

## Newsletter for the month of April 2020

### Upcoming Events :

- Disha—Self-enrichment sessions through Zoom app

### Disha Report - 2019-20:

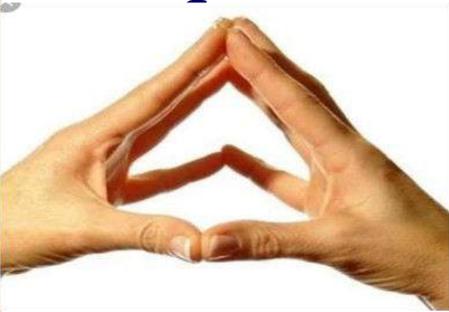
- Disha—Report of Activities from Feb—March 2020
- Viveka Vikasa—Report of Activities from Feb—March 2020

### Digital Gyan Every problem

### Has a solution by Gaur Gopal Das



### Health and Fitness



#### **Hakini mudra:**

##### Benefits:-

- Used to sharpen the brain.
- Helps to improve concentration.
- Promotes to co-operation between left and right hemisphere of the brain.
- Beneficial for children who are suffering from loner.

This mudra should be performed for 15 minutes a day.

#### **I got Disha..**



Before coming to Disha, I didn't have any idea about Vivekananda's message for youth. But now, I'm aware and have become a responsible student and a responsible citizen to serve our society. I have started to enrich my life on the foundation of values.

- Ranjith Kumar,  
Shesadripuram College

### Mental health during Covid-19 crisis



Mental health  
survival guide  
during COVID-19



When Corona Virus was swallowing lives in America and Europe and hogging the headlines, here in India, we were continuing with our business as usual – meetings, shopping, social gatherings and work. But we woke up to the harsh reality of India not being an exception to Corona and an inevitable nationwide lockdown, only after our Prime Minister appealed directly to the people on TV.

However, after a brief pause, we are gradually learning to manage our professional and social requirements through Work from Home, Online Classes, Zoom Meetings and other means of technology.

We can keep away the virus too by following the quarantine rules and common sense. But preserving our mental health is the biggest challenge. Being confined to homes, too much time in hand, long days of emptiness could potentially lead to psychological problems. Could we think of giving a positive spin to this whole episode?

- How about relaxing morning walks, yoga or meditation for a happy body and a calm mind? Let us applaud ourselves for maintaining the house spic and span without a maid!
- Engaging our children in household chores can make them feel like an important stakeholder. Having meals, playing games and reading books together strengthens the family bonding and sense of belongingness.
- The uncertainty can certainly provide a great opportunity for introspection and self-development.
- The books in our showcase, infinite online motivational talks, spiritual discourses and online courses are all at our disposal and waiting to inspire and elevate us.
- The unopened music CDs and DVDs can now see the daylight! Let us enjoy catching up with old friends and checking out how they look now!

Though pessimism is natural, it can only lead to psychological deterioration. Keeping ourselves engaged and optimistic approach can go a long way in preserving our mental health

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### I got Disha



**Student feedback after PDP in Sheshadripuram Main College**

### Maryada Purushothama Sri Rama - An ideal man for all generations

Salutations to Lord Sri Rama, who is an Avatara of Vishnu, who is measureless, who is of the nature of pure consciousness bliss, who is the consort of Sita, master of Sri Hanuman, and the Lord of the three worlds, who took his birth at his own will

in order to establish righteousness, destroy the wicked and to protect his devotees.



Rama Navami or the birthday of Lord Sri Rama falls on the 9th day of the bright fortnight of the month of Chaitra (March/April).

Lord Rama is just not a name of a God in our country. He is an excellent role model of dharma and values. Lord Rama, in the words of Swami Vivekananda, is “the embodiment of truth, of morality, the ideal son, the ideal husband and above all, the ideal king”. He is a symbol of the victory of right over the evil. He characterizes how a man should fulfil his moral commitments and should strictly follow his limits so that social order can be maintained. It is precisely due to this fact, he is known as “Marayada Purushothama”

### Quiz Corner:



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

### Quiz Yourself

### Subhashitam:

न चोराहार्यम् न च राजहार्यम्,  
न भ्रातृभाज्यं न च भारकारि ।  
व्यये कृते वर्धत एव नित्यं,  
विद्याधनं सर्वधनप्रधानम् ॥

### Meaning:

Knowledge cannot be stolen by thieves, nor can it be taken away by the kings. It cannot be divided among brothers, it does not have a weight. If spent regularly, it always keeps growing. The wealth of knowledge is the most superior wealth of all.

