



Newsletter for the month of May 2018

Upcoming Events :

- Disha calls for “Volunteer Induction Program” on the 30th June & 1st July, 2018
- Disha—Viveka Vikasa: Regular Programs in Schools
- Disha—Viveka Vikasa: Teacher Programs and other programs

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Health and Fitness

Corner



Parivrtta trikonasana is a standing plus twisting yogasana that is regarded as a **perfect balancing pose**.

Benefits:

- Thigh, calf and hamstring muscles get toned.
- The spine and back muscles work better.
- There is **relief from back pain**.
- Abdominal organs are invigorated, and hip muscles are strengthened.

It is recommended for persons suffering from sciatica, **asthma**, and **digestive problems** including constipation

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Quote for the Month :

“Winners don’t do different things; they do things differently”

– **Shiv Khera**

Disha Report - May 2018 :

- Disha - Viveka Vikasa Training Program Report
- Viveka Vikasa—Students program and Summer Camps
- Viveka Vikasa—Teacher Enrichment Program

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I got Disha

I was a very under-confident girl before. After attending Disha program, I am confident now and I can proudly say that I have presented papers in state-level seminars. - Anjali, BSVP

Dangers of Self-pity

All of us have days when things just do not seem to be going our way and we feel demoralized. In such a situation, it is natural to feel sorry for yourself for some time; however, you have to learn to move on. Why? Because it works against you in the following ways.



It Clouds Your Perspective— As you dwell on thoughts of how bad things are, you tend to blame anyone even remotely associated with the circumstances. Result – you lose focus on the important stuff like identifying the problem and dealing with it. Your friend screams at you over something unimportant and you just take it. You moan, “Oh, what can I do about it, my parents never taught me to stand up for myself, so it’s just the way I am, and always will be.”

In reality, you ought to be **looking at developing greater self-confidence** as well as empathy that allows you to put your friend’s tantrum in perspective. Often, you get so used to pitying yourself that soon, you start **wanting** to have problems to cry over and this attitude means you never look for a solution to the problems you face.

It Makes You Ungrateful—With self-pity, you end up so full of what is wrong with your life that you completely **miss out on feeling grateful** for the things that are right. Ok, we may have some things going wrong right now, but aren’t there some things that are blessings in our life? All it takes is the good sense to recognize these for the value they hold and **feel grateful for having them**. When you are in the self-pity mode, you are so unable to see the good things in your life that it causes you to sink deeper and deeper into the abyss of depression.

It Ruins Your Relationships—No one likes to interact with someone who is perpetually whining about how unfair life is. Your family and friends may extend a helping hand when you occasionally **feel low in spirit** after a particularly devastating incident. However, if you constantly wallow in self-pity, you are not likely to find too many people interested in spending time with you. As you begin to realize this, **you tend to start feeling bitter** towards them and this further fuels the self-pity you already feel.

There is another effect of self-pity – it can make you feel so much bitterness that **your behaviour towards people around you may change for the worse**. When you are feeling so bad about things that have gone wrong for you, you unknowingly take it as a license to treat other people badly.

When such are the dangers of self-pity, does it not make sense to steer clear of it? - Helen Keller, blind and deaf from a very young age had every cause to complain; yet, she is the one who conquered her disability to set a shining example. As she so very aptly said, **“Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world.”**

The best way to keep this damaging emotion at bay is to hold on to the hope that things always change after some time.

Count your blessings, and see what you can learn from the difficult experiences you face.

Stay in the **company of positive-minded people**, and take tips from them on dealing with your situations. Remember, **tough times don’t last**, tough people do !

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My Journey in Disha



---Smt.Vanitha Varaha
Regular Volunteer

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Quiz Corner:
Namaste India



Do you want to know
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Her richness?
Then, **Hurry Up!!**
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India Quiz to kindle the
patriotic spirit.

Quiz Yourself

A humble tribute to a great revolutionary, Swatantrya Veer Savarkar



Although his name is not heard very often in the list of famous freedom fighters of the country, **Veer Savarkar** was indeed one of the great sons of this mother land, who lived his every breath for Bharath (India). His biography is like a thrilling novel; it inspires us with patriotism. Vinayaka Damodar Savarkar was not just a freedom fighter, he

was a **good orator, prolific writer, a poet, a bold warrior, a historian, a philosopher, a social worker**, a cautious leader, a bard, and a staunch supporter of freedom and much more.

Hailing from Maharashtra, V.D Savarkar was born in **Bhagur, Nashik** district on **28th May 1883**.

