



# *Nachiketajali*

*an offering...*



Vol: 5

Issue: 1

September: 2014

Price: ₹ 10



*Young age is the budding period of the flower of life. It needs protection of others so that the diverse opinions of others do not create confusion in the mind. Tender mind can be bent easily. Loving guidance and right communication are important. Parents who pay proper attention to their children can help them to pass through adolescent period. This is the period of shaping the habits of the mind.*

*- Swami Rama*

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## SUBSCRIPTIONS:

Single copy ₹ 10

1 year ₹ 120

3 years ₹ 320

5 years ₹ 520

**Bank details to transfer funds: State Bank of India, Jubilee Hills Branch, Hyderabad.**

**IFS Code - SBI N0011745,**

**Acct No. 30985314026.**

Please confirm wire transfer through email to [nachiketanjali1@gmail.com](mailto:nachiketanjali1@gmail.com)

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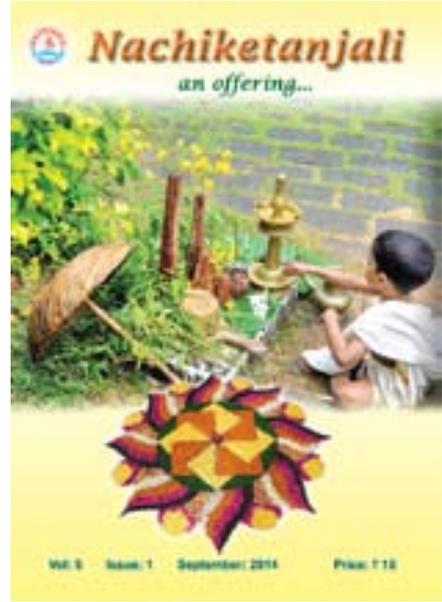
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## **Cover Story**



**Maveli naadu vaaneedum kaalam  
Maanusharellarum onnu pole**

**Aamodathode vasikkum kalam  
Aapathangarkumottillathanum**

**Aadhikal vyaadhikal onnumilla  
Baalamaranangal kelkkanilla**

**Dushtare kankondu kaanmanilla  
Nallavarallathe illa paaril**

**Vellikolaadikal naazhikalum  
Ellam kanakkinu thulyamaayi**

**Kallavumilla chathiyumilla  
Ellolamilla polivachanam**

**Kallapparayum cherunazhiyum  
Kallatharangal mattonnumilla**

This popular song sung during Onam means, "When Maveli ruled the land, all the people were equal. And people were joyful and merry; they were all free from harm. There was neither anxiety nor sickness. Deaths of children were unheard of. There were no lies. There was neither theft nor deceit, and no one was false in speech either. Measures and weights were right. No one cheated or wronged his neighbor. When Maveli ruled the land, all the people formed one casteless race."

*Happy Onam!*

## *Who is accountable for our problems?*

A little boy picked up the crawling insect. He held it in his hand for a moment and then started crushing it. He then put it on the floor and the insect started wriggling. After a while when it gained some strength and tried to crawl, the boy picked it up again and crushed it. This heinous act continued for a while. A man watching this felt this is how we face problems in our lives. Just when we come out of a problem and try to relax, we are confronted with more and more problems. 'This is how God gives us problems' he asserted.

Let us contemplate on this. Is God really responsible for our problems? Did God inspire the boy to crush the insect? The act was the outcome of the boy's sadistic nature. Can God be cruel to His own creation? Will a mother ever think of harming her child? When the child errs, she might take him to task, but it is aimed at correcting the child and it is needed. Or else the child might turn out to be like the little boy. The pill might be bitter but it cures the disease and is therefore necessary. The doctor who has prescribed it has no personal grudge against the patient.

God is not the mother of a few people. He is the creator of the entire creation. Then how can He be cruel to His own creation? If it appears so, then just think how much He would be suffering when His creation suffers. In fact all the problems that we face are our own doing. We take birth to mete out our *karmas*. They can be in many forms – *Sanchita, Prarabdha, Agami* and the like. In fact God is so kind that He always shows solutions to our problems. Otherwise we would be crushed under its impact in the very first go. He gives us the strength to face our tribulations.

As for the little boy, if allowed to continue with his atrocious behavior, he might prove to be a hindrance to the society. Consequently it is necessary that the boy should be rebuked and made to realize his mistake. It could save many others from suffering. A sin should never be accepted or encouraged. We should condemn it at a very early stage. Turning a deaf ear or ignoring it altogether might prove to be disastrous. It should be nipped at the bud or else we might find ourselves reeling under its impact.

**- Subhadra K.**



# Unknown Angels

Help in any kind is more inspiring when rendered selflessly and we can see many such people around, for no reason, rendering their services to the cause without expecting anything in return. I have many such wonderful unknown angels who are sitting somewhere but radiating the highest *Karma yoga* at lightening speed without any expectation.

*Vasavi Prints, a sari printing unit...* not only has become a strong support system for our major activities and perhaps the whole organization but also it has reintroduced a person like Ma who is everything for the printing unit and now mother for the organization. It's a great pleasure to introduce Mataji also as part of this printing unit once upon a time; perhaps joined to play a major role in the organization at a later stage, who is **'the master of her own destiny'** and now **'the heart and soul'** of the organization. And what to say about our sisters and mothers of '*Vasavi Prints*' who are rendering services not only because they need to comply with the management but also because of the freedom that they find in the printing unit



and above all working under the motherly umbrella called Vasundhara Ma who is always kind and compassionate towards them. I don't know how and when Ma's divine presence and act of charity transformed these ordinary minds into unknown angels, but today when I look back I can sense, the sense of service and great commitment, simplicity and honesty and above all true love in their hearts, breathing always a fresh life when Nachiketanjali reaches them to reach out to the many pious souls like you.

Nachiketanjali, a spiritual signature is highly difficult to scribble down, if these unknown angels were not there. Simple looking girls and women who look for a job without much educational qualification or sometimes no qualification are regarded the highest assets by Ma. They never feel that they have come here to work but feel that this is their first home and therefore, they have to nurture



“Spiritual life is when the ‘self’ speaks and you listen and worldly life is where you speak and the ‘self’ listens.”

– Swami Nachiketanda

Nachiketanjali like their own baby while taking extreme care of sari printing and attending to customers and balancing all affairs related to printing unit. I have seen many times less stock, many customers and Nachiketanjali; a time bound activity where wrapping papers around the magazine, pasting address stickers and counting them to posting on particular day clashing together, challenging these children of immortality to complete the task without fail. But what makes me more puzzled is to see these uneducated children exhibiting the highest discipline, organizing everything with ease and mind management flawlessly.

I know this unit since 1997. I was very much part of it then. I was helping Ma whenever there was need. And those days she was hardly able to get back her capital investment but she continued the unit. I don't know what made her continue this unit, but today when I look back I see this unit and of course our unknown angels turning out to be the best support system to the organization. Now, everyone who comes in touch with Vasavi Prints whether customers, workers or for that matter even our drivers have contributed hugely. Unknowingly, these unknown angels are trying their bit in shaping the future of many. Today, we are able to shape Ashram because of Vasavi Prints and Nachiketanjali because of unknown Angels. Every rupee that comes to Vasavi Print is used for charitable activities and the credit goes to people around, no matter what religion they belong to and what tag they carry.

It's a big thing. It's time testing and above all it is time bound therefore person like me always feels like saluting such disciplined souls for completing their task on time. What a team work! What a wonderful coordination! It is like an ant's well-disciplined army! Therefore I feel their contribution doesn't stop there but starts. One magazine slot is posted and another is ready. It's a cycle but certainly not vicious for them... it's a prayer but certainly not last for them...!

I have never seen them grumbling about anything whether attending daily chores in the house or working late night in the Vasavi Prints. Some of them are staying nearby but couple of mothers live

far away and need to change three buses. Sometime they reach after 9.00 pm. I do not know how to convey my heartfelt thanks but truly speaking hats off to them and their commitment... hats off to them and their love for organization... hats off to them and their hard work... and hats off to them and their shaping lives of many and also for trying hard to fetch bread for their own family while sporting a smile on the face...!

We do not know how much pain they must be hiding behind the sporting smile. We do not know what it takes and makes one to be that way. But somewhere when we try to find out what it means, we would certainly feel a kind of pinch within. They are doing whatever they can and perhaps more than what one can. I heard somewhere, 'No two people can be compared with each other, so the works and services.' But still when it comes to measuring my little angels' work, I feel it is like Rukmini's basil leaf weighing more than Satyabhama's gold.



**Vijaya:** Simple fun loving woman with great commitment for every cause. Stays far and needs to change three buses. Reaches house after 8.30 pm.

Work is worship: From attending daily chores to spreading beds for all in the house and attending Vasavi Prints official work to Nachiketa Tapovan's work.

**Swaroopa:** Sweet, family person with great inner strength.

Work is worship: From attending customers to handling cash and organizing stock to dispatching it.



**Rashida:** Honest, hardworking person with great determination.

Work is worship: From attending customers to handling cash and organizing stock to dispatching it.

