

Nachiketanjali

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Vidya Mandir children are excited with their new classrooms



Smt. Suneela Rani



Smt. Sarala Rani



Sri Bezawada Krishna Reddy



Smt. Neha

Inauguration of Classrooms

**Nachiketa Vidya Mandir
Kodgal**

21st January, 2018

Swamiji & Mataji with the Guests



Prasad is served to the children



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Nachiketa Vidya

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Cover Story

Srirama Navami



Sri Rama Navami is a Hindu festival dedicated to Lord Sri Rama that is celebrated across the country irrespective of caste and creed. It is generally celebrated as the birthday of Lord Sri Rama coinciding with the ninth day (*Navami thithi*) of *Chaitra Masa Sukla Paksha* as per Hindu Lunar calendar.

Lord Sri Rama is worshiped on this day along with his consort Goddess Sita Devi, Lakshmana and Lord Hanuman.

One should recite *slokas*, *sthothras* related to Lord Sri Rama, like *Rama Raksha Sthothra*. *Bhajans* are also conducted praising Lord Sri Rama. Sun God (*Surya*) is also worshiped on this day as He is the *Paramatma Amsa* of Sri Rama *Avathara* and Lord Sri Rama was born in *Surya Vamsa*. People visit Sri Rama temple in the evening and offer prayers.

At some places they also perform Sita Rama *Kalyanam* (marriage of Lord Sri Rama and Goddess Sita) assuming that it was on this day Lord Sri Rama married Goddess Sita Devi. One such place where Sita Rama *Kalyanam* is performed on a grand scale on this day is at Bhadrachalam on the banks of holy river Godavari. Elaborate arrangements are made on this occasion and lakhs of people participate in the celestial wedding.

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Our Inner World

Most of us wish to see God. We seek an isolated place where we can communicate with Him in private. However this might appear as a dream for us *Grihastas* (householders). We feel it is not easy to free ourselves from our household responsibilities. In that case, is it not possible for householders to seek God? This doubt naturally arises.

Why can't we create a secret place in our inner domain which has no access to others? We surely can. Just imagine how wonderful it would be...you and your God...secluded from the outside world. We can pour out to Him all our woes or all our joys and not a single person can hear. Isn't it thrilling?

Our inner world is the most secluded place. One can't find a safer place than this. No one can trespass. This is the best place for seekers on the spiritual path. Even forests or mountain caves are not as secure as our inner world. Though all of us are part of the Supreme we are just *Sadhakas* until we realize and experience oneness with the Supreme. Or else we will be forever carrying the thought of *Dvaita* or duality. We consider God as separate from us which is not the reality. The truth is we are one with God. However this can't be just declared verbally. One has to experience it. This can be achieved by sincere *Sadhana* or spiritual pursuit.

Initially we have to invoke God within us and for this we need to purify ourselves, not only physically but also in our thoughts and actions. God can reside only in a pure heart filled with devotion. Hatred and jealousy for fellow beings will drive Him away from our inner world. So it is left to

us whether we want to keep Him with us or not. And if we do, then it becomes possible to have an access to Him.

Once we realize He is within us and hold on to that awareness, a sea change occurs in our thought process. He breathes within us. He watches our every thought and every action. When we are aware of that, how can we do anything wrong? Once we are confident about His presence then we try to seek His counsel in times of need. We pray to Him at all times without any restrictions. We develop an affinity with God inside us.

The external world can be filled with turmoil, yet we enjoy the ultimate peace within, in the propinquity of God within us. Nothing can disturb us. We can brush aside all our external identities like name and fame and step into our inner world whenever we feel like. No restrictions whatsoever. We can enter the inner secluded spaces created by ourselves and experience God.

Here we still experience duality – 'we and our God'. However once we have experienced the divine we don't stop there. We crave for more. We want to see Him more often. This craving intensifies our *Sadhana*. Gradually we begin to realize that God is not separate from us. Once this awareness dawns on us we experience Oneness with God. From 'we and our God', we shift to 'I and God are one and the same'.

Once we reach this state, we might live in the external world but can always stay merged in the Supreme within us. We see the entire world within us and experience Oneness with God's creation too.

- *Subhadra K.*



How irrelevant are our past and future...

*H*ow is it going to help if we know what we were in the past life or what we are going to be in the future? If we know that we were animals in the past or going to be an animal in the future, what kind of life would we live in every moment? Or if we know that we were someone great in the past or going to be great in the future, except satiating our ego, what progress would one have in this life? Don't you think it will ruin our life?

If one wants any kind of progress then past or future life has no relevance whatsoever. The point is, one should know, how to make the best use of this very life and move on without brooding over anything. This very life is more precious, powerful and also fascinating than our past or future lives. One can push oneself into the most inspiring life only when one makes the best use of this very life. One can easily break or make the cycle of birth and death. I do not deny rebirth or past life. It has its own significance but it is a fixed asset in which we get interest and nothing else. If we look at the capital that is with the banker called Divine Mother, interest rate is minimum. So, investment

for future is also bare minimum unless we do invest ourselves in this very life itself. This can create a big asset that can then fetch a compounding interest if we wisely invest in this very life.

Dear One! Nothing can change your past or future unless present life is understood. Else, if we think too much about it, we would be sitting without moving an inch. No progress whatsoever. Yes, we do believe in past *Samskaras* and no one can deny the effect of it. But at the same time if one thinks of having a kind of impact then one should start dwelling in the present and present life alone. This very precious life is not meant to brood over the past or throw oneself in the doldrums of the future. It has a certain role to play and one should play it and without any sign of regret or fear one should even walk out from it.

Saints do not have bank balance, so they do not have any capital or interest. They are simply bankers without capital gain or loss. Whenever they want they can just withdraw themselves. Thus, they have a choice. And this is the simple



formula that our sages have been sharing with us. Be a person without investment. No matter, what situation one is placed in, one should know how to come out without any profit or loss. For such souls they do not have a loan or any investment of their own. They just manage like trustees. They follow the law that governs the entire universe. No assets whatsoever or no attachments of any kind. They just live and leave... They just happen to the world of mortality... They just go with the stream and nothing else, but that doesn't mean that they do not know how to swim against the stream. We have seen many great souls, who have not bothered about even the law that governs and have gone against the law. Even in that situation, the kind of clarity that they have demonstrated is beyond human comprehension. At times, it is difficult for the ordinary people to know what is going on in their mind. Yet all these acts don't bind them or create any interest or capital whatsoever. They are still free, free from all debts. Hence, they have a choice.

No one can deny the fact that the present holds everything in it. Whether it is past or future, foundation is laid in the present alone. Therefore, if one is looking for freedom, there is nothing that can be better than investing in the present. One can function only when one is free from everything... free from within and without... such people can work for anything and everything. For them, just being is more important. They know that it will take care of the rest of their life. They are truly real human beings with no agenda at all. Therefore, they have a choice. Now it is high time for you all to act upon your own life. Choice is yours! Better decide... Earlier the better! Wish you good luck! Let your life be without capital, investment, loan, or interest, loss or profit.

Just involve yourself in every divine act and leave the rest to Divine Mother. Be happy always and don't carry anything about anybody. Even if your enemy comes to you begging, you should serve and take utmost care of him. And believe me, you will have a choice. Choice to decide upon life... Choice to work upon life... Choice to apply life upon life!

- Swami Nachiketananda Puri



Bali vaishwa deva Yagnam

Before consuming our regular meal, it is necessary to pay gratitude for the giver of food. With money, we purchase grains harvested by the farmer with his hard work. But without God's intervention nothing grows. Before we fill our belly it is necessary to pay our gratitude to God and feed other small creatures. In this yagna, after paying gratitude to God, from the meal you get, three small parts need to be taken out- first one for our ancestors, second for our Guru & Rishis and the third for Devas and all creatures. After your meal is completed, these three parts are offered to birds.

