

# *Nachiketanjali*



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*Happy Republic Day*

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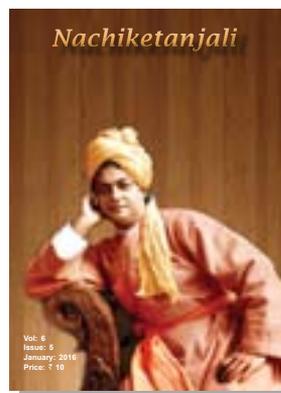
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## **Cover Story**



## **Swami Vivekananda**

(12 January 1863 — 4 July 1902)

So many flowers bloom, but how many of them get recognized? Swami Vivekananda was one such flower who won great recognition not only in India but the whole world. The fragrance of such a flower could not be constrained in boundaries. It spread across the world within no time.

Swami Vivekananda was the disciple of Sri Ramakrishna Paramahansa. He is regarded as the patriot saint of Modern India. His vast knowledge of Eastern and Western philosophy and his spiritual insights made him all the more popular with the Americans. He introduced Vedanta to the Americans through his teachings.

Swami Vivekananda's heart bled to see the human suffering. This led him to take up the cause of the needy and for the rest of his life he chose service to man as his mission on earth, which endeared him to both Indians and Americans alike.

Even in the course of his short life span of 39 years he left to the world his four classic works- Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga which are outstanding treatises on Hindu philosophy. He served as a spiritual guide to many seekers. He founded the Ramakrishna Math & Mission which is the most outstanding religious organization in modern India.

His life and teachings are priceless pearls. Let us pay a tribute to him on his Birth Anniversary by emulating his teachings.

# BE SAGACIOUS IN SEEKING



*L*ife is strange. There is no surety that things will happen the way we fancy. When we start on a mission, detailed planning might be done but it is not always that it turns out according to our aspiration. Sometimes the results are contradictory. As a result our confidence dwindles. Our attitude towards life, changes. Focus is lost on what is right and wrong. This is when anti-socialism creeps into the society.

It is important to bear in mind that success in life depends on what we deserve. Patience and forbearance will definitely yield positive results. It is foremost to have confidence and faith in ourselves. We would be surprised to see the most polite people turn aggressive at times. Failure in achievements, followed by despair might be the hidden reasons behind their behavior. Our behavior might portray our character but not always. Overwhelmed by circumstances we might depict a contradictory behavior against our nature baffling people around us. Hence, it is essential to keep vigil on ourselves and not get prejudiced by circumstances.

If we have confidence in our abilities, success is bound to follow one day or the other. So let us not lose our confidence at any cost. What seemed to

be an impossible task can surprisingly turn out to be the easiest if we are perseverant. To achieve success in our mission it is necessary to work with determination and preparedness to face the consequences in whatever way they might appear. India did not get its freedom overnight. A lot of planning and struggle went into it. Our national heroes and leaders have forsaken even their lives in achieving it. Struggle leads to success. Endurance to our failures will turn the tables and bring success.

Spiritual seekers have to be more sagacious. It is endurance combined with assurance and certainty that what we are seeking for is sure to happen that brings success to the seeker. If we feel that our attempts of seeking the Self are not fruitful don't despair. It means we are undergoing the purification process. Every sincere hope and dream will be fulfilled as long as it is noble. It is true that one of the greatest stresses in life is the stress of waiting.

It is the seeker's responsibility to be perseverant. So let us continue to be sagacious in our seeking. If we are diligent in our seeking we are always supported by the unseen hand.

- *Subhadra K.*



## Empty wall

Empty wall has its own philosophy to convey... its own language to communicate... its own feelings to express... its own senses to perceive... its own tears to shed... its own book to read... its own song to sing... its own heart to throb... its own mind to speak... its own soul to simply being...

When I look at an empty wall I feel as if I am looking at my own self. I feel as if it is trying to convey something that is more profound than truth itself. I feel there is something more to it than simply being. I feel as if something bigger than life is happening. I feel as if the canvas is drawing its own lines and filling the colorless colors in it.

When I had an opportunity to interact with an empty wall, the first thing that I noticed was a kind of silence it was hiding within. It made me immediately go into a meditative state. What a character to think about. It is not a dead wall as it appears to be but the most pulsating character I have ever come across in my life. I can sense a kind of vastness when I look at an empty wall.

I do not know whether it is that painting that enhances the beauty of the wall or it is that wall that brings life into the painting, but one thing is for sure that the wall plays its role silently. Wall speaks but one has to have the ears to hear. Wall sings but one should go beyond ears to listen. Wall tries to make sure that no one misses it, but unfortunately even though most of the time we live inside the four walls, we hardly notice its presence.

I felt that the wall is not just made up of few bricks, sand, cement and mortar but it is also a pure expression of working hands and innocuous minds behind and beyond. No doubt everything has its own role to play and adds value to it. No doubt that whatever it might be, just hangings or paintings, murals or art, it holds on its chest allowing it to express it to the fullest.

If at all I am looking to be something other than my own existence, I would prefer to be a wall within and without. I would love to be that special one, that which makes no sense for others but makes more sense for itself. I would like to be in the lap of the wall again and again so that I can also cultivate those special values within.

A painting pleases, soothes and attracts but more than that the wall invites, invigorates, ignites and inspires. That's what one should cultivate when one gets an opportunity to interact with a wall. If you haven't yet tried then try it for yourself and you shall know everything by yourself.

Anyway, next time when you look at any wall, take a pause, look at it and interact, and I am sure you would never go back with an empty hand.



- Swami Nachiketananda Puri



## Nachiketa

इच्छा-शक्ति

...a spiritual calling

Is Streeshakti a mere title? Come, let's break the stereotype! Welcoming woman power that moulds, nurtures and transforms the world. Nachiketa Tapovan Ashram is a sanctuary where our most beloved Adhyatmik Praneta, Paramahansa Swami Shivananda Puri, is here to guide and initiate women

- ◆ who are passionate towards serving the needy
- ◆ who are deeply rooted in moral and spiritual values
- ◆ who look forward for Spiritual awakening

### We are looking for...

- ◆ **Sevakas:** Women who are willing to work at the Ashram receiving basic salary
- ◆ **Sevavratīs:** Women who prefer to offer voluntary services with or without honorarium for a duration of their choice
- ◆ **Sadhakas:** Seekers of Truth who are willing to receive Sadhana or various initiations like Yog Shakti Deeksha, Mantra Deeksha, Kriyayog and Chaturashram Deekshas like Brahmacharya, Grihastha, Vanaprastha and Sanyasa Deeksha etc to explore the inner world and express inner beauty by way of Karmayoga or service to humanity

### Note:

- The power of discretion and autonomy in selecting candidates and decision making lies with the Ashram Management
- Food and Accommodation with basic amenities will be provided at the Ashram
- Our gentle appeal is not to consider Ashram as an orphanage or old age home

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*Any great service starts  
with right intention rather  
than mere calculations.  
More than money one  
needs to have a heart  
which not only pulsates  
for near and dear but for  
the needy in every sense.*

*- Paramahansa Swami Shivananda Puri*



# Birth of Swami Vivekananda

Of Swami Vivekananda's birth, Sri Ramakrishna was quoted as saying:

“One day I found that my mind was soaring high in *Samadhi* along a luminous path. It soon transcended the stellar universe and entered the subtler region of ideas. As it ascended higher and higher I found on both sides of the way ideal forms of Gods and Goddesses.

The mind then reached the outer limits of that region, where a luminous barrier separated the sphere of relative existence from that of the Absolute. Crossing that barrier, the mind entered the transcendental realm where no corporeal being was visible. Even the Gods dared not peep into that sublime realm, but had to be content to keep their seats far below. The next moment I found seven venerable sages seated there in *Samadhi*. It occurred to me that these sages must have surpassed not only men, but even the Gods, in knowledge and holiness, in renunciation and love.

Lost in admiration, I was reflecting on their greatness, when I saw a portion of that undifferentiated luminous region condense into the form of a divine child. The child came to one of the sages, tenderly clasped his neck with his lovely little arms, and, addressing him in a sweet voice, attempted to drag his mind down from the state of *Samadhi*. The magic touch roused the sage from his super-conscious state, and he fixed his unmoving, half open gaze upon that wonderful child. His beaming countenance showed that the child must have been the treasure of his heart. In great joy the strange child

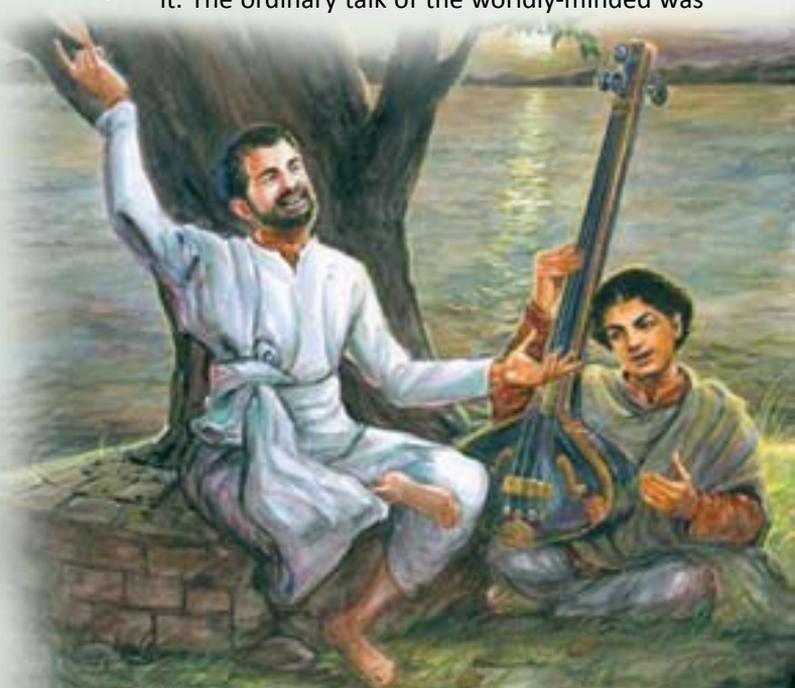
said to him, “I am going down. You too must go with me.” The sage remained mute, but his tender look expressed his assent. As he kept gazing on the child, he was again immersed in *Samadhi*. I was surprised to find that a fragment of the sage's body and mind was descending on earth in the form of an effulgent light. No sooner had I seen Naren than I recognized him to be that sage.”

