

Newsletter for the month of May 2019

Upcoming Events : June 2019

- [Disha—2-Day Volunteer Training Program on 15th & 16th June](#)
- [Disha-Viveka Vikasa: Programs in Schools](#)

[Read More](#)

Disha Report - 2018 –19 :

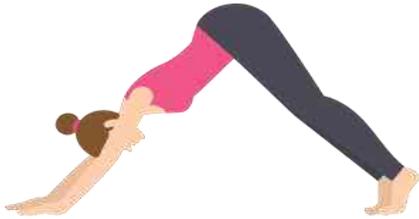
- [Disha—Annual Report for the year 2018-19](#)
- [Viveka Vikasa: Annual Report for the year 2018-19](#)

Digital Gyan
Bhakti Yoga
by
Dr.V.B.Arathi



Health and Fitness Corner

REAL STORY—THE LOST JEWELS



Downward Dog Posture – Adho Mukha Svanasana

The Downward Dog yoga pose lengthens and decompresses the spine, stretches the hamstrings, strengthens your arms, flushes your brain with fresh oxygen and calms your mind.

The Jayantilal family let out loud sigh and pants of relief. They had almost missed the train at Salem Railway Junction. Once they were settled comfortably they started recounting the events at the wedding and how they had been delayed on the way by another wedding procession.



Mr Jayantilal then decided to count the bags and smaller boxes just to ensure that they had not missed anything. What a shock! The most valuable bag containing jewellery worth about Rs.1 lac was missing!

All merriment was shut out suddenly. All the members started to search frantically and soon they began to blame each other. Mrs Jayantilal started crying and urged her husband to stop the train. Some argued against this. They had no idea where the bag had been missed. Surely, they could not go all the way back to the marriage hall?

Finally they decided to get out at Coimbatore and approach the police.

The next day... Sporting the trademark red shirt and wearing a torn 'lungi', Chandran, the 38-year old rough-looking Railway porter at the Salem Railway Junction walked behind Inspector Rajavelu. The porter held the missing bag in his hand.

The Jayantilal family, overjoyed that the bag had been found with the jewellery intact, spontaneously came forward to give him a cash reward of Rs.1,000. Chandran was unwilling to accept the money. 'I just did my duty. Let people not say that man's conscience and honesty is dead' he said.

Mr Jayantilal grasped his hand and pressed the envelope into it. "My dear man, I do not intend to demean your poverty or self-respect. Please accept this token of gratitude lest people should say appreciation is dead."

International
YOGA DAY
JUNE 21



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I got Disha.



From today, I would practice Yoga regularly and spread awareness about the values I cultivated in this programme. It was an interesting exercise to know many things about my country which I had not known till date. Finally, I will be a responsible citizen of this country.

--- Student, mLAC, Bangalore

Subhashitam:

अयं निजः परो वेति
गणना लघुचेतसाम् ।
उदारचरितानां तु
वसुधैव कुटुम्बकम् ॥

Only narrow minded persons have two different outlooks towards common matters relating to themselves and others, whereas for noble and broad minded persons the entire world is like their own family .

Padmashri Sulagitti Narasamma-Delivering lives



Sulagitti Narasamma's entire life was bringing joy and happiness to others till she breathed her last on 25.12.2018 at the age of 98.

Narasamma was born in Krishnapura, **Pavagada** village in Tumkur district to a nomadic culture. She did not attend school and grew up illiterate; she married at the age of 12. She had 12 children, although four died when young, and 36 grandchildren and great-grandchildren.

She learnt her **midwifery** skills from her grandmother, a midwife who also helped to deliver five of Narasamma's own babies. In 1940, at the age of 20, Narasamma assisted at her first birth when she helped with the delivery of her aunt's baby.

She was a farm laborer by profession; but her passion was to be a sulagitti (in Kannada, means 'delivery worker'). Narasamma had the opportunity to keep practice her midwifery skills whenever nomadic tribes arrived at her village. She also learned the art of **preparing natural medicine for pregnant women** and soon became competent in checking the health and position of the baby. She was also reportedly able to **detect the pulse of the foetus** while in the womb, without the use of any instruments.

