

Nachiketanjali

an offering...



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*Mudakaraatha Modakam Sada Vimukti Saadhakam
Kalaadharaavatamsakam Vilasiloka Rakshakam
Anaaya Kaika Naayakam Vinasitebha Daityakam
Nataasubhasu Naashakam Namaami Tham Vinaayakam.*

Meaning: I prostrate before Lord Vinaayaka who joyously holds modaka in His hand, who bestows salvation, who wears the moon as a crown in His head, who is the sole leader of those who lose themselves in the world. The leader of the leaderless who destroyed the elephant demon called Gajaasura and who quickly destroys the sins of those who bow down to Him, I worship such a Lord Ganesh.

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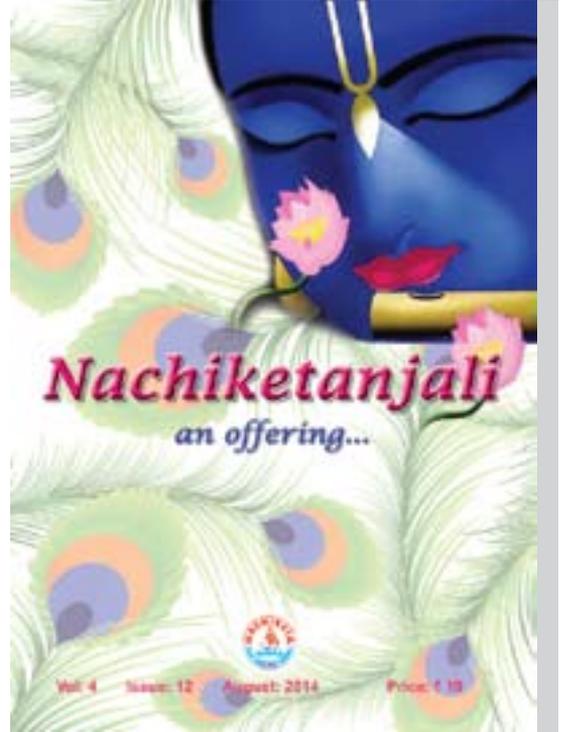
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**Adharam Madhuram Vadanam Madhuram
Nayanam Madhuram Hasitam Madhuram |**

**Hridayam Madhuram Gamanam Madhuram
Madhura-Adhipater-Akhilam Madhuram ||**

Meaning:

(O Krishna) Your Lips are Sweet and Charming, Your Face is Sweet and Charming, Your Eyes are Sweet and Charming and Your Laughter is Sweet and Charming,

(O Krishna) Your Heart is Sweet and Charming and Your Going is Sweet and Charming; Everything about You is Sweet and Charming, O Lord of Sweetness.

Facing Adversities

Life may appear to be smooth-sailing but as time passes many changes occur in our lives and suddenly adversity strikes. We might have the deepest longing for everlasting happiness and it is justified, but at the same time we should also train ourselves to face adverse situations. Adversities might be frightening but they might be indications of the onset of the spring of new life. Good times and bad times are the flip sides of the same coin. So instead of getting overwhelmed when faced with adversities, let us wait for the storm to pass.

Our mind plays a key role in adjusting and adapting to any situation. Hence we should have control over the mind and not get entrapped by its illusions. A storm might destroy trees but the grass is not damaged because it has learnt to bow down to mighty pressures and when the storm ceases, the grass stands erect again, more valiantly. Similarly when things don't work out for us, let us humbly face and tackle them.

Though the Pandavas lived a royal life, they had to be subservient and do service to the king of Virata during their period of incognito. Today we might be in an authoritative position but when things change we should be prepared to face adversities. This is when we have to apply our intellect and prove ourselves worthy of facing and tackling any situation. God has given us the intellect, how we put it to use is our choice. Instead of giving way to emotions and grieve over our tribulations, we should be stable and seek solutions to overcome our problems. Insights would surely get us out of the dilemma. Remember, when our attempts are sincere and our faith is strong, solution is always at hand.

Blaming someone for our problems and getting depressed is not the right attitude. Bow down when it is needed but always bounce back like the grass blade. Every situation turns out to be a lesson for us and let us learn from our lessons and emerge a strong human being. Victory is always at our doorstep.

- Subhadra K.



SHIVA...

The child of destiny...

The man of commitment...

Our journey towards Vidya Mandir was not that smooth. We had struggles from obtaining a piece of land to peace of mind to getting committed teachers to dedicated volunteers on board. But much before that we even needed philanthropists with great character and commitment to start with and surprisingly I found two great personalities who came forward voluntarily to shoulder every possible responsibility wholeheartedly.

If Ma Vasundhara is found religiously following the tenets of spirituality to take the society to next level then Reddy Garu stood firmly behind his better half, supporting every cause that can uplift the masses. Ma, single handedly pulled on Vidya Mandir when it was just in the primitive stage whereas Reddy Garu supported more than what one true philanthropist can offer and the rest is history. Fact is that today it is very difficult for me to dream of Nachiketa Tapovan without this amazing couple and of Vidya Mandir without dedicated volunteers and children like Shiva!

I do not know exactly what to say about our children but if souls like you want to know about a man of commitment... a man of simplicity... the man of humility; ready to rock the world of mixed possibilities then here is Shiva... the child of destiny... who hardly expresses emotions but holds every emotion within, poor in wealth but rich in knowledge, making his own way, crafting his own life, creating his own path! First day, when I saw Shiva, serving all children, taking extreme care of everyone around, I felt that he is the guy to watch out next!

Shiva! Like his name, he hardly speaks anything but contemplates a lot. His mantra for life is to never exploit but to explore. His simplicity is such that hardly anyone notices him. No matter what game plan Divine Mother has for him, but I always have seen this boy accepting the fact without any complaint. One episode that shook the entire Nachiketa Tapovan is when he cleared JEE mains exam and was preparing for JEE finals on a Sunday.



The whole year Shiva was preparing for exams and on Saturday night this boy all alone traveled 12 kms to find out the exam center. When he came back home, he once again started studying and preparing for the final exam. When he just closed his eyes to relax in the early hours; he heard someone crying inconsolably. When he opened his eyes and looked at the only broken bed in the room and people around, he knew that once again destiny had played its dice, against him. That tiny rented single room cum kitchen cum bedroom cum drawing room cum everything echoed with acute pain. Though not a source of income since last few years, the most loving person of their family, his father passed away with a massive cardiac arrest.



Moreover, look at the irony of fate, poverty, hunger and our social structure; people below poverty line cannot even mourn properly.

It was heart-breaking, shattering for people around, teachers, volunteers, organizations and above all Shiva and his near and dear ones. Just imagine, morning 8:30 a.m. he has to go to exam center and at the same time since he was the only son, he had to go along with them to a far-away village to perform the final rites before 6:00 pm. On one side the customs, religious faith and final rites and on the other side exam, future and hope and this boy just sixteen, completely caught up in the irony of destiny; absolutely unaware of what to do next. Everyone asked him to pack his luggage since they have decided to perform the final rites in a village that is 2 to 3 hours journey from Hyderabad. Ambulance is right in front of the house. Relatives engage in making all necessary arrangements for the final journey of his father. And Shiva was helplessly watching everything with an empty gaze. Sometimes looking at the ambulance, sometimes at his mother and sister and sometimes at Mataji, his Divine Mother.

Mataji embraces all of them. Wipes out their tears. Cuddles Shiva like her own child. Then explains about life beyond death and life that is now present in the form of Shiva and how his father would be happier if he writes the exam. When he realizes the journey of life, this child of destiny decides to play in the hands of Mataji, and with the consent of all near and dear, leaves everything to his mother and elder sister who work as maids in residential areas and is set for writing the exam.

After writing two papers and spending time till evening 5.00 pm at the exam center, this boy of destiny, without eating anything, sets himself once again in motion to attend the funeral. How the wheel of destiny sets in motion without break for the next action! But due to customs and other obligations, by the time he reaches the village, he comes to know that his sister has performed all the final rites. Unbelievable but true!

It is very painful but one has to move on, no matter what the situation is. He knew that he lost his father but not the parenting; he knew that he lost a physical presence but not the divinity; he knew that he lost the aspiration but not the vision and

felt that the only thing that can bring back all his people to life, is to study hard, work hard and make others happy by performing well. Believe me, I don't know what lies in future for this boy but he is the boy to be watched for...!

Dear sponsors, hardly he expresses anything but carries a lot in his heart. He knows, what the support system is. He even knows that one or the other pious soul has come forward to support his education. He might not express himself by presenting gifts or bouquets or even say 'thank you' but deep down he carries you all in his heart always. Therefore, not only is this man of substance eager to prove his mettle and pay rich tribute to you all but also people like me who are part of Nachiketa Tapovan would love to thank and salute you all for being a part of our needy society.

Dear Sponsors! Thanks, for being part of this tiny life that is now ready to rock the world of possibilities! He cleared his Intermediate with 96.4 % and got 6195 rank in EAMCET (Engineering entrance exam in AP). We do not know what plans destiny has for this boy, but we have decided that we will not stop till the goal is reached. We want people with substance, people with passion and above all enlightened citizens to take every activity to the next level and here is Shiva and many more following the footsteps of Shiva ready to rock the show.

Therefore, we need your kind support, your helping hands, your presence and above all your blessings. Please do not stop now; because you know, if not now then never and I do not want it happen again to the people who are silent from ages together. I am sure, I know, it's a fact, 'your minimum is maximum for people like us' so therefore build the confidence while building up the support system. I promise, your every rupee, every act, every support, every thought would be held with high regards and respect.



– Swami Nachiketananda Puri





Sri Ramakrishna's Amrita Dhara

THE LONGING



Longing is the means of realizing Atman.

“Not through discourse, not through the intellect, not even through the study of the scriptures can the Self be realized.

The Self reveals Himself to the one who longs for the Self. Those who long for the Self with all their heart are chosen by the Self as His own.”

- Mundaka Upanishad 3:2:3



Divine Mother

How can Divine Mother disappoint anyone when they have *shraddha* in Her?

How can she not express Her love when a *Sadhaka* lives for Her?

Why will she not take care when a *Sadhaka* breathes for Her?

