

# Niramala

enhancing relationship. bonding the community

A Newsletter of Variar Samajam, Mumbai

April - June 2009

For Private Circulation Only

Variar Samajam, Mumbai  
**Silver Jubilee Year**  
1984-2009

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Variar Samajam Regd. Office: AL/4/5/3, Sahajeevan Apartments, Sector -16, Airoli, Navi Mumbai.

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**NIRAMALA**

April - June 2009

enhancing relationships. bonding the community

**Manoj Warriar**  
Editor

Editorial Board Members:

**K. V. Narayanan Kutty**, Tel.:25285959**P. Venugopalan**, Tel.:28713309**T. V. Shekarankutty**, Tel.:27564220**P. Kuttan Warriar**, Tel.: 21636900

Send in your views, suggestions and contributions at :

niramala01@rediffmail.com

OR to:

L3/302, Poonam Pragati, Poonam Nagar  
Complex, Off Mahakali Caves Road,  
Andheri (E), Mumbai - 400 093.**Inside ....**President's Message, Page **4**Samajam News....., Page **5**All on Hinduism....., Page **9**Questions..., Page **12**Caution..., Page **14**ബോംബെയിലെ ദ്രെയിൻ യാത്ര, Page **16**Narayaneeyam, Page **18**

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**hello**

Finally, it's over. The polls and vacations. The polls got in a new government or rather the old government got re-elected to power at the centre. The vacations fuelled in a fresh bout of energy and liveliness to our lives. Now, it's time for the rain gods to smile on us. And hope they smile very soon and the wait for the rains get over soon.

This year is our Silver Jubilee Year and it's a wake up call to all the youngsters in our family to show that you are part of the Warriar family. I fail to understand as to why you distance yourself from it. Most of the time, we happen to see the same faces. And we appreciate them for being part of our activities. But, what about the vast others?. This time there should be no excuses. It's our 25 years and make sure you take time out of your extremely busy schedule and contribute your time, talent, or simple presence for the big day. It's a wake up call for all parents out there too. Get your wards inclined towards Variar Samajam. You only have to be blamed for their lackadaisical support to this valuable organisation. Most of the time you don't encourage them, even if they want to, but laugh the matter out. Remember the future of Variar Samajam, Mumbai is in the hands of these youngsters. Because tomorrow they will be holding this mantle. Not us.

This issue takes you on a journey of happenings at the Samajam, a compilation on Hinduism (a 3-part series) enlightens us, a short story on how questions can mould one's thinking keeps us thinking. Narayaneeyam continues with its journey and the Malayalam article on train travails in Mumbai keeps us in a rejuvenating mood.

So punch in a few keys or write to express your views about this issue. Keep Smiling!

**- Manoj Warriar**

Office Bearers :

**VARIAR SAMAJAM**, Mumbai .Regd. Office: AL/4/5/3 Sahajeevan Apartments,  
Sector -16, Airoli, Navi Mumbai.□ **Ramachandran T. V.** - President Tel.: 65294448 □ **M. V. Madhava Warriar** - Vice President Tel.:26681624□ **T. V. Sekharan Kutty** - Secretary Tel.: 27564220 □ **T. Muraleedharan** - Jt. Secretary Tel.:25962169□ **Krishna Prasad S.** - Treasurer Tel.: 25584208 □ **T.V. Suresh Babu** - Internal Auditor Tel.:9819151394

# SAMAJAM NEWS

## From the Desk of the President

*Dear Members,*

In the last issue of Niramala (Jan-Mar 09), I had mentioned about indications of many good changes happening in the country. A new Government has sworn in at the centre with prospects of stability and good economic growth. This augurs well for India and everyone in the country.