For **seven decades**, she continued to **deliver babies, more than 15,000** at that. Moreover, she did this without charging even a rupee. In 2014, she was awarded an honorary doctorate from Tumkur University, making her Dr Sulagitti Narasamma.Sulagatti. Her efforts received recognition in 2018 from the Government of India, when she was awarded the **Padma Shri**.

Sulagitti Narasamma is truly an embodiment of service above self.

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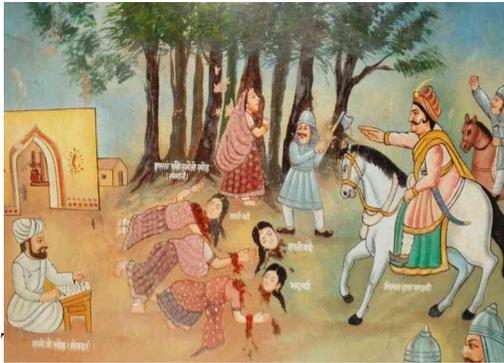
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Bishnoism — An eco Dharma of the people who are ready to sacrifice their lives to save trees



As the one of **Amrita Devi**. She was a young girl that **sacrificed her life in order to save the Khejri trees** (the state tree of Rajasthan and also the famous Bishnoi tree). When she saw that the soldiers sent from the Jodhpur Court wanted to cut the trees down for their wood, she went and hugged a tree.

However, the soldiers didn't get intimidated by the girl's gesture. As such they **killed her as they were cutting the tree she was hugging**. Her gesture encouraged others in her village. Therefore, they all did the same thing and ran to hug a tree. Until there was an order to stop the cutting of trees, **363 Bishnois lost their lives**.

Ahilyabai Holkar—An Icon of Indian Womenhood



The **history of India** has its own share of **great women**, through the ages who played a significant role as rulers, poets, warriors. In such an illustrious pantheon, there was Ahilyabai Holkar, the daughter in law of Malhar Rao Holkar, the founder of the Holkar kingdom. Widowed at a young age, took over as queen, she takes her place in **great queens**. Known for her wisdom and **administrative ability**. She **rebuilt many Hindu temples**, offered facilities for pilgrims across the nation..

Ahilyabai ruled at a time, when the whole of Central India, **Maharashtra**, was facing power struggles one way or another, as well as intense battles being fought for the throne. While there was indeed a section of the kingdom that objected to her assumption to the throne, her army of Holkars stood by her and supported their **queen's leadership**. Just a year into her rule, one saw the brave Holkar queen protect her kingdom – fighting off invaders tooth and nail from plundering **Malwa**. Armed with swords and weapons, she led armies into the battlefield. There she was, the queen of Malwa, **slaying her enemies and invaders on battlefronts** with four bows and quivers of arrows fitted to the corners of the howdah of her favorite elephant.

It was to her credit, that during her **30 year long reign**, **Malwa was never once attacked and remained an oasis of stability and peace**. While Indore developed under Ahilyabai's reign, into a **prosperous trading town**, she also developed her own capital at **Maheswar** on the banks of the Narmada. She built many temples at Maheswar, a fort, a palace, repaired many ghats. She also built many forts, roads in Malwa, donated to temples and sponsored many Hindu festivals. She also built many temples, ghats, wells, tanks outside Malwa too all over India.

While Ahilyabai built and also repaired many temples all over India, some of her more famous works are **rebuilding the Kashi Viswanath temple** after it was destroyed by Aurangzeb. There is also an Ahilya Ghat at Varanasi as well as the Ahilya Dwarkeswar temple. Apart from that she also repaired the **Manikarnika**, Dasasvamedh Ghats, built Dharamshalas there. She has been instrumental in rejuvenation of **Somanath Temple** in Gujarat and many more ShradhaKshetras of Hindus.

We find her **statue in the Parliament of India** as a token of respect to her feeds towards the development of the nation

