who was both blind and deaf to author books and wrote two books – "Optimism" and "The Story of My life" while at college. She contributed articles to newspapers. In an article, she mentioned that drops of silver nitrate should be put on a just born infant's eyes to prevent blindness by infection. Helen Keller eventually wrote a total of twelve books in braille.

In 1918, a Hollywood cinema company approached Helen to make a film called "Deliverance". Although that film failed as a drama, some of its scenes were used in a successful film, "The Unconquered". Forty years later Helen used to deliver lectures. Helen strove hard to earn money to become self-reliant.

Helen joined the American Blind People's Foundation in 1923. She was a pillar of strength to those who had lost their eyes in war. Despite blindness, she was conducting herself well like a sighted person. During World War II, she inspired air force personnel and soldiers who were injured in the eye, by meeting them. She strove for the blind people for half a century. She died on 1st June, 1968 at the age of 88. Her achievements are unique.

- Koti Rajasekhar M.



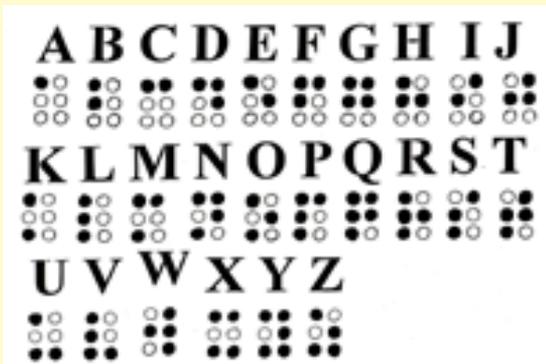


Helen Keller with Anne Sullivan

W-A-T-E-R

Helen was a bright child but her inability to communicate her ideas used to frustrate her and led to her throwing tantrums. One day Anne led Helen to the water pump and pumped water on her hand. She spelled the letters W-A-T-E-R as the water ran over Helen's hand. She did this over and over again. At last it dawned on Helen that the word "water" meant the water which she felt pouring over her hand. This opened up a whole new world for her. She ran everywhere asking Anne the name of different things and Anne would spell the words in her hand. This was the key which unlocked the world for her.

She eventually stopped having the tantrums. Anne taught her for years. Helen learnt to read Braille. This was a system of raised dots representing letters. A blind person could read by feeling of the dots.



Source: Garden of Praise

What Makes a Dad

God took the strength of a mountain,
 The majesty of a tree,
 The warmth of a summer sun,
 The calm of a quiet sea,
 The generous soul of nature,
 The comforting arm of night,
 The wisdom of the ages,
 The power of the eagle's flight,
 The joy of a morning in spring,
 The faith of a mustard seed,
 The patience of eternity,
 The depth of a family need,
 Then God combined these qualities,
 When there was nothing more to add,
 He knew His masterpiece was complete,
 And so,
 He called it ... Dad

Author Unknown



TYPES OF DEVOTEES



People are of various types. Their attitude towards life and God vary widely.

1. The out-and-out worldly-minded people do not usually care for God at all, and they inordinately yearn for the pleasures of life and of the senses and are mortally afraid of misery.
2. Another kind of worldly-minded people do think of God, but look upon Him mostly as the giver of boons, the giver of material prosperity, material enjoyment. They, too, have a great hankering for pleasures and are afraid of the miseries of life.
3. Some partly worldly-minded and partly spiritual-minded persons cling greatly to worldly pleasures even as they worship God, and try to consider even the unpleasant as pleasant although they feel miserable at the same time.
4. Some matter-of-fact souls without caring for God take the happiness and miseries of life as inevitable and try to take things as they are.

5. Some spiritual-minded people take both happiness and misery of life calmly as the consequence of their actions, good and bad, and try to live their lives as well as they can.
6. Others take everything as the gift of God and try to remain unaffected and contented as far as possible while they strive for the path of virtue and duty to the best of their ability.
7. Others take happiness and misery as inseparable opposites in a worldly existence, and not always as rewards and punishments for their actions. They try to live a life of non-attachment, purity, spiritual practice, duty and selfless service, and try to attain the Divine which is beyond all relative good and evil. In worldly happiness, as in worldly misery, they remain balanced and strive to their utmost to live the higher life, refusing to be disturbed and diverted by the opposites.

In one kind of love the lover thinks of his or her happiness alone. In another type there is the spirit of give and take; the lovers think of mutual happiness. There is a third type in which the lover does not think of his own happiness at all, his whole mind being fixed on the happiness of the beloved.

If in our love of God we do not find peace and joy, there is something wrong with that love. Pure love unmixed with worldly desires is sure to bring us great joy and fulfillment. The Lord often takes away things which we cling to, so that we may attain pure unselfish love for Him. Spiritual life very often means poverty and sorrow at the physical plane, but all these are sometimes necessary to enable us to attain pure love and through that, supreme Bliss. God is our greatest treasure, and in order to accumulate that, we have to throw away glass beads and tinsel.

Source : ***Meditation And Spiritual life***
by Swami Yatheeswarananda

KEEP THE FAITH

Many of us start our day with a bow and a prayer to the Almighty either in our heart or in front of the altar, often ending it with a note like, 'Bless me with a Good Day!' The prayer and its spirit are forgotten in a fraction of a second as we step out of the house in the rush to get to our college, office or wherever else we are headed to.

God forbid, if we miss a step and break a bone, doesn't our mind run in all directions but in HIS? Why did I not see it? Oh! I have already exhausted my sick leave! How much will this cost now? Will my insurance cover it and so on?

Do we even for a second, consider this to be a blessing from HIM or something sent by HIM as a part of HIS master plan for us? Not many of us do. If we don't, then how strong really is our Faith?

I too am a part of the lot mentioned above, most of the times. With a lot of practice and inspiration from my mother-in-law however, I am learning to accept HIM as the supreme authority. I am learning to keep the faith.

