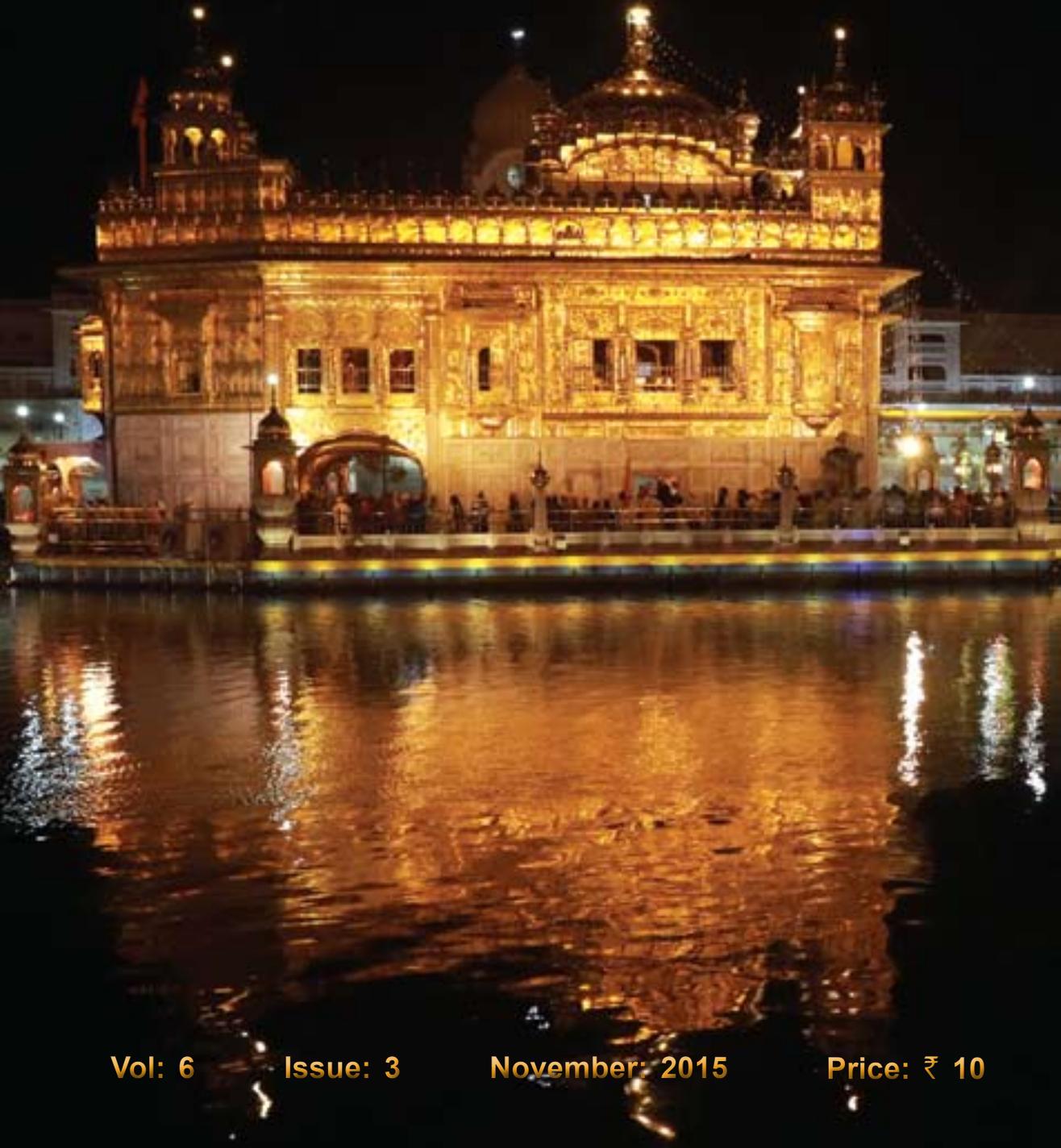


Nachiketanjali

an offering...



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Himachal Pradesh Yatra-2015



Ma Jwalamukhi at Kangra

Our group at Vishweshwar Mahadev Temple at Bajaura, Kullu Valley

An Ancient Vatavriksh at Kurukshetra where Srikrishna rendered His Gita

Inside Dalailama's Monastery at Dharamshala

Swamiji meditates on a rock in the Beas river

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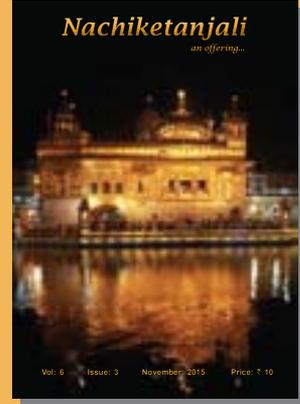
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Cover Story



Sri Harmandir Sahib

Sri Harmandir Sahib, also known as Sri Darbar Sahib or Golden Temple, is named after Hari (God) the temple of God. The Sikhs all over the world, daily wish to pay visit to Sri Amritsar and to pay obeisance at Sri Harmandir Sahib in their Ardas.

Guru Arjan Sahib got its foundation laid by a muslim saint Hazrat Mian Mir ji of Lahore on 1st of Magh, 1645 Bikrmi Samvat (December,1588). The construction work was directly supervised by Guru Arjan Sahib himself and he was assisted by the prominent Sikh personalities like Baba Budha ji, Bhai Gurdas ji, Bhai Sahlo ji and many other devoted Sikhs.

The building work completed in 1601 A.D. on Bhadoon Sudi 1st, 1661 Bikrmi Samvat (August/September,1604). Guru Arjan Sahib installed newly created Guru Granth Sahib, in Sri Harmandir Sahib and appointed Baba Budha ji as its first Granthi i.e. the reader of Guru Granth Sahib. After this event it attained the status of 'Ath Sath Tirath'. Now the Sikh Nation had their own Tirath, a pilgrimage center. Guru Sahib made it accessible to every person without any distinction of caste, creed, sex and religion.

Its architecture represents a unique harmony between the Muslim and the Hindu way of construction work and this is considered the best architectural specimens of the world. It is often quoted that this architecture has created an independent Sikh school of architecture in the history of art in India.

Source: SGPC

That which Binds also Frees!



The power of our senses is very limited. Our ears can receive sound frequencies only to a certain extent. It is not possible to receive the super-sonic vibrations.

We humans differ in our experiencing capacity. For instance, when ten people gaze at a painting, ten different opinions are expressed. An artist may consider it as a great piece of art but a common man might consider it as just a spray of colours. Then which is true? A beautiful rendition of music might stir some hearts but not so for everyone. Our food tastes differ too. The reason behind all this is diverse human perceptions.

Time, distance and medium can affect our perceptions. The sun might appear like a football from earth but in fact it is millions of times bigger than what we perceive. Stars might appear tiny but truly speaking some of them are bigger than the sun. When it is cloudy it appears as though the sun, moon and stars have disappeared. That doesn't mean they have lost their existence. They are only hidden behind the clouds. The earth might appear flat but even a school going child knows that the earth is spherical. There are millions and billions of bacteria in the air which are not visible, but we are all aware of its existence. The sky appears blue but the truth is it is colourless. So is the water colourless in the blue sea. We feel that everything has ceased to exist in the darkness, which is far from the truth. It is only that the absence of light has stopped us from viewing the objects.

All the examples cited above are proof enough of our deceptive senses. We are witnessing that which doesn't exist and missing out on the things

which truly exist. Every object is filled with energy. But our senses are incapable of viewing the *mutatattva* or the origin. This leads to our living in an illusory world and our illusions distance us from our true Self. If the external world perceived by our senses is illusory then how can we perceive our true source existing within? It is evident that our senses cannot lead us to our source for sure. In that case what is the medium that can channel us to our source? There should definitely be some means!

