

# *Nachiketanjali*

*an offering...*



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# INNER EYE




*A*s large as the universe outside, even so large is the universe within the lotus of the heart. Within it are heaven and earth, the sun, the moon, the lightening, and all the stars. What is in the macrocosm is in this microcosm ... All things that exist ... are in the city of Brahman.

*From Chandogya Upanishad*



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## Cover Story

# Homo super sapiens

*Tough yet tender, frivolous and sombre, gracious to fierce- qualities span two extremes, attributes around two poles.*

A babbling little brook from mother's womb, You journey as a river, wax into an ocean- all embracing, in semblance with 'Father'.

Looking in the mirror a human sees himself  
Only you portray four others in your reflection.

A human feeds himself when hungry  
Only you can fix five more plates to feel satiated.

But for a few, much celebrated, I know men to be Human. But you, as a given and unappreciated, I see as Super Human!

Yet, never asking to be sorted above but continually earning ranks superior  
From chambers of your home out of threshold onto horizons beyond...

Oh, blessed women, you have balanced it all and conquered them all. Only, beware of falling for temptations of "freedom" and "equal rights"! For, you are above and beyond- question of equality does not arise! No stopping you, until the genes of divinity, the "Mother's" legacy to her daughters; are manifested in entirety, your blinding brilliance only has the potency to shatter dark and perverse Human tendencies and abate the torment of *fellow super sapiens*.

I studied in my grade books that the genus 'Homo' is mono specific. But from living, I grasped, you are a species above 'sapiens'. You never cease to awe me, would not trade my womanhood; no way, not even for divinity! Pray to be reborn as one of you... Held in stupor, I utter- "Hail *Homo super sapiens*!"

**- Annapurna R.**



# Mounting The Peaks

It is but natural to aspire to mount higher peaks. But we need to realize that we should have the utmost concentration to transform our dreams into reality.

Sometimes, even in our day to day life, we do things so monotonously without concentrating on what we do. Cooking food for the family is a daily ritual in almost every household. But most of us do it so mechanically with the end result of differing tastes. The reason, our mind not applied in the action performed resulting in lack of coordination between body and mind.

As we read a book, we flip through the pages. Our eyes run through the words but after reading a few pages we realize that nothing is registered in our mind. Students preparing for exams frequently come across this situation. The fear for exams stills their thoughts and concentration and they are unable to learn what they have read.

Then how do we overcome this? Meditation helps to a great extent. We can keep track of our mind and stop it from going astray. Taming the mind is quite possible. When animals can be tamed why not the mind? It might take time but never impossible.

Disciplining the mind is all that is needed and then everything else falls in groove. As we climb the ladder with a firm determination, we find support coming from all quarters similar to supporters who supply water to runners, participating in a marathon. From our side, we have to start the run and reach the goal.

It is not enough to aspire to score high in exams. A proper study plan and concentration will help a student in getting good scores. Once we know the art, it is easy to adapt it forever in our lives. This would make it easier for us to mount the peaks of success. We'll never look back and our dreams will come true.

Single pointed concentration has helped Arjuna hit his target. Ekalavya has achieved success with the same focus. We are no less. We too can create wonders. Just visualize the peak and imagine you are climbing to reach the topmost point...keep climbing...you are almost there...

Kudos!!! You have reached your goal. Now look back and you'll realize that it is your one-pointed concentration that has helped you mount the peak.

**- Subhadra K.**



# Spiritual Quest

**Question:** Does death bring vacuum or silence?

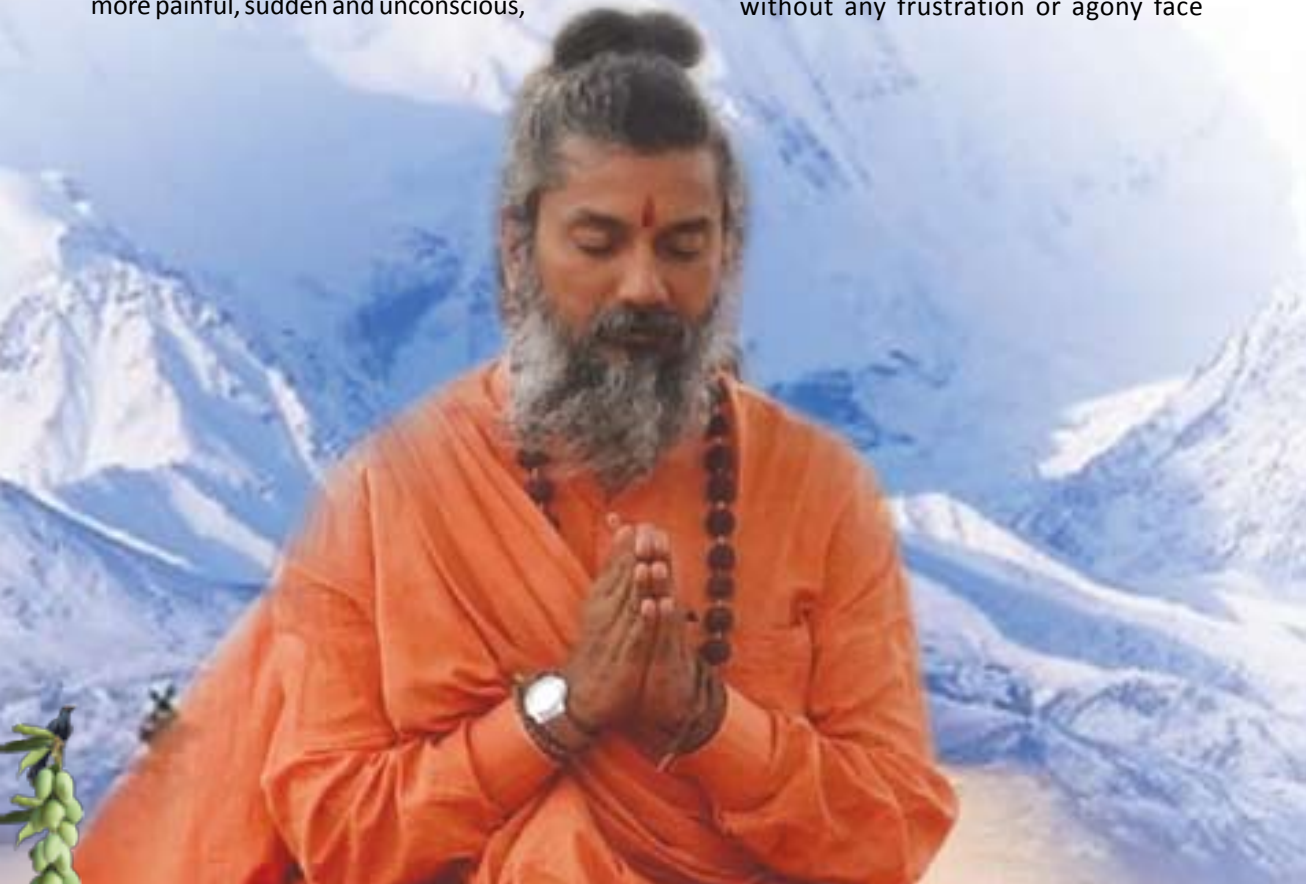
**Answer:** Dear *Sadhak*! Death can bring vacuum as well as silence in one's life. Vacuum is felt when we do not understand what really death is and silence is heard when we have completely understood the death. Death can communicate flawlessly only in silence, not in vacuum. In vacuum death is just felt but in silence death is experienced in its pristine beauty and its pure form.

One who is ready and prepared for the next journey shall know how beautiful death is and how seamlessly it works in silence. Vacuum is felt because it is sudden... There are moments when one can go through such vacuum encountering death that creates more fear than actual death. Death when passing through vacuum is more painful, sudden and unconscious,

whereas when it walks through the corridor of silence, it is painless, natural, conscious, and more lively than life itself.

Yes! Death certainly brings vacuum if one is not aware of higher planes of life. Soul is very much vibrant while casting the body and not aware of the next stopover. If act is performed with total dedication, devotion and sincerity to know in-depth what lies beyond life, soon one can understand there is a vibrant life that awaits beyond life. Death is just a stopover... that's it... nothing more than that but if one has interest to know and is not scared of stopover then one can learn the greatest and the highest lesson even from death, like how Nachiketa had learnt from Yamaraja, the King of Death.

Yes! Death certainly brings silence if one is aware of higher planes of life. One can easily without any frustration or agony face



death since one is able to see beyond. Even if one is not prepared for death, but ready to cast off fear of death one may manage death better than anything else and may feel a kind of association that one has with it. Shedding light on such a complex topic is not that easy but one who has travelled this path many times in utter silence will know it from every angle how beautiful death is.

Dear *Sadhakas*! Therefore make sure that even though we have to walk miles together, we have to talk lot together, we have to perform every act together, yet much before that when we do have lots of plans in hand, lots of activities to be performed or finalized, we should make sure that we are prepared to cast off this body any moment not under the influence of fear but under the wings of silence and fearlessness. Not a single moment we should have any thought of incomplete work or frustration in the mind. If at all one feels tremors within, it should be because of happiness not of misery, it should be because of satisfaction not of dissatisfaction, and it should be because of contentment not of discontentment...

Dear *Sadhakas*! Death is inevitable so is the next birth. Therefore, if we want to have a birth of our own choice then we should make sure that our package is more simple, not complicated... We should make sure that our package has wonderful memories not the frustrating moments of life... We should make sure that our package has everything for others not for ourselves even though we carry it... We should make sure that our package has a tag for the sake of having a tag but always for others... We should make sure that our package has nothing to do with ourselves but for others... then only one can understand that even vacuum is just a milestone and nothing else... and that silence is a city of Divinity... then only one can feel that vacuum is just a wave and nothing else... whereas silence is the ocean of Divinity...