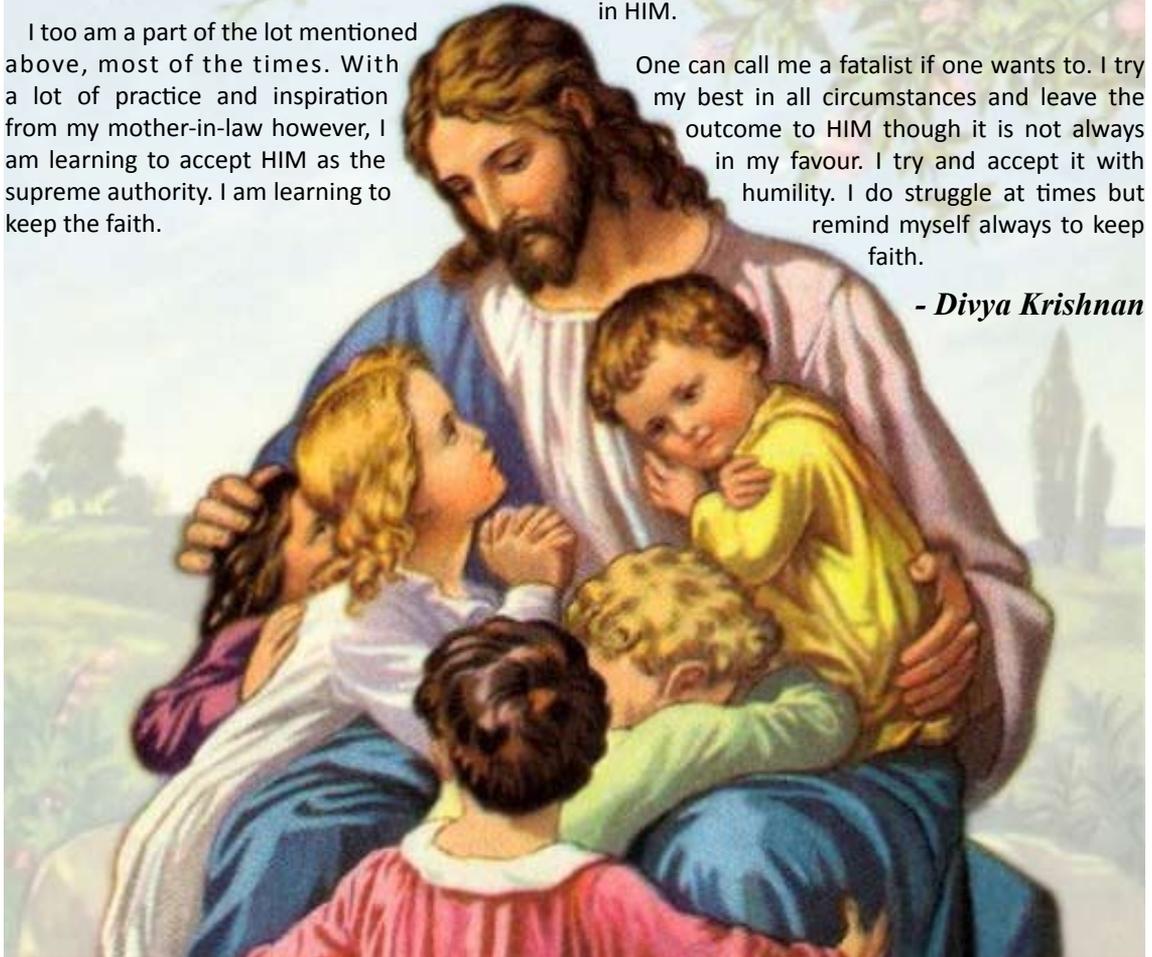
I just couldn't handle it initially and wondered if keeping faith meant throwing pragmatism out of the window and being lazy to even worry! Over a period of time though, I have understood it is neither. One is welcome to do what one can and also worry if one has to but it doesn't help. What helps is to 'Keep the Faith' and keep it 100% strong and uncompromised all the time.

It surely is not easy but there is no other way when it comes to believing in God. You either believe in HIM or you don't! If you are not sure then you don't!

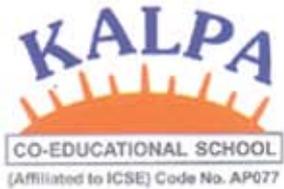
And if you do, then believe in HIM for better or for worse, during highs and lows. And that's the only mantra to a stress free life. Life will surely not be pink always but one has to keep the faith in HIM.

One can call me a fatalist if one wants to. I try my best in all circumstances and leave the outcome to HIM though it is not always in my favour. I try and accept it with humility. I do struggle at times but remind myself always to keep faith.

- Divya Krishnan



From our Readers



I am extremely privileged to share a few experiences that I have felt while going through a magazine, different from the ordinary.

The articles do not sermonize. They just relate to genuine day to day situations and discuss relevant results and consequences.

I enjoy sitting with my granddaughter who is fifteen years old in class X and I do not see any boredom on her face when we exchange ideas and views, while reading the articles in Nachiketanjali.

This is what made me realize that here is a magazine – Nachiketanjali – which will interest teen agers; school going students.

It opens up many ways to see the truth without references to holy books and epics.

I strongly feel that this magazine should find a place in the collection and regular study of magazines both by the individual and the institution.

My best wishes to everybody who is responsible for bringing out a practical, useful magazine such as Nachiketanjali.

(Sd) Principal.

20, Avenue 5, (Old Road No. 8), Banjara Hills, Hyderabad - 500 034.
Ph. 23350164, 23350020 Website: kalpaschool.in E-mail: info@kalpaschool.in, kalpa.school@yahoo.com

We are extremely thankful to Kalpa School for ordering 800 copies of our Nachiketanjali June issue to be distributed among the students.





Why it is important?

In the wake of globalization, we are witnessing an upsurge of western trends and a recession of Indian culture, tradition and heritage. Learning new things and adapting to global needs is indeed an indication of growth but losing our own flavor, identity and pride is a sure sign of impending cultural extinction and spiritual poverty. As we pace through the 21st century, we all need to make conscious efforts to revive the time-tested, profound and fundamental truths of the yore.

One such effort is **Nachiketanjali** a monthly magazine, published by Nachiketa Tapovan, a non-profit organization. The content of the magazine is a good balance of various aspects that could contribute to well-rounded development of individuals including children. On contrary to the norm that spirituality leads to disinterest towards life, at the end of reading the 36- pages of Nachiketanjali, the reader's love, respect and appreciation for life would increase manifold.

For just Rs 10 per month your encouragement and support will not only spread the word across the nation, but also help Nachiketa Tapovan, where more than 230 needy and underprivileged children are obtaining character-building education, totally free of cost!

How can you help?

- ✓ By advertising your business through Nachiketanjali for a very reasonable tariff (details furnished below), you can reach out to 3000 potential customers and be in touch with them on a monthly basis.
- ✓ By gifting Nachiketanjali subscription to a group of schools, libraries or organizations you can help promote value based lifestyle in society. The patron's names and our appreciation will be published in the magazine. For example, gifting it to 50 institutions will cost you only Rs 5000 per year!
- ✓ By subscribing for yourself, your friends and family or to your favorite hotels, clinics, salons or other places with waiting areas.

ADVERTISEMENT TARIFF

Page	Size	Multi colour	Black & white
Fourth Cover	15cm x 19cm	₹ 12,000	N.A.
Third Cover	15cm x 19cm	₹ 10,000	N.A.
Inside Page	15cm x 19cm	N. A.	₹ 5,000 (per month) ₹ 40,000 (per year)
Inside Strip	4cm x 15cm	N. A.	₹ 2,500 (per month) ₹ 20,000 (per year)

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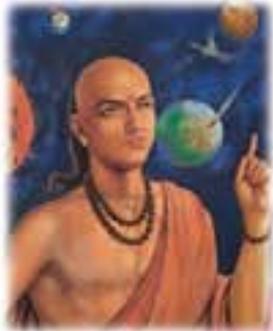
WITHIN INDIA

Single copy	₹ 10
1 year	₹ 100
3 years	₹ 280
5 years	₹ 450

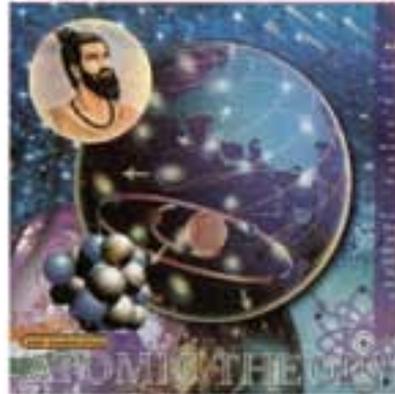
OVERSEAS

1 year	₹ 1500 (only in INR)
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ARYABHATT, Master Astronomer and Mathematician: Born in 476 CE in Kusumpur (Bihar), he remapped the boundaries of mathematics and astronomy. At the age of 23, he wrote a text on astronomy and a treatise on mathematics called "Aryabhatiyam." He formulated the process of calculating the motion of planets and the time of eclipses. Aryabhata was the first to proclaim that the earth is round, it rotates on its axis, orbits the sun and is suspended in space - 1000 years before Copernicus published his heliocentric theory. He calculated π (Pi) to four decimal places: 3.1416 and the sine table in trigonometry. His most spectacular contribution was the concept of zero without which modern computer technology would have been non-existent.