As stated in the Mundakopanishad(3:1:7) "Brahman is supreme; he is self-luminous, he is beyond all thought. Subtler than the subtlest is he, farther than the farthest, nearer than the nearest. He resides in the lotus of the heart of every being."

"The eyes do not see him, the senses cannot reach him. He is to be attained neither by austerity nor by sacrificial rites. When through discrimination the heart has become pure, then, in meditation, the Impersonal Self is revealed" (3:1:8).

It is further said that the subtle Self existing within is realized in that pure consciousness wherein there is no duality. The same consciousness which causes the body, mind and senses to function is the same consciousness in which the Divine revelation takes place.

So let us free ourselves from our delusion and try to experience our subtle Self. Be what you are! We need only to free ourselves into spirit. For that which binds also frees.

- **Subhadra K.**



job of spoiling this balance. For example: Swami Vivekananda tied a turban on his head, everyone else imitated his looks rather than deeds. We try to imitate people dressed in suits, boots or different clothing these days. This imitation is dangerous as it causes us to turn evil. Late Dr. A. P. J Abdul Kalam who passed away recently is one fine example of simplicity and being himself. There was a talk that he should be buried in Delhi next to Mahatma Gandhi but I had always said that Rameshwaram was the right choice for it as it would turn into another national monument. Rameshwaram is famous as Lord Rama has done many deeds there and it is equally famous for Lord Shiva's temple. Now more and more people will visit this national monument too and remember him, had it been next to Mahatma Gandhi's tomb not many people would have remembered him as he deserved to be. He was simplicity personified be it his dressing or hairstyle.

I once heard or read somewhere that someone had commented on his middle partitioned long hair. I did not like it. His outward appearance does not hide the genius within. Nothing can stop knowledge so great. It oozes out anyway. Some people leave footprints behind when they pass on, these footprints are a source of inspiration to many. I might be 50 years old physically but at heart I will always be young. I am neither a *sanyasi* nor a *vanaprasthi*, I am just a small *brahmachari* at 50 years of age and I want to continue to live that way. A lot of people here today have said that Swamiji has not changed since the day they have met him, and I want to be like that forever. Your value is like a spinning coin, it won't stand still. You will either get a head or a tail but you will definitely get something. Your life should be like that. Someone laughingly said 'toss a coin and you will either get Swamiji or definitely get Mataji'. My appearance must have changed over time but our vision remains the same and stands strong.

I might have, in this journey of 50 years, hurt many people though these good people claim that I have reformed, supported, set an example, lit their lives and have been a companion in their journey of life. Mistakes are made by everyone, and I have tried not to make any intentionally. I have few *samskaras* in me too, though I am not a worldly person. I have many good and bad virtues,

the bad virtues at times must have created some sort of disturbance in your life and I could have hurt you. I am extremely sorry for that. If you have to learn anything important please learn that life is not too long for you to be adamant and hold grudges nor is it too short to be worried about. Life is adequate. Your life is as much as you deserve. Please enjoy the moments in it. 50 years is enough to make or break a person. I do not know what I have made of myself. People see me in different roles and most of my companions in this journey of mine both old and new have claimed that I have not changed with time and that I have always been the same naughty and lighthearted person I was before. I really liked that statement. It's one of the finest compliments I have received in my credit. I will insist that if you want to do something in your life, now is the right time for it. If you wish to take one right step at heart, please do it and move forward and momentum will follow. Never think that you stand alone, momentum will keep following and people will join you. Today this *seva* program and spiritual growth has been reaching a lot of people which makes me happy. I will always cherish this 50th birthday celebration. A lot of people have turned up here today and have made my day. Without you there is no Swamiji although with Swamiji there is nothing. Mataji and me are what we are today because of you. Without people there is no society and one good thought leads the society in the right direction. Each and every one of you could have this one good thought. If you have this thought please stick to it and try to move forward in your life. If we have progressed in our lives, our days pass on happily and gleefully the way this journey of life is meant to be.

I want to ever live my life like that. One should continue doing all the good deeds and forget about it. No one has to know about it. Lord Jesus once said - if you donate something with one hand, the other hand should not know about it. Similarly Lord Buddha has said that one should not remember the good deeds that one has done. One should strive to reach that level. When this happens, your life will change for the better.

Hari Om Tat Sat!

- Swami Nachiketananda Puri



Pranams Guruji, Pranams Mataji



My humble salutations and total surrender at thy lotus feet.

Haseeba Kheliba Dhariba Dhyanam by Sant Goraknath:

“Laughing and playing through life, meditate well. Day and night be immersed in divine knowledge.

Be immersed in joy, not in the mind.
Be always with the Lord!
Die oh yogi die!
For this death is sweet,
Die that death which Gorakh experienced.”

This is the translation to the poem by Sant Goraknath and these were the first words that came to my mind when I met Guruji.

Guruji, your twinkling eyes, heartfelt laugh, joyful *bhav*, smile on your lips and skip in your walk is haunting and addicting.

Meeting You is a miracle, which I have been graced with.

Guruji, forgive me for using so much of ‘I’ in this little article as it is so much simpler to write though I want to write more with my heart than my mind.

With simple examples and stories you have helped me accept myself as ME. I know as funny as it sounds I wrote myself off and didn’t believe that I too was carrying the promise in me. Theoretically yes all the books, Masters, spiritual lectures told me, but in reality I was not convinced.

Guruji, I admit that I was a spiritual wreck when I met you, confused, sad and depressed. My goal was clear to me but obstacles were many. My journey had started but I was lacking the strength to move forward and here I confess that I had reached the pitch of giving up my spiritual endeavour as I could not face the challenges anymore. It was at this point that I happened to come to Hyderabad for a break from my whirlpool of thoughts and as usual I met up with my friend, my angel and just

being with her means a lot to me, it was at this point that she just suggested that we go to the Ashram. At this point, I had never disclosed my spiritual life to her. All we ever knew about each other’s spiritual journey is that she does social work in a school and I attend *Satsangs*.

Since it happened to be a second Saturday and the school was closed, she suggested that we could go to the Ashram, to which I agreed. Even during the journey we did not speak much about the Ashram and I just went with an empty open mind as I had mentally disqualified myself from the spiritual journey. At this point I was spiritually exerted, did the best to my ability. I exited because there was not anymore that I could do and accepted whatever was in store. It was at this point of acceptance and surrender that The great Master took pity on me and came to me. If this is not a miracle then what is? To me this is a reminder of how all the divine forces are with me, for me this is the greatest miracle.

My meeting with Mataji and Guruji was very emotional. Unknowingly I needed spiritual help and My Master was with me answering all my questions, clearing my doubts and sorting out my confusions. Believe me this must have been a herculean task as I really was carrying a very heavy baggage. I know I am your challenge and I also know that this must be the funniest task, as all this is just maya to You, Guruji.

There are no words which can express my feelings to the fullest so I will fail even if I try and words will only bring boundaries and limitations to this heartfelt experience you have graced me with. I have to use my mind to express the feelings of my heart even after you have instructed me to empty my mind.

Guruji, I end with apologizing for any mistakes I have made and thanking you for showering me with your divine grace.

Aum Namah Shivaya!

- Neena Reddy





Tirtha Yatra

“Tarati Anena eti Yatraha” means that which helps in crossing the ocean of Samsara (world) is called Tirtha Yatra. In this Tirtha Yatra man will be taken away from the physical world and be connected with the spiritual world. When man completely gets immersed in the spiritual world by forgetting all perishable things then man can experience the essence of Tirtha Yatra. Tirtha Yatra is a process of purification where the internal cleansing takes place. Wherever there is purity, Divinity is seen and experienced clearly. When all the vasanas of the Jiva get exhausted then Shiva is experienced completely. Tirtha Yatra is a great event in one’s life and should be performed according to our sages’ guidance.

- Paramahansa Swami Shivananda Puri

PASSION IS EVERYTHING!