In vacuum we feel as if somebody is taking away life from us whereas in silence we feel it is getting filled with life. Vacuum is created by

anger, lust, greed, pride, ego, frustration, lower desires, fear, etc whereas silence is metamorphosed by love alone... Silence is the gateway to love. Silence is an essential part of not only life but also an important ingredient to know the death in its pristine beauty. Death is therefore, not only the stopover for *Sadhakas* but it is also an important life infusing, thought provoking, supremely beautiful package that one should love to carry with always. It is like a mirror in which we can see ourselves better than anything. It is a great asset that one should always go with. It is something that helps one to analyze oneself. It is therefore, important but it has to be always from silence not from vacuum. If one is more balanced and doesn't get easily perturbed, then one can even choose vacuum to get enlightened. Whether it is due to silence or vacuum, death is just the feeling of nothingness. In vacuum we feel incomplete whereas in silence complete... In vacuum we feel we are losers, whereas in silence we feel we are winners... In vacuum we feel life is draining out whereas in silence we feel life is getting filled... In vacuum we feel very low whereas in silence we feel very spirited...

Dear *Sadhak*! Therefore, we should watch ourselves, observe ourselves, our every act, our every move, our every thought, our every breath, and get prepared for the next stopover and also for the next journey but in utter silence not in vacuum. Death is there for the people who are not prepared for this very moment to die and always hang around the perishable things but if one is ready to hug death at any given time, in any situation, without having a single thought in the mind to fulfill any desire, one can easily conquer the vacuum and eventually death as well. Death is just a boundary wall that protects the life, and if we are able to break this boundary wall with the help of courage, fearlessness and are ready to face anything and everything in silence, we would then experience life into death and death into life... Two inseparable entities of the mind but for the higher souls life or death are just the synonyms for each other and nothing else...!

- *Swami Nachiketananda Puri*







# Hanuman's Devotion to Rama

Once, Sri Ramakrishna was talking to devotees sitting around him. The conversation drifted to Hanuman, whose picture hung on the wall in the Master's room.

Sri Ramakrishna said: "Just imagine Hanuman's state of mind. He didn't care for money, honour, creature comforts, or anything else. He longed only for God. When he was running away with the heavenly weapon that had been secreted in the crystal pillar, Mandodari began to tempt him with various fruits so that he might come down and drop the weapon. But he couldn't be tricked so easily. In reply to her persuasions he sang this song:

Am I in need of fruit?

I have the Fruit that makes this life

Fruitful indeed. Within my heart

The Tree of Rāma grows,

Bearing salvation for its fruit.

Under the Wish-fulfilling Tree

Of Rāma do I sit at ease,

Plucking whatever fruit I will.

But if you speak of fruit -



No beggar, I, for common fruit.

Behold, I go,

Leaving a bitter fruit for you."

As Sri Ramakrishna was singing the song he went into *Samadhi*. His eyes were half-closed and his body was motionless. Just a minute before, the devotees had been making merry in his company. Now all eyes were riveted on him.

After a long time the Master came back to ordinary consciousness. His face lighted up with a smile, and his body relaxed; his senses began to function in a normal way. He shed tears of joy as he repeated the holy name of Rāma. M. wondered whether this very saint was the person who a few minutes earlier had been behaving like a child of five.

**Source: Gospel of Sri Ramakrishna**

## FORMALITIES AND ESSENTIALS OF RELIGION

Sri Ramakrishna said: "When hearing the name of Hari or Rāma once, you shed tears and your hair stands on end, then you may know for certain that you do not have to perform such devotions as the *Sandhya* any more. Then only will you have a right to renounce rituals; or rather, rituals will drop away of themselves. Then it will be enough if you repeat only the name of Rāma or Hari, or even simply Om." Continuing, he said, "The *Sandhya* merges in the Gayatri, and the Gayatri merges in Om."





# SHE



There she lies  
Abused and wronged  
While no one pays her heed  
Is she but a play toy  
That people treat her so  
For she is a woman  
Dignified, loving and kind.  
And deserves to be treated as one  
For like her, there is no one

That dreadful day once came  
When she was cornered by those beasts  
Helpless and defenseless  
She called out for help  
But it was for naught  
She screamed and fought  
And writhed and sought  
Some mercy from those beasts  
They spared her not  
Yet it was all forgot  
In the days that passed by  
For there she lies  
Abused and wronged  
While no one pays her heed



She was just a child  
Free and wild  
Enjoying those wonderful days  
But her elders  
Those unruly meddlers  
Had something in store for her  
A prince they promised  
Would take her with him  
To the land she always dreamed of  
Not much later, she was married  
To an old geezer instead  
And treat her badly  
Her in laws did  
She lived a life of hell  
When he finally died  
And she too had cried  
And thought her misery had ended  
They laid her on his funeral pyre  
And burnt her alive  
For there she lies  
Abused and wronged  
While no one pays her heed

In her mother's womb  
She dwells, ready to enter the world  
A new identity she will gain  
And become a new individual she will  
She dreams of good deeds  
And awaits great opportunities  
But they never gave her a chance  
For she is killed  
Before she can start her life  
"Why, why me?"  
She cries to the world  
Is it because, I am a girl?  
And so, there she lies  
Abused and wronged  
While no one pays her heed

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# SRI RAMACHANDRA

*"Veda vedye pare pumsi jate  
dasaradhatmaje*

*Vedah praachetasaada Seetha saakshad  
ramayanatmana"*

The meaning of the above *sloka* is that Sri-mannarayana has taken the form of Sri Rama and Vedas have taken the form of Ramayana. Because of Maharshi Valmiki, Ramayana became auspicious. It destroys sins. It imbibes Vedas. Ramayana has been divided into 7 cantos (*Kaandas*) by Valmiki.

## Bala Kaanda:

Sri Rama's birth, *Yaaga rakshana*, Seetha-Rama *Kalyana*

## Ayodhya Kaanda:

Kaikeyi asking for boons, Sri Rama *vanavaasa*, Renunciation by Bharatha

## Aranya Kaanda:

*Rakshasa samhara*, *Seethapaharana*

## Kishkinda Kaanda:

Sri Rama- Sugreeva friendship, *Vaanara's* search for Seetha

## Sundara Kaanda:

Hanuma's *samudra langhana*, *Seetha sandharshana*, presentation of Sri Rama *mudrika*, presentation of *Chudamani*, *Rakshasa samhara* in Lanka by Hanuman

## Yuddha Kaanda:

Construction of *vaaradhi*, entry of Sri Rama and *Vaanaras* into Lanka, *Ravana samhara*, Sri Rama *pattabhisheka*

## Uttara Kaanda:

Sri Rama's rule, *Seetha parityaga*, birth of Kusa and Lava, Sri Rama's *Mahaprasthanam*



Ramayana is a ready reference for people to lead their lives in a righteous, happy and peaceful manner. *Ramarajya* is most sought after. Every woman wishes for a husband like Lord Sri Rama and a son like Lord Sri Rama. Every mother wishes protection for her kid in the name of Sri Rama (Sri Rama *raksha*). Alm seekers have the name of Sri Rama on their lips when they say *Annamo Ramachandra!*

The above examples illustrate how Rama *Shabda* is intertwined with Indian's lives even today. This is exactly the reason why Ramayana is so fascinating and captivating for everyone, scholars or otherwise. The story of Ramayana is embedded, right from *Mahakavyas* to lullabies in various languages.

Ramayana's influence and popularity extends to *puranas*, *harikathas*, dramas, puppet shows, paintings and movies.

It is not an exaggeration to say that Ramayana would retain its uniqueness as *Adi kavya* as long as the sacred rivers, mountains, Sun and the Moon exist. Ramayana is *Kalpavriksha* and *Kamadhenu*. It grants everything that one wishes for.



Sundara Kaanda is the crown jewel among the cantos of Ramayana. This is suitable for *nitya parayana*. The benevolent influence of such *nitya parayana* is the fulfillment of all the wishes.

***Ramaayana mahaa maala ratnam vande anilatmajam***

Ramayana is a *Mahamala* (big chain) consisting of two branches, one representing Rama and the other Sita. The two are linked by a *ratnam* (gem) named Hanuman.

Hanuman's scholarship, fine intelligence, articulation, courage, valour and *seva bhaava* are inspiring. But his best quality is *Swami bhakthi*.

He is the hero of Sundara Kaanda. His humility in spite of his accomplishments and immense scholarship, is awe inspiring. He is the best Rama *daasa* inspired by "*Daasoham Kosalendraya*"!

Hanuma renounced everything else for "Sri Rama *paada seva*".

Sundara Kaanda having so eminently qualified Hanuma as the hero, bestows all kinds of wealth on those who indulge in studious *parayana*.

*Sri Ramachandra Paadaravindarpanamastu!!!*

**- P.S. Laxmi**

Every object in the world is a mirror to see your reflection (your family, relatives, society etc...), if there is no world, there is no growth. So instead of blaming the world, try to look within to know your ups and downs, ifs and buts. The moment you realize that the fault lies within and not without, you will know the secret of the God's creation. Then you accept everything as it is without complaining. Looking within is essential to lead a happy and meaningful life.

