

Newsletter for the month of June 2018

Upcoming Events :

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

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Health and Fitness



Vrksasana is one of the best yoga poses for beginners as it is a simple 'standing asana'. Vrksasana involves focus and concentration, hence it helps calm the mind and channelize the energy flow, making it ideal for students.

Benefits:

1. Stretches out the groin, inner thighs, chest, and shoulders.
2. Strengthens your spine, thighs, ankles and calves.
3. Improves concentration, enhances the sense of balance.
4. Gives relief from sciatica and reduces flat feet

[Read More](#)

Digital Gyan

My first lesson of Philanthropy

Sudha Murthy



LEAD, KINDLY LIGHT:

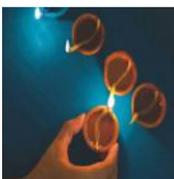
व्यायामाल्लभते स्वास्थ्यं

दीर्घायुष्यं बलं सुखं।

आरोग्यं परमं भाग्यं

स्वास्थ्यं सर्वार्थसाधनम्॥

Health, longevity, strength and happiness are obtained by exercising. Good health is the greatest fortune, and it is the means of achieving everything.



Disha Report - June 2018 :

- [Disha - Volunteer Induction / Training Program Report](#)
- [Viveka Vikasa: Programs in Schools](#)



I got Disha

Learnt what life actually comprises with. If I get any chance to serve something which benefits the nation, I would surely do it.

— Manasa, mLAC

Patience : Key to Success!

Mr. Vijay, an engineer who works in Bengaluru, has shared with us his experience and learning, in his own words. When I was in the final year of my B. Tech, placements started in college. My scorecard read as follows.

1st company – couldn't qualify the 2nd round. Next few companies – didn't qualify either 1st or 2nd round. Day by day, each of my friends got placed and I was trying to get through each company but failed somewhere. Then, top MNC companies came to recruit us – Mindtree, Accenture, Wipro, Bosch, CTS – I got rejected at technical round, after technical round, final round. Net result – no job offer. Finally, I got selected by a company but I rejected the offer since they wanted me to sign a bond for 4 years. Only clouds, no silver lining, and yet, I simply held on to the thought inside me that someday or the other the sun will shine on me, too.....

I started applying to all companies through job portals, referrals and walk-in interviews. I interviewed with nearly 20 companies and still couldn't get through! And yet, I waited patiently, hopefully, for the key that would open my door. Finally a job materialized and I'm now working for Caterpillar in their HR backend support team. It's a role where I'm learning, and enjoying my work.

What I've learned through these experiences is that all situations may not turn out good for everyone nor may results be positive every single time. But it is important to be patient and keep trying to find the right key that unlocks your door..I am happy now for what I am currently.

Patience is not about doing nothing. Patience is about constantly doing everything you can – even as you wait for the results to come your way.



Success Story:

Spark of Teachership:

After attending our "Prerana – A Journey from Teacher to Guru", 15 teachers Mastihali school were motivated that the next day itself the Head Master of the school and rest of the teachers discussed about the changes



which they can bring to the quality of students. They started to adopt shlokas, meditation in assembly and many other teaching methodologies in teaching. The teachers of the school are conducting many activities in school and trying their best to bring out the best in students.

[Read More](#)

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I got Disha..



---Stephie, Student, MS
Ramaiah Degree College

Spreading Smiles:



DISHA team came to our college and motivated us with the thoughts of Swami Vivekananda. We felt inspired to contribute to our country and its people. We started HOPES, a volunteer program that seeks to help the needy in society. Last week, we conducted a session for children with special needs at Sama Foundation. The DISHA team too joined us, and we helped to educate and entertain the kids for one day. It was an incredible feeling to be able to make this event happen, and we're grateful to DISHA for their motivation and participation

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Quiz Corner: Namaste India

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

[Quiz Yourself](#)

Kamaladevi Chattopadhyaya— My Inspiration



credit.

She was born in 1903 in Mangalore, Karnataka. Married at the tender age of 14 years, she became a widow after just two years; but didn't let that mess up her life. She went to London for her further education and on returning to India, she waded into the freedom struggle by joining the Indian National Congress(1923). Kamaladevi Chattopadhyaya has many firsts to her

- First woman freedom fighter arrested by the British during the Salt Satyagraha for violating the salt laws.
 - First Indian woman who stood in an election for political office in 1926.
 - She founded the All India Women's Conference in 1927.
 - As early as 1929, she wrote a book about the rights of women in India
 - She was the founder of the Indian Cooperative Union that helped to settle the refugees from the North West Frontier Province who were displaced during the Partition.
 - She was greatly involved with promotion of art and craft and was instrumental in setting up Central Cottage Industries Emporia all over the country.
 - She started the Natya Institute of Kathak and Choreography in Bangalore in 1964.
 - She was also instrumental in starting the National School of Drama and head of the Sangeet Natak Akademi.
 - She set up and was the first chairperson of the All India Handicrafts Board.
- In recognition of her talent and contributions, the Government of India awarded her the Padma Bhushan in 1955. She was awarded the Padma Vibhushan in 1987 and a year later, she left this earthly abode.

Freedom fighter, arts enthusiast, social activist, feminist and politician. A multi-faceted personality, Kamaladevi was a pioneer who worked for the upliftment of women. A woman far ahead of the times in which she lived, Kamaladevi Chattopadhyaya will continue to be an inspiration for us for many years to come.

Seva through Mission Chai

All of us start our day with a hot cup of coffee or tea. But for those with any experience in government hospitals will understand the difficulty in finding coffee or tea especially in the morning. Rakesh Nayyar, an engineer at Indian space research organisation (ISRO) starts his day by serving tea to poor patients in the Kidwai Cancer Institute.



Rakesh, originally from Amritsar was inspired by the volunteer from the Gurudwara who offered Chai to him when he was tending to his father in law in a hospital there. Piping hot cardamom tea was offered to him on that cold morning gave me immense joy and left him thinking how he can give it back to the society.

On 16th August 2015, his daughter's birthday he started Mission Chai. Each day he prepares 10 liters tea and 10 liters of badam milk. Badam milk is specially made for the children undergoing treatment in the Kapoor ward at the Kidwai Cancer Institute. At sharp 6.15am Nayyar brings hot tea and biscuits to the patients and his family members in the hospital. He says Chai is just an excuse to meet the people in pain and bring a smile on their faces. Seeing his selfless service, his daughter first joined hands with him. Now colleagues from ISRO, friends and family and even doctors and other staff members of Kidwai contribute as much as each one can to Mission Chai started by Rakesh Nayyar. Seeing him, many people bring fruits, breakfast to the hospital on their birthday, anniversaries and special occasion to spread warmth and happiness to patients and family members who are in pain. His small effort brings joy to at least 600 patients every morning.

One man's action has inspired hundreds more to come and join hands. !!

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