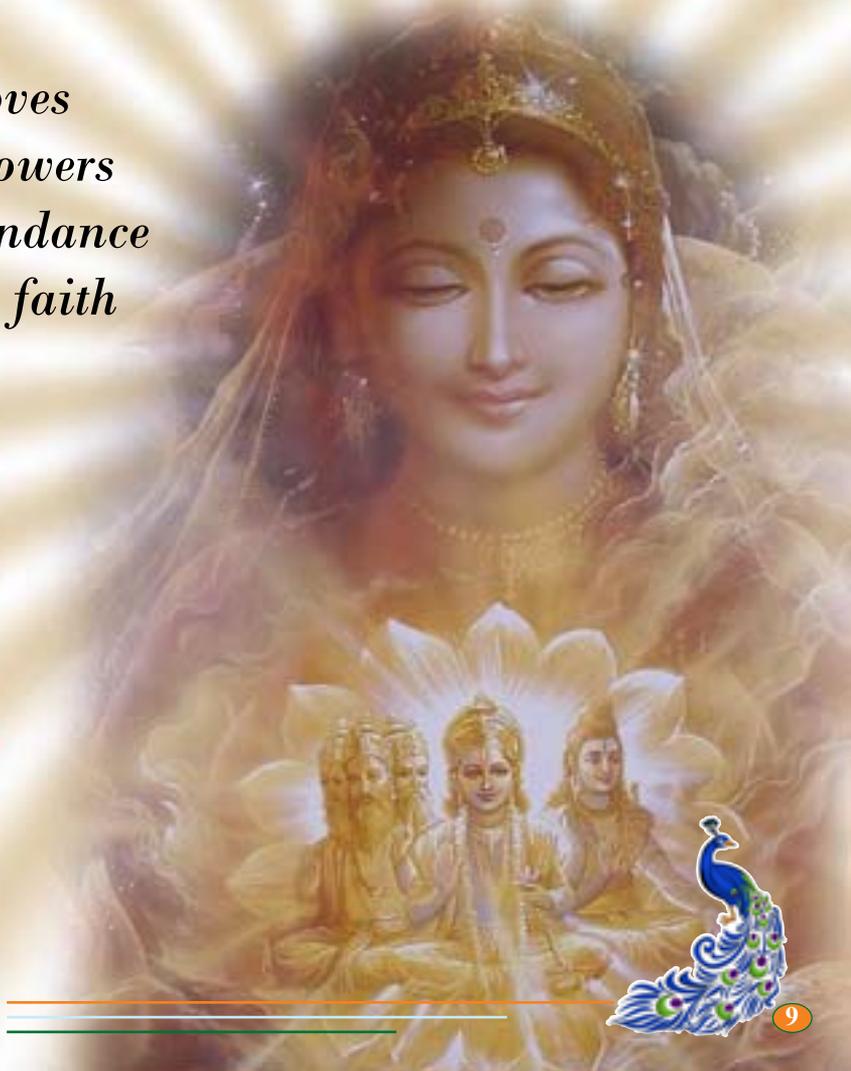
How can she refrain from patting Her child when he does *Nishkamakarma* and serves Her in every form?

How can she not help a *Sadhaka* to cross this ocean of *samsara* when Her refuge is sought?

*Divine Mother loves
all beings and showers
Her grace in abundance
provided we have faith
in Her existence.*



- Paramahansa
Swami Shivananda Puri



GOPALAS: *Examples of Sakhya Bhakti*

Sakhya Bhakti was demonstrated by the *Gopals*. They played with Krishna and were one with him. They never thought that he was God or an Avatar. They thought that Krishna was one of the *Gopals* and that kind of intimate relationship of being one with the Lord is denoted as *Sakhya Bhakti*. They used to play hide and seek with Krishna and regarded him as one of their playmates and thus they became one with him. This was the manner in which they expressed their devotion to him. During the afternoons, all the cattle were kept under a tree. Krishna and the *Gopals* used to sit under the shade of another tree and they would share the food between them. Not only this, the *Gopals* never stayed away even for a moment from Krishna. When the cattle were grazing happily they used to come and sit with Krishna and asked him to narrate stories and thus they spent every moment with Krishna. In their playing, singing and living they took Krishna as part of themselves and were living together.

In those days, Krishna used to play on the *Murali* (flute) very well. In fact, he used to play on it much better than other *Gopals* could play. He could send everyone into ecstasy when he played on the *Murali*. One of the *Gopals* would come to Krishna and say, “Sing, sing to my heart’s content in little

sweet words so that I might feel happy. Take the essence of the Vedas and sing it through the golden voice of your flute and fill it to my heart’s content.” Another *Gopala* would come and tell Krishna, “Our cows are the *Upanishads* and the four feet of the cows are like the four Vedas and out of the cows’ milk take the Vedas and the essence of the Vedas and *Upanishads* and pour it into your flute and sing it for us.” In this manner the *Gopals* moved around Krishna and they regarded him as a friend and identified themselves with him.

They used to go to the banks of the river Yamuna and swim in the river. When they swam they would try to catch the legs of the Lord. It looked as if the big fish was going ahead with the small fishes coming behind trying to catch the legs of the big fish. Thus in their daily life, they regarded Krishna as a common human friend and they were enjoying the human qualities of Krishna. *Gopals* were not worried even if their own brother and sister were at a distance from them but they used to cry if they were separated from Krishna even for a moment. Thus we see that the *Gopals* wanted to get close to Krishna by some method or the other. They were not doing any *Tapas* or *Pooja* (penance or worship). They were adopting methods of *Prema* or love to be near Krishna. Krishna was regarded



as the Ocean of Love and the *Gopalas* regarded themselves as drops of water which have come out of this Ocean of Love. Their sole purpose was to take their own lives and merge them with the infinite Ocean of Life.

Balarama, Krishna and other cowherd boys were in the habit of taking their cows for grazing in the forest near *Gokulam*. Once the *Gopalas* were engaged in merry making, in dancing and singing, quite unconcerned about the time while the cows were out grazing. Suddenly they found that the cows had disappeared. They went in different directions in search of them. They found the cows grazing at a distant place and saw a fire blazing all around. The cowherd boys could not approach these cows. They cried in desperation, "Krishna! Krishna!" When Krishna called the cows by their names they responded running towards him, crying "Ambaaa". The cows could recognize Krishna's voice and understand His call. The cowherd lads were terribly shaken by the sight of the advancing fire. Balarama and Krishna told them, "**Why fear when we are here?**" Krishna asked them to close their eyes and not to open them until he gives the order. They always implicitly obeyed the command of Krishna, in whom they had full faith.

When Krishna asked them to open their eyes they did so, and found themselves in the same place where they had been dancing, and it was cool all around. The fire had disappeared. Immediately they fell at the feet of Krishna and hailed him as the supreme Lord. When such miracles were performed they used to hail him as God, but after some time they would revert to their old habit of calling him their friend. Even now people consider the Avatar as God only when miracles happen, but at other times they consider him as an ordinary being. Krishna wanted to teach the *Gopalas* about the *Atma*. It was the rainy season, and dark clouds were hovering over the sky. There was lightning, followed by thunder. Krishna said that the dark clouds represent the *Thamasic* quality in man, thunder the *Rajasic* quality and lightning the *Satwic*. Because of *Thamo Guna* you are not likely to see the vast skies, which is the Divine. Just as lightning shines in a dark cloud, wisdom (*Jnana*) shines beyond the cloud of ignorance.

Source: *Melting Pot*

REFLECTION

I am watching the sky down below my eyes as a reflection on water

It is as pure as the water I see

It is as blue as my water bottle

It is as tranquil as crystal water

It is very clear like the reflection of my face

Rain droplets make the vast sky dance close to me

The reflection shivers when the next drop falls

It moves like a swing when the wind sings

WOW! What a reflection!

It reflects the beauty of nature

It reflects the purity hidden in it

It reflects my smile and happiness involved in viewing it

- SAI HARATHI
Inter 2nd year





Swamiji's Contributions to India

In spite of her innumerable linguistic, ethnic, historical and regional diversities, India has had from time immemorial a strong sense of cultural unity. It was, however, Swami Vivekananda who revealed the true foundations of this culture and thus clearly defined and strengthened the sense of unity as a nation.

Swamiji gave Indians proper understanding of their country's great spiritual heritage and thus gave them pride in their past. Furthermore, he pointed out to Indians the drawbacks of Western culture and the need for India's contribution to overcome these drawbacks. In this way Swamiji made India a nation with a global mission.

Sense of unity, pride in the past, sense of mission – these were the factors which gave real strength and purpose to India's nationalist movement. Several eminent leaders of India's freedom movement have acknowledged their indebtedness to Swamiji. Free India's first Prime Minister **Jawaharlal Nehru** wrote: "Rooted in the past, full of pride in India's prestige, Vivekananda was yet modern in his approach to life's problems, and was a kind of bridge between the past of India and her present ... he came as a tonic to the depressed and demoralized Hindu mind and gave it self-reliance and some roots in the past." **Netaji Subhash Chandra Bose** wrote: "Swamiji harmonized the East and the West, religion and science, past and present. And that

is why he is great. Our countrymen have gained unprecedented self-respect, self-reliance and self-assertion from his teachings."

Swamiji's most unique contribution to the creation of new India was to open the minds of Indians to their duty to the downtrodden masses. Long before the ideas of Karl Marx were known in India, Swamiji spoke about the role of the laboring classes in the production of the country's wealth. Swamiji was the first religious leader in India to speak for the masses, formulate a definite philosophy of service, and organize large-scale social service.

