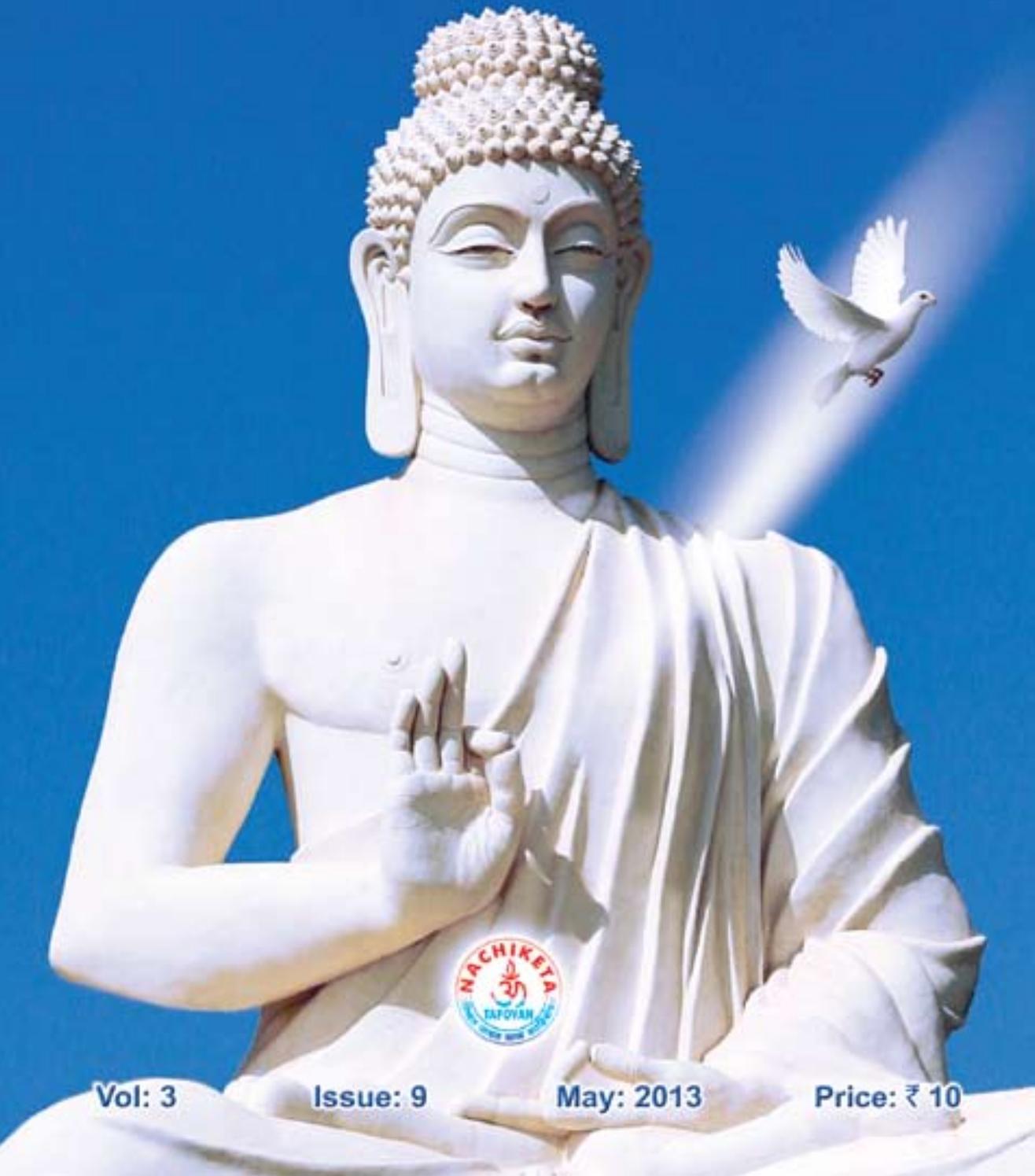


Nachiketanjali

...an offering



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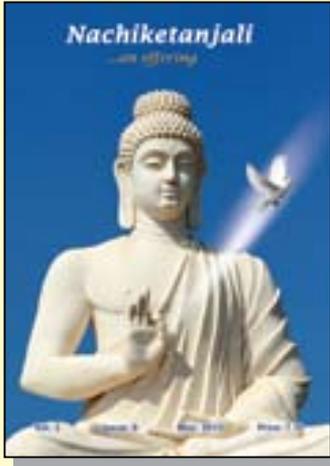


Contents

	Editorial	2	Two types of Spiritual Aspirants	17	
	What is Enlightenment?	3	Journey Home	18	
	Somewhere Tiny Eyes...	4	Silent Lake	19	
	Overview of HIV/AIDS in India	6	Tender Touch - SPARSH	20	
	Irony	7	Come to think of it	22	
	Sri Ramakrishna's Amrita Dhara	8	Sama-dhi=Equal mindedness=Nirvana	23	
	What is Evil?	9	The Praying Hands	24	
	Vivekanjali	10	Smrithis	25	
	Yoga for your health	11	Village of 60 Millionaires!	26	
	Whither Reservation?	12	Peace through Prayer	27	
	A Mother's Heart	13	Go green	28	
	Adi Shankaracharya's Teachings	14	Sanskrit Lesson - Thirty Seven	29	
	Simhachalam	15	Ashram News	30	
	Perception - The life tool	16	Events and Celebrations	32	



Cover story



Peace comes from
within. Do not
seek it without.

- Buddha

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Editorial

IT IS TIME TO WAKE UP!

The sun rises and most of us settle down with a cup of coffee and a bunch of newspapers in hand and relax. But by the time we start enjoying the aroma and first sip of coffee, our adrenalin starts rising as we read the headlines. There are rapes, murders and other heinous acts all over. We shove the papers aside and sympathize with the victims for a while. After a few moments we are engrossed in getting ready with our busy schedules.

But stop for a while! Think for a moment!

Who is responsible for all these happenings?

Whom do we blame?

As parents and citizens of Bharat don't we have a role to play?

Instead of blaming the Government and its policies, we as responsible citizens can team up and bring a great change in the society. Mahatma Gandhi started his struggle all alone and people joined him when they trusted his sincerity and commitment for the cause. Together they were successful in winning freedom for the nation. However it is distressing that this freedom is being misinterpreted and used for the wrong reasons.

The entire system has to change at the roots. Our education system should focus more on value-based education rather than being career-based. It is the duty of the parents to inculcate moral and human values in their children right from their earlier years. Children learn fast and why not use their skills with a right attitude?

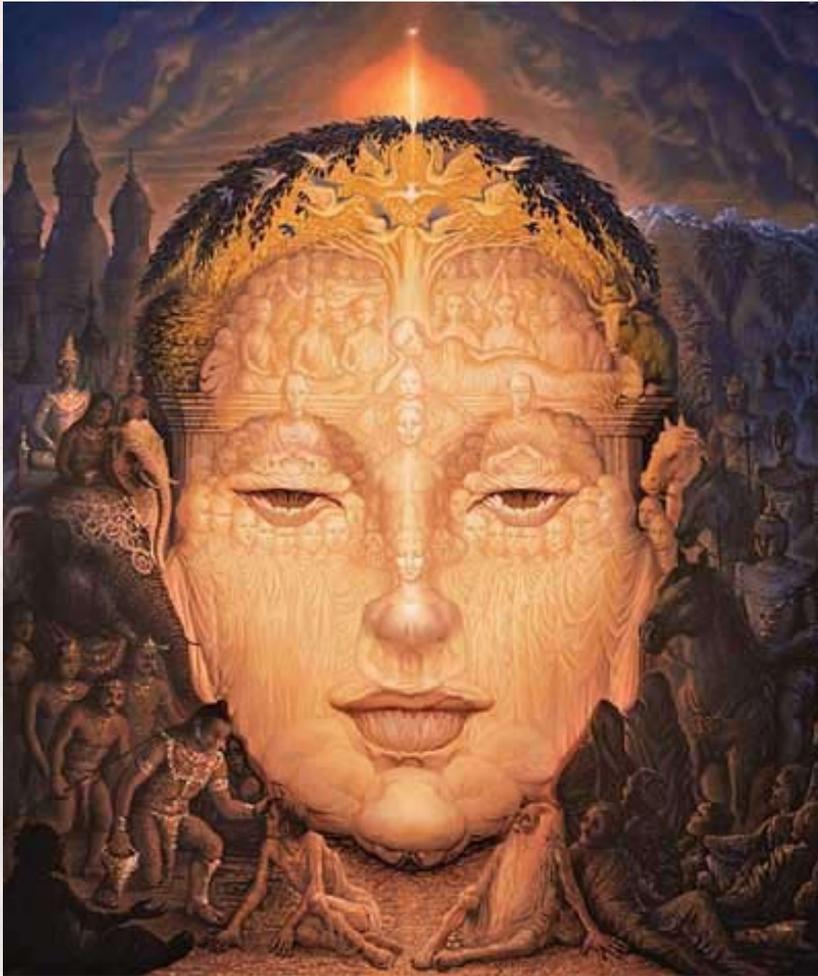
We as Indians are fortunate to be born in Bharat which is the seat of Vedic Culture. This holy place is the home of Rishis and Mahatmas. Several other countries are attracted to our *sanathana dharma* and spiritual practices. But it is a pity that we are losing the essence of our culture and trying to imitate the westerners.

It is time to awake! Solution is always at hand! It is true that there is no magic wand to change things overnight but let us take the challenge, struggle hard and uphold our *dharma*! Even one step forward is worth a hundred steps. Success is inevitable. Let us make Mother India proud by holding her flag high in the world map. It is the birth right of every Indian.

- Subhadra K.



What is Enlightenment?



This picture painted by the Mexican artist **Octavio Ocampo** is called “**Buddha**” but what is the symbolism behind the peaceful face? Isn't it what is meant by the word “Enlightenment”? Look closer and you will see that the symbols of different religions are parts of one person. Isn't it because **all the religions are like flowers on the same tree** and enlightenment means realization of the virtues which are the same in all the religions?

The chin of Buddha is made of his disciples bowing in *namaskar*. The lower lip is like the *sahasrara chakra* (1000-petal from Sanskrit). Ears are represented by Shri Ganesha and Shri Kalki. There is the tree of life constituting the forehead and the dove representing the Holy Spirit in the area of the fontanel bone. This is to name a few. May be you will also see something else.

Source: [Eternal values.wordpress.com](http://Eternalvalues.wordpress.com)



...Somewhere tiny eyes... Sparkling eyes... Moist eyes... Searching for one more lost star in the sky...!

... Cool breeze in the atmosphere... full moon and stars in the sky... and somewhere tiny eyes... sparkling eyes... moist eyes... searching for one more lost star in the sky...!
Mother of two kids singing lullaby, sitting outside, under the open sky...