A glimpse into his multifaceted personality. Savarkar was:

- The first political leader to daringly set **Absolute Political Independence** as India's goal (1900).
- The first Indian political leader to daringly perform a **bonfire of foreign (English) clothes** (1905).
- The first Indian to **organize a revolutionary movement** for India's Independence on an international level (1906).
- The first Indian law student who was not called to the English Bar despite having passed his examination and observed the necessary formalities. The reason – his activities to seek India's freedom from the British (1909).
- The only Indian leader whose **arrest in London caused legal difficulties** for British Court whose case is still referred to in the interpretations of the Fugitive Offenders Act and the Habeas Corpus
- The first Indian historian whose **book on the 1857 War of Independence was proscribed** by British Authorities in India even before its publication. The Governor General had asked the Postmaster General to confiscate copies of the book six months before the book was officially banned (1909).
- The first political prisoner whose **daring escape and arrest on French soil** became a cause celebre in the International Court of Justice at The Hague. This case was mentioned in many International Treaties at that time (1910).
- The first graduate whose **degree was withdrawn by an Indian University for striving for India's freedom** (1911).
- The first poet in the world who, **deprived of pen and paper, composed his poems** and then wrote them on the prison walls with thorns and nails, memorized ten thousand lines of his poetry for years and later transmitted them to India through his fellow-prisoners who also memorized these lines.
- The first revolutionary leader who, within less than 10 years, gave a **death-blow to the practice of untouchability** in the remote district of Ratnagiri while being interned there.
- The first Indian leader who successfully started –
- **Interdining ceremonies** of all Hindus including ex-untouchables (1931).
- **"Patitpavan Mandir"**, open to all Hindus including ex-untouchables
- The first political prisoner in the world who was sentenced to **Transportation for Life twice (50years)**, a sentence unparalleled in the history of the British Empire.

Savarkar was an inspiration to many great freedom fighters and his ideas and thoughts played a major role in influencing the freedom struggle of **India**. Savarkar lived his life as the pledge -

"I will sacrifice my health, wealth, skills and all the knowledge for the freedom of my country – complete independence and its development."

Veer Savarkar movie

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Success Stories:

Blossoming from within



In one of our session which focused on "Family Values," many

students were in tears by the end of the class and Mallesh was touched so much that, he came and prostrated to us saying that we all have changed his way of thinking. The same day he apologized to his parents for the mistakes he had done till now and also promised that he will take good care of his parents till he is alive. He also stated that he would make his parents happy and proud.

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Lets play!! - Desi games : Lagori



A very popular game in India. It involves **a ball and a pile of flat stones** (which are stacked on top of each other). One member of a team **throws the ball** at the stack to knock the stones over. The team then tries to **restore the pile** of stones while the opposing team (known as the *hitters*) throws the ball at them. **If the ball touches a person, he is out** and his team continues without him.

Digital Gyan



Be Unique
Abdul
Kalam

Real Hero – A true martyr in Sunjuwan Army Camp Attack: 10 February 2018



with his bare hands. Let us pay our homage to this great patriot.

Hony Lt Madan Lal Choudhary hailed from Bakrak village in Kathua District of Jammu & Kashmir. He belonged to 1 JAK Li and was posted to the unit functioning under 36 Brigade of Jammu and Kashmir Light Infantry.

Sunjuwan Army Camp Attack : 10 February 2018

The Sunjuwan Army Camp, located along the Jammu-Lakhanpur bypass near Jammu, is a sprawling campus of over 100 acres. In the early morning hours of 10 Feb 2018, a group of heavily armed terrorists struck the camp of the 36 Brigade of Jammu and Kashmir Light Infantry at Sunjuwan.

While the soldiers and their families were sleeping, the terrorists began firing indiscriminately. They had sneaked into the camp from the rear side of the base after a brief exchange of fire with the sentry on its periphery, to enter the family accommodation complex, and barged into the JCO family quarters.

The terrorists were fully armed with AK 47 rifles and hand grenades and were determined to cause maximum casualties. Hony Lt Madan Lal Choudhary heard the gunshot sounds in the quarters and immediately rushed towards the door, where terrorists were present. Hony Lt Choudhary in a rare display of courage did not allow the terrorists to enter his house. He faced a group of heavily armed terrorists with bare hands, **took scores of bullets on his chest and arms**, yet ensured that the assailants could not inflict much harm on his family.

Hony Lt Madan Lal Choudhary was **shot from a close range and was martyred** but showed exceptional courage and presence of mind in dealing with the crisis situation. Soon, Army personnel in bullet-proof vehicles got engaged in the operation to rescue people from the family quarters in the rear side of the base. Subsequently the army's special forces also joined the operation against the terrorists which continued for nearly 72 hours, when all of them were finally neutralized.

Hony Lt Madan Lal Choudhary is **survived by his wife Charanjit Kaur** and daughter Neha and son Ankush Choudhary.

LEAD, KINDLY LIGHT

क्षणशः कणशश्चैव विद्यामर्थं च साधयेत् ।

क्षणत्यागे कुतो विद्या कणत्यागे कुतो धनम् ॥

One should acquire knowledge through second by second effort, and money by saving each and every grain. How can one achieve knowledge if he wastes time and how can he earn if he wastes grains?