– Swami Nachiketanda Puri





# The Gospel of Sri Ramakrishna

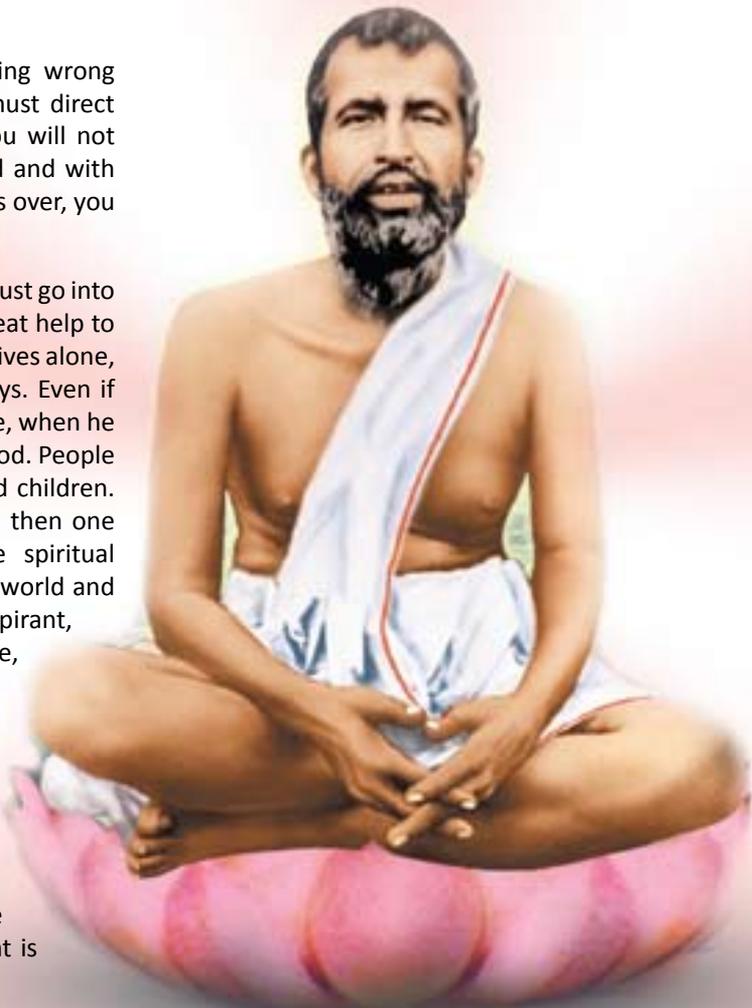
**BRAHMO DEVOTEE:** “Sir, can’t we realize God without complete renunciation?”

**MASTER** (with a laugh): “Of course you can! Why should you renounce everything? You are all right as you are, following the middle path-like molasses partly solid and partly liquid. Do you know the game of nax? Having scored the maximum number of points, I am out of the game. I can’t enjoy it. But you are very clever. Some of you have scored ten points, some six, and some five. You have scored just the right number; so you are not out of the game like me. The game can go on. Why, that’s fine! (All laugh).”

I tell you the truth: there is nothing wrong in you being in the world. But you must direct your mind toward God; otherwise you will not succeed. Do your duty with one hand and with the other hold to God. After the duty is over, you will hold to God with both hands.”

“Even if one lives in the world, one must go into solitude now and then. It will be of great help to a man if he goes away from his family, lives alone, and weeps for God even for three days. Even if he thinks of God for one day in solitude, when he has the leisure, that too will do him good. People shed a whole jug of tears for wife and children. But who cries for the Lord? Now and then one must go into solitude and practice spiritual discipline to realize God. Living in the world and entangled in many of its duties, the aspirant, during the first stage of spiritual life, finds many obstacles in the path of concentration. While the trees on the foot-path are young, they must be fenced around; otherwise they will be destroyed by cattle. The fence is necessary when the tree is young, but it can be taken away when the trunk is thick and strong. Then the tree won’t be hurt even if an elephant is tied to it.”

“One may enter the world after attaining discrimination and dispassion. In the ocean of the world there are six alligators: lust, anger, and so forth. But you need not fear the alligators if you smear your body with turmeric before you go into the water. Discrimination and dispassion are the turmeric. Discrimination is the knowledge of what is real and what is unreal. It is the realization that God alone is the real and eternal substance and that all else is unreal, transitory, impermanent. And you must cultivate intense zeal for God. You must feel love for Him and be attracted to Him”.



# A philosopher and a teacher par excellence

*Dr.* Sarvepalli Radhakrishnan was born in the year 1888 in a well-known religious state in Chennai, then called Madras. He was the second son of Veera Samayya, a Tehsildar in a Zamindari. It was a middle-class, respectable Hindu Brahmin family.

He graduated with a Master's Degree in Arts from Madras University. In partial fulfillment for his M.A. degree, Radhakrishnan wrote a thesis on the ethics of the Vedanta titled "The Ethics of the Vedanta and its Metaphysical Presuppositions", which was a reply to the charge that the Vedanta system had no room for ethics.

## The Origin of Teacher's Day

Since 1962, 5th of September has been celebrated as Teacher's Day in India. Dr. Sarvepalli Radhakrishnan was a philosopher and a teacher par excellence. Some of his students and friends approached him and requested him to allow them to celebrate his birthday. In reply, Dr. Radhakrishnan said, "Instead of celebrating my birthday separately, it would be my proud privilege if September 5th is observed as Teachers' Day". The request showed Dr. Radhakrishnan's love for the teaching profession. From then onwards, his birthday has been observed as Teacher's Day in India.

## What did he do

He showed how western philosophers, despite all claims to objectivity, were biased by theological influences from their wider culture. In one of his major works he also showed that Indian philosophy, once translated into standard academic jargon, is worthy of being called philosophy by western standards. His main contribution to Indian thought, therefore, is that he placed it "on the map", thereby earning Indian philosophy a respect that it had not had before.

Dr. Radhakrishnan was of the opinion that only the right kind of education could solve many ills of the society and the country. He wanted to bring in a change in the educational system by improving the quality of education and building up a strong relationship between the teacher and the taught. In his opinion, teachers should be the best minds of the country; they should not merely instruct



but should gain the true affection of pupils, and the respect for teachers cannot be ordered but it should be earned.

After 1946, his philosophical career was cut short when his country needed him as ambassador to UNESCO and later to Moscow. He was later to become the first Vice-President and finally the President (1962-1967) of India. He was awarded the Bharat Ratna in 1954. The University of Oxford instituted the Radhakrishnan Chevening Scholarships and the Radhakrishnan Memorial Award in his memory. He also received the Peace Prize of the German Book Trade in 1961.

Even as the President Sarvepalli remained a humble man. It was an open house at the Rashtrapati Bhavan and people from all sections of society were welcome to meet him. In addition he accepted only Rs. 2,500 out of his salary of Rs. 10,000 and donated the remaining amount to the Prime Minister's National Relief Fund every month. He remained a teacher in many ways and even adopted the authoritative tone of a headmaster in many of his letters to his ministers. Sarvepalli Radhakrishnan passed away on April 17, 1975.

Source: indiamarks





## *Change is the spice of life*

*Imagine* wearing the same dress every day, or eating the same food every day. How boring it would be. Life doesn't feel worth living if it is the same every day, does it? We need to have something new every single day.

Everyday should be a new adventure.

We should try something new every day.

Live life as if it is your last day.

We hear all this only in movies, but why not actually try it in life? Why can't we do something new by not watching the same movie or TV channel every day? Why can't we taste something new in the restaurant every time we go there? Why can't we live life as if it is our last day to do something good? Why can't we think that it could be our last chance to help that old lady cross a road? Why can't we think that it is our last day to be charitable? Why can't we think it's our last day to talk to our grandparents and ask them about their life? It's because it's human nature. We don't want to change; because we're scared of it. What we don't realize is that change is constant. We are comfortable with the changes happening

around us as long as we don't notice them, but when it comes to us making a change or being a change, we are scared.

Change is a good thing and it can make your life better and easier in many ways. An aspect of change is the variety it brings in your life. So in a way change adds spice to your life.

For example, my mother tells me to wear a new dress on the day of an occasion. I believe that you can wear a new dress whenever you want. Firstly, every day is an occasion for me. Every day is a blessing which makes it special. Secondly, the moment I think of wearing a new dress, I am accepting change, and so you can consider it an occasion for me to wear a new dress.

Another example could be for people who just shifted their school or place of work. You may feel lonely or left out or unaccepted. There's no point in feeling that because it doesn't give you happiness. Let this change feel like a challenge. Let it bring spice to your life. Make new friends and stay in touch with old ones. In this way, you increase your friend circle and adjust into your new surroundings.

Another thing is that there are a variety of people around us. They may be of different castes, creeds and races. That too is a variety, and in today's time everyone is coming together and living in the same society. Before, we did not accept this kind of change and so the problem of racism came up. Now, being more advanced than before, we must accept this change and accept all kinds of people in society. Otherwise we cannot live happily in society. In this way, we again see that change brings about the spice in life.

So try to do something new and different each day. Let it be in your own way.

Live life in such a way, that you leave behind a past to rejoice in the future.



**N. Rohan C. Govind**  
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# Mantra

Mantra is like a mother for me who holds your hands and makes you explore the unseen and unknown world ... the world where you experience your true existence ... the world where you experience the eternal beauty ... the world where you experience eternal happiness. Whoever takes a dip into Mantra is sure to discover the treasure of the divine.



*Paramahansa  
Swami Shivananda Puri*





## MESSAGE TO TEACHERS

*A* child teaches itself. But you can help it to go forward in its own way. What you can do, is not of the positive nature, but of the negative. You can take away the obstacles, but knowledge comes out of its own nature. Loosen the soil a little, so that it may come out easily. Put a hedge round it; see that it is not killed by anything, and there your work stops. You cannot do anything else. The rest is manifestation from within its own nature.

...No one can teach anybody. The teacher spoils everything by thinking that he is teaching. Thus Vedanta says that within man is all knowledge - even in a boy it is so - and it requires only an awakening, and that much is the work of a teacher.

No one was ever really taught by another; each of us has to teach himself. The external teacher offers only the suggestion which rouses the internal teacher to work to understand things.

Negative thoughts weaken men. Do you not find that where parents are constantly taxing their sons to read and write, telling them they will never learn anything, and calling them fools and so forth, the latter do actually turn out to be so in many cases? If you speak kind words to boys and encourage them, they are bound to improve in time.

If you can give them positive ideas, people will grow up to be men and learn to stand on their own legs.

In language and literature, in poetry and in arts, in everything we must point out not the mistakes that people are making in their thoughts and actions, but the way in which they will gradually be able to do these things better. Pointing out mistakes wounds a man's feelings.