ARYABHATT



ACHARYA KANAD

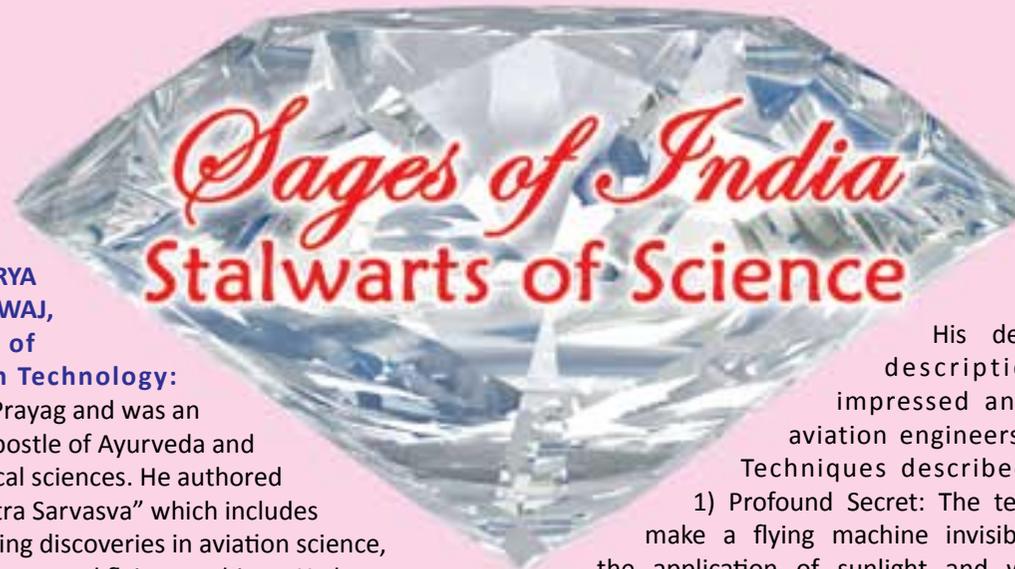
ACHARYA KANAD, Founder of Atomic Theory:

Born in Prabhas Kshetra near Dwaraka in Gujarat. Founder of "Vaisheshik Darshan"- one of six principal philosophies of India, he is the expounder of realism, law of causation and the atomic theory. He has classified all the objects of creation into nine elements, namely: earth, water, light, wind, ether, time, space, mind and soul. He says, "Every object of creation is made of atoms which in turn connect with each other to form molecules." His statement ushered in the Atomic Theory for the first time ever in the world, nearly 2500 years before John Dalton. Kanad has also described the dimension and motion of atoms and their chemical reactions with each other.



BHASKARACHARYA

BHASKARACHARYA, Genius in Algebra: Born in Vijjadit (Jalgaon) in Maharastra, his work in Algebra, Arithmetic and Geometry catapulted him to fame and immortality. His renowned mathematical works are called "Lilavati" and "Bijaganita". In his treatise, "Siddhant Shiromani " he writes on planetary positions, eclipses cosmography, mathematical techniques and astronomical equipment. In the "Surya Siddhant", he makes a note on the force of gravity: "Objects fall on earth due to a force of attraction by the earth. Therefore, the earth, planets, constellations, moon, and sun are held in orbit due to this attraction." Bhaskaracharya was the first to discover gravity, 500 years before Sir Isaac Newton.



ACHARYA BHARADWAJ, Pioneer of Aviation Technology:

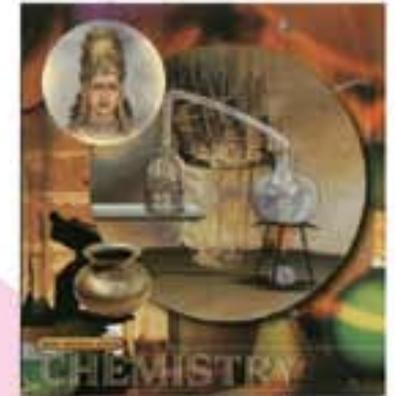
Lived in Prayag and was an ardent apostle of Ayurveda and mechanical sciences. He authored the "Yantra Sarvasva" which includes outstanding discoveries in aviation science, space science and flying machines. He has described three categories of flying machines:

- 1) One that flies on earth from one place to another.
- 2) One that travels from one planet to another.
- 3) And one that travels from one universe to another.

ACHARYA BHARADWAJ



NAGARJUNA, Wizard of Chemical Science: Born in the village of Baluka in Madhya Pradesh. He was an extraordinary wizard of science. His dedicated research for twelve years produced maiden discoveries and inventions in the faculties of chemistry and metallurgy. Where the medieval alchemists of England failed, Nagarjuna had discovered the alchemy of transmuting base metals into gold. As the author of medical books like "Arogyamanjari" and "Yogasar," he also made significant contributions to the field of curative medicine. He was appointed as Chancellor of the famous University of Nalanda.



NAGARJUNA

His designs and descriptions have impressed and amazed aviation engineers of today.

Techniques described by him:

- 1) Profound Secret: The technique to make a flying machine invisible through the application of sunlight and wind force.
- 2) Living Secret: The technique to make an invisible space machine visible through the application of electrical force.
- 3) Secret of Eavesdropping: The technique to listen to a conversation in another plane.
- 4.) Visual Secrets: The technique to see what's happening inside another plane.

SUSHRUTA



SUSHRUTA, Father of surgery:

He was an ancient Indian surgeon and is the author of the book Sushruta Samhita, in which he describes over 300 surgical procedures, 120 surgical instruments and classifies human surgery in eight categories. He lived, taught and practiced his art on the banks of the Ganges in the area that corresponds to the present day city of Varanasi in North India.

Because of his seminal and numerous contributions to the science and art of surgery he is also known by the title "Father of Surgery." Much of what is known about this inventive surgeon is contained in a series of volumes he authored, which are collectively known as the Sushruta Samhita.

Burn Your Boats

"Land ahoy!" roared the captain, looking out to the beach. All the soldiers gathered around in their boats. It was a deathly quiet night. The Greek army had landed on the enemy shores.