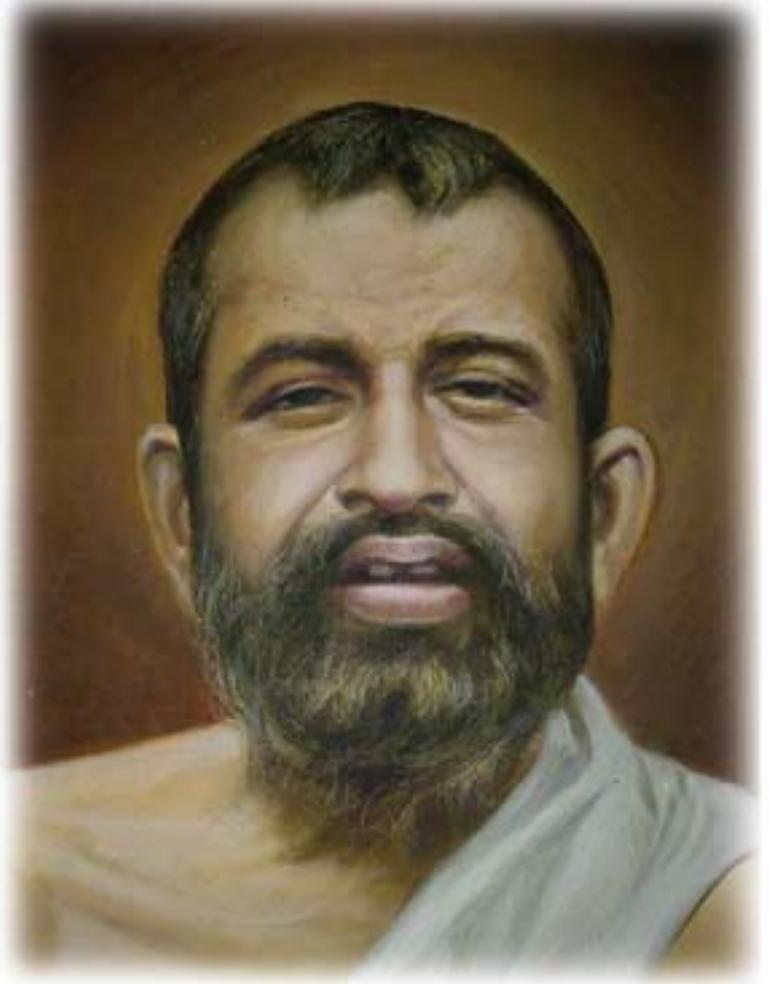
- Swami Shivananda Puri



HARMONY OF RELIGIONS

“I see people who talk about religion constantly quarrelling with one another. Hindus, Mussalmans, Brahmos, *Shaktas*, Vaishnavas, Saivas, all quarrel with one another. They haven’t the intelligence to understand that He who is called Krishna is also Shiva and the Primal Śakti, and that it is He, again, who is called Jesus and Allah. There is only one Rāma and He has a thousand names.’

“Truth is one; only It is called by different names. All people are seeking the same Truth; the variance is due to climate, temperament, and name. A lake has many *Ghats*. From one *Ghat* the Hindus take water in jars and call it ‘*jal*’. From another *Ghat* the Mussalmans take water in leather bags and call it ‘*pani*’. From a third the Christians take the same thing and call it ‘water’. (All laugh.) Suppose someone says that the thing is not ‘*jal*’ but ‘*pani*’, or that it is not ‘*pani*’ but ‘water’, or that it is not ‘water’ but ‘*jal*’. It would indeed be ridiculous. But this very thing is at the root of the friction among sects, their misunderstandings and quarrels. This is why people injure and kill one another, and shed blood, in the name of religion. But this is not good.



Everyone is going toward God. They will all realize Him if they have sincerity and longing of heart.

All scriptures - the Vedas, the Puranas, the Tantras - seek Him alone and no one else, only that one *Satchidananda*. That which is called *Satchidananda* Brahman in the Vedas is called *Satchidananda* Shiva in the Tantra. Again it is He alone who is called *Satchidananda* Krishna in the Puranas.”

- Gospel of Sri Ramakrishna

My MASTER



My Master taught me this lesson hundreds of times, yet I often forget it. Few understand the power of thought. If a man goes into a cave, shuts himself in, and thinks one really great thought and dies, that thought will penetrate the walls of that cave, vibrate through space, and at last permeate the whole human race. Such is the power of thought; be in no hurry therefore to give your thoughts to others. First have something to give. He alone teaches who has something to give, for teaching is not talking, teaching is not imparting doctrines, it is communicating. Spirituality can be communicated just as really as I can give you a flower. This is true in the most literal sense. This idea is very old in India and finds illustration in the West in the “theory, in the belief, of apostolic succession. Therefore first make character — that is the highest duty you can perform. Know Truth for yourself, and there will be many to whom you can teach it afterwards; they will all come. This was the attitude of my Master. He criticized no one. For years I lived with that man, but never did I hear those lips utter one word of condemnation for any sect. He had the same sympathy for all sects; he had found the harmony between them. A man may be intellectual, or devotional, or mystic, or active; the various religions represent one or the other of these types. Yet it is possible to combine all the four in one man, and this is what future humanity is going to do. That was his idea. He condemned no one, but saw the good in all.

The Complete Works of Swami Vivekananda
Volume 4

Inauguration of Classrooms



Smt. Sarala Rani encourages the children to study well



Sri Shivaprasad Reddy inaugurates a classroom

I had the fortune of witnessing an event on 21st of January 2018 in Nachiketa Tapovan Ashram, Kodgal. An event of the sorts I have only known and read about earlier. Got an opportunity to experience first-hand, how a seed sown with good intentions and groomed with love and care can grow into a fruit-bearing tree no matter how many cyclones test the weather. It was no less than overwhelming to see the number of people that have come together as if they were celebrating the most important occasion in their own family. I got to see how fragrance of love originating from one kind heart attracts so many more. It was just so beautiful to see so many hitherto unrelated people coming together, participating, enjoying the occasion and identifying with each other and the cause. Nobody was a stranger there, none above the other.

It was the 'Inauguration of six new classrooms' for Nachiketa Vidyamandir in the Kodgal campus. Five of the classrooms were kindly sponsored by

'Aurobindo Pharma foundation' while the sixth one was by Sri Ponaka Krishna Reddy garu and family. It was a great gesture of Sri Ponaka Krishna Reddy garu to donate for a classroom in the name of all of his sponsors who helped with his education and settling down in life. He invited Sri Bezawada Krishna Reddy garu (one of his Sponsors' family) to inaugurate the classroom on his behalf.

Swamiji and Mataji worked day and night along with the children in the older classes to put things together for the day. The results were evident everywhere. The rooms were completely ready with paint and electricity exuding their own character, ready for the future scholars. They were decorated beautifully and were radiant like new brides. The rooms were organized to the T, marked for each grade and purpose they were built for. The material and equipment appropriate for each grade were put up showing the amount of thought, hard work and sincerity that went into each concept.



Mataji delivers her message amidst applause

All the schoolchildren started pouring into the school by 8.30 a.m. well in advance to the guests. They were all dressed so beautifully in their best attires, each of them looking forward to being a part of the fun. It was heartening to see the kids who were to perform in the cultural activities going around showing off their costumes and posing for pictures. The teachers, Swamiji and Mataji were absorbed in monitoring the arrangements until the last minute. The seventh graders, the senior most in the school, stood by them in carrying out their instructions and taking responsibilities. They looked suddenly mature and dependable! Everything was in place by the time the guests arrived. A festive atmosphere was there all over. Parents of the students were also invited for the day.

Sri. P Krishna Reddy garu, Smt. Suneela Rani garu, Smt. Sarala Rani garu, Sri Sadananda Reddy garu, Smt. Vasundhara garu, Smt. Neha garu and Sri Bezawada Krishna Reddy garu were there to grace the occasion. Also were present many volunteers and longtime associates of Nachiketa Tapovan. The program started with prayers, as is the tradition. Each classroom was inaugurated by each of the guests amidst vedic chanting by Mataji, and by cutting the ribbon and breaking a holy coconut. The guests went into each room understanding and admiring the processes adopted in teaching at the school. The students stood outside cheering with joy as each room was declared operable.

Once the rooms were inaugurated, everybody moved into the 'Sri Ramakrishna Hall' to continue with the cultural program and a good word from the esteemed guests. Older students presented some melodious *bhajans*. There was then a well put together skit highlighting the issue of 'child-marriages'. A forthright message was put across with a warning and plea that getting girls married before the legal age is harmful and a crime. It was well received with a huge applause of approval from the audience. Hope the parents appreciate the seriousness of the menace. This was followed by a colourful, lively performance of the local '*Lambada*' dance by the kids in their traditional attire. It turned even more spirited when one mother, dressed in her traditional gear, decided to join the kids on stage. Two 7th grade



Swamiji & Mataji with Sri Ponaka Krishna Reddy's family

girls compered the whole event very confidently. Poise, self-confidence and faith in the organization were illustrated by the students on the occasion.

The proceedings were then handed over to be presided by Sri. Ajith. He spoke about the background of the institution, the toil that went into the development that took place in the past eight to nine years; he then introduced the guests and requested them to give their message to the students and the audience. Sri. P.K Reddy garu shared his wisdom talking about how women who are determined can bring about positive changes and take on any task. He encouraged all to continue their support and keep the flame burning. Mrs. Sarala Rani spoke to the children and implored them to work hard and bring laurels to the organization. The program ended with an inspiring talk and vote of thanks from Mataji.

Everybody present was requested to head towards the dining hall for lunch. It was simply awe-inspiring to see the huge gathering, which included people from different strata of the society, sitting in the same room, savouring the same food in similar plates. Simple, sumptuous food was served by the senior students, teachers and volunteers. Given the large number, it was wonderful to see the order with which lunch happened starting and ending by offering prayers and gratitude to the almighty and sponsors.

Sri Sadananda Reddy garu of Aurobindo Pharma who witnessed the event, expressed his happiness about their donation being well utilized and admired the grit and hard work of the founders. It was an inspiring and gratifying Sunday, a day very well spent.