Well, I read about a blind painter and watched a video of a blind photographer. I also saw a blind priest who was reciting the name of God. How is it possible? This is something beyond the senses, more connected to the heart. Passion makes everything possible. Passion overpowers everything! It is absolutely true! When you have vision in your mind, sight of your eyes hardly matter. When you have a desire in the heart, NOTHING MATTERS... that desire makes you succeed and it is the passion that ultimately gives satisfaction. If you really want to do, you will do! When you really enjoy, you will really do!! One who doesn’t find his/her passion is really blind. I am one such blind person. My struggle is not for existence but to find my passion.

“PASSION IS THE OXYGEN OF THE SOUL” --- Bill Butler

- Sai Harathi M.



PRODUCTS OF COMPETITION

The other day, I read an article by a girl who had obtained less percentage (well, less as perceived by the society) in her Class XII examinations. She had written the article, being thoroughly irritated with people asking her the marks and then deriding her for scoring less than somebody in their neighbourhood or their family. She echoed the feelings of a number of students. Next, I spoke to my cousin who scored about 7.6 grade points. She was weeping inconsolably, when my mother suggested that she find out the scores of her friends. Lo! She was a bit pacified to know that most of her friends received marks in the same range. Peer pressure has even 'forced' her to stay in a hostel, away from her parents, even though her junior college is just a few minutes away from her home.

Marks have become the 'be all and end all' of education these days. At home, my mother was wondering as to how children were able to score 99% marks these days. She said it was a great achievement to manage about 70% during their school days. I then recollected how we children laughed at her after comparing our percentages with hers. Obviously, we ignored the unlimited access to resources that we have today. With access to resources, and emphasis on rote learning, scoring marks has become relatively easier these days. Higher education and good jobs also demand great marks. How can we ignore the trauma of students who score more than 96% but fail to get into the best colleges of Delhi University every

year! Schools whether they have a playground or not, definitely have a board displaying their students' marks. Probably, this is what parents look for these days.

The National Crime Records Bureau has recorded that about 2246 people committed suicides for failure in examinations in the year 2012. Such is the exam-related 'stress' that the CBSE has started a dedicated helpline to assist parents and their wards. Another recent article in a national newspaper indicated that the beds for children in mental hospitals in the UK have significantly increased in the past few years. Children today perhaps resent summer vacations, because many times parents force them to learn new 'skills' in a camp. Thus, what was once fun time with grandparents, mangoes and ice-creams becomes time spent in a different kind of a school. (It is totally different if the child joins a class out of its own interest). Which parent would want the child to waste its time!

Let us pause for a minute. Are they children or some machines to be programmed in a way we like? Should children's marks in examinations or performance in an event be an issue of social prestige for parents? Should children be the torchbearers of their parents' dreams? Are we, human beings, like abstract concepts and inanimate objects that even our growth is determined on the basis of comparison with others? Should every child necessarily aspire to be a doctor or an engineer? (And people largely believe that those who could not do anything worthwhile become lawyers, like me! And many more believe that owing to articles like these, their children become good-for-nothing.)

Just before I started writing this, I received a message from Nachiketa Tapovan stating about the wonderful performance of Tapovan's kids in examinations. They scored great percentages. Should I be happy? I really do not know.

- Neetika Gogula

An advocate and has passion for writing on social issues.





Macrocosm and Microcosm

*A*fter his experience of the macrocosm within the microcosm while absorbed in meditation under the peepul tree at Kakrighat, in 1890, Swami Vivekananda jotted down in Bengali fragments of his realization in his notebook.

In the beginning was the Word etc.

The microcosm and the macrocosm are built on the same plan. Just as the individual soul is encased in the living body, so is the universal Soul in the Living Prakriti [Nature] — the objective universe. Shivâ [i.e. Kâli] is embracing Shiva:

this is not a fancy. This covering of the one [Soul] by the other [Nature] is analogous to the relation between an idea and the word expressing it: they are one and the same; and it is only by a mental abstraction that one can distinguish them. Thought is impossible without words. Therefore, in the beginning was the Word etc.

This dual aspect of the Universal Soul is eternal. So what we perceive or feel is this combination of the Eternally Formed and the Eternally Formless.

Source: Complete Works of Swami Vivekananda

Salutations for Bravery



Every year, 24 children are acknowledged for their extra ordinary courage and presented the National Bravery Award on Republic Day. This year too, Prime Minister Modi awarded 24 amazing brave hearts who showed incredible courage in the face of adversity or danger, some of whom even losing their own lives while helping others.

Indian Council for Child Welfare (ICCW) had announced to felicitate seven-year-old Ripa Das of Bankar locality in Belonia under South Tripura district with National Bravery Award for meritorious acts of bravery against all odds on January 26, 2015 in Delhi.

The National Bravery Award medal was handed over to Ripa on Republic Day function in Delhi by Prime Minister Narendra Modi recognising her gallantry performance in saving life of her one year old brother from a devastating fire accident.

There was a fire accident on April 24, 2014 in Bankar area of Belonia town where altogether 12 shops and houses were gutted completely.

Ripa and her one-year-old brother Ishan have been sleeping with their mother and grandmother when fire broke out.

Ripa's mother and grandmother had gone out of the house when fire engulfed their houses but Ripa and Ishan were stuck up inside.

However, Ripa ran away taking her brother in lap across the fire with minor burn injuries upon her body but Ishan was safe. Tripura Council of Child Welfare had recommended Ripa for National Bravery Award in 2015.

We salute these brave kids on the occasion of Children's Day on November 14th and hope many more kids get inspired by these brave souls.





THE BLAME GAME

The blame game is on, 24x7. Our joy, our time, our lives simply thrown away, given in the hands of others.

Our joy, our time, our lives...hijacked and sabotaged.

She says, 'It's all your fault. I'm unhappy because of you, you have ruined my happiness and my life, I wish I had never met you'...

He replies, 'The fault is yours!!! You pushed me into saying and doing these things...had you cared for me, had **'you'** not given **'others'** more importance than **'me'**, this wouldn't have happened in the first place...

This game, the blame game is ON, 24x7. Neither takes responsibility or ownership. Content in their comfort zones of being able to blame the other, for their misery and unhappiness.

Our joy, our time, our lives...hijacked and sabotaged. And by whom?

That's the irony, by ourselves. We have become our greatest enemies. What a pitiful waste of life...

In the all the noise and screaming and shouting, the content and the context are both forgotten, the meaning and reason lost...

He can lean forward and embrace her. She can do the same for him...but the gap is so much now, that they can barely hear each other. Or for that matter, themselves.

Mistakes and lapses happen from both sides. The blame game helps none. Then what is to be done?

To accept and acknowledge. To apologize and forgive. To give and receive. To offer to each other, understanding and concern, to never forget that they are on the same side, after all.

Let's make this effort, before it is too late. Let's make this effort before all is lost. Let's make the effort, while there is still time...

Because if it's a matter of life and death, then most of the differences and quarrels and ego trips, lose relevance.

And if one goes away...if death takes one away, then all that remains is emptiness and regret.

But, I did try and make every effort possible, and it **'still'** didn't work...well that's also a part of life, some things aren't meant to be, but who is richer because of this effort? Who has grown and evolved as a result of this effort?

It is you. It is I. Who ever has made the effort, for them, life is much more meaningful and worthwhile.

Isn't it time, we stopped the blame game?

- Gautam Vir

BALAYOGI OF MUMMIDIVARAM

The panorama of great men and women of Jagatguru Bharat cannot but evoke a profound interest. They cover a wide range of time and space, from the dawn of our civilization, represented in the Rig-Veda, to the present day. Even in the present mundane world there is a galaxy of men and women who have torn asunder all the fetters to realise the mysterious guiding force and to pave the way which human beings can tread on confidently to achieve bliss. To mention only a few are Ramakrishna Paramahansa, Vivekananda, Sarada Devi, Mira Bai, Ramana Maharshi, Molla of Ramayana fame. In a small village, Mummdivaram in Amalapuram taluk in AP, another bright star glittered in our galaxy.