When the Greek boats reached the enemy shores, all the soldiers disembarked and lined up. Their Commander stood in front of them and gave the first order of battle- "Burn the Boats". The soldiers were stunned. They looked at each other in confusion. Burn the Boats?

I know what you're thinking. When I first read this story, I stopped reading at this point. And I thought to myself, "What nonsense! Burn the boats? Hello, whose side was he on? Which army was he trying to help?"

By the way, there's a whole industry out there created just to HELP YOU and ironically, it's called the 'Self-help' industry. They tell you about problems you never knew you had, then give you solutions you always knew you had!

Don't get me wrong. I am not against the 'self-help' industry. But sometimes, I think it gets a little too much. Did you know that there are books on 'how to read'? There is a 'College Guide' on how to sell your kidneys for alcohol money. There is a book titled 'Faking It: How to seem like a better person without actually improving yourself'.

I mean, there's every kind of solution out there- from how to make friends to being more creative and successful. But my question is- how much of it is practically possible? Because if you look carefully, there is always one little star mark at the bottom saying 'conditions apply'. If you want all the 'self-help' to work, you have to help yourself first. You have to let go of the safety net, and take that risk to leap forward.

History is rich with stories of spectacular risk takers- businessmen, sportspeople, scientists, artists and leaders. But that brings us to the question- what does it mean to take that risk? What is the real cost of success? For that, let's go back to our Greek story. I hadn't finished reading it yet.

"Burn the boats!" the Commander roared. "Set them on fire! Every one of them".

The Commander marched around, looking at his men's faces as they watched their boats burning in the distance. Then he said- "My comrades, brothers-in-arms, look close and look hard. All the boats have burned down. Tomorrow, we go into war. If we lose, there is no turning back. We die here, on enemy territory. But if you want to go back home, to your wives and your families and your children- then win this war, or die trying!"

Do you know what happened that day? The Greeks won that war against all odds. They became legendary warriors- for one good reason only. When they went for battle, they gave it their all. They risked everything. They burnt all their boats. There was no 'if we lose' or 'just in case'. Their motto was- WIN or die trying.

This was not just a Greek story or a motivational theory. This is the story of our life.

Look at your life. And ask yourself- what battles are you fighting? What do you want to achieve? Are you waiting to start that business of yours? Or finish writing that bestselling novel? Do you want to learn to play the violin? Or become a tennis champion?

We all have our dreams, goal, and ambition. And we're great at making plans for them- armed with our college



degrees and success 'formulae'. But when it comes down to action, when it is time to take that risk - we make one little mistake. No, one big mistake. We have our backup options lined up behind us like boats, 'just in case' we fail. And more often than not, those boats hold us back instead of pushing us forward. Do you know what those boats are?

I call them the 3F's- Fear, Fatigue and Failure. The Fear of going out into the unknown, of falling down and hurting yourself; the Fatigue you feel after trying so hard for so long, and your goal still seems unattainable; the Failure to give it your all- body, mind and soul. And sometimes, ironically, it is our past success that holds us back instead of pushing us forward.

I'm sure you've heard the saying- that there's a very thin line between bravery and madness. This is the line. Either you stay back, play safe and die a peaceful death- or you take that step and risk it all- for glory, for immortality. If you think about it, a risk is not really a risk when you know what you're doing.

So, comrades, brothers-and-sisters-in-arms, look close and look hard- All your boats are out there- the 3 F's- fear, fatigue and failure- they're floating about in the water, waiting for you to return 'just in case'.

Today, I want to leave you with one message only- give life to your hopes, cut loose from those ropes, burn your boats. Burn them all.

- Avinash Agarwal



I observe and I wonder

I observe and wonder, the point, the purpose, the insignificance pervades... words and actions have no essence, surrealism persuades...

I fall, I rise, I laugh and repeat... elated in victory, broken in defeat... Patient in waiting for the answers, Where do I seek, who do I ask?

I look back at the haze, in search for a meaning... I lose my way, stumble and spiral...

Filled with incessant thoughts that collide... I relinquish control with feelings subdued...

Full and empty, vast and tiny, joyful and sore... can't ignore the need to explore...

I observe and wonder...the point, the purpose... fleeting thoughts, fleeting moods, fleeting lives... longing to know, eager to realize...

I observe and I wonder...!!!

- Sravanth D.



Kabir Ke Doha

Many legends abound about the birth, life and death of Kabir, one of India's most quoted poets and mystics. His birth itself is shrouded in mystery; some say he was the son of a Brahmin widow, what is known though is that he was brought up in a family of muslim weavers. He was never formally educated and was almost completely illiterate. According to legend, the only word that he ever learned how to write was "Rama".

These Dohas or couplets are each complete in themselves and are the most famous of Kabir's poetry, there are many more. Kabir ke doha are often quoted in India even now because of their applicability to everyday issues like stress, procrastination, impatience etc. There is profound wisdom hidden in each couplet and they reflect Kabir's way of expressing the most profound thoughts in the simplest words

Chinta Aisee Dakini, Kat Kaleja Khaye

Vaid Bichara Kya Kare, Kahan Tak Dawa Lagaye

Worry is such a thief, it eats one's heart

What can the poor doctor do? How far will his medicine reach?

Jab Tun Aaya Jagat Mein, Log Hanse Tu Roye

Aise Karni Na Kari, Pache Hanse Sab Koye

When you came into this world, everyone laughed while you cried

Don't do such work, that they laugh when you are gone



Kaal Kare So Aaj Kar, Aaj Kare So Ub

Pal Mein Pralaya Hoyegi, Bahuri Karoge Kub

Tomorrow's work do today, today's work now
if the moment is lost, the work be done how?

Dukh Mein Simran Sab Kare, Sukh Mein Kare Na Koye

Jo Sukh Mein Simran Kare, Tau Dukh Kahe Ko Hoye

While suffering everyone prays and remembers Him, in joy no one does

If one prays and remembers Him in happiness, why would sorrow come?

Dheere Dheere Re Mana, Dheere Sub Kutch Hoye

Mali Seenche So Ghara, Ritu Aaye Phal Hoye

Slowly slowly O mind, everything in own pace happens

The gardener may water with a hundred buckets, fruit arrives only in its season

Jaise Til Mein Tel Hai, Jyon Chakmak Mein Aag

Tera Sayeen Tujh Mein Hai, Tu Jaag Sake To Jaag

Just as seed contains the oil, fire's in flint stone

Your temple seats the Divine, realize if you can

Akath Kahani Prem Ki, Kutch Kahi Na Jaye

Goonge Keri Sarkara, Baithe Muskae

Inexpressible is the story of Love, it goes without Saying

Like the dumb guy who eats sweet Sarkara, he only Smiles

Ek Kahun To Hai Nahin, Do Kahun To Gaari

Hai Jaisa Taisa Rahe, Kahe Kabir Bichari

If I say one, It is not; if I say two, it will be a violation

Let 'It' be whatever 'It' is, so says Kabir contemplating.

- A Compilation



LIGHT NOT TO BE TAKEN LIGHTLY!