**- Paramahansa Swami Shivananda Puri**







# EVOLUTION

*I*n the matter of the projection of *Akâsha* and *Prâna* into manifested form and the return to fine state, there is a good deal of similarity between Indian thought and modern science. The moderns have their evolution, and so have the Yogis. But I think that the Yogis' explanation of evolution is the better one. "The change of one species into another is attained by the infilling of nature." The basic idea is that we are changing from one species to another, and that man is the highest species. Patanjali explains this "infilling of nature" by the simile of peasants irrigating fields. Our education and progression simply mean taking away the obstacles, and by its own nature the divinity will manifest itself. This does away with all the struggle for existence. The miserable experiences of life are simply in the way, and can be eliminated entirely. They are not necessary for evolution. Even if they did not exist, we should progress. It is in the very nature of things to manifest themselves. The momentum is not from outside, but comes from inside. Each soul is the sum total of the universal experiences already coiled up there; and of all these experiences, only those will come out which find suitable circumstances.

So the external things can only give us the environments. These competitions and struggles and evils that we see are not the effect of the involution or the cause, but they are in the way. If they did not exist, still man would go on and evolve as God, because it is the very nature of that God to come out and manifest Himself. To my mind this seems very hopeful, instead of that horrible idea of competition. The more I study history, the more I find that idea to be wrong. Some say that if man did not fight with man, he would not progress. I also used to think so; but I find now that every war has thrown back human progress by fifty years instead of hurrying it forwards. The day will come when men will study history from a different light and find that competition is neither the cause nor the effect, simply a thing on the way, not necessary to evolution at all.

*(Excerpts from the answers given by Swami Vivekananda to questions at afternoon talks with Harvard students on March 22 and 24, 1896.)*





# RELEVANT

I read one of the most relevant articles in the January issue of Nachiketanjali, titled, Irrelevant.

“To love. To be loved. To never forget your own insignificance. To never get used to the unspeakable violence and the vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch. To try and understand. To never look away. And never, never to forget”!

*Arundhati Roy, The Cost of Living*

Many of us are blessed, that we don't do any of the insensitivity mentioned in that wonderful note, depicting the plight of a vast majority of people.

As I read each line, I had tears streaming down my face, because I felt two contrasting emotions, very sad at the truth in those words and glad that I did most of the things in the exact opposite way...I can't see people anything other than 'people'...I can't see religion, caste, creed, high, low...

I acknowledge people, I give respect to everyone I meet and that's not being a 'good person' or doing a 'good deed', it is simply how we

should treat every person we meet and how life should be handled.

I go for a walk around my home, and I don't know many of my neighbors but I know all the children on the road, every watchman in front of every home and all the dogs on the street.

The little children at KBR park are my friends and we greet each other with so much enthusiasm and affection that it turns heads. And many of people selling the trinkets on the road, I know by name.

But is that good enough? Should I be happy with what little I do? Or can something more be done? Should something more be done?

The answers seem obvious, isn't it? It's never enough. It's not about feeling guilty for what we have but more about 'wanting' to give and do as much as is possible for us at any given time. And a lot more needs to be done. Should be done. By as many of us, as is possible...till this trickle becomes a river...till this drop becomes a wave...till this lake becomes an ocean.

I would like to take this opportunity to thank Yashasvi Singh for writing and sharing such a beautiful note with us.

**- Gautam Vir**



# Twinkle Twinkle Little Star, How I wonder 'where' you are!

*This* New Year's eve, I chose to stay at home with a close group of friends and family. Some-time close to midnight, we walked up to the terrace, only to notice lights glaring from other parties in and around the area we live in. We were having some interesting conversations like any other day. Just then, for a moment, I spaced out and involuntarily sat down on the cold granite floor of my terrace and looked up at the sky.

A star appeared, in all its brightness, revealing itself to me. After a couple of seconds, I could see another and then another, until a few of those little twinkles caught my gaze. I could count them. They weren't many. It seemed as if they were shying away from the bright party lights around me. Then came the moment of realization! When and where was the last time any one of us saw a star studded sky? I came out of this state of realization with the deafening sound and blinding light of fire crackers that went off at the stroke of midnight.

My last time was at Pangong Lake. Yes, the lake at 14000 feet, which can be reached after a five hours drive from Leh, through some rough mountain terrain. Without any doubt, the lake has some of the amazing vistas, but what overshadowed that beauty was the night sky. It was a perfect moonless night with an aura of tranquility. A zillion stars had dazzled in the sky, painting it with silver hues. Indeed, a sight to behold!

One can still witness such amazing night skies; only if we get to places that far, far away from where we live. The wonder of the night sky has been an inspiration to countless generations of writers, poets, scientists and dreamers. Today,

this natural night environment is threatened by the careless use of artificial light. Whether it is to brighten our homes with extra lights on festivities, or when we forget to switch off the outdoor lightening when we go to sleep, it is all adding to the light pollution and wiping out the natural resources we have, including the night sky.

So, what do we do about it? Turn off all lights and live in darkness? Not celebrate New Year's Eve or for that matter any occasion at night time? Obviously that isn't the answer, but to be honest, I don't know the answer either. There are no universal answers to these questions. No single answer, but many. The first step towards making a change is to become sensitive to our environment, to understand that we are all responsible towards Mother Nature. To have a balanced approach to life, to put our need before our greed, to put the nature's need before our greed, to be sensitive and alive to all forms of life around us.

Yes, there are a lot of ways to cut down on artificial lighting to restore the brightness of the skies.

We will know the answers when we make an attempt to choose what we want to do. It is convenient to show our children the videos and pictures of Milky Way Galaxy and Polar Stars in iPads. But, the beauty of those stars can be felt only when we look at them, and each one of us know it.

**Up above the world so high, like a diamond  
in the sky!**

**- Vinnu Priya**







# ‘Bahu-t’ Chahiye!

It started with a call from her uncle to her mom. Somebody had informed them of a ‘good match’ for

the girl and that they could consider taking this further. The girl, let’s call her Simran (considering my love for one of the greatest Bollywood hits – *Dilwale Dulhaniya Le Jayenge* – “DDLJ”) and the ‘good match’ called Raj (again because of my obvious love for DDLJ) were from the same state, same caste and same college (too much of similarity to handle) and as such, they were considered ‘made for each other’.

Talks ensued which gradually led to the day when the parents got thoroughly involved and took it further. Too much hurry for reasons unknown!

Simran and Raj, were they actually made for each other? Would their story have a “happily ever after” ending?

But lo, Raj was no Shahrukh from DDLJ. No love story could ever unfold. Unfortunate, eh? Umm, not really! Let’s see why.

Added to Raj’s insensitivity was his family’s ‘greed’. Yes, you guessed it right – they demanded dowry. Don’t we already know how all bounds of shame are crossed by our ‘*ladke wale*’ who more often than not ‘preach’ good principles when it comes to the girl but appear by no means bound to practise those themselves? Look around, you are bound to bump into a number of such ‘saints’.

It started from “*Kuch nahi chahiye.*”

Then it went to “*Ladkeki shaadimeinbhi hum hi kharchkarein?*”

Then they murmured “*Yeh chahiye.*”

When that was given then “*Woh chahiye.*”

Simran, who all this while had been a ‘good girl’ lost all her patience. If it was only supposed to be a deal, there wasn’t one aspect where she was ‘benefitting’. And then came the wretched two letters “N-O”.

I hurried to meet her and asked her the reason. She gave her reply in points. I will quote them here:

- ◆ If you need to ask, I think you know the answer
- ◆ Indifference is a red flag
- ◆ When you are in a bad place, you will begin to look like it
- ◆ I don’t want to put up with incessant and intolerable crisis
- ◆ ‘No’ is a reason good enough

I connected the dots and understood.

With straight faces, we walked away into different directions. I paused, turned around and walked to her. Precious drops of tears were flowing down her eyes. She looked towards me and said, “I did trust him. I wanted to. He didn’t trust me back. Probably because he didn’t want to. I wish it had been just another thing for me. This was supposed to be special.” She was hurt real bad. But I could also see a glint of pride in her eyes. Pride for acknowledging herself as an equal. And rightly so!

I took a cab to go back home. It was a long way. I started turning pages of a magazine meant for in-cab reading and came across a very strong message – “Every dowry demand is a death threat. Don’t marry. Walk away.”

Don’t try mending wounds which aren’t curable. If you do so now, they may arise in uglier ways in the long run.

I reached home and kept thinking. How many of us are ready to stand up for ourselves like Simran did for herself? How many of us are ready to remain unmarried than bow down to such vulture instincts? How can we agree to tolerate statements like “*are woh ladke wale hain?*”? How can ‘they’ be more when we are no less?

Think. Act. Fight your own demons right here and now.

Hey, Simran just called. Somebody who got the news of her refusal to marry had wished her less stupid decisions in future. I asked her what she has to say to that. She said she wished for them a little less hypocrisy.

A smile passed through my face.

- Yashasvi Singh

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# Baddha Konasana

Swami Nachiketananda Puri



*Baddha* means bound, caught, fixed, firm and *Kona* means an angle. It is a posture that is firm on the ground where both the knees are touching the floor and fixes one's attention to the maximum extent. In this *asana* one can feel, the lower limbs are getting stretched to the maximum extent and the anus part is opening in final posture. Blood flows towards the back region and one feels an energy that is pushed upward from lower back to neck and head region. This is a very special and important asana for every *Sadhaka* and also for those who need flexibility in lower region. It takes care of lower body parts, making the waist region supple and eventually creating the path for *Kundalini*. Lower part is what one needs to take care of in the initial stages of *Sadhana* along with mind.

In this posture, one can try to touch the chin to the floor and concentrate at the point between the eyebrows to get maximum benefit. If one is seeking to know the energy movement then one can concentrate on perineum, tailbone, and lower back part. Within no time one can feel very soothing energy movement in the lower body if one maintains it for a longer time. It is just a matter of time and practice and one can easily maintain this posture for more than 30 minutes. One can even sleep in this posture if one is thoroughly into *asana* practices and *Sadhana*. A *Sadhak* can get extremely benefited by performing this posture since this posture relaxes one physically, tones the inner thigh region, removes the stretches and also brings down the mind's activities to maximum extent. Simple yet powerful *asana*!