A Harijan couple Gangayya and Ramamma, gave birth to a baby, named Subbarao. Born and bred up in chill penury, in an atmosphere without any culture and education, this boy was a cowherd, moving in outskirts of the village grazing the cattle, always keeping a portrait of Lord Krishna in his hand. He never cared for breakfast or lunch or dinner. His mother was compelling him to eat but in vain. He was always praying the All Supreme.

Suddenly, one day (22-06-1946) this BalaYogi left home with the Lord in his hand and sat cross-legged under a coconut tree and started meditation. The parents searched for him and when he was found, his face was full of radiance, unperturbed and unconscious of the surroundings. He was bodily lifted and carried home but there also the stream of meditation was continuous. All the functions of a normal human being were dispensed.

Overcrowding visitors were disturbing the sanctity of the place. They were surrounding Him and they find a sort of magical influence causing them to see objects differently from what they were re-

ally. So wisdom dawned on the parents. A few days later, the parents and some soft sane elders decided to construct a small cottage so that the Yogi would not be disturbed. When the cottage was built, on a pious day they wanted to take him on a decorated chariot. At that very moment, to the surprise of all the people, the Yogi was already in the cottage.



People in large numbers were often visiting to have the *darshan*. Though this could not deviate or disturb him from meditation, he felt that the ashram should be closed so that he could continue his meditation without any obstruction. This was unbearable to the worshippers. How could they live without his *darshan*? As a compromise, the Yogi agreed to give *darshan* once a year, for a day-the day after Maha Shivaratri, from 4 AM. So the ashram gets opened at the correct time every year automatically and the yogi makes his appearance in the old form- in a condition of

beatitude - on a raised platform so that lakhs and lakhs of people can have his *divya darshan* from a distance.

It is not out of place to mention that the yogi's step brother- Bhushanam- has also been doing meditation in a neighbouring ashram since 16-02-1950, when he was merely a lad of 8 years.

The story of Balayogi reveals that the *Atma* craves for union with *Paramatma* and that he has probably reached the highest plane in the cosmos. Let us hope that the yogi attained self-realisation (God sees Himself), which is cosmic consciousness.

Bhava Bhavanasa Balayogisa Namaha!

- K.V. Ramakrishna Shastri



A Spiritual Rejuvenation in Nature's Paradise



On 6th September 2015, a group of 17 excited pilgrims led by Swamiji and Mataji boarded the Delhi flight to visit Himachal Pradesh. On reaching Delhi airport we got into the Indo-Asia Tours bus that was waiting for us. We reached Kurukshetra by noon and were happy to be there on the sacred day of Gokulashtami. We visited Surya kund, Brahma Sarovar where Lord Brahma performed penance and had *darshan* of Lord Sarveshwar Mahadev. The locals affirmed that Brahma Sarovar was the only place where Solar-eclipse is celebrated. We then visited Jyothisar where exists the *Vatavriksh* to earmark the place where Sri Krishna rendered His Gita to Arjuna. Swamiji held a *satsang* at this holy place and shared his wisdom. We also visited Bhishma Kund and the Gurukul at Kurukshetra University before proceeding to Bhadrakali Temple. Legend states the right ankle of Goddess Sati fell here and it is one of the Shakti peeths. We reached Chandigarh by night and checked into Hotel Orbit for a night stay.

The next day we headed to Shimla and visited Taradevi temple and Jakhu temple. The 108 ft Hanuman idol at Jakhu temple was incredible. There were many monkeys at this temple trying to grab whatever they could set their hands on. We had to be more cautious. From there we went to the Mall in Shimla. The Ridge Mall in Shimla is a haven for shoppers though we did not have time to shop as we had to reach Kalibari temple before it closed for the day. We walked through the Mall to

reach Kalibari Temple. The Goddess here is called Shyamala Devi by the locals. We were surprised to see Trinity photos adorning the inner walls of the temple and when questioned, the priest said that Sri Ramakrishna was the highest example of priesthood and so his picture found place in the temple followed by Sarada Devi and Swami Vivekananda. We stayed for the night at Hotel Kapil in Shimla.

From Shimla we proceeded to Manali via Kullu. Though it was a strenuous 254 km road travel, our spirits soared high on seeing the sky bowing down to kiss the mountain ranges, cool wind creating a chilly atmosphere, the zig-zag narrow winding alleys acting as gateways to alluring mountain passes and the gorgeous River Beas gushing along as though giving us company. Manali is nature's paradise on the lap of Himalayas. On reaching Manali we checked into Hotel Snow Peak Retreat which is a beautiful property nestled amidst apple orchards and pine forests, the majestic Himalayan ranges in the front, a beautiful garden and a pleasant climate. We had dinner and retired for the day.

The next morning we visited Hadimba temple which is just 100 metres from our hotel and had *darshan* of Hidimbi, the wife of Bhima. It is a beautiful temple with a four-tiered Pagoda shaped roof set in the midst of tranquil surroundings and we were reluctant to leave the place but there were other places to visit. Most of them went to



Hadimba temple

Rohtang Pass while a few stayed back to meditate in the temple. Located at a height of 3979 metres and at a distance of 51 km from Manali, Rohtang Pass is on the highway to Keylong/Leh. It connects the Kullu Valley with the Lahaul and Spiti Valleys of Himachal Pradesh. The glaciers were enchanting. While returning from Rohtang Pass we visited the 4000 years old Vashistha Temple and as per legend Rishi Vashista wanted to commit suicide when Vishwamitra killed all his sons but the river protected him and since then the river came to be called as 'Vipasha' meaning liberation from bondage which in course of time transformed into River Beas. Vashishta performed penance here for many years. It is also popular for its hot springs created by Vashishta himself.

Swamiji and Mataji conducted a *satsang* at Hadimba temple in the early hours. The early morning atmosphere in the temple was fabulous and revitalized our spirits. After breakfast we headed to Manikaran via Kullu and visited Vaishnodevi temple on the way. External looks deceived us but on entering we were enraptured by its beauty. This temple complex is said to have been established by Swami Sevak Maharaj in 1966. We were in for a pleasant surprise on seeing the beautiful deities of Trinity carved in wood apart from other deities. We went into the cave temple and meditated for a while. It is a temple worth visiting.

We reached Manikaran after a long drive and visited Nainadevi Temple, Shiva temple with hot springs, Ramji Temple and the Gurudwara. We were fortunate to have *prasad* at the Gurudwara and Swamiji accompanied by a few volunteers did seva at this divine place. We returned to Kullu by dinner time and checked into J.J Resorts where the management staff welcomed us with great hospitality.



Swamiji does seva at Manikaran Gurudwara

We got ready by 6 am, had an early breakfast and visited Vishweshwar Mahadev Temple at Bajaura in Kullu valley, which is built by the Pandavas. The temple is declared a protected monument. Set amidst green fields it was soul-elevating. Our next halt was at Vaidyanath Temple, 16 km from Palampur and is considered to be one of the 12 Jyotirlingas. We rushed inside on hearing the *Arathi* bells and were overwhelmed to be there at that auspicious time. We had a great *darshan* and Swamiji and Mataji were allowed to do *abhishekam*. We sat down for a meditation session and could connect with the Divine. One of our group members was kind enough to guide us inside the sanctum sanctorum and we received double blessings by touching the Shivlinga. From Vaidyanath temple we headed to Ma Chamunda Temple and received our second batch of four pilgrims who joined us for the last 6 days.



Vaidyanath Temple





Laxminarayan Temple in the Chamba Valley

climate. It is a place worth visiting. We also visited Jagadambe Mandir in Khajjiar. We returned to Dalhousie and retired for the day.

