

## Newsletter for the month of June 2020

### More Inside

Enriching students through online sessions; teachers too benefitted

>>Pg 3



### Subhashitam

ವಿದ್ಯೆಗಿಂತ ಬೇರೆ ಐಶ್ವರ್ಯವಿಲ್ಲ, ನಿರ್ಮಲ ಸ್ವಭಾವಕಿಂತ  
ಬೇರೆ ತೀರ್ಥ ಸ್ನಾನವಿಲ್ಲ

There is nothing richer than education, the  
pure nature is no less to a sacred bath

### Digital Gyan

[Formula to Solve  
Most Difficult  
Problem by Brah-  
mavihari Swami](#)



## HEALTH & FITNESS

# Simple living, high thinking

By Bhavana Kashyap

Yoga is the science of correcting disturbances in the mind. In his Yogasutra, Sage Patanjali outlines various aspects of Yoga which is much beyond mere postures and breathing techniques. It defines the way we live.

The eight limbs of astanga yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Samadhi is a state of complete bliss. Achieving this requires disciplining of mind and body. Indian culture which has always emphasized on looking inwards for happiness, has evolved with these rules set forth by Sage Patanjali. For now, let's explore how Yama Niyama has shaped Indian culture. Yama, is the moral and ethical code of conduct with the society or external world. Ahimsa, Satya, Asteya, Bharmacharya, Aparigraha.

These values teach us to live in harmony with society Kaya-vacha-manasa i.e in spirit, in talk and in action. Hence Ahimsa is not just non-violence but also includes not thinking ill or talking bad about anyone. Satya is being truthful in speech, thought and action.

Asteya is non-stealing. Everything from material theft to plagiarism is Asteya. Aparigraha is non-accumulation of material objects. Practicing Aparigraha, there is no room for greed.



Brahmacharya means walking in the path shown by Brahma and not yielding to any desire. All the Yamas are designed in way that anyone following this will be morally obligated to the Almighty and will lead a simple, righteous life. Niyama are Soucha, Santosha, Tapas, Swadhaya, Ishvara Pranidhana .

These are for interaction with the internal world. Soucha is Purity of mind and body. Soucha highlights the importance of hygiene of self and surrounding and purity of thoughts as only then is it possible to internalize what one studies (Swadhaya). Santosha is the sense of contentment that is experienced when one performs Tapas. Ishwara pranidhana is the sense of surrender to the divine. This is the bhava of Krishnarpana. By this one is free of material conflicts and can concentrate on higher purpose of life.

Through practice of Yama Niyama, one can achieve simple living and high thinking. This is the Indian way of sustainable living.



## Bhujangasana

This yoga is a reclining back-bending asana in Hata Yoga and modern yoga as exercise. It is commonly performed in a cycle of asanas in **Surya Namaskara. (Salute the sun).**

### Benefits:

- \*Strengthens the spine
- \*Stretches chest and lungs, shoulders, and abdomen
- \*Firms the buttocks
- \*Stimulates abdominal organs
- \*Opens the heart and lungs
- \*Therapeutic for asthma

## GITOPADESHA

कर्मण्येवाधिकारस्ते मा फलेषु  
कदाचन। मा कर्मफलहेतुर्भूर्मा ते  
सङ्गोऽस्त्वकर्मणि॥”

*You have the right to work on-ly, but never to its fruits. Let not the fruits of action be your motive, nor let your attachment be to inaction.*

Chapter 2, Verse 47

## Newsletter for the month of June 2020

### INSPIRING STORY

#### The Leading Light!

Just because you can't see, It doesn't mean you lack a vision. The perfect example for this is our very own 30 year old **Ashwini Angadi** from a small village in Bellary. She is visually impaired from birth, but that did not deter her to achieve her dreams.

Realizing that a whole bunch of visually impaired youth like her should have the opportunity to study, Ashwini started a residential school called Belaku Academy, which provides free education for the visually impaired underprivileged children. The Academy is no way less than any other private residential school in terms of infrastructure, technology, sports activities and science experiments. She is the best example for the fact that if you have a will to do, you can overcome any kind of hurdle even if it is, as severe as disability.



