We achieve by our own efforts • Hindu Swayamsevak Sangh •

Sandesh Bharati

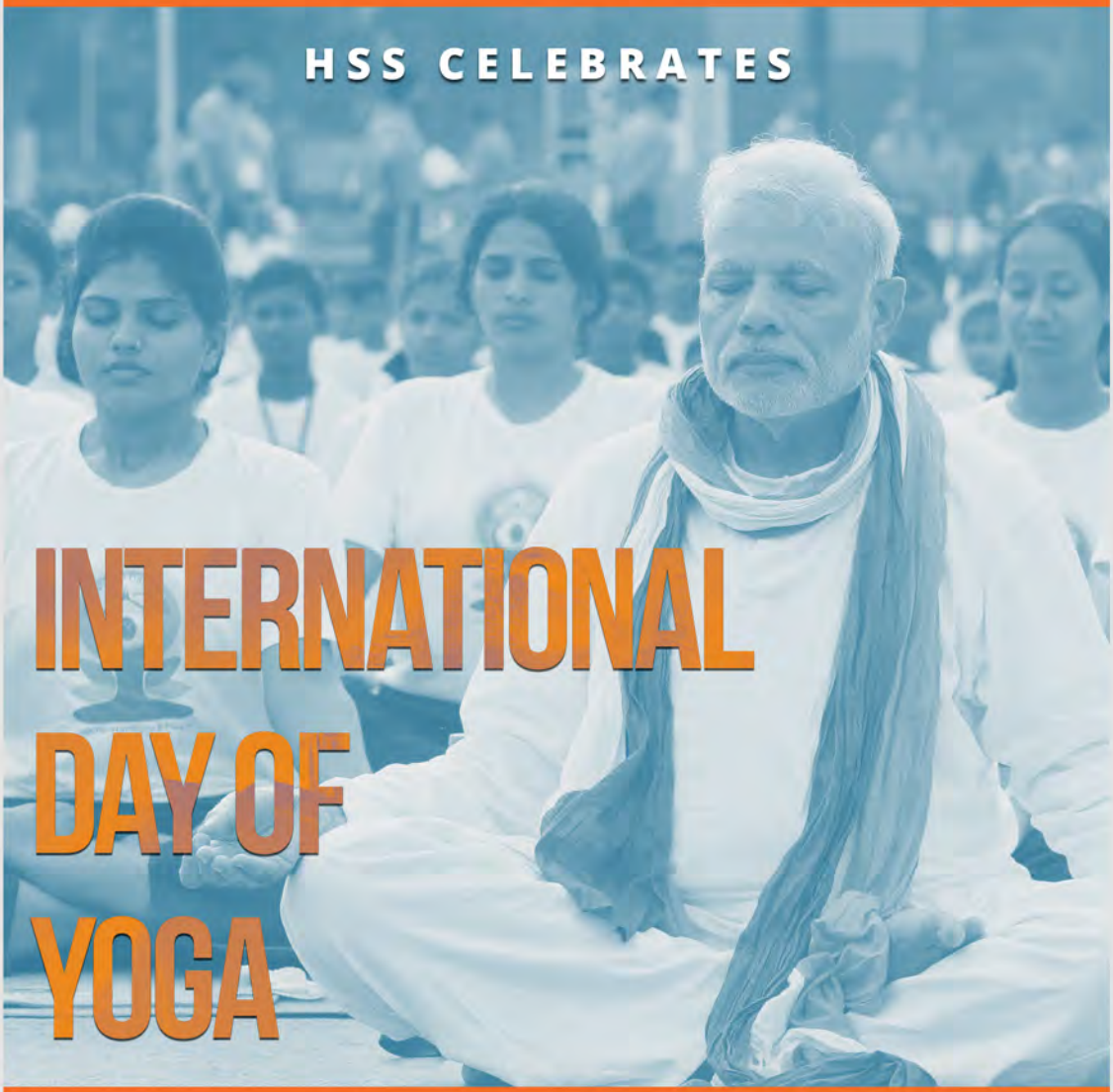
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HINDU SPORTS DAY 2015

The biggest gathering of HSS HK in quite some time took place on 19th April, 2015



A total of 228 people attended our annual HINDU SPORTS DAY.

HSS HK is the only organization that has since the 1980s been conducting an annual sports day for Hindus.

The event commenced with Shrimati Priyanka Sancheti giving an outline of all the events, as well as providing the introduction of Sangh and its goals.

Like always, the event began with the individual events – the long jump and the 100 meters. This time, a new addition was the 200 meters race.

Not just the children, but the parents even participated.

The winners, both the kids and the parents, were handed the gold, silver and bronze medals

For the team games, among the girls, the 2 teams in the older group were named Ahalya and Laxmibai. The younger group were named Kashi and Kanchi.

Among the boys, the older teams were Azad and Bhagat Singh, younger teams were Prahlad and Dhruv

Games played included kabbadi, kho-kho, ring-o-stick, various lathi relays, mandal games, and various other Sangh games.

This time, all the winning team members won a medal each, thus creating more enthusiasm in the kids.

As per the system started in the previous two sports day events, certificates were presented to all the winners, as well to the participants in general. These certificates are most treasured and useful, especially to older kids, as more and more high schools and universities seek the record of the students extra-curricular activities.

The most important prize is given to the best sportsperson of the event; it is drawn from 4 categories – younger and older groups of boys and girls.

This time, our well wishers sponsored special prizes for the winners of the Best Sportsperson. The younger winners would get free passes to Hong Kong Disneyland (along with one elder), and the older winners a free pass to Ocean Park (Hong Kong's premier theme park). This proved immensely successful.

The 4 winners of this year's sports day were:

Among the boys: Akshay Lakshminarasimhan (older group) and Dhruv Kapoor (younger group)

Among the girls : Devanshi Anandpara (older group) and Anaya Sehgal (younger group)

The event this year drew many new faces, those who attended for the 1st time. At the same time, many of our old swayamsevaks who had gone abroad to study but had since returned back to Hong Kong, also joined in. For them, this event was a kind of re-union and they enthusiastically joined in, and also wholeheartedly helped.



Of course, our regular supporters, who have been attending each year, came out in bigger numbers. We learnt that there were some who even cut short their trip to China to make it to the event. Others commented that they skipped other functions to make it to this event. The success of this function can be gauged from the fact that more and more parents came to us organizers, and requested to volunteer



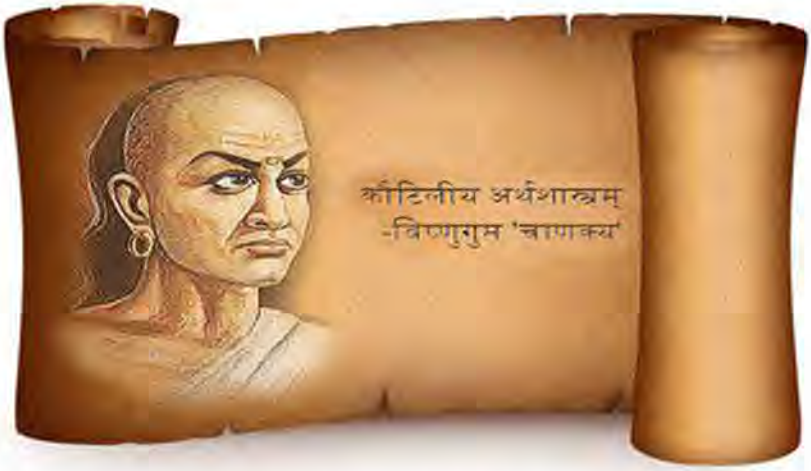
As in the past, a quiz on sports and our culture was held, conducted by Shri Shekhar Sambhshivan and Shri Binay Chandgothia

In conclusion, we can say that the Hindu Sports Day is one event which has come to be identified as among the premier annual events organized for the community.



Accounting and Auditing in Ancient India

by ***Sonia Jaspal***



Professionals want to know the origin of their profession, the work done in olden times and the level of knowledge. I thought of sharing with you the history of Indian accounting and auditing profession. I discovered in Kautilya's ARTHASHASTRA that it existed in ancient India in 4th century BC. Therefore, my guess is that it would have originated at least a few centuries earlier. The accounting principles and standards used in the present century are similar to those that existed in the 4th century BC. This nugget of information may have surprised you.

Broadly, Kautilya's Arthshastra covers accounting principles and standards, role and responsibilities of accountants and auditors, the methodology of accounting, auditing and fraud risk management, and the role of ethics in managing financial activities. Let me share some of the concepts with you in the next couple of posts.

MAINTENANCE OF ACCOUNTS

The accounting financial year was fixed to July-June period and with a full process for closure of accounts and audit of the same. It covered the method of consolidating the accounts from various departments of the government to assess the net income and loss. The accountants were required

to furnish the completed annual accounts to the head office mid-July. Delay and/or failure to do so attracted financial penalties.

CLASSIFICATION OF RECEIPTS

Kautilya states that "receipts may be (1) current, (2) last balance, and (3) accidental (anyajátah= received from external source)." In it, he differentiates between cash receipts and debtors, current and accrued income, income from other sources, windfall gains, and recovery of bad debts. He recognized the concept of risk and suggested different rate of interests for loans. Foreign trade loan attracted the highest interest, as the returns were uncertain.

CLASSIFICATION OF EXPENDITURES

Expenditure classification was similar to receipts classification and included the differentiation between capital expenditure and revenue expenses. Kautilya described it as – "Expenditure is of two kinds—daily expenditure and profitable expenditure." The difference between income and expenditure was termed as "net balance". He insisted on making long-term investments in construction and other works as these would generate profits over a period. It also entailed keeping track of work in progress.

ROLE AND RESPONSIBILITY OF ACCOUNTANTS

A hierarchical organization structure of senior to junior accountants existed within the king's treasury function. The accountants maintained books of accounts on an annual basis according to prescribed standards. The same were furnished for audit at year-end. Kautilya suggested good salaries to accountants and auditors as high income would keep them ethical. Accountants would be more prone to commit fraud if they earned very little.