This year being our Silver Jubilee year, which, I believe, each of our samajam member is aware of, I request every member to participate in the Silver Jubilee celebrations to be during September'09 and make it a memorable event. I had recently been to Thiruvananthapuram, as a representative of our Mumbai unit, to participate during the 31<sup>st</sup> Annual General Meeting and related programmes of the Variar Samajam, Kerala. I was also a delegate of our Samajam to the promoters' meeting of the World Confederation of Warriors. The programme was spread over two days from 23rd to 24th May and was conducted in a large auditorium. What astonished me most was the huge attendance, participation and involvement of our members and their families. It was attended by over 1000 people, in spite of the functions being held in the southern most city of the state. The respect and recognition the Warrior Community now enjoys in Kerala is evident from the galaxy of eminent persons, including the present head of the Maharaja family of Travancore, who gracefully participated on the occasion, either to inaugurate or as a guest speaker in one or other main events of the function.

I write this particularly to seek your full involvement and participation in the activities of our Samajam at Mumbai. Once every member involves, the Samajam will be able to undertake major activities for common benefits and welfare to the Society. The participation of members from younger generation is now highly essential for the growth and formulating new objectives for the Samajam.

I look forward to your full involvement from now onwards to bring about a dramatic, metamorphosis in Samajam, starting with our Silver Jubilee celebration.

Thanks & best regards to all

sd/-

**T.V. Ramachandran**

*President*

## Let a Warrior be idea Star Singer

**Miss Preethi Warriar** (daughter of Mr. & Mrs. Ravindran Warriar, Andheri -East) is a promising contestant in Asianet's Idea Star Singer -Season 4 singing competition, being aired at 8.30 p.m. Monday through Friday. She has performed extremely well and has now entered the second round. Your support and encouragement (through SMS) will boost her progress and double her chance to clinch the title. Variar Samajam, Mumbai showers its best wishes to Preethi.

# SAMAJAM NEWS

## A report by Shri T.V. Ramachandran on the formal establishment of WORLD CONFEDERATION OF WARRIERS

The idea of establishing a world body, covering the entire members of our Warriar Community and also various organizations of our community members, spread across the globe, was discussed and finalized at a joint meeting of representatives of various Warriar organizations, held at Guruvayur, in February 2008. The meeting was held under the auspices of and hosted by the Variar Samajam, Kerala. Originally the name of the organization was proposed as WORLD CONFEDERATION OF WARRIER ORGANISATIONS.

The concept was discussed in more detail at the second meeting of the promoters held in Mumbai, in October 2008, under the auspices of the Variar Samajam, Mumbai, where a preliminary draft byelaws of the organization was also circulated among the promoters. The draft was also mailed to various organizations and individual members to elicit their opinions and comments to enable a revised draft to be prepared for approval and adoption by the promoters.

Based on the feedback received and discussions held with few professionals, a new draft was prepared and this was proposed to be discussed in detail at the third meeting of the promoter members which was scheduled to be held at Thiruvananthapuram, on 23<sup>rd</sup> - 24<sup>th</sup> May 2009, on the sidelines of the AGM of the Kerala Variar Samajam, to which all the promoter members and few other dignitaries had been invited as special guests. A public meeting was also organized for formally inaugurating the proposed organization. In deference to the opinions and suggestions on the earlier draft byelaws received from various persons, the original proposed name of the organization was changed from World Confederation of Warriar Organization, to WORLD CONFEDERATION OF WARRIERS, so that many individual members also could join the organisation.

In the meeting at Thiruvananthapuram, on 23 May '09, representatives of Warriar organizations from Mumbai, Bangalore, Hyderabad, Coimbatore, Delhi, Bahrain, Dubai and Sharjah etc, apart from office bearers of Warriar Samajam, Kerala, were present. The revised draft bye-laws was discussed in detail. The promoters approved it with minor modifications. The Registered office of the Confederation is proposed to be set up in Mumbai and Mr. T.V. Ramachandran was authorized to complete the formalities of registering the organization under the Societies Act, 1960, and other applicable Acts.

At a further meeting held on 24<sup>th</sup> May '09, the promoters elected the first Governing Committee of the Confederation, with the following persons elected to the posts shown against their names.