Come summer, our electricity bills are bound to shoot up. The heat gets the better of us and we go from pillar to post trying to quench our thirst, feel the whiff of cool air and devour something chilly to feel cold inside. ACs work tirelessly, refrigerators are overloaded and yes, the roads are deserted. While trying to beat the heat, it is but natural for us to forget Mother Nature and the fact that we are making her flare up! Do we realize that air conditioning imposes huge energy costs and also impacts our health? Do we know that drinking 'ice' water can have ill effect on our body? Are you remembering the wise words of your grandma now?

We do not intend to say that one should adopt a very 'austere' lifestyle. Nevertheless, we would be doing a great favour to ourselves if we keep the following points in mind and try to adopt them in our lives:



1. The 'matka' water is always better than refrigerated water.

2. Make sure that the filters of your air conditioner are clean. Otherwise, the AC would not be able to function to its full efficiency and also, micro-organisms accumulate in the filters.
3. Switch off appliances when not in use, and try to minimize their usage. For instance, everyone in the home can stay in one room as far as possible.
4. Turn off the devices for an hour everyday and spend the time in the lap of Mother Nature, with friends and family.
5. Iron all your clothes at a time. This would save on lot of energy.
6. Replace the normal lamps with CFLs and notice the change over a period of time.

There are many more ways. The challenge is to stick to them and devise newer methods to be energy efficient.

Festivals of June 2012



1

Sant Gyaneshwar
Jayanti



4

Kabir Jayanti



17

Father's Day



21

Ratha Yatra



25

Kumara
Shashti

Our institutions are like Kamadhenu – they offer a wide range of resources for us to flourish and add value to them. Family gives us the support and succor which we need in trying phases of life; society by criticizing or praising offers us numerous lessons; and our offices or educational institutions provide adequate services for us to perform well. However, our wish-list is endless. Every now and then we feel we need something more and request or even demand for the same, and our wants are fulfilled.

Our roads are clean because of the municipal worker who without caring for the heat or the cold does her job every morning. The traffic policeman is standing at the signals to direct us always, be it in summer or during the monsoons. The construction labourers get a deadline and do their work accordingly. They carry stones, break iron rods, and do all the hard labour.

Our life is a lot about taking than giving. We are definitely an indispensable part of these institutions. Can we survive without everyone else? Can we think of a life without Lakshmi, our maid who does all the odd jobs for us? Can we do all things by ourselves? No, would be the answer!

Then why is it that we rarely feel gratitude for our institutions? Why is it that we rarely care for them, but do anything that is advantageous for our own self (for example, corruption), not withstanding



While we surge ahead and carve our own path with hard work and fortitude, I only pray that we do not forget each person and every institution which has contributed to our growth or helped us in anyway.

the fact that the same is detrimental to the welfare of these institutions? Why is it that everything is subsumed by the one word 'money'? Why do we forget that we share a symbiotic relationship with our institutions and that our well-being depends upon the success of these institutions?

While we surge ahead and carve our own path with hard work and fortitude, I only pray that we do not forget each person and every institution which has contributed to our growth or helped us in anyway. I remember Mr. Pradeep Joseph James, a co-passenger who got down at an unknown station to bring medicines for me when I was down with high temperature on a journey some eight years ago. I did not speak to him even once throughout the journey. But seeing me suffer, he voluntarily got down and brought the medicines. May be this is a way in which God manifests Himself. Perhaps this is what the institution of humanity is all about. I cannot recollect his face today but I cannot forget the lesson I learnt – be thankful and helpful at the same time.

We are nothing without these institutions and without the others. Let us have a sense of appreciation for these and everyone who helps us, and let us leave no stone unturned in our efforts to make them better!



Neetika Gogula, B.A. L.L.B. (Hons) has passion for writing articles on social issues.

WHY WE SHOUT IN ANGER

A Hindu saint who was visiting river Ganges to take bath found a group of family members on the banks, shouting in anger at each other. He turned to his disciples smiled and asked,

‘Why do people in anger shout at each other?’

Disciples thought for a while and one of them said, ‘Because we lose our calm, we shout.’

‘But, why should you shout when the other person is just next to you? You can as well tell him what you have to say in a soft manner,’ said the saint.

Disciples gave some other answers but none satisfied the saint. Finally the saint explained,

‘When two people are angry at each other, their hearts distance a lot. To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other to cover that great distance.

What happens when two people fall in love? They don’t shout at each other but talk softly, because their hearts are very close. The distance between them is either non-existent or very small...’

The saint continued, ‘When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally they even need not whisper, they only look at each other and that’s all. That is how close two people are when they love each other.’

He looked at his disciples and said.

‘So when you argue, do not let your hearts get distant. Do not say words that distance each other more, or else there will come a day when the distance is so great that you will not find the path to return.’

- Wisdom Dawns

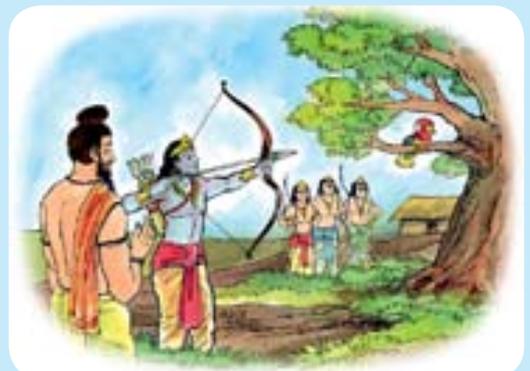


Training the Mind

Since mind is the key instrument in learning, students should give top priority to its training. To quote Swami Vivekananda, ‘...the very essence of education is concentration of mind, not the collecting of facts’. Unfortunately training of the mind in all its aspects is absent in today’s education.

A few pointers to improve concentration in students

- Chanting Gayathri Mantra. Studies have shown that regular chanting with awareness improves one’s memory
- Yoga asanas (surya namaskars), pranayama and meditation (focusing on one thought at the exclusion of other thoughts)
- Praying soulfully for at least few minutes every day
- Practice of Brahmacharya- purity in thought, word and deed
- Read inspirational literature books daily for at least half an hour
- Progressively replace recreational time spent in watching TV, browsing internet and social media, with sports, reading, games, community service etc.
- Avoid multi-tasking because it takes 50% longer and 50% less valuable.



Inspiration Galore

A 'SUPER' EXTRAORDINARY MAN

He has been honoured at the national as well as international fora. He has delivered lectures at the IIM, Ahmedabad and given interviews in international television channels. In 2009, he made his way to the Limca Book of Records. His school was named the best in India by the Special Envoy to the President of the United States. He is God to the sons of a rickshaw puller, a brick kiln labourer, a roadside vendor and a landless farmer, who made it to the temples of technology, the IITs because of his selfless encouragement and teaching. Meet Mr. Anand Kumar, who has founded and now runs the Ramanujam School of Mathematics and the 'Super30'...

Could you tell us about your childhood and education?