SEGREGATION OF ROLES OF TREASURY AND AUDITOR

The fascinating part of Kautilya's approach was that he recognized conflict of interest between finance and auditing functions. He categorically stated that the head of finance and head of audit should independently and separately report to the king. He recognized the possibility of collision between the two. In India, in the government the Comptroller General of Audit and Ministry of Finance are two

separate functions. However, in the corporate world still in quite a few companies chief audit executive are reporting to chief financial officer rather than the chief executive officer.

BUILDING AN ETHICAL CULTURE

Kautilya believed character reflected personal values of individual and ethical values learning must commence from childhood. Even as an adult, ethical conduct was as important as professional skills. He proposed measures to build ethical climate in the kingdom. However, he was practical and recognized the potential of corruption. In accounting, he talked about misstating financial statements due to abuse of power and fraudulent reporting. He devised a system of reward and punishment to ensure compliance to rules and regulations.

VERIFICATION AND AUDITING OF ACCOUNTS

The concept of continuous monitoring, periodical auditing, verification and vouching existed in ancient times. Checks were done daily and periodically (five nights, pakshás, months, four-months, and the year). The attributes used in the present day for verifying income and payment vouchers were also used in earlier times. Interestingly, each department had spies to provide information and report wrongdoing to the seniors. There was a full process for discovering fraudulent transactions and punishing accountants for misstating financial statements. I shall cover that in the next post.

VERIFICATION AND AUDITING OF ACCOUNTS

Kautilya prescribed the accounting theory that included bookkeeping, preparation of financial statements, auditing and fraud risk management. He considered accounting as an integral part of economics. Various kingdoms in India used his work until the 15th century AD i.e. before the colonial rule.

About the Author

Sonia Jaspal is a chartered accountant and a certified internal auditor with more than 17 years of experience in risk management and corporate governance

TAKING SANSKRIT TO THE WORLD

KG Suresh 13 July 2015







The 16th World Sanskrit Conference, held in Bangkok and supported by the Union Government, was yet another feather in India's soft diplomacy cap, following the grand success of last month's International Yoga Day

Following the grand success of the International Yoga Day on June 21, another feather in India's soft diplomacy cap was the 16th World Sanskrit Conference held in Bangkok from June 28th to July 2. Supported by the Government of India, the conference witnessed participation of over 600 delegates from 60 countries. The five day meet was inaugurated by the Thai princess, a scholar and patron of Sanskrit language, Maha Chakri Sirindhorn and India's Minister for External Affairs Sushma Swaraj.

Addressing the distinguished delegates, including scholars, teachers, Indologists and lovers of the ancient language in chaste Sanskrit, Ms Swaraj, emphasised that Sanskrit is not a mere language but a "world view." In fact, the motto of the international meet itself was "Vasudhaiva Kutumbakam" (the universe is a family).

The hosting of the conference in Suvarnabhumi, Thailand, and the presence of a large number of scholars from across the world including a big chunk of westerners highlighted the significance of the Sanskrit language in understanding ancient India and its contributions as also its relevance in the present times. It also indirectly served to reject attempts by some "secular" sections to project the language as 'dead' and a symbol of Hindutva as against its vibrancy and universality.

As Ms Swaraj aptly put it, "the language of Vedanta is Sanskrit. The language of Yoga is Sanskrit. The language of Ayurveda is Sanskrit. The language of Indian mathematics is Sanskrit. The language of Indian dramaturgy (natyashastra) is Sanskrit. The language of the Bhagavad Gita is Sanskrit. The language of ancient Indian architecture, sculpture, agriculture,

chemistry, astronomy, veterinary sciences, economics, political science, and other fields of knowledge is Sanskrit."

Spread over 31 sessions, including 24 main sessions and seven auxiliary sessions, the conference delved deep into Sanskrit lore including 18 seats of knowledge, 64 arts, four Vedas, over 100 Upanishads, six ancillary Vedas (upavedas), six adjuncts of Vedas (vedangas), 18 epics, the 10 systems of philosophy, history (itihas), literature and dramaturgy.

Staging of the popular Thai Ramayana, a play in Sanskrit, the Sanskrit kavi sammelan (poetry session) and shastrarth (debate) were among the other highlights of the event. Interestingly, one heard the 'dead language' being spoken extempore by several foreign scholars.

Ironically, in many graduate and post graduate courses in India itself, Sanskrit is not taught through Sanskrit, and candidates often write their examinations in languages other than Sanskrit. Similarly, it has been observed that Sanskrit scholars pay more attention to the subjects in Sanskrit rather than the language.

Sanskrit can prosper only if it is made the medium for teaching and learning the language. Sanskrit and Sanskrit alone should be the language of communication in Sanskrit educational institutions and Sanskrit departments as also Sanskrit conferences. In schools, Sanskrit is seen as a subject which fetches maximum marks as it can be learnt by rot. It is important that the teaching of Sanskrit be made much more attractive for prospective students.

Apart from the Union and State Governments and NGOs such as Samskrita Bharati, which are doing a yeoman's service to the language, promotion of Sanskrit should be taken up by corporates as part of their CSR activities. Linking Sanskrit with modern subjects, developing literature on contemporary issues, conducting a scientific study of the available texts and carrying out more functional research in Sanskrit are among the measures that can be taken up on a priority basis to get the language its due place under the sun. These philanthropists can also contribute to the health and well being of crumbling ved pathshalas imparting the centuries old oral and written traditions, particularly in States such as Kerala.

The country's national news channels Doordarshan News has recently introduced Vaartavali, a 30-minute-long weekly news magazine, which has become very popular with its viewers. Apart from news, the programme includes interviews with celebrities, teaching of Sanskrit words, coverage of cultural events and even snippets from Bollywood movies. Doordarshan has been

running Vaarta an early morning news bulletin for five minutes for some time now and the same is expected to be extended by another five minutes. One only hopes that the public broadcaster introduces a bulletin of the same duration later in the evening, encapsulating the developments of the day.

Apart from growing interest in the language and its text the world over, the spread of Yoga, Ayurveda and Indian classical dances have also contributed to the global enthusiasm towards Sanskrit. Recent decisions by the Narendra Modi Government to grant a $20,000 International Sanskrit Award to any scholar making significant contribution to the language, the institution of fellowships for foreign scholars for conducting research in India in Sanskrit language or literature and the provision of opportunities for new learners to pursue graduate or postgraduate courses or research in India are all expected to give a major boost to the promotion of the language internationally. Reflecting the National Democratic Alliance regime's commitment to the promotion of the language, Ms Swaraj at the conference also announced creation of a post of Joint Secretary in the External Affairs Ministry exclusively to further Sanskrit.

The modern character of the ancient language can be gauged from the fact that it has been found highly effective in developing software for language recognition, translations, cyber security and other aspects of artificial intelligence. As the repository of ancient knowledge, Sanskrit has the potential to provide solutions to many of the contemporary problems.

It would be most appropriate if scholars from organisations representing modern science and technology such as Indian Council for Medical Research, Indian Institutes of Science and Indian Institutes of Technology work together with their Sanskrit counterparts to carry out inter-disciplinary research and come out with the panacea for the manifold problems confronting mankind.

In sharp contrast to the controversies back home, in Buddhist Thailand, one was pleasantly delighted to find Hindu deities such as Vishnu (Wsnu), Ganesh and Brahma being worshipped with equal reverence. At yoga sessions across Thailand, people chant aum, perform the surya namaskar and Ramayana, study Indian classical dances and savour Indian cuisines without any civilisational conflicts whatsoever.

One of the most prominent tableaux at Bangkok's Suvarnabhumi International Airport is that of the saagar manthan or churning of the ocean from Hindu scriptures. Guru Buddhhacharan, a Chinese born Thai scholar of Vedas is planning to open 100 Vedic schools in the South East Asian country and the nation's

Princess Maha Chakri herself developed interest in Sanskrit studies since she was very young. She obtained her Master of Arts degree in oriental epigraphy from Silpakorn University and Master of Arts in Pali and Sanskrit from Chulalongkorn University. The Princess has supported further education in Sanskrit by granting scholarships for university students to study the language abroad, many of whom have become lecturers at Silpakorn University, whose Sanskrit Study Centre jointly organised the World Conference.

As the world increasingly looks at India as the vishwa guru, learning valuable lessons from its rich past, it is high time we, Indians, close our ranks and reflect our collective identity and unity overcoming petty partisan politics. As our ancestors exhorted, "Sanghacchadhvam, samvadadhvam, Samvomanamsi janatam" (Let us move together, speak in one voice, think alike and understand one another).

(The author is a senior journalist based in New Delhi)

Credits:
http://www.dailypioneer.com/columnists/oped/taking-sanskrit-to-the-world.html

YOGA : Patanjali and His Yog Sutras, Hatha Yog Pradipika and Others

- Ami Ganatra

The United Nations General Assembly declared 21st June as the World Yoga Day, an event which was celebrated on a grand scale internationally. Truly, with this declaration, which was backed by 177 countries, Yoga has become a household word throughout the world. The World Health Organization's Dr Poonam Khetrapal Singh said that "Yoga fits in very well with the healthy lifestyle that the WHO has been strongly advocating for...Yoga is believed to offer means for actualization of human potential through its three-dimensional approach to health...physical, mental and spiritual...Yoga is very much relevant even today, as it is both a physical activity and an effective way of managing stress. We are fortunate that such traditional medical practices have survived over the centuries."

So how ancient is Yoga? Very. In fact, Lord Shiva himself is called the Adi Yogi, the foremost practitioner of Yoga. Lord Krishna speaks about 4 types of Yoga in the Bhagvad Gita. Research shows that since the most ancient period in India, and even up to the Indus valley / Sindhu-Saraswati civilization, people practiced yoga.

One of the greatest exponents of Yoga is undoubtedly the great sage, Patanjali, who is supposed to have lived between 200 - 500 BC. He is the one who wrote the famed commentary on Panini's Ashtadhyayi (the Mahabhashya) and compiled the Yoga Sutras, the classical text on Raja Yoga. The Mahabhashya symbolises the perfection of the discipline in grammar. The object of grammar is to supply rules for control of current speech (laukika) for the preservation of the integrity of the Vedas and the comprehension of proper meaning.

Not much is known of Patanjali. Our ancient sages were not known to write autobiographies, or extol their own virtues. They were most humble and down-to-earth, who became famous by the knowledge that they spread and shared with others.