One can feel the heat of parenting when only one is there to take care of. It is not that easy to bring up two children of the same age. A family of three is not a big family but when the three never sit together, then the problem starts. Children grow and the lullaby changes... This mother of two intelligent youth always finds it tough while meeting their demands. She is engaged from morning 5.00 am to 10.00 pm everyday from cooking to feeding and working in the field to serving them, but always keeping distance from the children like how a maidservant keeps... as if they are not her own and on top of that while cooking to preparing their beds, she always wears hand gloves. Many times after putting the children to sleep she leaves the house and goes somewhere. Children are unaware of this saga but how long can things be hidden and especially when the place is small and talk is big.

One day when the children were going to college, they overheard that their mother is not a woman of good character. When they confront their mother, the mother says "look my dear children; I do my *Sadhana* at night in the nearby temple and more than that I don't want to discuss anything or give any clarification." Listening to that, they get more disgusted and decide that the first day of their job should be their last day in the house. Since they were good in studies, they pass out with flying colours and

get jobs in the city and leave their home the same day, never to come back, bidding adieu to their mother.

Time simply passes by and after 14 years there comes a call from their mother, who is counting her last breaths and badly wanted to see her grandchildren. With great difficulty, her children accept her last wish and take their children to the village-house to see only the skeleton almost in coma and murmuring something. After all she was their mother, so they feel sorry for her suffering but at the same time think "Thank goodness, we didn't bring her to the city, otherwise she would have created more problems for all of us".

When her grand children were introduced to her, everyone could see a spark in her loving and compassionate eyes and tremendous energy emanating from the vibrant soul, eager to greet everyone around and depart silently. Especially, grandchildren even though they never knew anything about granny, yet by seeing her, they felt as if they are meeting the best person in the world, an embodiment of truth and purity like Ma Sita. Therefore, their modesty & honesty,



simplicity & curiosity made them probe into their granny's life silently the same day. After exploring the tiny village with their tiny legs, curious minds and open hearts, they feel more honored than ever before, perhaps better than receiving the highest honor or reward in the school.

After dinner, when all other members except granny were indulged in a kind of 'drawing room talk', children ask their parents, why granny was not staying with them. Parents tell children that this is not the right time for them to know the truth. But children argue with them to know what they have to say about granny. After much hesitation, parents tell the children about her bad character. Children are shocked, and feel as if somebody was squeezing their hearts and in agony and choked voices, children ask parents if they have ever tried to find out what was it that made her to behave that way or whether there was any truth in it? "How come, you both have written off your own mother, that too when she needed your help and support most? Have you ever tried to know why she wasn't sleeping in the same room, even though she was your mother? Have you ever noticed how she was slowly waning away probably due to her ill health or may be due to missing your company? Have you ever tried to know anything about your father? How he passed away and what was the reason for his early death? Have you ever noticed that she was working hard to make sure that you both are getting all the comforts and facilities?"

Dear Parents, please listen carefully, our grandpa had AIDS but how and from where he got nobody knows. You may ask then why granny behaved strangely. Why granny was keeping herself away from you all? Where was she going at night and for what? Dear parents, yes, many times she used to leave the house late in the night to go to the temple and pray for your good fortune and sometimes to the hospital to get treated for her ailing body. But you never tried to know anything as you both were busy in your own world. And do you want to know one more truth? Yes! She was also suffering with AIDS

and the source was our grandpa, not somebody else? And that was the reason why she behaved strangely! In fact she wanted you all to be away from her so that you will not get affected. She always wanted to depart that way, so that, you should not lose your small earnings. Granny should have been little bit more open... probably there should have been more awareness, yet, we feel the essence of amazing parenting; isn't it! You all were always in her prayers... in the temple... in the house... and in her heart and will remain always there but what about you and your heart...!

Dear Parents! It is the fear of AIDS that kills the human being not the AIDS and in her case she died every moment not because of 'fear of AIDS' or 'AIDS' itself but because of the treatment she encountered in her life, perhaps the most deadliest disease in the world isn't it?... Therefore dear one, please, at least if you feel, let us take her to a good hospital to make her last journey more peaceful. Who knows she might come back to life and tell us many stories from Mahabharata and Ramayana... who knows she might even teach us lost parenting... who knows she might sing once again lullaby for all of us... therefore please..."

...throats were choked completely... but moist eyes were speaking everything... it was night unraveling the saga of late night... silence interacting with silence... many eyes looking but not looking... from somewhere a dog's piercing cry... frozen hearts... heavy legs... one more pair of eyes gazing in the sky... probably praying for all and perhaps bidding last adieu silently... minds were filled with past and somewhere with sweet but choked voice... from somewhere perhaps from the sky, a tiny star sings lullaby...

Cool breeze in the atmosphere... full moon and stars in the sky... and somewhere tiny eyes... sparkling eyes... moist eyes... searching for one more lost star in the sky...!



- Swami Nachiketana Puri





Overview of HIV/AIDS in India

India is one of the largest and most populated countries in the world, with over one billion inhabitants. Of this number, it's estimated that around 2.4 million people are currently living with HIV.

HIV emerged later in India than it did in many other countries. Infection rates soared throughout the 1990s, and today the epidemic affects all sectors of Indian society, not just the groups – such as sex workers and truck drivers – with which it was originally associated.

Facts about AIDS:

- The first AIDS case in India was detected in 1986 and since then HIV infection has been reported in all states and union territories.
- The spread of HIV in India has been uneven. The highest estimated adult HIV prevalence is found in Manipur (1.40%), followed by Andhra Pradesh (0.90%), Mizoram (0.81%), Nagaland (0.78%), Karnataka (0.63%) and Maharashtra (0.55%).
- There are two types of HIV virus, i.e. HIV-1 and HIV-2. HIV-1 is present all over the world and in India most of the HIV patients are affected by HIV-1. HIV-2 is mainly found in Africa and also present in India.
- Once in body, HIV attacks CD4 type of White Blood Cells (WBCs) in blood and gradually kills them. Once they are destroyed our body's

resistance to fight infections goes down and person suffers from lots of infections. This end stage of HIV infection is called AIDS.

Symptoms of AIDS:

- Long standing unexplained fever
- Unexplained diarrhea
- Persistent cough
- Unexplained weight loss and persistent fatigue
- White blotches in the mouth or the tongue

How does AIDS spread?

- Unprotected Sex
- Transfusion of infected blood
- Infected mother to her baby during pregnancy, birth process and through breast-feeding
- Use of infected needles and syringes

SYMPTOMATIC TREATMENT:

- Early treatment of common problems like fever, cough, diarrhea etc.
- Early detection and treatment of opportunistic infections like TB etc.

SPECIFIC ANTI-HIV TREATMENT:

Many new anti-HIV drugs which prevent the spread of the virus and can postpone various complications are now available at selected places in market and few of them are also manufactured in India e.g. AZT, 3TC, D4T, Saquinavir, ddC, nevirapine etc. But these medicines are very costly and in India 90% of HIV patients cannot even think of them. One year expenses of these drugs and blood testing comes to around 1.5 to 2.5 lacs. These medicines can prolong the life of the patient but not cure him.

Source: avert.org, aids-india





IRONY

During one of my travels abroad, I was at a money exchange place and I saw this couple there...young, good looking and dressed to have a fun day out together. The man was wearing a pair of jeans and T, with shades on while being 'inside' the office and I scoffed a little at him for the same. The lady was very good looking, stunning, and seemed like a strong, confident woman.

There was something else too...something amiss. They didn't seem to have exchanged too much money but were taking much too long to count it and to place it in the desired place in their purses. And yet again, the arrogant and conceited me, scoffed at the time they were taking. "It's not such a big deal to count a little amount of money", I thought to myself. Also, I could sense arrogance and shallowness within me that I was exchanging so much more money and I wouldn't take half that time to get going.

Anyway, I still had to wait for my turn, so I sat and observed them. And then it happened and it completely broke me and shook me from inside!

They had finally finished counting and placing the money in their respective purses and got up to leave. And as they did so, I realized that the man couldn't see, he was visually challenged and it completely broke me! I was so ashamed of my arrogance, I was so moved by the thought that this beautiful couple was planning a day out, had dressed up so well, were going shopping together and yet something so huge, something we take for granted because we have it was missing from their lives. This man, looking so nice and dapper couldn't see how gorgeous his wife looked and she didn't seem to have dressed for anyone 'else', she didn't look here or there, she wasn't distracted, she was one 100% with her man, she had dressed like this for both of them and it made me respect them both so much so that I could fold my hands and bow my head to them.

As I sat there, waiting for my turn, tears trickled down my face, as they are now, while I write this note. I thought about the couple many times during the day and I cried, each time...each time I prayed for them...I prayed for forgiveness, for humility, for love, for well-being, for everyone... not just the people I love but for everyone...

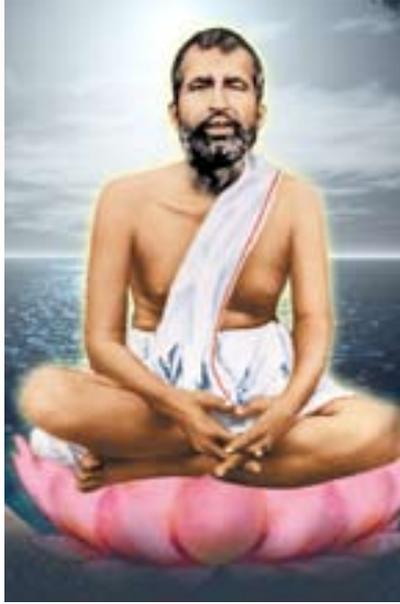
- *Gautam Vir*



Manomohan Mittra



Bliss is the source of existence and again, it is also the goal of all human endeavours. That bliss is God. Manomohan Mittra was born in September 1851 at Konnagar. He visited Sri Ramakrishna with Ram Chandra Datta and Gopal Chandra Mittra. He had the idea that Sri Ramakrishna would be like other monks- with shaven head, wearing ochre cloth, and sitting on a tiger skin. He was surprised and deeply impressed with Sri Ramakrishna's simplicity and humility. He sought clarity from the Master regarding idol worship and faith. To which the Master replied that God is sometimes with form, HE is



He was immersed in yoga until the end and he continuously repeated the name of Sri Ramakrishna. On the final day, January 30th, he lost his voice, but the devotees noticed that his lips were moving and they started to repeat aloud the Lord's name for him. Immediately the hair on his body stood on end, his *prana* merged into the Divine and he was gone.

(People shed tears for their loved ones or money, but who weeps for God? He who longs for HIM certainly will find HIM. Cry to HIM. Call on HIM with a longing heart, you will see HIM.)

**Source: They lived with God
by Swami Chetanananda**

sometimes formless and again beyond both, He is all pervading. For example: the same substance in its solid form is ice, in its liquid form water and its gaseous form is vapour. According to the mental attitude of the spiritual aspirant, God manifests Himself. A jnani experiences God as all pervading and a devotee perceives God with a particular form.

Manomohan and Ram Datta got together every evening to sing *bhajans* and gradually many people joined them. Master encouraged them and told "Holy company is essential, as one gets heat sitting near a fire, so holy company raises the mind to a higher plane. One gets peace and inspiration in the company of the holy. When Master was ill, Manomohan served Him and gave money for His support.