## How to perform?

### Pose

1. Sit on the floor with legs stretched out, place your hands sideways near the buttocks with palms down and fingers forward
2. Then lock the fingers and catch the toes together
3. Bend the knees and bring the soles together
4. Let both the heels touch the perineum part and catch hold of toes with both the hands
5. Keep spine erect and head straight
6. Close eyes, inhale fully and while exhaling bend forward
7. Let chin or forehead touch to the floor





**Mataji illustrates Baddha Konasana pose**

8. Normal breathing
9. Close eyes and concentrate on the lower body or head region to derive maximum benefits
10. Then come back to sitting position by bringing up upper body vertically while breathing in
11. Release both the hands
12. Bring knees together and then stretch both the legs
13. Relax in sitting posture for a while and then slowly lie down

#### **Awareness points:**

1. Physical: In between eyebrows or perineum, tailbone and spine
2. Subtle: Energy flow in lower region, breathing and also experiencing pulse in between eyebrows

**Benefits:** Improves blood circulation to all internal organs especially belly region.

Lower body parts get supplier. Urinary disorders would be taken care of. It is good for sciatic pain and prevents hernia.

For ladies it helps in menstrual cycle. For pregnant ladies this posture is a boon but ladies should not bend forward.

Energizes pelvis and nerves of the lower back. Helps in seminal weaknesses. It can even help in gout and arthritis cases. People who are more introvert and lost faith in themselves also would get benefited. Whole body gets relaxed and one can feel lighter and energetic. Mind gets the taste of higher energies. There is immediate activation of energy in lower body.

#### **Counter pose:** Shavasana

**Be careful:** Those who have knee, shoulder, and arm problem should be more careful. Please take advice from any *asana* expert.

**Sadhak, kind attention:** Please perform every day and make sure that eyes are closed throughout the practice.





# TRUSTS

## And Their Utilities

Property is one of the fundamental aspects of the socio-economic life of an individual. In simple words, property is a bundle of rights in a thing or land. Management of property is also an important aspect. Law affords us numerous ways in which we can manage our property. A 'trust' comes as a beneficial way in many situations, especially if the intended beneficiaries of the property are minor.

According to law, a **trust** is a relationship whereby property is managed by one person (or persons, or organizations) for the benefit of another. A trust is created by a settlor, who entrusts some or all of his property to people of his choice (the *trustees*). The trustees hold legal title to the trust property (or *trust corpus*), but they are obliged to hold the property for the benefit of one or more individuals or organizations, usually specified by the settlor. The trustees owe a fiduciary duty to the beneficiaries, who are the "beneficial" owners of the trust property. On the basis of who created the trust, trusts can be classified as follows:

- ◆ Express Trusts – These are those which are declared by the settlor, clearly mentioning as to who will be the beneficiaries and how the trustees will work
- ◆ Resulting Trusts – These are implied by the Court and not intentionally created by the settlor
- ◆ Constructive Trusts – They arise by operation of law. They also arise in contexts whereby the court will analyze a situation as giving rise to a constructive trust<sup>1</sup>

Another classification can be on the basis of the purpose for which the trust is created, as a public trust (to serve a public purpose) and a private trust (to serve a personal purpose).

The concept of trusts was also present in our personal laws. The religious law of the Hindus ordained them to offer gifts to the poor. Our mythology is replete with stories of kings who gave away donations to the poor. Gifts for charitable and religious purposes were impelled by the desire to acquire religious merit. They fall into two divisions, *ishta* and *purta*; the former meant sacrifices and sacrificial gifts and the latter meant charities. <sup>2</sup>The concept of trust is recognized under Muslim law as 'wakf'. We now have a legislation concerning the same. The term wakf literally means detention. The legal meaning of wakf is the detention of a specific thing in the ownership of the wakif or the appropriator, and the devoting or appropriating of its profits 'in charity on the poor or other good objects'.<sup>3</sup>

Trusts are used for various purposes, some of which can be identified as: to enable property, particularly land, to be held for persons who cannot themselves hold it; to enable a person to make provision for dependants privately; to tie up property so that it can benefit persons in succession; to protect family property from wastrels; to make a gift to take effect in the future in the light of circumstances which have not yet arisen; to make provision for causes or non-human objects, example the furtherance of education; to facilitate investments through unit trusts and investment trusts which enable a small investor to acquire a small stake in a large portfolio of investments and to minimize the income tax.

Of late, the provisions relating to trust are being used for the protection of environment. In other jurisdictions of the world, the trust has developed a role in environmental protection law. In the United States of America, under the 'public trust doctrine', each state has a fiduciary obligation to ensure that the public lands which



constitute the coastline, the bays of the sea, and the tidal rivers and their beds are made continuously available for the members of the public at large.<sup>4</sup>

Canada has developed the 'trusteed environmental fund'. The purpose of funds of this type is to provide an assurance for the State that, following the termination of some environmentally harmful activity such as mining or logging, the post closure land reclamation will be adequately financed. The party carrying out the activity makes periodic payments to trustees who, like the trustees of a pension fund, invest these payments for return and the accumulated fund is the primary or immediate source for meeting the costs of land reclamation.

These and other interesting uses of the trust concept in fields which are of enormous international importance and interest could undoubtedly be adopted in our country in appropriate circumstances. In our country, trusts are mainly constituted for the purposes of charity and reduction of taxes. It is the need of the hour that the purposes for which a trust can be constituted are utilized for constructive purposes by the State as well in a wider manner.

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**- Neetika Gogula**

An advocate and has passion for writing on social issues.



## OVERCOMING FAILURES THROUGH PERSEVERANCE



*I* firmly believe that success in life is not so much a matter of talent or opportunity as it is of concentration and perseverance. Helen Keller's life bears out this statement.

Keller lost her vision and hearing after an illness in early childhood. Consequently, she showed no signs of communicating with her family. The turning point in her life came at the age of seven when she met a private teacher, Anne Sullivan, who started teaching Keller to communicate by spelling words with her finger on Keller's palm. There was a sudden development in communication when Keller realized that the motions her teacher was making on the palm of her hand, while running cool water over her other hand, symbolized the idea of 'water'. Keller later described the experience, "I knew that 'w-a-t-e-r' meant the wonderful cool something that was flowing over my hand. That living word awakened my soul, gave it light, hope, joy, set it free".

This experience stirred in her a desire to acquire knowledge. With a firm will that was impossible to defeat, she made her dreams come true by becoming the first deaf and blind person to earn a degree in Bachelors of Arts. Keller then progressed to become a highly skilled writer, a lecturer and a brilliant thinker. Her life's journey from a child who had no knowledge of language to an adult who became a famous writer and a role model for millions was not easy.

Referring to her deeply moving personal journey, Keller said, "there were so many difficulties in the way, so many discouragements but I kept on trying, knowing that patience and perseverance would win in the end". Her miraculous victory over the triple disabilities of speech, hearing and vision came from her awesome power of determination and perseverance. The same power lies within each of us. It is up to us to use it to the fullest to achieve our dreams.

**Compiled by B. NIKITHA**

Class 9,

Nachiketa Tapovan Vidya Mandir







## Why is World Sparrow Day observed on March 20th?

It is in March that  
House sparrows will be  
looking to nest.



### 20 years ago

I watched seven sparrows  
fresh from the countryside  
get off the train,  
find a place in town to sit  
and think things through

- Michael McClintock

### How can we invite them back?

**Food! Food! Food!** An easy way to attract sparrows is to put up a bird feeder. They eat most grains and seeds. In summer, House Sparrows eat insects and feed them to their young.

### Grow native species:

Kate Vincent a British Ornithologist in 1906 found out that the lack of insect prey during the breeding season was preventing house sparrows raising healthy young. Plant native species like *Acacia nilotica*, *Acacia sundra*, *Acacia leucophloea* in your garden and allow areas of your lawn to grow long which will encourage more insects and will provide meals for house sparrows and their babies. Use of pesticides is detrimental to their existence.



### Today

Every morning when the sun shines bright  
We tweet on your window and make hearts light  
We sing your song and watch you grow  
And hope we never find you low  
We chirped on trees as years went by  
**But now with no homes left, silent we lie**  
**Would you help us and be our friend?**  
**Cause true friendship has no end**  
**A small sum would bring us back our nests**  
**For little birds to sing and rest**  
**So help us with your hearts so nice**  
**For our brand new homes...our paradise!**

Written by Mrs. Saumya Banerjee

### Pool party!

The House Sparrow takes frequent dust and water baths. It throws soil and dust over its body feathers, just as if it were bathing with water. Provide areas of loose dirt. Provide a clean source of water for their bathing and drinking.



### Bird Boxes:

The House Sparrow prefers to nest in man-made structures such as eaves or walls of buildings, street lights, and nest boxes instead of in natural nest sites such as holes in trees. Modern housing often prevents nesting opportunities for house sparrows. Installing a nest box will provide a much needed home for sparrows. The birds then use finer material, including feathers, string, and paper, for the lining. House Sparrows often reuse their nests.

Nothing is less  
Rare than  
One dust-  
Colored sparrow  
In a driveway  
Minding her own  
Matters, pottering  
Carelessly, finding  
Seeds in the tire-  
Flattened weeds:  
But because  
She can dare  
To let us watch her  
There, when all  
The stately robins  
Have fled  
Scolding into  
The air, she  
Is as good a bird  
As anyone needs.