- *Swami Vivekananda*



# Helping Out



Recently I had seen a video in face book. Two guys who had been refunded an amount that they had raised for a charity, decide to distribute it and give it to people who are overlooked in society. They chose fast food workers at takeaways who hardly get tipped for the service that they do during their jobs and who are invisible to many people. People hardly ever even look at the face that is providing service to them or thank them. So the two guys start giving a tip of 100 dollars. Each recipient is so shocked and then so happy. Finally they give 5, 20 dollar notes to a young girl in a fast food joint. She doesn't believe it, then she is so happy. As soon as the guy leaves the place, she takes one of the 20 dollar note and gives it to a homeless man, thereby sharing her good fortune.

Personally, I loved watching the girl sharing her windfall with an unfortunate deprived man immediately. Helping out a fellow human being is the most important and worthy thing that any human being can do. The joy it gives us is immense.

"Helping out" another person can be with regards to family and friends or the unfortunate. Yes, you can help out your family and friends, but then there is a slight tinge of selfishness in this helping. You help because you consider them close to you. Helping an unfortunate person whom you do not know at all is more enriching. They will never forget the good you have done them, whereas your friends and family even if they are grateful for what you have done, think it is part of your relationship dynamics.

Many people say that they always contribute to charity. Personally I do not like the word charity. For me, charity means I am bestowing something to a deprived person. Who am I to bestow anything to anybody? I am not a superior human being. God made all of us alike. The only differences are in the circumstances that we live in. While destiny and society make some of us live in deprived

circumstances, which may be financial or emotional, many of us are lucky enough to have a more secure living. So when we have been given better opportunities why not help out others whenever we can?

Many a time in this world of increasing prices, we say that we are finding it difficult to maintain the house and so from where can we give for charity (I regret the word). But truly, can we not spare anything from what we have? We keep aside for maybe a dinner in a restaurant or for sweets for ourselves or for some indulgence. Why not use some of that money to bring some joy to another person. Even giving a meal to a hungry person may be enough.

Helping out need not be only in terms of money. We can do service to the unfortunate. Spending time and doing some work for the unfortunate not only helps them but it also heals and sustains them emotionally. Every person should look back at what he has and what he can do to help others who do not have it. If you do not have the time and money you can pray for them too. Sometimes (specially for sick people) prayers from a pure heart can help people. You never know whose prayers will be answered by God.

So let us make helping out our fellow humans a priority in our life.

- Sudha Raju



# ONAM— an outlook

In almost all cultures, societies, and religions around the world, there is some myth or memory of a distant past when mankind lived in perfect happiness, equality, and fulfillment and in harmony with nature.

It reflects the quest of human beings for an egalitarian social order, which also finds reference in different religions and ideologies. Sir Thomas More coined the term Utopia in his 1561 classic by the same name, describing a fictional island in the Atlantic Ocean, which represented a perfect socio-political-legal system.

The concept of *Ram Rajya*, which was advocated by Mahatma Gandhi himself, implied an idea where values of justice, equality, idealism, renunciation and sacrifice are practiced.

Elaborating on the concept, Gandhi had said, “Let no one commit the mistake of thinking that *Ram Rajya* means the rule of Hindus. My Ram is another name for *Khuda* or God. I want *Khuda Raj* which is the same thing as the Kingdom of God on Earth.”

“Where the mind is without fear and the head is held high

Where knowledge is free;

Where the world has not been broken up into fragments

By narrow domestic walls”.

There was a time in this small country down south of the Indian peninsula, when this dream of our poet laureate Rabindranath Tagore, had been a reality much before he wrote these lines. That was the reign of Mahabali, the wise, benevolent and judicious ruler of Kerala who was the beloved of his subjects. He ruled with panache and resided in the hearts of his subjects. What a genuine ‘*Ramarajya*’ was achieved by the great King Mahabali.

People enjoyed self-respect; compassion danced in their hearts; they competed with each other to be noble hearted, generous; there was no discrimination based on caste, creed or religion. Life was flourishing while nature endowed the region with lushness of greenery, vibrancy with hue of unsul-

lied flowers, fragrance fresh air that blew with rejuvenating purity.

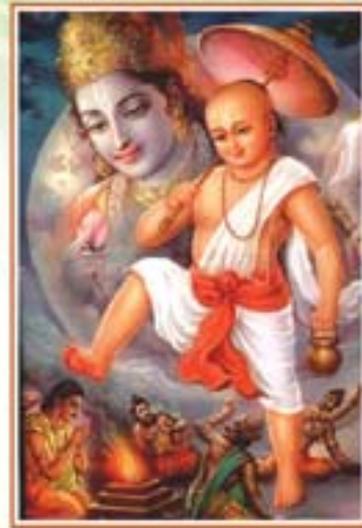
Yes, indeed Mahabali was proud; he was proud of his subjects; he was proud of his country. Was he sent back because he was proud? No, God wouldn't do that! After all that we have been told that God is the epitome of love, can we accept the fact that Mahabali was dethroned for the reason that he was proud? Certainly not!

Well let me brief you on the story of Onam.

The fame of Mahabali, as an able king began to spread far and wide; the Gods felt challenged and began to fear his growing powers. Presuming that he might become over-powerful, Aditi, the mother of Devas pleaded with Lord Vishnu to curtail Mahabali's powers. Vishnu transformed himself into a dwarf called Vamana and approached Mahabali while he was performing a *Yajna* and asked for alms. Pleased with the dwarf Brahmin's wisdom, Mahabali granted him a wish. The Emperor's preceptor, Sukracharya warned him against making the gift, for he realized that the seeker was no ordinary person. But the Emperor's kingly ego was boosted to think that God had asked him for a favor. So he firmly declared that there is no greater sin than going back on one's promise. He kept his word.

The Vamana asked for a simple gift — three paces of land — and the king little patronizingly acceded to this perverse demand. Vishnu in the guise of Vamana then increased his stature and with the first step covered the sky, blotting out the stars, and with the second, straddled the netherworld. Realizing that Vamana's third step will destroy the earth, Mahabali offered his head as the last step.

Vishnu's fatal third step pushed him to the netherworld, but before banishing him to the underworld Vishnu granted him a boon. Since he was attached to his kingdom and his people, he was



allowed to return once a year from exile. Onam is the celebration that marks the homecoming of King Mahabali. It is the day when a grateful Kerala pays a glorious tribute to the memory of this benign king who gave his all for his subjects.

Milk being pure white, a black drop on it will be clearly visible marring the purity of white. Mahabali was immensely loved by Vishnu. But Vishnu couldn't find a way to control his ego which if he had not curtailed in time would have grown out of proportion. Consequentially Mahabali would have turned infamous for his aspiration stemming out from this confidence and would have put the very existence of this place which was close to his heart in jeopardy. Vishnu when pleaded by the Devas must have considered this aspect before he took the decision to visit him as Vamana, who showed Mahabali that he is just a puny creature in front of God's universal stature.

Mahabali was wise, but not wise enough to realize his own iniquities. If he had, he wouldn't have ignored his guru's warning, wouldn't have been egoistic about fulfilling God's wishes, would have had the recognition that God is beyond any wishes and so would have shown his humility by surrendering himself to Him in time. He didn't do that.

But then, yes, he was wise enough to surrender selflessly when he saw the calamity that would fall upon his people if he didn't bow his head. Vishnu's fatal step was in fact a blessing for the noble king — the foot salvaged and released him from committing the sin which would have defamed his glory in the hearts of Malayalis. Lord Vishnu is the lover of his devotees. He couldn't have allowed this great King lose his stature and status.

Thus Onam recalls the sacrifice of the great king, his true devotion to God, his human pride and his ultimate redemption. Keralites welcome the spirit of a great king, and assure him that his people are happy and wish him well. On the occasion of

Onam, one resolves to lead a new life of truth, piety, love, and humility as a tribute to this great king who ruled the country with so much love.

Malayalis celebrate Onam with flower carpet called 'Pookalam' which is laid in front of every house to welcome the advent of the vanquished king, and earthen mounds representing Mahabali and Vishnu are placed in the dung-plastered courtyards. Traditional rituals are performed followed by a lavish feast called 'Sadhya'. Onam also means new clothes for the whole family, sumptuous home-cooked delicacies on plantain leaf and the lingering aroma of the sweet *Payasam*.

One of the main attractions of Onam, is the 'Vallamkali' or boat races of Karuvatta, Payippad, Aranmula and Kottayam. Hundreds of oarsmen row traditional boats to the rhythm of drums and cymbals. These long graceful Snake Boats called 'Chundans' are named after their exceedingly long hulls and high sterns that resemble the raised hood of a cobra.

Though the origin of the harvest festival is deeply rooted in Hindu legends and mythology, Keralites across the religious spectrum celebrate the festival with traditional gaiety and enthusiasm. Hindus, Muslims and Christians, the wealthy and the downtrodden, all celebrate Onam with equal fervor. The secular character of Onam is peculiar to this land where unity had always coexisted with diversity, especially during festivals, when people come together to celebrate life's unlimited joys.

Onam is a community event, a celebration of a time in the past when all men (and women) were equal. The people of Kerala, irrespective of their faith, caste and class, remember the golden era of King Mahabali they all loved, and welcome him on his annual visit to their homes with open arms.

**- Compiled by Sreekala Madhavan,  
PGT, Obul Reddy School**





# Dhyana

Swami Nachiketananda Puri



I want to share another simple yet perfect technique of meditation. This simple technique can be practiced at your own pace, space and time. No restriction as such. Only thing that we need is to have a diary and pen always. We should close our eyes whenever we get free time or feel to do so or when we do not have any activity or in the midst of all sorts of activities. Then let mind wander wherever it wants. But once we are back from this simple journey, we should write down our thoughts. After few days, either our thoughts would completely cease or we may find hardly any thought in the mind that is bothering us or we may come across wonderful thoughts that are rushing and gushing towards one direction like never before. It is something amazingly surprising and surprisingly amazing. Of course sitting in one place with closed eyes is what we need apart from pen and notebook. No special *sadhana* or single

thought or even for that matter one pointed concentration or multidimensional awareness. Only thing that it demands is our habit of writing down our thoughts regularly, sincerely. Next comes once in a week withdrawing ourselves for half an hour from daily chores and sit somewhere quietly to contemplate after reading diary.