It is said that Patanjali was an incarnation of Vasuki, the snake around Lord Shiv's neck. As he was always in close proximity to Lord Shiv, therefore as Patanjali, he had the most comprehensive knowledge of Yoga. There are other versions linking Patanjali with Adishesha, the lord of the serpents, on whom Lord Vishnu is seated. However, the chief reason why Patanjali

is so world renowned today is no doubt because of his association with the Yog Sutras.

PATANJALI'S YOG SUTRAS

THE foremost detailed exposition on Yoga available to us is through the Yog Sutras by Rishi Patanjali. It is believed that Patanjali obtained this knowledge from Adi Yogi Shiva..Interestingly, Patanjali's Yog Sutras is not only about Asanas / Hatha Yoga. What Patanjali primarily talks about is "Raj Yoga", the ultimate state of being. Asana is just one of the 8th aspects of Raj Yoga or "Unity of being".

The very first (technically second) sutra in the book explains Yoga: "Yogah chitta vritti nirodh". He says Yoga is about restraining the never ending activities going on in the mind and cleaning it of all its vrittis or mental conditionings. Every thought that passes through our brain, every experience we go through, every view we see or every sound we hear, leaves an impression in our mind. These impressions further shape our view of ourselves and the world around, thus conditioning our mind.

But why should the mind be cleared of the vrittis? Patanjali says – "tada drashtuh svaroope avasthanam" - So that we can see our real self. In these 2 lines, lies the whole philosophy of life.

Most of us have had such experience; we want something really badly, we lose our sleep, we lose our composure and strive to obtain the object of our desire. But when we get it, suddenly there is a void within, the happiness we were expecting to feel by getting that thing is only short lived. Then we desire another such object and the process repeats. We keep running after one bone to another like a dog, we assume that happiness is that bone, that new car or a new LV bag. Yes, we do experience joy and pleasure in that moment but the very next moment, the joy is gone and we have to find yet another externality to feel happy again albeit momentarily. Why does that happen? Why aren't we always happy? Even the richest of the world can't buy perennial happiness. Then there are these other people who make only a modest living but never complain, only cherish the moment. What is this source of their happiness?

Patanjali says, we always strive to seek gratification and identification outside ourselves, amongst the material things around us. We see ourselves in our car, our house, our social status, our bank balance. This identification arises out of our mental conditioning. This is what we are taught as kids – that success is about money and degrees. Patanjali explains, that we are not these externalities, we are not even this body that we are so proud of. Beyond this body is the soul (or Purusha or

Saakshi), the witness of our emotions, our pleasure and pain. That soul which is awake when we are asleep (that which witnesses our sleep, how else would we ever know that we were asleep). That which realizes the futility and ephemerality of material pleasures. The soul that dwells within you and I and the trees and the animals and makes the world go around. It knows that happiness is not outside us, but deep within and is a result of our approach to life; that happiness is after all a sound, content sleep at night and a guilt free heart; that happiness is achieved not by running after worldly desires but by detaching the mind from those desires. It is this soul that is our true self. To see this true self, or even understand the concept of true self we need to cleanse our mental conditionings and prepare the mind to be open to newer experiences.

Swami Vivekanda gives a very good example of his commentary on the Yog Sutras; he says that when there are waves on the surface of a pond, we can never see the beauty that lies within. To see underneath, the waves have to stop. Vrittis are these waves that blur our vision.

Yog Sutras is a not a book of abstract elite philosophy. It reads like a structured computer program that deals with the science of mind. Patanjali structures the topic as below:

1. **Sets A Goal**
   Achieving clarity of vision and mind
2. **Lists Obstructions**
   Lists obstructions in the path of that goal - existing mental conditiongs
3. **Lays Out Approach**
   Lays out approach to remove obstructions and achieve the goal - the 8 limbs of Yoga (Ahstang Yoga)
4. **Explains Supporting Conditions**
   Empathetic attitude, discretion of right and wrong, composure, detachment, constant practice
5. **Mentions Non-supporting Conditions**
   Diseases, mental laziness, too much doubt, lack of focus, ego, non-retention
6. **Illustrate Indications of Success**
   Above average intuition and sense perception, deep concentration of mind, clear memory, feeling of joy & fullness

He says – there are 5 types (or causes) of mental conditioning (mental impressions) – what we are taught, what we experience, what we remember, what we read or speak and what we dream – this is the knowledge that ultimately guides our actions and determines how we see ourselves in the world. Patanjali says that these impressions keep us from truly knowing and understanding the soul within us. Hence the first step towards self-realization is clearing our mind of these impressions and not letting it waver as per its conditioning.

A lot of us have heard this before, in leadership trainings, by our mentors, guardians etc. "If you want to be a good decision maker, don't react, don't get emotional about a problem, don't cloud your vision with biases, think with a cool head, understand the real issue and then make a decision. If you get attached to a problem personally, you are likely to make a wrong decision."

I remember having a chat with one of my MBA professors about why were the initial 3 months of the MBA course made excruciatingly tough for the students. His answer left me awestruck. He said "To learn something new, you have to first unlearn what you think you know. We first have to break you to make you; to undo the past learnings, so that you are ready to grasp what we teach you."

This is what Patanjali is actually telling us. "Don't get super attached to what you know or have, don't let your past impressions color your perception, get rid of these impressions and look within to understand reality". Just that, he raises the bar of this "reality" to something more profound, the very existence of ours, the realization that happiness is within us. It always has been, we just need to see it with a clear vision.

He then illustrates the approach to mind-body unity - the 8 limbs of Yoga - Ashtanga Yoga (anga = limbs) :

Yam: Principles for social interaction (Non-violence, Truthfulness, Non-stealing, Chastity, Non-hoarding)

Niyam: Norms of personal conduct (cleanliness, contentment, control of body and mind, regular study, faith in almighty)

Asana: Postures to gain physical and mental stability

Pranayam: Deep breathing for internal cleanliness and mental calm

Pratyaahar: Withdrawing all senses and focusing inward

Dharana: Concentration of all mental faculties on any one object (external or internal) and eliminating all other thoughts

Dhyan: Maintaining Dharana over an extended period of time is Dhyan; also called Meditation

Samadhi: Experiencing the ultimate bliss, when our soul becomes one with the cosmic soul and our identification expands beyond our ego, that is called Samadhi

The first 5 limbs are also categorized as Bahirang Yoga or Outer Yoga – the one which deals with physical aspects.The latter 3 are called Antarang Yoga or Inner Yoga – the one that deals with subtle, mental, spiritual body. A point to note here, achieving perfection in Bahirang Yoga makes attaining Anatarang Yoga easier and more probable, however individual limbs produce standalone benefits too. We already know, Asanas & Pranayams by themselves give physical benefits irrespective of the other 6 limbs, so also for Yam, Niyam – which are essential qualities for living responsibly in the society.

While concept of Antarang Yoga seems abstract, it is really not so rare. When Sachin Tendulkar plays cricket, all he is aware of is the bat and the ball and the world stops to exist. Most sports legends and artists are so engrossed in their game or art, that in the moment, they become one with the game. That oneness (or Dhyan, if you may) is what makes them successful. Practice of Yoga helps us achieve such oneness among our mind, body and soul, our thoughts, words and actions.

While Patanjali's Yog Sutras are undoubtedly the most famous, there are also other guide books to Yoga. I will write on Hath Yog Pradipika, as well as briefly mention on a few others:

HATH YOG PRADIPIKA

IT is said that when Shiva was teaching Hath Yoga to Parvati, a fish called Mina swam nearby. The fish had just swallowed a man who was alive in her stomach. The man was so engrossed in the discourse of Shiva, that when Shiva asked Parvati, if she was listening, the man answered "Yes". On realizing that there was a committed disciple around, Shiva was so pleased that he taught Yoga to the man as well. This man was called Swami Matsyendranath and was ordained by to take the teachings of Yoga to the world. Through Matsyendranath, the knowledge of Yoga was passed down to his disciples, one of them being Swami Gorakshanath, from whom it eventually came down to Swami Svatmarama who compiled it in Hath Yoga Pradipika.

Hath Yoga Pradipika is a detailed treatise on Hath Yoga. Simply explained, Hath Yoga deals with techniques of Asanas, Pranayams and Mudra. And Hath Yoga Pradipika is a manual illustrating those techniques. After paying respect to Adi Yogi Shiva and his Gurus, Swami Svatmarama declares upfront that Raj Yoga is the ultimate goal of Yogis and Hath Yoga is a means to achieve it. Thus clearly establishing that there is no dichotomy between Yog Sutras and Hath Yoga Pradipika. In fact, Svatmaramaji says that due to multiple opinions and lack of maturity, people rarely understand

the concept of Raj Yoga. Hath Yoga, on the other hand, is a tool to experience Raj Yoga (and once experience happens, understanding comes naturally).

Swami Svatmarama goes on to set the stage for practice of Hath Yoga. Having stated dos and don'ts for the preparatory phase and explaining Yam-Niyam (in here, we find 10 yam and 10 niyams; 5 more that those propounded in Yog Sutras); Swamiji describes various asanas (15 in all) including how to perform them and benefits that one can gain by regular practice.

Then comes descriptions of various Pranayam and Kumbhakas (Breathing techniques), Mudras and Bandhas (including techniques of Kundalini awakening) and techniques of meditation (Samadhi). Regular practice of these, says Swamiji, will lead to attainment of ultimate bliss - Raj Yog. But the key is practice, nothing can ever be achieved by merely reading about it.

I must say, even a brief reading of the book will convince the reader to get up and practice, so powerful are the benefits mentioned – healthy body, acute awareness, physical strength and freedom from al diseases, almost making the body indestructible (post kundalini awakening). Even if 10% of the benefits can be truly achieved, it will ensure we lead a healthy and content life, totally worth the effort!

OTHER TEXTS

THE Goraksha Samhita (10th century), describes the origin of the 84 classic asanas. Observing that there are as many postures as there are beings and asserting that there are 8,400,000 species in all, the text states that Lord Shiva fashioned an asana for each 100,000, thus giving 84 in all, although it mentions and describes only two in detail: the siddhasana and the padmasana.