### Why emulate Sri Rama?

1. An ideal protector of Dharma- sacrificed every thing to uphold dharma.
2. A devoted son to his parents- Went into Vanavasa for 14 years to abide his father's promise given to his wife Kaikeyi.
3. An obedient student to his Gurus- On an order from his Guru Vishwamitra, at the age of sixteen, Rama fought with the demons and upheld the dharma.
4. A perfect husband- Always remained faithful to Sita and he followed Ekapatnivrata which was very uncommon in those days.
5. A loving brother- When Lakshmana was grievously injured in the battle, Sri Rama cries like a child and asks Hanuman to bring life saving medicine from Sanjeevini Parvatha.
6. A caring and responsible friend: Helped Sugriva to win a battle against Vali as a friend but also warned him when he had forgotten his responsibility as a ruler.
7. A wonderful master to his disciple- Hanuman always introduced himself as Sri Rama's greatest disciple.
8. Able king to his people- An ideal administrator who always listened to his people.
9. Abilities as a warrior and respected his enemies- After killing Ravana, Sri Ram asks Vibhishina to cremate Ravana with dignity and says if he doesn't perform the final rites, he himself would perform the rites.

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### Success story

#### Helping hands during Coronavirus lockdown—Prajwal



There are many issues that have cropped up due to the lockdown and one of them is non-availability of food items for people in remote areas, especially those who are financially not strong.

Lending a helping hand in the fight against COVID-19, several organizations, NGOs, state governments are distributing food to the needy across state, few self help groups are also doing their bit to serve the society during this crisis.

We bring to you one such heart warming story of **Prajwal, a student** and an **intern with Disha** who along with his friends helped the needy by distributing food.

Prajwal says, " If you can't feed a hundred people, then feed just one-Mother Teresa. No one is here to invent something new . We all are here to serve always strikes me hard. That's the main lesson I learned from Disha. On March 26 , I got a great opportunity to serve people. I and my friends visited few places in Bengaluru and distributed 50 kgs of rice, fruits and biscuits to about 10 families having about 50 members. I always believe in the words

" Money doesn't give happiness but sharing and caring is what gives the real happiness."

### Unsung Heroes of Jallianwala Bagh

Jallianwala Bagh massacre is one of the most important movements in the Indian freedom struggle history. Hundreds of freedom fighters were part of this incident but there were two unsung heroes which our country should always remember.



Dr Satyapal

Dr Saifuddin Kitchlew

**Dr.Satyapal**, a medical doctor and **Dr.Saifuddin Kitchlew**, a lawyer, were prominent and influential leaders in the Punjab. On 10th April 1919, the government, apprehending trouble in Amritsar in the wake of the agitation against the infamous Rowlatt Act, arrested both of them and spirited them out of the city to a hill-station Dharamsala.

Large public protest rallies were held in Amritsar against the arrest of these two prominent leaders. The city of Amritsar was in unrest and British had tough time in suppressing the mutiny. Under these circumstances, Jallianwala massacre happened on April 13, 1919.

General Dyer ordered his troops to fire on hundreds of unarmed Indians who had assembled in Jallianwala Bagh to celebrate the festival of Baisakhi. In the crowd were a group of nationalists who had gathered to protest the repressive policies of the British. This act of brutality killed more than 400 men and women leaving thousands injured.

The Jallianwala Bagh massacre was the climax of a chain of events, the final one being a formidable demonstration of Hindu-Muslim unity that terrified the British. This peaceful show of strength took place on 9th April 1919, the Ram Navami Day, five days before the massacre which was led by Dr Satyapal and Dr.Saifuddin. These two heroes truly deserve salutations for their contributions to freedom struggle.

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