- Madhavi Satya

Dhammakka's mission to find Rama

“O Dhammakka, all the saints and the sages are worshipping my embodied *Moorthy* on Badragiri. Wake up, trace me and attain salvation!” said Rama in his magnificent voice. At once Dhammakka woke up, astounded at what she saw and heard and she immediately got up from her bed, confused and yet awestruck! She stared at her dimmed lamp wondering if it is true, had she seen her beloved Rama? Immediately the light from the lamp gleamed and was shining even brighter, she knew it was a message! She walked past her window and realized that it was past 3'o clock in the morning, with winter chills and breezy wind. She knew she is all set for a mission to find her Rama!



riverbed of Godavari. The gentle Godavari showed the old woman towards the Bhadragiri hill by splashing her waves against the hill. Dhammakka went up the hill to find the birds and squirrels very excited and all the monkeys peeping into an anthill screeching and jumping out of joy. Curious, she made a snap and all the frightened monkeys climbed up the

trees. She went in and peeped into the anthill only to find the most beautiful idols of Sita, Rama and Lakshmana. Her happiness knew no bounds; she pushed away those creepers and broke the twigs covering the anthill. She ran down to the stream to collect water with her pitcher. She poured a gallon of water. Her devotion tardily dissolved the anthill and melted the hearts of all the divine beings in the heaven. And there it was, the blissful sight of Sita sitting on the lap of Rama and Lakshmana standing beside them.

Her journey to the dense forest began. Old and weak with shivering hands and legs, Dhammakka walked past through the streams, thick bushes calling out “Ramaa! Sri Ramaa!” All the animals went hither and thither, but no trace of him. Exhausted from her long journey, she sat under the shade from the scorching heat, and spoke to herself, “My dear Rama where are you hiding, why are you troubling this old lady? Please have some mercy on me, show me the way”.

Like a lost calf in the midst of the herd, she cried, calling out for her mother, she searched every corner of the forest, she tore open the weeds and the branches, brushed away the stones hoping to find him. Days passed by and nights swept in while she slept in the forest all alone but her search would not stop. Worried people from her tribe came searching for her, they insisted her to return but how could she? Can she leave her Rama alone in the forest?

Weeks passed by but the search would not stop, people who came to her aid left, as it seemed an impossible task. Finally, she came close to the

She immediately constructed a *Mandapam* from a thatched hut with the help of the local villagers and then carried the idols in her arms, just as a mother would carry her just born baby. She placed them with utmost care, performed *pooja* and offered them *Naivedya*. Later she got a message from Rama that a devotee of his will construct a *Mandir*, so she patiently waited for that devotee who turned out to be Ramadasu. So then, near the banks of the river Godavari, the journey of Dhammakka whose mission was to find our Vaikunta Rama in the midst of the forest, came to an end.

Shabari's directions in a way helped Hanuman meet Rama and the rest was history.

And Dhammakka in a way helped Ramadasu meet Bhadragiri SitaRama for a never ending journey!

- *Sravani*

The Journey

“Some journeys take us far from home. Some adventures lead us to our destiny”.

- C.S.Lewis

Few years ago, I became a part of a beautiful journey. At first there was hesitation and apprehension, whether I had the ability. Then came Swamiji goading - “You are like Hanuman; you do not know your potential!” Although I did not deserve that overrated comment, it fuelled some self-assurance.

I often look back and cherish those days when we had weekly Nachiketanjali editorial meetings – Annapurna Ma, Subhadra Ma, Vasu Ma and Mataji. We always started with a chanting of *Sahana Vavatu* and concluded with *Asato ma*. Here, I had a chance to experience work and worship as one. I enjoyed each and every moment of those *Satsangs*, as we brainstormed ideas for increasing subscriptions, inviting more writers and designing the different announcements that go into the booklet.

Having a first look at the articles that poured in every month was exciting. Swamiji wanted everyone to contribute. If a self-realized person penned her experience, it is hard to connect to. Whereas if a co-traveller who is going through similar struggles as us, shares genuine and heartfelt experiences, they become very much pertinent. I believe that was Swamiji’s mission. Every issue of Nachiketanjali was a lovely bouquet of such blossoms.

There was often a doubt in me whether I was worthy enough to edit Swamiji’s article. He would often playfully ask – “Is it painful to edit my article Ma, how many mistakes have I made?” I was afraid of making mistakes myself lest I misinterpreted his work in the process of correcting some superficial language. I tried to centre myself as much I can, to attune to his message and not blemish it.

Nachiketanjali is a unique and savoury medley. The expressions of Vidya Mandir children, the musings of other school children, the wise

anecdotes by Rohan, the thought-provoking articles by the youth writers, the anecdotes and life lessons from Swamiji, the practical tidbits on spiritual life by Subhadra Ma, Yogic tips from Mataji; all these were a joy to read. It was a silent movement but a soul stirring revolution. Sometimes while editing an article here and there, judgements arise from the mind – Is this good enough to be published? Or is the writer going off track from the primary message he/she wants to convey? Or is this an original writing? I learnt to put personal affinities, likes and dislikes aside. Keeping the central theme of Nachiketanjali and making sure the articles though diverse in expression, align with that central core was important. This helped me train my thoughts in everyday life about others and their actions and expressions. This was also an exercise that helped in gaining more equanimity when dealing with others.

Amidst all the chaos of a *Samsaric* life, Nachiketanjali was an anchor to still some of the turbulence. I gained much from it. I was lucky to be a part of it. It is an attachment that I wasn’t guilty of clinging on to. It was good for me; it is a cleansing tonic for me. But now the time has come. For, as true *Karma yogis*, we must march on, praying we can remain His instruments in a new way, in a new form. I fervently pray that I get another opportunity as this, to remain a small part of this loving family that is a *Vidya Mandir*, *Gyana Mandir* and a *Dhyana Mandir* for me.

Thank you Lord for this wonderful spiritual adventure!

- Harini N.

Propagating the Gita

*M*an's work is not over by his own realization. It is the universal *Dharma* for such a man to help others to realise the Self. Having crossed the ocean of *Samsara*, he should help others to do so. He should share his divine bliss with others. He has taken refuge in the Gita, has purified his mind and has realized the bliss of *Atma jnana*, and all this he should communicate to others. Many are sunk in the pit of *Samsara* and are suffering by pain and sorrow. They know not the way out. Distracted by the temptations of life, they wander about without rest or peace.

The realized man has a duty to discharge towards them. Who else can save them? The *Jnani* alone could do it. By his own effort, he has lighted up his heart with the lamp of the Gita. He alone has the power to enlighten others. He has practiced the Gita-teaching and he should help others to practice it. This is *Jnana Dana*. It is far greater than any other *Yajna*.

So, besides studying the Gita, he should propagate its study as best as he could. At the end of the Gita, Lord Krishna says that he, who, having learnt the Gita, teaches it to others, is the dearest to Him. So it follows that the Lord

not only approves but values the propagation of the Gita in the world as a precious act of devotion to Him.

Why not then do the work which is dear to the Lord? It is certainly good to reform oneself and then to reform others. It is better to form

Gita-Sanghams in every village and town and city and disseminate the Gita-message to the people at large. Young students in schools and colleges should be initiated into the powerful teaching of the Gita. May the sounds of Gita reverberate in every household! May the divine melody of the Gita ravish the heart of mankind and draw them on to the bliss of God-realisation! Where the Gita is, there the Lord dwells, undoubtedly! Where the Lord is, there is victory, prosperity and *Dharma*. So everyone should study and practice

the Gita. Everyone should try to widen the field of its influence to the extent that is possible for him. The heart shall yield the richest harvest when watered and sown by the sacred waters of the Gita and its immortal message.

Source: Gita Makarandam
By Swami Vidyaprakashananda





The Most Special Woman

Rani is a worker in the unorganized sector. She does all kinds of odd jobs, in addition to her regular job of cleaning an office and a home. Just to ensure that her children are well cared for. One of her daughters is really intelligent and is pursuing a degree course. Her son, who is not so good at studies, has joined a firm as an office help and helps her financially. She is sincere, regular and committed, not for herself but for her children. Similar is the story of Kamala. She worked as a maid in about five houses when her husband fell ill and her children were not grown up enough to support her. With the aid of good Samaritans, her son obtained a loan to purchase a car and he now drives it as a cab. A few days ago when her son was worried, it bothered her. She said to him, “Why do you worry so much? Your mother is still there for you. I will help you repay the loan quicker.”

While the mother-child relation is special, I often wonder as to how mothers possess so much patience and how they keep giving endlessly, without any selfish motive whatsoever. Well, most mothers are like this and to have such a mother is the most invaluable blessing. She need not be the one who has given birth to us. Numerous other women touch our lives with compassion and we feel very affectionate towards them, just as we feel for our biological mother.

Motherly love and care is unparalleled and I am too small a person to describe that, for it is something which can only be felt. I feel it when after a disappointing day or a setback, my mother warmly hugs me and makes me feel loved and wanted. I felt it when a dear friend’s mother cooked something I love and sent it for me. I felt it when my teachers used to go beyond the call of their duty to properly mould us. I feel it when Vasundhara Ma speaks with me. It can be seen in her eyes and also in the actions of loving teachers and volunteers who take care of the children at Tapovan and other such institutions. These wonderful women have nothing personal to accomplish – expect for the sparkle in the eyes of their kids. Isn’t it the most special bond and isn’t a mother the most special woman?

As we celebrate our mothers and feel grateful to them for all that they do for us, let us also not forget another very special mother – our Motherland. We all owe a solemn responsibility towards Her and we should never forget the fact that she nurtures us all. Our Mother and Motherland truly give us the wings to fly and also carefully cradle us through the difficult times. Let us always celebrate this special bond and promise to ourselves that we will do whatever we can for our Motherland, biological Mother and all our Mother-figures.

– *Neetika Gogula*

An advocate and has passion
for writing on social issues



Kotakonda Anjaneyaswamy

Lord Hanuman is the main deity in Kotakonda Anjaneya *kshetra* in Chinnayakkaluru, in Anantapur District. The monolithic 40 ft. idol has Lord Rama, Sita and Lakshmana carved in Anjaneya's chest.