Manomohan had an evangelical spirit and wherever he preached about the Master people were stirred by his burning faith and devotion. He started centres at Ghatal, Jessore, Dhaka, Navadwip and Mushirdabad.



A Tribute to Holy Mother On Mothers' Day 12th May 2013

Holy Mother, Sri Sarada Devi, is the Divine consort and spiritual companion of the Great Master Sri Ramakrishna Paramahansa. Holy Mother is a spiritual giant in Her own right. Sri Ramakrishna declared, "She is my Shakti." On another occasion referring to Her, He recited a Sanskrit couplet meaning, "Who can understand the greatness of this Mahamaya? It is by Her will that crores of Ramas and crores of Krishnas take birth, live and dissolve."



WHAT IS EVIL?



Recently, I finished reading the final book of the Shiva trilogy. That book really taught me a few lessons. But what I found to be most interesting was about Evil. In fact, the whole book was based on Shiva's quest to find Evil and to destroy it. Before starting though, let me tell you, I will be quoting a lot from this book. "Good and Evil are two sides of the same coin." This, in fact, is very true. I would like to quote once more before elaborating, "The key question is not 'What is Evil?' It actually is, 'When does Good become Evil? When does the coin flip?' This means that, the greatest good of a certain age/era, after being used to its maximum, turns into the greatest Evil. Since greed is a part of basic human nature; it is but inevitable that man will start misusing the greatest Good and turn it into the greatest Evil. For example, in the book, the greatest Good of that particular period was the *Somras* (Nectar of the Gods). This *Somras* granted long life to the consumer, i.e., about 200-300 years more. Then, after a long period of its use, the *Somras* started giving many side effects not just to some of the consumers, but also to the nature and to non-consumers, for example, waste products from making *Somras* were mixed in a river to get rid of them, but they harmed the people who drank the river water. It caused birth abnormalities in new born babies. As if this wasn't enough, it also caused the depletion of the great Saraswati river. So, in this way, Good turned into Evil.



Similarly, there is a Good in our age too, which is on the verge of turning into Evil. Anybody has any idea what it is? What is it that has revolutionized our age? What is it that has so much potential to influence our life so much? Which is one of the latest inventions of man, which has become a part of our life, such that we can't think of living without it? Obviously it is computers. Computers, smartphones, tablets etc. have revolutionized our life. You can talk and see a person sitting half way around the globe with just the touch of a button. Google, Yahoo, Facebook, Twitter...all of them just a click away. This is what computers and technology have given us. They have made work easy too. But at the same time they have made us lazy. If our

laziness continues in this way, then we might be in a situation similar to that, in the movie, 'Wall-E', where all the people are fatter than pigs and are sitting on automatic wheel-chairs and use Skype to talk to people sitting next to them because they are too lazy to turn their heads. Also computers and technology are being misused by us in so many ways. I have seen children no more than 10 years of age carrying an iPhone or Samsung galaxy or some such things. Why do children of such a young age need such high end cell phones, or for that matter any cell phone at all? Usually the excuse is 'emergency cases'. If a child needs to call his parents from somewhere he can either borrow some elders' phone or the parents should be

sensible enough to send some money with the child to use a phone booth. Sending phones with children to school firstly may cause inferiority complex in others who do not possess such gadgets, and it secondly can motivate the child and his/her friends to misuse it in a variety of ways. So, giving phones to children is something which is not at all advisable. Also unauthorized and unsupervised internet use by children can prove to be dangerous. Other cases where computers are being misused are like hacking, cyber bullying, terrorism etc. these can only be controlled by our govt. and we should cooperate with them to make this happen. These are just a few of the bad effects of computers. There are so many more that we may not even know of. So let's start taking measures to not let computers and technology become the greatest Evil of our time. Then maybe we won't have Lord Shiva coming down to earth and saying "I hereby ban all computers and technology." Just joking! We all know that's not going to happen. All I am trying to say is that use computers judiciously and don't misuse them.

Har Har Mahadev!

- There is a Mahadev in all of us and let's make him proud.

Rohan Govind N.
8th Class,

GT Aloha Vidya Mandir, Chennai





Laws of Life

1. Love is The Law of Life: All love is expansion, all selfishness is contraction. Love is therefore the only law of life. He who loves lives, he who is selfish is dying. Therefore, love for love's sake, because it is law of life, just as you breathe to live.

2. It's Your Outlook That Matters: It is our own mental attitude, which makes the world what it is for us. Our thoughts make things beautiful, our thoughts make things ugly. The whole world is in our own minds. Learn to see things in the proper light.

3. Life is Beautiful: First, believe in this world - that there is meaning behind everything. Everything in the world is good, is holy and beautiful. If you see something evil, think that you do not understand it in the right light. Throw the burden on yourselves!

4. It's The Way You Feel: Feel like Christ and you will be a Christ; feel like Buddha and you will be a Buddha. It is feeling that is the life, the strength, the vitality, without which no amount of intellectual activity can reach God.

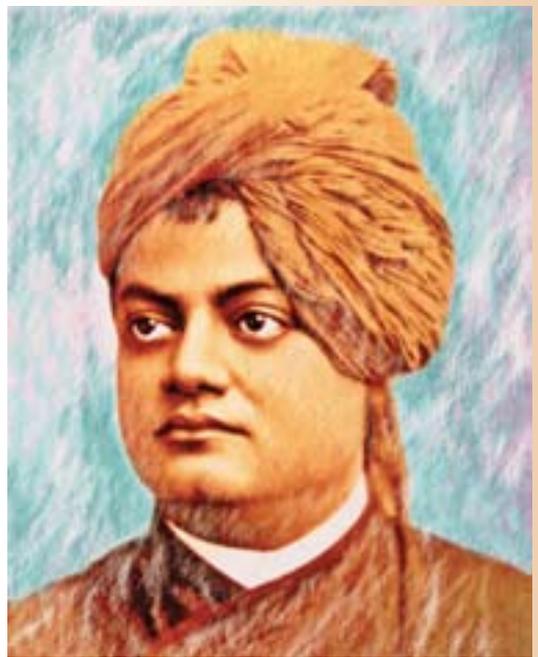
5. Set Yourself Free: The moment I have realized God sitting in the temple of every human body, the moment I stand in reverence before every human being and see God in him - that moment I am free from bondage, everything that binds vanishes, and I am free.

6. Don't Play The Blame Game: Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.

7. Help Others: If money helps a man to do good to others, it is of some value; but if not, it is simply a mass of evil, and the sooner it is got rid of, the better.

8. Uphold Your Ideals: Our duty is to encourage everyone in his struggle to live up to his own highest idea, and strive at the same time to make the ideal as near as possible to the Truth.

9. Listen To Your Soul: You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.



10. Be Yourself: The greatest religion is to be true to your own nature. Have faith in yourselves!

11. Nothing is Impossible: Never think there is anything impossible for the soul. It is the greatest hearsay to think so. If there is sin, this is the only sin- to say that you are weak, or others are weak.

12. You Have The Power: All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.

13. Learn Everyday: The goal of mankind is knowledge... Now this knowledge is inherent in man. No knowledge comes from outside: it is all inside. What we say a man 'knows', should, in strict psychological language, be what he 'discovers' or 'unveils'; what man 'learns' is really what he discovers by taking the cover off his own soul, which is a mine of infinite knowledge.

14. Be Truthful: Everything can be sacrificed for truth, but truth cannot be sacrificed for anything.

15. Think Different: All differences in this world are of degree, and not of kind, because oneness is the secret of everything.

-From Teachings of Swami Vivekananda



YOGA FOR YOUR HEALTH

Nasikagra Mudra

Hatha Yoga is not only a group of *Asanas* but also it includes *Pranayama*, cleansing techniques, *mudras* and *bandhas*. In this article I would like to share about *Mudras*. *Mudra* is translated as 'Gesture'. *Mudra* can be described as psychic, emotional, devotional and aesthetic gestures. These *Mudras* are very useful in this fast generation as many people experience psychosomatic disorders like stress, frustration and irritation etc.. and loss of concentration.



breathing. Close the eyes and relax the whole body. Open the eyes and focus at the tip of the nose. Do not strain the eyes in anyway. When the eyes are correctly focused a refraction of light forming a 'V' is seen just above the nose tip. Concentrate on the apex of the 'V' shape. After few seconds, close the eyes and relax them before repeating the practice. Continue the practice for 5 rounds.

An individual is becoming incapable of fulfilling his duties due to this imbalance in the emotional state in life. This simple *Nasikagra Mudra* will help us to overcome psychosomatic disorders. Let us understand *Nasikagra Mudra*.

This practice can be done at any time but if possible performing this practice in the early mornings and before sleeping is more beneficial.

In Kurukshetra war, Arjuna was in a conflict whether to fight with Kauravas or not. In that context Lord Krishna advises Arjuna to practice *Yoga* to gain clarity as to what to do and what not to do and mainly to perform his duties. So Lord Krishna says,



***Samam kayashirogrivam Dharayannachalam sthiram
Samprekshya Nasikagram Swam Dishashchanava lokayan***

(Bhagavad Gita-6th chapter, 13th sloka)

Meaning: Holding the trunk (body) and neck straight & steady, remaining firm & fixing the gaze on the tip of the nose, without looking in other directions.

General Benefits:

This practice is an excellent technique for calming anger and disturbed state of mind. This practice creates introspection and awareness. It develops the power of concentration and increases self-confidence.

Nasikaagra drishti:

The word *Nasika* means 'nose', *agra* means 'tip' and *drishti* means 'gazing'. It is also called as *Agochari mudra*. It may be difficult to practice for the first time. To do this practice properly, hold the index finger up at arm's length from the eye and slowly bring towards the nose to focus upon tip of the nose. And try to avoid blinking of the eyes.

Therapeutical disorders: Good for Gynecological disorders and psychosomatic disorders.

Spiritual benefits: This practice helps to induce a meditative state.

Sit in any comfortable meditative posture with the head and spine straight. Place the palms on the knees and adopt *chin mudra*. Maintain normal

Who should not do: People suffering from glaucoma, diabetic retinopathy, cataract surgery and lens implant or other eye operations should not do this practice. Those suffering from depression should not do this practice.

- Maheshwari
B.Sc. Yoga



Public institutions these days are seen with a sense of distaste. Corruption, malfeasance, outdated and slower-than-tortoise procedures, nepotism, and now add a new reason, reservation! These are all not new phenomena; perhaps we have all become more aware now. Or even fed-up! The Rajya Sabha has passed with thumping majority a Bill which intends to bring in reservation for the Scheduled Castes and Scheduled Tribes in promotions in government jobs. With the support of the Opposition as well, the Bill will surely be passed by the Lok Sabha too. Rarely do we get to see such unity among our political parties, which whine in different voices when a Bill like the Lokpal is introduced. We the *aam-janta* of this country conveniently wish to overlook this and fall in the trap laid for us by our leaders.