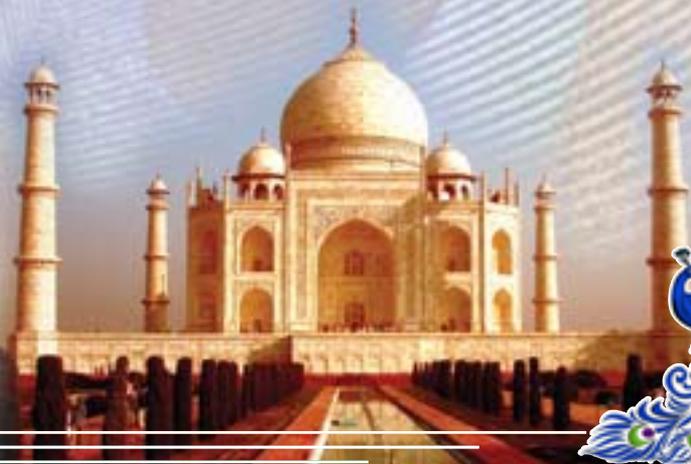
**Source: Swami Vivekananda-
Life and Teachings**

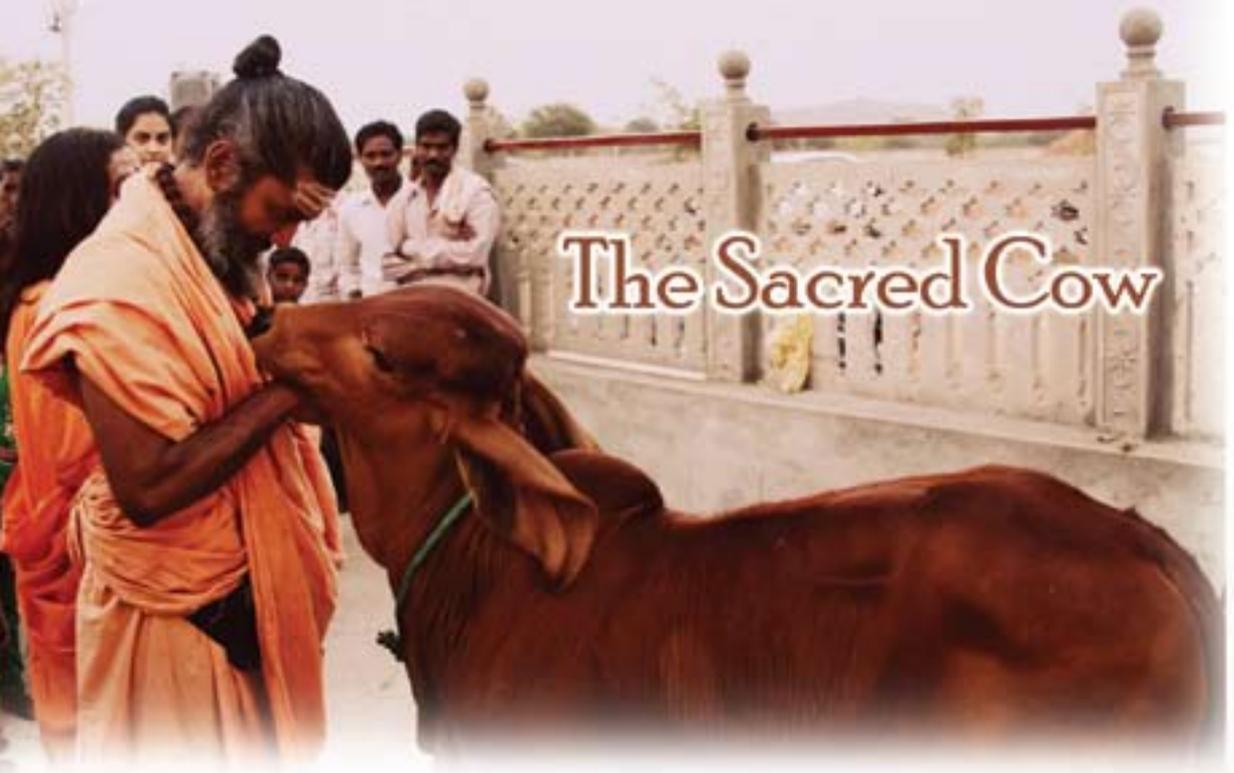


India Calling

*W*alk around the wrap of misty morning
Talk with the whispering wind
Stalk along the winding roads
Balk for a while at the tempting wilderness
That is within your soul, India calling
Look for a while to see around
Nook and corner, life with full vigor
Cook food for heart with tasty aroma
Book a place to experience the broth
That is served with the feel of India calling.
Taj Mahal invites you to explore
Red fort speaks about the days of yore
India Gate, gateway of India implore
To recall the glory of days galore
That is for me my India Calling
The chants of Shlokas from the temple resonating
Recital of verses from Quran intoning
The bells of the distant church clanging
Exulting and invigorating, to remain clinging
As this is for me India calling
With the steaming tea and beaming smile
Affectionate pat and exuding compassion in warm style
Forcing to stay on for a while
Never letting you aware of time's desperate wale
And comrades, all you hear is India calling!

- Sreekala Madhavan





The Sacred Cow

There are innumerable references in all ancient Indian scriptures from Vedas to Mahabharata and Charak or Sushenta which state that cow milk and milk products have been in use in ancient India not only as a source of nutrition but also as a curative and prophylactic food/medicine. It is because of these qualities of cow's milk that cow has been treated as "Cow Mother", a provider of Amrita, provider of health, wealth, prosperity, fame and respect. This also made the cow an object of worship and reverence.

IMPORTANCE OF COW AND COW MILK AS DESCRIBED IN VEDAS:-

RIGVEDA

There are a number of *Mantras* in all the four Vedas which describe the importance of cow and cow milk not only as a complete food but also as a curative drink. Of course, the feed and fodder given to cows was also required to be of a very high quality and having various herbs as its essential ingredients. Rig Veda in its ninth *Mantra* of the 73rd *Sukta* in 10th Chapter (10-73-9) says that cow provides in its milk the curative and prophylactic effects of the medicinal herbs it eats. Cow's milk was thus

used not only to cure but also as a preventive in certain diseases. Again Rigveda in another *Mantra* (5-19-4) describes cow milk as the most desirable and likeable drink.

ATHARVAVEDA

Similar properties of milk as provider of vitality and strength are stated in the following *Mantra* (4-21-6) of the Atharvaveda.

"Yuyamgavomedyathamkrishmchishkyreeram, chit krinuthasupratikam, Bhadra Griham Krinuth, bhadravapobeihadvovyauchachate, sabhasu."

Meaning - The Cow, through its milk, transforms a weak and sick person into an energetic person, provides vitality to those without it and by doing so, makes the family prosperous and respectable in the "civilized society".

Obviously, a family of sick and weak members can neither be prosperous nor respectable in the civilized society. This *Mantra* incidentally points out a subtle norm that good health in a family was taken as an indicator of prosperity and respect in the Vedic society. Material wealth alone was not the parameter of respectability in the society as is the case today. In other words, availability of



plenty of cow milk in a household was taken as an indicator of prosperity and status. The learned *Sadhus*, and guests were also offered milk or were rather greeted with milk and milk products and a type of '*Bhat*' made with milk, rice & ghee. This was probably some version of "*kheer*" made with rice and milk these days in most parts of India. This tradition is described in Atharvaveda's *Mantra* 18-4-16 and 18-4-19. It is because of these nutritive and vitalising properties of cow milk that there is a blessing in Atharvaveda (18-4-34) saying:

"Dhenvahdhanaahoorjama
smevishvahaduhanaatantu"-

Meaning: May the milch cows forever continue to provide you with their nutritious and energy-giving secretions (milk).

The preventive and creative qualities of cow milk:

The preventive and curative qualities of milk are also described in Atharvaveda. The following *Mantra* tells us about the curative value of cow milk in heart diseases and leucoderma (Hriday Rog and Pandu Rog)

*"Anusuryamudyataamhridyotoharima cha te
go rohitasyavarnen ten twaparidadmasi".*

It says milk from a red colour cow helps cure the above ailments.

Well, in the end we may perhaps, say again

AmritamVaigvamkhsiram. Cow Milk alone is *Amrit*.

Source of compilation:

A paper on nutritive value of cow milk by: Ish Kumar Narang

The essence of Ribhu Gita

Ribhu Gita constitutes the teachings of Lord Shiva to Ribhu, who in turn transmits those teachings to his disciple Nidhaga Rishi. The treatise goes by the name Ribhu Gita.

Lord Shiva says: The universe was neither born, nor maintained, nor dissolved; this is the plain truth. The basic screen of pure Being-Awareness-Stillness devoid of all the moving shadow pictures of name and form of the universe is the sole, eternal Existence.

Some may argue that this universe of duality (multiple existences) is a factual second reality, clearly seen by the senses operated by the mind. But then, are the senses anything apart from the mind? Can they function without the support of the mind in which they are imbedded? What is this mind except a bundle of thoughts? What are thoughts except evanescent ripples in the still, limitless ocean of pure Being-Awareness-Self, which is the sole Existence without a second?

The existence of the illusion of silver in mother of pearl is not a reality apart from the reality of mother of pearl, which is the basic reality. The illusion of the universe is based on the mind, which again is an illusion based on the still Awareness-Being-Self.

In the unitary, undifferentiated still ocean of Existence-Awareness-Self, body, senses, mind, intellect and *Jivas* (embodied souls) are nothing but evanescent ripples not apart from the sole Self.

The universe of name and form, the embodied creatures and their creator, mind, desire, Karma (action), misery and everything other than the Self, are merely thought formations projected by the powers of the Self on its screen – Self.

The state of firm abidance in that thought-free alert Awareness-Self, constitutes integral perfection, Yoga, wisdom, *Moksha*, *Sahaja Samadhi*, the state of Shiva and the state of Atman-Self, which scriptures proclaim by the title of Brahman.

There never was a mind or any of its countless forms like world, *Jivas* etc. There isn't the least doubt that all these are the forms of the eternally undifferentiable Supreme Brahman Self. This is the Truth. The one who hears this great secret diligently and understands completely abides as Brahman-Self.

Excerpts from THE ESSENCE OF RIBHU GITA
BY Sri N.R. Krishnamoorthi Aiyer



It is possible to be selfless

These words of Bhagawan Sathya Sai Baba touch me at long last when I listen to them in His Divine Voice: "Do not judge others to decide whether they deserve your service. Find out whether they are distressed – that is sufficient credential. Do not examine how they behave towards others either, for they can certainly be transformed by love. Service should be for you a sacred vow, a *Sadhana*, a spiritual path. It is the very breath; it can end only when breath takes leave of you." When I thought about these beautiful words long and hard, it occurred to me that there was someone I knew who lived them.

When my beautiful grandmother was in her mid-90s, (her unquestionable intelligence intact and her sense of humour that just got better with age) she had invited her sons to tea and asked them what each of them wished to keep as memories that she had lovingly preserved to feel her late husband's presence around her. My father was happy with his mother's diaries.

After grandmother's demise, my father returned with his mother's last gifts - all her diaries that covered more than half a century. My sister and I were moved at what my father held most dear to his heart. It was evident to us that my father's goodness came from his parents. My father began to read to us from those pages. An account of a certain day in her life just months before she passed away was a revelation. My sister and I found it hard to fight back tears as my father with tears in his eyes read this chapter to us.

One page pretty much summed up what grandmother was about: the rarest form of goodness one gets to see in films and stories. Among her list of 'visitors' were simple people who needed help, counsel or her sheer lovely company.

One woman in particular was a regular who liked to think grandmother's house was an extension of hers. This obviously wasn't terribly pleasant for the rest of the family and there was a reason for it! This familiar visitor came across as a bit annoying; she was rude and insensitive, always spoke ill of people when she opened her mouth, and was discourteous. And she never hesitated when offered a meal or a cup of tea.

Now everyone around wondered for years why grandmother had always entertained her without a second thought. Funnier still was the fact that grandmother served her a meal each time she turned up and chatted with her with the greatest affection.