The **Hatha Ratnavali** (17th century CE) mentions 84 Yoga Asanas, although 4 out of its list do not have meaningful translations from the Sanskrit, and 21 are merely mentioned without any description. But, 52 asanas of the Hatha Ratnavali are confirmed and described in detail.

The **Gheranda Samhita** (late 17th century CE) asserts that Lord Shiva taught 8,400,000 asanas, out of which 84 are preeminent, and "32 are useful in the world of mortals.These 32 are: siddhasana, padmasana, bhadrasana, muktasana, vajrasana, svastikasana, simhasana, gomukhasana, virasana, dhanurasana, mritasana, guptasana, matsyasana, matsyendrasana, gorakshana, paschimottanasana, utkatasana, sankatasana, mayurasana, kukkutasana, kurmasana, uttanakurmakasana, uttanamandukasana, vrikshasana,

mandukasana, garudasana, vrishasana, shalabhasana, makarasana, ushtrasana, bhujangasana, and yogasana".

Shiva Samhita, are also teachings of Yoga to Parvati by Lord Shiv, it is believed to have been written between the 15th - 17th centuries.

THE beauty of Yoga is that it is equally beneficial to all who make an effort to practice – from mortals like us to those seeking spiritual enlightenment. Yoga is not just a physical exercise. It works on the mind, on the hormones, on the glands and on the heart. But you have to give it time and commitment. It's not an instant fix.

Nor is Yoga about giving up the world, it is a practice that helps us live a more fulfilling life. It is about doing things the way they should be done with a clear perception and right prioritization, It is about becoming calm and clear headed in order to make the right decisions and developing equanimity towards both successes and failures.

There are 2 shlokas in Gita, where Krishna beautifully explains the gist of Yoga:

योगस्थः कुरु कर्माणि संगं त्यक्त्वा धनंजय ।
सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते ॥ (BG 2.48)

बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते ।
तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥ (BG 2.50)

Give up false attachment to results and do what you should do. Do not be too exhilarated by victory nor get saddened by failure. Develop a sense of balance – that indeed is Yog.

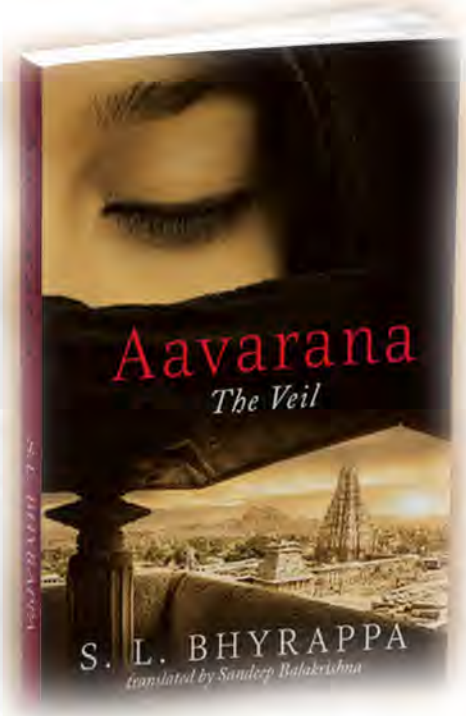
The wise ones do not get carried away with successes and failures (or results of their efforts). So get ready to perform your duties to the best of your abilities. Yog is but the skill and excellence in our actions.

Om Shanti!

About the Author

Ami Ganatra is a Computer Science engineer and MBA from IIM-Ahmedabad. A Management Consultant by profession, she loves to explore and understand ancient Indian knowledge systems, read about Indian history and travel in her spare time. The views expressed here are her own.

BOOK REVIEW



Name: AAVARNA : THE VEIL
Author: S L Bhyrappa
Written in Kannada, translated by Sandeep Balakrishnan
Published by: Rupa Publications, India

Reviewed by: Ami Ganatra

Historical fiction is quite a challenging genre to write. The writer has to only do some solid research but also to be very careful about how creative and imaginative he can be with his characters and his narrations. He has to tread a very fine balance between being true to history while making the story a compelling read for the audience. Today when historians are accused of presenting fiction as history to suit their narrative, S L Bhyrappa's historical fiction - Aavarna stands out as a tribute to history – history of India under Mughals. Reading Aavarna has taught me more history than all textbooks put together.

Aavarna is not just a story of the past, it is a tale set in today. A story of how history has been systematically and clinically fictionalized by the so called progressive historians to make the victims look perpetrators and perpetrators appear as victims. For those who have been following Indian politics lately and are aware of the tactics of the Indian left liberal intellectuals - their holier than thou attitudes, their complete intolerance of opposing views, their contempt for the masses - parts of Aavarna feel like Déjà vu. It is a must read for those who want to learn history and also for those who want to learn the art of writing historic fiction. This book is gripping, un-put-down-able and heart wrenchingly moving.

The story begins in the backdrop of Hampi (in the Indian state of Karnataka) and we are introduced to Razia and Amir, a 54 year old couple, who are documentary film makers and are in Hampi to shoot a film on the ruins of the Vijaynagar empire. The sight of the mutilated UgraNarsimha and the destroyed temple complexes that still bear testimony to the material and cultural grandeur of one of the most powerful Hindu kingdoms in the South triggered a flurry of memories in Razia's mind.

The story then flashes back to Razia's younger days. We learn that Razia was really Lakshmi by birth, born in a village near Bangalore to a Gandhian father. She



had converted to marry Amir, her classmate, who like her considered religion to be an opium of masses. They both were determined to fight the religious dogmas which they believed only led to the exploitation of masses. In this endeavor of theirs, they were supported by Professor Sastri, a very influential figure among Indian Intelligentsia. (You cannot but miss the close resemblance of Professor Sastri with people such as U A Ananthmurthy, Ram Guha and the likes)

But if religion was of no consequence to both, how did Lakshmi become Razia? Well, in Islam no marriage is recognized till both bride and groom are Muslims, hence conversion is a must, even if only on paper (I have a live example in my own family, my own cousin was married to a Muslim boy and had to convert) Anyways, we learn in the story that "just on paper", is also how Amir convinces Razia to convert. However, this doesn't go down well with Lakshmi's father and he decides to break all relationships with her. For Lakshmi, this behavior of his was just another

example of how rotten religions are, and she too decides to move on with her new life, with Amir and his family.

But life really isn't as romantic as one imagines when in love. Amir's parents were deeply religious and orthodox Muslims. They expected Razia to behave and live like a good Muslim wife abiding by the rules – eating beef, doing namaz, wearing burkha, not working etc. Razia complied initially to find acceptance in the family. But it is only a matter of time that Razia can take it no more, especially when Amir decides to use his right as a Muslim husband to Talaq her. (he eventually doesn't, fearing how the intellectual crowd would trash him if he had). She and Amir then move out his family home and live separately.

Back to the present, Amir and Razia return from Hampi, and Razia learns about the death of her father. She learns that in the past few years, her father was immersed in the study of history, collecting rare manuscripts, researching historical texts and touring places. He had left behind carefully researched, hand written notes on Indian history, of facts challenging concocted stories of certain present day historians. What she sees in her dad's notes is enough to motivate her to conduct her own research, question her beliefs about religions and happenings, about stories and their contradictions. Thus starts Razia's re-education.

A CONTINUED ANALYSIS AND DISCUSSION

Through the book S L Bhyrappa dwells into some very basic but unanswered questions –

> *What is history and what is the purpose of history? Is history a privilege of those handful ideologically motivated individuals who want to serve their pre conceived goal – even if it is indeed a lofty, well intentioned goal? Or is it a study of stating events of the past as they happened dispassionately to let people take their lessons from them as they so wish and perceive?*

> *Does a self-assumed good intention warrant whitewashing, or distorting of facts and presenting them as reality? Is it not acute intellectual dishonesty and elitism to assume that ordinary men are so foolish that they can't be trusted to deal with truths of the past?*

> *What are the boundaries of artistic freedom? Can passing of imagination as truth be allowed in the name of artistic freedom? What is the line post where art doesn't remain art anymore but instead becomes a tool for propaganda?*

Meanwhile, as Razia is ploughing through the cobwebs of the past with a vision free of colored ideological lens, a story is taking shape in her mind. A story that

would narrate History as it happened and as seen and lived by a "hijra" of the Mughal harem- a Rajput prince who was captured and made into an eunuch to serve the Mughal sardars, a young promising youth whose manhood was destroyed, and in the process also his identity and his self-esteem, a Hindu prince who accepted Islam to save his life and eventually found his way into the inner circle of Mughal harem – we know him as Khwaja Jahan. Through him, we get transported back into the day and age of Mughals in India.

Aavarna is a story within a story, but a story that stays true to history. I will disclose the plot no more and leave to those interested to read the novel to enjoy the beauty of flow and narration.

A FEW POINTS TO PONDER ON

I'll end the summary review with a few points to ponder, some historical events that we come across in the book, which completely demolish our text book knowledge of history with a sharpened sword of facts



1 Was Tipu Sultan really a hero and a secular ruler as he is made out to be? Or was he just another fanatic Muslim ruler who dreamt of a Muslim kingdom and had blood of innumerable Hindus of Malabar on his hand? Wasn't he responsible for the huge demographic change in the religious identity of his subjects? To assume so many Hindus including upper caste ones accepted Islam out of love is but naïve.

2 What led to the destruction of Vijaynagar Empire and its temples? Was is really a result of enmity of Shaivas and Vaishnavas, as progressive historians want us to believe? What explains then the countless examples of Vaishnav kings endowing and even constructing Shiva temples and vice versa, in Vijaynagar itself? How do we deal with records of Muslims kings around who have proudly claimed the mutilation and mauling of these temples?

3 Why is Varanasi, the holiest city for Hindus, dotted with mosques all around? Why is the most dominant feature there a mosque with an interesting name of "Gyanvapi'? We are told that this temple was destroyed by Aurangzeb to save the honor of a Queen, and that it was the only temple destroyed. But what about Aurangzeb's own chronicler who proudly mentions Aurangzeb's destruction of not just this but thousands of other kafir

Hindu temples with pride, the bricks and pillars for which were used to construct mosques.



4 Was life under Mughals really a secular bliss? How does it tie with complete lack of any kind of scientific, literary development of the otherwise intellectual Indian society? Did people accept Islam on their own accord or was it to save their lives and escape unending torture in form of formidable taxes including "jizya" which was levied on non-Muslims?