1. Mr. T.V. Ramachandran	(Mumbai)	President
2. Mr. Gopinath P.K.	(Bangalore)	Vice President
3. Mr. Suresh Warriar	(Coimbatore)	General Secretary
4. Mr. Anil Kumar	(Delhi)	Jt. Secretary
5. Mr. Appu Warriar	(Coimbatore)	Treasurer
6. Mr. S.V.G. Warriar	(Bangalore)	Internal Auditor
7. Mr. I.K. Warriar	(Hyderabad)	Committee Member
8. Mr. Indra Kumar	(Bahrain)	Committee Member
9. Mr. A.K. Chandrasekhar	(Kerala)	Committee Member
10. The Gen. Secretary, Variar Samajam, Kerala,	(Kerala)	Committee Member

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# SAMAJAM NEWS

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Many people present at the venue have confirmed their willingness to join as life and ordinary members, when formal enrollment of members begins after completion of the registration process.

The World Confederation of Warriors was formally inaugurated in the presence of the promoter members and before a large public audience who had arrived to attend the AGM of the Variar Samajam, Kerala. The inauguration was done by Mr. C. Sarat Chandran, Director, Indo-Australian Chamber of Commerce, Chennai. The meeting was presided over by Mr. R.C. Warriar, TVM Dist. President, Variar Samajam, Kerala. (Mr. P. Balachandra Warriar, CEO, Manipal Foundation, who was also expected to participate in this inauguration function, could not reach the venue).

Mr. Suresh Warriar welcomed the gathering and Mr. T.V. Ramachandran explained the main features of the constitution & byelaws to the audience. Other promoter members also addressed the meeting. Copies of the byelaws were also circulated among the key members present at the venue. The bye-laws can also be accessed on web site [www.warrior.org](http://www.warrior.org) and shortly on a new website of the Confederation that is under construction.

The overall reception and response received for the Confederation was so encouraging that with the proposed extensive networking, the Confederation is expected to generate a good member base and take up some vital projects in the course of the current financial year itself.

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## A report by Shri T.V. Ramachandran on the 31st AGM of Kerala Variar Smajam held on 23rd to 24th May at Thiruvananthapuram

Our unit had been invited as a guest to participate in the 31<sup>st</sup> Annual General Meeting of the Variar Samajam, Kerala. It was also a two-days programme held at Ashwati Auditorium, Thiruvananthapuram on 23<sup>rd</sup> & 24<sup>th</sup> May, 2009.

Our unit Samajam was represented by our President Shri T.V. Ramachandran. In the two days' meet, representatives from other Variar Organizations from Delhi, Hyderabad, Bangalore, Coimbatore, Bahrain, Dubai / Sharjah etc, also participated. It was a well-organized function with separate sectional assemblies like Public meetings, Ladies wing meetings, Youth meetings, Cultural meetings, etc. A special public meeting had also been organized on 24 May'09 to inaugurate the newly formed World Confederation of Warriors. Some guests as well as members also took a short time off to visit the famous Padmanabha Swamy Temple in the city.

### **Events on Day 1 – 23.05.2009**

The formal AGM was held in the forenoon and partly post lunch. It was an affair of the members of the Kerala Variar Samajam with routine annual reports & financial statements. It was presided over by the Samajam President, General Secretary and Treasurer with members in Kerala who were deeply involved in the deliberations.

The main function that day was the Public Meeting at 4.30 pm, presided over by His Highness Uthradam Tirunal Marthanda Varma, the present Head of the Maharaja family of Travancore. Other dignitaries on the dais included Shri R. Ramachandran Nair, Retd. Chief Secretary, Kerala Government, Padmashri P.K. Krishnakumar, Dr. P.V.

# SAMAJAM NEWS

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Raghava Variar (AVN, Madurai) the President & General Secretary of Variar Samajam, Kerala and the President of the Thiruvanthapuram Dist. Unit. Padmshri Dr. P.K. Variar, from Kottakkal, had also been expected but he could not make it and was represented by his nephew. There were eloquent speeches made by everyone. The meeting also, especially, facilitated Dr. P. K. Variar and Mr. P.R. Krishnakumar. A souvenir brought out by the Thiruvananthapuram District unit was released by Dr. P. V. Raghava Variar. The function was followed by giving away of various awards, mementoes, and presentations.

