

Newsletter for the month of August 2018

Upcoming Events : Sept 2018

- [Disha Programs in Colleges](#)
- [Disha-Viveka Vikasa: Programs in Schools](#)

[Read More](#)

Disha Report - August 2018 :

- [Disha - Programs in Colleges - 4000 students through 22 workshops](#)
- [Viveka Vikasa: Over 1000 students and 80 teachers benefited](#)

Digital Gyan

Meaning of Successful Life



Health and Fitness Corner



Virabhadra is the name of the fierce warrior (an incarnation of Lord Shiva).

Benefits:

1. Strengthen legs, calf muscles, knees, thighs, shoulders, strengthen spine and spinal columns
2. Activate function of **abdominal organs**
3. Improves **will power, confidence, concentration**, intelligence, memory power etc.,
4. Prevents **back pain**, stimulates the intestinal peristalsis

[Read More](#)



I got Disha

Till now, I had not understood myself. By the activities of Disha,

I have understood myself, internal qualities and many more. I was not very confident to communicate in front of others. Now I am bold enough to face the crowd. Thanks Disha — Rakshitha, Dr.AIT

20 seconds of courage: A Student's Viewpoint

‘Courage is the willingness to act in spite of fear’- Michael Hyatt



Fear is an emotion everyone faces at least once a day. We find ourselves in situations we'd rather not be a part of, or find ourselves with work we'd rather not do. The reason of fear in these cases is due the fact that we do not know the outcome of the said “problems/positions”.

Fears may be small – like mentally accepting a truth staring in your face – or big – like facing up to dangerous situations.

Rather than experiencing the discomfort itself, we tend to be reluctant to start off. It is the initial fright of the unknown which keeps us chained. And this is exactly why the trick “20 seconds of courage” is an effective way to take the first step.

Fake courage for the first 20 seconds, or even 10 seconds, and then you'll either find yourself completely immersed in the task at hand, the panic long washed away as the adrenaline kicks in, or, you'll have one less regret pacing at the back of your mind.

The question of ‘What if I mess up?’ ‘What if it does not turn out as I thought it would?’ ‘What if I'm wrong?’ has to be replaced with statements like, ‘It might turn out well! I may be right!’ And then, maybe you might find yourself saying, ‘Thank God I did it.’ Or ‘It was not as bad as I thought it would be.’

Take the first step. It is okay even if you must fake courage for the first 10 seconds. But those mere 10 seconds have the power to change your life.

Sahana, Student, PES University

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I got Disha..



--- Student, BMS College of
Architecture

Quiz Corner: Namaste India



To know more about **Bharat** and Her **richness** to kindle the patriotic spirit.

Quiz Yourself

Subhashitam:

काव्यशास्त्रविनोदेन
कालो गच्छति धीमताम्।
व्यसनेन तु मूर्खाणां
निद्रया कलहेन वा॥

The wise men utilize their (free) time enjoying poetry and scriptures (intellectually), whereas fools waste time by indulging in bad habits, sleep or quarrel.

Real Hero: A True Gandhian



There are people who spout Mahatma Gandhi's philosophy – and then, there are those who live by it. Shivaji Kagnekar belongs to the latter category. Thanks to his efforts, life has changed for the better for villages that are located on the fringes of forests in Khanapur, Belagavi and Hukkeri taluks of Belagavi district, Karnataka.

This 68 year old social reformer pioneered the idea of enhancing rural livelihoods through active participation of people who lived in these areas. Thanks to his efforts, we are witnessing the success that arises from sustainable rural development.

It all started in the early 1970s when Shivaji, a BSc student, quit formal education to work at the grassroots level. Inspired by Mahatma Gandhi and Vinoba Bhave, Shivaji made it a point to become a part of the village, where he was working, and consider it his home. In those days, these villages were ridden with poverty, illiteracy and other socio-economic problems. Only a few people owned land and others worked as labourers. The farming methods aimed at only short term gains. Overdependence on forest produce had led to the decline of forest. Deforestation had affected the availability of water and quality of soil in the villages. Shivaji moved from village to village, creating awareness about the importance of proper management of natural resources.