My father came to the point in the diary that had these golden words: "For years people have asked me why I am nice to this human being. I do know for a fact that she is quite an unpleasant person and has given reasons, which is why people shun her. She even confessed to me that she thought of herself to be a deplorable character. Instead of judging her, I have thought of how sad and lonely she must be. If I show her the door, which is perhaps the easiest thing to do to someone like her, who would ever befriend her, give her a meal, or even spend five minutes with her?"



I now realise why as a child I felt so strongly that my grandmother was an angel. Like my father tells us to this day: "It's good to be great, but it's great to be good." My grandmother really got one thing right and practised it to perfection: "Love all, serve all; help ever, hurt never."

Grandma lived all her 99 years on this planet doing the same old good deeds without any hint of boredom or complaints. How did she remember to feed birds and animals, random strangers who showed up at her doorstep, actually anyone and everyone – and this, every single day of her long life? It baffles me, it humbles me; my heart swells with pride when I think of her. Even a candy from

her had a special sweetness to it. Her beautiful smile with which she constantly shared made her generosity even more striking.

Bhagawan's loving words remind us of our true nature - selflessness. "Give joy to all. Practising Selfless Love is the way to achieve this ideal. When Love can bring even God near you, how can it fail where human beings are involved? God dwells in a pure heart; shining in His innate splendour of Wisdom, Power and Love. Start the day with Love. Spend the day with Love. Fill the day with Love. End the day with Love. That is the way to God."

- *Anisha Bordoloi*

How would you like to be **REMEMBERED?**

About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The news papers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there? When he regained his composure, his second thought was to find out what people had said about him. The obituary read, "Dynamite King Dies." And also "He was the merchant of death." This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize.

Just as Alfred Nobel got in touch with his feelings and redefined his values, we should step back and do the same.

What is your legacy?

How would you like to be remembered?

Will you be spoken well of?

Will you be remembered with love and respect?

Will you be missed?

- **Motivational Stories**





Yet another great posture might not be used by meditator for meditation but if practiced one can derive immense benefit than that of meditation. In fact I have observed many meditators and great *Sadhakas* while interacting or lecturing or simply relaxing, adopting this posture. That shows that somewhere it has got something to do with relaxation. In this posture, the back is automatically strengthened, thus forming a natural curve in the backbone allowing energy to flow to the fullest. Thighs and knees get stretched and toned properly making below waist region more pliable. In fact in all postures the lower body is taken care of properly since not only energy resides there but is also the area that carries the maximum weight and movement of the body throughout life. Subtle channels in the lower body get properly activated thus taking care of vital organs in the body. It balances the *Prana* in the body thus regulating and rejuvenating entire body and mind.

Let us know more about *Gomukhasan*



Ramesh, Vidya Mandir student demonstrates Gomukhasan

Posture No. 1

1. Sit on the floor with legs straight out, place your hands sideways near the hips with palms down and fingers forward
2. Fold left leg and place left foot near the right buttock
3. Then fold right leg and place right foot near the left buttock
4. Check whether right knee is placed properly on left knee
5. Place both the palms on the right knee

7. After some time, change the posture by changing the legs position

Variations:

- Stretch the left arm up above the head then fold it from elbow and bring it down behind the head and back
- Stretch the right arm downward then fold it from elbow and bring it up the back
- Clasp the two hands together

Benefits:

- Tones the muscles and nerves around the shoulders
- Regulates the hormonal secretions
- Body gets stretched properly

6. Straighten and extend your back and neck, bringing your head up, look straight ahead or perform *Shambhavi Mudra*. Simply close your eyes and relax



Frog in a Milk-Pail

A frog was hopping around a farmyard, when it decided to investigate the barn. Being somewhat careless, and maybe a little too curious, he ended up falling into a pail half-filled with fresh milk.

As he swam about attempting to reach the top of the pail, he found that the sides of the pail were too high and steep to reach. He tried to stretch his back legs to push off the bottom of the pail but found it too deep. But this frog was determined not to give up, and he continued to struggle.

He kicked and squirmed and kicked and squirmed, until at last, all his churning about in the milk had turned the milk into a big hunk of butter. The butter was now solid enough for him to climb onto and get out of the pail!

The Moral of the Story? "Never Give Up!" Small steps taken regularly will add up to huge success in the long run. Even though you may feel like you are just keeping your head above water (or milk in this case), you are doing things that will eventually allow you to leap to a better place.

Source: Living Treasure



Why only Coconut and Banana are offered in the temples?

Coconut and Banana are the only two fruits which are considered to be the "Sacred fruits". All other fruits are tainted fruits (partially eaten fruits), meaning other fruits have seeds and which have the capacity to reproduce.

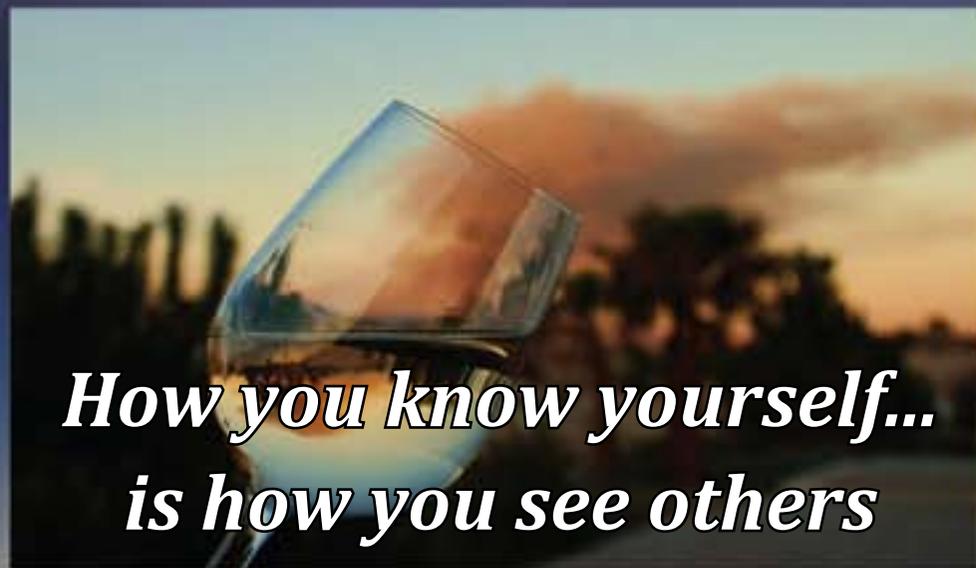
But in the case of coconut, if you eat coconut and throw its outer shell, nothing will grow out of it. If you want to grow a coconut tree, you have to sow the entire coconut itself.

Similarly banana. If you eat a banana and throw its outer sleeves, nothing will grow out of it. Banana tree is grown on its own when a banana plant starts giving fruits.

The outer shell of coconut is the *Ahamkara* or ego, which has to break. Once the ego is shed the mind will be as pure as the white tender coconut inside. The *Bhavaavesha* or *Bhakthi* will pour like the sweet water in it. The 3 eyes on the top are explained as *Satwa*, *Rajas* and *Tamas* or Past, Present and Future or *Sthoola*, *Sukshma* and *Karana Sareera* (body) etc.

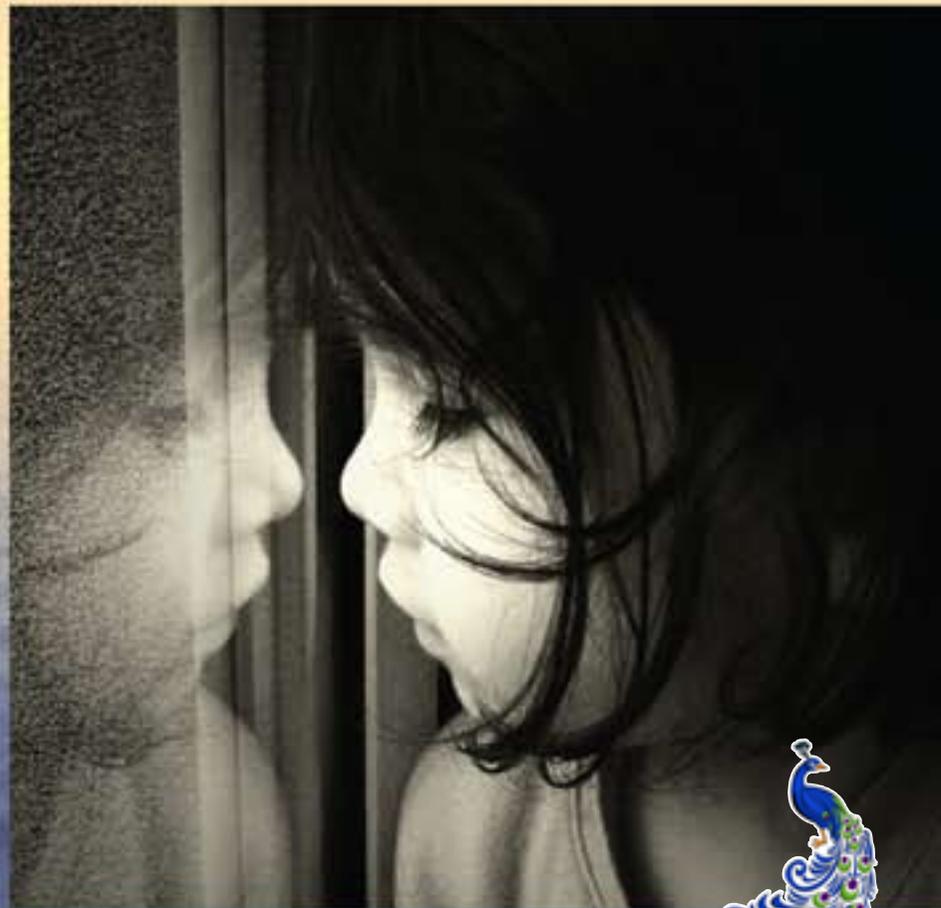
Our ancestors had found this reality long ago and they had made it as a system which is till followed religiously!





*How you know yourself...
is how you see others*

There once were two dogs. Both at separate times walked into the same room. One comes out wagging his tail while the other comes out growling. A woman watching this goes into the room to see what could possibly make one dog so happy and other so mad. To her surprise she finds the room filled with mirrors. The happy dog found a thousand happy dogs looking at him while the angry dog saw only angry dogs growling back at him. What you see in the world around you is the reflection of who you are.





DRAIN YOUR WEALTH WITH LIQUOR

All our cities have two sides. One- the nice, swanky and the refined and the other- in total contrast to the first, dirty, diseased and unpleasant. One of the instances or things over which they both intersect is alcohol. Alcohol – many have different ways of looking at it. While some among the youth look at it as something that allows them to ‘unwind’ completely after days of stress, the Gandhians perceive it as the reason for all the ills afflicting society. While some people are addicted to it, some are just ‘trying’ it. Freedom, they say is the core of social life. And both the rich and the poor employ this ‘freedom to drink’ to their advantage.