When asked, Ramakrishna said that the divine child was himself.

Ramakrishna's Yearning for Naren:

Recalling the time period before Naren and the other disciples came to meet him, Sri Ramakrishna recalled his desire to have disciples he could teach:

“There was no limit to the yearning I had then. In the day-time I managed somehow to control it. The ordinary talk of the worldly-minded was



*'I am going down. You too must go with me.'* The sage remained mute, but his tender look expressed his assent. As he kept gazing on the child, he was again immersed in Samadhi. I was surprised to find that a fragment of the sage's body and mind was descending on earth in the form of an effulgent light. No sooner had I seen Naren than I recognized him to be that sage.

galling to me, and I would look wistfully to the day when my beloved, all-renouncing spiritual companions [his future apostles] would come. I hoped to find solace by telling them about my realizations, and so unburdening my mind. Every little incident would make me think of them. I used to arrange in my mind what I should say to one, give to another, and so on. But when the day came to a close, I could not curb my feelings. Another day had gone by and they had not come! When during the evening service the temple precincts rang with the sound of bells and conchs, I would climb to the roof of the building in the garden, and writhing in anguish of heart, cry at the top of my voice, 'Come, my boys! Oh, where are you all? I cannot bear to live without you!'

A mother never longed for her child so intensely, nor a friend for his companions, nor a lover for his sweetheart, as I did for them! Oh, it was indescribable! Shortly after this yearning the youngsters began to come."

Naren's First Visit at Dakshineswar:

"Narendra entered this room by the western door. He seemed careless about his body and dress, and unlike other people, not mindful of the external world. His eyes bespoke an introspective mind, as if some part of it were always concentrated on something within. I was surprised to find such a spiritual soul coming from the material atmosphere of Calcutta. A mat was spread on the floor. He sat on it just

near the place where you now see the big jar containing Ganga water. The friends with whom he had come appeared to be ordinary young men with the usual tendencies towards enjoyment. On inquiry, I came to know that he had learnt three or four Bengali songs only. I asked him to sing them. He began singing the Brahma song which begins:

O my mind  
go to your own abode  
In the foreign land  
of this world  
Why roam uselessly  
like a stranger

He sang the song with his whole heart and put such pathos into it that I could not control myself, but fell into an ecstatic mood.

Then he took leave. But after that I felt such a constant agonizing desire to see him! At times the pain would be so excruciating that I felt as if my heart were being squeezed like a wet towel! Then I could no longer check myself. I ran to the northern quarter of the garden, a rather unfrequented place, and there cried at the top of my voice, 'O my darling, come to me! I cannot live without seeing you!' After some time, I felt better. This state of things continued for six months. There were other boys who also came here; I felt greatly drawn to some of them, but nothing like the way I was attracted to Narendra."

Source: Vivekananda.net

# PATH OF A PILGRIM

*I*n all my years of travelling to Europe ever so often, one thing became very clear; that there is everything here materially but something is missing. That something is 'a live spiritual process', something that binds and engages and enhances a society, as a whole.

But on this trip, it became so much more stark and apparent. I have travelled to four countries in the past 6 days, constantly on the move, constantly meeting people. For 18 hours a day I am amongst people and have hardly seen 10 people who have a genuinely happy smile, not upon hearing a joke or seeing something funny... but simply joyful and happy from within.

It is one of the most beautiful places on earth, in terms of the natural beauty and how well it has been maintained. But people hardly notice it. Everything is mechanical. Everything is focused outwardly.

I have smiled innumerable times, looking at the wild flowers swaying in the breeze, or just looking at the magnificent forests in the heart of a city or the flight of a maple leaf...the joy of seeing the divine in every aspect of creation. And then I look around, and see only solemn and empty faces. They have everything and yet they have nothing.

This is such a stark contrast from what I see in India and so many South Asian countries. Such abject poverty and yet we see smiling / joyful faces. And the common thread that binds us, that acts as our anchor and guide, is a vibrant and live spiritual process.

Blessed are all, who have been born in this beautiful land, Bharath. And ever more blessed are those who have a spiritual process in their lives.

May this be the reason for us to never take this blessing for granted, may our hearts overflow with gratitude for our gurus and may we be ever more committed to follow this path- the path of a pilgrim, to make our life and very breath a pilgrimage.

- *Gautam Vir*



# Word Power

How many times have we said something to a person that we regretted the moment it left our mouth? Just think about it. All of us have had a moment like that. Sometimes I just think why God gave humans, the most irresponsible creatures in the cosmos, the power of speech. God gave humans a mouth to do two things, one that needs to be done for our survival (eating), and the other that needs to be controlled for ours and others' happiness (speech).

I read a quote that goes something like this, "Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character; it becomes your destiny." So control your thoughts and words, because they go on to shape your destiny. Words have power. They have the power to make you feel happy, sad, angry, determined, motivated, and even inspired. Hitler and Gandhiji were men who moved great masses with just words. They motivated people to follow them. They inspired people to fight for their country. The only difference was the outcome. Gandhiji got us our independence and Hitler started the Second World War!

A few hurtful and demotivating words can have a very adverse effect on people. Words once spoken cannot be taken back, especially if they are harsh. The damage once done is done. When you are angry, you tend to say all the things that you think about a person or anything truthfully, be it good or bad. Usually, it tends to be bad, considering that you are angry. And once you say these things, people understand what you really have locked up inside your head and what kind of a person you are.

In a perfect world, I would say that we shouldn't even have any bad thoughts or feelings about anything or anyone, but we don't live in a perfect

world. The only thing that we can do in such a case is to control our tongue. Everything that comes out of our body is dirty and stinky. All that our body excretes has to come out and cannot be kept in, otherwise it will contaminate our body and we will die. There is only one thing that comes out of our body that we can control and that is the words we speak. I say it once again, we should not say things just because we have a mouth.

From that, we can also learn another thing. Just because you can, don't go around making promises and tall claims that you can do this or that. There is only so much you can do in a given period of time and at a given place. Don't hurt people by bringing their hopes up and then trampling them, and certainly don't tell people you can do something and then end up not being able to do it, because that would only be an insult to you.

Words are like a nuclear reactor. They are full of power. In the end, it depends on you whether you use them as an energy source or a bomb.

Words have power,

With them you can make people cower,

Or them you can empower.

P.S. This New Year let us all take a resolution (and stick to it) to say the right things at the right time in the right place, and more importantly, not to say the unnecessary things.

***Happy speaking and  
Happy New Year to everyone!***

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





Always say  
**I have  
NO FEAR.**



*If the suns come down, and the moons crumble into dust, and systems after systems are hurled into annihilation, what is that to you? Stand as a rock; you are indestructible. You are the Self, the God of the universe. Say — “I am Existence Absolute, Bliss Absolute, Knowledge Absolute, I am He,” and like a lion breaking its cage, break your chain and be free forever. What frightens you, what holds you down? Only ignorance and delusion; nothing else can bind you. You are the Pure One, the Ever-blessed.*

- Swami Vivekananda

## Nachiketa देवा वाहिनी

...infusing values

Do you wish to bring a change around you?

Help yourself! Help the people around you!

Nachiketa Seva Vahini is a wing of Nachiketa Tapovan to spread the moral, spiritual and cultural values through samskaravargas and service activities.

### Nachiketa Tapovan invites eager minds

- who wish to make a difference in the world around them
- who are passionate to serve the society irrespective of age
- who think this change is vital in creating a positive impact at a larger level

### Our Programmes:

**Bala Vahini** : Sowing a right seed in young minds

**Yuva Vahini** : Channelizing the youth energy for nation building

**Matru Vahini** : Translating feminine energy to transform the society

**Vanaprastha Vahini** : Serving the humanity with rich experiences

We are in the process of forming committees from village to national level.

You can be a member of Nachiketa Seva Vahini



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## TRIGUNAS



We are all reigned by the three *gunas*- *Tamas*, *Rajas* and *Sattva* as classified by our ancient *rishis*.

The first *guna*, *Tamas* indicates darkness which means inertia and ignorance.

*Rajoguna* indicates passion.

*Sattvaguna* indicates purity, light and bliss.

*Tamoguna* represents black, *Rajoguna* red and *Sattvaguna* white colours.

*Tamasic* people are trapped in body consciousness. They don't even attempt to get out of this trap. They spend their lives in inertia and prove to be dangerous to the society.

*Rajasic* people might surpass their body consciousness but are subjugated by their minds. They have a materialistic mentality and seek sense gratification. It is the *rajasic* mind that shows duality. It separates and divides. Passions and desires go wild for *rajasic* people.