According to the legend, after killing Ravana in the war, Lord Rama was returning and en route he rested here for a while. In a relaxed mood he was conversing with Anjaneya and asked him what he would want in return for all the valuable service the latter had done to him.

Anjaneya said "What else do I need O Rama, except serving at your holy feet?"

Rama was extremely pleased with Anjaneya's devotion and picking up a stone lying under his feet, he carved on it, the picture of Hanuman with his arrow.

Anjaneya was overjoyed, yet requested, "Rama, even if it is only a carved figure I can't stay without you. So please carve your picture too, along with Mother Sita and brother Lakshmana." Rama fulfilled his wish and carved according to Anjaneya's directives.

The stone carved by Lord Rama started growing in size over a period of time. The villagers felt that it would become highly impossible to touch even Anjaneya's feet in future at the rate the stone was growing. They were trying to find a solution when they heard a divine voice from the sky directing them to inscribe some *Bijaksharas* on the deity. The villagers followed the divine instructions and thus the height of Lord Anjaneya at Kondagattu was limited to 40 ft.

Later Srikrishnadevaraya developed the premises and the surroundings. He built a *kota* (fort) on a *konda* (hill) on the right side of Anjaneya's idol and since then the place came to be called Kota konda (fort hill).

In the month of *Chaitra* (March/April) there is a three day festive celebrations at Kota konda Anjaneyaswamy temple. Devotees have to climb a ten meter iron ladder to perform *Abhishekam* to Lord Anjaneya and 2000 betel leaves are needed to perform puja to the deity. And for a *Thailabhishekam* (bathing the idol with oil) 25 litres of oil is required. So huge is the idol!

Source: Temple History



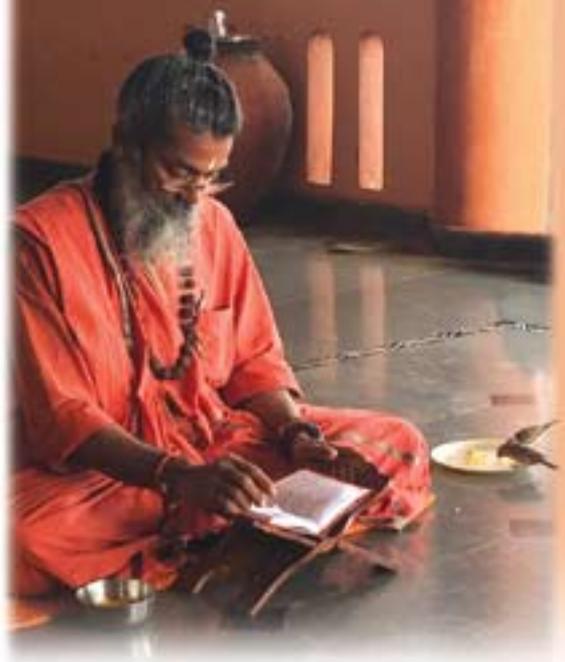
The New Ashramites

My recent visit to the Nachiketa Tapovan Ashram gave an opportunity to meet the new Ashramites. They are very unique, living their own lives with their families in the ashram premises. They do not follow any ashram rules, but are truly organized and disciplined in their own way and are delightful to watch. They make a lot of noise which is not all disturbing, on the contrary is very melodious.

They cannot speak, but convey a lot of message. A Lot can be learnt by just observing their lives. They were living in a very far off place for a long time and moved recently into the new quarters created for them by Swamiji. This gave us an opportunity to watch them closely.

Like all ashramites, they too share a special bonding with Swamiji. He is like a fatherly figure and takes good care of them. He ensures that they are given their due. Though food is provided by Swamiji, they are quite independent and not dependent entirely on the Ashram's food. They earn their food which includes their traditional meal.

They are silent teachers and mere observation of their lives convey life time messages to us. They teach us time management and are very much tuned to the nature. Their life and household chores begin well before the sunrise and ends their day by sunset. They teach us the *nishkama yoga* by the way they raise their children and provide an insight as to how we as parents have to play a role of facilitators for our children and take a step back from their lives when they are abled. They lead a simple and contented life and set a perfect example for us to follow and more importantly they live in the moment.



Oh, I did not introduce them. They are the new Sparrow families, who have made their homes in the Artificial Metal Nests created in the ashram premises. Swamiji, who is an epitome of compassion for all the living beings decided to include the flying friends as a part of ashram environment. He has made dozens of artificial nests in the ashram premises and got them installed in the trees and in the Maa Sarada Kutir entrance. There are around 10 odd artificial nests installed in the Maa Sarada building and all the nests are occupied by Sparrows. They make a melodious chirping sound, which is a dream for city folks like us and was a thing of past. Swamiji daily calls them and feeds them morsels of food. The interaction of Swamiji and the winged friends cannot be explained in words but, is a delight to watch. Swamiji and the birds share a very special bonding. The premises is filled with the chirping sound whenever Swamiji is around and he reciprocates them by calling them to eat. He is surrounded completely by the birds and they move very close to Swamiji and enjoy the food without any fear.

It was a real eye opener for me to see the way the nature responds, when you have a compassion for her and truly symbolises the word "*Vasudaika Kutumbakam*". I strongly recommend for those visiting the Ashram to have a glimpse of this eternal romance.

- Krishna P.



Mahavakyas are four sutras in the Upanishads, each representing a Veda. They guide us on the journey from gross reality to the awakened Self which is a part of the all-pervasive Brahman.



'Tat Tvam Asi' - You are That- occurs in the Samaveda's Chandogya Upanishad. In the beginning, there was only One and then One got projected in many. That One was in existence before creation and will remain subsequently too. The cosmos did not originate from God, it is God. By knowing the Self as part of that subtle essence, you come to know of that immortal Supreme Self.



'Ayam Atma Brahma' – This soul is Brahman - appears in the Atharvaveda's Mundaka Upanishad. The individual self is the untarnished, unaffected witness of the body-mind complex. The lamp illumines the area around it but it itself remains a mere witness to all that happens in the lit area. *Atma* too shines within the cave of the heart. Once darkness and ignorance is uprooted by illuminating the *Buddhi*, the identity of *Ayam Atma* with Brahman is revealed.



'Prajnanam Brahma' – Consciousness is Brahman - occurs in the Rigveda's Aitreya Upanishad. *Prajnanam* means constant integrated awareness. This is present and active, in all places and at all times. It energizes the physical, mental and spiritual realms. The three periods of time (past, present and future), the three realms of existence (nether, spatial and heavenly worlds), the three modes of being (Goodness, passion, inertia - *Satwa*, *Rajas* and *Tamas*) are all permeated and pervaded by *Prajnanam* or *Chaitanya* (Pure Consciousness). When desires are stilled, the soul mingles in the mighty sea of One Consciousness, *Prajna*.

'Aham Brahmasmi' – I'm of Brahman - appears in the Yajurveda's Brihadaranyaka Upanishad.

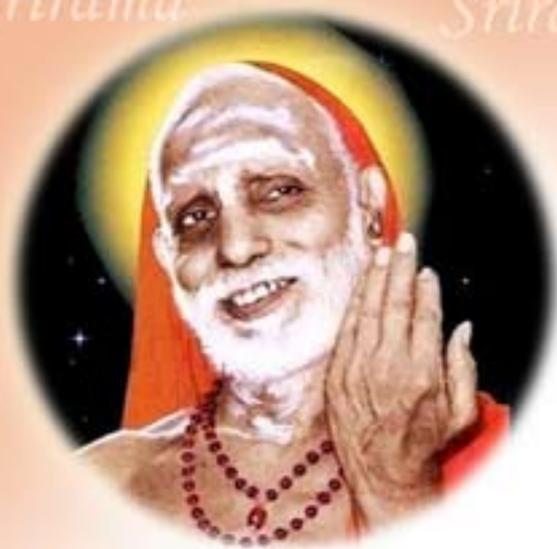
'Aham' implies total composite personality. Man is subject to countless thoughts, desires and resolutions called *'Sankalpa'*. The very first *Sankalpa* that nestles in the mind is the *'Aham'* (I-ness). Only after *Aham* has struck root, all other ideas and thoughts come into picture. It persists through all states (in waking state, dream state and deep sleep state). When the divine principle (Brahma) is welcomed to pervade this *Aham*, it converts life into a Divine Saga, just like milk is curdled by adding a small quantity of curd.



- Adapted from talks by Sathya Sai Baba to his students.

- **Harini N.**

The Coronation of Sri Rama



One evening, many years back...

A big crowd had assembled for the *Darshan* of Mahaswamigal at the Kanchi Sri Matam. Swamigal came out of his room, stopped for a bit and looked closely at the crowd of devotees and sat leaning on the wall. One by one, devotees filed past the Maha Swamigal, saluted him, expressed their problems, got remedies and moved on. In the line of devotees, holding a small boy's hand tightly was standing a middle-aged person. Streams of tears rolled from his eyes. The small boy was blinking and standing without any motion.

The man came and stood in front of Periyava, worshipped by prostrating, and got up. The small boy also worshipped. The Mahaswamigal, who tightened his eyes and looked at him closely, inquired supportingly, "You are Mylapore Auditor Shankar Narayanan right? Why are you standing like this with eyes smudged with tears? What is the difficulty for you?"