A System of Contradictions

The beauty of the system of reservation, fancily called 'affirmative action', lies in many things. Firstly, the concept of creamy layer is just limited to paper because the children of judges, IAS officers and other people who have established themselves well in society can also claim the benefit that the benevolent politicians confer on them. Secondly, most of the people who avail the facility, though they are illustrious and intelligent, still wish to avail it and relax after doing so. Earlier they would at least have to work after entering a job, but now with the 'much-needed' quota in promotions, they can rest assured that even a minuscule effort from their part will be enormously rewarded. Thirdly, if the persons belonging to the reserved castes are able to come within the merit list, they would not be considered as belonging to those castes. This is a double benefit, as the seats of the categories would remain unaffected. Fourthly, this system which was initially introduced for a limited period is being continued with more and more sops being brought in. I wonder how it is not a failed experiment if we have had to implement it even after more than 60 years of independence.

When shall we understand?

When shall we understand what the policy really does? Though it confers short-term benefits on people and unites our political class, its emancipation of the 'oppressed' citizens who continue availing it for generations and that too at multiple levels, is only an illusion. It definitely gives us a new topic for discussion in the drawing rooms and for arm-chair philosophizing on how it is needed to help the people who had been suppressed for centuries. But, in a way, it also propagates caste hegemony and makes 'once oppressed always oppressed'.

The Road Ahead

As a few 'celebrate' over the Bill, a few others sit down to point out the role which our various social institutions need to play. We wonder why talent is not groomed and allowed to blossom in the way it should be; why the State is evading its larger responsibility of taking facilities to the door-step of its citizens and compensating for it by giving reservations (**role of State**); why the so-called reserved castes wish to avail the convenience and make a point that but for the sop, they weren't deserving, and why even after availing the facility they have a sense of hesitance in saying that they did so (**role of people themselves**); why is it needed in jobs when it is already given in education, and why in promotions when it is already given in jobs; why despite the technology in vogue, is the system not made transparent so that there is no scope for favouritism; why are we attaching so much importance to the caste system as such; and why is economic status not the sole basis for granting the sop (**the rationale behind the policy**). Our schools never asked to which caste we belonged. Our God never asked it. It is only our Government which asks it!

- Yashasvi Singh & Neetika Gogula



A Mother's Heart



It is quite normal for a mother to shower love on her children, but when a Divine Soul hugs the entire world, that love is something special. Swamiji always exhibits this kind of love and we volunteers are fortunate to have witnessed that on several occasions.

In March, when some of our volunteers participated in *Nachiketa Samarpana Sadhana*, Swamiji had taken the responsibility of feeding us just as a mother would. He took total charge of the Kitchen. Every day he would be seen in the kitchen preparing special food for *sadhakas* and separate food for the residential volunteers and within minutes the kitchen was spotlessly clean. Not a tiny morsel of food was seen anywhere for everything was kept in casseroles and neatly labeled. The *sadhakas* were in *Maun*. They just had to come down to the kitchen and eat the food they desired. There was no need to utter a single word. Apart from this, no visitor to the Ashram was allowed to leave the premises without eating. Everyone had a taste of Swamiji's motherly love before they left.

Just before Shivaratri on 8th March, Mothers from SOS village, Pondicherry wanted to visit Nachiketa Tapovan Ashram and receive blessings from Swamiji and Mataji. Swamiji cooked food for 40 members according to the expectation and was waiting to receive them. They arrived in a bus at lunch time and Swamiji served them food. While eating, the visitors informed that another busload of people were on their way and would be at the Ashram any moment. There was no food

left to feed them. While the residential volunteers stood stupefied, not knowing what to do Swamiji immediately disappeared into the kitchen and prepared food in just 20 minutes. And when they arrived they were fed with steaming hot food. The Mothers of SOS tasted the love of the Divine Mother.

On 10th March, the day of Shivaratri, the Ashram was bustling with children and teachers of Vidya Mandir from Hyderabad, volunteers and local people from surrounding villages. Swamiji took care of everyone. Most of them observed a fast but all the children were fed with a delicious breakfast. The festivities carried on till the early hours of the following day. Fast was broken after partaking *prasadam* and when everyone wanted to leave, especially the *bhajan* group who came all the way from Sadashivpet and sang for the Lord the whole night, Swamiji did not allow them to leave. "You have to travel a long way. You can't leave without eating," he insisted. Everyone was overwhelmed when Swamiji served them hot food within no time.

Swamiji was himself tired with days of continuous activities but he did not mind. How can the Mother in him see her child go hungry. His heart overflowed with love, and the happiness in his face when he saw everyone eating brought tears to my eyes. The world would have been a wonderful place to live in if we had more mothers like him.

- A *Sadhaka*

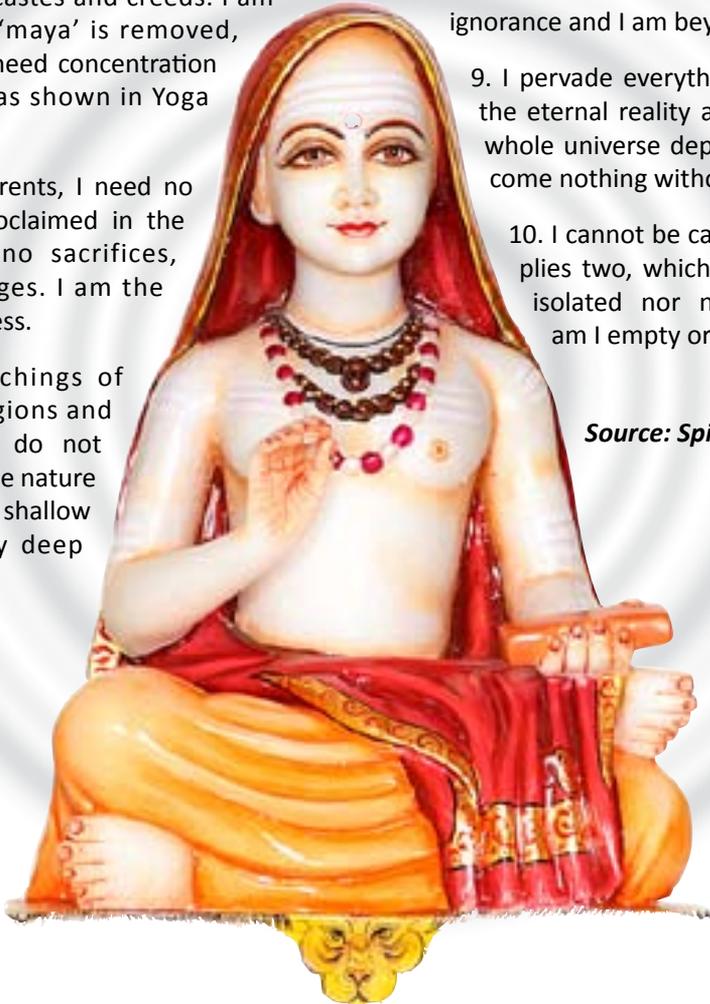


Summary of Adi Shankaracharya's Teachings

When Adi Shankaracharya decided to enter 'samadhi,' Sudhanva, the foremost disciple of Shankara, requested that the essentials of His teaching may be summarized and given to them. Shankaracharya then said the Dasa Shlokas, or Ten Verses, which elaborated the omniscience, omnipotence and omnipresence of Brahman – the core concept of Hinduism (Sanatana Dharma).

1. The five elements do not express my real nature; I am changeless and persist forever.
2. I am above castes and creeds. I am seen when 'maya' is removed, and do not need concentration or worship as shown in Yoga Sutras.
3. I have no parents, I need no Vedas as proclaimed in the scriptures, no sacrifices, no pilgrimages. I am the eternal witness.
4. All the teachings of various religions and philosophies do not reveal my true nature and are but shallow views of my deep being.

5. I pervade the whole universe and am above, in the middle and below, in all directions.
6. I am colourless, formless, light being my form.
7. I have no teacher, scripture or any disciples, nor do I recognize Thou or I, or even the universe and am changeless and the absolute knowledge.
8. I am neither awake, in deep sleep nor dreaming, but above consciousness with which the three are associated. All these are due to ignorance and I am beyond that.
9. I pervade everything, everywhere and the eternal reality and self-existent. The whole universe depends on me and become nothing without me.
10. I cannot be called one, for that implies two, which is not. I am neither isolated nor non-isolated, neither am I empty or full.



Source: Spiritual Masters Guide





Simhachalam

Abode of Lord Varaha Lakshmi Narasimha Swamy

“NARAYANA, NARAYANA”, was always the constant chant of young Prahlada even amidst the many atrocities inflicted on Him. His father Hiranyakashipu punished him for not giving up the Divine name of Lord Narayana, whom he considered to be his enemy in that birth. At an opportune moment, Lord Narayana appeared in the Lion-man form as Lord Narasimha and killed Hiranyakashipu. It is at this place that the famous Simhachalam temple had emerged.

Simhachalam is an ancient temple, 11 kms from Vishakapatnam. Atop the Simhagiri hills is the famous Varaha Lakshmi Narasimha Swamy temple, the abode of Lord Vishnu. It is one of the 18 *Narasimha kshetras* i.e shrines of Lord Narasimha in India. *Simha* means lion and *Achala* means hill. According to legend, Lord Vishnu assumed the form of *Varaha* (boar) and fought with demon Hiranyaksha to save Mother Earth at this place. Hence the Lord in Simhachalam appears with the combined features of Varaha and Narasimha avatar, with face of Varaha and tail of lion and human body. So Lord is known as Varaha-Lakshmi Narasimha Swamy. He is also called as Simhadri Appanna. A special feature of the deity is the feet are not seen and the legend says Lord Vishnu came on Garuda to save Prahlada and on seeing Prahlada being hurled from atop the hill, Lord Vishnu jumped from the *Garuda* and in this process His feet dug deep into the earth and thus hidden.

It is said that Prahlada performed the first puja to this deity in *Kruta Yuga*. Later as time passed by this deity got covered with mud. It was much later that king Pururava found this deity in an ant hill when he suddenly heard a voice, which told him to cover the deity with sandal paste equal to the quantity of mud by which it was covered and remove that only on *Vaishaka Suddha Thadiya*. The same tradition is carried out till date in Simhachalam. The main deity is smeared with Sandal paste throughout the year and it is only once a year for 12 hours that ‘*Nija Rupa*’ darshan is permitted. This event takes place on the day of *Akshaya Truthiya* and is named “*Chandanotsavam*”.



The process of removing the sandal paste is done in the early hours behind closed doors and the Temple trustee is allowed the first *darshan* of the Lord. *Abhishekam* and *puja* rituals are then performed to the Lord and after 12 hours the deity is again smeared with fresh Sandal wood paste brought from places in Tamilnadu, Andhra Pradesh and Orissa. 60 different herbs and essences are mixed in the paste. The first layer of sandal paste is applied on *Vaishaka Suddha Thadiya* or *Akshaya Truthiya*, the second layer on *Vaishaka Suddha Purnima*, the third layer on *Jyeshtha Purnima* and the 4th layer on *Ashada Purnima*. Approximately 120 kg of Sandal paste is used for every layer. Thousands of pilgrims throng this holy town to have *Nijarupa darshan*.

