

## Newsletter for the month of July 2018

### Upcoming Events : Aug 2018

- [Disha Programs in Colleges](#)
- [Disha-Viveka Vikasa: Programs in Schools](#)

[Read More](#)

### Disha Report - July 2018 :

- [Disha - Programs in Colleges - 1900 students and 100 faculty members benefited](#)
- [Viveka Vikasa: Programs in Schools](#)

### Health and Fitness Corner



Padahasthasana

**Padahasthasana** strengthens the muscles of the limbs as well as the core and promotes good form which is why it is one of the most commonly recommended yoga postures for people who are interested in overall fitness and muscle flexibility.

#### **Benefits:**

1. Improves digestion, enhances blood flow to the head region.
2. Makes spine flexible, strengthens thighs
3. helps in preventing constipation and menstrual problems
4. Improves will power, confidence, concentration, intelligence, memory power

[Read More](#)

### Digital Gyan

[Who is driving your mind?](#)



[Sri Sri Ravishankar](#)



### I got Disha

I will try to become a better person day by day and also strive to make my country a better place to live. I will also strive to be a role model to others by transforming myself.

Rajeshwari.B, Student , KLE Law College

### The Joy of Giving: A Student's Experience

The visit to Nele Narendra (Home for rag Pickers and under privileged) was peaceful. I remember the time when I entered the orphanage along with my friends and bags full of gifts for the kids. One little boy was looking out of his window and that smile on his face, that happiness from the bottom of his heart, made me feel like I have won and achieved everything in life because it was the time when I did something for those kids without any reason.



I was inside the orphanage and all I saw was smiles around me. This visit changed my thinking, my feelings, made an entirely new me. It taught me a life-long lesson that to do something good it doesn't take much money or will power or companions. All you need to do is make up your mind. Good things take time to happen, but trust me, it does happen.

It taught me that even though we don't have parents or we are a one-parent kid, the most beautiful things is that we breathe every day. It is a blessing that even after doing hundreds of wrongs, God gives us a second chance every single day. So why don't we change ourselves, unite together, and bring smiles on the faces of needy ones and those who have lost hope in life?

At last I want to say that sometimes, when we sacrifice our happiness or our life goals for others, far better things happen to us, and life turns out to be more beautiful. That one day visit to the orphanage gave me the most beautiful memories of life and I am proud of myself that I was able to help someone in my life.

And all this happened after I attended the DISHA seminar conducted at M.S. Ramaiah College. DISHA gave me a platform to present myself and taught me the meaning of life.

Leave the sorrows and struggles of life behind and move forward with a smile on your face because WE ONLY LIVE ONCE !

—Ahmed, Student, MS Ramaiah College of Arts, Science and Commerce

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### I got Disha..



--- Student, PES University

### Quiz Corner: Namaste India



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

### Quiz Yourself

### Subhashitam: Charity

अन्नदानं परं दानं  
विद्यादानमतः परम्।  
अन्नेन क्षणिका तृप्ति-  
र्यावज्जीवं च विद्यया॥

**Giving food** is the greatest form of charity, but **giving knowledge** is even greater than that! Because food provides temporary contentment, but knowledge, for a lifetime.

### Sky is not the limit:

Who can imagine that a young girl barely in her early twenties, (23 years) whose mother is a teacher and father a tailor, would start an NGO and that too to create awareness on Aero Space among children and college students!



Well, that's exactly what Nikhitha C has done. She wanted to become an Air Force Pilot but was unable to match the required physical standards. To continue her passion, she joined Aero Space Engineering at Alliance College, Bangalore. During her studies she started an Aero Club to exchange and share information on space research, rockets etc. After that there was no stopping her. Despite getting numerous placements, Nikhitha and a colleague Sujay Sreedhar registered an NGO called Society for Space Research & Development in 2016.

Nikhitha believes that just as earlier we had the Industrial Revolution, Automobile Revolution, and IT Revolution, now it is time for Space Revolution. She wants students at an early age to develop interest in space, rockets, satellite, astronauts and become Astronomers, Scientists, Researchers, Pilots, Aircraft engineers etc., who can take the country forward in the field of Space.