- Compiled & Designed by Annapurna R.



# BHADRACHALAM

## *the divine abode of Sri Rama*

Lord Sri Rama is adored and worshipped by most of the Hindus and His name is recited as *Taraka Mantra*. Bhadrachalam on the banks of river Godavari is Sri Rama's divine abode. It is stated in the Brahma Purana that even if one listens to the legend of Bhadrachalam his sins are absolved.

Among the 25 prominent Rama *kshetras* in India, Bhadrachalam is held in high esteem. It is here that Lord Vishnu gave *darshan* to his devotee Bhadra as Sri Rama with *chaturbhujas* along with his consort Sita and brother Lakshmana. He granted the boon of staying seated on Bhadra's head on his request and Bhadra attained the form of a hill and took the name Bhadradri. It is on this hill that the Bhadrachalam temple was built and deities of Sri Rama, Goddess Sita and Lakshmana were consecrated. Since then Bhadra and *Achala* (hill) became Bhadrachalam.

In the 17th century there lived in a village called Bhadrireddypalem, Pokala Dhammakka who was a staunch devotee of Lord Sri Rama. Rama appeared in her dream and asked her to trace and unearth his idol along with Sita and Lakshmana and to consecrate them. On the very next morning she started searching for the idols and found them in an anthill. She poured hundreds of pots of Godavari water on the anthill which dissolved and gave way



for the appearance of the hidden deities. Dhammakka constructed a thatched hut as shelter and since then she performed *puja* to the deities and offered *naivedhyam*. Sri Rama also told her that at a later date a temple would be constructed for him at the same site by one of his devotees and she waited patiently for the devotee. The devotee turned out to be Kancharla Gopanna.

Meanwhile Lord Rama also appeared in his devotee Kancharla Gopanna's dream and ordained him to construct a temple for him. Gopanna was the nephew of Akkanna, the administrative head in the court of Nawab Abul Hussan Shah. Later Gopanna was appointed as Tahsildar of Palvancha Paragana. He discharged his duties sincerely, all the while chanting *Ramanama*. Everyone started calling him Ramadasa. One day Ramadasa accompanied the villagers to witness a *Jatara* at Bhadrachalam. He was overwhelmed on seeing the deities of Sri Rama, Sita and Lakshmana. He collected contributions from the villagers and started construction of a temple for his beloved Rama. At



one stage, funds were insufficient and inspired by the villagers, Ramadasa used 6 lakh *Mohurs* from the collection of revenues. The villagers promised to repay the amount after harvesting their crops.

When the temple reached to the nearing completion, he had a problem of fixing '*Sudarshana Chakra*' at the crest of the main temple. He was deeply distressed and fell into sleep. On the same night, Rama in his dream asked him to have a holy dip in river Godavari where he will find that accordingly. On the next day morning, Gopanna did so and found holy *Sudarshana Chakra* in the river without much difficulty. He presumed that *Sudarshana Chakra* itself was shaped up with the divine power of his beloved God Rama. Soon after the construction, his miseries started. He was dismissed from service for embezzling the state funds for constructing the temple and was kept in jail for 12 long years in Golkonda Fort and was tortured. Unable to withstand the miseries, Ramadasa implored Rama to relieve him by singing many praising and emotional songs which got popularized from the stanzas of '*Dasaradhi Sathakam*' and '*Keertanas*' of Bhakta Ramadasa.

To save his devotee, Lord Rama along with Lakshmana approached the Nawab and introducing themselves as Ramoji and Lakshmoji - the servants of Ramadasa, repaid the Nawab the 6 lakh Mohurs used by Ramadasa. The Nawab realized the devotional spirit of Ramadasa and released him from jail. He himself became a staunch devotee of Sri Rama and took up the administration of the temple of Bhadrachalam. Thus a communal harmony between the hindus and muslims was established. A special messenger was sent by the Nizam with pearls (*Mutyala Talambralu*) every year on the occasion of *Kalyana Mahotsavam* of Rama and Sita and this practice is continued by the state Government till date. Ramadasa inscripted the performance of *Nitya pujas* and *Sevas* right from early morning '*Suprabhata Seva*' till night '*Pavalimpu Seva*' before closure of the temple on two pillars inside the Bhadrachalam temple and all rituals are performed accordingly even today.

Parnashala, Jataayupaka, Gundala and Sri Rama Giri are other places of interest near Bhadrachalam.



**Parnashala** is supposed to be the exact spot where Rama, during his *Vanavaasa* in Dandakaranya, constructed a hermitage and spent his exile with his consort Sita and brother Lakshmana. Sage Agastya had selected this spot for Rama. It is 35km from Bhadrachalam.

Parnashala has a picturesque display of some scenes from *Vanavaasa*. One can see the footprints of Sita, mosaic of Mareecha in the guise of golden deer and Ravana in the guise of *Sannyasi* seeking alms. Also found in the vicinity are Sita *Vaagu*, where Mother Sita bathed and collected the turmeric and *kumkum* from nearby stones and the marks of her saree on the rock near Sita *Vaagu*.

**Jattayu Paaka** is 25km away from Bhadrachalam. According to *Itihasas*, this is the place where the bird Jattayu tried to save Sita from the clutches of Ravana and got killed in the process. But Jattayu died only after narrating the entire episode to Sri Rama when he reached the place.

**Gundala** is a place 5km away from Bhadrachalam, where springs of hot water could be traced on the river bank when a pit is dug. According to Brahma Purana, the divine trios- Brahma, Vishnu and Maheshwara had their dips here.

**Sree Rama Giri** is situated on the bank in the downstream of river Godavari, about 55km from Bhadrachalam. The deity of Yoga Rama is on a hill which derived the name Rama Giri.

Apart from this, the scenic beauty of Paapi Kondalu near Bhadrachalam falls short of words to elucidate. It can only be experienced. It is here that the mighty River Godavari narrows down and passes through the Paapi Kondalu hills.

All devotees of Sri Rama have to visit Bhadrachalam and enjoy its sanctity.

**Source of Compilation: website of Bhadrachalam**



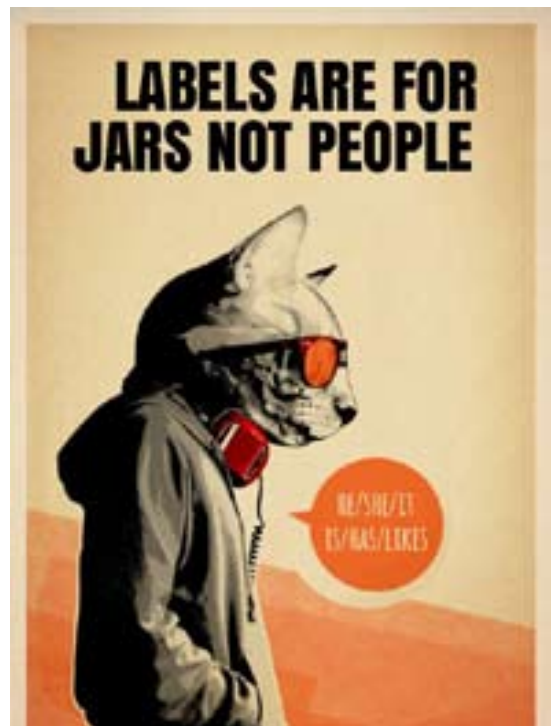
### *Point of Contention:*

## THE GOOD, THE BAD & THE UGLY

*A*lladin, Ali Baba or Sindbad? Who is your favourite from the Arabian Nights? More than the stories it was the storyteller Shahrazad who always stole my attention. Shahryar (the king) having found out that his first wife was unfaithful begins to marry a succession of virgins only to execute each one the next day morning. Eventually the vizier could not find any more virgins when his daughter offers herself as the next bride. On the night of their marriage Shahrazad begins to tell the king a tale but does not end it. The king curious about how the story ends is forced to postpone her execution in order to hear the conclusion.

The next night as soon as she finishes the tale she begins a new one and in order to hear the conclusion, the king postpones her execution again. This goes on for 1001 nights. It all ends with the king having fallen in love, spares Shahrazad her life and makes her his queen. A question always lingered in my mind. Was Shahryar a villain or a hero? The book describes Shahrazad as wise, witty, well read and well bred. Being the vizier's daughter Shahrazad had every chance to avoid confrontation with the king. What do you think could have made her take such a decision? After contemplation I realize that my question is flawed.

Can't a cruel person recognize when love or individual attention is showered on him? Is stable social behavior patented for affection? It is their bitter experiences or difficult situations that make or break an individual prototype. How valid is our indifferent attitude towards them? The pity and concern that we see in a cancer patient's family and attendants is rarely seen in a patient suffering from psychiatric issues. On the contrary, lack of personal care and individual attention due to the stigma hinders their chance for a fast recovery and may even prevent them from seeking further treatment.



Did you ever hear the term “Baby Duck, Syndrome”? Computer users commonly denote a tendency to imprint on the first system they learn and judge other systems by their similarity to the first system. The result is that users generally prefer systems similar to those they learned and dislike unfamiliar systems. Similarly we are only accustomed to value those individuals whose behavior pleases us. Stigma and social indifference has left millions in agony and suffering. In 2002 the term for schizophrenia in Japan was changed to integration disorder to reduce stigma. It increased the percentage of patients who were informed of the diagnosis from 37% to 70% over three years.

Dear Reader,

The story that I have quoted in my passage sounds deeply regressive. But what intrigues me is the outlook of the story teller who could picture the king's vengeance beyond the labels and barriers of good and evil. Every action or reaction to a situation has a story to tell. In this case Shahrazad has brought out an able ruler and has influenced millions of people through her work. All that matters is the way we look at it!