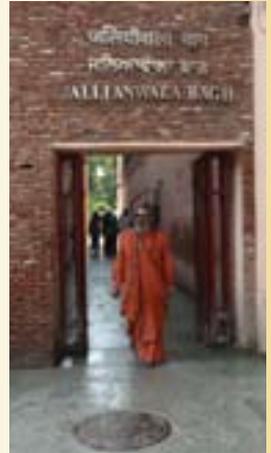


Jagadambe Mandir, Khajjiar

Amritsar is our next destination. We reached by 1 pm and checked into Hotel Sawera Grand which is close to the Golden Temple. We had a quick lunch and proceeded to Wagah Border, 25 km from Amritsar. It was a long wait in the scorching heat for the Retreat show to begin and everyone were exhausted. But it was worth waiting. There was a patriotic fervor all around and the Indian officer succeeded in keeping the patriotic spirit alive. There was a show of strength behind the Indian and Pakistan gates and cries of patriotism rent the air. We returned to our hotel, had a quick shower and rushed to the Golden Temple,

Sri Harmandir Sahib, which is accessible to every person without any distinction of caste, creed, sex and religion. Its architecture represents a unique harmony between the Muslims and Hindus way of construction work and this is considered the best architectural specimens in the world. We were awe struck by its beauty and enjoyed the divine vibrations permeating all over the place. It is an experience, not to be described in words.

Today is the last day of our tour. We visited Jallianwala Bagh and paid homage to the departed souls. We also visited Durgian temple built on the lines of Golden Temple and had *darshan* of Ram Durbar, Radha Krishna, Lakshmi Narayan, Goddess Sheetala Devi where a *bhajan* was in progress, the Shiva temple where we performed *abhishekam* and the beautiful Hanuman temple. It is said that Hanuman was tied to a tree by Lav and Kush at this place. Sundarakanda and Hanumanchalisa *parayanam* were going on silently in a big hall and divine energies were omnipresent.



Swamiji at Jallianwala Bagh

We headed to the Amritsar airport and boarded the Delhi flight. From Delhi we took the Hyderabad flight and reached home safely after bidding goodbyes to all our group members and thanking Swamiji & Mataji profusely for taking us on such a wonderful tour.

By and large it was a great tour in the lap of Himalayas. We breathed in pristine Himalayan air and our minds glided into the world of the Divine aura of Gods, Goddesses and Spiritual Masters. Himachal Pradesh is a Nature's paradise of unparalleled beauty and grandeur. We just need to have an open mind and let the Universe take us wherever it wishes. We will be amazed at the changes that will occur within and without.

- Subhadra K.



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Sadhana

Looking into the self..

Swami Nachiketananda Puri

A LOVE STORY THAT REWRITES A LIFE STORY



This is not an archetypal love story but then I am not the textbook variety I imagine.

This is a story that began with love, was infused with love and continues to be the only source of love in my life.

It began on an ordinary day in an extraordinary way. The 8th day of June in the year 1986. It was a blistering hot South Indian summer day; I was a broken bird (literally) with damaged wings and a heart that has more than its fair share of wounds. I was apparently waiting, asleep in a car outside the school gates of Sri Sathya Sai Primary School at Prasanthi Nilayam. I must have opened my eyes on time as willed by the Lord of the universe for Swami passed me by but not without His gaze piercing through my heart.

That moment on hindsight was the one that changed my destiny. Unbeknown to me, Divine Love gently woke me up from an equally unknown place in my little heart. I have to admit that the mind, which is typically ignorance, hardly ever catches up and for years, I did not see the obvious. The moment when God looked at His child was eternity with no yesterday or tomorrow to try to match it or describe it. A Love story rewrites a life story.

As Divine Love in His car went ahead, my father came bounding from the imposing school gates and told me that I was indeed admitted in His School. (It seems for life as well) I had seen the opposite of love at home. Discord and disharmony. I was terribly confused.

I did start to say this is not a regular love story. When I saw Swami for the first time, my mind began to race to all that love was NOT. After all, I in-

ferred based on what I saw first-hand. But here, it is God I speak of. Love is God's nature. Attachment is man's nature. In fact, Swami would correct His students at Trayee sessions, "Do not say God is Love. Say Love is God. Where there is Love, there is God." Swami was obviously the first and the last glimpse of Love. Is it any surprise then that this Divine Love is the only love in my life, nourishing me and slowly but surely erasing the scars that the mind tends to linger on to?

For the 8 years I watched Him, for the few words I spoke to Him, for His profound monosyllabic answers, for the 8 years while I was His student in His school and college, Swami was the centre of my life, carving me like only God can. Today you finally read the ready product, not the finished one but the ready one, the one which has all His teachings and values, the one that has all the Love that He is.

Like most children, I did not see Swami as the all-pervading cosmic energy. Swami's magnificent Form is always charmingly distracting. The Gopikas never really cared for liberation. They died to see Lord Krishna's form anytime and every time. And so, the years were filled with the beauty and transformative power of Swami's Divine Form. As I stepped out of the precincts of Swami's University after my Bachelor's degree, I began to feel Swami as Divine Presence at every step in my life. Divine Love, my only Love, guided me at every turn.

Over the years I have had major mental quarrels with Him. There have been days that I do not acknowledge Him or remember Him, but one thing is clear - although I do not talk to Him or outwardly express myself to Him, I love Him and ever since the time I met Him, I live Him. That has been

my tribute to Swami– the omnipresent power. **That to each heart I profess love, to each child I hug, to each moment of life I embrace, it is with Him at the centre of it all.**

Swami is behind the smile of my loving daughter, He is hiding in the long thick eyelashes of my darling son, He is the essence of a new born child, He is in the words and notes of a soulful song. He is in the words of a beautiful endearing personal story; He is in the whisper of the wind and in the soothing breeze that blows across me from time to time. He is in the rhyme that a poet is in love with; He is the heart of the poet. He is in the pixels of a surreal landscape created by an artist. He is a smile; He is the uproarious laughter that happy people are perfect at. He is the kindness that I am lucky to witness often in life. He is in all my friends who have been more than family to me. He is in the heart of my teacher who has loved me even when I was not the “me” you now see. He is the people who hurt me for me to look past the surface and find Him in their hearts. He is everywhere.

For me, a child with a spontaneous yearning for God is so much. Swami is the Love that is worth yearning for till my last breath. His gift of Love is the reason why I find Him in everything and every being, there is nothing or nowhere where Swami is not present. There is no moment or no memory that is devoid of His existence. That I love Him is the simplest way to describe Him. And that I live Him is the most intense way I can express my Love for Him.

My darling, dearest, most mischievous, glorious Paramatma– Swami, I call out to You. My Lord, on the occasion of the birth of Your Divine Physical Form, I shall not sing “Happy Birthday, dearest Swami” but feel the need to tell You that You are here with me, in me, around me, over me, below me, everywhere and in everyone. Words will forever be lame; I care not. I need to share what my heart awoke this morning to write. Thank You, my beloved Lord, my only Love. I change my mind. I sing with gratitude, “Happy Birthday, Swami, for being born as Love in my heart. I love You, Swami.”

- Mallika Shastri Chandrasekhar



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STEREOTYPE

2LEBEOJΛE

Just because a person is a Muslim, does it make him a terrorist? Or just because a man is a priest at a temple, does it make him a pure soul? We make this kind of assumptions in everyday life. We think that all students with glasses are very smart. We think that all back benchers are dull and naughty. Why do we classify people into such categories? It's not just people it's the same with anything we come across. For example, I have become a fan of Tamil music in the recent past. My father doesn't listen to Tamil music, because he doesn't think too highly about it. Just because modern Tamil music has a reputation for songs with not much tune, but a lot of beat in them, does not mean every song is the same. There are so many songs which are very melodious and have a very beautiful meaning.