I was born in a family with a very modest background. My father was a clerk in the postal department, and mother, a homemaker. I was educated in a Hindi medium school in Patna. My interest in Mathematics developed during my student days. I loved solving problems in different ways and enjoyed Mathematics more than cricket or anything else. I graduated from the Bihar National College, affiliated to the Patna University, and I owe it to my teacher, Dr. Devi Prasad Verma, the Head of the Science Department at the University for all the encouragement and support he extended, in getting my formulae and theories published

in the most prestigious journals, both national and international, including in a British Journal edited by Prof. G.H. Hardy, who was regarded as Ramanujan's teacher.

Your struggle is inspiring. We understand that financial constraints stopped you from going to Cambridge University. At that time, how did you cope with the disappointment?

In 1994, I applied for admission into the post-graduate course at Cambridge, got selected but failed to get a scholarship. My family could not



afford the expenditure. The Postal Department extended financial support, but before it could reach me, my father passed away and I had to shoulder the responsibility of my family. My mother used to make papads to support us. I started taking classes in Mathematics. The satisfaction I got from Maths helped me

overcome the problems. As Patna's Central Library did not subscribe to international journals, I used to go to Banaras every weekend, study from my favourite books and journals at the Banaras Hindu University library, take notes and come back on Monday.

Could you please tell us about Super 30 and its initial days?

I started taking classes in Mathematics in 1992 for two students (the Ramanujam School of Mathematics) and in three years, the number crossed 500! In 2000, a poor student came to me and said he wished to prepare for the IIT entrance, but that finance was a constraint. It



moved me and I started 'Super 30'. There was no financial support, in fact nothing but a strong will. Classes were started in a small room with a tin roof and creaking benches. We charged Rs. 500 per year, a very nominal amount. In case one could not afford it, we would teach him

free of cost. The first batch of 30 students was selected on the basis of a written test and an interview. My mother, Jayanti Devi cooked for all of us. Out of these 30 of the first batch, 18 students got selected. During 2003 to 2009, the success rate was 87% and in 2010, it was 100%! Though money was a constraint, even today, I refuse financial assistance from anyone as Super 30 is all about self-dependence. I have also refused offers from many coaching institutes to join them.

Who or what is your inspiration?

Srinivasa Ramanujam is my inspiration. I read his biography innumerable times and always aspired to become a Mathematician like him. But I have not been able to become even 0.001% per cent of what he was.

How does it feel to be 'Anand Sir', the inspiration for many? And what are your plans for the future?

It feels good and drives me to surmount any challenge which may come up. I understand what poverty is. When there is no food, man's ability to think and work is affected. But **I believe that if a person has lofty morals, then scarcity of resources and circumstances are never a hindrance.** Today, most of my students are holding high positions. They come to the institute once in a while and inspire the students there. They owe it all to their hard work. I aspire that we start a school and children are inspired to win the Nobel Prize for India.

Nachiketa Tapovan thanks Mr. Anand Kumar for being an extraordinary person in an ordinary way, and for sparing his time for this interview. We pray that all his dreams, which are always for his students, come true. May he surge ahead, dauntlessly!



Neetika Gogula, B.A. L.L.B. (Hons) has passion for writing articles on social issues.

Stars of Summer Camp 2012



*Interactive narration of Dasavatara
by Mrs. Deepa Kiran*

Mrs. Deepa Kiran is a story teller by profession and passion. When she visited Tapovan on 7th May 2012, she enthralled the campers with her story on Dasavatar. Children were fascinated with her oratory skills and were totally involved in the story. All the ten Avatars of Lord Vishnu were put in a nutshell and using cymbals and other musical instruments the story was made more interesting. Deepa weaved fun and laughter into her story session and enlivened it with a spiritual touch with her song on Lord Narayana at the end of each Avatar. We thank her for her spirit in accepting our invitation and spending time with the campers.



Mrs. Deepa Kiran enthralling the campers with her story telling



Sindhura



Smt. Uma Rama Rao creating awareness of dance

Smt Uma Rama Rao visited Tapovan as a guest of honour. She spent valuable moments with the summer campers. Her disciple Sindhura, an MBA student from Pune performed several dance items much to the delight of the campers. Smt Uma Rama Rao gave a lot of encouragement to the children by explaining to them the value of dance and also gave the campers an opportunity to exhibit their skills. Sindhura explained to the children how dance has changed her personality and life. Being a shy girl she feared to talk to people when she was young. But her Guru Uma Rama Rao told her one day, "Why do you have fear? Learn to stand tall. If you think what you do is right then firmly stick to it. Don't bother about what the others think of you. If you feel you are wrong in doing something then be humble and accept your mistake. This is the secret of life..." This brought a great change in Sindhura's life. In her own words, "Since that day I became very bold. Now I am able to talk and perform in front of a big gathering without any fear. I am more confident and I owe this to my Guru and the dance..." These words motivated some of the campers who performed to the same song without any prior practice.



*Tejaswini,
student of Vidya
Mandir*

We thank Smt Uma Rama Rao for spending her valuable time with the campers and for her golden words of advice.

SUMMER CAMP 2012 IN PROGRESS



Learning human values through experiments



Volunteer Madhavi explaining the experiment



A skit by the campers



Yoga class for the campers



AN IMAGINATION... from inspiration

Once I was sleeping on my bed. It was during my winter vacation. Well, I woke up at 9:35 am, lazed around for some time and at about 10 am, I brushed my teeth. I ate breakfast, played with water as if I was a beautician. At 1:30 pm, I went to my room to choose my clothes for a bath. I went near my closet and I heard some one call 'Kini, help! Quickly, in your closet!' So, I opened my closet and saw a slightly darkish figure. It was a person alright, but I bet he got suffocated among my clothes. 'What a mess Kini' he said. He was wearing an yellow dhoti, a lot of jewelry, a small crown and most surprisingly, a peacock feather! I thought that it was krishna, but obviously, how could it be?! He said 'Hi Kini, I'm Krishna, Lord Krishna the great! The one who killed Kamsa and released my parents from jail, that Krishna.'

I asked Krishna 'How surprising!, I'll tell all my friends!' Krishna came out and became bigger, taller than my dad. My sister came and said 'Kini, why so long to choose your clothes, and who is that?' 'Krishna, Lord Krishna!' I said. She came, saw Krishna and we both bowed at his feet and asked him, why he came here. He said 'You remember, when you were six year old you cried for me. So I came to see you'. He suddenly disappeared.

- Mandaakini C.
Summer Camper

(Inspired by the Dasavatara story session,
Mandaakini came up with this story)



इकलइकगो िइइठ = त्वन्तु इवदन

Krupalu Ogeti, Secretary, Samskrit Bharati, Hyd.
email:okrupalu@samskritam.net

Daily Routine

Let us look at the common chores we do daily.
Let us use Narayana's day for doing this.