The other day, after returning from work, I proceeded to the market to purchase vegetables. It was a Monday evening and I had gone to an area which has a mix of the upper and lower middle classes inhabiting it. The area is also dotted by homes of daily wage earners who sweat it out during the day-time doing hard physical labour – all for a morsel to fill their stomachs. As I purchased the vegetables and headed towards home, I noticed that, at a distance which could be covered by a two-minute walk were two shops selling alcohol. Both the shops were over-crowded, that too on a Monday evening! I could only imagine the scene on a Saturday or a Sunday. While the rich were gulping down the drinks in their cars, the not-so-rich (mind you, they cannot be poor when they are spending money on alcohol!) were either taking it home or were sitting in the modest arrangement that the shopkeepers had made for them. One man was already ‘sleeping’ on the foot path. It was a pity. A pity that the rich chose alcohol to squander

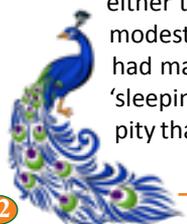
their health and wealth on, and a pity that poor unmindfully drained their hard earned money and their health on the wretched drink.

While some may really not do anything after having alcohol (for they do not remain in their senses), many might turn into abusive husbands, fathers or brothers. (Well, women drink too, but the same is yet to become so entrenched and commonplace in our society as men drinking alcohol). Why is it that despite knowing the flaws and ills that are close companions of alcohol, our people still take to the drink? It is simply their carelessness, or thinking a step ahead, a failure of our social institutions? Will we be completely right if we fault the Government for not adopting a tougher stance towards excise and tobacco? There can be no certain answers as these are all moot questions.

Nevertheless, as has been widely debated in the media, it should be noted that neither the Supreme Court of India nor the Parliament of India have given the citizens the right to kill themselves yet. This is on the touchstone of the reasoning that our life is not ours alone. There are many who depend on us. Thinking on a philosophical note, we have taken and continue to take a lot from society; therefore we are duty-bound to do our mite for the society which nurtures us. Wake up while it is not too late. Learn to say ‘no’ at the right time. And always remember that there can be no obligation whatsoever if we do not wish to be bound by it.

Neetika Gogula

An advocate and has passion for writing on social issues.



THE CUNNING MIND



*I*n a small village lived a kind man with his family. He was religious and large hearted. Though financially he was just a middle class person, he always helped people in his own way.

One day, he attended a discourse on 'Bhagavatham' held in a nearby temple. During the discourse the preacher spoke on the significance of *Annadanam* (feeding the poor and hungry). He said that it is the best of all charities and God bestows His choicest blessings on those who serve the hungry. Very much inspired by the profound talk, the kind man at that very moment took an oath to feed at least one hungry stomach everyday during lunch time without fail.

From that day onwards, he served lunch to one person everyday. Taking advantage of this situation, a lazy man from the neighborhood started to visit the young man's house every day and feasted on the free lunch. Few days went by. One day, the host's wife noticing the cleverness of the lazy man asked her husband to stop feeding him as he was taking undue advantage of their generosity. It is good to feed the poor but it is a sin to serve the lazy and encourage their laziness. The husband realized his mistake. But since he vowed not to turn down anybody who came to him for help, he hatched a plan along with his wife to turn away the unwanted guest.

The plan was that as soon as the lazy guest entered their house both husband and wife would start a fake fight and start abusing and hitting each other. Seeing the couple quarrelling so vehemently and with no hope of lunch being served in this situation, the guest would himself go away.

The next day, no sooner the lazy man arrived, the couple started fighting aggressively. As expected the guest waited for sometime and then left silently. The couple's joy knew no bounds. Their plan was a success! The wife said excitedly, "Ha! I acted so well as if I really abused you." The husband replied, "Hey! My acting was equally good. I acted as if I really hit you." Suddenly they heard a voice, "Ha! Ha! I think I am the best actor. I acted as if I really left." To the couple's utter disappointment and dismay, the clever guest was back.

A seeker on the spiritual path makes a lot of effort to overcome his negative qualities and tendencies. Almost all his spiritual practices are aimed at controlling the mind. At times, he seems to succeed in his endeavors. But if out of over confidence the seeker slackens his discipline and neglects his spiritual practice, the clever cunning mind will once again get back to its old evil ways. So be aware!

With discipline and dedication one should keep the lamp of Awareness always glowing and not allow the darkness of ignorance to enter one's mind.

– A Seeker



WE ARE ESSENTIALLY INDIANS

“Arre”, “what baap?”, “nakkokar”, “dost-kattif” and “chor-police” have all been a part of our childhood. They still are an integral part of our lives. The word “quiet” doesn’t exist in our dictionaries and “simple” is a foreign concept. However much we try, family lunches inevitably turn into fish markets. Hagglng with auto drivers comes as naturally as breathing to us.

We are all essentially Indian- whether we like it or not, whether we accept it or not. We are Indian and there’s no escaping that. This country is within all of us. We take from her more than we realise. We are a loud, colourful and passionate group of people.

Today it is a fad to criticize this country, to point out the flaws. It is cool to not know who the president of India is and even cooler to get confused between the Independence Day and the Republic Day. It’s considered normal to not know of the most recent disaster.

I am writing, today not about the beauty of this country nor of the richness. I won’t tell you why we should be proud of her or actually make a difference. I am here to remind you all, along with reminding myself, how much of this country we carry, how much of her is a part of us and how very much we owe to this land. I am not unaware of her flaws, but let us keep in mind that it’s only been 67 years and that she is still an adolescent and much like many of us, and is trying to find a grip in this big, bad world.

I think, in a lot of ways, we can truly relate to this little girl. She is rebellious, yet cultured. She is a rock star with an all-consuming belief in the almighty. She is in those formative years and is trying to find her own voice. She is strong and unrelenting but is the one that loses her way very often. So let’s help in growing her up. In making her and in shaping her. Let’s leave a mark so she remembers us and maybe tells her children about us. Let us be a little more forgiving and a little less critical. As teenagers we know that nothing is more helpful than a patient listener in times of need. So let’s give her some space and help in whatever way we can.

67 years is long and short. It’s been a journey not devoid of struggle and we have a long way to the top. Let’s help her in her way, for after all, if not for her, we wouldn’t be half as colourful and dramatic as we are!

- Pavani



True value is often hidden



These summer holidays, I went on a trip to Europe. In a place called Lucca, in Italy, we had stopped at an optical store and after finishing our shopping there, we left. We just left the shop and walked some distance, when I wanted to take a photo and I realized that my iPad wasn't in my hand. I started panicking and almost screamed saying that someone had stolen it, when my uncle came up from behind me, iPad in hand, teasing me that I had gifted my iPad to the store keeper. I just realized that I had forgotten the device which formed a part of my daily routine and life, and to make matters worse, I had remembered it only when I needed it.



Even our grandparents pamper us with our favorite food and sweets and other things. Yet, whenever they want us to do some small thing for them, like teach them how to use a computer, help them send an SMS or even just listen to their experiences from the past, we seem to have a lot of work to do.

We all only realize the true value of things when we lose them. Especially, people. We do not realize and so we misuse people and treat them badly and finally when they leave us, we realize their importance. The human nature is such that we remember something or someone only as long as we need them.

A diamond, when mined, looks nothing like what we see in necklaces and rings. It doesn't have the beauty that we imagine. Yet it is worth a lot of money. This is because its true value is hidden from our eyes. True value can be found only by polishing and cutting the diamond in the right shape and size.

Now, all of us live like kings and queens in this world because of our parents and grandparents. They give us all the freedom we want and they do whatever we want them to, because of which we take them for granted and take undue advantage of them. We always say, "Ma, this dish doesn't have enough salt" or "Dad, this is not the gift that I wanted." But have we ever said "Ma thanks for everything that you do for me, I love you." or "Thanks dad, I love you and all the things that you do for me."

Our grandparents' time with us is limited. Don't let them resent the time they spend with us by using them for your own benefit. Our grandparents too were once kids. They too have done all kinds of mischief like us and way more than us. If we talk to them just for a while and ask them some questions, we will realize how interesting their life was and how they lived back then and what their idea of fun and mischief was. All you know they could give you some ideas for your pranks! They are not meant to just feed us and pamper us but they can teach us so much more too. There is a beginning for everything, and even a "What did you do in your school days?" can trigger an hour long chit chat about studies, pranks on teachers and whatnot.

Before you take them for granted also remember one thing. Some day you too will be a parent and then a grandparent.

So,

Value everything, every person and every moment

Because the next will not be the same as the last.



N. Rohan C. Govind
Class 10,
GT Aloha Vidya Mandir, Chennai



The Story of Saksi-Gopala

In India, there is one temple called Saksi-Gopala (Krsna is often called Gopala). The Gopala *Murti* or statue was at one time located in a temple in Vrindavana. Once two *Brahmanas*, one old, and one young, went to visit Vrindavana on a pilgrimage. It was a long trip, and in those days there were no railways, so travelers underwent many hardships. The old man was much obliged to the youth for helping him on the journey, and upon arriving in Vrindavana, he said to him: "My dear boy, you have rendered me so much service, and I am much obliged to you. I would like very much to return that service and give you some reward."

"My dear sir," the youth said, "you are an old man just like my father. It is my duty to serve you. I don't require any reward."

"No, I'm obliged to you, and I must reward you," the old man insisted. He then promised to give the young man his young daughter in marriage.

The old man was a very rich man, and the youth, although a learned *Brahmana*, was very poor. Considering this, the youth said, "Don't promise this, for your family will never agree. I am such a poor man, and you are aristocratic, so this marriage will not take place. Don't promise this way before the Deity."

The conversation was taking place in the temple before the Deity of Gopala Krsna, and the young man was anxious not to offend the Deity. However, despite the youth's pleas, the old man



insisted on the marriage. After staying in Vrindavana for some time, they finally returned home, and the old man informed his eldest son that his young sister was to be married to the poor *Brahmana* youth. The eldest son became very angry. "Oh, how have you selected that pauper as husband for my sister? This cannot be."

The old man's wife also came to him and said, "If you marry our daughter to that boy, I shall commit suicide."

The old man was thus perplexed. After some time, the *Brahmana* youth became very anxious. "He has promised to marry his daughter to me, and he made that promise before the Deity. Now he is not coming to fulfill it." He then went to see the old man to remind him of his promise.

