

Newsletter for the month of September 2018

Upcoming Events : Oct 2018

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

[Read More](#)

Health and Fitness Corner



Parsvakonasana poses both require balance and flexibility. Twisting is a way to cleanse and reduce stress within the abdominal area

Benefits:

1. activate function of abdominal organs
2. Improves will power, confidence, concentration, intelligence, memory power
3. Expands the thorax, prevents back pain

[Read More](#)

I got Disha



Of all the workshops I have attended since past 3 years, Disha was the best. It has inspired me to change for the better and to dedicate some time for the benefit of the society

— Vimala, SIET, Tumkur

Disha Report - Sept 2018 :

- [Disha - Programs in Colleges - 450 students through 6 workshops](#)
- [Viveka Vikasa: Over 1000 students and 35 volunteers benefited](#)

Digital Gyan

[Change beliefs to Change Yourself - T.T.Rangarajan](#)



Gratitude Meditation

Gratitude is to appreciate the things that we generally take for granted, like having a place to live, healthy environment, good food and caring family and friends.

It takes a moment for us to reflect on how fortunate we are when something good happens, whether it's small or big.

We feel short of words to describe our feelings of gratitude; may be thankful, lucky, fortunate, humbled, or blessed.

Gratitude meditation is a type of meditation that focuses on expressing gratitude for the things in your life.

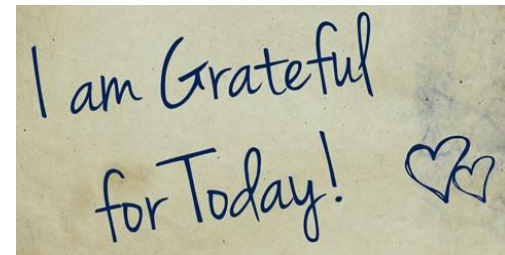
One might practice gratitude meditation while they wait for their morning coffee to brew, for example. Gratitude meditation is *"a simple way to meditate" because at its core, all you have to do is just "reflect on all the people and things you are grateful for"*

It is important to note that gratitude is not just about being thankful for the good things in your life, but it is about being thankful for everything in your life. There are things in your life which might initially seem bad, but upon further reflection actually, give you an opportunity to learn and grow. *"Open the meditation to include neutral people, difficult people, and even enemies- until you extend sympathetic joy to all beings everywhere, young and old, near and far"*

Benefits of Gratitude Meditation

- Decreased levels of depression
- Trust in strangers
- And even increased sleep quality
- Increased levels of happiness

Higher levels of well-being which serves as a protective factor in the face of certain traumatic events, as well as a protective factor against risky behaviours



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I got Disha..



--- Student, Shri Devi
Institute of Engineering
Technology, Tumkur

Quiz Corner: Namaste India



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

Subhashitam:

नाभिषेको न संस्कारः
सिंहस्य क्रियते वने ।
विक्रमार्जितसत्त्वस्य
स्वयमेव मृगेंद्रता ॥

There is no official coronation (RaajyaBhishek) ceremony held or any samskar performed to declare that Lion is the king of jungle. He becomes king by his own attributes and heroism ('Parakram').

Real Hero: Prof.Alok Sagar—Messaiah for the Tribals



We have read stories on how graduates from top universities have taken initiatives to support poor but not many go and live with them. **Prof Alok Sagar, an ex-IIT Delhi professor**, left his lucrative job in 1982 to serve tribals, work for upliftment of women and stay connected to nature.

Besides having graduate and Masters degree from IIT Delhi, Shri Alok Sagar has a PhD from Houston University in Texas, US. He has in fact taught former-

RBI governor Raghuram Rajan.

But all these degrees were meaningless to him and he found his true calling in one of the remotest parts of Madhya Pradesh. **For the past 26years**, Prof Alok Sagar (62 years) has been **living in Kochamu** (Betul district) — **a place which has no electricity or roads but inhabited by 750 tribals**.