When Periyava asked, sadness increased further for him. Crying uncontrollably, "Yes Periyava. Now, I have an unbearable difficulty. Don't know what to do at all...You are only my God. Somehow you have to solve my problem. No other go!"

Periyava who understood the situation, said with affection, "Shankara...Don't worry for anything! You sit over there for some time... After they all speak and leave, I will call you!"

"Your Order Periyava... I will do exactly so!" said the auditor and moved to the opposite side. About half an hour later, the devotees had the *darshan* of the Acharyal and left. Except the two young men who serve the Swamigal, nobody was there. Swamigal signaled and called the auditor and asked, "Shankara... Practice and all are going good, right?"

"Your father Panchabakesha Iyer is in Tanjore only right? He is doing fine right?"

Immediately the auditor wiping his tears and hugging the young boy near him started wailing, as he said, "Practice and all is going very good Periyava. Dad and mom have gone to my younger brother who is in Bombay. It's been two months. For me only sadness has incurred Periyava! Not able to bear it...You only have to remediate it. "

That walking God understood in seconds that some sadness related to the young boy has very much affected auditor Shankara Narayanan's heart.

"Should not cry Shankara... Whatever it may be, men should not cry! Who is this child? Your son?" asked Swamigal.

"Yes Periyava. He is my son Chandramouli. For him only Periyava suddenly..." so said auditor Shankara Narayanan and stood without being able to talk further as the sadness caused a lump in the throat.

Immediately Acharyal with a face filled with worry said consolingly, "Shankara! What happened to him suddenly? Chandramouli is studying in school right ... Tell in detail without panicking!"

Shankara Narayanan wiping his tears, "Periyava... Chandramouli is studying in 7th at P.S. High School. He is 12 years old and talented in studies. Twenty

days before, his speech has stopped. When asked, he shows in action, 'Can't talk'. Since then he is not going to school. He is having food and sleeps well. All that is fine, Periyava. But, speech alone is not coming...What will I do...You only should do mercy and make him speak!"

Swamigal observed silence for some time and then asked the auditor, "Do you take your son to temples? Chandramouli has *Bhakti* towards God, right?"

"Has a lot Periyava! At home there is a big Kodhanda Ramar picture Periyava. It is a Tanjore Picture from my Grandfather's period. Every morning & evening, he keeps worshipping Sita Raman's holy feet multiple times. "I like Sita and Raman very much", he keeps saying frequently. Weekly twice or thrice he goes to Kapaleeshwarar, Mundaka Kanni Amman, Luz Anjaneyar temples and has *Darshan*. To such a good child it had happened like this Periyava!" Shankara Narayanan could not control his sadness. He started crying hard again.

Acharyal who consoled him, asked after thinking deeply for some time, "Do you have the habit of taking him to the *Upanyasams* that are held in Mylapore?"

"Yes Periyava! Sometimes I take him. Even on the evening of the day before he lost his speech, I only took him to the Ramayana *Upanyasam* held at the Rasika Ranjani Sabha. He listened reverently. Next day it happened like this!"

Acharyal asked laughing, "Are you coming to say, it happened like this because of listening to Ramayanam?"

"Rama, Rama! Not like that Periyava! I was coming to say that it was from the day next to that!" said auditor, slapping his own cheeks.

"Who did the *Upanyasam*?" asked Periyava.

"Shri Vathsa Jayarama Sharma, Periyava!"

"Wonderful...Wonderful...Son of Somadheva Sharma! Good Lineage... Letting that aside Shankara, did you show your son to any doctor?"

"I showed Periyava!"

"What is he telling?" – Periyava.

"After doing all the tests, he said 'Two nerves have been affected in the Larynx. It may become alright after an operation'."

"Didn't say it will definitely be alright?"

"Didn't say confidently like that Periyava... Somehow you only should make the speech come back for him Periyava. You only should save! "

Acharyal spoke after a small silence. "You do one thing Shankara. Taking son Chandramouli, go to the temples in this town, do *darshan*, pray and come. In the night have food at the mutt itself and stay. Morning take bath, if you have rituals, after completing that and all, come and see me at 10'O Clock!"

Words said by the Acharyal were very consoling for Shankara Narayanan! The two of them went for Temple *Darshan* after worshipping Periyava.

Next day morning at 10'O Clock that walking God had already come and sat. Not much crowd. Five to Six people were waiting. Everyone had *darshan* and left.

Shankara Narayanan stood with folded hands after worshipping Acharyal. Chandramouli also worshipped and got up. Swamigal looked keenly at him and spoke: "Shankara...do one thing. Take Chandramouli also along, do *Purnabhishekam* to Ambal at Mylapore Shri Kapaleeshwarar temple and make him do that *darshan*. Afterwards, what you do... find out if the same Shri Vathsa Jayarama Sharma is talking on Shreemath Ramayanam somewhere else... If he does that in any Temple or Sabha...You do one thing. From Sundara Kaandam to Shree Sitarama Pattabhishekam, take Chandramouli along with you and make him listen! The day when Shree Sitarama Pattabhishekam completes, what you do...buy nice Mountain Banana (a type of Banana) and give it to the hands of '*Pouraanikkar*' (the person doing the *Upanyasam*,) and both of you prostrate and worship him.

Pray to that Pattabhisheka Shree Sitaraman and *Pouranikkar* in your hearts...That Pattabhiraman will save. Don't worry at all... Go and come", and gave *Prasadam* to both of them.

Auditor looked every day in the Daily newspapers whether Shri Vathsa Jayarama Sharma's Shreemath Ramayanam narration was happening anywhere in Chennai.

On that day's newspaper the happy news that, 'At Mylai's Shri Shirdi Sai Baba Temple Shrivathsa Jayarama Sharma's Ramayana *Upanyasam* will be held for 9 days', had come out.

That day was the starting of the Sundara Kadam part. Shankaranarayanan went with Chandramouli to Shirdi Saibaba Temple. It was a heart-rending narration! Chandramouli lost himself into it and listened. Sometimes tears flooded his eyes. During those moments, Shankara Narayanan caressed his back and comforted him.

That day was Shreemath Ramayanam completion day. There was a good crowd at Mylai Shirdi Sai Baba Temple. At night 10:30, Shri Vathsa Jayarama Sharma completed after narrating the benefits of listening to Shri Sitarama Pattabhishekam. One by one they worshipped him and got up, so also did Shankara Narayanan and Chandramouli. He gave a dozen of Bananas to Chandramouli and asked him to offer it to Shri Vathsa Jayarama Sharma and worship him. He did so.

He, who took the banana bunch with happiness, showed it and offered it to the holy image of the Shri Rama Pattabhishekha and Shridi Shri Sai Baba image. Afterwards, he tore two fruits from it, gave it to Chandramouli, and blessed him by saying, "Child...You will be fine. You alone eat both the fruits!" After coming out of the temple, Chandramouli ate both the fruits.

Next day morning one miracle happened. Chandramouli who brushed his teeth in the bathroom and came out, called out loudly, "Amma, Coffee ready?" His father who was reading the newspaper and mother who was in the kitchen came running to the hall with a shudder. Chandramouli was standing there smiling.

"Was that you who shouted 'is the coffee ready', Chandramouli!" the mother hugged him with overflowing happiness and kissed him. Shankara Narayanan kept him on his shoulders and danced happily. Chandramouli started talking fluently like before. All the people who knew came, saw and felt happy.

That evening at 5:30 PM. Swamigal was seated alone at Kanchi Shri Shankara Mutt. Shankara Narayanan arrived in a van with ten or fifteen people.

The Auditor worshipped Swamigal along with Chandramouli and got up. The first question that Acharyal asked laughing: "Chandramouli... Now, you are able to speak well, right? Wonderful... Wonderful! Everything is due to the mercy of that Sitaraman!"

Immediately after that Chandramouli shouted aloud, "Hara Hara Shankara...Jaya Jaya Shankara... Kamakoti Shankara..." Everyone stood astonished.

That absolute reality spoke after sometime: "Shankara...Now I am telling, listen. The reason it happened like this for Chandramouli is nothing else. By his nature itself he has had love and devotion beyond limits towards Sitadevi and Shri Rama. If there is a hardship for them, he cannot bear that! At first, on the day when he was listening to the *Upanyasam*, Shri Jayarama Sharma must have told the part where Ravana was kidnapping Sita. What I am saying is correct right, Shankara...?"

Auditor who stood astonished opened his mouth and agreed, "Exactly Periyava...Exactly! That day he narrated that part only, in a heart rending manner!"

Swamigal continued: "The moment he heard that a demon was carrying away Sita Devi, towards whom he has unlimited devotion and love, internally he got the situation of being stunned. Speech also got stunned. Nothing else! What's the only remedy for this? I felt that if he hears with his ears from the mouth of the same narrator that 'Mother Sita has been retrieved back without any difficulty for her', the whim that is occupying his mind and speech will go away. That's why I told to do so. With Sitaraman's mercy everything went well. Chandramouli... You will be very fine!"

Everyone who heard the speech of that walking God stood astonished.