Her achievements are astounding. So far, Nikhitha has conducted innumerable programmes and touched around 4000 students in Bangalore, Hyderabad, Thrissur etc. She conducts free programmes in orphanages, children homes etc. She does Workshops, Space Camps, Space Trek, Space Talk, Sky Watch and lots more. She is now working to get space-related topics incorporated into school curricula.

So much is the enthusiasm for Space related programmes that today Nikhitha has 200 volunteers from various backgrounds supporting her. She has started branches in Phillippines and plans to open branches in Goa, Lakshadweep and the North East states.

She has received many awards and has been interviewed by several Kannada TV channels and newspapers. Her next dream is to open a simulated Space Lab where people can experience what it feels like to actually be in space.

Hats off, Nikhitha. For you, even Space is not a barrier.

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### Success Story:

#### Honesty is My Policy:

**Volunteer :-** Why are you being honest?

**Chandushree :-** Because it is the best gift which I can give to myself

**Volunteer :-** Who inspired you?

**Chandushree :-** I was inspired by DISHA— Viveka Vikasa classes.



Chandushree is a student of 10<sup>th</sup> standard in Basaveshwara School. She found a customer had forgotten his cell phone in her father's shop. Immediately, she checked the 'Contacts' list, and informed the customer's mother about the phone being left behind. The customer retrieved his phone and praised Chandushree for her honesty. Team Disha is regularly conducting sessions on Values from past 4 years. It was one such session on 'Honesty' that inspired Chandushree.

#### Read More

You can also contribute to this newsletter by **mailing** to [info@dishabharat.org](mailto:info@dishabharat.org)

For any queries or details contact us @ **99163 81599 / 96115 33533**

#### **Website**

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

#### **Facebook**

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

### "My Hero, My Soldier"



"In times of war and not before, God and the soldier we adore. But in times of peace and all things righted, God is forgotten and the soldier slighted." -Rudyard Kipling

Indeed, in today's times of relative peace, we have forgotten the victory of the war which is to be celebrated by the millions of Bharatiyas – Kargil. 26<sup>th</sup> July is Kargil Vijay Diwas. It is a day to remember our soldiers and to make a

pledge to never forget the 527 brave hearts who sacrificed their life fighting for the motherland, the men who sacrificed their lives so that their Indian brothers and sisters could continue to live peacefully.

Here are a few vignettes to remember these courageous warriors.

\* **Captain Vikram Batra**, Param Vir Chakra led one of the toughest operations in mountain warfare in Indian history. He was often referred to as "Sher Shah" ("Lion King") in the intercepted messages of the Pakistan Army. Once he met an acquaintance who told him to be careful in the war, to which Batra replied: "I'll either come back after raising the Indian flag in victory or return wrapped in it. But I'll come for sure."

\* **Captain Haneef Uddin**, Vir Chakra was a poetic warrior who always used to inspire the troops by his singing, especially of this song written by his younger brother: "Ek pal mein hai sach saari zindagi ka; iss pal mein jee lo yaaron, yahan kal hai kisne dekha" (The truth of our lives is encapsulated in one moment; live this moment, who knows what tomorrow holds).

\* **Flight Lieutenant Subramanian Muhilan** was a valiant air warrior and a committed soldier who laid down his life in the service of the nation. His wife Mrs Bina Muhilan said "He was on vacation and having food at home, he heard the news of Kargil, he left the food at half and went to war."

\* **Major Rajesh Singh Adhikari**, Maha Vir Chakra who led the capture of Tololing on Kargil. He put aside reading his wife's letter because he thought it would cause him to lose focus from the task on hand. This, despite probably knowing that he may never return back from the battlefield.

The stories of these souls who lived and died for the nation need to be told to every Indian. Let us never forget the words by our Jawan's who say -

***"Our flag does not fly because the wind moves it, it flies with the last breath of each soldier who died protecting it".***