5 How did Sati become systematized in the north ? And why was there such a huge disparity in Sati practice across India? It had become a way of life in North but not practiced by people in South, in spite of having Hindu kings there? We know of Rajput queens doing Jauhar to escape being caught and violated by Muslim invaders. If queens weren't spared, what makes us believe that ordinary women would escape them?

This book is a must read!

(S L Bhyrappa is one the leading Kannada thinkers and authors of our times. His anti-establishment (Marxist) stand, his piercing wit and well researched factual narrative has ensured he has many enemies in the system. Not surprising therefore this great novelist has been deprived of Jnanpith all these year)

Revolutionizing Bharat's Foreign Policy



Never before since winning our independence from the British, has a Bharatiya Prime Minister so enthused, enthralled and enchanted crowds wherever he has gone, whether in New York or Sydney, in London or Berlin, in Beijing or Ulan Bator. He has received a roaring reception from the leaders and local people of these countries, it has even been remarked by the media of some of these countries that no foreign leader has ever been so passionately received on their soils. Of course, the NRIs residing there have showered him with so much adulation and love, in fact they have given him nothing short of a "rock-star"style welcome.

Modiji has completely changed the face of Bharatiya diplomacy. It is completely different from the laid-back approach adopted by his predecessors. It is not just "Make in India" or advertising the benefits of investing in Bharat. But much more.

Rahul Kanwal writes, "Prime Minister Modi seems to have taken a leaf out of Dale Carnegie's cult self-help book Winning Friends, Influencing People during his frequent foreign sojourns. In the past 355 days Modi has travelled to 33 cities in 19 countries. This reporter has observed the

PM in action in the United States, Nepal, Australia and now in China. What is remarkable is Modi's ability to very quickly strike a personal rapport with the world's top leaders and his ability to modify his behaviour in keeping with the culture of the host country. At the Melbourne Cricket Ground in Australia, Modi put his arm around the shoulder of Australian Prime Minister Tony Abbott. His relationship with Abbott exuded a great level of familiarity and bore a casual air. Modi, however, was far more formal with the Chinese president. But that didn't stop him from holding President Xi's hand at the Wild Goose Pagoda in Xian. Modi took Xi behind a tree and the two were seen having an animated conversation, with officials looking on from a distance...this was the first time that Xi had welcomed a world leader outside Beijing" (http://www.dailyo.in/politics/rahul-kanwal-modi-china-jinping-jaishankar-weibo-keqiang-chinese-airlines-make-in-india-mansarovar/story/1/3794.html)

The Opposition may grumble over our PM's travels abroad, but there is no doubt that his visits have revolutionized Bharat's foreign policy, and rekindled international interest in our country. Besides the big economic and political gains, it is Modi's marketing or rather exhibiting our "soft power" where he gets full marks. Some examples may suffice:

~ making the world aware of the unique qualities of YOGA, and its origin in our great country... managing to get the International Day of Yoga declared by no less than the United Nations (no such World Tai chi day, Taekwando day, Gymnastics day exists – only Yoga has been given this honor)

~ promotion of our ancient traditions as having the solutions to the world's environmental problems, as our traditional values were not based on "survival of the fittest"



~ gifting the Bhagwad Gita to world dignitaries (while presenting this sacred book of the Hindus to the Japanese Emperor, he said that the "Bhagwad Gita is India's biggest gift to the world.....I have nothing more valuable to give and the world has nothing more valuable to get")

~ re-connecting our ancient relations with North and South East Asian countries through Buddhism; despite Lord Buddha's intrinsic links to Bharat, and the veneration that Buddhists the world over have to the sacred places in Bharat connected to Lord Buddha's life, past secular governments have always chosen to underplay this. But the Modi administration has put Buddhism at the heart of India's diplomacy in the region. Modiji always makes it a point to visit the famous Buddhist temples in the region, whether the Toji and Kinkakuji Buddhist temples in Japan, the Mahabodhi temple in Anuradhapura, Sri Lanka (where he addressed Buddhist monks), the Great Wild Goode Pagoda in Xi'an, China and the Gandan Tegchilen in Ulan Bator, Mongolia, among others. When challenged by the secular media at home why he chose to just visit the Buddhist temples and monasteries and not the churches and mosques, the response was that the Buddhist temples were visited not on account of them being religious places, but rather cultural symbols which formed the traditional links with our country.

~ Modiji has increased the respect and prestige to our national language Hindi which most of the previous governments had just paid lip service to. Besides the address to the UN General Assembly in Hindi, even in his speeches in the parliaments of other countries, the PM has spoken in Hindi. While many in the opposition and our English-speaking elite have criticized this, the PM has followed in the illustrious line of international leaders who have conversed in their own language despite having a good command over English - Francoise Hollande of France, Angela Merkel of Germany and Shinzo Abe. It is a matter of natural pride.

~ However, the most significant aspect of all his international visits has been his interactions with the Bharatiya diaspora. Be it stopping by the road to greet the crowds, or addressing large gatherings, Modiji has acknowledged the massive contributions this community has made to the growth of our country. Despite the patriotism of the non-resident Bharatiya community, and them being the torchbearers of our country abroad, they had been barely acknowledged by the previous Congress governments. The results are for all to see. Every single such community reception that our PM has addressed has been a roaring hit – a living testimony that Modiji is the most popular PM ever for our NRIs.

NARENDRA MODI IN SHANGHAI

Modiji is a powerful orator who is able to mesmerize his audience, which I personally witnessed during his Shanghai address to the Bharatiya community on Saturday 16th May, 2015. I flew in from Hong Kong along with more than 300 other members of the community residing in Hong Kong.

The total number of the Bharatiya diaspora living in China who had come to listen to their leader numbered around 5,000 persons, and besides Hong Kong and Shanghai, they also came from Hangzhou, Yiwu, Ningbo, Guangzhou, Shenzhen, Foshan, among others. This number also included 1,900 Indian students studying in universities in China / Hong Kong.

The admiration and adoration that Modiji enjoyed among the crowd was really unbelievable. Long before our PM arrived, the people kept on singing Modi Modi, which reached to a full pitch as he entered the stage. Even while he spoke, people kept on cheering Modi, Modi, or Bharat Mata Ki Jai and Vande Mataram. It was really an unforgettable experience. I can now visualize how it must have felt when nearly 20,000 Indians greeted Modiji in Madison Square, NY last year. Or the millions of people that had the opportunity to hear him speak during the election campaigning last year. A few thousand, or hundreds of thousands, Modiji's hold over the crowd is legendary.

Modiji started by reminding the importance of the day, as exactly one year back, May 16th 2014 the election results had shown that he had led the Bharatiya Janata Party to a historic victory. He said that while the journey ahead was still long, he would leave no stone unturned in his commitment to fulfilling the aspirations of the people. He thanked everyone in the audience for their support, and said that he was humbly aware that at all times, "Janata Janardhan", the people must always be respected. He remarked that the very fact that even a tea seller like him could become the Prime Minister showed the egalitarian values of our culture, as well as in our Constitution's beauty.

Modiji mentioned that since he came to power, he had not taken a day's rest. And yet he was being criticized for visiting many countries and working a lot. He said, that "if working hard is a crime, I would love to do it for my fellow countrymen".

In that respect, he even mentioned that the very next day, he would be going to Mongolia, where he would be addressing the Parliament there, despite it being a Sunday. Modiji would be the first foreign leader to get this honor of addressing the Mongolian Parliament on a holiday

Our PM extolled the virtues of our civilization, which was never sectarian or intolerant, and always taught "Vasudaiv Kutumbakam" – the world is one family -

a message extremely relevant for the present times when terrorists were creating mayhem on the basis of their exclusivist and fanatic ideology. In this context, he also spoke on how our Bharatiya traditions have a key role to play in teaching the world about the environment. He said that since ancient times, our Rishis and saints were teaching on how nature must be protected. He narrated on how parents in India taught their children that as they get up from bed, they should first pray to Prithvi Mata (Mother Earth), as this is our land and we are her children.

He expressed his gratitude to the Chinese President Xi Jinping for the warm hospitality bestowed upon him in China. Modiji noted that it was for the first time in China's history that its President had received any foreign leader outside Beijing, a gesture which was shown by Xi Jinping who travelled to Xi'an, his hometown, to welcome him. One of the highlights of this trip was his visit to the historic Da Xingshan temple, considered as the oldest temple of Buddhism in China, and which is connected with the life of Xuanzang or Hieun Tsang who travelled extensively in Bharat between 629 - 645 AD to learn about Buddhism, Sanskrit and other subjects, and who upon his return visited this historic temple.

as the oldest temple of Buddhism in China, and which is connected with the life of Xuanzang or Hieun Tsang who travelled extensively in Bharat between 629 - 645 AD to learn about Buddhism, Sanskrit and other subjects, and who upon his return visited this historic temple.

Modiji appreciated the fact that China allowed him to visit two universities, and allowed him to interact with the Chinese students. He said that such people-to-people contact would go a long way in increasing co-operation between the two nations, which was of utmost importance considering that Bharat and China formed 1/3rd of the world's humanity. He said that there were more Bharatiyas living in China, than Chinese living in Bharat, and as such we had a bigger responsibility in educating the Chinese about our country. He said that we should encourage the Chinese to visit Bharat.

He said that every Bharatiya must promote their country and their culture. If we keep on criticizing our country before foreigners, of course they would not respect our country. He also said cleanliness, and the building of toilets, was very important, and his government was committed to this.

The audience loved every bit of Modiji's speech and after the conclusion of the speech, when approached by the various reporters from the Bharatiya media channels who were present to cover the event, were full of praises for the PM. Even when challenged on whether

anything had really changed in the 1 year since the BJP came to power, they showed patience by saying that a year was a very short time for evaluation, yet a lot had been done, and many positive steps taken by the Government would transform the country gradually. When the people were asked to compare the rate of economic progress in China with Bharat, someone answered that the two were not comparable. Firstly, our country was a democracy due to which many things had to be taken into account, and besides the previous Congress governments had so much wrecked the business environment in the country that it would surely take time to fix it.