"You promised before Lord Krsna," the youth said, "and you are not fulfilling that promise. How is that?"

The old man was silent. He began praying to Krsna, for he was perplexed. He didn't want to marry his daughter to the youth and cause such great trouble within his family. In the meantime the elder son came out and began to accuse the *Brahmana* youth. "You have plundered my father in the place of pilgrimage. You gave him some intoxicant and took all his money, and now you are saying that he has promised to offer you my youngest sister. You rascal!"

In this way there was much noise, and people began to gather. The youth could understand that the old man was still agreeable but that the family was making it difficult for him. People began to gather about because of the noise which the elder son was raising, and the *Brahmana* youth began to exclaim to them that the old man made this promise before the Deities but that he could not fulfill it because the family was objecting. The eldest son, who was an atheist, suddenly interrupted the youth and said, "You say that the Lord was witnessing. Well, if He comes and bears witness to this promise of my father's, you can have my sister in marriage."

The youth replied, "Yes, I shall ask Krsna to come as a witness." He was confident that God would come. An agreement was then made before everyone that the girl would be given in marriage if Krsna came from Vrindavana as a witness to the old man's promise.

The *Brahmana* youth returned to Vrindavana and began to pray to GopalaKrsna. "Dear Lord, You must come with me." He was such a staunch devotee that he spoke to Krsna just as one would speak to a friend. He was not thinking that the Gopala was a mere statue or image, but he considered Him to be God Himself. Suddenly the Deity spoke to him:

"How do you think that I can go with you? I am a statue. I can't go anywhere."

"Well, if a statue can speak, he can also walk," the boy replied.

"All right then," the Deity said finally. "I shall go with you, but on one condition. In no case shall you look back to see Me. I will follow you, and you will know that I am following by the jingle of my leg bangles."

The youth agreed, and in this way they left Vrindavana to go to the other town. When the trip was nearly over, just as they were about to enter his home village, the youth could no longer hear the sound of the bangles, and he began to fear. "Oh, where is Krsna?"

Unable to contain himself any longer, he looked back. He saw the statue standing still. Because he looked back, it would go no further. He immediately ran into the town and told the people to come out and see Krsna who had come as a witness. Everyone was astounded that such a large statue had come from such a distance, and they built a temple on the spot in honor of the Deity, and today people are still worshiping Saksi-Gopala, the Lord as a witness.

- By His Divine Grace A. C.
Bhaktivedanta Swami Prabhupada



Regrets

I am leaving them at your doorstep
Before I walk away.
Along with all the
Many disappointments
You have of me
Over all these years
I took your displeasure
Hoping I could convert it
To pride and honour
To self esteem and respect
But I have failed and in a way
So have you, by
Incorrectly measuring me
With external yardsticks
Qualifications.
Properties.
Bank balances.
Statuses.
Accomplishments.
You got it all wrong, you got me wrong.
Because Father,
I am much more than that
I am much more than marks on a report card
Or an appointment letter
I am more than what money can do for you
I am strength and courage
I am loving kindness and compassion

I am forgiveness
I am good-ness trying to become better-ness
I am fortitude and forbearance
I am a fighter and a survivor
Against all odds
Against all obstacles
I am happy too
So if you use an incorrect scale
To weigh my worth
You'll end up
With those regrets of me that you have
I can do no more for you, now.
So I must leave them
These regrets and let-downs
As left over bags in your house
Before I make the same mistakes
With my own children
Before my eyes unwittingly
Reflect sad discontent
On the children's timeline
I must release both of us
And in doing so create my own legacy
Of self worth and complete acceptance
Of myself and of others.
And learn never to have or keep regrets

- Mallika Sastry Chandrasekhar

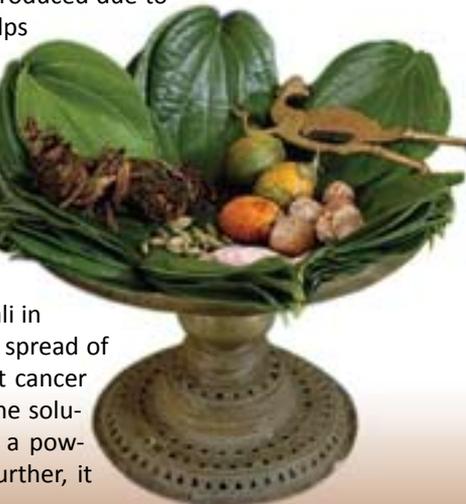


tAmbUlam

Betel leaves are used as a stimulant, an antiseptic and a breath-freshener. It is customary to have tAmbUlam at the end of a South Indian dinner. In the North, tAmbUlam is popularly known as paan, which is usually a wrap of betel nut and other allied items in a calcium-laced pair of betel leaves. In the South, tAmbUlam is usually an elaborate and leisurely after-dinner activity. People sit around a plate of tAmbUlam items, drop a few cut or sliced betel nut pieces in their mouth, take the betel leaves one by one leisurely, draw a daub of pasty calcium on their back and then stuff them in their mouth, chatting happily all the while.

The betel leaf is known by the name *vetrilai* in Tamil, literally an empty leaf. Sri Kanchi Paramacharya once pointed out that unlike other edible plants such as spinach or lettuce which after growing leaves proceed to blossom, and bear fruits or vegetables that need to be cooked before eaten, betel plant stops with leaves which are eaten raw! Hence the name *vetrilai* or empty leaf.

Health Benefits: According to Sushruta, the greatest of ancient Indian medicine men and the world's first-ever surgeon, the betel leaf preparation keeps the mouth clean, strengthens the voice, tongue and teeth and guards against diseases. It is also said to aid in digestion (saliva produced due to the chewing of the betel leaf helps in the digestion process of our body). The betel leaf contains a little bit of betel-oil (it is a volatile oil). It generates the spice and the taste that you feel when you chew the betel leaf. In ancient literature, this has been documented. It destroys foul odor too. The alkali in the saliva helps in reducing the spread of cancer. Science has proved that cancer cells die when kept in an alkaline solution. By itself, the betel leaf is a powerhouse of vitamin A and C. Further, it



also contains plenty of calcium which reduces or even prevents osteoporosis. The betel leaf is also a great blood thinner. When it is taken as daily regimen, it improves the power of digestion and makes body light. The people who are healthy can consume betel leaves, in moderation.

The other ingredients used along with betel leaf are beneficial too. The lime (Chuna) spread on the reverse of the betel leaf also helps as a calcium supplement and is good for the teeth primarily. Fennel and betel nut help speed up digestion. Nutmeg dries up the mucous. *Kattha* is an expectorant that loosens the phlegm. Cardamom and cloves help in reducing gas and acidity.

Indiscreet use such as over indulgence, additives-narcotic and addictive, and prolonged chewing have earned negative attributes to betel chewing in recent times.

Contra-indications: Though tAmbUlam has its medicinal value, Ayurveda has strictly contra-indicated the betel chewing for the people who are suffering with oral wounds, bleeding gums, dryness, redness in eyes, who is affected with poison, unconsciousness, intoxication and emaciation. Betel chewing should be avoided in above said conditions.

*A Compilation
Reference: Thapas wordpress*



avyayAni

(Continued from last issue)

Translate the following into Samskritam:

1. 'Agarbatti' means sticks of fragrance. (धूमवर्तिकाः)
2. I don't like him. Therefore, I don't go to his house.
3. You only answer this. Because you know well.
4. He goes there many times.
5. My wife is extremely patient. (क्षमावती)
6. 'Mother and motherland are better than Heaven', said Rama.
7. My friend says, 'I am not coming today'.
8. Before this, I never wore a tie. (गलबन्धः)
9. I will not utter a lie from now on.
10. I like that book a lot.
11. I will definitely donate.
12. More water is necessary.
13. I went there. But he was not there.
14. Most probably he will not come.
15. He ran like a horse.
16. Only money is important now.
17. Kousalya, Sumitra and Kaikeyi are Dasaratha's wives.
18. I went there. I filled up the form also.
19. Do like this. He will feel happy. (तुष्यति)
20. You help him. Because he is poor. (निर्धनः)



1. धूमवर्तिकाः	2. अस्मिन् इति तस्मै गच्छामि न गच्छामि
3. त्वया एतन्मन्त्रं केवलम्	4. अस्मिन् गच्छति अनेकेषु कालेषु
5. अत्यन्तं क्षमावती	6. मातृभूमिः स्वर्गं परित्यज्यते
7. मे मित्रो मया अद्य न आसीत्	8. अत्र पूर्वं कश्चिद् बन्धुः
9. अत्राद्यं कश्चिद् वचनं न कुर्यात्	10. अस्मिन् पुस्तके अनेकेषु अध्यायेषु
11. अस्मिन् पुस्तके अनेकेषु अध्यायेषु	12. अत्र अनेकेषु जलैः
13. अत्र गच्छामि अत्र गच्छति	14. अत्र गच्छति अत्र गच्छति
15. अत्र गच्छति अत्र गच्छति	16. अत्र गच्छति अत्र गच्छति
17. अत्र गच्छति अत्र गच्छति	18. अत्र गच्छति अत्र गच्छति
19. अत्र गच्छति अत्र गच्छति	20. अत्र गच्छति अत्र गच्छति

Answers:

- Krupalu Ogeti

Samskrit Bharati, Hyderabad, okrupalu@samskritam.net, Ph : 73962 49650

NACHIKETA TAPOVAN IS NOW COLLECTING RECYCLABLE WASTE MATERIAL FROM CORPORATE AND COMMUNITIES

Proceeds from Wealth out of Waste (WOW) recycling go to Vidyamandir where 250 underprivileged children receive holistic education

**For individual and bulk collection Contact: 9849168937,
Pick-ups could be arranged.**

- WASTE PAPER** : Newspapers, Magazines, Shredded paper, Old / used books, Old Files / Papers / documents, diaries
- KRAFT PAPER** : Cartons & Packing Material.
- JUNK MAILERS** : Brochures, Envelopes, Printed manuals, Advertising pamphlets, Any paper or paperboard item etc.
- PLASTIC** : Used plastic bottles/containers, Mineral water bottles, Juice & cola bottles, Milk bags (rinsed), Any plastic item without contamination.
- METAL** : Metal tins, Boxes



Go Green Partners

We are extremely thankful to donors who are participants of our Go-green Project

- Sri Brindavan Hotel, Abids*
Mount Kailash, Banjara Hills
Green Park & Marigold Hotels, Begumpet
KVK Energy, Jubilee Hills
Aparna Sarovar, Lingampally
Tirumalagiri Colony
Rolling Hills, Gachibowli
Lumbini Springs, Kondapur
Czech Colony, Sanath Nagar
Attapur colony
Jubilee Hills Club
All branches of Royalaseema Ruchulu Restaurants



NACHIKETA'S GO GREEN CLUB...