**Source: Jaya Jaya Shankara Hara Hara Shankara!
Maha Periyavar – S. Ramani Anna**



Women in business



Chanda Kochchar



Arundhati Bhattacharya



Chitra Ramakrishna



Ekta Kapoor



Kiran Mazumdar Shaw



Shobhana Bhartia



Zia Mody



Ritu Kumar

“It is time we accept the fact that both men and women stand on equal footing and women are equally good or bad administrators as men are. There is no reason to discriminate on gender basis,” remarked the head of a company who is a woman. Women mean business when they take up something and there are many women in our country who have carved a niche for themselves in the world of business.

- ◆ **Arundhati Bhattacharya** – She was the first woman chairperson of the State Bank of India and was listed as the 25th most powerful woman in the world in 2016 by Forbes magazine.
- ◆ **Chanda Kochchar** – She is the Managing Director and Chief Executive Officer of ICICI Bank and is noted for her contribution to retail banking business in India. There are a number of awards to her credit, including the Woodrow Wilson Award for Global Corporate Citizenship.
- ◆ **Chitra Ramakrishna** – She was the first woman managing director and chief executive officer of the National Stock Exchange.
- ◆ **Ekta Kapoor** – She became a household name after the famous soap opera ‘Kyunki saas bhi kabhi bahu thi’. She started at an early age of 17 and is a very accomplished television and film producer.

- ◆ **Kiran Mazumdar Shaw** – Any list of Indian businesswomen will be incomplete without her name. She is the Chairman and Managing Director of Biocon Limited, a Bengaluru based biotechnology company. Her company pursues development of cost-effective techniques and lower cost alternatives to make drugs available and affordable in poor countries.
- ◆ **Ritu Kumar** – She is one of the most successful fashion designers of India. She began her business with two small tables and hand-block printing techniques and rose to become an internationally respected designer.
- ◆ **Shobhana Bhartia** – She was the first woman chief executive of an Indian newspaper. She is presently the Chairperson and Editorial Director of the Hindustan Times group.
- ◆ **Zia Mody** – She is an authority in the corporate and allied laws. She is the Managing Partner of one of India’s largest law firms, which she built from her practice.

Inspiration is galore within our country. Let us look around and learn!

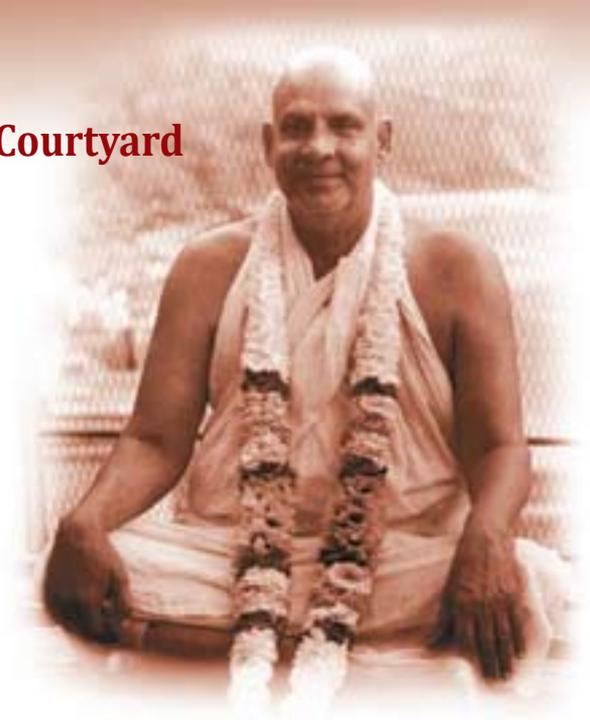
Parable of the Jack-fruit in the Courtyard

A big jack-tree in a man's courtyard was laden with fruits. From the very bottom of the trunk up to the topmost branch it was dotted with fruits. As though one possessed with an evil spirit, the man rushes out towards the fruit several times. He touches the jack-fruit, but the surface is uninviting. He abandons it in disgust. Far away from home he had seen one palm tree.

Walking in the hot sun several miles, he stands near the tree. His craving had reached its zenith. The few small fruits that hung on the top of the tree tempt him. He rushes forward. He falls on the bush of prickly pears and gets injured by the thorns all over the body. Not discouraged by this he tries to climb the tree. The scales that cover the trunk are hard and knife-like. They hurt him. But he does not mind.

As he climbs, a swarm of poisonous ants that sting like devils, sting him all over the body. He has somehow managed to reach the top; such is his mad passion for the little fruits. The fruits are surrounded by hundreds of bees. When he lays his hands upon them, the bees angrily sting him. In spite of this, he tries to grab the fruits. Then and there he drops more than half the catch. With the remainder, he tries to climb down. Several fruits drop off his hand before he reaches the ground. He sits himself down to enjoy the few fruits left with him. To his horror he discovers that the major portion of these little fruits is hard nut; and then even the skin has to be thrown away. There is little pulp in the fruit. In disgust he throws the fruits away.

Instantly he comes back to his senses, and begins to suffer with agony. The pain of the thorns, the bites of the poisonous ants, the stings of the bees, and the cuts produced on his body by the sharp scales of the tree; these seem to torment him all at once. It is now past several days since he left home. With his tattered



clothes and bleeding body, he runs home ... to find that his father had been waiting for him with the delicious jack-fruit.

The young man stumbles into the house and falls at the father's feet. Without asking a question, the father gives him new clothes, pulls out the thorns from his body, dresses up the wounds, all the time feeding him with the honey-like jack-fruit. The young man's happiness is now complete. Peacefully he sleeps on his father's lap.

Similarly, man ignores the fountain of Eternal Bliss that is within the core of his own heart. He is frightened away by the apparent initial difficulties in *Sadhana*. He does not care to cut open this rough exterior and enjoy the highest bliss. He is hungry. He runs away from home and from this tree that yields the best fruit. Over the burning sands of *Samsara* he runs hither and thither. Here he falls into the thorny bush of dishonour; there he knocks against the rock of failure.

He falls in love with a woman. How many sacrifices of a care-free life, of freedom from worry and anxiety he has to make before he approaches her! Lured by illusory pleasure he succumbs to passion.

As he tries to go up this tree of wedded life, a thousand worries about feeding the children, finding money for his wife's sarees and jewels bite him all over the body. Even then he pursues the evil goal. He is intent on the little fruit of sensual pleasure. As he grabs it, several diseases prey upon him. He becomes sick of it all and, writhing with pain and disease, he realises that the world would not allow him to enjoy even the little pleasure which he thought was within his grip. He looks for a way-out.

While ascending this tree of family life, and even while descending, the sharp knife-edges of the demands of creditors and relatives tear his clothes and bruise him all over. He is now left with tattered clothes and a body which had been bled at a hundred places, and depleted of all energy.

Tired, he sits down for a while and examines the fruits that have caused him all the trouble. Much of it is hard nut (the impenetrable heart of a woman that gives her love the magic of magnitude, without the least real substance in it!) and part of it is mere skin. When these two are thrown away, there is practically nothing left except the cuts and bruises, the stings and bites, the torn clothes and tired body. With supreme disgust, the man throws away the illusory fruit and runs home.

There the Guru is waiting for him, with the delicious fruit of wisdom, all cut and ready to serve. He wipes his tears, heals his wounds and supplies the new clothes of renunciation and devotion. The young man falls at the Guru's feet, and rests securely on his lap. With the supreme love and compassion that can flow only from a Guru's heart, the Guru feeds the disciple with the sweet honey of wisdom, of *Atma-Jnana*. Awakened in his innermost Self, man sleeps to the affairs of the world and enjoys the great sleepless Sleep of *Samadhi*.

Parables of Sivananda
by Swami Sivananda

REPUBLIC DAY *Celebrations*

at Nachiketa Vidya Mandir, Hyderabad



Chief Guest
Sri Kotam Raju
offers prayers to
Bharatmatha.



LIVE LOVE WONDER WANDER



Instances of people living up to the age of 150 are reported mostly from Russia and Bulgaria, though such cases are not rare in other parts of the world. Mountaineer Knutt died when he was 155.

Buffer conducted a number of experiments on domestic animals. He watched the growth of these animals and from the results, he concluded that the bones fully grow in one-and a-half, two four and five years respectively in the case of cat, a dog, a cow, a horse and in 25 years in the case of man. The average life span of these animals was divided by the period of growth of the bones. He arrived at the figure six. So the average span of life for any animal must be six times the period of growth of the bones. This leads to an average span of life of 150 years, it is not a freak of nature but a normal phenomenon. If some could live to reach 150 years, why not others? But unfortunately for us life breaks off earlier than when biologically ordained. Imagine, had Einstein been blessed with a life of 150 years his attempts at working out the unified field theory would have been successful!

Vital cells: the human body is made up of a number of cells. These cells die several times over in a man's lifetime and new cells make their appearance in the place of the dead cells. Each second of our life sees the death of nearly 150 million cells and these are replenished in the same number in the same time. But the wonder of wonders is that all cells that die are not renewed. The brain cells come under this category. The number may decrease due to disease or other causes but never increases. Man dies when the cells, particularly of the nervous system and other important organs like liver, kidneys etc. die. Some cells are active even after death. Hair and nails grow for over a week after death.