There is a sizeable Bharatiya community residing in Shanghai, and they played a stellar role in the organization of this event and welcoming members of the community who came from outside the city. Most of the community is prosperous and well-settled, and includes professionals, businessmen, executives, and restaurant owners.

SECOND MOST FOLLOWED WORLD LEADER

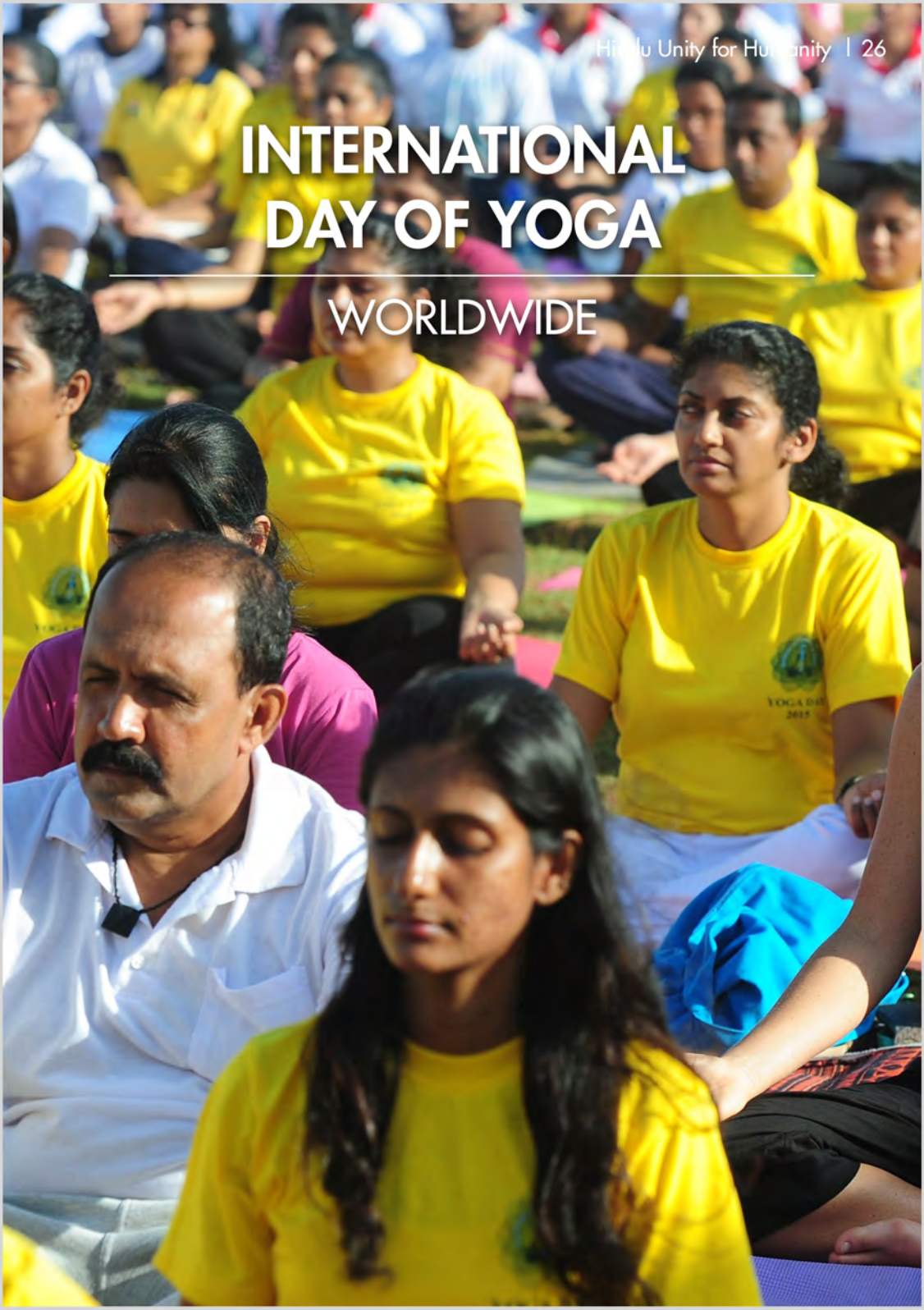
Modiji became the first Bharatiya Prime Minister to visit and pay homage at the Neuve Chapelle war memorial during his trip to France in April this year. Not many in our country had even heard of it. But, this war memorial was constructed as a tribute to the thousands of Bharatiya soldiers who perished fighting valiantly on the battlefield in World War 1.

When he visited Berlin, selected works of C.V.Raman (who won the Nobel prize for physics in 1930) were presented to the German Chancellor Angela Merkel by Modiji. Most people couldn't understand what was the connection between C.V.Raman and Germany but Modiji clarified this "Sir CV Raman's work finds extensive application in diverse areas, even quantum chemistry – in which Chancellor Merkel holds a doctorate. Sir CV Raman had a deep connection with Germany. He was inspired to pursue science as a career by famous German scientist von Helmholtz. Now well known terms like Raman Effect & Raman Spectrum were coined in 1928 by a German physics professor Dr Peter Pringsheim".

Modiji's selfie with Chinese Premier Li Keqiang at Beijing's Temple of Heaven became one of the most powerful selfies ever. It received 282,000 likes within hours, including from Facebook founder, Mark Zuckerberg. The normally reticent Chinese leaders seldom appear in selfies, the Chinese public were also pleasantly surprised by this selfie of their leader with Modiji.

These are some of the out-of-the-box steps that Modiji has taken during his foreign tours

Prime Minister Shri Narendra Modi is not just popular in Bharat and among the



INTERNATIONAL DAY OF YOGA

WORLDWIDE

ICON PAR EXCELLENCE



LEAD INDIA TO LEAD THE WORLD: DR KALAM

Two hundred odd students are sitting in a hall, in a stage of meditation. A voice of trainer echoes in the ears of those young boys and girls.

You were thousand times smaller than a sand grain....as small as an atom.....from that stage you started forming as a baby inside your mother's womb.... Whenever you were crying, your mother feels sad, she comes running and feeds you....when you fell down and you were crying, she rushes towards you and she had tears while cleaning your wound...

Just realise when the mother who gave you birth is so important, then how great and important must be the mother of mothers... the mother of all of us.... The mother India should be...

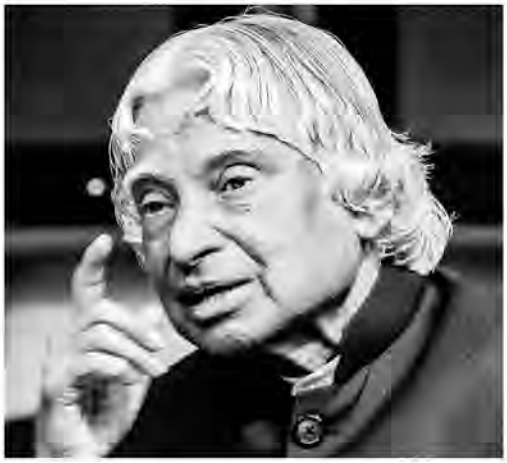
So we have to bring back the past glory to India and make mother India, our Bharatamata a world leader.

DR APJ ABDUL KALAM ON LEAD INDIA 2020

Lead India 2020 is the National Movement, a mission-oriented programme for transforming youth of the country. I am confident this movement will transform youth to achieve developed India by 2020. India has to be transformed into an economically developed nation by 2020. Every citizen and every constituent of the country has to participate in the Lead India 2020 – a national movement to lead the Indian youth who constitute 55 per cent of the country's population, to lead India to lead the world by 2020. Lead India 2020 movement is training lakhs of students in many districts of Andhra Pradesh. I happened to know the transformation that has taken place among the students after undergoing the Aap Badho Desh Ko Badhao training. Lead India training programmes have created confidence in me that the youth of our country trained by them are on the right path and the spirit of "We Can Do It" is radiating everywhere. I extend my warm greetings and felicitations to all those who are associated with Lead India 2020 movement and wish their efforts for the movement all success. Lead India National Club (LINCs) will unite all educational institutions, corporations and other institutions to share networks and resources to strengthen efforts to solve our nation's problems.

— DR APJ ABDUL KALAM
Chief Mentor, Lead India 2020 Movement

Now realise your responsibility of making India a world leader... A GLOBAL LEADER by 2020. Our mother has carried us for nine months but Bharathamatha... she has carried us for all our lives... Don't we owe something to her.... Realise... Is it not our duty to make her proud? Trainer of the session Dr. Geetha Challa is depicting a story before closed eyes of the students. Thoughts are coming and going. Something unusual is going on at the core of these young hearts and the tears are shading on their cheeks.



The event is "Mother" session of Lead India Campaign which was started years back in the guidance of our beloved former Hon. president Shri APJ Abdul Kalam. The mentor of this noble campaign is no more. But the way he shows is well defined and well designed. And the people, associated with this cause are committed to carry it forward till the goal is achieved.

Dr Kalam gave a call to the youth of the nation "To lead India to lead the world by 2020". With the slogan, "Aap Badho – Desh Ko Badhao", A group of Dedicated people started this campaign in the leadership of Dr. NB Sudarshan Acharya from Hyderabad, Andhra Pradesh.

Dr Kalam visualised the concept of Developed India 2020 and feel that only meetings and lectures are not enough to deliver. A group has to dedicate themself to train millions of youths to transform them the change agents for the nation. For this purpose, the launch program was convened in Rashtrapati Bhavan, New Delhi in 2002. With the vision of Developed India by 2020, the mission was set to Igniting the minds of youth and training & nurturing them as vibrant Change Agents to Lead India and to make a value based and skill developed nation by the year 2020.



"He was a great scientist who contributed immensely in the field of science and technology as well as space. I have lost a marg darshark. He was a source of inspiration for the whole country, particularly the youth."