*Sattvic* people attempt to transcend both body and mind and are seekers of truth. They differentiate between the *sat* and *asat*, what is real and what is unreal. They involve themselves in *satsanga*, *japa*, contemplation & meditation. They do *sadhana* and establish themselves in *sattva*.

From the moment we are born till our death, we are dominated by one of these qualities. At times we are *tamasic*, at times *rajasic* and at times *sattvic*.

The outcome of *tamoguna* is ignorance, *rajoguna's* outcome is *dukha* or sorrow and happiness and peace emerge from *sattvaguna*.

It is foremost to understand the nature of the three *gunas* and it is imperative to transcend from *tamas* to *rajas*, from *rajas* to *sattva* and finally rise above the *Trigunas*.

*Tamasoma Jyotirgamaya!*

# CHARITY

*I*t was a calm Sunday evening. After a day of absolute relaxation and joy, I was cooking dinner when my phone rang. It was an unknown number, even to the knowledgeable 'Truecaller'. It seemed to be a mobile number, so I picked up. I believed that telemarketing sort of calls emanated only from landline phones and numbers which appear different from normal ones. But, I was proved wrong.

The caller identified himself as someone from a charity foundation. I understood that it is for soliciting donations. Surprisingly, I was patient. He went on to explain to me how a child who is currently admitted in All India Institute of Medical Sciences (AIIMS), Delhi needed my help. (He also explained me in detail what AIIMS is!). He urged me to make a donation to their foundation so that they could help the child. I was skeptical and told him that I could not make any donation. He started lecturing me on the need for empathy. When he was at the verge of starting a sermon, I cut the call. He called again but I did not pick the call.

A daily experience for many! Some of us receive calls from banks offering personal loans, some from companies proposing attractive health insurance policies, and some from the mobile phone companies themselves. With a spurt in competition and revolution in technology, it is imperative upon the organizations to adopt all possible means to reach their prospective customers. However, this call disturbed me.

Could I have helped? Is it possible that the child would be saved because of my meager contribution? What if only the little amount I could afford is the required amount for

the treatment to begin? On the other side, I reasoned that there is a probability that the call was a fake one. It is possible that there is no such child. There are two sides of every coin, and I could not certainly make up what was right. But, I was somehow satisfied with my decision.

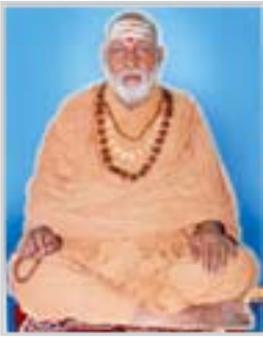
Charity is largely a voluntary act (I use 'largely', for the Companies Act, 2013 mandates that companies with certain turnover / net profit have to indulge in designated activities). Some of us deem it to be our social responsibility and we go ahead with sharing what God has kindly bestowed upon us. Such people are grateful for what they have been blessed with. In the words of Mr. Harsh Mander, "I tell my students at IIM Ahmedabad (where he teaches a course), 'You and I are here not because we are the best. But because we are privileged. If a billion people had the same privilege, at least I wouldn't be here.'" Some give away wealth for religious reasons. However, very few take the pain to make sure that their donation is being put to right use. Many a time, engaging with the donee is a liberating experience. We should try our best to give for the right reasons and in the right hands. For this, we need to put aside some time. Definitely, it will be worth the effort to do so.

Let charity emanate from empathy. Let us engage and get inspired. Let us be rooted in humility and virtue.

**- Neetika Gogula**

An advocate and has passion for writing on social issues.



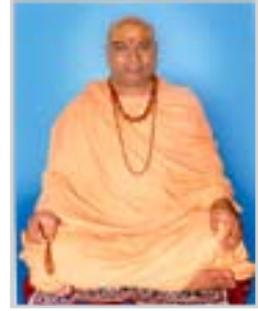


**Swami Tyag Murtiji**  
Founder of Sadhana Sadan

## *Sadhana Sadan...* a place for true hermits



**Yagashala - Sadhana Sadan**



**H.H. Acharya Mahamandaleshwar**  
Swami Vishvatmananda Puriji Maharaj

They say one will be tested in *Shastras* at Varanasi but after visiting Haridwar, I felt that for *Sanyasis* this is the place where one gets tested at every step.

Swami Vishvatmanandaji Maharaj of Sri Dashanam Sanyasa Ashram, a renowned *Sanyasi*, an acknowledged intellectual, and an authority on Vedanta, a humanitarian, a great companion, a philanthropist and above all one who is an ardent Vedantist and has established himself into self-enquiry firmly is well known to the traditional world.

It is inspiring and enlightening to have his *Satsanga* in Sadhana Sadan. The atmosphere is charged with *Poojas* and charities. What inspired me to a great extent was that a soul of such great caliber had set simple guidelines wherein one can choose his/her own name, a Guru and even for that matter a *Mantra* as well. I always have had my conviction that *Sanyasa* can neither be given nor taken. It is an inner calling, an urge to get united with higher things, an expression of a bleeding heart and a crying soul. When one feels oneness with everything, it is true *Sanyasa*. I felt the same kind of energy when I entered into Sadhana Sadan.

Freedom is considered as the highest dimension of life at Sadhana Sadan. Many have taken *San-yasa Diksha* from Sadhana Sadan where Swami Vishvatmananda played the role of a Guru and at other times that of an *Acharya*. Therefore my heart goes to him for setting such a wonderful tradition and bringing many people into his spiritual fold. He will remain in my heart forever.

In Sadhana Sadan, *Sanyasa Diksha* is given as per your choice. This is the right place for those who are eager to hug spiritual life but are sometimes unable to do so due to numerous barriers of time or caste or creed or religion. Moreover the Ashram is accepted by the traditional world as well.

I request sincere *Sadhakas* to visit Sadhana Sadan and get a feeling of the Ashram. Please arrange a personal meeting with Swami Vishvatmananda to know in depth whether you are ready for another dimension of life or not. He is one of the best mentors whom I ever met in my 50 years long journey into spirituality. I salute this soul from the bottom of my heart and feel always indebted to him for rendering such a wonderful service without having an expectation that the *Sanyasis* should serve his Ashram. My heart goes to such souls and organizations for considering that each one is potentially divine and is qualified to take *Sanyasa*. Therefore the step that is taken by Sadhana Sadan under Swami Vishvatmananda's expert and spiritual guidance deserves more accolades and recognition than the institutes who are confined in their own boundaries.

**Traditional Sanyasa Diksha is given every year on the day of Maha Shivaratri.**

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**[www.sadhanasadan.org](http://www.sadhanasadan.org)**

*- Swami Nachiketananda Puri*





Located in the city of Tiruchirappalli, on a small island between branches of the rivers Kaveri and Coleroon, stands the massive temple of Srirangam. The most revered of the 108 pilgrimage shrines of Vishnu, and the largest temple complex in all of India, it is surrounded by seven concentric walls (the outermost wall having a perimeter of over 3 kilometers) and 21 towers called *gopurams*. Srirangam enshrines a statue of Vishnu reclining on a great serpent. A legend tells that this idol, known as Sri Ranganatha, was being transported across India to Sri Lanka by the sage Vibhisana. Resting from his efforts for a while, he set the statue upon the ground, yet when ready to continue his journey,

he found the statue had magically bound itself to the earth. A hundred hands could not budge the idol, so a small temple was built over it. The temple complex, which has since grown around the statue, has been rebuilt and enlarged many times over thousands of years and its original date of founding is unknown to archaeology. Most of the temple complex standing today, including a grand hall of 1000 beautifully sculptured pillars, was constructed between the 14th and 17th centuries.

Vishnu, the second deity of the trinity of Hindu Gods, is responsible for the sustenance, protection and maintenance of the created





universe. A gentle, loving God representing the heart, he is the focus of intense devotional worship by a large percentage of the Indian population. To ward off the extraordinary perils that threaten creation, Vishnu frequently incarnates himself. He has appeared as Rama, Krishna, the Buddha and other incarnations. The Naanmugan Gopuram, shown in the photograph, is thirteen stories tall and completely covered with intricately carved, brightly painted statues of the many incarnations of Vishnu. More than being just an extraordinary expression of art, these sculptures function as three-dimensional story-books of Hindu mythology. Similar in purpose to the stained glass windows of Europe's medieval cathedrals, these beautiful sculptures were intended to visually communicate religious myths to a largely illiterate population. For 2000

years the temples of Srirangam have been a center of Bhakti Yoga, which may be defined as the practice of devotional love of God as a spiritual path leading to enlightenment. Because of the generous financial support of the temple by numerous dynasties of ancient India, Srirangam has always been a haven for persons wishing to dedicate their lives to the practice of meditation and devotion. Many of India's most loved saints and sages have spent time at Srirangam including the 11th century sage Ramanuja who lived and was buried in the temple grounds.

Srirangam is also listed as one of the *Nava Graha Sthalas*, or temples representing the nine planets.

Source: Sacred Sites





# Jake & The Magic Seeds

Once upon a time, there was a boy called Jake who was the king of a city. One day he was bankrupt and no money in his wallet. Suddenly he remembered that he had a 100 ft. land with lots of trees.

Zoooooom!

The angels came.

The good angel said, "Don't cut the trees, do hard work and earn money".

The bad angel said "Cut the trees or else you will be poor".

Jake was very lazy to do hard work so he listened to the bad angel. And he started to cut the trees. After he cut the trees it was no more a city. It was a desert. People were suffering and the animals were dying. Everybody was telling Jake to do something. Jake did not know what to do. The good angel was angry with the bad angel, so she did such a magic that the bad angel would be counting sheep.