He learnt the local dialect and adapted their lifestyle. He is a highly learned man who has **command over 78 languages**. Prof Sagar feels its only tribals that are truly connected with nature and respect it. Prof Alok Sagar has **planted more than 50,000 trees** in the tribal areas. He **rides 60kms to distribute seeds** to neighbouring villages besides doing **rural development work**.

Prof Alok Sagar's life sets an example that if you are willing to work for a cause, you do not need excuses.

Let's Play: *Gilli Danda* is a game very popular in India once rivalled that of cricket. The game is played with a small piece of wood reduced on both sides known as *gilli* and a large piece of wood that is used to hit the *gilli* known as *danda*. The aim of the game is to hit the *gilli* as far as possible. Having struck the *gilli*, the player is required to run and touch a pre-agreed point outside the circle before the *gilli* is retrieved by an opponent. This aspect of the game is similar to runs in cricket or home-runs in baseball.



You can also contribute to this newsletter by **mailing to**
info@dishabharat.org

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

Website : www.dishabharat.org

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

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Success Story:

Spark of Transformation:

A source of inspiration and a sense of satisfaction to see the transformation happening in students immediate after our “Disha-Viveka Vikasa” classes in government schools where we conduct 12 sessions for 6weeks regularly for 90mins.

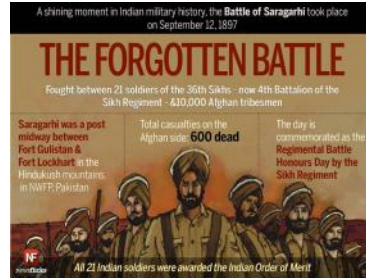
‘**Abhishek**’, a 10th standard student from “**Domlur government High school**”, just after the session by us on “**Social**

Responsibility” (involving completion of a Bharata map puzzle) which focuses on transforming oneself to transform nation which was our last session in that school.

The student pasted the pieces of puzzle with gum, kept it in a file and took an oath of seeing it every day to reflect about his daily actions to transform himself in a **positive way and contribute for the motherland.**



My Inspiration : The Last Stand (21 Vs 10,000)



Battle of Saragarhi – the story of action, bravery, pride, valor, sacrifice and above all truth. This is the story of 21 Sikh men of the 36th Sikh regiment of the British army.

On 12th September 1897, 21 Sikh soldiers defended the saragarhi outpost in the hills of

North –West frontier province against **10000 Afghan tribesmen**. The province was ruled by the British, presently located in Pakistan. Afghan tribesmen wanted to capture the forts of Gulistan and Lockhart as these forts were not visible to each other, Saragarhi was created mid-way.

Afghans attacked this signaling post at Saragarhi, so that communication would be lost between the two forts. The Sikh soldiers decided to fight till the last breath under the leadership of Havildar Ishar Singh to prevent the enemy from reaching the force. Half of the Sikh soldiers died where **Ishar Singh laid down some 20 men hand to hand before falling forever**. But they didn't give up. Far from the post the British officers could see Afghans attacking Saragarhi.

Sepoy Gurumukh Singh sent the final message. At the age of 19 years, the last man stood, he said to have taken down 20 men before he was burnt alive by the enemy. It is reported that he was yelling the Sikh battle cry as the fire burnt him down “**Bol So Niha! Sat Sri Akal!**”.

Nearly **600** Afghans were killed and faced destruction. In the mean time from **9am to 3pm** of battle the 2 forts at Gulistan and Lockhart were prepared to face the attack and Afghans were defeated. The British parliament halted their session mid-way to give a standing ovation to the martyred 21. They were **awarded the “Indian order of Merit” the highest gallantry award of that time. The award is equivalent to today’s ParamVir Chakra award by the president of India.**

This death or glory tale is recorded in the collection of list of “**8 stories of collective bravery in the history of mankind**” assembled by UNESCO. All units of Sikh regiment celebrate Saragarhi Day as the “**Regimental Battle Honors Day**”.