### QUIZ CORNER

#### Namaste India



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



4 Sept, 1825 – 30 Jun, 1917

## Dadabhai Naoroji: Nationalist, UK's first Indian MP

Known as "**Grand Old Man of India**", and an **Unofficial Ambassador of India** during British rule, Dadabhai Naoroji was a critic of British economic policy in India. Educated at Elphinstone College, Bombay (now Mumbai), he was professor of mathematics and natural philosophy there before turning to politics and a career in commerce that took him to England. He stood unsuccessfully for election to Parliament in 1886. In 1892, however, he was elected Liberal member of Parliament for Central Finsbury, London. He became widely known for his unfavorable opinion of the economic consequences of British rule in India. In 1886, 1893, and 1906 he also presided over the annual sessions of the Indian National Congress, which led the nationalist movement in India. In his many writings and speeches and especially in *Poverty and Un-British Rule in India* (1901),

Naoroji argued that India was too highly taxed and that its wealth was being drained away to England. Naoroji's work on the drain theory was the main reason behind the creation of the Royal Commission on Indian Expenditure in 1896 in which he was also a member. Once Tialk said: *If we twenty crore of Indians were entitled to send only one member to the British parliament, there is no doubt that we would have elected Naoroji unanimously to grace that post.* Thus was his popularity and wisdom.

### I GOT DISHA

I am very grateful to Disha for always being there for each one of us, Disha has always shown the right "DISHA" to all the college students. I was very happy and my major take away from the online session held last week was to be "a little extra- to be extraordinary" in sense, doing things in a different way than what others do! By using creativity, honesty and by being spiritual a person can definitely reach their goal. Thank you team.



**PRAVALIKA R**  
Student of  
MLAAHL



## Newsletter for the month of June 2020

### Viveka Vikasa's online reach well received

Team Viveka Vikasa was successful in conducting several online programs for teachers, school children and parents during the pandemic.

Over all, team Viveka reached more than **2500 plus teachers and students** by conducting academic excellence workshops and value talks.

The teachers sessions included activity based training, games, group discussions, contemporary examples made the program very interesting and inspiring to all the teachers.

All the participants are trained on how to become a Guru- An inspiring person, a role model, a change agent in the lives of students. All the participants expressed their tremendous satisfaction about the program.



### Disha's Jnana Yajna

Disha's Jnana Yajna (26 March-14 April 2020) involved interactive **online sessions** with the intention of using the lock down period for self-development. Around 80 participants were enriched with the background of understanding our **culture, spirituality and philosophy**. Participants were taken into an inward journey based on the Indian philosophy though the sessions.

### Enriching students through online sessions; teachers too benefitted



The current pandemic situation and the lock-down time was a big challenge for everyone and Disha was also in the same boat. It had never ventured into virtual/online programs for the students or the faculty members in the last 15 years of its presence in the education field, providing value based initiatives.

Considering the current scenario, Disha decided to come up with virtual sessions for student community and faculty members. The objective of these sessions were to motivate students during the crisis hour and make them understand the purpose of inculcating values in life. The new 2-hour interactive online module has been able to motivate around 700 students from various educational institutions and more than 500 teachers across India. The response and feedback from the student community and teachers' forum has been overwhelming. The student program **Unleash the Hidden Potential in You** and the faculty session, **The Eternal Warrior in the New Normal World**, are focused to enrich communities with values.

“For the past month, we have been attending online classes through various platforms. When college said we have to attend a Personality Development Program (PDP), we were not sure. But it was a wonderful session. The PDP was interactive with activities, inspiring videos, and a motivational message at the end, the session thought us to face the challenges to become successful in life. I thank Disha and my college for this opportunity,” said Ranjitha, a college student who attended Disha's PDP online program.

**You can subscribe and also contribute**

to this newsletter by **mailing** to

[info@dishabharat.org](mailto:info@dishabharat.org)

For any queries or details contact us

@ **9741882006 / 9880519754**

Website : [www.dishabharat.org](http://www.dishabharat.org);

Facebook/Instagram: [DishaBharat](https://www.facebook.com/DishaBharat)