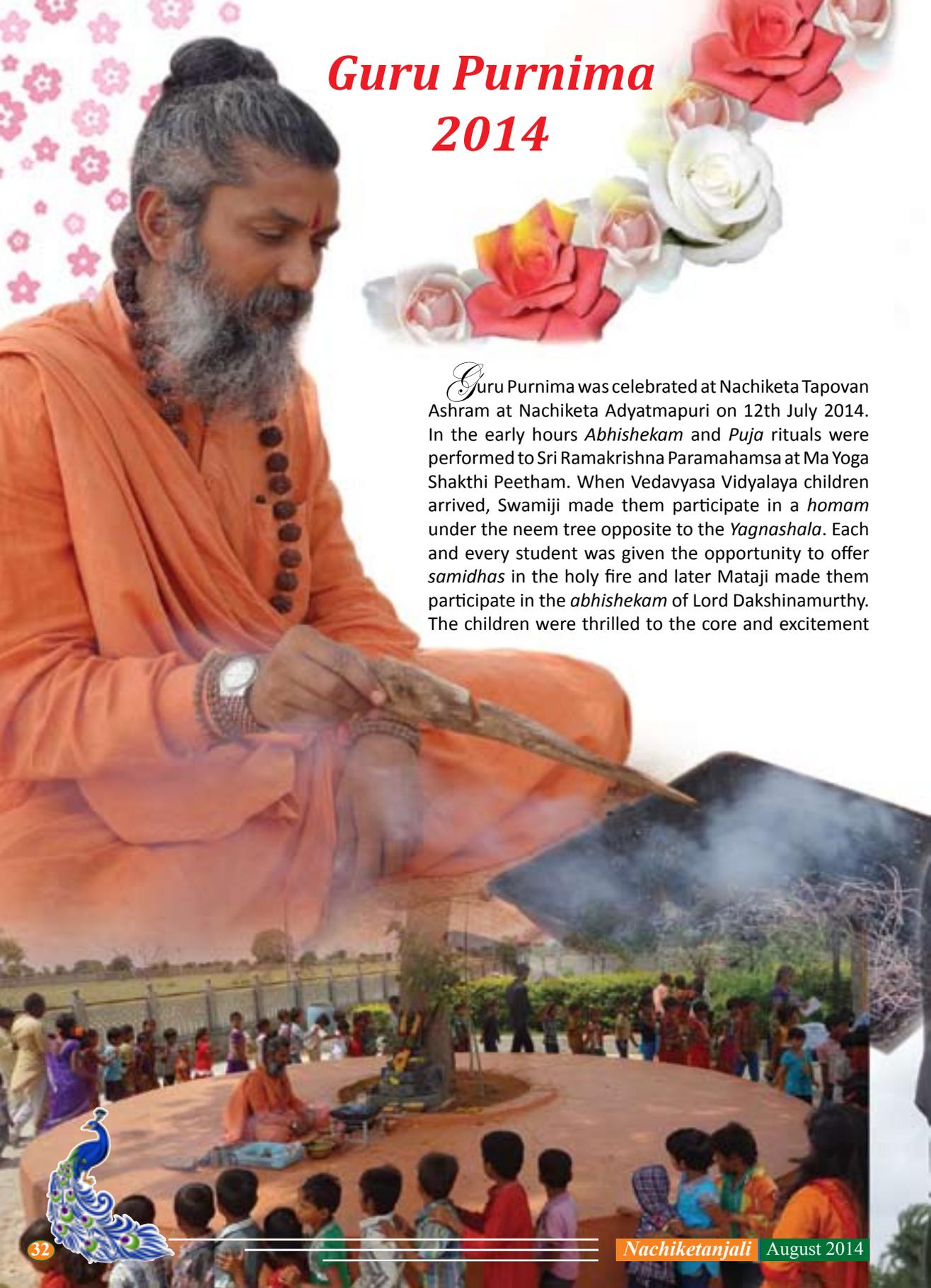


We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 23626/- in the month of June and saved Mother Earth by recycling about 3375 kg of plastic and paper waste material.



Guru Purnima 2014

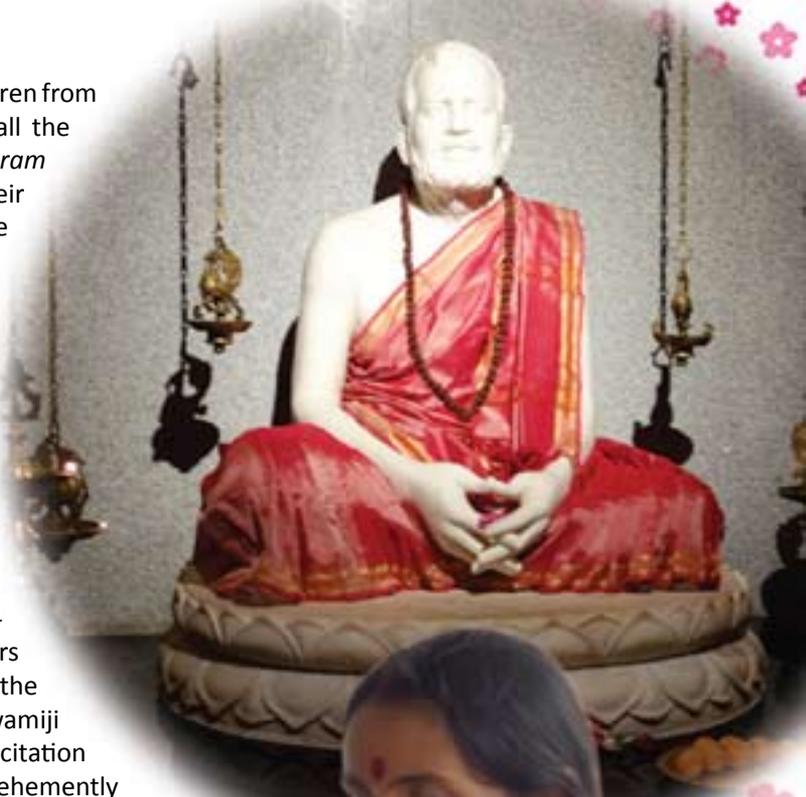
Guru Purnima was celebrated at Nachiketa Tapovan Ashram at Nachiketa Adyatmapuri on 12th July 2014. In the early hours *Abhishekam* and *Puja* rituals were performed to Sri Ramakrishna Paramahansa at Ma Yoga Shakthi Peetham. When Vedavyasa Vidyalaya children arrived, Swamiji made them participate in a *homam* under the neem tree opposite to the *Yagnashala*. Each and every student was given the opportunity to offer *samidhas* in the holy fire and later Mataji made them participate in the *abhishekam* of Lord Dakshinamurthy. The children were thrilled to the core and excitement



rented the air. Amazingly several children from a school at Chinnarevally travelled all the 6km on foot and arrived at the *Ashram* to take part in the celebrations. Their dedication and enthusiasm made everyone spellbound. *Prasad* in the form of a sumptuous meal was served to everyone at noon.

The evening celebrations had a *homam* performed by Mataji at Nachiketa Yagnashala followed by *bhajans* at Ma Yoga Shakthi Peetham. There was another *abhishekam* performed to *Yoga Lingam* in the night and Swamiji and Mataji gave a discourse on the significance of Guru Purnima. The caretakers of Ma Yoga Shakthi Peetham had the golden opportunity of felicitating Swamiji and Mataji. Swamiji always shuns felicitation and fanfare. Though he protested vehemently finally he had to give in. The caretakers won him over with their love. Volunteers did a night-long sadhana at Ma Yoga Shakthi Peetham.

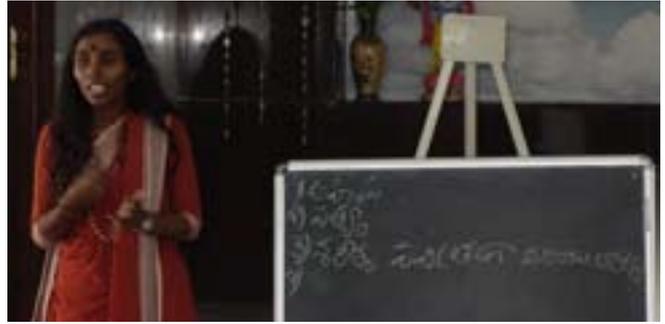
Guru Purnima celebrations came to an end but the grace of the Guru filled the atmosphere and every one were recipients of that divine grace.



Events & Celebrations

Vidyarthi Homam

On 6th June 2014, Vidyarthi Homam was performed by Mataji for the new academic year at Nachiketa Tapovan Vidya Mandir. Mataji explained about *vidya*, its true meaning and how to attain it. The purpose of *vidya* is to explore oneself rather than just acquiring bread and butter.



Mataji explains the meaning of *Vidya*



Children of Vidya Mandir meditate on Goddess Saraswathi



Mataji performing homam

Eye camp at Nachiketa Tapovan

On 21st June 2014, Dr. Deepak Kumar and Dr. Meera from LV Prasad Eye Institute visited Nachiketa Tapovan Vidya Mandir, conducted an Eye Camp and an informative session on Eye related problems for children of classes VI and VII. They held an awareness session for Vidya Mandir teachers to help them lookout for any eye related problems in children.



Vision testing by Dr. Meera



Dr. Deepak Kumar interacting with children



Rainbow Colours

Red

Orange

Yellow

Green

Blue

Indigo

Violet

Tapovan Colours

Vasundhara Amma

Swamiji

Mataji

Volunteers

Donors

Sponsors

Students

If one colour is missing from the Rainbow it will still be beautiful, but if anyone from Tapovan colours misses it will never be beautiful.



- V. Mahesh Raj
Class IX
Nachiketa Tapovan Vidya Mandir

We are extremely thankful to

Sri Satish Reddy Kallam

for his kind donation of
₹ 2 lakh Corpus Fund -
Sponsor a Child Education

A Well Wisher

for his kind donation of
₹ 1 lakh Corpus Fund -
Sponsor a Child Education

Thanks to Donors



A Well Wisher

for his kind donation of
₹ 1 lakh Corpus Fund -
towards College Education

Smt. Premlatha Bansal

for her kind donation of
₹ 50,000 (Part payment) Corpus Fund -
Sponsor a Child Education

Smt. Y. Lakshmi for her kind donation of
₹ 10,000 Corpus Fund - Alpahaar

Ms. T. Mihika for her kind donation of
₹ 10,000 Corpus Fund - Alpahaar





Turn around their future!