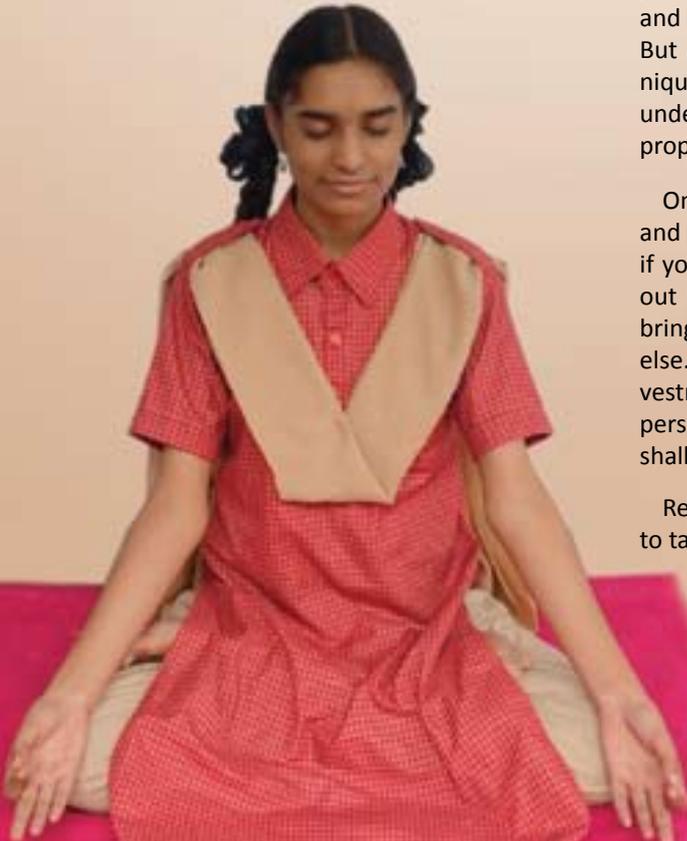
Just few days investment in *Sadhana*, and we shall see a changed person within taking care of everything from mine to ours and thought to reality... The logic that we use here is 'LET GO' philosophy that drains away everything and makes everyone free from all thoughts. It separates one from thoughts and develops witnesser within. No matter what kind of thoughts one gets, mind might not like to ponder over the same situation or thought always. But the stage comes in one's life when mind starts concentrating on a desired object. Wonder of this technique is, it works instantly and helps one in becoming a better human being. But all said, though this looks like a simple technique that might charge one and make a person of understanding, one has to have lot of patience and proper time allotment in life.

Once again let me share, that it is time tested and practiced and of course experienced. So even if you are a non-believer or an atheist, please try out this simple technique that shall, in no time, bring you more closer to yourself than anything else. Remember, our commitment is what our investment is and our investment is what our true personality is. So invest religiously, and then you shall reap abundantly...

Requirement: Pen, Diary, free time, and willing to take notes.

What we achieve: Nothing but channeled mind, purified intellect and above all authentic experience of our own existence.

So, dear seekers of Divinity, if you feel to know what your true identity is then start exploring yourself by practicing this simple technique. Dhyanavadah!



Prashanti, Vidya Mandir student demonstrates Dhyana



# Fear of Poverty



There was once a poor Brahmin who lived with his family in a remote village. He couldn't provide his family even one meal a day. However his wife was intelligent. One day she asked her husband to visit King Bhojaraja as he was known for felicitating pundits. To this the Brahmin replied, "I don't mind going, but my dear wife, isn't it a custom that you shouldn't go empty handed when you visit a temple, a king or a guru. What is left to offer?" His wife looked around and found some sugar cane pieces. She tied them in a bundle and gave it to her husband and asked him to offer them to the king and seek his blessings.

The Brahmin happily went to meet the king. It was a hot day and it was noon by the time the Brahmin reached the King's palace. The guards stopped him at the entrance and told him the king was resting and he should wait till evening when the king holds court again.

The helpless Brahmin who was incredibly hungry and thirsty rested under the shade of a tree putting his bundle beside him. As he was very tired he dozed off immediately. There were some children playing nearby. When they saw the bundle they decided to play a prank on the poor Brahmin. They took all the sugarcane and filled up the bundle with dry twigs. They woke him up and said the King is holding court and he could see him now.

The Brahmin hurriedly strode towards the palace, bundle in hand. King Bhojaraja was seated on his magnificent throne. The Brahmin placed his bundle at the feet of the king and sang the king's praise. The king was pleased and opened the bundle. His face turned red with anger when he saw the dry

twigs. He felt the offering of dry twigs was a bad omen. The Brahmin was in for a shock too. He stood there dumb founded wondering how the twigs came into his bundle. The king's poet Kalidas was also present in the court. He understood the plight of the poor Brahmin and tried to pacify the king.

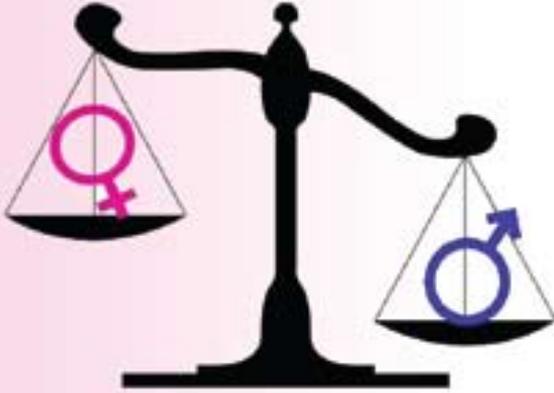
"This stupid Brahmin has offered me dry twigs which are a bad omen. He should be punished," bellowed the king in anger. Kalidas addressed the king "O, mighty king, there is an underlying meaning in this Brahmin's offering. You are not trying to understand his real intention. Please look at it this way. Everything that exists in this world is perishable. We have even seen palaces and beautiful gardens being destroyed. But has anyone till date tried to destroy poverty? This poor Brahmin is asking you to destroy his poverty by burning those dry twigs. These dry twigs are symbolic of his poverty and not an ill-omen. I beg you to eradicate his poverty."

King Bhojaraja calmed down. He understood the Brahmin's dilemma and felt ashamed for being angry with him. He ordered for a bag of gold coins to be given to the Brahmin. The Brahmin was overjoyed and accepting the gold coins blessed the king and left the palace. However as he left he kept looking back now and then. The king was puzzled by his gesture. "Why are you looking back"? He asked the Brahmin. "O King, I am so scared of poverty that I want to make sure it is not following me", the Brahmin replied. Everyone assembled in the court including the king had a good laugh.

**- A STORY RETOLD**



# Whither Society?



*I*t was a happy gathering of friends and family. The men were engaged in an animated discussion on politics, with occasional inputs from women. The women were mainly sharing the events in their daily life and talking about the aims and aspirations of their children, who were gleefully jumping around. Observe such gatherings and lessons abound! However, somehow the children were restrained in their fun too. I was trying to understand why and got the answer when the men went to a different room. Lo! All of a sudden it was as if the children got their freedom back. They were freely expressing themselves on various things to their mothers, aunts and sisters. I chuckled to myself. How could I ignore the men's presence and the fact that we are generally closer to our mothers? Thinking in a broader perspective, I was reflecting whether the little boys enjoying with their moms and sisters would grow up to see women with respect or begin to see them as objects.

A six-year old was allegedly raped in a school in Bangalore. Two young girls were allegedly assaulted sexually and were hung from a tree in Uttar Pradesh. Common news these days; has this led us as a society to internalize 'shame' as a way of life? Anger and frustration over such

social ills have become common too. But what is really baffling is that even today we are not ready to change our conduct and are hesitant to practice what we preach. I would mention the following instances in support of this:

1. Let us begin with the marriage of a girl. The girl is expected to be beautiful, docile and obedient. A step forward, she is asked to decorate her and get her photographed, to be sent to the prospective groom's side. The boy in turn rarely does the same. At most, he would send in a photo casually clicked at a mall by one of his friends. If this is not inequality, then what is?

2. Then the next step is when the boy's side comes as an 'entourage' to see the girl. The girl's side keeps a lot of foodstuff ready and pleasingly entertains the guests. The girl is then looked at by all the members as if they have been entrusted with the responsible task of operating her for some ailment. They then pose questions to her. The courageous and open ones ask questions of the boy too. Then, she is informed that she would have to leave her job if at all they get married. Two principal questions arise in this context – (a) why should the girl be stared at by so many? And (b) why should the girl leave her job?

3. What follows is a somewhat common for all. The women generally make the sacrifices. Some of them do it willingly and some are forced to do. The most painful aspect is when the husband does not stand by the wife and faults her for no mistake of hers. So much so in the great institution of marriage!

4. It is said that education is going to open the doors of the mind and will be liberating for the women. A recent experience of a close friend of mine made me question this belief. She was lured by a man into marriage and after marriage, was abused in every way possible. I was angry. Leaving the man aside for a moment, did the society which emphasized on her education and lectured her on many things not teach her the pragmatism to examine the guy before 'falling' for him?



5. So much is said about the energy and resourcefulness of the youth. The other day a youth who bore an educated look wearing a shirt with the MARD logo (a movement titled 'Men Against Rape and Discrimination' initiated by Farhan Akhtar) stared at me from top to bottom. I wondered if he even knew what he was wearing and what that meant.

Society is basically an arena wherein all of us should be free to express ourselves and do what we think is right. Undoubtedly, certain rules and institutions are necessary for social order. Nevertheless, it is incumbent upon us that we do not blindly accept things or ideas thrown at us. More often than not, the conduct of our institutions is justified on the touchstone of culture and religion. To those who do so, did you ever concentrate in your History classes? Culture and religion are something devised by man. So does it not become the responsibility of the same mankind to alter something patently discriminatory and derogatory?