Similarly, we even tend to treat this kind of stereotypes in a different way. One day my parents and I were going, along with my aunt to immerse our Ganesha idol (since it was Ganesh Chaturthi). Now we know that it is etiquette to keep quiet and reduce the volume of any background music when someone is having a conversation on the phone. My aunt received a phone call from a client and Vishnu Sahasranama was playing on full blast on the music system. If it was the same case with any radio station or filmy music, everyone would have surely reduced the volume by now, but since it was a hymn, no one reduced the volume until I mentioned it. Now I am not against religious hymns or anything, but manners and common sense is something that even God would want us to have, before devotion.

Another example that I can give you from my own experiences is something that surprised even me. In my class 10 board exams I scored very good marks (not to blow my own trumpet, but I got the highest achievable grade point). As soon as I joined my school for class 11, everyone including the principal, a few teachers and even some of my friends in class 9 asked why I had taken the commerce stream after getting such good marks. This kind of stereotypes are very annoying, especially when you experience it firsthand. You got good marks so you should pursue science. You speak Hindi, so you must be a North Indian. You eat only vegetarian food so you must be a Brahmin. All these are things that don't matter to us, yet we go about assuming these things about people. I have said in one of my previous articles not to assume anything as it can get you into trouble. Here I would say don't have any preconceived views, simply because it gives you the wrong impression of a person.

Let a person prove himself/herself to you. Be it in a good or bad way, people will show you what they are through their various actions and mannerisms. Everyone is different and unique and so no one can be categorised. Be open to new things and people and get to learn from them. Don't set a stereotype in your mind about anything.

Don't stereotype,

It's all full of hype!

N. Rohan C. Govind
Class 11,
GT Aloha Vidya Mandir, Chennai





Indian Gateway at Wagah Border

Beyond Borders

This September I had the privilege of sitting in the audience and awaiting the commencement of the daily ceremony put up by the Border security force at the Wagah Border with puja Swamiji and Mataji.

The Wagah checkpoint is midway between the city of Lahore in Pakistan and Amritsar in India.

It is the only link between the two neighbours and the epicentre of the divide between the two countries.

Despite the sweltering heat the crowd was roaring with cheers and applause to the patriotic songs being played in the background. I couldn't help notice the birds flying over the fence oblivious to the chaos around them!

The members in the audience were called upon to participate in dance and flag bearing activities by the security personnel. It was heart endearing to see young and old celebrate with great fervour and enthusiasm.

As the ceremony began, the reaction of the crowd was electric as our jawans took giant march-

ing steps towards the flag posts of both countries with strength, discipline and hostility which was matched by the jawans on the other side.

After a series of military drills, lowering of the flags of both the countries and a blink and you miss hand shake, the gates of the border are closed shut. So as to signify that each has to respect the borders and boundaries of one another.

The ceremony aroused many mixed emotions like pride, sadness and tragedy.

We were saddened by the sustaining hatred between our two countries.

For the immeasurable loss and grief experienced by families on both sides and wished that the time would come one day when we stop seeing each other with suspicion and respect the history we shared.

That one day we could also go beyond borders just as the birds flying over the skies...

- *Swaroopa*



Parade by Indian soldiers



Swamiji's 50th Birthday Celebrations

A Birthday is to celebrate birth itself but this was not the case in celebrating Swamiji's Birthday. Swamiji's 50th Birthday though a milestone was celebrated in a different spirit. It was in appreciation of his accomplishments - the way he has touched many hearts and the way he changed many lives. The celebrations threw open, doorways of hearts and it was an incessant outpour of love which all along remained embedded deep within the alcove of their hearts... Love for a great soul who worked on them silently in a subtle way and brought massive changes...changes in human perceptions...imbibing human values. The out-



pourings wrenched other hearts and there was not a single pair of eyes that did not shed tears... tears of love for a simple, humble and pure soul... and above all a great spiritual soul.

Let us have a glimpse of some of their outpourings!

Sravani

"Usually I talk so freely about Swamiji and Mataji but today when I am asked to say a few words about them from this dais I am rendered speechless. Nevertheless I would like to narrate a few incidents associated with Swamiji and Mataji. During 2014 Dasara I came to the Ashram as a normal student but after 10 days I went back from the Ashram as a special student. I personally did not feel the change but everyone around me noticed the change and would repeatedly say they found a vast difference in my behavior, attitude and speech. I was surprised at the way I was spiritually moulded by Mataji and Swamiji in just 10 days.

At Vignan Vidyalaya, where I am pursuing my second year Inter with Swamiji's support, everyone including the Principal, respect us and appreciate the way we have been nurtured in Tapovan which according to them is apparent in our behavior. I thank Swamiji and Mataji for grooming us in such a beautiful way and imbining in us great values which acclaim respect.

Today I make a promise from this dais that I shall keep this spirit alive, study hard and uphold the name of Nachiketa Tapovan. I shall make Swamiji,



Mataji, Vasu Ma and all volunteers feel proud about their upbringing.

I would like to reveal another great quality in Swamiji. He is a perfectionist to the core. During Dasara when we were busy with some work for the celebrations he would always come along and disapprove the work. It would happen everyday and one day Nagamani and me sat in our room and cried. We wondered why Swamiji was behaving like this discouraging whatever work we did. There was hardly any material to work with. Then we decided to take it as a challenge and bring out perfection in our work and also excel Swamiji in this aspect. We applied our brains, collected all waste material and created a beautiful piece of art out of it and today I can proudly say that our project was much better than what Swamiji did. We understood that all the while Swamiji disapproved our work so that we would sharpen our brains and bring out the creative skills hidden within us. He wanted to bring out the perfection from us. In fact the discouragement turned out to be an encouragement. We might underestimate our own skills but Swamiji always saw the flip side of the coin. A great lesson, though taught in a hard way!

I thank Swamiji and Mataji whole heartedly for their loving care".

Nagamani

“I studied in Nachiketa Tapovan right from my childhood. Even now Swamiji teases me about how I always came to school with a dirty blowing nose. It is not in my memory but I am amazed at the way he remembers every minute detail about every single child. I see a mother in him who can recall all details about her children. More than my own mother I have a free access to Swamiji and can openly discuss all my problems and confess my worries to him.

My own family members don't understand the importance of education in life. But it was Swamiji who stood by me and with the help of volunteers is supporting my education. Swamiji, Mataji, Vasu Ma and all other volunteers are very caring and if not for them my life would have been different today. When I see children in my neighbourhood married and with children I feel like crying for their



childhood is extinguished. How fortunate I am to have come under Swamiji's protection and I shall be greatly indebted to him! He has shouldered my responsibilities by supporting my education and steered my life to safety. Many other children like me are studying in Tapovan's Vidya Mandir and I am sure their lives would change for the better under Swamiji's loving guidance.

All of you look up to Swamiji as a Guru. But for me he is a loving Mother, a doting Father and a reliable friend. Mataji tries to mould us spiritually but Swamiji is an affectionate Mother to me. Because of Tapovan's background everyone at Vignan Vidyalaya respect us and the credit goes to Swamiji, Mataji and other volunteers for molding us with human values. Forever I shall be indebted to these great souls!”

Shiva

“I studied at Nachiketa Tapovan right from my childhood. I am a very shy person by nature and when I was young I hardly spoke to Swamiji as he always spoke in English, a language I was not familiar with. Nevertheless I learnt a lot of values from him by silently observing him.

I shall narrate a touching incident here. One day when I was at Tapovan I went to a washroom. I found it dirty and stinking and so I went to the second one. I didn't observe Swamiji coming behind me. Surprisingly when I came out I found the first washroom clean and neat. I approached the staff, whom we call *Karmayogis* and asked them if they had cleaned that washroom. They denied having come there and I came to know it was Swamiji who cleaned the washroom. It was very touching and tears came to my eyes. It is such a dirty job and Swamiji had no necessity of doing it.



But he never felt that way. Tapovan was his home and we his children. He didn't mind doing it just like a mother would do to her child. It was a great lesson for me. He practiced what he preached and this was proof for his simplicity, humbleness and motherly approach.