Slowly the bad angel went into deep sleep. She then tip-toed out of the brain and came on Jake's shoulder and said, "Whatever you did was very wrong."

"What should I do angel?" cried Jake.

"I will tell you something but you have to do it for the city," said the angel.

"What is it?" shouted Jake

"There is something called magic seeds which will make everybody better and the city green" said the angel.

"Where is it?" cried Jake.

"It is in a dense forest near the blue lake. There is a herb bush. In that herb bush there is a capsule inside, and in that capsule there are seeds known as magic seeds. But be very careful because there are deadly animals and birds there," said the good angel.

"I will do anything for my city and my people" said Jake.

"That's the spirit Jake", said the good angel.

After he reached the forest he saw a shining butterfly stuck in a spider web. So he rescued the butterfly and then he heard a sweet voice. He was shocked. It was the butterfly.

"Thank you, young man! You saved my life. Here are some magic seeds for your city to get alright."

He thanked the butterfly and came to his city. He immediately planted the seeds in the land. It grew very fast and very healthy. Slowly everyone got better and was very happy again. Since that time, Jake understood that cutting trees is bad for the environment.

- Arya Sriram, Age 7





## *Sankranti*

Our speech reflects our thoughts. Similarly our festivals serve as a yard stick to portray the culture and traditions of a particular region and religion. A keen observation of our festivals unravels many hidden facts about the traditions, lifestyle and also the spiritual and religious aspects of people living in a particular region.

Our *Shastras* have given a share not only to humans but also animals and nature in our festivals. The three day Sankranti festival stands as a valid proof. The transition of the Sun from one zodiac to another is called Sankranthi and as the Sun enters Capricorn zodiac called *Makara* in Sanskrit, it is *Makara Sankranthi*. If we contemplate on the festive procedures we can understand the role that nature plays in our festivities.

Bhogi is the first of the three day Sankranti festival. A bonfire is lit with dried branches, old broken wooden furniture and all discarded materials clearing the environment of waste. It is an indication of seeking a new change or transformation.

The second day Sankranti marks the entry of the auspicious *Uttarayana* period. It is a harvest festival and farmers bring home their yields. Bunches of new grains are hung in open spaces and it is a feast for the birds which arrive in great numbers to have their share. The sounds of the birds as they feed on the new grains, enhances the festive spirit. The Rangolis in the front yard, freshly applied turmeric and vermilion on the thresholds of houses, children running around, the delight of girls and boys dressed in new clothes and the fresh aroma of sweet preparations arising from the kitchen engulf everyone in a festive mood and unite men and animals in a single festive spirit.

The third day *Kanuma* is celebrated as a Thanksgiving to cattle. It is a festival which is very intimate to the hearts of the farmers because it is a day for showcasing their cattle. Cows are decorated and worshipped as *Gomathas*. Cows are a symbolic indication of sign of prosperity. All these depict that nature and animals are given equal importance in all our festivals.

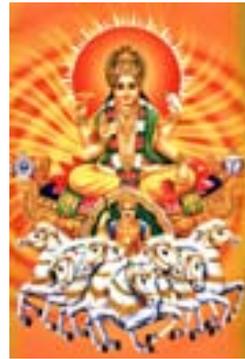
*Happy Makara Sankranti!*

# Makara Sankranti

## Festivities



*Rangolis beautify the courtyard*



*Sankranti is celebrated as Lohri in Punjab.  
Women sing & dance around a bonfire*



*Hari lo ranga hari!*



*Pongal festivities in Tamilnadu*



*Basavanna*



*Colorful Kites*



*Lohri festivities*

# TEACHER AND THE TAUGHT

Luther Burbank of California gives an interesting piece of information to us all, teachers in particular, in his 'Training of a human plant'. He was sitting before a cactus grown in a pot in his house. It had very sharp and strong thorns. Looking at them he used to ask the plant, "where is the need of the thorns for you? Don't be afraid of anything; nothing can harm you here; I am here to help you and save you always. I protect you under any circumstances. These thorns are not at all necessary for you. It is better you shed them out". The cactus paid heed to Burbank's words. It shed its thorns as naturally as a tree sheds its leaves. If cactus could be transformed, can't a mischievous boy or a rebel be transformed by a teacher? Had not Ratnavali transformed Tulasidas?

One day Goswami Tulasidas, in blinding darkness, steered his way and reached the house of Ratnavali, with the help of a dead body in a furious flood. On seeing Tulasidas, she was dumbfounded and wondered how he could reach home under such horrible conditions. Shortly after resilience, Ratnavali served delicious food with exquisite pleasure and winning smiles.

Ratnavali embraced her husband and said that she was fortunate as he was safe and had always Lord Rama's blessings. She continued, "Bhagavan always is behind *Bhakta*; you are a great *Bhakta* and often I enjoyed when you were singing melodiously. You are Valmiki of this age. O Bhagavan, how wondrous are Thy powers. Who can plumb the depth of your knowledge? It is better to die with glory than to live in ignominy". Immediately Tulasidas got up and imploring solemn wishes on Ratnavali left the place.

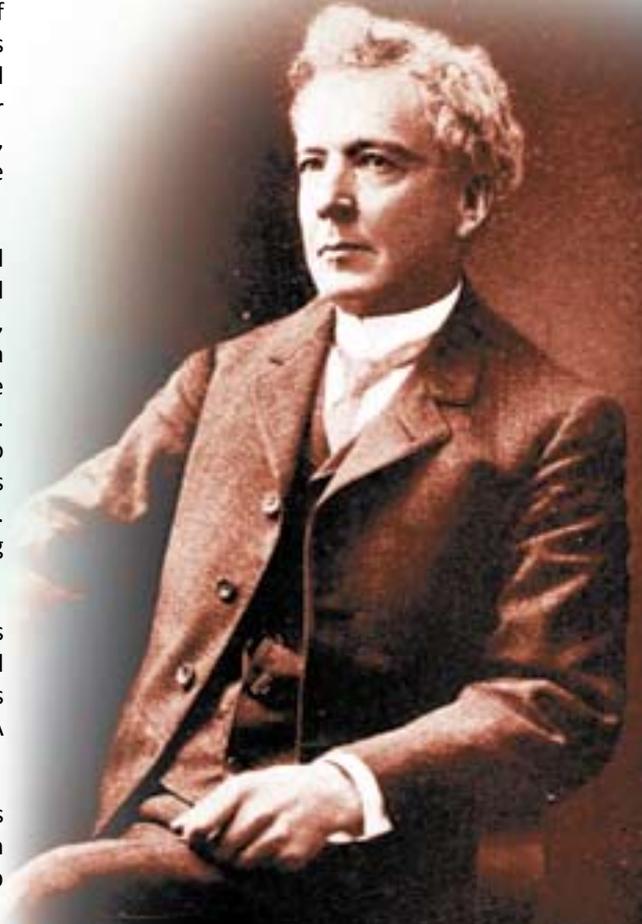
What a solemn gift was bestowed on Tulasidas by his wife, Ratnavali! Tulasidas piously turned towards Lord Rama and was immersed in his works - RAMACHARITAMANAS, VINAYA PATRIKA and so on.

William Thomson, famous as Lord Kelvin, was accredited as the grand old man of the Victorian science. As a teacher he was never dull, his job

was not just lecturing but moulding his students by making discoveries while lecturing. He was sharing the new ideas that sprouted in him with the students. If any student crossed him in the middle of a lecture, he would be patiently hearing him to correct him or thank him for the improvement he suggested. Once in a class he exhorted his students: "My religion is to seek truth in life and life in truth".

Joseph John Thomson, endearingly called by his students 'Sir J.J.' was another eminent teacher. If the measure of a student's excellence is receipt

## Luther Burbank



of the Nobel Prize, how could we measure the excellence of Sir J.J, a Nobel Laureate, whose students Lord Rutherford, R.A.Millikan, C.T.R.Wilson, Neils Bhor, George Paget Thomson (Sir J.J's son) and many others became Nobel Prize winners? The legacy he left behind him can never be surpassed. He was an inspiring teacher. Now-a-days, the teachers have become professional and the institutes commercial. Bernard Shaw pathetically declared that he had education continuously from childhood except for a brief interruption in a school at Dublin. Sharply reacting to the methods of teaching, he deplored that "He who can do, he does; who cannot, teaches". Bertrand Russel bewailed that our system of education has deteriorated to such an extent that our young curious boys and girls are taught how stones fall but not how our children rise. Where are the Ashram Schools and Acharyas except here and there?

A.P.J Abdul Kalam was inimical to leisure. He was a human dynamo. He could arouse enthusiasm in anyone who came into contact with him and especially school kids. He had no spurious, self-desires in his scientific adventures. The search for divine truth, the progress of science, and the utility of the science for the good of man and in particular India were guiding principles in his work. We are unfortunate that we all miss him. "Salam Kalam"!

Destiny is no matter of chance; it is a matter of choice; it is not a thing to be waited for; it is a thing to be achieved. Let us always keep in mind, "Who made the spider parallels design, Sure as De Moivre, without rule or line?"

- K.V. Ramakrishna Sastry



An Appeal for Corpus Fund

For ₹ 1 Lakh

Your donation will last a lifetime, Turn around their future!