— PM Narendra Modi

It was a very small or invisible initiative, can say Pilot project in Hydrabad. Year by year, gathering the people and expanding the area, the state-wide Lead India 2020 training program was launched by Dr. Kalam himself on December 9th, 2012. Till date, about 8 lac students, 12 thousand teachers, 4 thousand principals of schools, 14 thousand others youths and 3 thousand participants from corporate world attended the training programmes. In May 2015, first all India workshop was organised at Panipat, Haryana where about two hundred participants gathered from 22 states of the country. A Delhi based organization, Samarth convene the event. It was resolved that the time has come to spread this movement nation-wide. A group was formed and was planning to organise a mega event with participation from all over the country. Obviously, Hon. Dr APJ Abdul Kalam was supposed to inaugurate and deliver a lecture before these agents for change. The planning meeting was decided on July 30 at Delhi. As per the program, we are here. Instead discussing the event, we are paying our tribute to our menter, Dr Kalam. Though, Dr Kalam is not with us physically, he will remain in our memories forever.



- **1931** - Born on October 15 at Rameshwaram
- **1954** - Graduation from St. Joseph's in Trichy
- **1958** - Post Graduation (aero-engineering) from the Madras Institute of Technology
- **1960** - Joined Defence Research and Development Organisation
- **1969** - Joined the Indian Space Research Organisation
- **1981** - Conferred Padma Bhushan for Dr. Kalam
- **1987** - Om Prakash Bhasin awards for science and technology
- **1989** - Agni Mission
  - Successfully test fired the Agni missile
- **1990** - Conferred Padma Vibhushan
  - Successfully launched "Akash"
- **1992** - Appointed as Scientific Adviser to the Defence Minister, Secretary to the Department of Defence Research and Development and Director-General, Defence Research and Development Organisation
- **1993** - Successfully launched 'Prithvi'
- **1998** - Conferred Bharat Ratna
  - Indira Gandhi Award for National Integration
- **1999** - Pokhran-II nuclear tests
  - Kalam Appointed as Principal Scientific Advisor to GOI
- **2000** - Viswa Bharati conferred its highest award Deshikottam
  - Conferred D.Sc by the Madurai Kamaraj University
- **2001** - Quits as the Principal Scientific Adviser to the PM
- **2002** - Sworn in as the country's 12th President
- **2011** - Pitched for the Kudankulam nuclear plant in Tamil Nadu again
- **2015** - Died on July 27

RSS PAID TRIBUTE TO KALAM



Condolence message from RSS Sarasanghachalak Shri Mohan Bhagwat and Sarakaryavah Shri Bhaiyyaji Joshi:

> "With the passing away of Dr APJ Abdul Kalam, our former president, one of our foremost scientists and a visionary who ignited innumerable minds, Bharat has lost one of her greatest sons, who, as a scientist, had made seminal contributions to our defence preparedness, and as a statesman, made Bharat proud by enhancing the prestige of the President's office through his exemplary conduct of the affairs of our presidency.
>
> Dr. Abdul Kalam's life, from obscurity as a small boy growing up in the temple city of Rameswaram to becoming Bharat's eleventh president, was a tale of extraordinary courage, determination, perseverance and the desire to excel. His life story is as well the story of our missiles, Agni, Prithvi, Akaskh,Trishul and Nag, that have raised our nation as one of the missile powers of international reckoning. He, who had faith in Bharat's rich heritage and unswerving belief in our talented youth, wanted Bharat to emerge as a knowledge society and empowered nation. While sharing the deep sorrow with the entire nation over his death, which is an unsurmountable loss to our country, we express our heartfelt condolences to his bereaved family and pray almighty to bestow peace on the departed soul."

IN MEMORY OF DR APJ ABDUL KALAM



"Dr Kalam will be long remembered for his passion for science and innovation and his contributions as an eminent scientist, administrator, educationist and writer."

— Pranab Mukherjee
President of India

"Dr Abdul Kalam - the man who ushered India on a new journey has just finished his own. You will continue to inspire us for centuries."

— Maithripala Sirisena
President Srilanka

"His Majesty the King has commanded our National Flags will fly at half mast to mourn the passing of India's former president Dr. Abdul Kalam."

— Tshering Tobgay
Prime Minister of Bhutan

"I always regarded Dr Kalam as the best exemplar of the Idea of India, one who embodied the best of all the cultural and spiritual traditions that signify India's unity in immense diversity. He harmonised science and spirituality."

— LK ADvani

"A scientist and statesman, Dr Kalam rose from humble beginnings to become one of India's most accomplished leaders, earning esteem at home and abroad."

— Barack Obama
President of the U.S.A.

International Day of Yoga 21st June, 2015

HSS, OTHERS CELEBRATES INTERNATIONAL DAY OF YOGA IN 40 COUNTRIES
June 21st witnessed the rising sunrays carrying the images of asanas and the chants of OM across the globe from Tokyo to San Francisco, and Sydney to Oslo when millions joined the celebrations of the First International Day of Yoga. Several organizations like Hindu Swayamsevak Sangh (HSS), Art of Living and other local organizations took lead to organize huge events for the Yoga day.

Led by Shri Narendra Modi, an astounding 35,985 people drawn from 84 different nationalities performed 15 different Yoga Asanas in Rajpath in New Delhi on 21st June, 2015. It is noteworthy that it was due to the efforts of our Prime Minister that an International Day of Yoga was accepted by the United Nations, with the support of 177 countries. What is even more remarkable is that whereas in our nation, many Muslims and secular leftists opposed this event, no less than 47 Muslim countries wholeheartedly supported it.

Here in Hong Kong, over 2,000 persons from different countries and backgrounds gathered at the Sun Yat Sen Memorial Park. Hon. Secretary for Development Mr. Paul Chan was the guest of honour, along with Ms. Jasmine Wang, Yoga Ambassador and renowned TV anchor on One TV. Our Consul General, Shri Prashant Agrawal, underlined the benefits of Yoga for the health and wellbeing of individuals and communities, and presented sets of Yoga books to Mr Chan and Ms Wang. The accommodating and fraternal nature of Yoga could be gauged from the fact that consul generals, honorary consuls and representatives from Nigeria, Bangladesh, Iran, Venezuela, Tonga, Philippines, Nepal, Sweden, Mexico and Israel all joined in this mega event, sharing the same dais (YOGA seems to have succeeded in uniting Iran, Bangladesh, Venezuela with Israel)



The program here, as elsewhere, commenced with the screening of a film, which had been prepared by the Ministry of Ayush. Despite the efforts of our secular leftist lobby, the film proudly showed Lord Shiv as the Adi Yogi, declared that "Yoga is essentially a spiritual discipline", and also freely showed practitioners chanting OM and the mantras.

The rains did not deter the participants from performing the various Yoga Asanas, which they did with full energy and enthusiasm.

There was no Surya Namaskar functions organized by our Consulates worldwide, but that didn't stop the various Yoga institutes from performing Surya Namaskar. Perhaps, the biggest one of its kind took place in Taipei, Taiwan where equipped with Yoga mats and humming the sounds of OM , over 2,000 people did SURYA NAMASKAR in a Taipei University's soccer field.

Now, we detail how the event was celebrated by our HSS swayamsevaks and other organizations in other countries of the world.

The following report is from http://shrivishwaniketan.blogspot.hk/2015/07/ashadha-adhik-shukla-14-vik-samvat.html

One of the biggest events was the one organized by the Bharatiya Embassy, UAE in association with organizations like Friends of India, Raja Yoga Center, which witnessed over 16,000 people performing Yoga at Al Wasl sports Club, Jaddaf, Dubai. Besides the Bharatiya Consul General Shri Anurag Bhushan, others who attended the event included boxing champion Mary Kom and Major General Nasser Al Razooqi, UAE Karate and Taekwondo Federation president.



2 - Dubai

> "Today we celebrate Yoga, and... how it is a wonderful support to the mind, soul and peace,"

said Major General Al Razooqi.

In a huge gathering of about 6,000 at The University of Nairobi - Convocation Grounds, people practiced asanas and Surya Namaskar, as well as a meditation session. Some other demonstrations performed were flute calming music, Yoga for kids, a Yoga dance, Yoga acrobats show and a Kenyan cultural dance. Dr. Hassan Wario, Cabinet Secretary for Ministry of Sports, Culture and the Arts of Kenya, said that "Yoga is the science of activation of our inner energies in such a way that our body, mind and emotions function at their highest peak. Kenya is proud to be a part of the 175 countries observing the Yoga Day, and I am sure this is the largest Yogathon happening in Africa today. Let us not limit this to observing the day only on 21st June but also practice it in our daily life to see the real results." He ended his speech by performing the Halaasana. Dr. Evans Kidero, Governor of Nairobi County; Yogeshwar Verma, High Commissioner of Bharat; Prof M. F. Mbithi, Vice Chancellor, University of Nairobi; Prof. Miriam Kamadi Were – Chancellor, Moi University; and Roberto Paioni – Italian Consulate also participated in the event. Other cities in Kenya like Mombasa, Eldoret, Nyeri, Lamu, Nakuru and Kisumu also organized successful Yoga day events.



3 - Lagos, Nigeria

At the National Stadium, Lagos, Nigerians joined the Bharatiya community in Yoga celebrations where a 2,000 strong gathering performed various Yoga postures braving early morning showers. The event "Yoga for Happiness," was organized by Sewa International, The Art of Living Foundation and the National Olympic Committee jointly. Several notable sportsmen including the president of Sports For All, Henry Amike, Secretary General of the Nigeria Olympic Committee (NOC), Tunde Popoola and Professor Pat Utomi were present at the event. Speaking on the importance of physical exercise to Nigerians, Utomi said, "It is essential for each and every one of us to incorporate Yoga into our daily lives to progress faster as individuals and as a country."

In a program organized by HSS at Tokyo, Japan, a pictorial exhibition - Yoga gallery was inaugurated by Edogawa Mayor, Hideyuki Masu. Over 400 participants, majority of



4 - Edogawa Mayor at Tokyo



5 - Ravikumar's book released by Hon Sushama ji

them being of Japanese origin were guided by 10 instructors out of which 6 were Japanese.

More than 100 centers of HSS USA organized yoga festivals in 30 cities, including Atlanta, Boston, Chicago, Denver, Bay Area, Milwaukee, Houston, Bloomington, Tampa, and Phoenix to mark this day. The events attracted thousands of participants around the country. Activities included guided yoga poses, meditation techniques, and scientific presentations on the benefits of yoga, live music, and demonstrations by expert yoga practitioners. In several states, including Massachusetts, Ohio, and Illinois, governors and mayors recognized June 21 as "Yoga Day" within their jurisdictions. A book, Yoga - Bharat's invaluable Gift to the World, written by HSS International Joint Coordinator Shri V Ravikumar, explaining the reach and influence of Yoga in every nook and corner of the world, was released at the hands of visiting External Affairs Minister Smt Sushama Swaraj at a function in Ganesh temple at Flushing New Jersey. At the San Francisco Bay area event, Bharatiya Finance Minister, Shri Arun Jaitely was the chief guest.