He involved the villagers and through Shramdaan started planning saplings, reviving degenerated tanks and constructed water harvesting structures. He also helped with setting up systems for cleaning of roads, construction of gober gas plants, introduced dairy activities and arranged micro finance etc.

The statistics mentioned here indicate enormity of the work undertaken with his guidance:

- **Plantation of over three lakh saplings** with a survival rate of 80%
- **Gobar gas connection to about one lakh households**
- Motivating people in about 26 villages to engage in voluntary service and take up sustainable farming practices
- Reaching to over **10,000 people through literacy campaign**

Inspired by Mahatma Gandhi's motto of "Be the Change you want to see" and Anna Hazare's efforts that transformed Ralegaon Siddhi in Maharashtra, Shivaji Kagnekar did not look back. His efforts have helped in empowering thousands of villagers who will remain ever grateful to this Gandhian in the true spirit!

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Success Story:

Nation First:

Manoj is a 10th standard student in Shantiniketana school, Girinagar, Bengaluru. After our class,

Volunteer:- As a student how will you serve?

Manoj:- By being a responsible student, I will try to know more about our country and spread the positive vibes among as many as possible. Also, for the next Independence Day, I shall collect money from the institution, family and friends and contribute that to the Indian Army”

Volunteer:- What’s your inspiration to be patriotic?

Manoj:- Disha – VivekaVikasa classes motivated me, they taught us the values through stories, soldier games, activities and videos. I wish that these values should reach every young person.

Volunteer:- What is your dream?

Manoj:- After your session on “Freedom Fighters and Soldiers” I have felt motivated to join the Air Force and serve my country. Here is the chart Manoj prepared, and don’t miss his dream picture with an Army uniform and a Fighter Jet.

“Everyone might not get a chance to sacrifice for the nation, but everyone will get a chance to serve the nation.”



My Inspiration : Krantiveera Sangolli Rayanna



Sangolli Rayanna was a prominent warrior from Sangolli, Karnataka. Rayanna was born on 15 August 1798. He was the army chief of the Kingdom of Kittur ruled at the time by Rani Chennamma who was one of the first female rulers to rebel against British rule. Rayanna fought the British East India Company till his death.

Sangolli Rayanna also participated in the 1824 rebellion and was arrested by the British, who released him later. He continued to fight the British and wanted to install adopted son Shivalingappa as the ruler of Kittur. He mobilised local people and started a guerilla type war against the British. He and his “army” moved from place to place, burnt British offices, waylaid British troops and plundered treasuries. Most of his land was confiscated and what remained of it was heavily taxed. He taxed the landlords and built up an army from the masses. The British troops could not defeat him in open battle. Hence, by treachery, he was caught in April 1830 and tried by the British and sentenced to death. Shivalingappa, the boy who was supposed to be the new ruler, was also arrested by the British.

Rayanna was executed by hanging to death from a Banyan tree about 4 kilometers from Nandagad in Belgaum district on 26 January 1831.

A close associate of Rayanna planted a banyan sapling on his grave. Unlike the usual 6 foot grave, Rayanna’s grave is 8 feet long because Rayanna was tall – more than 7 feet. The tree is fully grown and stands to this day.

His last words to the British were “You might hang me but remember, a Rayanna from every home of this country will be born until we get independence.”

As Rayanna said, lakhs of freedom fighters were born and have sacrificed their life fighting with the British for independence that we celebrate by hoisting the tricolour.

For someone who lived and died for the country, it is fittingly symbolic that Rayanna’s birth and death dates correspond to India’s Independence Day and Republic Day!

You can also contribute to this newsletter by **mailing** to info@dishabharat.org

For any queries or details contact us @ **99163 81599 / 96115 33533**

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