In 2013, the *Chandanotsavam* will take place on 13th May which is *Akshaya Truthiya*. Coincidentally it was on 11th May 2005 on the day of *Akshaya Truthiya* that Nachiketa Tapovan at Kavuri Hills was inaugurated.

Source: Gopuram



Perception - The life tool



It is said misfortunes won't come alone. Of late I passed through the same phase. A property dispute that turned out to be a nightmare for my family, health issues that struck, opinion differences with near and dear; everything appeared gloomy and unending. The days rolled on and there was nothing improving and exciting. One fine day we all went to a nearby temple to have *darshan* of Lord and after paying our obeisance, we were about to return, when my mother suggested that we perform an *abhishekam* to Lord Shiva the following morning which was a Monday and is considered an auspicious day for Lord Shiva. Initially I was a bit reluctant not for the reason that I am a non-believer of God but it was only my unpreparedness to get up earlier than everyday and that too on a working day. Payment was made and while handing over the receipt, the temple official also gave a list of items required for *abhishekam*. For purchasing the same, my people went to several shops while I watched and wondered in disdain- "why do we need to collect all these things to worship God, doesn't Lord accept our sincere prayers and is it not enough?"

The next day morning I woke up a little early, got ready and went to the temple. Already a few devotees were waiting in the temple for the *puja*. The ritual commenced with the priest chanting the *mantras*, giving us instructions what to do simultaneously. It began with worship of Lord Ganesha and as it progressed, we were asked to use the things that we all collected the previous day and carried to the temple. During the process, I noticed a few devotees were sharing things like flowers, sandal paste, fruits and milk and were merrily accomplishing the task of special worship. At that time a group of devotees who came for *darshan* were doing *Atma pradakshina* before the

Lord and when we tried to do the same, our priest insisted not to do such an act when in *sanctum sanctorum*. That instruction changed my mindset and the thoughts that were surrounding me personally and clouding my clarity with regard to issues that plagued till then, now appeared lucid and candid.

While returning home I was a better man and the situations that poked and taunted me with no near solutions started laughing at me, they showed the way to solve problems on my own. The priest's instruction not to do act of *Atma pradakshina* in *sanctum sanctorum* was in itself a paradigm shift. In life we come across several problems for which we either curse our fate or people around us. Instead of resorting to mudslinging if we can apply the act that the priest had taught, we can lead a peaceful and successful life. Our role as a devotee changes automatically, when we are standing in front of the Lord outside the sanctum and with the Lord inside the sanctum. When we are with the Lord, there is no difference as we raise our level of perception and realization. Similarly if we raise ourselves above the problems, by embracing the problem and commune with problem nothing appears disappointing or gloomy.

The property dispute did a world of good to me as it provided me an opportunity to have a reality check about people around me, health issues only made my people healthier and opinion differences only made me handle them with more confidence. Even today when I think of the whole process that changed my perception towards life I feel it has something to convey, purchase of items for worship, is like options we look to handle our problems, other devotees at the ritual are like people on whom we can rely in solving the problems amicably with minimum damage. Worship is the ultimate and it is like we embrace the problem. As a great writer said, nothing is good or bad but our thinking makes it so and nothing in this world is a problem unless you define it as a problem. Just give a try and notice the change, I assure you may not succeed but definitely you will better yourself.

- **Koti Rajasekhar M.**



Two types of Spiritual Aspirants

An english translation by Swami Adidevananda on Sri Ramanuja's Sanskrit Commentary

12.1 Arjuna said -- There are two types of spiritual aspirants who are contrasted thus:

(1) On the one hand there are those devotees who adore You 'thus'; namely, in the way taught in such text as 'Whosoever works for Me' (11.55), and who are desirous of being ever 'integrated' with You, namely, considering You as the supreme end. They adore You in utter devotion --- You, the ocean of boundless attributes of limitless excellence like grace, affability, omniscience, true resolve etc., and endowed with all glory.

(2) On the other hand there are those who meditate on the 'Imperishable', (*Aksara*) namely, the individual self in Its true nature, which is the same as the 'Unmanifest' (*Avyakta*), namely that whose nature cannot be grasped by organs such as the eye etc.

The question posed is: Which of these two classes of devotees have greater knowledge of Yoga? Who would reach their respective goals sooner? Such is the meaning of the question. Sri Krsna clearly states later on, 'O Arjuna, I become before long their redeemer from the fatal sea of recurring births and deaths' (12.7), with reference to the speed with which the latter kind of devotees reach Him.



12.2 The Lord said -- I consider them to be the highest among the Yogins (i.e., among those striving for realisation) --- them who worship Me focusing their minds upon Me as one exceedingly dear to them, who are endowed with supreme faith, and who are ever 'integrated' with Me, namely ever desirous of constant union with Me. Those who thus worship Me, focusing their minds on Me as their supreme goal, attain Me soon and easily. Such is the meaning.

Source: 12.1 and 12.2 of Ramanuja's Gita Bhashyam by Swami Adidevananda

We extend our thanks and gratitude to Century Oils Limited for donating Rs. 1 Lakh towards Sponsor a Child Corpus Fund.





Journey Home

The time that my journey takes is long and the way of it long.

I came out on the chariot of the first gleam of light, and pursued my voyage through the wildernesses of worlds leaving my track on many a star and planet.

It is the most distant course that comes nearest to thyself, and that training is the most intricate which leads to the utter simplicity of a tune.

The traveler has to knock at every alien door to come to his own, and one has to wander through all the outer worlds to reach the innermost shrine at the end.

My eyes strayed far and wide before I shut them and said `Here art thou!`

The question and the cry `Oh, where?` melt into tears of a thousand streams and deluge the world with the flood of the assurance `I am!`

- Rabindranath Tagore (Gitanjali)



Silent Lake

From the whole day of tiredness...
entertaining, feeding and bearing the burden of
people on itself...
the lake adieus to the silent and quiet night...
back to being itself and to be in peace...

I overlook the lake everyday...
thinking what it would be to be what it is...
it neither complains nor questions the pain it goes
through...
just pulls itself back to its own abode...

With open arms readily it welcomes us...
carries us to the place we want to travel with love
and protection...
allows us to play with itself...
giving us water to drink for our sustenance...
Without any break or retiring to itself when it
wants to...

Despite being abused ...
bearing the dirt and waste on itself...
despite its purity and the serenity being destroyed...
it wakes up and stretches its arms again...

We dispirit the beauty which it beholds...
We deny the presence of the divinity in it...
We disrespect the creation of the creator...
We forget that it is a means of our own sustenance...

Let us allow it to shimmer in purity when it rains...
Let us allow it to shine through the light...
Let us allow it to smile throughout the time...
Let us allow it to bring joy and contentment...

The least we could do is to let it be what it is...
to learn from its life...
to nurture and love it the way it nurtures and loves us...
to see divinity every time we look at the "silent lake".

- **Suruchi**



Tender Touch - SPARSH

And in the end, it's not the years in your life that count. It's the life in your years.

-ABRAHAM LINCOLN

Monday, 2:30 pm. The Sun was blazing. I was waiting on one patient's family. An ambulance pulls into Sparsh Hospice. On hearing the ambulance beep, I quickly walked out of my office. I saw the staff helping a woman into a wheel chair. She looked distressed. A man, probably her husband, was walking by her side. She was admitted as a patient and was quickly allotted and taken to one of the rooms. As I followed the patient I could not help observe that she was very young. She was struggling for breath. I went near the patient, held her hand and asked her to relax, but she was not able to. We quickly gave medication as palliative care. Almost after 30 minutes, she was able to breathe easier and thanked all of us for helping her.

At that point, I went out to talk to her husband. It is very amazing but, when working with a terminal cancer patient, if you can see beyond the troubled body, you discover altogether a different person. Her husband showed her pictures dating back one year- she was beautiful. Now, she looks nothing like that. No one would have thought that all that beauty would be gone in just a year, without leaving a trace! Her world was almost perfect- a loving and caring husband, and two adorable, beautiful, little girls- all this she has to drop and leave... Why and who makes this call?

It is always a question and remains a question. We all may offer theories and interpretations but can't prove as such. I stand there helplessly, drenched in emotions, plagued by questions- how excruciating it must feel to the couple to

disentangle from the attachment of a loving life partner, what did the children do to lose their mom at such a tender age, how can a mother's love and nurture be ever replaced, how tormented the mother must be to leave them abruptly and how sad it must feel not to know how and who they will grow up to be! Knowing that someone so dear will be gone in a short time and you can do nothing about it must be in itself very exhausting and incapacitating. In my line of duty, I see patients like her and families like hers all the time but never can I get immune to being stirred with emotions aroused by them.

We take our lives for granted. We get carried away by the currents of life and end up being unappreciative and not as thankful as we should be. If we knew, in one year we wouldn't be there, will it change our life? Then, how do you deal with life? Lot of questions! No doubt the answer needs to be custom tailored, but we all need to be more appreciative of what we have in our hands, in this moment. Not knowing the unknown, we have to be thankful for this opportunity called life and make the best of it. Celebrate this moment. *"Dream as if you will live forever. Live as if you will die tomorrow"*. Be helpful to others, after all *"Life is just a chance to grow a soul"*. Small things count- a lot can be learnt from observing people around us and interacting with them. I learnt and still learn a lot from my patients. I don't take them as sad situations any more. The situations I encounter on daily basis are but the facts of life. Whether we get saddened and depressed by harsh realities of life or we learn and pick up from them is our choice and how we achieve the latter should be one of the goals of our spiritual endeavors.

Coming back to where I started, the patient's husband was touched by the care we gave. He was very thankful and appreciative of Sparsh which made his wife's last day more comfortable and peaceful. Sparsh is a home for terminal cancer patients who fail on all treatments. Sparsh Hospice is an initiative of Rotary Club of Banjara



Hills and came into existence on June 8th 2010 and is the only Hospice house in Andhra Pradesh with 12 beds. Mission of Sparsh Hospice is to help dying people live as comfortably and meaningfully as possible. Sparsh offers: Inpatient Hospice care, Day care and Home visits. This is a haven for people suffering from uncontrolled physical symptoms, unrelieved pain, unresolved psycho, social and spiritual problems, fear of imminent death and loneliness. Sparsh is like the last stop before their final departure, the last leg of their journey. Serving people in this condition is according to me, serving God.

Sparsh Hospice provides:

- Free room
- Nursing care
- Food
- Medicines
- Counseling
- Symptom management
- Free food and boarding for the attendant

How can you help?

- By creating awareness about Hospice
- Offering Hospice care option when appropriate
- Join us as a friend of Sparsh

- Dr. Rohini



Sparsh Hospice

Plot No. 85, (8-2-703/2/1),
Road No. 12, Banjara Hills,
Hyderabad - 500 034.
Andhra Pradesh, India.

