

## 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

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#### 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!