Sydney, the Yoga capital of Australia witnessed its tryst with spirituality at the iconic Bondi Beach and the multicultural hub Parramatta. Participants at the Bondi Beach started their eventful day with the sun salutation or Surya Namaskar and also took part in the popular Hatha Yoga, laughter yoga and meditation. Lord Mayor Parramatta Scott Lloyd, Julie Ovens, the Federal Member of Parliament of Parramatta, Alex Hawke, Federal Member of Parliament of Mitchell and other dignitaries also marked their presence to encourage the audience. Yoga events registering an overwhelming response were also organized in many other cities of Australia including Melbourne, Brisbane, Adelaide and Perth.

Scores showed up at the Everest Cricket ground on Carifesta Avenue, on Sunday morning as Guyana on Caribbean coast joined others in celebrating International Yoga Day. Members of the HSS spearheaded the celebration as part of their "I love Guyana" project in association with Cove and John Hindu College, Akshardham Ashram and many others. The event featured many different Yoga exercises showcased by a variety of specialists. Participants exclaimed that the event was an inspiration to their lives. Many quipped that they are now ready to incorporate what they have learnt, into their daily routines.

At Bangkok, as a part of the International Yoga Day celebrations, the International



6 - Bondi Beach, Sydney

together with the world famous Mahidol University, organized a one-day Yoga workshop for physical education teachers from schools all over Thailand. Harsh Vardhan Shingla, Bharatiya Ambassador to Thailand, inaugurated the workshop. The Vice Chancellor of Mahidol University, Prof. Preecha Soontranan and the venerable monk Buddhacharan, head of Siam Thep Ashram, Chaingmai were the chief guests. A total of 168 teachers from different schools participated in the workshop.

Similar events were organized at places like Paramaribo - Suriname, Trinidad and Tobago, Canada, Munich, and Chemnitz in Germany, Italy, Copenhagen - Denmark, Cyprus, Zurich – Switzerland, UK, Tanzania, Uganda, Zambia, Botswana, Yangon, Batu Caves and Kuala Lumpur in Malaysia, Singapore, Hong Kong etc.

It was gratifying to see several organizations like HSS, Sewa International, Art of Living, Chinmay Mission, Brahma Kumaris, Vishwa Hindu Parishad, Gayatri Parivar, Patanjali Yog Peeth come together to organize such mega events in association with local communities, temples, Bharatiya embassies and others.



10 - Trinidad & Tobago







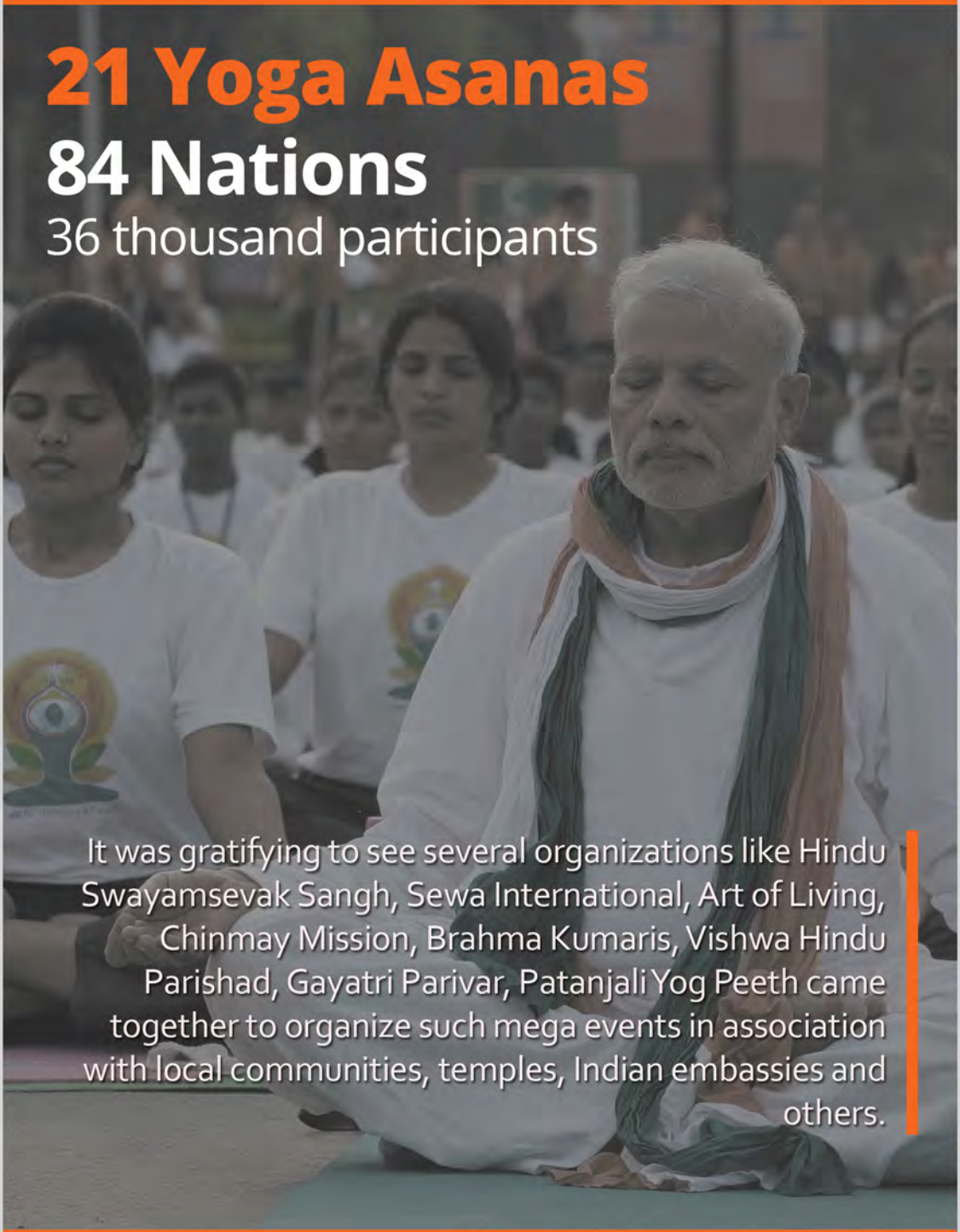
Left to right - Bangkok, Cyprus, Malaysia





International Day of Yoga, Hong Kong

21 Yoga Asanas
84 Nations
36 thousand participants



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Hindu religion has solution to all problems in world: Amit Shah

BJP president Amit Shah today said Hindu religion has solution for all the problems in the world.



"Hindu religion has solutions for all the problems of the world... I am not saying this because I am born Hindu," Shah said at Gujarat University convention centre, while unveiling former President A P J Abdul Kalam's book 'Transcendence: My Spiritual Experiences with Pramukh Swamiji'.

"When I faced difficulty for two years, I visited each and every religious centre in India. In that period, I sought blessings from all the 'jyotirlings' and 'shaktipeeths' of India, except Somnath temple (in Gujarat)," Shah said referring to the two years that he was barred from entering Gujarat due to legal proceedings in the Sohrabuddin Sheikh encounter case.

In December last year, Shah was acquitted in the Sohrabuddin encounter case.
"That was the time when I was not able to do my activities... Perhaps God made me seek his blessings in my youth," the BJP chief said.

He added that the religious leader of Swaminarayan sect, Pramukh Swami, has given a new lease of life to Hindu tradition with the powers of saints like Shankaracharya had done with the tradition of 'akhadas'.

Speaking on the event, Governor of Karnataka Vajubhai Vala said that religion was more important than the state.
"'Dharma danda' is much more important than 'Raj danda' and it can make people happy," said Vala.

Recounting an incident when he was the Mayor of Rajkot in 1980s, Vala said he chose to felicitate religious leader Pramukh Swami by going against the local administration.
"This is in my blood and this is in the 'sanskaras' of RSS that could lead me to even vacate the post of a Mayor," Vala added.

On the book written by Kalam, Vala said he feels that one saint is giving his opinions for the other saint. Praising Kalam, Gujarat Governor O P Kohli said his personality is unique, as the scientist has saintly qualities.
The event was attended by Gujarat Ministers Saurabh Patel and Bhupendrasinh Chudasma and other senior BJP leaders.

Credits: http://timesofindia.indiatimes.com/india/Hindu-religion-has-solution-to-all-problems-in-world-Amit-Shah/articleshow/47862650.cms



KNOW YOUR HINDI

This is our forty ninth article about the Hindi language. In our previous issues, we had mentioned that the so-called Hindi language is not spoken and written at its entire purity by the masses but is a mixture of mainly Farsi (Persian), Arabic and Turkish words. In Hindi movies, over 80% dialogues are spoken using Farsi and Arabic words. In this issue, we continue the series of listing 10 such foreign words very commonly used in Hindi and have mentioned the apt Hindi word for it. It is about time that we should make an attempt to speak and write our national language as purely as possible

WORD	ORIGIN	CORRECT HINDI WORD	DEVNAGIRI	MEANING IN ENGLISH
Tabiyat	Arabic	Swasthya	स्वास्थय	Health
Takiya	Farsi	Sirhana	सिरहाना	Pillow
Takraar	Arabic	Takraav / Vivaad	टकराव / विवाद	Confrontation / Dispute
Takreer	Arabic	Baatcheet	बातचीत	Conversation
Takreeban	Arabic	Lagbagh	लगभग	About / Approximate
Khachchar	Turkish	Tattoo	टट्टू	Pony
Hosh	Farsi	Sudh / Sachet	सुध / सचेत	Conscious
Behosh	Farsi	Besudh / Moorchhit	बेसुध / मूर्छित	Unconscious
Layak	Arabic	Yogya	योग्य	Able / Capable
Nalayak	Arabic	Ayogya	अयोग्य	Unfit