VIDYA MANDIR, HYDERABAD

a free Home School for underprivileged children &

VIDYA MANDIR, KODGAL

a free Home School for Tribal and local children

- Nachiketa Tapovan aims at imparting a value-based education
- Education is received by 262 children from Vidya Mandir Hyderabad from levels 1 - 10 and 150 tribal and local children from levels 1 - 3 at Vidya Mandir, Kodgal
- We also have Yoga, Arts & Crafts, Vocational Training, Music, Dance, Samskrit and Computer classes as a part of the curriculum

We appeal to Sponsors to help us educate them by joining our

**Sponsor-a-Child Corpus Fund**

structure which is a great opportunity to 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.

- ✍ Interest accruing from your donation is only used without touching the principal itself. This way your DONATION remains forever
- ✍ At present, we only have 78 corpus sponsorships. Help us reach all of our 262 children in Hyderabad & 150 children in Kodgal
- ✍ Donors receive annual report card
- ✍ We express our thanks to Corpus Donors by permanently inscribing their names on the recognition board at Nachiketa Tapovan

All Donations are exempted from I.T. Under 80-G & accorded permission under FCRA

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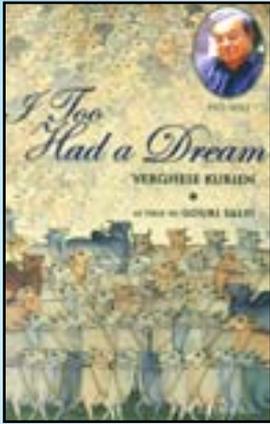
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## Book Review: *'I too had a Dream'*

The book is an autobiography of Dr Verghese Kurien (1921-2012), an Indian social entrepreneur credited to be the 'Father of the Milk Revolution in India' and fondly known as the 'Milkman of India'.

The book starts with a passage from The Ulysses and I must quote two lines that aptly describe the essence of what is in store for the reader:

*"Some work of noble note, may yet be done.  
...Come, my friends,  
'Tis not too late to seek a newer world."*

Fate threw Dr Verghese Kurien in Anand, a sleepy town in Gujarat, where he was compelled to carry on the work he was assigned by the Government in return for the benefit that he had taken from a scholarship programme of the Government of India which sponsored him for a course in dairy engineering at the Michigan State University. He was a novice in the field of dairy industry but step by step his life got consumed supporting the cause of the farmers as a protégé of Tribhuvandas Patel, a young and committed freedom fighter and the elected Vice President of the Kaira (now Kheda) District Congress Committee, who in turn had the support of Sardar Vallabhai Patel.

With sheer dedication and hard work the farmers of Anand, supported and lead by Dr Kurien, the architect of what came to be known as the 'Anand Pattern' gradually turned India from a milk importer to the largest milk producing country in the world by turning every crisis into an opportunity. The farmers were given the responsibility of producing, processing and marketing their products. What the nation got in return was 'Amul', 'Operation Flood', 'The National Dairy Development Board', 'IRMA'.

Dr Kurien, a firm man who stood strongly against all odds from all quarters of the government machinery, did not share a very strong rapport with the members of the bureaucracy. At one point of time he questions,

**"how do we educate the bureaucracy to be truly public servants – servants of the people – rather than the bosses most of them continue to be?"** His thoughts clearly reflect his displeasure with bureaucratic way of functioning which he ensured never plagued the organizations he helped form or headed.

Dr Kurien was thoroughly convinced of the fact that if India utilized the power of its people, there was nothing that could stop the country. He was a strong believer of the potential of the farmers of this country and reiterated this time and again that if these rural people are mobilized effectively they had the ability to achieve anything and lead India to its rightful place in the world.

Contrary to what was advised to him, change, Dr Kurien believed, must take time. He was a strong proponent of the belief that basic social and economic change needs to be brought about gradually and the more carefully and thoughtfully it is effected, the more permanent it will be.

We, as a nation, are failing to create opportunities for self-sufficiency. There is a dire need for creative leaders who understand and effectuate true development, which is the development of all men and women. We cannot expect to develop only a few points and corners in the country and hope that the

entire nation will be taken care of. We cannot only develop industries and conveniently ignore the majority of our population that resides in rural areas and is dependent on agriculture. The direction in which we are moving may prove to be ominous in the long run. In this context, Dr Kurien writes:

“There is nothing wrong in building flyovers in Delhi. What is not fair is when we do not also build an approach road to villages across the nation. There is nothing wrong in having fountains with coloured lights in the capital. After all, Delhi should be beautiful. But it is unjustified when we have not provided drinking water to all our villages. There is nothing wrong in having a modern, private hospital in Bombay, or the All India Institute of Medical Sciences in Delhi, or other large medical institutions in our big cities. But it is not justified when we have not arranged to have two drops of a medicine put into the eyes of a farmer’s new born baby, and that baby goes blind. While this would have cost us nothing, we have preferred to spend crores of rupees in building five-star hospitals in cities. Why does this happen? Because policy making is in our hands – in the hands of the elite – and naturally, even unconsciously perhaps, when we make policies we make policies that suit us; we usurp the resources of this land somewhat shamelessly to benefit ourselves. The most charitable interpretation of it is that we do it unconsciously.”

Although an atheist, Dr Verghese Kurien, was a believer. He believed that when people are given responsibilities, an element of accountability creeps in. They become self-reliant which gives them a voice of their own. It is, in fact, more important to empower people than to generate resources for them. Cooperatives are the answer to this. We ought to put faith in our own people and the immense potential that lies buried within each one of us.

The book is full of interesting anecdotes in Dr Kurien’s journey in making the farmers self-sustained. But for those expecting to know the



*Dr Verghese Kurien*

life of Late Dr Kurien more personally, those intending to be aware of his follies, the book wouldn’t serve the purpose for it fails to bring up the many drawbacks that the great man would have had. This is the only point where the book, if I am permitted to say, fails.

The responsibility of the India of our dreams now lies on our shoulders. Should we not give life to our dreams? May we take India to its rightful place before we sleep for that one last time. Every little step counts.

*- Yashasvi Singh*  
Advocate, New Delhi



## Nature, Natural & beyond

If Nature is phenomenon  
then being natural is phenomenal...

Dear Nature Lovers!  
Nachiketa Tapovan,  
a spiritually oriented  
service organization  
has 40 acres of  
spiritual complex  
with greenery all  
over... We do not  
meddle with nature...  
Dear One! For us  
"Nature is not only  
magical, or natural  
but it is also musical  
& phenomenal..."  
Dear One! If not for  
your support, give  
your ears to it and  
who knows, how and  
when, melody would  
begin in life...!



Amla

 Nachiketa paryavaran

Contact for further assistance

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SMS to Swamiji: 9908234545

nachiketananda@gmail.com admin@nachiketatapovan.org

Website: www.nachiketatapovan.org

# Nachiketa Tapovan Kodgal



Satsanga was held at  
Laxmi Amma's house  
on Nov 14, 2015.  
Devotees from  
different walks of life  
were present to  
receive the grace.

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 Nachiketa adhyatmam

## Nachiketa Seva Vahini

### infusing values

Nachiketa Seva Vahini is a wing of Nachiketa Tapovan to spread moral, spiritual and cultural values through Samskar Varga, workshops & service activities. Come let us join in our drive... Your presence means a lot.



Walk the path of spirituality on your own,  
and you shall see footprints of yours very soon...

This one day retreat on Self Exploration was a feast to more than 120 hungry souls from BDL. Mataji's Divine thoughts, asking seekers to use 'free will' rather than relying on external forces was something very enlightening, life infusing and above all thought provoking to one and all.

BDL- Bharat Dynamics Limited, Bhanoor

Date: 8th Nov 2015

Time: 09:00 hrs to 16:30 hrs



Muralidhar, Convener : 0 897 897 02 02

## Workshop for Judges and Lawyers at Tajmahal, PRERANA HALL, Narayanguda



Muralidhar, Convener of Nachiketa Seva Vahini with Swamiji & Mataji



Date : Nov 15, 2015

Once again, Mataji enthralled the gathering with her wisdom. Discovering Divinity within workshop started at 09:30hrs and ended at 16:00hrs. No doubt, what went on there was beyond imagination but what went on in was mind blowing and Mataji was instrumental in making them realise how important it is to take charge of mind before it takes charge of one's own life...



Nachiketa adhyatmam

## Satsanga at Khammam

Date : Nov 21, 2015



Mataji interacting with school children



Satsanga at Khammam



People from different walks of life have attended Satsanga. It was more or less an interactive session with practical tips throwing more light on the roles and responsibilities of human beings than mere intellectual contribution.

Nachiketa adhyatmam

## Workshop for Elite group of Khammam at Rotary Artificial limbs Club, Khammam



Once again, Mataji enthralled the gathering with her wisdom. Discovering Divinity within workshop started at 09:30hrs and ended at 15:30hrs. If Muralidhar and his team were instrumental in bringing the elite group to Mataji's doorstep, it is Mataji who opened the doors of wisdom while charging the entire atmosphere with her lovely presence and presentation.



Date : Nov 22, 2015

## Nachiketa Seva Vahini Infusing values

Nachiketa Seva Vahini is a wing of Nachiketa Tapovan to spread moral, spiritual and cultural values through Samskar Varga, Workshops & service activities. Come let us join in our drive... Your presence means a lot.