Phone : +91-40-23384039

Mobile : +91-9490448222

Email: info@sparshhospice.com



Think deeply

Speak gently

Love much

Laugh a lot

Work hard

Give freely

And be kind



Come to think of it

vidyAnAmnarasyarUpamadhikaMprachChannaguptadhanam
vidyAbhogakarlyashaHsukhakarIvidyAguruNaMguruH |
vidyAbaMdhujanovideshagamanevidyAparaMdaiyatam
vidyArAjasupUjyatenatudhanamvidyAvihInaHpashuH ||

-Bharthruhari Neethi Satakam



Meaning: Knowledge is the most magnificent retrieve of human beings; it is a secret treasury and is the bestower of comforts, success and happiness. Knowledge is the Guru of all Gurus; it is the principal teacher. It is like a brother and family member in a foreign land. It is the noblest form of God. Amongst the kings it is knowledge which is venerated and worshipped and not wealth and riches. A person devoid of knowledge is like an animal.

Upon introduction to a young person, the first line that pops up from the mouth of an adult is "Which class are you studying?" Or when upon seeing a friend's child whom you already know, you ask, involuntarily- "have you been studying well?" Most families revolve around the school schedule of children, and earning, planning, and saving for their education. Parents dream about their children getting educated and becoming doctors, engineers, IAS officers, singers, artists etc. They do not hesitate a bit to sacrifice their needs- sell their ancestral and even hard-earned properties, Provident funds and what not- to realize those dreams. Such is the importance we attach to education which is nothing but a recognized system of attaining knowledge. Society and Government also endorse and support education system greatly. It rests on the student how s/he can make the best of this well established support system. In order to do that, students need to constantly remind themselves the following:

- **Sanctity of knowledge-** As the highest evolved species, we humans are blessed with the highest degree of discrimination and learning power. Among humans, only some of us are blessed with the brain, body, family, social, financial and psychological factors congenial to learning. Make the best of this opportunity

by maintaining physical and mental purity. Eat pure, See pure and Think pure.

- **Indestructability and universality of knowledge-** Youth, beauty, riches, muscle power are all desirable but are fleeting whereas Knowledge once attained stays with you throughout your life wherever you go.
- **Urgency of learning when young-** It is proven that young minds absorb knowledge like sponges. Due to age sensitivity of the brain capacity, the amount and ease with which we learn and remember diminishes with age. No matter what the peers say, invest all your time in learning. Take it up as a vow.
- **Many sources of knowledge-** It is unfortunate that knowledge has come to be synonymous with books. On the contrary, an open mind can learn via play, observation, experimenting, improvisation, innovation, helping parents in kitchen, interacting with elders, growing a plant, taking care of your pet and so on. Basically, with awareness; by being receptive and stepping out of our comfort zone, we get to know a lot of new things.
- **Knowledge is the best insurance for grown up years-** Harder you work as a student, smoother your adult life will be. Dare to dream, and aim high. Give up small pleasures in pursuit of bigger goals. Let not small temptations distract your focus from your target.

Begin your new school year with rejuvenated energy and fresh perspective. Nachiketa Tapovan wishes you all the best!

- Annapurna



Sama-dhi = Equal mindedness = Nirvana



Buddha, before he attained *Nirvana*, summoned his step-brother Ananda to his side to impart his last message. Ananda was the son of Gautami (Buddha's step mother). Placing his palm on the head of his younger brother, Buddha said: "My dear child! I came to the world to teach Truth. If anyone asks "Where is God?" the answer is "He is everywhere". Truth is God. Speak the Truth. Do not harm anyone. Recognize that the highest *Dharma* is non-violence (*Ahimsa*). This truth is proclaimed in the scriptures in the exhortation: "Speak the truth. Speak what is pleasing". Buddha told Ananda that this truth was learnt by him from his own experience. He said: "When I left the palace, my father (the King) was told that I was doing a great wrong in renouncing the family. My parents, kinsmen, and others tried to put pressure on me to return to the ties of family life. These wrong efforts on their side made me more determined to pursue the spiritual path. Today I have found the truth about life. What is it? The sanctification of the

five senses is the way of Truth. If the senses are polluted, of what avail are spiritual exercises? When the water in a tank is polluted, all taps will only give polluted water. Your heart is the tank. Keep it pure through purity of vision, thought, speech, and action."

Noticing the imminent passing of Buddha, his brother Ananda started weeping, and the Enlightened One said to him: "Ananda! It was for realizing this blissful state that I had striven all these years. Why do you shed tears at this moment? How many are able to secure such bliss? Few at all! You are looking only at my earthly body. You cannot know the internal bliss I am experiencing at this moment. I suffered a great deal over the past thirty years because of the aberrations of the mind. It was the mind that stood between me and Self-Realisation. Today I am free from the hold of my mind. That is the cause of my bliss. When the mind is absent, there is bliss."

"Any happiness experienced through the mind is not spiritual bliss. It is transient physical pleasure. Not recognizing this truth many pursue so-called spiritual exercises with the mind. The mind should be ignored. It is concerned only with thoughts of one kind or another. The *Atmic* Principle cannot be understood by such thought processes. Divert your attention towards the *Atma* and dismiss all thoughts. If you cannot get rid of thoughts, then cultivate good thoughts. Turn your thoughts towards the Supreme Lord."

Buddha laid great emphasis on internal purity. After that comes what Buddha called "*Samyag-Samadhi*". What is meant by "*Samadhi*"? It means treating pleasure and pain, gain and loss alike. "*Sama-dhi*" - equal mindedness - is "*Samadhi*". To look upon light and darkness, pleasure and pain, profit and loss, fame and censure with an equal mind is "*Samadhi*". Buddha termed this equal mindedness as "*Nirvana*".

Source: Cosmic Harmony



The Praying Hands



Back in the 15th century, in a little village in Nuremberg in Germany, was a family with 18 children, 18 children! In order merely to keep food on the table for this big family, the father and head of the household worked 3 jobs, almost 18 hours in a day. He was a goldsmith by profession, but he went around the neighborhood looking for any odd jobs or chores that he could find- just so he could make ends meet.

Despite their seemingly hopeless condition, two of his children had a dream. The two boys were born artists, and could create magic with their paper and their pencils and their pens. And they both had a dream- they wanted to pursue their talent for art, they wanted to go to the Art Academy of Nuremberg and study there.

But they both knew that there was no way they could depend on their father for any help at all, financially. There was simply no money to send them to the academy.

After many long discussions at night in their crowded bed, these two smart boys worked up a pact. The pact was easy. They would toss a coin. The loser would go to the mines and work there. And with part of his earnings, he would support the winner to go and study in the academy. So one brother would go and study in the Art Academy for 4 years, while the other brother was down in the mines- working and toiling to support his brother fulfill his dream.

And then, after 4 years, when one brother graduated, he would support the other with his artwork, if it was good enough to earn them money- or he would go down to the mines and then the other brother would go and get his degree.

One Sunday morning, after Church, these two very special boys tossed a coin. Their names were very similar- Albrecht Durer won the toss and went to the Academy, while Albert Durer went down to the mines to support his brother.

Albrecht Durer went off to the Academy, where he was almost an immediate sensation. His line drawings, his engravings, his oils, his watercolors, -they were better than anything even his professors could do. After one year at the academy, he had far surpassed anything that even his professors could do. He was just a natural genius.

The years passed and Albrecht graduated. He came home to a wonderful celebration out on the lawn. The table was piled high with food, with the whole family present, eager and waiting for the successful artist to say something.

At the proper moment, Albrecht stood up, with his glass of wine, to drink a toast to his beloved brother Albert for his years of sacrifice. And he finished by saying, "And now Albert, now it is your turn. Now you can go to the Academy and I will take care of you".

All eyes turned down to the end of the table, where Albert was still sitting, his hands over his face, shaking his head back and forth. And they



all heard him say, “NOOOO, NOOOO, NOOOO”. Finally he stood, and he wiped the tears from his cheeks. And then he said, “No, dear brother. It’s too late for me. See what 4 years in the mines have done to my hands. I have smashed every finger at least once. And by now I have arthritis so bad in my right hand that I can’t even hold the wine glass to return your beautiful toast, much less hold a pen or a brush. It’s too late for me, dear brother.

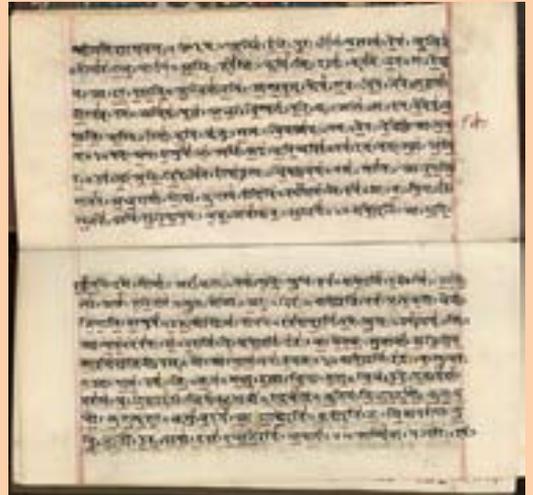
More than four hundred and fifty years have passed. By now, Albrecht Durer’s hundreds of masterful portraits, pen and silver point sketches, watercolors, charcoals, woodcuts and copper engravings hang in every great museum in the world. Yet I can tell you for sure that most of you know Albrecht Durer for only one of his masterpieces- in fact, I’m sure that those of you who are lovers of art have a reproduction of that painting hanging on the walls of your office or home.

One day, to honor his beloved brother and pay homage to all that he had sacrificed, Albrecht painstakingly drew his brother’s abused hands, with palms together and thin fingers stretched skywards.

He called it ‘Hands’ in the beginning, but through the centuries, all of us have called the painting ‘The Praying Hands’. THIS is the painting. The next time you see that masterpiece, take a closer look. Look at the fingers. Under the cracked bones and disease-ridden hands you will see the love of two brothers- the great sacrifices made by one, and the timeless masterpieces created by the other.

Now think about YOUR life. Your life is a masterpiece just like this one- and there is somebody very special standing behind you- who has sacrificed so much just to see you standing where you are today. Maybe today is an opportunity to go and thank them for all they have given you. Maybe today is an opportunity for you to be someone’s praying hands...

- Adapted and commented by
Avinash Agarwal



Smrithis

What are *Smrithis*?

Vedas are called *Smrithis* as they are heard. Our *Rishis* who heard the Vedas have memorized them and revealed their essence to the world. Hence they are called *Smrithis*. These *Smrithis* convey to mankind the code of conduct. That is why *Smrithis* are called *Dharma Shastras*. There are various *Smrithis* like Manu Smrithi, Yajnavalkya Smrithi, Gautama Dharma Smrithi, Parasara Smrithi etc.

We belong to *Sanathana*, Vedic *Dharma* which belongs to past, present as well as future. It also relates to various aspects. For example it is the nature of fire to burn. That is the *Dharma* of the fire irrespective of past, present and future. Similar is the *Sanathana Dharma* that we follow. *Sanathana* does not mean ancient as it is misinterpreted. *Sanathana* means it is as new as it is old. Our *Rishis* have modified these *Smrithis* according to changing times and handed over to the nation. That is the reason for the existence of so many *Smrithis*. In this *Kali Yuga* we follow the Parasara Smrithi.