For ₹ 1 Lakh

Your donation will last a lifetime

Appeal for Sponsor-a-Child Corpus Fund

Nachiketa Tapovan runs a Vidya Mandir, a free Home Schooling for underprivileged children:

Nachiketa Tapovan aims at imparting, man-making education rather than bread-winning academics, so the syllabus is designed in such a way that it can suffice SSC/CBSE/NIOS curriculum. 250 children receive education in English as medium of language offering levels 1-10. Apart from education Yoga, Arts & Crafts, Vocational Training, Music, Dance, Samskrit and Computer classes are also part of the curriculum. All these services are rendered by 50 volunteers and 11 coordinators.

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% 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 Coordinators' Honorarium, Uniforms, Educational material, Building Maintenance and Housekeeping, Field trips, Excursions, Celebrations and Extra Curricular activities.*

✓ *At present, we only have 57 corpus sponsorships, help us reach all of our 250 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 at Nachiketa Tapovan.**



Only Because of YOU...



Only because of kind-hearted well wishers like you Nachiketa Tapovan is able to provide free education, stationery and nourishing milk-n-meals to 250 children attending Nachiketa Tapovan's Vidya Mandir - a free home school, with the help of 12 Coordinators, 50 volunteers and community participation.

anna dAnam mahA dAnam; vidyA dAnam mahattaram

Celebrate birthdays, anniversaries, festivals and special occasions with children at Tapovan by sponsoring:

Donations towards operation costs

Vidya Daanam (Education)	₹ 6500/year/child
Anna Daanam (Mid-day Meals)	₹ 5500/day
Alpa Aharam (Snacks)	₹ 800/day
Vastra Daanam (Uniforms)	₹ 900/2 pairs
Stationery Supplies (Copier Paper)	₹ 5000/term
Medicines (For needy people)	₹ 5000/month
Sponsor any Festival at Ma Yogashakti Peetham	₹ 20000

*Corpus Fund Options

Sponsor a child	₹ 1 Lakh
Anna Daanam (Mid-day Meals)	₹ 60,000/-
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 children for one day annually.
- Snacks for children 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")

I have learnt to give not because I have MANY but, because I know how it feels to have nothing.



Invitation



RAKHI PURNIMA

9th August 2014

Nachiketa Tapovan, Kavuri Hills, Hyd.

We cordially invite you to attend our celebrations



VINAYAKA CHATURTHI

29th August 2014

Nachiketa Tapovan Ashram, Jadcherla.



INDEPENDENCE DAY

15th August 2014

Nachiketa Tapovan, Kavuri Hills, Hyd.

&

Nachiketa Tapovan Ashram, Jadcherla.



KRISHNASHTAMI

16th August 2014 at Nachiketa Tapovan, Kavuri Hills, Hyd.

&

17th August 2014 at Nachiketa Tapovan Ashram, Jadcherla.

Festivals & Events of AUGUST 2014

8



Varalakshmi Vratam

10



Rakhi Purnima

17



Krishnashtami

15



Independence Day

29

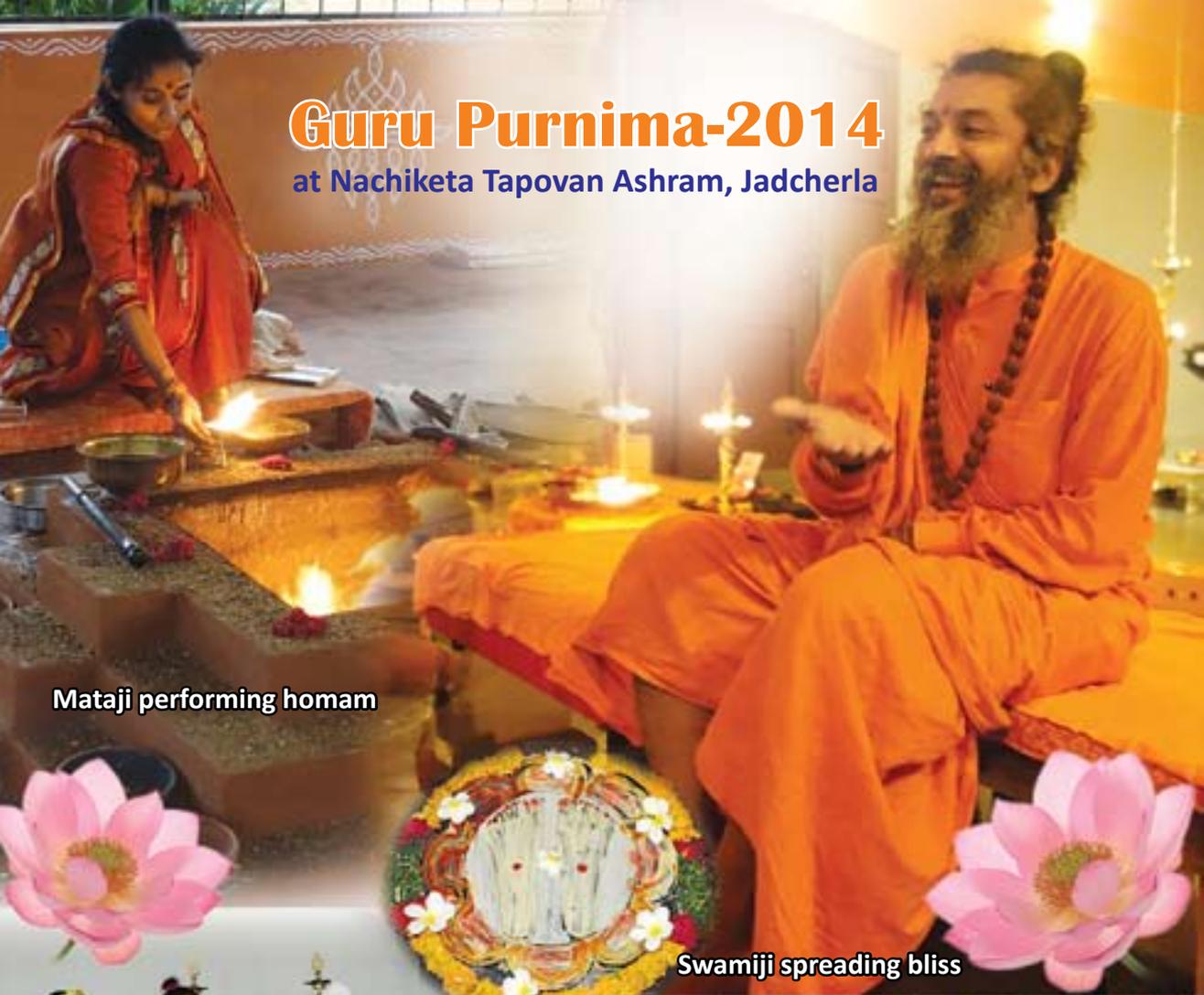


Vinayaka Chaturthi



Guru Purnima-2014

at Nachiketa Tapovan Ashram, Jadcherla



Mataji performing homam

Swamiji spreading bliss



Children performing a skit



Children taking part in homam



Partaking Prasadam



Mataji explaining the significance of Guru Purnima

Today you have a choice, tomorrow may be too late...

By the year 2025, 2.8 billion people, one third of the world's population will experience water scarcity. About 25 to 30% of the population in Gujarat, Rajasthan, the Gangetic Plains, West Bengal and the North Eastern Areas will have practically no water.

Consequently the water crisis will dwarf the oil crisis.

Ignore the crisis and be a part of the problem, evaluate your option and be a part of the solution. The choice is simple, so is our contribution, a *Dual Flush*.

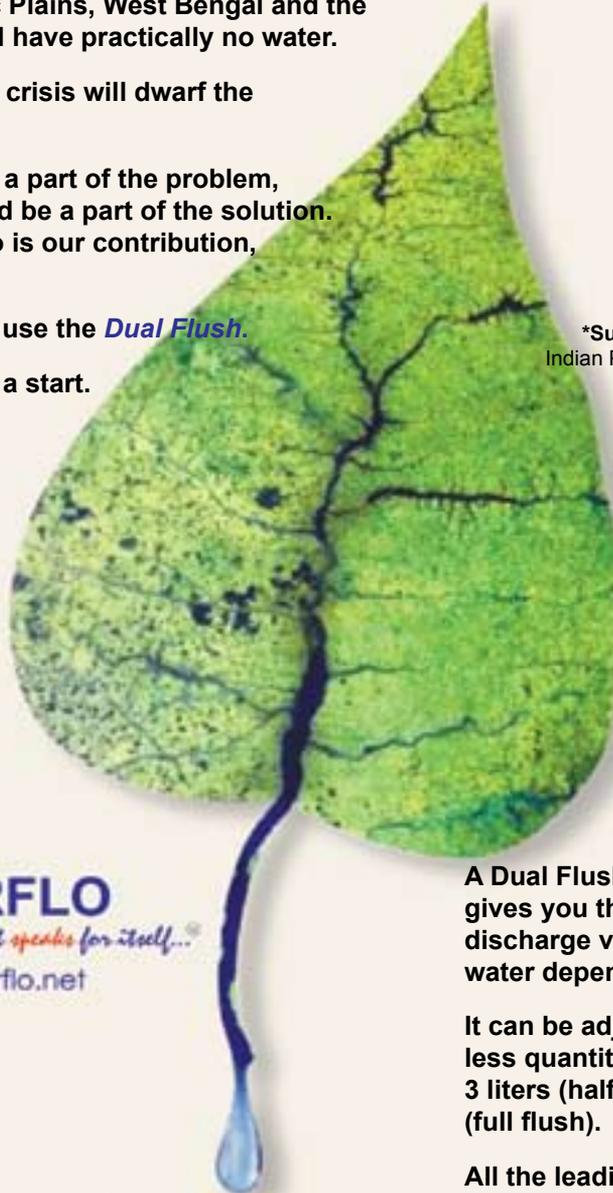
Flush the *Superflo* way, use the *Dual Flush*.

It's small, it's smart, it's a start.

PATENTED



*Superflo Dual Flush Valve
Indian Patent Nos.196441 & 200284



A Dual Flush is a valve, which gives you the flexibility to discharge varying amounts of water depending on the usage.

It can be adjusted to discharge less quantity of water say 3 liters (half flush) or 6 liters (full flush).

All the leading Sanitaryware Manufacturers have chosen the *Superflo Dual Flush*.*

Use a dual flush; be a part of the drive – a drive to save the most precious resource of our planet... *water!*

*Water is the very core of life,
It is life's mother (source) and medium.
There is no life without water.
It is high time we realize & accept this truth.*

– Gautam Vir