नारायणः प्रातः (morning) पञ्चवादाने उत्तिष्ठति।

सः प्रथमं कलशमितं (potfull) जलं पिबति।

सः गृहे इतस्ततः (here & there) किञ्चित् भ्रमति।

तदनन्तरं शौचकार्यं समापयति (completes)।

सः दन्तधावनं (brushing of teeth) करोति।

तदा सः किञ्चित् योगाभ्यासं करोति।

सः सन्ध्यावन्दनं च समापयति।

तदा माता अल्पाहारं (tiffin) चायं च ददाति। सः प्रथमम्
अल्पाहारं खादति, अन्ते चायं पिबति।

तदा दिनपत्रिका उत्पीठिकायां भवति।

नारायणः दिनपत्रिकां पठति।

सः नववादाने कलाशालां (to college) गच्छति।

तत्र सायं चतुर्वादन-पर्यन्तं (till 4pm) सम्यक् पठति।

सायं गृहम् आगच्छति। किञ्चित् विश्रान्तिं स्वीकरोति
(takes some rest)।



तदनन्तरं क्रीडाङ्गणं (play ground) गच्छति।

तत्र घन्टां यावत् क्रीडति।

गृहम् आगच्छति, स्नाति (स्नानं करोति) च।

सः भोजनं करोति।

ततः घन्टाद्वयं यावत् गृहकार्यं, पठनं च कतोरि।

नारायणः प्रतिदिनं दशवादाने निद्राति (sleeps)।

Write down how you spend your day. Remember that with 'aham', the form of verb is slightly different. You have to say गच्छामि, पठामि, स्नामि, करोमि, पिबामि etc.

Time Again in more detail

We know that if we advance a quarter hour at a time, starting from 7 o'clock, we have

सप्तवादनम्, सपाद-सप्तवादनम्, सार्ध-सप्तवादनम्,
पादोन-अष्टवादनम्, अष्टवादनम् and so on.

In stead of a quarter hour at a time, we decrease the interval to 5 minutes at a time, we will have

सप्तवादनम्, पञ्चाधिक-सप्तवादनम्, दशाधिक-
सप्तवादनम्, सपाद-सप्तवादनम्, विशत्यधिक-
सप्तवादनम्, पञ्चविंशत्यधिक-सप्तवादनम्,
सार्ध-सप्तवादनम्, पञ्चविंशत्यून-अष्टवादनम्,
विंशत्यून-अष्टवादनम्, पादोन-अष्टवादनम्, दशोन-
अष्टवादनम्, पञ्चोन-अष्टवादनम्, अष्टवादनम्.

While पादोन-अष्टवादनम् is currently acceptable, it would be good to combine these two parts – if you know the basics of 'sandhi' – into पादोनाष्टवादनम्.

Write down the time in Samskrit, starting from 9 o'clock, giving 3 minutes increment at a time, like नववादनम्, (त्रि-अधिक=) त्र्यधिक-नववादनम्, षडधिक-नववादनम्.

* * *

Paying it forward

Many benevolent personalities have conceived and shaped free schools, hospitals and other amenities for those in need. One such creation that rose out of unconditional kindness is Nachiketa Tapovan's Vidya Mandir. We might argue – that only the affluent can afford to turn philanthropists and that only they can spend the time and effort in 'giving'.

Vidya Mandir was bracing for this year's final examinations when the teaching staff raised concerns about some children in the primary classes falling behind their peers. We approached the senior children with this concern. The intention was clear, the energy was instantaneous. They offered to tutor the younger children every day during the summer vacation for a month. There were some very good students amongst them who hesitated at first. 'Ma, I don't think I have the patience to do it' or 'Ma, I want to sleep longer in the vacation, can't make it in the mornings' and so on.

But acts of kindness can be contagious. One reminder of the spirit of Swamiji, Mataji, Vasundhara Ma and the volunteers and those slightly reluctant children turned around. It wasn't a meek submission to an elder's command; it was a genuine willingness to experience the 'gift of giving'. These children came every day of the following month, forgoing their precious vacation time, to tutor the younger children.

We watched them play 'teacher' and use creative ways of teaching and doing their best to make the little ones understand their lessons. They made worksheets, conducted tests and did all that they saw their teachers do.

The love and kindness that they receive- it was all about paying it forward. How else can ordinary people make a positive difference in this world?



This is what the young teachers have to say about their teaching experience-

Why are you coming to school in summer holidays?

Jishnu Chandra: I'm coming to school to help those students who failed in their exams

What exactly are you doing in school?

Nagamani: I am teaching Maths and English for V class students and making them understand the subject.

How are your Juniors receiving you as their teacher?

Madhu: Most of them are responding very nicely. But two or three children are not doing their homework and not listening.

Prasanna: They are doing well and they are catching the subjects easily.

How are you benefited by doing this?

Gayatri: I am loving this activity of teaching them. So the benefit I am getting is happiness.

G.Shravani: I am feeling very nice and am also getting trained in how to teach students and improve them.

Do you have suggestions to improve this model of teaching assistance?

Tejaswini: Yes, we have to tell them kindly, asking if they have doubts and doing more activities with them. We should give some freedom to them.

"We applaud you children for doing your bit towards creating a world that is happy, trusting and harmonious!"



Spoken English Classes for Youth

After inauguration of Ashram, we had a strong desire to take up some activities but nothing was clear. However down deep we knew that if opportunities are created in this remote area, then no one can stop the youth energy that is roaring to go all out. Initially we thought we can go ahead with job oriented projects, where needy youth could explore their hidden potential and make themselves stand on their own feet. We felt that computer training would be a wonderful tool which would bring them closer to the world and at the same time fetch something for their livelihood if not for life. But due to lack of funds, infrastructure and computers, we decided to take up "Spoken English Classes for Youth" and to everyone's surprise we got a tremendous response.

When we look back, we feel it was a wise decision to start off with Spoken English Classes combined with Personality Development Training Course. We began with 50 youth and now we have 85 on roll. Most of the youth come from nearby hamlets, walking 14 to 20 km on foot.

Basically most of them are 'Banjaras', a great tribe, whose roots may be found in Rajasthan and who knows, some of them might be

associated with Royal Families as well. Today, though they are living in dire conditions the youth have realized that if they want to be heard, seen and felt then education is the best medium and shaping their personality under a spiritual umbrella is of paramount importance.

With Mataji's initiative and blessings our simple journey started on 16th April and going to end on 17th June 2012 with a convocation programme. But we are not going to stop there. Considering this programme to be the first step towards development, we will make sure that more such programmes will be conducted for one and all. In just a span of 15 credits, 3 hours per credit, if we can see tremendous change and passion for life then I am sure that with the help of you all, we can bring a great difference in their lives.

Therefore please come and bless the youth, who knows, a pat from you may elevate the suppressed ones... who knows, your contribution in any form may make history... who knows, your small gesture may wipe the tears that they were shedding since ages together... who knows... therefore please...!!!

- Swami Nachiketananda Puri



Mataji conducting Spoken English Class





Nachiketa Tapovan Ashram

An Appeal

“The poor, the illiterate, the ignorant, the afflicted- let these be your God. Know that service to these alone is the highest religion.”
– Swami Vivekananda

Dear Patron,

Mahboobnagar District, the second largest district in Andhra Pradesh, is situated within a 2 hr drive from Hyderabad. It is known to be one of the most backward areas in education and health in the state. In an effort to change the lives of the rural population, largely comprising of tribal communities in this region, Nachiketa Ashram project in Kodgal village has been undertaken.

Our efforts are towards making the rural people self-reliant.