Mechnikov studied the problem of longevity while carefully studying the sections of the brains of corpses. He observed groups of nerve cells, their various offshoots and connective tissue cells between them. While in some corpses the number of nerve cells was very large, in others the reverse was true. He connected the ages of the dead persons with his observations. He concluded that the older the man was, the greater the number of connective tissues. So as a man aged the main tissue was supplemented by the connective tissue. The same was found to be true in the cells of the kidney, the liver etc. Thus as a man advanced in his age, the noble cells of the brain decreased in number and at the same time the connective tissue cells increased forcing out the noble cells leading to loss of memory, the heart and other vital organs slowly thrown out of gear leading to senility and ultimately death.

Mechnikov was not quite correct. He did not pay attention to some other factors which lead to ageing such as the hardening of the blood vessels which deprive arteries of their elasticity. This is arteriosclerosis caused by excessive strain, infectious disease, use of alcohol and tobacco, unhealthy diet etc.

Dr. Voronov looked at the problem of senility from a different angle. His connection was that some glands secrete substances known as hormones which are discharged into the blood continuously. The thyroid gland secretes hormones keeping the body in a perfect condition and any malfunction of the glands leads to retardation of physical and mental growth. A young boy, Jeans, was brought to Dr. Voronov. He was 16 but looked not older than seven. Dr. Voronov put his theory to test. He implanted the thyroid gland of an ape in the place of the gland of the boy and soon found that the boy showed marked improvement, both physically

and mentally. In addition, the four grain like glands alongside the thyroid gland known as parathyroid regulates the nervous system by their internal secretions. If these are removed, man soon dies of convulsions. In a similar manner, removal of adrenal glands above the kidneys leads to death from unsurpassable weakness of the muscles including the heart muscles. Sexual glands have a different story to tell. If they are not properly developed, the bones become thin and weak, muscles become tender and the organism wears out rapidly. The person looks aged though young in years; he gets tired easily; is languid, phlegmatic and indifferent. The secretion activity, if at all, falls rapidly. Dr. Voronov attributed senility to this malfunction of the sexual glands. Transplanting sexual glands in rams and bulls, Dr. Voronov was excited to find the youngish looks of the bulls where otherwise they showed immense indifference to normal activity. But the foundations of Dr. Voronov's theory soon shook, for though some men who underwent the transplantation of sexual glands showed signs of youthful zest for life, they dropped dead one after the other in the course of one or two years. This was because their old hearts and weak arteries could not cope with the strain. These experiments revealed that transplantation of sexual glands could not rejuvenate the entire organism.

Connective tissues: Bogomolets revived the theory of Mechnikov and showed that the connective tissue cells were not foe but a friend to the noble cells. He suggested that cells which require nutrition for their normal behaviour absorb it from blood through an extremely thin wall called endothelium of capillaries. This endothelium is nothing but a variety of connective tissue. They play another important role of dissolving abnormal cells - cells of malignant tumours for instance. They form a reservoir of phagocytic cells that devour microbes. Thus these connective tissue cells filter blood, remove from it all that is foreign and superfluous and supply nutrition to cells. Thus sound connective tissues maintain sound noble cells which in turn maintain the sound body- which means a long life.

Bogomolets then tried means of stimulating the connective tissues to prolong the life of a person. He suggested a special serum. This could cure effectively infectious and non-infectious diseases

and heal wounds. But the high hopes raised by the serum were not long-lived. The notable omission of Mechnikov and Bogomolets was that they did not care to study the role of the brain called cortex. Petrova concentrated her attention on that part in her researches lasting more than 30 years. Her experiments with dogs are the most revealing.

Petrova selected for her experiments in the first instance strong, robust, healthy dogs. They were neither lazy nor possessed of excessive excitement. They had a good nervous system. They were subjected to all sorts of excessive excitement; sweet smelling food, and bitches were brought near them and kept at a watching distance from them but they were tortured and then left free to suffer another ordeal a little later. Soon these dogs showed signs of decay; they aged prematurely; hair, on the body dropped; teeth crumbled; they had skin diseases; they walked with drooping heads and tails. At 10 they looked 20 and at 13 or 14 they died. The environment conducive to diseases of higher nervous activity brought premature old age.

Another set of dogs was treated differently. They were given good food at regular intervals, caressed properly, given opportunities to lead normal sexual life and made to rest at proper intervals. Anything to irritate the nervous system of the dogs was not found in the vicinity. They had no skin diseases; the lustre of their hair was pleasing; they looked lively and attractive. At 20 they looked 10. They lived longer.

Thus Petrova's experiments conclusively established that senility could be pushed farther away if the cerebral cortex could be made to discharge its normal functions in a healthy atmosphere without subjecting it to excessive stresses and strains. Thus all the vital processes in a body are regulated and unified by the brain under whose influence they may deteriorate or rejuvenate.

Thus if we can train ourselves and others to live in peace with others- we can live longer. As the Atharva Veda says, if our body (no mind) is flexible i.e. if we are flexible in our reactions to the external world we live longer!

- K. V. Ramakrishna Sastry

Empower Sport's Six-a-Side Soccer Tournament

Hearty Congratulations



Best Sankranti Gift by Children of Nachiketa Vidya Mandir, Hyderabad



Winner

Nachiketa Vidya Mandir, Hyderabad



Runner Up Meridian School



Third Prize Oakridge School



We owe a lot to our most loving Hita Amma an epitome of sport and also Founder of Empower Sport, Sri Narender Nath, a humble soul who is also a founder of NVK Academy, Vikram & Zaheer who are football coaches and Fitness Trainers for infusing the sport culture into students of Nachiketa Vidya Mandir. Thank you for your support!



Thank you Donors!

Vasudha Pharma Chem Ltd.
₹5 Lakh

Nachiketa Tapovan

The DDD & PC Charitable Trust
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Nachiketa Vidya Mandir, Hyderabad

NACHIKETA VIDYA MANDIR

Kodgal



Wish List

S.NO.	REQUIREMENT	DETAILS	QUANTITY
1	TEXT BOOKS	1 ST to 5 TH CLASS (NCERT)	As per the no. of students
2	TEXT BOOKS	6 TH to 8 TH CLASS (SSC BOARD)	As per the no. of students
3	NOTE BOOKS	FOUR RULED-KING SIZE	400
4	NOTE BOOKS	DOUBLE RULED - KING SIZE	200
5	NOTE BOOKS	SINGLE RULED-KING SIZE	500
6	DRAWING BOOKS		300
7	PLAIN LONG BOOKS		200
8	STATIONERY	FEVISTICK	20
9		CRAYONS-6 COLORS	200 packets
10		SKETCH PENS-12 COLORS	100 Packets
11		COLOURED CHART PAPERS	100
12		A4 COLOUR PAPERS	10 packets
13		SCISSORS-SMALL	50
14		A4 WHITE PAPER	1 CARTON
15		DUST FREE CHALK PIECES	1 CARTON
16	TEACHING AIDS	MATHEMATIC PUZZLES	
17		SCIENCE TEACHING AIDS	
18		DIGITAL LEARNING KIT	



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 IFSC Code : SBIN0020193

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 email: nachiketanda@gmail.com; admin@nachiketatapovan.org;
 website: www.nachiketatapovan.org; Phone: 0800 888 28 28;

SMS to Swamiji 099 08 23 45 45

The Message of VIVEKACHUDAMANI

Titiksha

**Sahanam sarva-dukkhānām-apratīkārāpūrvakam |
cintā-vilāpa-rahitam sā titikshā nigadyate || 24 ||**

The bearing of all afflictions without caring to redress them, being free (at the same time) from anxiety or lament on their score, is called *titiksha* or forbearance.

In this verse we are given a classical definition of *titiksha*. It means a capacity for endurance with a cheerful disposition. He who endures survives. Endurance is very much essential for a healthy human life. How many different types of experiences come to us, many of them unpleasant and painful! We have to gain the capacity to stand steady in every such situation. The present verse says that the bearing of all afflictions is called *titiksha* or forbearance (*Sahanam sarva-dukkhānām, sā titikshā nigadyate*). But mere bearing doesn't make for true *titiksha*. There are two conditions to be fulfilled: firstly, the bearing of afflictions should be without caring to redress them and, secondly, the act of bearing should be free from anxiety or lament (*apratīkārāpūrvakam cintā-vilāpa-rahitam*). These are the two conditions that impart an element of heroism to the act of endurance.

Swami Vivekananda gives a fine example of *titiksha* in his Inspired Talks. A mosquito sat on a horn of a bull. After some time it felt a little qualm of conscience thinking that it was troubling the bull. So it told, "Mr. Bull, I'm sorry; I have been troubling you all the time. I'm going away." But the bull replied, "No, mosquito, continue to sit on my horn; it doesn't trouble me at all. Bring your whole family and sit there." This is *titiksha*. When we have a heroic spirit, we are able to endure cheerfully.



Somebody abuses us and we don't mind; it doesn't touch us at all. We cheerfully go ahead. This is endurance. When there is no true endurance, we may be quiet outwardly, but inwardly we may be thinking about the insult, inflating the issue and making the situation more miserable. Thereby we become our own enemy. If we cheerfully endure and forget, the mind remains undisturbed and we gain inner strength. Without this quality of endurance, there is no hope of survival even at the physical level. The organic system has inbuilt strength of physical endurance, because of which the organism survives even in difficult habitats. This can be seen in the animal as well as the human worlds. But for human beings, along with physical endurance there has to be mental strength to cheerfully face the ups and downs of life and remain steady because human life is not just physical but psychic and spiritual as well.