The growth of a society definitely depends on its ability to question and debate. For, it is from these debates that new practices might be evolved. All of us are born equal. It is for us to realize and internalize that respect for others, be it a man or a woman, a manager or a peon, a merchant or a pauper, for being respectful is not a charity that we indulge in. Being a human should transcend the form of a human and assume the substance of humanity. If not so, we shall stagnate and our institutions will collapse.

I would end this piece with a simple incident, perhaps a 'food for thought'. One day, the maid who works for my mother asked for leave citing the reason that she wants to visit her village. She further said that she promised Goddess Durga that she would offer a goat as a gift to the Mother if her ill husband was cured. I smiled to myself thinking that probably the Divine Mother would be smiling at the ways man devised in Her name. Why should we sacrifice the goat? Why not ourselves?

**Neetika Gogula**

An advocate and has passion for writing on social issues.



## Vanity begged

Vanity begged, "Will you turn me into dust?"  
It said, "First be certain you wish to be trampled."

Lies added, "Will you set ablaze my myriad forms?"  
It warned, "Yes, if you are ready to die."

Doubt sat up, "Won't you swallow me in a trice?"  
It shot back, "Are you sacrificing your million heads?"

Desire cried, "Won't you bring me down forever?"  
It exclaimed, "So, you finally agree nothing satisfies!"

Lethargy yawned, "Won't you grant me a spring in my step?"  
It raced with a reply, "Be like the sun that never tires."

Fullness choked, "Will you empty me into yourself?"  
It sighed, "Ah, the futility of your acquired nature?"

And so, it dutifully obeyed  
It answered every prayer  
It pulled every expression back to itself  
Emptiness absorbed the seeking mind  
With it died the seeker

- Anisha

# Divine Mother's Many Weapons

The Sanskrit word *Durga* means a fort or a place that is protected and thus difficult to reach. Durga, also dearly called as Divine Mother, protects mankind from all directions, by destroying evil forces such as selfishness, jealousy, prejudice, hatred, anger, and ego.

## Sudarshan Chakra

The '*Sudarshan-Chakra*' or the beautiful discus, which spins around the index finger of the Goddess, while not touching it, signifies that the entire world is subservient to the will of Durga and is at Her command. She uses this unfailing weapon to destroy evil and produce an environment conducive to the growth of righteousness.

## Sword

The sword in the hand of Goddess Durga symbolises knowledge. The shine and sharpness of the sword depict that knowledge is the most powerful thing in the world and it does not get rusted.

## Trishul

The *trishul* or trident is symbolic of the three human qualities – *Satwa* (inactivity or the ideal state of mind characterized by awareness and purity of thought), *Rajas* (activity or energy associated with desires, wishes and ambitions) and *Tamas* (lethargy and stress). In order to attain peace and happiness, there needs to be balance between these three qualities.

## Abhaya Mudra

The Goddess' one hand is always in mode of blessing Her devotees or 'Abhaya Mudra'. It signifies that the Goddess would always keep Her devotees free from fear.

Multitude of weapons in the hands of the Mother such as a mace, disc, sword, arrow, and trident convey the idea that one weapon cannot destroy all different kinds of enemies. Different weapons must be used to fight enemies depending upon the circumstances. For example, selfishness must be destroyed by detachment, jealousy by desirelessness, prejudice by self-knowledge and ego by discrimination.



## Half-bloomed Lotus

The lotus in Durga's hand is not fully bloomed symbolizing certainty of success but not finality. Lotus stands for the continuous evolution of the spiritual quality of devotees amidst the worldly mud of lust and greed.

## Bows & Arrows

The bow and arrows represent energy. By holding both the bow and arrows 'Mother Durga' is indicating Her control over both aspects of energy – potential and kinetic, in the Universe.

## Thunderbolt

The thunderbolt signifies firmness. The devotee of Durga must be firm like thunderbolt in one's convictions. Like the thunderbolt that can break anything against which it strikes, without being affected itself, the devotee needs to attack a challenge without losing his confidence.

## Conch Shell

The conch shell in Divine Mother's hand symbolizes the 'Pranava' or the mystic word 'Om', which indicates Her holding on to God in the form of sound.

*The ultimate message that Goddess Durga gives Her devotees is that armed with the force of righteousness, we can achieve the victory over all the demonic forces inside us and reach spiritual heights to become one with God.*



## *My Teachers*

*I* was always fortunate and blessed to have one or two great teachers during every phase of my educational period between 1936-1957. Evolution of the oath has resulted from what I have experienced and what I have felt and grown through my teachers...

It was the year 1936; I recall my initiation of education at the age of 5 years in Rameswaram Panchayat elementary school. I had a Teacher Muthu Iyer who took special interest on me mainly because I performed very well in a class exercise. He was impressed and next day he came to my house to tell my father that I was a very good student. My parents were happy and I got my favourite sweet from my mother. Another important event while I was in first class, which I cannot forget. One day I did not turn up to my school. Teacher Muthu Iyer noticed my absence and same evening he came to my father to ask what the problem was and why did I not go to school and whether he can do anything to help me. On that day, I was having fever. Another important thing, which he noticed was my hand writing, was very poor. He gave a three page writing exercise and told my father that he should ensure that I do the exercise everyday regularly. By these actions of my teacher Muthu Iyer, my father told me in later years that teacher Muthu Iyer is not only a good teacher to

me in teaching but he influenced and shaped me with good habits and he was a noble friend to my family. Even today I realize how my teacher loved teaching and took personal interest to bring up his pupils. Now let me talk about another teacher who taught me in my fifth class.

I was studying in 5th class at the age of 10. I had a teacher, Shri Siva Subramania Iyer who gave vision for my life. He was one of the very good teachers in our school. All of us loved to attend his class and hear him. One day he was teaching about bird's flight. He drew a diagram of a bird on the blackboard depicting the wings, tail and the body structure with the head. He explained how the birds create the lift and fly. He also explained to us how they change direction while flying. Nearly 25 minutes he gave the lecture with various information such as lift, drag and how the birds fly in a formation of 10, 20 or 30 etc. At the end of the class, he wanted to know whether we understood how the birds fly. I said I did not understand how the birds fly. When I said this, he asked the other students whether they understood or not. Many students said that they did not understand. Our teacher was a real teacher and very good teacher. He did not get upset by our response.

In view of this, my teacher said that he would take all of us to the sea shore. That evening the whole class was in the sea shore. We enjoyed the roaring sea waves knocking at the rocks in the pleasant evening. Birds were flying with sweet chirping voice. He showed the sea birds in formation in 10 to 20 numbers, we have seen the marvelous formation of birds with a purpose and we were all amazed. And we were simply looking at the formation. The teacher showed the birds and asked us to see when the birds fly, what it looked like. We saw the wings being flapped. He explained how the birds flapped the wings to generate the lift. He asked us to look at the tail portion with the combination of flapping wing and twisting tail. We noticed closely and found that the birds in that condition flew in the direction they wanted. Then he asked us a question, where the engine is and how it is powered. Bird is powered by its own life and the motivation what it wants. All these aspects were explained to us within 15 minutes. We all understood the whole bird dynamics with practical example. How nice it was? Our teacher was a great teacher; he could give as a theoretical





lesson coupled with live practical example. This is real teaching. I am sure, many of the teachers in schools and colleges will follow this example.

For me, it was not merely an understanding of how a bird flies. The bird's flight entered into me and created a feeling on the seashore of Rameswaram. From that day evening, I thought that my future study has to be with reference to something to do with flight. At that time, I did not realize that I have to go towards flight science. I am telling this because my teacher's teaching and the event that I witnessed inspired me to lead to the goal in life. Then one evening after the classes, I asked the teacher, "Sir, please tell me, how to progress further something to do with flight". He patiently explained to me that I should complete 8th class, and then go to high school, and then I should go to college that may lead to education of flight. If I do all these things I might do something connected with flight sciences. This advice and the bird flying exercise given by my teacher really gave me a goal and a mission for my life. When I went to college, I took Physics. When I went to engineering in Madras Institute of Technology, I took Aeronautical Engineering.

Thus my life was transformed as a rocket engineer, aerospace engineer and technologist. That one incident of my teacher encouraging me to ask questions, showing the visual examples proved to be a turning point in my life which eventually shaped my profession. Shri Sivasubramania Iyer was an example for shaping not just students but igniting the youth both average and extraordinary by allowing them to ask questions and answering them till they fully understood.

### Excerpts from My Teachers by Dr. APJ Abdul Kalam



### NACHIKETA'S GO GREEN CLUB...

*We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 25470/- in the month of July and saved Mother Earth by recycling about 4245 kg of plastic and paper waste material.*



# The Religion without a Name

We speak of the “Hindu Religion”, but the religion denoted by the term did not in fact have such a name originally.

In none of our ancient *sastras* does the term Hindu religion occur. The name “Hindu” was given to us by foreigners. The term “Hinduism” was not the name of our religion in the distant past. Nor was it known as “*Vaidika Mata*” (Vedic religion) or as “*Sanatana Dharma*” (the ancient or timeless religion). Our basic texts do not refer to our faith by any name. When I thought about it I felt that there was something deficient about our religion.

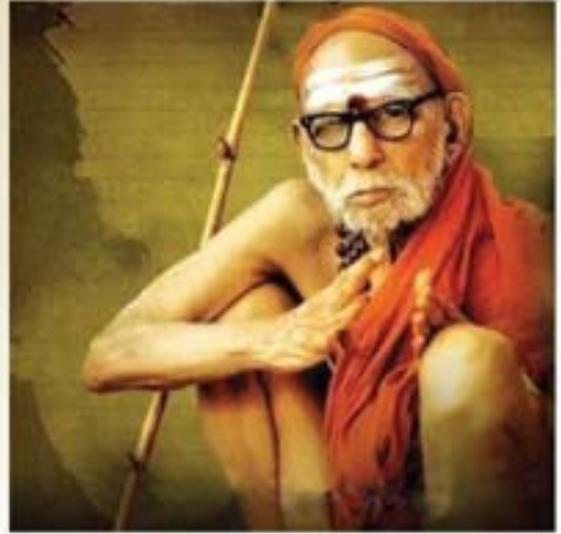
One day, many years ago, someone came and said to me: “Ramu is here.” At once I asked somewhat absent-mindedly: “Which Ramu?” Immediately came the reply: “Are there many Ramus?” Only then did it occur to me that my question, “Which Ramu” had sprung from my memory of the past. There were four people in my place bearing the name “Ramu”. So, to tell them apart we name them “short Ramu”. When there is only one Ramu around there is no need to give him a distinguishing label!