Yours sincerely,  
**An Observer.**





# Pigeon Alert!!!

*Too much of a good thing turning ominous to man and animal kind.* 'Feeding pigeons' at first instinct might come across as a harmless, in fact a gesture of compassion for the avian fauna. But I beg to differ with this. So do many experts- doctors, ornithologists, naturalists who have been warning, "Any bird species that multiplies out of control would pose problems to cities and towns!"

Pigeons, descendants of the wild rock dove were originally cliff dwelling birds. At some point in history, humans attracted pigeons by feeding grains to derive benefit from their mail carrying and fertilizing abilities. Over time, they adapted to life in cities, bred at a prolific rate, and have fast become an urban menace. A well fed mating couple can produce up to 6 broods of 3 fledglings each in a year- a family of 2 can become 21 in one year...!



Pigeons are no more a fit in today's overly populated, high-rise laden cities. House pigeons are not afraid of humans and to nest, all they need is small flat area away from the ground: roofs, eaves, A/C units, windowsills and power lines, and ducts and vents. On one hand, the urban population is suffering from severe and varied respiratory problems, while in and around Hyderabad there are an estimated 543 feeding centers and 200 crore rupees are being spent annually on bird feed, catering to the benefit of *kabutarkhanas* (of which majority are unregistered) and bird grain vendors!

## Problems from House Pigeons

- Large amounts of unsightly droppings (approximately 11.5 kg per year per pigeon) around the house/community
- Transmission of diseases like psittacosis, salmonellosis, cryptococcosis, ornithosis, histoplasmosis, and other breathing & skin disorders

- Transmission of pathogenic micro-organisms like salmonella germs
- Transmission of parasites like mites, fleas, ticks, chlamydia
- Perpetual stench and cooing
- Damage to buildings and monuments through acidic salt peter
- Disappearance of other birds and imbalance in ecological diversity

According to experts, pigeons are dreaded to cause an epidemic in next 10-15 years. Unregistered, uninformed, feeding of these birds of habit is endangering other species e.g. sparrows. Absence of natural competitors and predators in the urban scene is leading to pigeon population explosion causing breathing problems to humans and an imbalance in ecology. Thus unknowingly, what started as an act of compassion to one species is turning into an act of cruelty to many species.

Pigeon invasion is posing a problem world wide- in New York, Trafalgar Square, Mumbai, Venice, Los Angeles etc. After sensing the health and hygiene hazards, measures including ban on sale of bird feed have been implemented in most countries. Measures such as ban or restricted bird feeding along with massive awareness campaigns should be put in place by our municipalities. People should be educated and encouraged enough to develop a comprehensive thoughtful approach towards all living organisms than a unilateral, convenient, single act of kindness. NGOs, activists, hospitals builders can play a major role in this.

All we need to do is- **Stop Feeding Pigeons and Prevent Roosting and Nesting** by installing pigeon spikes, fence, nets, wire, slide, etc. There are many humane ways to deter and slowly wean them away.

My thanks to **Dr. V. Vasudeva Rao**, Network Co-ordinator, AINP on Agricultural Ornithology, ANGRAU for sharing some facts and info used in this article during an informal talk.

- Annapurna R.

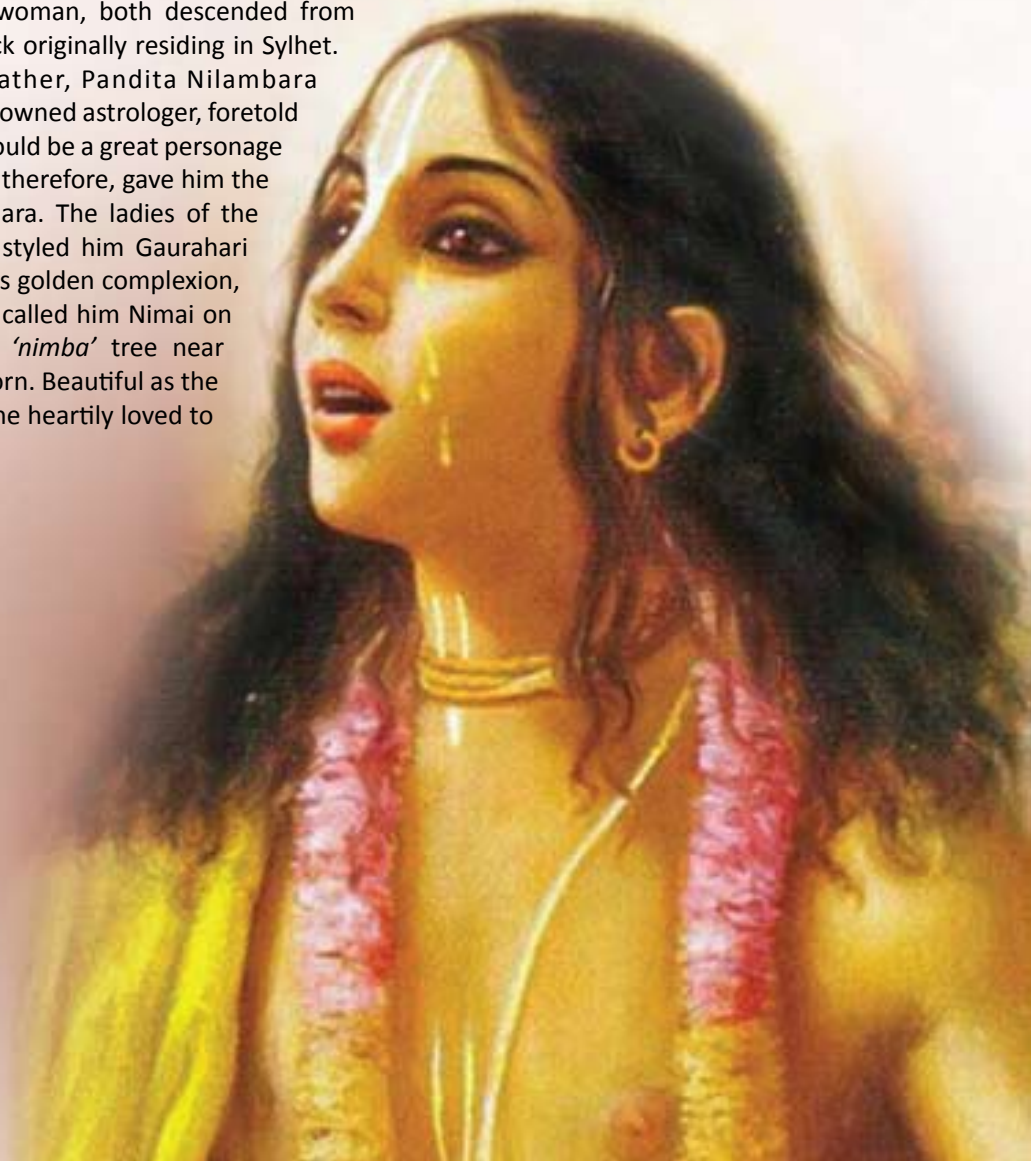


# CHAITANYA MAHAPRABHU

Chaitanya Mahaprabhu was born in Mayapur in the town of Nadia just after sunset on the evening of the 23rd *Phalguna* (1407 *Sakadba*). The moon was eclipsed at the time of his birth, and the people of Nadia were then engaged, as was usual on such occasions, in bathing in the Bhagirathi with loud cheers of *Haribol*. His father, Jagannatha Misra, a poor '*brahmana*' of the Vedic order, and his mother, Saci-devi, a model good woman, both descended from '*brahmana*' stock originally residing in Sylhet. His mother's father, Pandita Nilambara Cakravarti, a renowned astrologer, foretold that the child would be a great personage in time; and he, therefore, gave him the name Visvambhara. The ladies of the neighbourhood styled him Gaurahari on account of his golden complexion, and His mother called him Nimai on account of the '*nimba*' tree near which he was born. Beautiful as the lad was, everyone heartily loved to

see him every day. As he grew up he became a whimsical and frolicsome lad. After his fifth year, he was admitted into a *pathasala* where he picked up Bengali in a very short time.

It is said that once a *brahmana* on pilgrimage became a guest in his house, cooked food and read grace with meditation upon Krsna. In the meantime the lad came and ate up the cooked



rice. The '*brahmana*', astonished at the lad's act, cooked again at the request of Jagannatha Misra. The lad again ate up the cooked rice while the '*brahmana*' was offering the rice to Krsna with meditation. The '*brahmana*' was persuaded to cook for the third time. This time all the inmates of the house had fallen asleep, and so the lad showed Himself as Krsna to the traveller and blessed him. The '*brahmana*' was then lost in ecstasy at the appearance of the object of his worship.

In his eighth year, he was admitted into the *tola* of Gangadasa Pandita in Ganganagara close by the village of Mayapur. In two years he became well read in Sanskrit grammar and rhetoric. His readings after that were of the nature of self-study in his own house, where he had found all-important books belonging to his father, who was a '*pandita*' himself. It appears that he read the '*smṛti*' in His own study and the '*nyaya*' also, in competition with his friends, who were then studying under the celebrated '*pandita*' Raghunatha Siromani.

Now, after the tenth year of his age, Chaitanya became a passable scholar in grammar, rhetoric, the '*smṛti*' and the '*nyaya*'. It was after this that his elder brother Visvarupa left his house and accepted the '*ashrama*' (status) of a '*sannyasi*' (ascetic). Chaitanya, though a very young boy, consoled his parents, saying that he would serve them with a view to please God. Just after that, his father left this world. His mother was exceedingly sorry, and Mahaprabhu, with his usual contented appearance, consoled his widowed mother.