We are continuously tormented by the ups and downs of life in the form of joy and sorrow, success and failure, honour and humiliation, etc. Contrasting types of experiences come to us tossing our mind into varying moods of elation and dejection. There are troubles coming from various levels. Certain types of troubles may be controlled at the physical level, but troubles beyond our control should be withstood. That which cannot be cured must be endured. We have to forbear such sufferings of life without caring to redress them. There should be no complaint in the mind. We have to forbear with a sense of joy and full acceptance of the situation... This is called *titiksha*, endurance.

- Swami Ranganathananda



This is the delicacy of Bengal made only in winters.

- In the beginning of winter, around the month of December and January, people making the *Gur* tie the pot on the iron rod which is pierced in the trunk of 60 - 70 Khajur trees. The pot is tied and white *Chuna* is applied on the outer part of the pot to keep away the insects attacking the pot that collects the *Khajur Gur* juice in the early morning hours.
- The pot is tied from 1 am to 6 am. Then the pot is removed and the liquid *Khajur* juice is collected and poured in the big vessel
- 4 kg of liquid *Khajur Gur* is put to boil slowly and stirred slowly from 6 am to 11 am
- This is collected in big cans to cool for few hours



- Then it is poured in the earthen molds with a long cloth on it and kept cool till it becomes a hard rock and then it is packed for selling in the town.
- This special *Gur* is called *NOLEN GUR* in West Bengal and all the Sweet Shops are full of the *Gur Mithai* for 3-4 months
- Please do visit the sweet shops and ask for *NOLEN GUR* Sandesh and other delicacy of the *Gur*

BENEFITS OF PALM OR *KHAJUR GUR*

- Seasonal effects on body
- Helps in losing weight
- Heals migraine, respiratory problems, constipation
- Rich in minerals and nutrients
- Restores healthy digestion
- This is an energy booster
- It is an active cleanser of respiratory tract, intestine, food pipe, lungs and stomach

- Sent by Mamta Agarwal



Swachh Bharath

On 20th January, 2018 Nachiketa Vidya Mandir, Hyderabad 4th grade students cleaned the entire school community and also spoke to the dwellers regarding personal hygiene, environment cleanliness and also the problems that they are facing in their community.



Launch of Language Lab

On 27th January, 2018 the Language Lab was launched at Nachiketa Vidya Mandir, Kodgal. We salute Vasudha Foundation, NTTDATA, Winners Foundation from BDL, Miss Sujatha and all our Philanthropic Partners for their strong support.



Sri Ram - Quiz



1. How did Apsaras get that name?
2. Why did Mayaavi and Vali have enmity with each other?
3. What did Hanuman do after seeing Mahendra mountain while coming back from Lanka?
4. Within what time does Sun God cross the distance of ten thousand yojanas from Meru mountain to Astaadri?
5. What are those inevitable to all living beings, as said by sage Vasishtha to Bharata?
6. How was Sita when Ravana abducted her?
7. How was the person (yagna purusha) looking who came out of the 'putrakameshthi yagna kund'?
8. How did Hanuman get that name?
9. Who is called "attyuttama brhutyā"?
10. Who informed Angada about the entry of Sri Rama and Lakshmana into Kishkindh?

By Dr. Kalluri Venkateshwar Rao, MA Ph.D
Translated by Manjula

- ANSWERS:**
1. While churning the milky ocean as they have come out of the 'ras' of the ocean they got the name Apsaras. Sixty crore of elegant Apsaras had emerged from the milky ocean.
 2. Their enmity was because of a woman.
 3. Hanuman waving his tail, gave a big roar of happiness at the top of the mount Mahendra to bring jubilation to the monkeys awaiting his return.
 4. In twenty-four minutes (Ardha Muhurtha Kalam).
 5. Hunger and thirst, grief and fascination, birth and death are inevitable to all living beings.
 6. She was like a withered lotus separated from the stalk, like a moon in the daylight, sobbing with tears, crying bitterly and looking down to the land for help.
 7. He was dark complexioned, and in red robes, was with great strength and valor, voice resembling a drumbeat, his mustache and hairdo soft like that of a lion's mane, decorated with divine ornaments and is endowed with all auspicious features, in height like a mountain peak, dazzling like sun and glowing like the tongues of flame.
 8. Hanuman as a child tried to reach the Sun assuming it to be a fruit but on seeing him coming near the vault of heaven, Indra used his thunderbolt on Hanuman; as a result he fell down on a mountain top and broke his jaw bone ('hanuma'). From then he got the name Hanuman.
 9. A person who completes any task assigned to him by his master and also other tasks associated with it are also done with his strength and valor. Such person is called "attyuttama brhutyā".
 10. Through his confidential and trustworthy spies.



Science SCAN



S.N.Bose's 125th Birth Anniversary

Dr. Satyendra Nath Bose was India's famed physicist who was born on January 1, 1894. He is best remembered for quantum statistics which formed the basis for modern atomic theory. To commemorate his 125th birth anniversary celebrations, Prime Minister Shri Narendra Modi inaugurated the curtain-raiser ceremony at S.N.Bose National Centre for Basic Sciences in Kolkata and addressed the nation via video-conference. Shri Modi pointed out that in order to promote understanding and love for science in our youth, it is important to promote science communication both within India and all over the world. He also underlined the challenges that needed to be overcome in upcoming sectors and the need to promote science among youngsters. Science-based events across the country, including a hundred lectures in schools and colleges, national and international conferences and 125 competitions on 125 solutions to scientifically challenging societal problems are being held in the honour of Dr. Bose.

National Children's Science Congress held

The 25th National Children's Science Congress was held in the last week of December, 2017 at Science City, Ahmedabad with the theme 'Science, Technology and Innovation for Sustainable Development' and special emphasis was laid on accessibility for persons with disability. The five-day event primarily aims to provide a platform for children aged between 10 and 17 years, both from formal schools and outside them, to stimulate their creativity and inculcate scientific temperament in them. Child scientists from 28 Indian States and from other Asian and Gulf countries participated in the event and got a chance to interact with eminent scientists and attend science workshops and hands-on demonstrations to inspire them to take up science as a career.

New method to detect Streptococcus pyogenes

Bacteria are the cause for numerous infections in living beings. A bacterium causing fatal infections in humans is *Streptococcus pyogenes*. Symptoms of this infection are sore throat, high fever, head ache and rash, which soon progress to rheumatic fever and inflammation of heart, skin and brain and damage to kidney. It can be managed with antibiotic therapy. But, detecting this infection is time-consuming, labour-intensive and expensive. Scientists at the Council for Scientific and Industrial Research Institute of Genomics and Integrative Biology, New Delhi have developed a new low-cost device which takes only 30 minutes to detect the bacteria. Unlike the elaborate throat swab sample required previously, it now requires only a drop of the sample (throat swab or blood). The device is extremely sensitive only to the particular bacteria and delivers quick results in a simple three-step process.



Republic Day Celebrations at Nachiketa Vidya Mandir, Kodgal



NACHIKETA VIDYA MANDIR

Kodgal

Annadhata Sukhibhava!

We thank our sponsors for their Annadanam to our Vidya Mandir children at Nachiketa Tapovan, Kodgal. The children are greatly benefited by your contribution.

Date	Name of the Sponsor
Jan 4	Vasu Ma
Jan 11	Smt. Uma Didi
Jan 19	Smt. A Leela (In the fond memory of Sri AHVSS Sarma)
Jan 21, 25	Smt. Sharada R. (In the fond memory of Smt. Kamala Kumari) Sri Prasad Tipparaju (On his sister Smt. M.S. Lakshmi's birthday)
Jan 27	Sri Mahesh (Marriage Anniversary of Sarojana Bai & Sri Rama)
Jan 28, 29	Smt. Subhadra (Grand-daughter Manya's Aksharabhyasa)
Jan 30	Smt. Geethalaxmi



Celebrate birthdays, anniversaries, festivals, or special occasions with children of Nachiketa Tapovan, Kodgal by contributing ₹5000

We need Annadanam every month!

You can reserve date/s. Thank you for your wonderful support and gesture!

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nachiketananda@gmail.com

Contact for further assistance

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



Invitation



We cordially invite you to attend our celebrations



SRIRAMA NAVAMI
25th March 2018

Venue:
Nachiketa Tapovan,
Kodgal Village,
Jadcherla.

2



Holi

25



Srirama Navami

29



Mahavir Swami Jayanti

1



Chaitanya Mahaprabhu Jayanti
Lakshmi Jayanti

31



Hanuman Jayanti

**Festivals
&
Events of
MARCH 2018**



FREE SUMMER CAMP

Personality Development Camp for Children

Nachiketa Tapovan's 18th year
Summer Camp will be held
from May 6th to 12th 2018.



Time: 8 a.m. to 4 p.m.

Age Limit : 12-15 years

Last date for Registration: 20th April, 2018

This program helps your children learn

- | | | |
|---------------------|-------------------|--------------|
| ★ Positive Thinking | ★ Self Confidence | ★ Creativity |
| ★ Decision Making | ★ Yogasanas | ★ Pranayama |
| ★ Meditation | ★ Power of Prayer | ★ Values |

First come First serve

Limited seats only

Registration forms are now available at the Venue:
Nachiketa Tapovan, # 70, Phase-1, Kavuri Hills, Madhapur, Hyderabad

For details call : **9849168937**

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 this fact and do something sensible about it.

– Gautam Vir