It dawned on me at once why our religion had no name. When there are a number of religions they had to be identified by different names. But when there is only one, where is the problem of identifying it?

All religions barring our own were established by single individuals. “Buddhism” means the religion founded by Gautama Buddha. Jainism was founded by Mahavira. So has Christianity its origin in Jesus Christ. Our religion predating all these had spread all over the world. Since there was no other religion to speak about then it was not necessary to give it a name.

When I recognized this fact I felt at once that there was no need to be ashamed of the fact that our religion had no name in the past. On the contrary I feel proud about it!

If ours is primeval in religion, the question arises as to who established it. All inquiries into this question have failed to yield an answer. Was it



Vyasa who composed the Brahmasutra or was it Krsna Paramatma who gave us the Bhagavad-Gita or were it the *rishis* who gave us the Vedic *Mantras*, the founders of our religion? But the sages themselves say: “the *mantras* were not composed by us but were revealed to us”.

All sounds originate in space. From them arose creation. According to science, the cosmos was produced from the vibrations in space. By virtue of their austerities sages had the gift of seeing the *mantras* in space, the *mantras* that liberate men from this creation. The Vedas are *aparuseya* (not the work of any human author) and are the very breath of the *Paramatman* in his form as space. The sages saw them and made a gift of them to the world.

If we know this truth, we have reason to be proud of the fact that we do not know who founded our religion. In fact we must feel happy that we have the great good fortune to be heirs to a religion that is eternal, a religion containing the Vedas which are the very breath of the *Paramatman*.

Excerpted from ‘**Voice of the Guru**’  
**Pujya Sri Chandrasekharendra Sarasvati Swami**  
Hindu Dharma The Universal Way of Life



# Emotional Integration

Modern historians tend to believe that before the establishment of the British Empire in India, there was no integration as a country and it was a large group of princely states.

Some historians believe that the concept as a state for Indians around 300 B.C. was simply not there. Around that time many countries in the world may not have had such a concept due to under-developed communications and theories. An exception may be the city states in Greece.

A historian remarked that Indian history reads like a telephone directory of names of kings and their tenures. It was because only record of more famous kings was kept. Hardly any particulars of the people, their life, arts, literature and thought were recorded. It may be due to lack of sense of history and there was little or no incentive to do so.

Historically, the predominant religion was Hinduism all through even under Muslim rule and later under the British rule. The unifying factor of the Indians was their culture, arts, fine arts and literature.

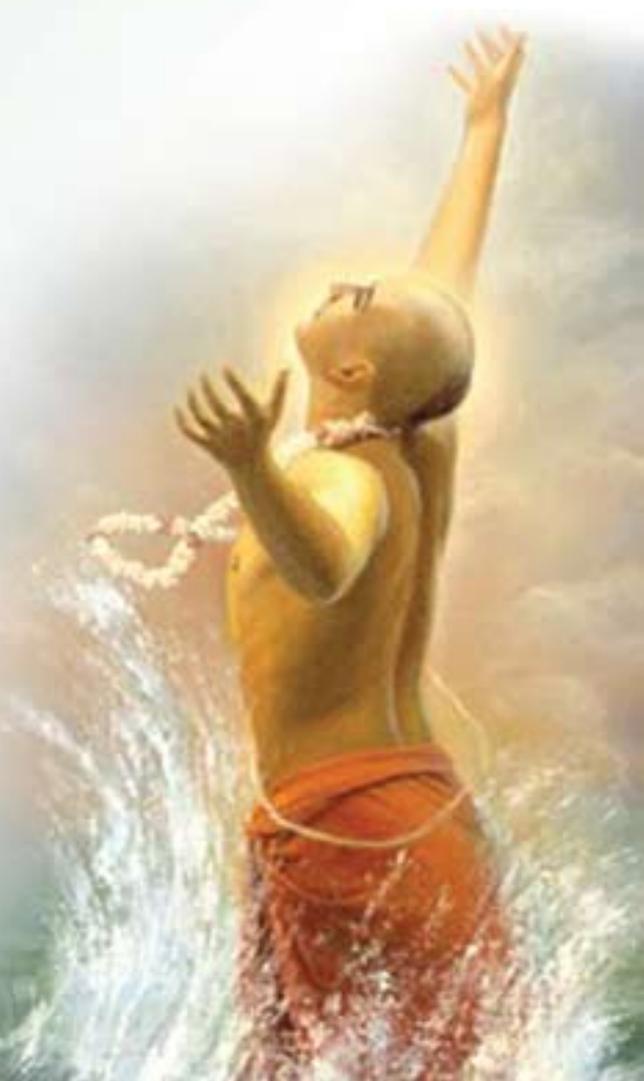
The greatest emotional integration took place during the *Bhakti* movement which started during the 7th Century A.D. and continued through 17th Century A.D., albeit it did not progress uniformly like it did in Japan after Meiji reformation. There was good tempo during the period of Sankaracharya and later for about a century, it maintained the momentum. Later it was dormant till 15th century. Then came Kabir, Meera and other Sufi Saints when tremendous impetus was given to the *Bhakti* movement.

Kabir was born a Muslim; yet he did not believe in any dogma of any religion but worshipped Almighty with great fervour. His system was *Sahaja* or natural. A generation later, Meera came on the scene. She was an ardent devotee of Lord Krishna and we find very few parallels to her ardent devotion.

One of the compositions of Kabir was- *Chadar hogaya bahut purani*- the bed sheet is completely worn out, figuratively meaning that the body has become very old and completely tired and spent. He appeals to God that his time to unite with his maker had come. What fervour!

Meera in one of her *Bhajans: Baso mere nayanomein Nandlaal*- Oh beloved of Nanda, dwell in my eyes! What fervour! Even if a small fraction of their Bhakti one feels towards Almighty, one's life is blessed.

- *Sitarama Raju*



# Long drawn battles for TURMERIC & NEEM



*B*eware! Applying Turmeric paste on the wounds is a Punishable offence. If one gets Chick-enpox and Measles, then to use Neem products in their treatment, we require permission from multinational companies. Otherwise one has to face court cases.

This is the situation, we Indians are forced into. A few European and American based multi-national companies claim that they own the knowledge about Turmeric and Neem as medicinal products, as they have patented them.

During the decade (1995-2005), Indian voluntary organizations, Indian Governmental institutions and a few intellectuals of Indian origin had waged fierce intellectual battles with US patent offices and multi-national companies.

It became a Herculean task to convince them that usage of Neem and Turmeric as medicinal herbs is known to Indians since ancient times and had been mentioned extensively in Ayurvedic texts. Not only Neem & Turmeric but also Lemon, Gauva, Amla and many such Ayurvedic medicines are being subjected to similar destiny.

Once we (Indians) were ridiculed, belittled and disparaged as charm healers of blind faith for using Neem leaves and Turmeric. Today after understanding their potential medicinal value, these Western companies, patent them and bar us from them. Does it not appear foul, funny, viscous, scornful, brutal and deceitful?

Before getting dragged into this controversy, let us understand the greatness of these wonder drugs.

## Neem:

In every Indian village, in front of every household, there appears a Neem tree. Cattle are sheltered under its shade. During summer nights, people sleep under the Neem's breezy shade. Even today 50% of Indians use Neem sticks as toothbrush. Neem paste is applied over body while taking bath. Preparing toilet soap from Neem oil &

Neem seeds is known to Indians for ages. Vaginal application of Neem oil by the women prevents pregnancy. Indian monks use Neem as a medicine to subside their carnal passions. Neem oil is used for lighting lamps. Lamps lit by Neem oil act as good Mosquito repellents.

The traditional agricultural text "Upavanavinodi" had elucidated the usage of Neem in agriculture. It has been described as an effective pesticide. The text mentions the names of about 200 insects that Neem can effectively eliminate. Every part of Neem tree, enhances the fertility of the soil multifold.



In Ayurvedic classical texts like Charaka & Sushruta Samhita, Neem's medicinal value had been greatly described. During the last 50 years many Indian voluntary organizations, Ayurvedic experts had done extensive research and had enhanced the knowledge of Neem's medicinal, cosmetic and pesticidal usage and value.

Efforts of Indian Agricultural Research Institute, Malarial Research Institute, Tata Energy Research Centre, and Khadi Gramodyog are laudable.

Now let us get into patent battle and see what exactly had happened,



1995-European patent office in Munich had given patent to American Agricultural Institute and to a company called W.R. Grace for usage of Neem.

2000-India raises objection against this patent right. After effective legal battles, the patent had been revoked by a court order. The role of Indian environmentalist Vandana Shiva in this crusade is admirable.

2001-Multinational company W.R. Grace opted for an appeal to cancel the revocation.

2005 – Appeal was set aside by declaring Neem as traditional medicine since many people have the knowledge of its usage. Finally the patent that was issued had been cancelled.

## Turmeric



Traditional Indian woman's beautiful face shines brightly with Turmeric's luster. Without applying Turmeric paste to face, hands and legs, Indian women never take bath. This is applied just not only to beautify the skin, but also used as medicinal protection and for auspiciousness.

*Kumkum* or Red Tilak that adorns the face of every Hindu is made by powdering Turmeric and drying it after mixing it with Lime. The yogic spot on the forehead is protected with this *kumkum* and considered sacred by Indian women.