It was at the age of 14 or 15 that Mahaprabhu was married to Laksmidevi, the daughter of Vallabhacarya, also of Nadia. But during his residence in East Bengal, his wife Laksmidevi left this world from the effects of snake bite.

It was at the age of 16 or 17 that he travelled to Gaya with a host of his students and there took his spiritual initiation from Isvara Puri, a Vaisnava '*sannyasi*' and a disciple of the renowned Madhavendra Puri.

He opened a nocturnal school of '*kirtana*' in the compound of Srivasa Pandita with his sincere followers. There he preached, there he sang, there he danced, and there he expressed all sorts of religious feelings. Nityananda Prabhu, who was then a preacher of Vaisnavism and who had then completed his travels all over India, joined him at that time. To his followers he showed miracles, taught the esoteric principles of '*bhakti*' and sang his '*sankirtan*' with other *bhaktas*.

From his 31st year, Mahaprabhu continually lived in Puri, in the house of Kasi Misra until his disappearance in his forty-eighth year at the time of *sankirtana* in the temple of Tota-gopinatha. During these 18 years, his life was one of settled love and piety. He was surrounded by numerous followers, all of whom were of the highest order of Vaisnavas and who were distinguished from the common people by their purest character and learning, firm religious principles and spiritual love of Radha-Krsna.

His sentiments carried him far and wide in the firmament of spirituality every day and night, and all his admirers and followers watched him throughout. He worshipped, communicated with his missionaries at Vrndavana, and conversed with those religious men who newly came to visit him. He sang and danced, took no care of himself and of-times lost himself in religious beatitude. All who came to him believed in him as the all-beautiful God appearing in the nether world for the benefit of mankind. He loved his mother all along and sent her '*mahaprasada*' now and then with those who went to Nadia. He was most amiable in nature. Humility was personified in him. His sweet appearance gave cheer to all who came in contact with him. He appointed Prabhu Nityananda as the missionary in charge of Bengal. He dispatched six disciples (Goswamis) to Vrndavana to preach love in the upcountry.

(**Gaura-purnima** is a Vaisnava festival that occurs on 5th March 2015, celebrating the birth of the saint Chaitanya Mahaprabhu.)

**Source of Compilation: Iskon Desire Tree**





# World Tuberculosis Day



The date, 24 March commemorates the day in 1882 when Dr. Robert Koch announced his discovery of the TB bacillus. World Tuberculosis Day aims to raise awareness that tuberculosis remains an epidemic in much of the world. World TB Day is an opportunity to raise awareness about the burden of tuberculosis (TB) worldwide and the status of TB prevention and control efforts.

TB is curable, but current efforts to find, treat and cure everyone who gets ill with the disease are not sufficient. Of the 9 million people a year who get sick with TB, a third of them are “missed” by health systems. Many of these 3 million people live in the world’s poorest, most vulnerable communities or are among marginalized populations such as migrant workers, refugees and internally displaced persons, prisoners, indigenous peoples, ethnic minorities and drug users. Co-infection of *Mycobacterium tuberculosis* with HIV (TB/HIV), multidrug-resistant (MDR) and extensively drug resistant (XDR) tuberculosis are the growing trends that pose major challenges in gaining control over the epidemic. In India, lack of regulation for over the counter drugs for TB contributes to the problems of drug resistant TB.

India has the highest burden of TB in the world, an estimated 2 million cases annually, and accounting for approximately one fifth of the global incidence. It is estimated that about 40% of the Indian population is infected with TB bacteria, the vast majority of whom have latent rather than active TB disease. It is also estimated by the World Health Organisation (WHO) that 300,000 people die from TB each year in India.

TB care in India is provided by the Revised National TB Control Programme as well as through private sector health facilities. Patients from the public sector are usually managed within program settings as specified by the RNTCP and this includes collecting the information below on the provision of TB patient care.

The private sector in India, unfortunately, has been a source of mismanagement of TB and hence drug resistance. This includes the use of incorrect diagnostics (e.g. blood tests), incorrect regimes and a lack of supervision to ensure all TB patients

complete their TB treatment. So every effort must be made to

engage the private sector in India and improve the quality of care provided by private practitioners.

With the aim of improving the collection of patient care information, in May 2012 India declared TB to be a notifiable disease, meaning that in future all private doctors, caregivers and clinics treating a TB patient must report every case of TB to the government.

Though more than 1.5 million people currently receive free drugs at the 13,000 Indian government centers across the country, many patients including pediatric cases are turned away due to drug shortages. Mario Raviglione, the head of the WHO’s TB department, said that India’s problem is surprising because Indian drug makers supply the vast majority of the world’s TB patients.” In India this shouldn’t happen,” he said “You are a producer of drugs.”

## World Tuberculosis Day - 24 March 2015

What can we do?

- Observe this Day as an occasion to mobilize political and social commitment for further progress
- Educate masses about the symptoms, appropriate tests and the right treatment for TB
- Spread awareness among uninformed people about Patient care offered by Public sectors
- Promoting the fact that TB is a notifiable disease in India
- Adopt and spread slogans:

**STOP SPITTING  
STOP TB**

**SPITTING IS OBSCENE  
SPITTING IS FATAL**

**Compiled from:**  
World Health Organization  
[Global.dimension.org.uk](http://Global.dimension.org.uk)  
[tbfacts.org/tb-india](http://tbfacts.org/tb-india)



# IS DRIVING GOOD THAT TOUGH?

A few days back, I was riding back home from my office and near my place I was subjected to something which is every motorcyclist's nightmare – 'a crash'!

My motorcycle's front wheel was rubbed against a car which overtook me from the left side and suddenly turned right. I was smashed against the ground hard and the driver was nowhere to be seen. Thankfully, I escaped with only a few bruises and was saved due to my riding gear. The crash left me with a few wounds and thinking that the drivers in our country seriously lack driving etiquettes. But then what are driving etiquettes? Or putting it the other way round, what are the bad driving habits?

Bad driving habits are not just limited to driving rash; it actually is a big list of practices that people do in their daily life, which might not be dangerous always, but discomforting and annoying. People talking on cell phone while driving, yelling at the bystanders, listening to loud music, scrounging for things in the backseat, excessive lane changing, driving being drunk, parking improperly and honking unnecessarily are the classic examples of bad driving habits. While some of them are just annoying most of them can prove fatal to the driver himself/herself.



What I am trying to point out here is, these are very small things that we don't even notice in daily life but are very annoying and even offensive at times and we all at some point of time face this in one or the other way. We curse, blame the other person for the distress caused but what we don't realize is, some or the other time it is us who is behind the wheel causing the entire nuisance.

It is not a single person who is responsible but the whole system and only we can take a step forward towards if not eradicating but lessening the bad driving habits. Fines should be imposed for rash driving, loud music, improper honking and more. But then one would say these are already on the statute book and are being implemented. What I want to say is that one's sense of responsibility towards all the others and towards the rules is the key to better driving.

There is an old saying, "Bad habits die hard." If one has dangerous driving habits one can change them by applying good driving skills for a few weeks; after a few weeks many of these techniques will become one's new habits. One should practice watching for speed limit signs, and adjust speed if necessary. Developing good, safe driving habits may one day save one's life or the life of someone close.

**- Abhishek Pandey**

Entrepreneur and freelance writer  
(More at [www.theridersinc.com](http://www.theridersinc.com))





(Continued from last issue)

## The Number Game

पुत्रः अस्ति, पुत्रद्वयम् अस्ति instead of पुत्रौ स्तह्,  
त्रयः पुत्राः सन्ति, चत्वारः पुत्राः सन्ति

कथा अस्ति, कथाद्वयम् अस्ति instead of कथे स्तः,  
तिस्रः कथाः सन्ति, चतस्रः कथाः सन्ति

कर्तरी अस्ति, कर्तरीद्वयम् अस्ति instead of कर्तर्यौ  
स्तः, तिस्रः कर्तर्यः सन्ति, चतस्रः कर्तर्यः सन्ति

पुस्तकम् अस्ति, पुस्तकद्वयम् अस्ति instead of पुस्तके  
स्तः, त्रीणि पुस्तकाः सन्ति, चत्वारि पुस्तकानि सन्ति.

These are plain numbers. We also need other forms like first, second, third, fourth etc. In Samskritam, they are called पूरणसङ्ख्याः. For these too, there are 3 forms in various genders. Given below are such forms. I have used the convention to end the form with '-' to indicate that this is not a 'full word'. In the brackets, I have provided the actual words, but once only for a 'set'.

- 1) प्रथम- (प्रथमः, प्रथमा, प्रथमम्), द्वितीय-, तृतीय-
- 2) चतुर्थ- (चतुर्थः, चतुर्थी, चतुर्थम्), पञ्चम-, षष्ठ-, सप्तम-, अष्टम-, नवम-, दशम-

- 3) एकादश- (एकादशः, एकादशी, एकादशम्), likewise till नवदश-

- 4) विंशतितम- (विंशतितमः, विंशतितमी, विंशतितमम्).

Things to notice here are

- (1) For the first set, the स्त्रीलिङ्ग-equivalents have आ- endings.
- (2) For the second set, स्त्रीलिङ्ग-equivalents have ई- endings. Being a special form, 'षष्ठ-' deserves special attention.
- (3) The numbers 11 to 19 are both pure numbers and beginnings of पूरण-forms.
- (4) Thereafter, the simplest thing to do is to add '-तम' at the end of the pure number to get its पूरण-forms. (For another more complicated equivalent option here, that too only till 59, you may refer to sarga-headings in Ramayana in masculine gender.)

