

Newsletter for the month of October 2018

Upcoming Events : Nov 2018

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

[Read More](#)

Disha Report - Oct 2018 :

- [Disha - Programs in Colleges - 450 students through 6 workshops](#)
- [Viveka Vikasa: Report](#)

[Read More](#)

Digital Gyan

[Kannadambege Namana - Dr.Gururaja Karajagi](#)



Health and Fitness Corner



Ardha Chakra Asana

This pose require both balance and flexibility. It strengthens the back muscles and tones the organs in the abdomen, improving their functions

Benefits:

1. strengthen spine and spinal columns, activate function of abdominal organs
2. Improves will power, confidence, concentration, intelligence, memory power

[Read More](#)



I got Disha

I was very inspired by the sessions and learnt to be more conscious

about my health, Nation, social responsibilities I will work towards building an old age home and serve the cancer affected patients

— Kalpana, SIET, Tumkur

Tame your Anger with 4 A's



Although the common roots of anger are fear, pain, frustration or feeling of uncertainty, in most cases, one of the major causes of anger is helplessness. When a situation is unacceptable, unbearable or lies outside our circle of influence, we feel helpless. This feeling of helplessness results in anger. Anger manifests in various forms depending on the fundamental temperament of the people.

Generally, short-tempered people struggle to suppress their feelings. So, they resort to screaming, criticizing or openly revealing their feelings. They want their anger to be attended to or acknowledged by others. They experience a sense of relief after the release, but many a times, they repent and regret that moment later.

If a person has the ability to reason out things, the anger would lose its value with a few minutes of introspection and help the person return to normalcy.

The state of a person who always suppresses his feelings without perspective or acceptance of the situation can be compared to the pressure cooker waiting to burst in an unbecoming way, at an inappropriate time. Sometimes, the anger might take a turn and make someone unconnected its prey.

Some of them exhibit it in the form of tears and wash away their anger.

Few others break things, stomp their feet, thump the table or harm themselves or others physically and cause irreversible damage.

Avoiding the situation that causes anger is ideal, but may not be always possible. If it cannot be avoided, then, we can try to influence and alter the situation and make it acceptable. If Avoiding and Altering are not possible, then Analyze. Analyzing the situation would provide fresh inputs to our brain and mind to process and offer us ideas to resolve the issues or at least Accept it. Accepting the situations which lie outside the circle of our influence will lead to peaceful mind.

So, **Avoid**, else try and **Alter**. If not possible, **Analyze** and **Alter**. Otherwise, **Accept**. This will help us bring a closure to many problems.

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I got Disha..



--- Student, RV Institute of Management, Bangalore

Quiz Corner:

Namaste India



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

Quiz Yourself

Subhashitam:

Living in the Present

गते शोको न कर्तव्यो
भविष्यं नैव चिन्तयेत् ।
वर्तमानेन कालेन
वर्तयन्ति विचक्षणाः ॥

One should not regret the past
One should not worry about
the future
The wise always act in the
present

Rukmini Devi-An epitome of compassion and kindness



At an age when most people try to give up on life, Smt. Rukminidevi aged 93, from Bangalore used her savings to build a home for the elderly at Yelahanka, Bangalore. Later she purchased a 3 acre plot in Suddekunte village, Madhugiri taluk of Tumkur district and created a safe space for the aged called "Atmanjali" through the Maa Charitable Trust.

Prior to this initiative Smt Rukminidevi had take a house on rent in Yelahanka, Bangalore where she set up a small unit to make areca nut plates and provided employment to 10 underprivileged women. As there is heavy demand for such plates, she has no difficulty in marketing the products. She has also installed 4 machines to manufacture sanitary napkins and around 7000 napkins are produced every month. Here too all the machines are managed by women. She sells these napkins to hospitals, shops etc. She also trains women on personal hygiene and usage of napkins.

She did her graduation from Maharani Arts College, Bangalore and was employed with the Social Welfare Dept, Government of Karnataka in 1948 where she saw the problems faced by women. This motivated her to spend her time and savings in helping such women. As a matter of principle she does not accept any grant from the Government, individuals or associations. She is an avid reader of Kannada literature and also composes poems. Despite such a hectic schedule she also manages her home and family comprising of husband and four children.

She is extremely happy with her work and so are we to know about her. She is truly a super human being.

Top News about India:

- 'Vaishnava Jan To' Goes Global: Artists from 124 nations including Pakistan recreate Mahatama Gandhi's favourite bhajan
- India wins election to UNHRC with highest votes
- PM Narendra Modi receives UN's Champions of the Earth Award

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Success Story:

Catalysts of Social change:

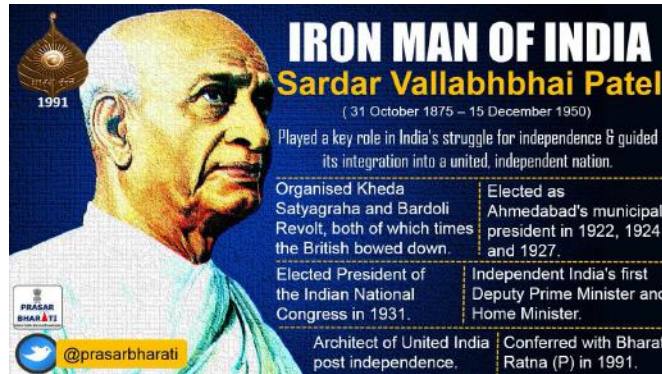


3 students Lavanya, Akshata and Nisha, who attended the Disha's certification course on "Personality Development and Life Skills based on Values" in BSVP College, Vijayanagar thought of utilizing their vacation in a best way. Inspiration from the sessions translated into actions by involving themselves with school team of Disha thereby serving the society.

They dedicated their time completely for 3 months in Nation building activities

- 1) Conducted workshop and took value-based sessions in more than 15 schools
- 2) Helped in preparing content for activity-based sessions.
- 3) Volunteered with NGO'S like Uttishta Bharatha and Youth for Seva for awareness programs
- 4) Participated in many enrichment sessions thereby widening the horizon.

My Inspiration : Bismarck of India



What does Sardar Vallabh bhai Patel mean to all of us?

Back in 1947 India was divided into 2 nations, British had handed over all their directly controlled provinces and

565 self governed princely states had been freed from British suzerainty.

In such tumultuous times, Sardar displayed his true stature befitting the title of 'Iron Man of India'. He lobbied with all the princely monarchs, invoking their patriotism to accede to India willingly. 562 of them did so and with his tactical genius, he got the remaining 3 also to accede as a result of which we have our nation in her current form. As India's first Home Minister, he led one of the largest relief and rehabilitation effort in the world, for the millions of refugees pouring into India due to partition. And he acted swiftly and decisively in thwarting Pakistan's attack on Kashmir in 1948.

Sardar Patel formed the All India Administrative Services that forms the backbone of our nation's civil administration. He also initiated the grand reconstruction of Somnath Temple in Gujarat entirely using public donations.

For his sterling contributions, he was awarded the Bharat Ratna in 1991. His birthday, 31st October is celebrated as National Unity Day. This year, on this day, his 182 m tall Statue of Unity, near Sardar Sarovar dam in Gujarat, was dedicated to the nation. The statue is slender most at the base, which goes against the norms of what other tall statues have followed. This is the world's tallest statue, made entirely in India in a record time of 3 years and is a small tribute that a grateful nation can pay to this great son of our soil. Some foreign media are reporting the Statue of Unity as a mark of India's growing prosperity