One more thing I was impressed with was his punctuality. He not only believed but practiced punctuality. I am far away from punctuality and always came late to school. On many an occasion he told me how being punctual could change my life.

Today if a person called Shiva is studying Engineering in CBIT, the whole credit goes to Swamiji, Mataji, Vasu Ma and all other volunteers. If not for them I would have been doing some menial jobs somewhere.

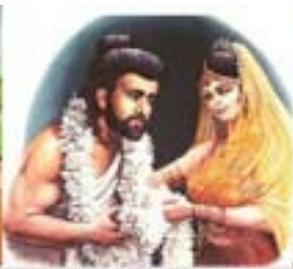
I shall be greatly indebted to them all through my life. Thank you Swamiji and Mataji!”

Can we ever repay such a great Soul? Will a million thanks suffice to express our gratitude? So all that we did was release a book with his sayings entitled SADHANA as a token of our love and gratitude on his 50th Birthday.





Brahmacharya



Grihastha



Vanaprastha



Sannyasa

FOOTLOOSE & FANCY FREE

Loud music, partying, house in a posh colony, new menu for everyday meals, new dresses & accessories, expensive cars or motorcycles, maids to serve, high paid jobs, etc. are few measuring parameters of happiness for the people today. With the loss of cultural values people are dancing on trance music. Relationship has become the synonym of responsibility, a burden.

In Hinduism, there are four ashrams: Brahmacharya Ashram, Grihastha Ashram, Vanaprastha & Sannyasa. Our ancient scriptures guide us - "Whichever ashram we follow we must lead our life with our Dharma".

In **Sridhara Vachanamrutadhare** it's mentioned, **"There is no happiness other than Dharma. Hence one should always be with Dharma."**

Out of these ashrams, Grihastha ashram is considered as the most sacred because this helps us to fulfill our duties towards our family & society. But now the joint family has taken the shape of nuclear family. In search of job and to earn more money, people move out of their families. They rarely have time to spend with family & for understanding Self (Param Ananda).

Shri Samartha Ramdasji has said **"Leading a family life and leading a spiritual life are not different forms of life. They are merely two different views of looking at the free flowing life."**

With these changing concepts people today have lost the quintessence of family life/ Grihastha Ashram & are drowned in fame and money. Every country and continent are gradually losing their cultural values. Split between the traditional & modern way of living of our society have affected us drastically. Resultant of this is people are giving more importance to luxury rather than necessity.

If we study our Indian Vedanta Literature then we will realize that our traditional knowledge and way of thinking has never been narrow, it just makes us clear with our sphere. I would like to share few examples related to this here: like The Solar System is made up of eight planets and their moons in orbit round the Sun together with other smaller bodies. And these planets revolve and rotate round the Sun with some particular speed and distance. Hence here the Sun is the God, planets and other smaller bodies are the human beings. Our revolving and rotation like planets does not make us narrow rather we need to always concentrate on the solar energy i.e. our cultural values, our human values that becomes stronger with our Vedanta knowledge. The absence of Solar Energy would end the life on the Earth, same way the absence of our cultural values would end our roots in the Earth.

Our Constitution gives us few rights but at the same time, there are also some limitations applicable for the benefit of common man. But if the citizen is unaware of the constitutional laws and its limitations then either the person will be exploited or will be considered as illiterate. This would lead that person towards his own extinction. Hence, if we don't know about our cultural freedom & limitations then the extinction of the human race is not far. At the same time, with the change of centuries, few amendments are always necessary keeping the limitations of our culture and values in mind. Thinkers, philosophers, Writers, Gurus, our leaders, and self acclaimed Gods will have to accept their responsibility at this crucial juncture when the fate of human race is at stake !

In our today's society for attaining fame and earning more money late marriages are the preferred options in our youth. Not only this, even to



have lesser responsibilities people opt for live in relations so that if they do not find compatibility with the one, they can be free to opt for another person. In recent study, it has been found that the married couples prefer not to be parents. They don't want to give birth to kids. This is similar like a monkey who jumps from one tree to another in search of food & at the end of the day is dissatisfied with the food that he got. There is no diminishing curve for the desires of human beings. This changing paradigm of our society is raising an alarming stage for us!

We must not forget that in our epic 'avatars', the few best examples of leading Grihastha ashram has been depicted by the life story of Sita-Ram and Shiv-Parvathi. **It is up to us to be virtuous or vicious.** Referring to Ramakrishna's preaching as he said: "one should take the clues of individual experience as guides. Life means to each of us what we make out of it."

In our **Arya Samskruti** the following statement is given:

"All the citizens of the country should be devoid of intoxications. Not a pie should be spent on useless matters. With the help of simple means we should lead a simple and peaceful life. Expenditure should always be less than the earnings. Religious and social organizations should be the place of charity. Bad words should not come from anyone. The soft sweet words should reveal the purity and large mindedness of the heart. The auspicious and sacrosanct pilgrim centers, temples and mutts should be the pillars and beams for the country which safeguard us from calamities and help us to realize God and simultaneously achieve self realization. The Global future depends on the safety of the mankind and humanity."

- **Om Lokesh**

Put your heart, mind, and soul into even your smallest acts. This is the secret of success

Prashanthi, belonging to a family with an economically weak background, joined Nachiketa Tapovan Vidya Mandir in 3rd class. Now she is in 10th class and participates in all the activities like Craft making, Free Dispensary on every Sunday, dancing, etc. Her father is a car driver. After joining Nachiketa Tapovan, she with the help of our teachers worked very hard and has now become more confident. A feel of satisfaction that our students are now taking their lives ahead, becoming self-dependent. We firmly believe that Nachiketa is not only about providing education to underprivileged children but it is also about preparing them to behave like a responsible and contributing citizen of our nation.



Her words about Nachiketa:

Nachiketa Tapovan is a school where we find the right path for our future. The teachers here are very friendly and always stay behind our success and failure. Our volunteers encourage us to score good marks and I feel I am very lucky to get this opportunity to study in this school. Here we not only get the knowledge from texts but also other activities like painting, craft making, spiritual knowledge and cultural activities.

I thank God for giving me this opportunity to study in this school and thank Vasundhara amma, teachers and all the volunteers for their great support.

Prashanthi
10th class

Nachiketa Tapovan Vidya Mandir



LOVE
ALONE
THE
LOTUS
FEET
OF THE
LORD



Those who do not have love in their heart
For the lotus feet of God
They cannot walk for a long time
On this path
No matter how intelligent, they are
No matter how many spiritual practices, they do
No matter how many times
They chant the name of the Lord
No matter in which posture they sit
They all miss the soul of realization
The lover surpasses all others
The lover alone can surmount all the obstacles
The lover alone reaches to the goal
The unswerving love for the lotus feet
Of the Lord is the highest spiritual practice
O my mind! Seek nothing but unswerving love
Yearn nothing for nothing but unswerving love
Wish nothing but unswerving love
Pray for nothing but only love, love
And Love alone for the lotus feet of the Lord.

- Lokendra Singh



CELEBRATIONS AT ASHRAM

Raksha Bandhan (28th August 2015)



Notebooks Distribution

On 2nd September 2015, Vasudha Foundation, a philanthropic organization donated Notebooks. Nachiketa Tapovan volunteers distributed the notebooks at ZPHS Kodgal, Peddarevalli, Chinnarevalli & Gangapur. We thank Vasudha Foundation for their kind gesture.



Krishnashtami & Teachers Day

(5th September 2015)



Teachers & Students of Vedavyasa Vidyalaya celebrate Teachers Day at the feet of the Divine Teacher Swami Vivekananda



Tiny tots from Vedavyasa Vidyalaya dressed up as Krishna & Gopikas



Vinayaka Chaturthi

On the day of Vinayaka Chaturthi, 17th September, 2015, Ashram volunteers performed Ganesh puja at Ma Yoga Shakthi Peetham.