- Krupalu Ogeti

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



*We are extremely thankful to*

**Dr. Surekha Pingle**, Hyderabad  
for her kind donation of ₹ 2 lakhs  
Corpus Fund - Classroom Construction  
at Nachiketa Tapovan Ashram.



**Sri D.V. Subba Rao**, Hyderabad  
for his kind donation of ₹ 1,00,232/-  
Corpus Fund - Sponsor a Child Education

**Sri Purushottam Reddy**  
**Photon Energy Systems Ltd.**  
donated 1KW Solar Energy Unit  
to Nachiketa Tapovan Ashram.

**TatvaSet IT Architects (P) Ltd.**,  
Hyderabad  
for their kind donation of ₹ 50,000/-  
Corpus Fund - Higher Education



**RAMAKRISHNA MATH, NAORA**

(A Branch Centre of Ramakrishna Math, Belur)

Vill. Naora, P.O. Bodra, P.S. Bhangar, Dist. South 24 Paraganas, Pin-743502, West Bengal  
E-mail: rkmathnaora@gmail.com. rkmathnaora@rediffmail.com www.rkmnaora.org

**Swami Trigunatitanandaji's**  
**150th Birth Anniversary celebrations (2014-2015)**

### **Appeal**

Ramakrishna Math, Naora is a branch centre of Ramakrishna Math, Belur Math, West Bengal. Naora is a village situated at Bhangar block of South 24 Paraganas District. It became a blessed hamlet with the birth of Swami Trigunatitanandaji Maharaj, the direct monastic disciple of Bhagawan Sri Ramakrishna.



Since its very inception, the centre has been carrying on various welfare service activities like free coaching, non-formal schools, distress, child welfare and medical services for the upliftment of poor and backward communities. This year being the 150th birth anniversary of Swami Trigunatitanandaji Maharaj, we would like to conduct a year long (2014-2015) welfare service activities for the benefit of the poor and needy in and around Bhangar block of South 24 Paraganas District.

In view of the financial constraints we fervently appeal to the generous public and well wishers to donate liberally for conducting a year long welfare activities.

All donations are exempt from income tax under section 80G. Cheque or Demand Draft favouring Ramakrishna Math, Naora may be sent to the above mentioned address. Donors can send the contributions online to Indian Overseas Bank, Bodra A/C No. 113801000010949 (IFSC: IOBA0001138), State Bank of India, Ghatakpukur A/C No. 31606923704 (IFSC: SBIN0010540).

Yours in the service of the Lord  
**Swami Muktipradananda**  
Adhyaksha



### **Nachiketa's GO GREEN CLUB**

*We convey our  
thanks to all the  
participants of the  
WOW initiative.  
You helped us earn  
Rs. 15,130/- in the  
month of January  
and saved Mother  
Earth by recycling  
about 2161kg of  
plastic and paper  
waste material.*





## Christmas Celebrations

Christmas was celebrated with great enthusiasm at Nachiketa Tapovan Ashram. Students of Vedavyasa Vidyalaya were delighted to wear the Christmas caps.



## Swachha Bharat drive

Our Vedavyasa Vidyalaya children have taken up cleanliness drive not only in the Ashram but also in the surroundings of their own *Tandas* (hamlets). Those tiny hands and innocent hearts made a gesture enough to encourage villagers.

## Mr. John's Visit

Mr. John from USA visited Nachiketa Tapovan Ashram, interacted and entertained the children of Veda Vyasa Vidyalaya.



## New Year Celebrations & Kalpataru Day:

Many from neighboring villages came to Ashram to take blessings. Throughout the day we had devotees and *Sadhakas* spending time at Ma Yog Shakti Peetham, a place for spiritual awakening where everyone is allowed to enter in the sanctum sanctorum of the Yog Linga. People are getting educated in spiritual practices now. 1st January, Kalpataru is a special day for the devotees of Paramhansa Sri Ramakrishna. This was the day when he blessed all his devotees with special visions.



## Visit by children from Govt. School

The Primary section children of Government School, Kodgal Village, visited Nachiketa Tapovan Ashram. Mataji interacted with children and explained to them the importance of proper education in life and taught simple meditation techniques.



## Swami Vivekananda's Birthday Celebrations

It is unbelievable to see how children of LKG to grade 2nd are getting into the characters of Holy Trinity. We never thought that children would remember special days and also that dignitaries from different walks of life will come and interact with them. It is something very special and important for all of us that our children don't need to be reminded again and again about special days. We were thrilled when two children from LKG, uttered "Arise, Awake, and stop not till the goal is reached!", We felt as if we were transported to Chicago in the presence of Swami Vivekananda. Such was the powerful expression by our children. Everyone played their roles significantly including our loving Vijju Ma, who anchored the entire show in such an amusing way that everyone was glued to her narration and presentation. If organizing was something to appreciate, then the execution was at its peak. After the program, everyone was served delicious food prepared and served by Pandu, *Sevak* of Annapurna.



## Makar Sankranti

Hundreds of devotees from different walks of life had visited the Nachiketa Tapovan Ashram to get blessings. Ma Yog Shakti Peetham was fully charged due to *Sadhakas* around. Since in this area this is the only place where people are allowed inside the sanctum sanctorum to perform *Sadhanas* there were a great number of people thronging the Ashram throughout the day. Makar Sankranti was celebrated with great gusto at the Ashram.

## Republic Day Celebrations

Vedavyasa Vidyalaya Children of Nachiketa Tapovan Ashram, Kodgal village, Jadcherla, celebrated Republic Day with cultural programs filled with patriotism.





# Events & Celebrations

## *Dhola-ri-dhani*

On 25th December 2014, START 148 and Round Table India took initiative and organised an outing for Nachiketa Tapovan Vidya Mandir children to Dhola-ri-dhani. Nearly 100 students accompanied with their class teachers from grades 3-6 participated in the event and had great fun.



## *Swami Vivekananda Jayanthi & Annual Day Celebrations*

On 9th January the 10th Anniversary of Nachiketa Tapovan and Swami Vivekananda Jayanthi was celebrated with great aplomb. The children's programs amazed the audience and captivated them. Our chief guest Sri G. Jayaprakash Rao garu, principal of Rockwell International School honoured the occasion and was very impressed by the children's performance in yoga & dance.



## *Career Counselling Program*

On 9th & 10th of January 2015, Nirman Organisation conducted a career counselling program for classes 7-10 at Nachiketa Tapovan Vidya Mandir. We thank Sri Chandrashekar, Mr. Ramsrinivas, Ms. Sonika, Mr. Ramakanth and Mr. Shravan for conducting the classes.



## *Swami Archanananda's Visit*

Swami Archanananda of Rai Durga visited Nachiketa Tapovan on 19th January 2015. He made the children repeat Swami Vivekananda's sayings, which he referred to as *Agni mantras*. The children were inspired by his talk.



## *Inauguration of Nachiketa Mitramandali*

Mataji held the inaugural Nachiketa Mitramandali workshop for the children of Nachiketa Tapovan on 24th & 25th January 2015. It was a workshop comprising of moral values. This workshop will be held on every Saturday (except 2nd Saturday) from 1 pm to 3:30pm.



## *Cognizant employees visit*

On 24th January 2015, few employees of Cognizant company visited Nachiketa Tapovan Vidya Mandir and interacted with higher class students and took sessions on Spoken English, General Awareness and Drawing tips.

## *Republic Day at Nachiketa Tapovan*

On 26th January 2015, Smt. Sucharita Thate hoisted the National Flag followed by a cultural program which depicted the children's patriotism towards their country.

The same afternoon Nachiketa Tapovan Vidya Mandir children performed cultural program in Shanthi Shikara Apartments at Somajiguda. Corporator of Somajiguda graced the occasion. The children's talent was highly appreciated.







**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, Sanskrit and Computer classes are also part of the curriculum. All these services are rendered by 50 volunteers and 12 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 67 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)	₹ 60000/-
Alpa Aharam (Snacks)	₹ 10000/-
* 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
IFSC Code	: SBIN0012655
SWIFT Code	: SBININBB214

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



**"If the poor boy cannot come to education, education must go to him."** - Swami Vivekananda

# Invitation



*We cordially invite you to attend our celebrations*



## **HOLI**

*4<sup>th</sup> March 2015  
at 3 pm.*

at Nachiketa Tapovan,  
Kavuri Hills, Hyd.

*5<sup>th</sup> March 2015*

at Nachiketa Tapovan Ashram,  
Kodgal Village, Jadcherla.

Note: Cast away harmful chemical dyes and  
Celebrate Holi with non-toxic, eco-friendly organic colours!



## **UGADI**

*21<sup>st</sup> March 2015*

at Nachiketa Tapovan Ashram,  
Kodgal Village, Jadcherla.



## **SRIRAMA NAVAMI**

*28<sup>th</sup> March 2015 from 10 a.m. onwards*

at Nachiketa Tapovan Ashram,  
Kodgal Village, Jadcherla.

**5**



**Holi, Holika Dahan**

## ***Festivals & Events of MARCH 2015***

**21**



**Ugadi**

**28**



**Sri Rama Navami**



# ANNUAL DAY CELEBRATIONS

at Nachiketa Tapovan Vidya Mandir on 9th January 2015



*Students display Swami Vivekananda quotes*



*Anchors Tejaswini & Vishnu*



*A skit by Mounika & Vijay*



*Yoga postures by Vidya Mandir students*



*Dance performance by Vidya Mandir students*



*We can be Swami Vivekananda too!*



*A confident talk by Jishnu*



*Chief guest Sri G. Jayaprakash Rao  
inspires Vidya Mandir students*



❖ Date of Publication: 20/2/2015 ❖ Date of Posting: 26<sup>th</sup> & 27<sup>th</sup> of February 2015

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