Every Indian threshold shines brightly with Turmeric paste and *Kumkum*, a product obtained from Turmeric.

Turmeric is used in Indian rituals and worship. Turmeric is used in cooking, not just for adding colour but also for preparing a healthy dish.

In many of the Indian household it is a practice to consume Turmeric along with milk for effective control of cough, cold and sore-throat. Turmeric vapours are inhaled to clear Phlem in the lungs.

Turmeric is used very extensively for dyeing the clothes. Many Ayurvedic medicines are prepared by using Turmeric as an important ingredient. Turmeric is applied on the wounds to heal injuries.

This practice confirms Indian knowledge about the anti-septic nature of this great herb.

According to an article published in the Hindu dated 25 April 2005, Turmeric is being used in treating the Alzheimer disease. It is even applied as a preventive medicine in its treatment. Dr. Cinthapalli Rao and his colleagues, at American Health Foundation, New York, have succeeded in using Turmeric in cancer ailments.

In the year 1995 American patent office had granted patent to Mississippi Medical Centre (5401504). With this, age old knowledge of applying Turmeric, as a medicine became the intellectual property of that Institute.

Dr Masalkar, an NRI, had filed objection to the above patent. His untiring "knowledge crusade" during the last decade had ultimately yielded the results. Recently the patent issued to the above said institute had been revoked.

How long, we have to fight these kinds of knowledge battles? The traditional Indian medical texts are replete with the knowledge of using more than 1,50,000 medicinal herbs. How to save them from being patented? One of the effective solutions is to digitalize the knowledge that is latent in our Ayurvedic texts. Preparing the effective database of medicinal plants is a gigantic task that requires, untiring efforts and huge funds. Many patriotic citizens of India have taken up this challenge. It is believed that more than 5000 Indian Herbs have been already patented. It is time that we have to build up a great movement to protect our traditional medicinal knowledge. Let us be united in our efforts and move forward.

**Source: Eternally Talented India – 108 Facts**



# AND ALL I WANTED, WAS TO BE RECONNECTED



Last night's dream had left me restless. Even in the world of the unknown I could sense it was her. The warmth I felt last night could have emerged only from an aura like hers. It had been ten long years since I had seen her. But the threads of time had forever bound me to her: through her thoughts, her values, her ways, and her morals.

I was six years old when I met her. The class bully had thrown my lunch into the dustbin and I had been helplessly crying out of hunger and anger. She had fondly taken me to the room reserved for teachers and treated me to a feast of crispy *pooris* and spicy *chole*. The taste still lingered in my heart, and so did our first meeting. I had run out of the staff room shouting out that I would ask the class bully to throw away my lunch every day!

What built over the next ten years from that day at school was beyond a student-teacher relationship. She had become my mother at my second home, a companion with the understanding of a timeless comrade. She secretly had treated me with *Pooris* and *Chole*. On Saturday mornings, she undid my hair and plaited them into impeccable braids. At the age of ten, she introduced me to the world of literature. From Blyton to Wordsworth, she unfolded a world I loved to explore. She kindled poetry in me at the age of twelve. I effortlessly wove magic with words she taught. She instilled me with culture and traditions, a quest to intrigue, a thirst for knowledge, a temptation to explore the unexplored, the dome of unquestionable humani-

ty... She did have a son, but she had resurrected her unborn daughter in me. And I revered this bonding beyond the ties of blood.

Even after school had ended, I was still in contact with her. Over the years that came over, she predominantly was given an authority to voice her views in the important decisions of my life. Until my marriage, when I settled down in the United States forever.

Marriage had not only distanced me from my homeland but also from my dear ones. It was only birthdays and anniversaries now, that calls were exchanged. I had created my world over here and I had no regrets. I spoke of her often, to my husband and daughter while reminiscing olden days.

The whole day I only thought of her. Her words echoed in my ears throughout the day. There was some invisible force compelling me to see her again. I scampered through old photographs to reinitiate the bonding with her. That night, I buried myself in my husband's chest and cried. Cried for the distances I created, for lost moments, for happier times. He simply held me tight. It was his way.

After two days, I found three tickets to India on the breakfast table. I was more than surprised. Just last month, when my in laws had called inviting us for a marriage at home, my husband had stubbornly refused to go, giving an excuse of an important meeting. Miraculously, the meeting had been put off the previous day. She had once told me, I would find an understanding husband.

After a decade or so, I was back in my homeland. My daughter was intrigued with every small thing. She asked about the dusty streets, the fragrant Chamelis, the half clad women, the temples, the richness and the poverty. My husband and I patiently answered them all. The marriage was a fortnight away. I had my time.



After making a full-fledged search, I finally found her. In fact, I found her son. He immediately recognized me. The ties of satin and silk had not weakened over the years. He was married now, fathering a son. And what he told me about her left me shattered.

She was suffering from Alzheimer, a disease much dreaded and feared. It was a question of now or then for her. Days and nights had lost count and she was dissolving into an ocean of nothingness engulfed by the dimness of confusion and grief. She lay quiet for most of the time and sometimes shrieked in sheer confusion. She called out to strangers and estranged people she knew.

I wasted no time in going to visit her in the hospital. She was wrapped in a brown blanket and stared at the roof. Guilt and tears stung my eyes at the same instance. I went and sat down beside her, told her things I had planned to tell her when we met. I knew it was of no use. I gave her the book she had gifted me on my eighteenth birthday, 'Tuesdays with Morrie'. She gave me her benign

smile. After a few hours, I decided to leave. My dream had come true. She had forgotten me and I was helplessly crying for a reconnection.

As I turned to leave, I heard my name being called out. The same way she had done on our first meeting, this time with the quivers of a pointless existence. I turned back with all my hope coming back. What I saw stupefied me then and there.

My nine year old daughter, Aakriti was my shadow. She resembled me in every angle. Except for the dimple she had inherited from her father, her features were bestowed from my genes. Very often she would hold my old photographs in her hand and admire the impeccable resemblance. I often relived my childhood in her. There she was, my daughter, on her lap. She had undone her hair and was braiding them into the same braids. For once, I envied my daughter. I wanted to snatch her away and sit there instead. Very soon the envy was replaced with what she had always taught me. I resurrected myself into my daughter. It was the only way for our connection!

- **Smriti Mahale**

## A TRIBUTE TO OUR TEACHERS

### Teachers

play a very important role in a student's life. Without a teacher no person can succeed in his/her life. Teacher gives us knowledge which cannot be stolen by others. A teacher can be nature, parents or a guru. At Nachiketa Tapovan we hold our teachers in high esteem and call them *akka* or *amma* which means sister and mother and we truly feel so. A number of teachers come in a student's life to help him achieve success. If there is a candle and matchstick of what use is it? There should be a person to light it. The one who lights it is the teacher and the candle is the student.

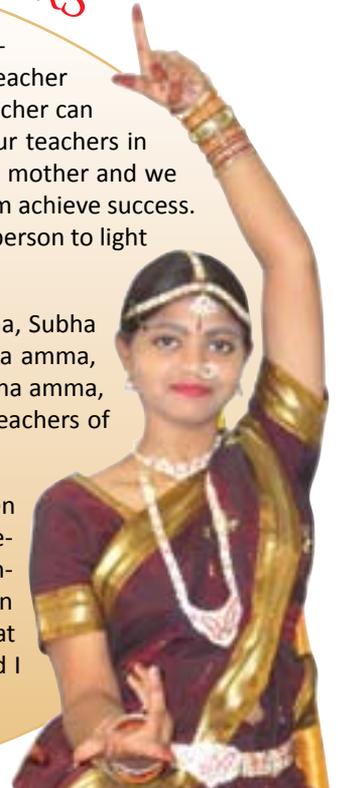
Many teachers have brought light in my life. Sushma amma, Rupa amma, Subha amma, Sowja amma, Radhika didi, Sitarama Raju sir, Sushma akka, Renuka amma, Suguna amma, Sabita amma, Ashalatha amma, Sitalakshmi amma, Anuradha amma, Sridevi amma, Padma amma, Naidu sir, Bhaskar bhayya and many more teachers of Nachiketa Tapovan Vidya Mandir have helped me succeed in my life.

Jyothi akka is a special teacher for me. She is very unique. She has been my class teacher since five years. She has given me a lot of encouragement and support. Harini amma is the best teacher in my life. She instantly solves all our problems. She treats us like her own children and is very friendly. She has many good qualities in her and that is why I like her the most. She has shifted to Bangalore and I miss her a lot.

**Tejaswini**

Class 10

Nachiketa Tapovan Vidya Mandir



# Gift

When you meet me  
Don't come laden with material things  
Flower and chocolates  
No fancy jewellery piece or show piece  
Come instead with a warm heart  
With trust and faith  
With understanding and tolerance  
Many friends and people have gifted me  
Artifices or nick knacks  
Those have remained, the friends have not  
Come and bring me loyalty  
Passion if you must  
Share your thoughts and feelings  
Have a meal with me  
Hot steaming home made food  
That i would have cooked with love and imagination  
Come without hidden agendas  
Or wild expectations  
Simply but profoundly exchange life stories

Love story if you have one, i don't have one yet  
Let's hear some music  
Or discuss poetry  
I would love that  
Leave your fears and curiosity about me  
At the front door  
Along with your footwear  
Also leave your ego please  
I really don't have place for that  
Between us only honesty and transparency  
Leave behind some happy memories  
And laughters in the corners of the living room  
Or beneath the sofa where we sat side by side  
That's the gifts i will need  
When you enter my home  
Or my heart.

*- Mallika Sastry Chandrasekhar*



# इवलङ्कारो षडङ्गो = तिप्पु त्रोट्ट

## yaditarhi

### Paired Terms

After learning a few useful अव्ययानि, we turn to a few paired terms. Samskrit is known for this kind of usage. Look at the following sentence:

यः तत्र गच्छति सः एव मम सखा।

The **one who** is going there, **he** only is my friend.

Look at the pairing of यः and सः.