Satsang

On 3rd October the monthly satsang was conducted by Swamiji and Mataji at Smt. Vasundhara's residence. The satsang started with a *bhajan* session to tune the minds and was followed by a talk by Mataji who started classes on Patanjali Yoga Sutras. It was an enlightening session as it revealed profound knowledge. Mataji also conducted a session of Nachiketa Chaitanya Kriya and guided meditation.

The launch of Nachiketa Seva Vahini was discussed by Mataji and Swamiji and Sri Muralidhar a volunteer of Tapovan gave more details about the project. The main concept of Nachiketa Seva Vahini is to expand its service activities far and wide reaching out to more needy people.



Swamiji interacts with a little girl



Mataji talks on Patanjali Yoga Sutras



EVENTS & CELEBRATIONS

Telugu Day

On 27th Aug 2015, Tapovan celebrated Telugu Day. Chalapathi Bhayya & Sridevi Amma were the Chief Guests. They imparted knowledge about Telugu language, its origin & importance. Children of Classes 1-6 narrated popular poetry (Padyalu) written by the great poets like Vemana, Nannayya, Tikkanna, Erranna etc.



Smt. Sridevi Amma shares her knowledge with the children

Rakhi Celebrations

On 28th August 2015, Nachiketa Tapovan children celebrated Raksha Bhandan festival.



Krishnashtami & Teachers Day



On 4th September 2015, Nachiketa Tapovan children celebrated Krishnashtami & Teachers Day.

Children dressed up like Krishna & Radha. The little Krishna and Gopikas looked adorable in their traditional costumes and the entire area was transformed into a land of joy, celebrations and happiness. The naughty little Krishna was all set to sway and dance with the Gopikas and Radha. The entire event was enjoyed by all the tiny tots of Tapovan.

On Teachers Day the higher class students dressed up like teachers and conducted classes for primary class students.

Eco-friendly Ganeshas made by children of Nachiketa Tapovan



On 14th September 2015, students of Nachiketa Tapovan Vidya Mandir made Ganeshas with Maida, Salt and Food Color which is completely eco-friendly.





Thanks to Donors

We are extremely thankful to

Smt. Jyothi
for her kind donation of
₹ 1 lakh Corpus Fund - Sponsor a Child Education
for Nachiketa Tapovan Vidya Mandir

Dr. K.S. Reddy, West Virginia, USA
for his kind donation of
₹ 50,000/- Corpus Fund - Annadanam

Dr. K.B. Reddy, Florida, USA
for his kind donation of
₹ 50,000/- Corpus Fund - Annadanam



**Nachiketa's
GO GREEN CLUB**

We convey our thanks to all the participants of the WOW initiative. You helped us earn Rs. 16,945/- in the month of September and helped in keeping Mother Earth cleaner by recycling about 2420 kg of plastic and paper waste material.





Appeal

Nachiketa Tapovan Ashram

Nachiketa Tapovan Ashram will forever serve as a distinctive platform for all Seekers of Truth.

Irrespective of caste, creed, gender and religion, the Ashram strives to elicit the inner energies through the medium of Sadhana and Service.

As a part of this great yaga, the organization has decided to focus on Women Empowerment and not only make them economically self sufficient but also enhance their spiritual energies. In this regard, steps are taken to create a holistic and healthy environment for all Mothers, Young women and Girls at the Ashram.

Therefore, we request all interested Mothers, Young women and Girls to come forward for voluntary service. If it is not possible for Mothers to render voluntary service we can offer a minimum honorarium.

The amenities stated below will be provided by the Ashram for all *Sevaks* and *Karmayogis* who extend their voluntary services.

- Accommodation at the Ashram with basic amenities
- Food

Sevaks: Those who receive a minimum honorarium and prefer to be on the *Sadhana* path.

Karmayogis: Who seek soul satisfaction by rendering Voluntary Service.

వినతి

నచికేత తపోవన్ ఆశ్రమము

నచికేత తపోవన్ ఆశ్రమం సర్వదా సత్యాన్వేషణకు పాటుపడే సాధకులకు ఒక అద్వితీయమైన వేదిక.

ఆశ్రమం లింగ, జాతి, కుల మరియు మత విచక్షణ లేకుండా తనలో దాగివున్న అంతర్గత శక్తిని సాధన మరియు సేవ మాధ్యమంతో వెలికితీయుటకు ప్రయత్నిస్తున్నది.

ఈ ప్రతంలో భాగంగా స్త్రీ యొక్క శక్తిని జాగృతపరచి తనకు ఆర్థికంగాను, ఆధ్యాత్మికంగాను స్వావలంబన అందించుటకై ఆశ్రమం మాతలకు, యువతులకు మరియు బాలికలకు ఆశ్రమంలో ఒక ఆరోగ్యవంతమైన మరియు ఆహ్లాదకరమైన వాతావరణాన్ని కల్పించి స్త్రీ శక్తి అభ్యున్నతికి తగిన కృషిని చేయ సంకల్పించినది.

కావున ఆసక్తిగల మాతలు, యువతులు మరియు బాలికలు స్వచ్ఛందంగా సేవలను అందించుటకు ముందుకు రావలసినదిగా కోరుచున్నాము.

స్వచ్ఛందంగా సేవను అందించలేని పక్షంలో మాతలకు కనీస గౌరవభృతి అందించబడును.

ఆశ్రమంలో సేవలను అందించు సేవకులకు, కర్మయోగులకు ఆశ్రమం ఈ క్రింద తెలిపిన వసతులను కల్పించును.

- నివాసగృహము అన్ని సౌకర్యాలతో
- భోజన సదుపాయము

సేవకులు: కనీస గౌరవభృతిని పొందుతూ ఆత్మాన్వేషణకు కృషి చేయువారు.

కర్మయోగులు: స్వచ్ఛందంగా సేవను అందిస్తూ ఆత్మానందాన్ని పొందుటకు పరితపించువారు.

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 262 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	*Corpus Fund Options
Vidya Daanam (Education) ₹ 6500/year/child	Sponsor a child ₹ 1 Lakh
Anna Daanam (Mid-day Meals) ₹ 5800/day	Anna Daanam (Mid-day Meals) ₹ 60000/-
Alpa Aharam (Snacks) ₹ 1200/day	Alpa Aharam (Snacks) ₹ 10000/-
Vastra Daanam (Uniforms) ₹ 900/2 pairs	* With the accrued annual interest the following will be achieved every year, respectively.
Stationery Supplies (Copier Paper) ₹ 5000/term	- One child's education annually.
Medicines (For needy people) ₹ 5000/month	- Mid-day Meals for children for one day annually.
Sponsor any Festival at Ma Yogashakti Peetham ₹ 20000	- 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")



Creativity is the key to success in the future, and primary education is where teachers can bring creativity in children at that level.

- Dr. A. P. J. Abdul Kalam





Invitation

We cordially invite you to attend our celebrations

DIWALI CELEBRATIONS

11th November 2015
at Nachiketa Tapovan Ashram,
Kodgal Village, Jadcherla.



10



Narak Chaturdashi

Festivals & Events of

NOVEMBER

2015

25



Guru Nanak Jayanti

11



Diwali

17



Chhath Puja

12



Gowardhan Puja

13



Bhai Dooj

14



Nehru Jayanti



Swamiji's 50th Birthday Celebrations



Swamiji's Mother Lights the lamp



Mataji delivers her talk



Smt. Vasundhara shares her views



Tiny tots from Vedavyasa Vidyalaya



A rhapsodic dance



Dance performance
by Nachiketa Tapovan
children



Anchor Maheshwari



A skit by Vedavyasa
Vidyalaya children



A token of love - 'Sadhana' Book Release

Volunteers
express their
views



Ajit



Mani Rao



Sravani



Veena Devi



Prasad

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