Muralidhar, Convener : 0 897 897 02 02  
Venkatram Reddy, Convener : 0 9440 23 72 73

Thanks to Donors



We are extremely thankful to **CCL Products (India) Ltd.** for their immediate response to our request and donating ₹ 11,90,000/- towards Kitchen Equipment and Building construction at Nachiketa Tapovan, Kodgal

We are thankful to

**Mrs. Jyothi**

for her kind donation of  
₹ 5,00,000/-  
towards Building construction  
at Nachiketa Tapovan, Kodgal

We are thankful to

**M/s A.R. Foundation, Chennai**

for their kind donation of  
₹ 3,00,000/-  
towards Classroom furniture  
at Nachiketa Tapovan, Kodgal

## Only Because of YOU...

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)	₹ 5800/day
Alpa Aharam (Snacks)	₹ 1200/day
Vastra Daanam (Uniforms)	₹ 900/2 pairs
Stationery Supplies (Copier Paper)	₹ 5000/term
Medicines (For needy people)	₹ 5000/month
Festival at Ma Yogashakti Peetham	₹ 20000

### 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

'Nachiketa Tapovan' A/c No 18090100004093, Bank of Baroda, Jubilee Hills, Hyderabad.

IFSC Code : BARBOJUBILE

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

### \*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.

### 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

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nachiketananda@gmail.com; admin@nachiketatapovan.org

Website: www.nachiketatapovan.org



JNANIS ARE MINDLESS.  
TO JNANIS, ALL ARE THE  
SAME. THEY HAVE NO  
SLUMBER, NO DREAMS,  
NOR SLEEP. THEY ARE  
ALWAYS IN SLEEP. THE  
SUN AND THE MOON  
ARE THE SAME TO THEM.  
TO THEM, IT IS ALWAYS  
SUNRISE. THE GLASS OF  
A CHIMNEY LAMP, WHEN  
COVERED WITH CARBON,  
IS NOT TRANSPARENT.  
SIMILARLY, THE CARBON  
OF THE MIND SHOULD BE  
REMOVED.

- *Bhagawan Nityananda*

Source: Chidakash Gita

# इहलङ्कारो ऽद्वयः - इन्द्रो ऽद्वयः madhyamavyAyogaH



## A Play in Sanskrit now

We have learnt quite a few constructs in Sanskrit. It is time to look at some simple Sanskrit texts.

We will take up मध्यमव्यायोगः, a play by Bhasa.

भासनाटकचक्रम् is a famous collection of plays by Bhasa. The original play is quite elaborate with a number of Slokas and long dialogues. I have come across this version in a text book recently. Let us look at this simple version.

प्रथमं दृश्यम् (First scene)

(ततः प्रविशति सुतत्रय-कलत्र-सहितः केशवदासः, पृष्ठतः घटोत्कचश्च) (There enters Kesavadas with wife and three sons; and also Ghatotkacha from behind).

घटोत्कचः - भो वृद्ध! इहैव तिष्ठ! पदम् अपि अग्रे न गन्तव्यम्! Old man! Stay here! Even a foot should not be gone ahead!

वृद्धः - भोः पुरुष! किमर्थम् अस्मान् अग्रे गमनात् निवारयसि? Oh man! Why are you stopping us from going ahead?

घटोत्कचः - मम माता उपवास-निसर्गार्थम् एकं मानुषम् आनेतुं माम् आदिशत्। अतः अहं भवत्सु एकं नेष्यामि। My mother, for closing her Upavasa, asked me to bring a man. Therefore, I will take one of you.

वृद्धः - (पत्नीम् उद्दिश्य) प्रिये! नास्ति मोक्षः राक्षसात्। अहम् एव अनेन सह गच्छामि। मया सांसारिक-भोगाः भुक्ताः। अतः निजशरीर-दानेन कुलं रक्षितुम् इच्छामि। (Addressing his

wife) Dear! No escape from Rakshasa. All worldly pleasures are experienced by me. Therefore, I want to save our family by giving up my body.

घटोत्कचः - अपसरतु भवान्। मम माता वृद्धं नेच्छति। Get away. My mother doesn't like an old man.

पत्नी - (आर्यपुत्रम् उद्दिश्य) आर्य! तर्हि मम शरीरेण रक्षितव्यं कुलम्! (To her husband) Oh Noble man! Then our family should be protected by my body.

घटोत्कचः - नहि, नहि, स्त्रीजनः न अभिमतः तत्र-भवत्याः। No, no. Woman is not expected by my respectable mother.

प्रथमः पुत्रः - ज्येष्ठोऽहं कुलस्य रक्षणार्थं प्राणान् दातुम् इच्छामि। Being the eldest, I want to give my life for protecting the family.

तृतीयः पुत्रः - ज्येष्ठः भवान् कुलं पालयतु। अहं प्राणान् ददामि। You the eldest take care of the family. I will give my life.

द्वितीयः पुत्रः - त्वं कनिष्ठोऽसि। तव प्राणत्यागः न उचितः। You are the youngest. Your giving up life is not appropriate.

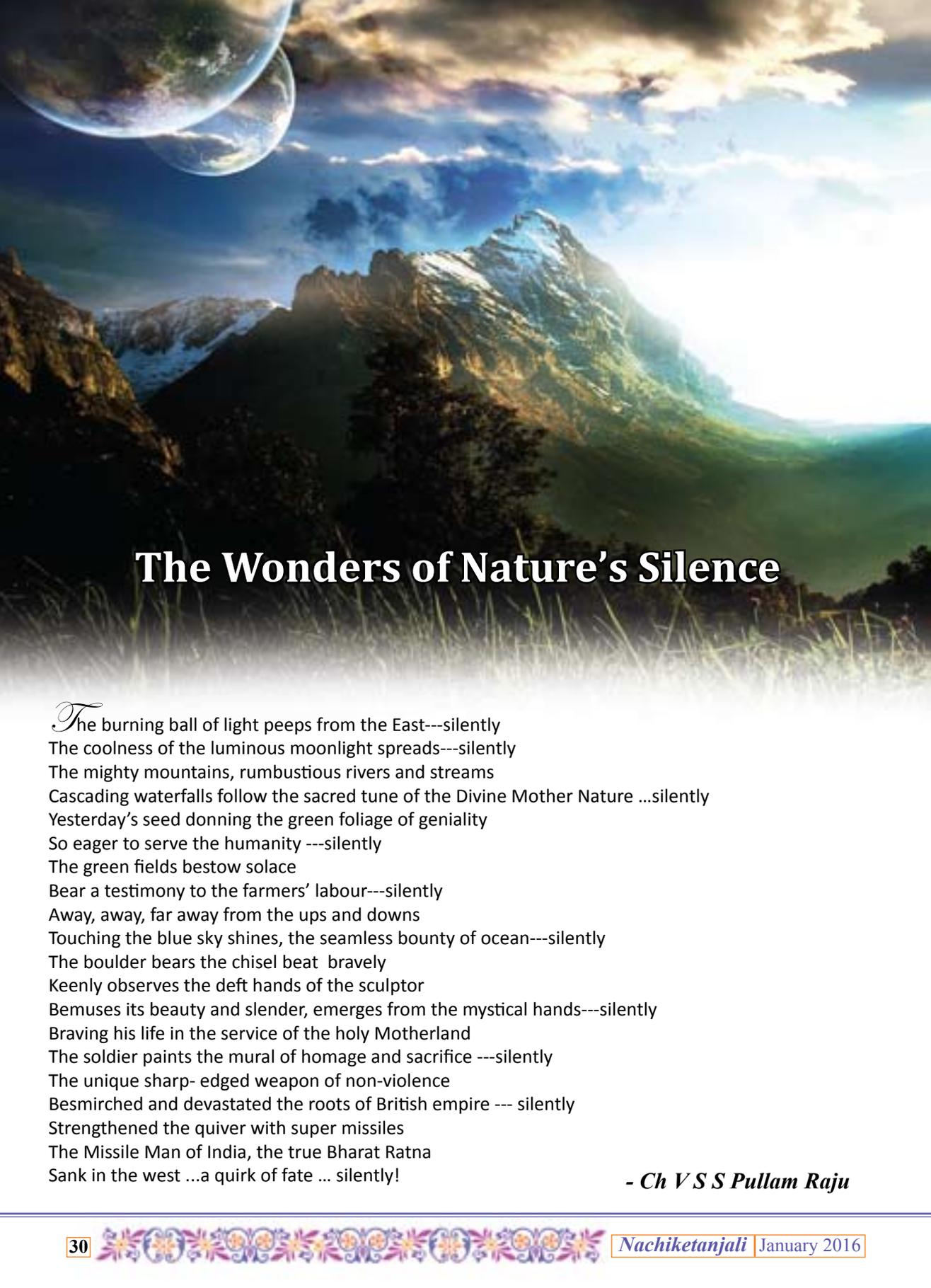
(घटोत्कचं प्रति) भोः पुरुष! अहं त्वया सह चलामि। (Addressing Ghatotkacha) Oh man! I will come with you.

घटोत्कचः - प्रीतोऽस्मि। आगच्छ, चलाव। Obligated. Come, we will move.

(To be continued in the next issue)

- Krupalu Ogeti

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



## The Wonders of Nature's Silence

*The* burning ball of light peeps from the East---silently  
The coolness of the luminous moonlight spreads---silently  
The mighty mountains, rumbustious rivers and streams  
Cascading waterfalls follow the sacred tune of the Divine Mother Nature ...silently  
Yesterday's seed donning the green foliage of geniality  
So eager to serve the humanity ---silently  
The green fields bestow solace  
Bear a testimony to the farmers' labour---silently  
Away, away, far away from the ups and downs  
Touching the blue sky shines, the seamless bounty of ocean---silently  
The boulder bears the chisel beat bravely  
Keenly observes the deft hands of the sculptor  
Bemuses its beauty and slender, emerges from the mystical hands---silently  
Braving his life in the service of the holy Motherland  
The soldier paints the mural of homage and sacrifice ---silently  
The unique sharp- edged weapon of non-violence  
Besmirched and devastated the roots of British empire --- silently  
Strengthened the quiver with super missiles  
The Missile Man of India, the true Bharat Ratna  
Sank in the west ...a quirk of fate ... silently!