भवान् यत् सुलभं तत् एव वदतु।

You speak only **that which** is easy. Look at यत् and the matching तत्.

या कुन्देन्दु-तुषार-हार-धवला सा सरस्वती मां पातु।

The **one who** is fair (like jasmine, moon, snow and pearl-necklace), **she** Saraswati may protect me.

Initially, one may be tempted to think that a straight – untwisted – form such as the following is better.

कुन्देन्दु-तुषार-हार-धवला सरस्वती मां पातु।

But the beauty of Samskrit expression lies in this 'poetry'. The more you use it, the more you may like it.

Look at the following examples:

यः जनहितं करोति सः एव नायकः।

(Only the one who serves the mankind is a leader.)

यत् यत् शक्यं तत् तत् भवन्तः कुर्वन्तु। (Repetition is for emphasis) (Do whatever is possible.)

यत्र रघुनायकीर्तनं तत्र हनुमान्।

(Hanuman would be there where Rama is praised.)

यदा वर्षं भवति, तदा मृत्किराः आगच्छन्ति।

(When it rains, earthworms come out.)



यथा वदामि भवान् तथा एव करोतु।

(Do exactly as I say.)

In each of the above sentences, we have a paired set of terms, which were underlined. This is how the pairing works:

- 1) यः/या/यत् - सः/सा/तत्  
(for the object-matching in 3 लिङ्गानि)
- 2) यत्र - तत्र (for place-matching)
- 3) यदा - तदा (for time-matching)
- 4) यथा - तथा (for method-matching)

In the case of the first above, you may guess that there are many variations possible, because you have all the 7 vibhaktis in 3 vachanams as well. Accordingly, for each लिङ्गम् and वचनम् combination, there are 7X7, that is, 49 combinations possible. For simplicity, we take up only एकवचनम् examples. Following are the 7 vibhakti-forms for just एकवचनम्, for the left-hand-side of the pair. For the corresponding right-hand-side of the pair, you can guess that it would be 'त' in place of 'य'. (However, it is different only for 'यः' and 'या'. In this case, it is 'सः' and 'सा' respectively).

- Krupalu Ogeti

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



## Foreign Students Visit Ashram

On 19th July 2014, a group of foreign students visited Nachiketa Tapovan Ashram. Swamiji conducted workshop on Maha Chaitanya Kriya and explained to them the importance of Ashram and Tapovan's presence in such areas and also enlightened them about our rich Indian culture and heritage. Students from different disciplines were not only enthusiastic but also were more open to new ideas and credit goes to Hyderabad Central University for introducing such a wonderful discipline and also Bhavani Ma who took great interest in organizing this entire event.



Swamiji with the students



Shall we play?



Here you go!



A fun-filled game



An interaction with Swamiji

## Natco Satsang

Swamiji was invited to Natco School on 8<sup>th</sup> June 2014. He conducted a workshop on concentration techniques for needy children. 70 children and 6 teachers participated in the workshop and got benefited. They were taught simple *kriyas* and they were amazed to learn how these *kriyas* could help them relax to an extent where they could retain anything and everything at will. Mahachaitanya Kriya was accepted as it doesn't belong to any particular religion.

# Events & Celebrations

## Distribution of Notebooks by iGATE Global Solutions Ltd.

On 8th July 2014, Sri S. Kasivishwanatham and team from iGATE visited Nachiketa Tapovan Vidya Mandir and distributed Notebooks to all the children. Nachiketa Tapovan thanks them wholeheartedly.



## Craft sale at Deepshikha mela

Nachiketa Tapovan exhibited crafts from 18th to 20th July 2014, at Deepshikha mela, Hitex



## Amazon's Philanthropy

Amazon employees brought some stationery for children's use and 20 packets of A4 size copying paper for Nachiketa Tapovan Vidya Mandir. Amazon also provides space for a stall of Vidya Mandir crafts.

## Capital IQ Team's visit

On 5th July 2014, a team from Capital IQ - Lead India 2020 Foundation visited Nachiketa Tapovan Vidya Mandir and donated Xerox Machine. They conducted games, activities and quiz competition for the children of classes 1 to 10. They also distributed prizes for the winners. Sports kit and other sports items were also donated to Vidya Mandir. The event ended with an annadanam sponsored by the team.



# MY FAVOURITE TEACHER

My favourite teacher is Mrs. Jyothi akka. She is our class teacher. She teaches us telugu. She is always neatly and perfectly dressed. I never find her angry. She always looks cheerful. To the students she is always friendly and receptive. She is always ready to help her pupils. I never feel shy of going to her with any problem. Mrs. Jyothi akka is an extremely intelligent and efficient teacher. She has an easy going approach with the children. Lessons look interesting and easy as she teaches them. She never leaves anything aside unless she is sure that she has explained it fully to the satisfaction of the students. Apart from studies, she is always there to do her significant bit in extracurricular activities. She loves to join us on the school programmes and also she loves sing. Not only this, when we have school programmes then she helps us in our rehearsals of plays. She teaches us good manners, the need to maintain cleanliness and healthy environment.

That is why, Mrs Jyothi akka is my most favourite teacher. I like her very much.

- J - Judicial
- Y - Youthful
- O - Obediant
- T - Talented
- H - Honesty and helpful
- I - Intelligent



**Nikhita**  
Class 9

Nachiketa Tapovan Vidya Mandir



## Cool as a Cucumber...

**M**rs. Suguna amma is our Math teacher who has a vast knowledge in her subject and knows how to make her class interesting. We all like her very much as she is smart, active, true and honest with an open-heart. She is quite friendly to all and opposed to any injustice. She wants each of us to work hard in studies and thus helps us in every possible way to solve the problems. She is very patient and makes us understand every aspect of the problem in detail. At the end she makes us very confident. She is an ocean of love with loving and caring nature and with super brilliant knowledge. She is cool as a cucumber. She works with great dedication and is an amazing and wonderful teacher. I have great regard for her and convey my heartfelt gratitude to her.

**Gayathri**  
Class 9



## My Favorite Teacher

**J**yothi Akkha is my favorite teacher. I love her because she taught me the Telugu alphabet and also to read and write in Telugu. I used to hate Telugu, but now with Jyothi Akkha's help I have become perfect in Telugu and now it has become my favorite subject. She taught me the value of mother tongue.

Jyothi Akkha is very polite and friendly with students. She gave us a lot of freedom in school. Even when I did a mistake, she never scolded me but asked me not to repeat it. Many of my problems are solved by her only. That is why I like her. She is not just a teacher but my friend.

**Madhu**  
Class 10



## My Best Teacher

**I** like all teachers and volunteers but I consider Sabitha amma as the best. She is a volunteer and teaches us psychology. Since she studied psychology she understands our feelings and behavioral attitude. Accordingly she will move with us. Her teaching is very good and I understand easily. She looks so simple and is very dignified. Though we are very naughty in her class she doesn't scold us. She is always calm and at peace. She is the only teacher who tells us the meaning of any word without referring to a dictionary and I like this quality very much. So this is about Sabitha amma whom I adore.

**B. Anuradha**  
Class 10



## My Favorite Volunteer

**M**y favorite volunteer is Sowja Amma. She is a good volunteer of our Vidya Mandir. She taught us Social in 6th class. She treats all the children in school equally. I like her attitude, way of speaking, dressing and everything about her. She always took care of me. She teaches us good manners and helps us in studies. When I am talking to her, I feel

happy as though I am talking to my parents. She helps the poor children and she is a good society helper. I like her whole-heartedly.



**Y. Srujana**  
Class 8

**MY Favourite  
Teacher**



**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 58 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 organized 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

We cordially invite you  
to attend our celebrations



## TEACHERS' DAY 5<sup>th</sup> September 2014

Nachiketa Tapovan, Kavuri Hills, Hyd.  
&  
Nachiketa Tapovan Ashram, Jadcherla.



## SWAMIJI & MATAJI BIRTHDAY

19<sup>th</sup> September 2014  
at Nachiketa Tapovan Ashram, Jadcherla.



## NAVARATRI

25<sup>th</sup> September - 3<sup>rd</sup> October 2014  
at Nachiketa Tapovan Ashram, Jadcherla.



**Sri. Kunda Pratap**  
for his kind donation of  
₹ 2 lakhs for Uniforms

**Smt. G. Shyamala**  
for her kind donation of  
₹ 1 lakh Corpus Fund - Sponsor a Child Education

## GIFT SUBSCRIPTIONS OF NACHIKETANJALI

Donor's Name	Amount	Benefited Institutions
Andhra Mahilasabha P. Obul Reddy School	₹ 14400/-	120 for their staff
Vasavi Prints	₹ 12000/-	100 Colleges
Ms. Lohitha	₹ 2170/-	4 Spiritual Centers
Sri Virat	₹ 1000/-	2 Schools
Ms. Lalasa	₹ 1000/-	2 Libraries
Ms. Nalini	₹ 500/-	1 University

**A Well Wisher**  
for her kind donation of  
₹ 1 lakh Corpus Fund - Annadanam



# Nachiketanjali



## Why Advertise a Page in our Magazine?

- 📖 *Nachiketanjali's sole aim is to spread the message of universal truth, peace and love*
- 📖 *The publication is sold at a very nominal cost so that it is affordable and accessible to all*
- 📖 *You will lend a great hand in meeting our printing and mailing costs*
- 📖 *Nachiketanjali is circulated in many reading areas through subscriptions and free distributions and it reaches a wider audience throughout the city, state and country*
- 📖 *The magazine content is usually reread during the month and hence gives more visibility than a single newspaper Ad*

*And to top it all...*

- 📖 *You will involve in a noble and non-profit cause- a **Jnanayajna**, that is vital for today's world!*

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State Bank of India, Jubilee Hills Branch, Hyderabad.

IFS Code - SBI N0011745,

Acct No. 30985314026.

Please confirm wire transfer through email to [nachiketanjali1@gmail.com](mailto:nachiketanjali1@gmail.com)

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**.

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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!**



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*Quality that speaks for itself.*  
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*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*