Source: Vedic Texts



Village of 60 Millionaires!

India is a leadership driven society—it suffices to look at Popatrao Pawar, the village head of Hiware Bazar in the Ahmednagar district of Maharashtra. In the span of twenty years, he transformed his drought-struck, poverty-ridden village into one of the best models India has seen.



Sri Popatrao Pawar with a villager

Before he took over the reins, the village suffered many problems: there was hardly any agriculture in the village due to lack of water, causing villagers to migrate elsewhere as daily wage labourers; the school was non-functional; domestic violence and village fights punctuated lives as alcoholism was rampant; and the surrounding eco-system was seriously degraded.

So how does one actually make a village rise against such problems?

The first thing Pawar did was get rid of the 22 illicit liquor dens, ban consumption of liquor all together, and ban tobacco and gutka.

Then he inspired the villagers to pitch in to build dams and dig ponds to trap the little rain that came in. This new water management system helped immensely as the wells soon filled, allowing farming to begin anew with fields becoming lush and green.

Not wanting to take change for granted, Pawar got water audits done so that there was a close check on water availability. Water was never wasted, as selfless villagers built 52 earthen bunds, two

percolation tanks, 32 stone bunds and nine check dams—All through the use of the same government funds available to any other village.

Before 1995, there were 90 open wells with water at 80-125 feet, whereas today, there are 294 open wells with water at 15-40 feet. To put this into context, other villages in the Ahmednagar district have to drill nearly 200 feet to reach water.

Farming flourished as Pawar got farmers to invest in milch cattle, making milk the new gold of the village. While milk production was only 150 litres per day in 1995, today, it has crossed the 4,000 litre threshold! All this helped reverse migration see over 60 families return with the desire of becoming farmers once again to live life with dignity.

Now there are decent-looking houses all over and villagers look content, glowing with happiness. The monthly per capital income has crossed Rs.30,000, and in a village of 235 families and 1,250 individuals, there are 60 millionaires!

Today there are only three families who live below the poverty line, but the village is now working to help them improve their income with hopes that in another year, no villager be poor. All this is more amazing when taking into account that in 1995, there were 168 BPL families in the village.

But Pawar has not only tackled the economic needs of the village. With regards to the waning ecosystem, he facilitated the planting of over ten lakh trees to fuel languishing bio-diversity; even Babool trees that were earlier cut for fuel are now cared for, as villagers began harvesting its gum that sells for Rs. 2,000 a kilo.

One would think that these accomplishments already make Pawar one of the great leaders of India, but on top of everything, Hiware Bazar is spotlessly clean—all without sweepers; villagers take pride in keeping their home clean, and defecation or urination in public is unheard of. Best of all, now that cleanliness has overtaken the



village there is a crucial benefit for the villagers: widespread disease has become a thing of the past.

In addition, to get children to learn the benefits of good governance, Pawar began a children's parliament giving them specific roles to work under. The "Education Minister" for example, goes from house to house inquiring if the school is functioning well. Even the teachers themselves learn from their students and respect this monitoring to incorporate the childrens' advice into their work!

But how did Pawar address caste and communal conflicts that often divide society into sparring aggressive groups? It was very simple: he relentlessly stressed that change could not be brought about without communal amity, and his efforts were so beautifully embodied when the village Hindu community built a mosque for the only Muslim family in the village for them to not have to pray in the open.

And how has Hiware Bazar brought a new respect to women in the face of strong gender inequality in India? First of all, Pawar has got the *gram panchayat* to take care of the education and marriage expenses of the second daughter of any family, but also, out of the seven-member panchayat, three are now women. In addition, Pawar has stepped down from the village headman's position (remaining as deputy sarpanch) to allow a woman to replace him.

Finally, to bring in holistic change, Pawar is now motivating villagers to adopt family planning. A lot of stress is being put on health and hygiene as it is crucial for the future of the village. In fact, Hiware Bazar is also the first village in India to persuade couples take an HIV test before marriage.

Interestingly, none of Pawar's suggestions or schemes are opposed as the village has full confidence in him as he goes about trying to better their lives.

Hiware Bazar has shown that stimulating change is easy. All it requires is good leadership and the political will to empower others in rising to a better future.

- Posted by Ramesh Menon



Peace

Through

Prayer

Prayer is a petition, a supplication. We don't always get what we pray for, yet we pray on. When we pray we submit to a Higher Power. We realize that at least for a short period, that we cannot order things as we like. We become humble. We do not assert but submit ourselves. In this there is real humility, lack of ego. After sincere prayers we enjoy some peace. It is the result of the elimination of ego for some time. Someone said, "Prayer is like the turning on of an electric switch. It does not produce a current: it provides a channel through which the electric current may flow."

There is happiness and peace within us. What blocks the current of peace is our ego. Prayer removes this block. Prayer is of the heart, and not of the mind. We must pray to lead a peaceful life.

**Source: An extract from
Dr S Radhakrishnan's translation of
'The Bhagavad Gita'**





GLASS BOTTLE VASE

Materials required-

1. Glass bottles (2 nos.)- any size and shape
2. Fevi-bond
3. Good quality lace (different colors)- 10 metres total
4. Black Chart Paper (for the base of the bottle)
5. Scissors

Method-

- Clean the bottles with hot, soapy water and dry in the sun for 2 days
- Keep the bottle on chart paper to cut and paste it well at the base of the bottle
- Apply fevi-bond all around for an inch at the width of the bottle
- Start pasting the lace from the bottom of the bottle, fastening the neck or the mouth between the two supports or both feet
- Repeat the process until the bottle is covered from bottom to top
- Keep on shifting the lace closer as you move upwards
- Stick the lace neatly so that the glass is not visible from the gaps
- Decorate the vase with dry flowers within

Note: Keep pushing the lace down as you move up towards the neck of the bottle, as the glass should not be seen.



PEN STAND

Materials required-

1. Used tins- 2 nos. (baked beans/milk maid/ cocoa/threptin)
2. Fevicol- 1 small tube
3. Cotton/jute thread (thick)- 1 bundle
4. Waste material strips (3 different colors)
5. Acrylic paint- brown/dark blue

Method-

- Clean the tin and dry well. Beat and smooth- en the rough edges of the tin
- Paint the base and inside of the tin
- Apply Fevicol on the outer surface all around for 1 inch width
- Stick the thread of your choice
- Starting from the base of the tin, keep pushing the thread so it is closely stuck and the tin is not seen
- Wrap the tin well with the thread
- Take 3 differently colored material strips and tie a knot on one end, then make neat braids of it
- Stitch the braids on both edges of the tin and add color to it
- One can stitch the material braids in style in the center of the tin
- Use it as a pen stand on the study table or office.





इवालइरगो इइइठ = तीरुपु इइरठ

Krupalu Ogeti, Samskrita Bharati, Hyderabad
email:okrupalu@samskritam.net

Addressing others

(Contd from last issue)

Recall the famous verse which we make our children write on their akSharAbhyAsa day.

सरस्वति! नमस्तुभ्यं, वरदे! कामरूपिणि!
विद्यारम्भं करिष्यामि, सिद्धिर्भवतु मे सदा॥

Apart from 'namastubhyam' in the first line, the other three words are for addressing Goddess Saraswati. Did you hear some people say 'सरस्वती नमस्तुभ्यं वरदे'? There is an error here. You can correctly pronounce it as given in the Sloka above.

As an exercise, in the above Sloka, write down the sambodhanam first, followed by the noun, such as गङ्गे – गङ्गा.

Suppose you notice somebody (male) going on the street. You want to call him. You can do that by addressing him as 'श्रीमन्!'. श्रीमान् इति पदस्य सम्बोधनम् एतत्। You can also say 'महोदय!'. Similarly, you can address a female by saying 'आर्ये!'. To summarize,

कृष्णः – कृष्ण!, गणेशः – गणेश!
सीता – सीते!, भगवद्गीता – भगवद्गीते!
भगिनी – भगिनि!, लेखनी – लेखनि!
मित्रम् – मित्र!, पुस्तकम् – पुस्तक!

Write down the nouns for the addresses in the another mukundamAlA-Sloka:

अनन्त वैकुण्ठ मुकुन्द कृष्ण गोविन्द दामोदर माधवेति।
वक्तुं समर्थोऽपि न वक्ति कश्चित् अहो जनानां
व्यसनाभिमुख्यम्॥

Answers:

अनन्तः – अनन्त!
वैकुण्ठः – वैकुण्ठ!
मुकुन्दः – मुकुन्द!
कृष्णः – कृष्ण!
गोविन्दः – गोविन्द!
दामोदरः – दामोदर!
माधवः – माधव (माधवेति = माधव + इति)

Write down sentences for the following:

- 1) Krishna, don't go there.
- 2) Lata, bring my cloth.
- 3) Oh man! don't drink that water.
- 4) Sir, please teach me Samskritam.
- 5) Sister, don't tell lies.
- 6) Son, send Rs.1,000/- today.
- 7) Madam, please give me food.
- 8) Friend, come home in the evening.

Answers:

- १) कृष्ण! भवान् तत्र मा गच्छतु।
- २) लते! भवती मम वस्त्रम् आनयतु।
- ३) श्रीमन्, भवान् तत् जलं मा पिबतु।
- ४) महोदय! कृपया संस्कृतं पाठयतु।
- ५) भगिनि! असत्यं मा वदतु।
- ६) पुत्र! अद्य सहस्रं रूप्यकाणि प्रेषयतु।
- ७) अर्ये! कृपया भोजनं ददातु।
- ८) मित्र! सायं मम गृहम् आगच्छतु।

Please note that in the later sentences, we have omitted भवान् or भवती, assuming that the reader knows that word from the context. Purists insist that the sentences are not correct without the words भवान् or भवती as appropriate.





Educating, Empowering & Enlightening Rural Folks

The following classes will be conducted for rural folks from 15th April to 2nd June 2013.

1) **COMPUTER TRAINING**

- ★ MS Office
- ★ Photo shop
- ★ Page Maker
- ★ Corel Draw
- ★ Indesign
- ★ Tally - Accounting Package
- ★ Internet
- ★ Languages C+, C++

2) **SPOKEN ENGLISH**

3) **ACHARYA PRASHIKSHAN (Teachers Training)**

4) **PERSONAL DEVELOPMENT CAMP**

5) **SKILLS FOR RURAL FOLKS**

- ✂ Cotton Wicks Making
- ✂ Stitching
- ✂ Dhoop Sticks Making



Apart from that...

- * Go Green
- * Organic Farming
- * Career Counselling for Rural Youth

And as promised by Nachiketa Tapovan Ashram to provide wide exposure to rural youth we are introducing our one of the partners...

VETF (Vir's Educational and Training Foundation)

“Educating, Empowering & Enlightening Rural Folks” is a noble project undertaken by Nachiketa Tapovan Ashram with the help of sincere *Sadhakas* like you. Many have given their consent to become part of this *YAGA* and many more are in the process to render their services to this noble cause.

We do strongly believe that every single act of yours really matters to us and to the society, therefore, in case, if possible, at least for the sake of transforming society into a healthy and enlightened society, we hope that you would render your helping hands to “Educating, Empowering & Enlightening Rural Folks” project...!