- *Ch V S S Pullam Raju*

## An Appeal

Basic education is a distant dream for hundreds of underprivileged in and around the villages of Jadcherla Mandal. Education is the fundamental right of every child. Nachiketa Tapovan Vidya Mandir strives to make basic education an achievable goal for these children.

Help us Build! Help us secure a safer place!

### ONGOING PROJECTS: Classrooms



The rapidly rising costs of building materials have placed a great strain on our ability to complete the projects. With your helping hands we aim to change the course of many.

### Our Requirement, Our Request

Particulars	Specification	Amount	We need
Single Classroom accommodating 25 children	Outer Dimension 30'.0" x 30'.0" Construction area: 980 sq.ft	₹ 8 Lakhs per classroom.	8 classrooms

### About How You Can Help:

- ◆ by contributing to our Building Fund
- ◆ by donating building materials (steel, cement, bricks, sand, electrical fittings, tiles, flooring, paint, window glass, etc.)
- ◆ by donating classroom requirements like desks, mats, blackboards, e-learning kit, stationery etc.
- ◆ help us raise Corpus Fund for projects to become self-sustainable.

All Donations are exempted from I.T. Under 80-G & accorded permission under FCRA

**Bank details:** State Bank of Hyderabad, Ac No. 52012846158, Jubilee Hills Branch, Hyderabad. IFSC code SBHY0020458, Branch code 20458 (Note: IFSC code contains the number "zero" not letter "O")

### For further details please contact:

Nachiketa Tapovan, Kodgal: 8008882828,  
Nachiketa Tapovan, Hyderabad: 9849168937  
SMS to Swamiji: 9908234545  
nachiketanda@gmail.com; admin@nachiketatapovan.org  
Website: www.nachiketatapovan.org



## Test Tube Babies

In the year 1978-80, modern medical knowledge had claimed that it had achieved a miracle in the history of human race. Female ovum and male semen had been fertilized in a test tube and was transferred into uterus. Thus, the first test tube baby was born.

Is this for the first time in the history of mankind such miracles have happened? No, ages ago, many such instances had occurred on Indian soil.

Let us first refer to Rig Veda; Sage Agastaya's birth is not from the mother's womb. He had been fertilized in a pot. (Refer Rig Veda 7.33.13)

In Mahabharata, there are a few instances of childbirth similar to today's test tube babies.

Let us look into the episode of Drona, the guru of Pandavas and kauravas. He was said to have been born only from the semen of male, without the female ovum in a vessel called "Droni" under the technical guidance and supervision of sage Bharadwaj. Hence he had become famous by the name Dronacharya.

King Drupada had performed a *yagna* to bring forth Draupadi and her brother Drushtadyumna. The methodology referred therein, resembles the cloning concepts of today.

Sage Gautama had created twins Kripa and Kripi by using certain vessels rather instruments. Hence they became famous by those names resembling the shape of the vessels.

We are all aware of the famous episode of the birth of Kauravas. When kaurava Queen Gandhari had undergone self-abortion, sage Vyasa collected the fetus and preserved it in one hundred pots and thus could produce 100 Kaurava Brothers and one sister Dussala.

All these frequent references are not figs of imagination, but were the instances of the then prevailing knowledge about the birth of babies, that are not from the mother's womb.

Source: 108 facts



# Mantra pushpam

This great *mantra* is taken from Taithreeya Aranyakam (1.22) of Yajur Veda. It is one of the most famous of all *veda mantras* and remains quite popular till date. It is normally sung in a chorus by all the priests together after performing any *Pooja* (worship) or *Yajna*.

The basic message contained in this *mantra* is that water is the basis of this universe. However, one can experience much deeper spiritual meaning. Serious readers would surely ponder deeply at the hint in the mentioning of a “raft” in the paragraph “*Samvastaro Va Apamayatanam ...*” of this *mantra*.

***Yopam pushpam veda  
Pushpavan prajavan pashuman bhavati  
Chandramava Apam pushpam  
Pushpavan, Prajavan pashuman bhavati  
Ya Evam Veda  
Yopa mayatanam Veda  
Ayatanavan bhavati.***

He who understands the Flowers of water,  
He becomes the possessor of Flowers,  
progeny and cattle.  
Moon is the flower of the water,  
He who knows it to be so,  
He becomes the possessor of flowers,  
progeny and cattle.  
He who knows the source of water,  
Becomes established in his Self.

***Agnirva Apamayatanam  
Ayatanavan Bhavati  
Yo agnerayatanam Veda  
Ayatanavan bhavati  
Apovagner ayatanam***

***Ayatanavan bhavati  
Ya Evam Veda  
Yopa mayatanam Veda  
Ayatanavan bhavati.***

Fire is the source of water,  
He who knows the source of Fire,  
Becomes established in his Self,  
Water is the source of fire,  
He who knows it to be so,  
Becomes established in his Self.  
He who knows the source of water,  
Becomes established in his Self.

***Vayurva Apamaya tanam  
Ayatanavan bhavati.  
Yova Yorayatanam Veda  
Ayatanavan bhavati |  
Apovai va yorayatanam  
Ayatanavan bhavati.  
Ya Evam veda  
Yopamayatanam Veda  
Ayatanavan Bhavati.***

Air is the source of water,  
He who knows the source of Air,  
Becomes established in his Self,  
Water is the source of air,  
He who knows this,  
Becomes established in his Self.  
He who knows the source of water,  
Becomes established in his Self.

***Asowvai tapanna pamayatanam  
Ayatanavan bhavati  
Yo musya tapata Ayatanam Veda  
Ayatanavan bhavati  
Apova Amusyatapata Ayatanam***

**Ayatanavan bhavati**  
**Ya Evam Veda**  
**Yopa mayatanam Veda**  
**Ayatanavan bhavati**

Scorching sun is the source of water,  
He who knows the source of the Scorching Sun,  
Becomes established in his Self,  
Water is the source of scorching sun,  
He who knows this,  
Becomes established in his Self.  
He who knows the source of water,  
Becomes established in his Self.

**Chandrama Va apamayatanam**  
**Ayatanavan bhavati.**  
**Yaschandra masa Ayatanam Veda**  
**Ayatanavan bhavati**  
**Apovai Chandra masa Ayatanam**  
**Ayatanavan bhavati**  
**Ya Evam Veda**  
**Yo pamayatanam veda**  
**Ayatanavan bhavati.**

Moon is the source of water,  
He who knows the source of Moon,  
Becomes established in his Self,  
Water is the source of moon,  
He who knows this,  
Becomes established in his Self.  
He who knows the source of water,  
Becomes established in his Self.

**Nakshtrani va Apamayatanam**  
**Ayatanavan bhavati**  
**Yo Nakshtrana mayatanam Veda**  
**Ayatanavan bhavati**  
**Apovai Nakshtrana mayatanam**  
**Ayatanavan bhavati**  
**Ya evam Veda**  
**Yopamaya tanam Veda**  
**Ayatanavan bhavati.**

Stars are the source of water,  
He who knows the source of the Stars,  
Becomes established in his Self,  
Water is the source of stars,  
He who knows this,  
Becomes established in his Self.  
He who knows the source of water,  
Becomes established in himself.

**Parjanyaova apamayatanam**  
**Ayatanavan bhavati**  
**Yah parjanyaasya ayatanam Veda**  
**Ayatanavan bhavati**  
**Apovai parjanya Syayatanam**  
**Ayatanavan bhavati**  
**Ya Evam veda**  
**Yopa maya tanam Veda**  
**Ayatanavan bhavati.**

Clouds are the source of water,  
He who knows the source of the Clouds,  
Becomes established in his Self,  
Water is the source of clouds,  
He who knows this,  
Becomes established in his Self.  
He who knows the source of water,  
Becomes established in his Self.

(**Note:** The following paragraph has got a hidden meaning – this is to say that there is a raft available to cross over all the forces of Nature and to see the God beyond all of them – God himself is the raft – we have to seek His help to see Him. We need to understand that He, indeed is the raft. This paragraph also makes the serious reader wonder on what is the real meaning of the word “water” used throughout this *mantra*.)

**Samvatsaro va Apamayatanam**  
**Ayatanavan bhavathi**  
**Yassamvatsarasya ayatanam veda**  
**Ayatanavan bhavathi**  
**Apovai samvatsarasya ayatanam**  
**Ayatanavan bhavathi**  
**Ya evam veda**  
**Yopsunavam pratisthitam veda**  
**pratyevatistathi**

Rainy season is the source of water,  
He who knows the source of Rainy Season,  
Becomes established in his Self,  
Water is the source of rainy season,  
He who knows this,  
Becomes established in his Self.  
He who knows that there is a raft is available,  
Becomes established in that raft.

- *Swami Shraddhananda*

# Events

## Nachiketa Tapovan Hyderabad

### Gymboree (Children's Mela)

On 21<sup>st</sup> November 2015, students from Nachiketa Tapovan performed craft activities at Gymboree (Children's Mela). We thank Gymboree for giving this opportunity to our children.



### Children's Day Celebration

14th November 2015, was a fun-filled day for the students. The teachers made the day special, as they had a lot of fun-filled activities designed for them. Children had participated in various activities, such as frog race, running race, kho kho, carom board etc. The winning students were rewarded generously.