- ❖ We want to realize this by providing
 - ✓ Free vocational training
 - ✓ Free basic education
 - ✓ Free medical dispensaries
- ❖ The ashram will also be home to spiritual activities

- ❖ It will also serve as a retreat to all those who seek spiritual rejuvenation

To work towards our endeavor, we need your help in the form of generous donations towards the following projects:

- ❖ Drip irrigation
- ❖ Solar Power project
- ❖ Laying of roads
- ❖ Rain-water harvesting
- ❖ Herb garden
- ❖ Construction of Vidya Mandir-Free School

We look forward to your generous and valuable support and contribution.

Yours in the service of Motherland

Paramahansa Swami Shivananda Puri



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Devotee	100
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We express our gratitude to:

- Sri Venkateswara Swamy Temple, Aurora, IL USA \$ 2,502/-
- Mr. C. Ramakrishna, Rs. 50,000/-

MAGAZINE CORPUS FUND

We convey our sincere thanks to Mr. Jagath Jain for his kind donation of Rs. 5,000/- towards magazine corpus fund.



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HOW YOU CAN HELP

*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 230 children who receive all-round nourishment from man-making education to milk-n-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.

Donations towards operation costs	*Corpus Fund Options
Sponsor a Teacher (Dance & Music) ₹ 5000/Month	Sponsor a child ₹ 1 Lakh
Vidya Daanam (Education) ₹ 5700/year/child	Anna Daanam (Mid-day Meals) ₹ 50,000/-
Anna Daanam (Mid-day Meals) ₹ 4700/day	Alpa Aharam (Snacks) ₹ 10,000/-
Alpa Aharam (Snacks) ₹ 700/day	* With the accrued annual interest the following will be achieved every year, respectively.
Vastra Daanam (Uniforms) ₹ 800/2 pairs	- One child's education annually.
Stationery Supplies (Copier Paper) ₹ 5000/term	- Mid-day Meals for the whole school for one day annually.
Medicines (For needy people) ₹ 5000/month	- Snacks for the whole school for one day annually.
Sponsor a Festival in temple ₹ 3000	

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Donations can be made directly by cheque or DD in favor of "Nachiketa Tapovan". The donations in India are exempt under the U/s 80G of IT Act, 1961.	Donations can be made directly by cheque or DD in favor of "Nachiketa Tapovan". Nachiketa Tapovan has permission to receive donations from abroad under FCRA act
Donations can be also directed through bank account as below	Bank Information
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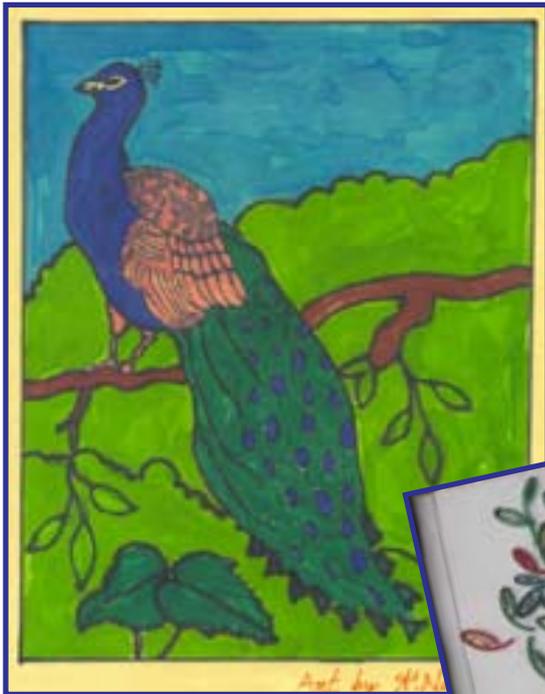
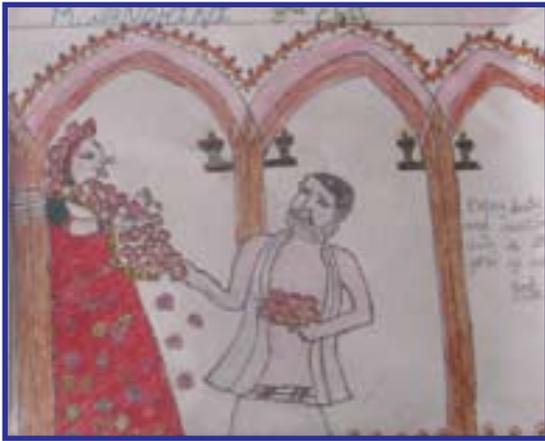
“Why run around sprinkling water?

There's an ocean inside you, and when you are ready you'll drink”

- Kabir

Griha Constructions, Chennai

Creativity of Nachiketa Tapovan's Vidya Mandir children



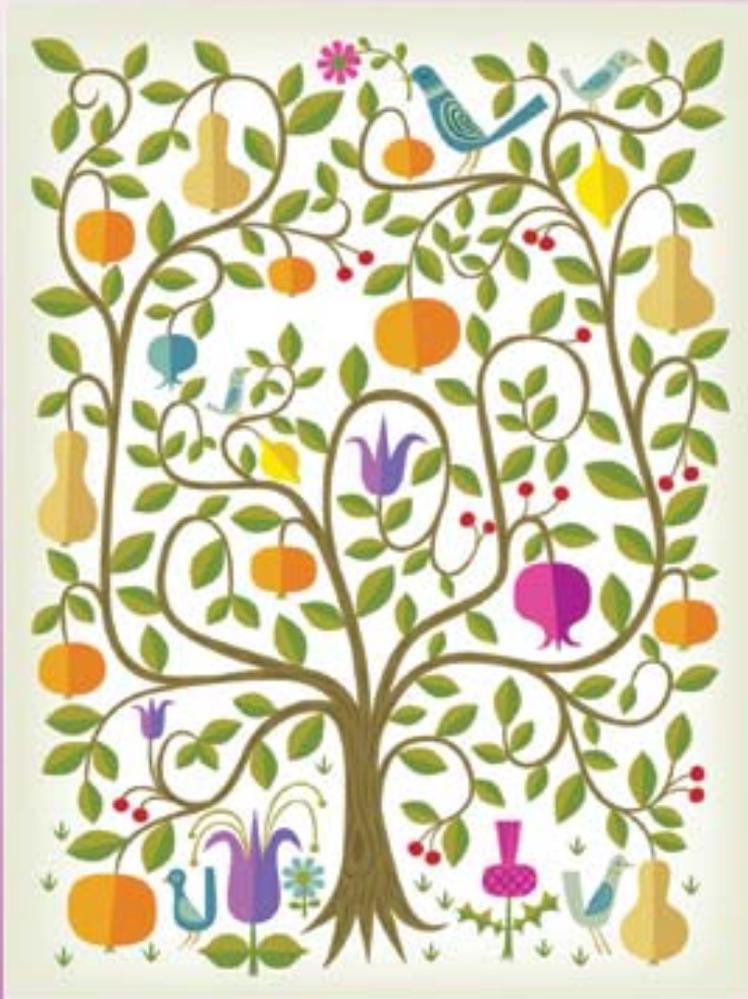


Summer Camp 2012



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*“Only those who partake of the harmony within their souls
know the harmony that runs through nature”*

- Paramahansa Yogananda



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