Contact : 8008882828

- Swami Nachiketananda Puri





Turn around their future!

For ₹ 1 Lakh

Your donation will last a lifetime

Appeal for Sponsor-a-Child Corpus Fund

Nachiketa Tapovan runs a free Vidya Mandir for 230 children from poor families. They receive all-round, holistic academic education in English medium (LKG to 10th std.), including **arts, crafts, spiritual and culture lessons.**

Sponsoring a child is a great opportunity to help protect a child in need whilst seeing in return the real effect that your support has. Make a difference in a child's life- the chance to form a lasting, meaningful relationship with a child. All your kindness will add up to a bright future.

- ✓ *Nachiketa Tapovan is working hard to build a CORPUS fund to meet the ongoing expenses and expansion needs at a consistent pace. Donating to a Corpus Fund is a great way to sustain our efforts.*
- ✓ *Interest accruing from the investment made out of the Corpus donations, is only used without touching the principal itself. This way your DONATION remains forever, strengthening the cause and the organization.*

✓ *Being a charitable institution, we earn an interest of 9.25% annually from a Govt Bank. The annual interest on 1 Lakh will fully support one child's education for one year.*

✓ *Your donation will come a long way by meeting our expenses that include Teacher's Salaries, Uniforms, Educational material, Building Maintenance and Housekeeping, Salaries for support and administration staff, Field trips and Excursions, Celebrations and Extra Curricular activities.*

✓ *At present, we only have 29 corpus sponsorships, help us reach all of our 230 children!*

✓ *Bring hope and light into their lives – as a group or individual or in the name of a loved one.*

✓ *Donors receive annual report card and are welcome to interact with our children.*

✓ **We express our thanks to Corpus Donors by permanently inscribing their names on our recognition board in the school.**



Students of Nachiketa Tapovan Vidya Mandir



Events & Celebrations



Mataji talks on spirituality as Swamiji looks on

A satsang was held on Sunday, 24th March at Sri Ajit's & Swathi's house in Lumbini Enclave in Kondapur. Swamiji and Mataji addressed the gathering. Mataji gave a talk on 'Spirituality' and its meaning. Swamiji taught 'Maha Chaitanya Kriya' which was sincerely practiced by the participants. Kids who attended the Satsang were very attentive and tried to answer questions put forth by Mataji. We thank our hosts for giving us the opportunity to serve the society.



Participants of the satsang at Lumbini Enclave

On March 2nd, 2013, Ms. Shanthi Deepthi, software engineer and writer for Nachiketanjali magazine conducted a quiz program on Ramayana and Mahabharata for children of classes 8, 9 & 10.

On 26th March, 2013, there was a wide array of colors as students, teachers & volunteers celebrated Holi at Nachiketa Tapovan. Senior students explained the significance of Holi to Vidya Mandir students. Volunteers Jyothi and Maheshwari performed puja and the Holi fire was lit. There was joy and laughter all around as students and staff smeared colours on each other and celebrated Holi.



Vidya Mandir students in high spirits as they play Holi



Donors' Appreciation Day

No organization can prosper without the help of Donors. Nachiketa Tapovan holds the donors in high esteem and feels that their services should be appreciated by bringing all donors on one platform. All the donors were invited for the 'Donors' Appreciation Day' which was held on 16th March 2013 at Nachiketa Tapovan in Kavuri Hills.

Tapovan wore a festive look as children enthusiastically displayed all their creative work and as the donors started streaming in, they were amazed to see the wonderful crafts of Vidya Mandir students. Students welcomed their Sponsors with welcome drinks and once the guests were seated, the program commenced with lighting of lamp by Paramahansa Swami Shivananda Puri, Sri Gautam Vir and Smt Mani, volunteers of Tapovan. After the beautiful Prayer song sung by students, Swathi our volunteer gave a welcome address and briefed the gathering about Tapovan's activities. Shravani, Class IX student did justice to her role of anchoring.

Some of the students thanked the donors for giving them the gift of knowledge and acknowledged that if not for the donors' support, they would have continued to be illiterate. Guests were amused when Vishnu, class 5 student started speaking. In his own words: "...someone came to our classroom one day, and talked about Oxford which I did not know. He explained, but I told him Tapovan is my Oxford. I have learnt many values here. But with your help and support maybe I'll go to Oxford one day." There was a loud cheer from the audience for his smartness.

Shailaja, Girija, Nagamani and a few more students expressed their happiness about getting value-based education at Tapovan and said they felt the sponsors played the role of Karna in their lives by gifting them education. "We might not know you personally but we are sure your blessings are always with us." These words of emotion brought tears in many eyes. Students further entertained the audience with their beautiful skits, dances and Yoga performances. A skit cum dance program on 'Communal Harmony' by class 5 students won a



Mataji addresses the donors

loud round of applause. Senior students stole the limelight with their diya dance, which was a tribute to Lord Ganesha.

Volunteers Roopa, Radhika Bansal, Mamta Agarwal & Yash Sultania briefed the donors about the achievements of children in various fields and said they are moved by the thirst for knowledge exhibited by the students. They also reported to the donors on Tapovan's Go Green, Crafts Sales, Publications and Satsangs and requested them to support the organization in all these activities.

Smt Vasundhara, Founder Trustee of Nachiketa Tapovan explained how the Vidya Mandir started and thanked all the Donors for their valuable and continued support and conveyed the message sent by Swami Nachiketananda Puri to the Donors, "2 wings to the Bird, 2 eyes to the Human Being, Similar are 'Volunteers & Donors' to the organisation."

Gautam Vir, Tapovan's volunteer was invited to express his feelings, "...I am overwhelmed by children's performances... Each and every one of us are privileged and honored to be able to contribute to these children."

Mataji concluded the program with a spiritual talk, "... though these children are underprivileged they have given me the privilege to serve... the small efforts that you donors have made has been shown in the growth of the Organization..." She explained in detail all the Ashram activities and invited everyone to visit the Ashram.

Smt. Vandana, a volunteer introduced and appreciated the services of Teachers, Kitchen staff and office staff. Swathi concluded the program with her Vote of Thanks. Donors interacted with the students, teachers and volunteers and left the premises with joy and happiness derived from the results of their charity.





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. They can keep it 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, date of birth 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.



HOW YOU CAN HELP

*Anna daanam maha daanam; vidya daanam mahattaram.
Annena kshanika trupthihi yaavajjevanthu 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

Sponsor a Teacher (Dance & Music)	₹ 5000/Month
Vidya Daanam (Education)	₹ 5700/year/child
Anna Daanam (Mid-day Meals)	₹ 4700/day
Alpa Aharam (Snacks)	₹ 700/day
Vastra Daanam (Uniforms)	₹ 800/2 pairs
Stationery Supplies (Copier Paper)	₹ 5000/term
Medicines (For needy people)	₹ 5000/month
Sponsor a Festival in temple	₹ 3000

*Corpus Fund Options

Sponsor a child	₹ 1 Lakh
Anna Daanam (Mid-day Meals)	₹ 50,000/-
Alpa Aharam (Snacks)	₹ 10,000/-

* With the accrued annual interest the following will be achieved every year, respectively.

- One child's education annually.
- Mid-day Meals for the whole school for one day annually.
- Snacks for the whole school for one day annually.

Donations within India- Details

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. PAN No. AAATN2406K

Donations can be also directed through bank account as below

Bank Name	: Bank of Baroda
Branch Name	: Jubilee Hills, Hyderabad
A/c Name	: Nachiketa Tapovan
A/c No	: 18090100004093
IFSC Code	: BARBOJUBILE

(Note: IFSC code contains the number "zero" not letter "O")

Overseas Donations- Details

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

Bank Information

Bank Name	: State Bank of India
Branch Name & Code	: Kavuri Hills-12655
A/c Name	: Nachiketa Tapovan
A/c No	: 30953215793
IFS Code	: SBIN0012655
SWIFT Code	: SBININBB214

(Note: IFS code contains the number "zeros" not letters "O")

SUBSCRIPTIONS:

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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NACHIKETA'S GO GREEN CLUB...

*We convey our thanks to all the participants of WOW initiative. You helped us earn **Rs. 18,910/-** in the month of March and saved Mother Earth by recycling about **2701 kgs** of plastic and paper waste material.*



FREE SUMMER CAMP

Character Development Camp for Children

Nachiketa Tapovan's Summer Camp will be held
from 5th-12th May, 2013 for the 14th year.

Time: 8 a.m. to 4 p.m.

Age Limit : 12-15 years

Last date for Registration 30th April, 2013

This program helps your children learn

- ★ Positive Thinking
- ★ Self Confidence
- ★ Creativity
- ★ Decision Making
- ★ Yogasanas
- ★ Pranayama
- ★ Meditation
- ★ Power of Prayer
- ★ Values

First come First serve

Registration forms are now available at the Venue:

Nachiketa Tapovan, # 70, Phase-1, Kavuri Hills, Madhapur, Hyderabad

For details call : 9849168937

Festivals & Events of May 2013



25
Buddha Purnima



7
Varaha Jayanthi



8
World Red Cross Day



8
Rabindranath Tagore Jayanthi



12
Parasuram Jayanthi



22
Raja Ram Mohan Roy Jayanthi



16
Ramanujacharya Jayanthi



15
Adishankaracharya Jayanthi



13
Akshaya Tritiya

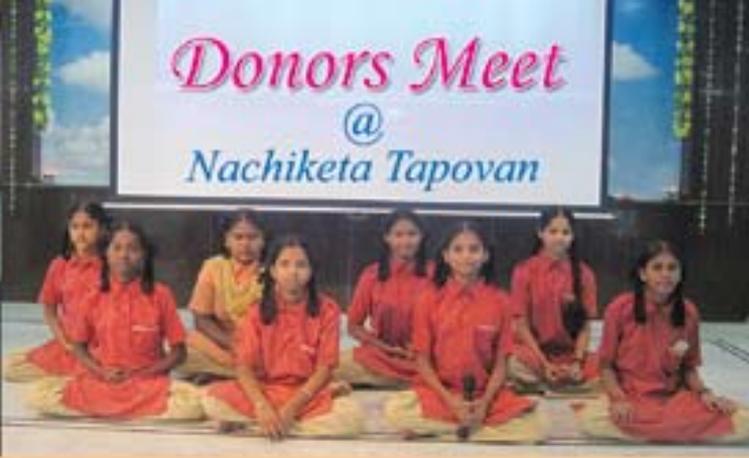


12
Mothers' Day





Nagamani thanks the donors



Students singing the prayer song



Gautam Vir expresses his happiness about the students' performances



Art work by Vidya Mandir Students



Smt. Mamta Agarwal helping the students with art display



Cultural performances of the students



Smt. Vandana introduces the Teaching staff



Donors of Nachiketa Tapovan



“We must treat water as if it were the most precious thing in the world, the most valuable natural resource. Be economical with water! Don’t waste it! We still have time to do something about this problem before it is too late”

- Mikhail Gorbachev



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