### Visit by Blue Cross Team

On 13th November 2015, a team from Blue Cross visited Nachiketa Tapovan and gave Power Point Presentation on awareness of pet animals and dog bites.





## Annadanam



Date: Nov 18, 2015  
Occasion: Marriage of  
Anurag & Nirnika  
Sponsored by:  
Smt. Roopa

Date: Nov 21, 2015  
In the fond memory  
of Kamala Kumari  
Sponsored by:  
Smt. Sharada



Date: Nov 24, 2015  
Birthday: Chinmayi  
Sponsored by:  
Vaishnavi & Madukar

Celebrate birthdays, anniversaries, festivals,  
and any special occasions with children of  
Ashram just by contributing ₹3000

Nachiketa seva

## Annadanam

Occasion : Birthday  
Birthday : P. Amarnath Reddy  
Sponsored by : Mrs. Swetha Reddy



Thank You Dear Ones!



Date: Dec 1, 2015

Nachiketa seva

Celebrate birthdays, anniversaries, festivals, or  
special occasions with children of Ashram by  
contributing ₹3000

Contact for further assistance  
Ashram: 8008882828 Tapovan: 9849168937  
SMS to Swamiji: 9908234545  
nachiketananda@gmail.com admin@nachiketatapovan.org  
Website: www.nachiketatapovan.org

## Lakshadeeparadhana



Venue : Kannyaka Parmeshwari Temple Jadcherla



Date: Dec 4, 2015

Dear Atman! It was a very special day with  
special gathering... If Lakshadeeparadhana  
event by local devotees was a wonderful  
sight to the eyes, Mataji's talk was a soothing  
touch to the souls gathered around. Mataji  
requested all devotees to light the inner lamp  
to lighten & brighten up the society.

Nachiketa adhyatmam



## NACHIKETA'S GO GREEN CLUB...

We convey our thanks to all the participants of the WOW initiative. You helped us earn **Rs. 14,713/-** in the month of November and helped in keeping Mother Earth cleaner by recycling about **2101 kg** of plastic and paper waste material.



*One individual may die for an idea,  
but that idea will, after his death,  
incarnate itself in a thousand lives.*

**- Subhas Chandra Bose**



## Kamadhenu Goshala



One more family member arrived to strengthen Kamadhenu Goshala at Ashram on October 26, 2015.  
Mother: Kapila, Child: Gauri

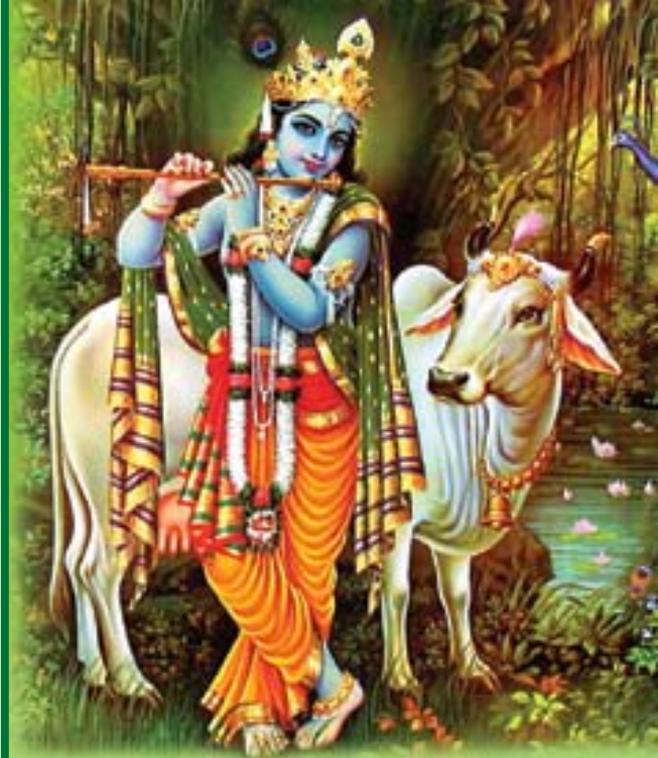


We at Ashram are family of 15.  
We need fodder, feed, medical assistance, and a person to take care of us. People feel, we are expensive since we need ₹150 per head per day, but we the extended family of ancient culture feel, we add value to society while maintaining ecological balance...

What would you feel?



Nachiketa paryavaran



*dhenunam asmi*

*kamadhuk*

*dhenunam - among cows,*

*asmi - I am,*

*kamadhuk - the wish*

*fulfilling cow*

**Among cows I am the wish  
fulfilling cow.**

Lord Krishna states in Srimad Bhagavad-Gita: chapter 10, verse 28

# Invitation



We cordially invite you to attend our celebrations



**SARADA MA JAYANTI** (Tithi)

&

**KALPATARU DAY**

1<sup>st</sup> January 2016  
at Nachiketa Tapovan,  
Kodgal Village, Jadcherla.



**SWAMI VIVEKANANDA JAYANTI**

31<sup>st</sup> January 2016 (Tithi)  
at Nachiketa Tapovan, Kodgal Village  
&  
8<sup>th</sup> January 2016  
at Nachiketa Tapovan, Kavuri Hills, Hyd.



**REPUBLIC DAY** 26<sup>th</sup> January 2016 at 9 am.

at Nachiketa Tapovan, Kodgal Village  
&  
at Nachiketa Tapovan, Kavuri Hills, Hyd.

## Festivals & Events of JANUARY 2016



Kalpataru Day  
English New Year



Bhogi  
Lohri



Makar Sankranti



Guru Gobind Singh Jayanti



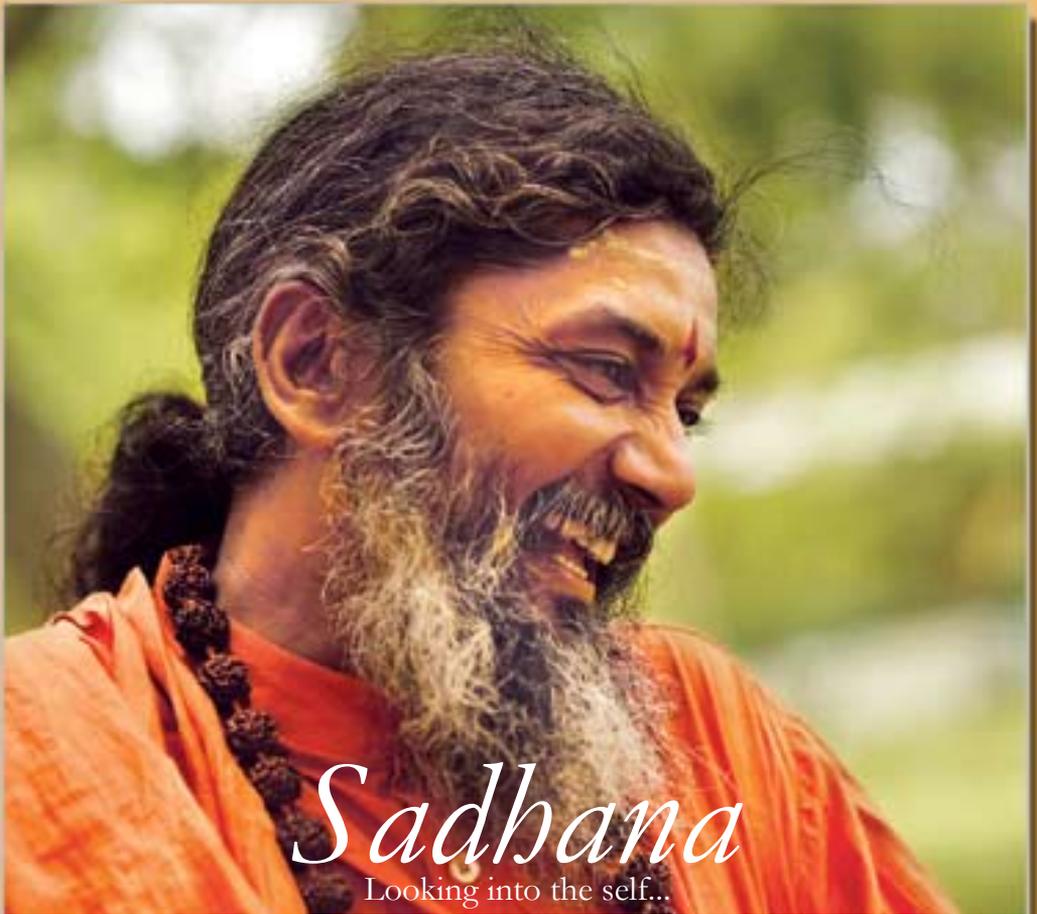
Subhas Chandra Bose Jayanti



Republic Day



Swami Vivekananda Jayanti



# *Sadhana*

Looking into the self...

Swami Nachiketananda Puri

## *“Sadhana”*

Along with memorable photographs, Sadhana mirrors the spiritual guidance of Swami Nachiketananda Puri in Question & Answer pattern.

Pages 36, Price: ₹ 100/-

The Books are available at

### **Nachiketa Tapovan**

# 70, Phase - I, Kavuri Hills,  
Madhapur, Hyderabad-500081  
Phone: 9849168937,  
Email: [n\\_tapovan@rediffmail.com](mailto:n_tapovan@rediffmail.com)  
Timing: 9am to 4pm.

### **Nachiketa Tapovan Ashram**

Nachiketa Adhyatmapuri,  
Kodgal Village,  
Jadcherla Mandal,  
Mahaboobnagar Dist.  
Ph : 8008882828

***Hotel Sri Brindavan***  
***Nampally Station Road, Hyderabad***

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