The public meeting was followed by a cultural treat inaugurated by the famous Malayalam Actor, Shri Madhu, who spoke of his old connections with Warriors, as his grand father was a Warrior and that he was closely connected with the Variams and temple tank in his village. Others who spoke at the cultural meet included Prof. P.R. Sobhanan Variar, Samajam Director and Board member Mr. Neelakanda Variar, etc. This meet was followed by presentation of cultural items by Samajam members / their families, and a major professional dance performance by Smt. Rajashree Warriar. (Due to time constraints some of the cultural items had to be postponed for the next day.)

## **Events on Day 2 – 24.05.2009**

The second day's events started with a procession at 8.00 am, by the members led by the Samajam President. This was followed by a brief garland making competition & a bhajan by lady members. Three major events were listed out for the day.

### 1. Inauguration & Meeting of World Confederation of Warriors.

This meeting at 9.30 am was presided over by Mr. R.C. Warriar and was inaugurated by Mr. C. Sarat Chandran, (Director, Indo-Australian Chamber of Commerce, Chennai). On the dais was also Mr. P.V. Muralidharan, Gen. Secretary, Kerala Variar Samajam, T.V. Ramachandran, President, Mumbai Variar Samajam, and also representatives of Variar organizations from outside Kerala & overseas. Mr. T.V. Ramachandran explained to the audience the contents of the Memorandum and Articles of Association & bye laws of the WCW as approved by promoter members on 23 May'09 and placed a copy of the same before the Chairman.

### 2. Youth Meeting at 11.00 am.

This meeting was presided over by Shri. K. Gopakumar Warriar, (Dy. Director, NIIST, CSIR). Many young members also gave interesting speeches to the gathering.

### 3. Women's Meeting

This meeting was inaugurated by Justice Smt. D. Sreedevi (Chairperson, Women's Commission) & presided by Smt. L. Geetadevi (Retd. Principal). Many other prominent ladies also spoke at the occasion.

The above meetings were followed by elections to the main posts in the Managing Committee of the Samajam, which continued till late evening. After the elections, the cultural programmes continued & the entire function concluded by around 10.00 pm.

There were elaborate arrangements, on all the three days, for breakfast, Lunch and Dinner for all those who attended the functions. On one side of the auditorium there was an exhibition & sale of various household products prepared by the women's wing, and also blood testing, blood donation plus other medical check-ups conducted with the assistance of a nearby hospital.

It was an experience worthy to be there.

# SAMAJAM NEWS

## A report by Manoj Warriar on the Felicitation of Padmashri Dr. P.R. Krishna Kumar Warriar, held in Mumbai on 20th April 2009

It was a moment, simply to be cherished, a moment of honour, a moment of pride and a moment that swelled the pride of Warriars all over the world. That moment was when Dr. P. R. Krishna Kumar walked up to the President of India and accepted the coveted honour 'Padmashri'. Watching it on television boosted one's belief that if you work hard on your conviction you deserve to be honoured.

To salute this great achievement, Variar Samajam, Mumbai in association with Warriar Foundation (A Charity Trust established by a Samajam member Mr. A.S. Madhavan) and Kala-Priya (A Cultural Organisation promoted by Mr. T. P. Chandran, Chembur) organised a reception cum felicitation ceremony for Dr. P. R. Krishna Kumar, Managing Director of Arya Vaidya Pharmacy (Coimbatore) Ltd. on Monday 20<sup>th</sup> April at the Mysore Association Auditorium, Matunga, Mumbai.

It was a proud moment as Dr. Krishna Kumar is probably the second member in our Warriar Community to have been awarded this "PADMA" title, after the well-known & honourable Dr. P. K. Warriar of Arya Vaidya Sala, Kottakkal. The auditorium was packed to capacity. The evening began with a light music by Mr. Prem Kumar and party. Some melodious numbers from yesteryear Malayalam films regaled audience. Amongst some eminent personalities who were felicitated and shared the dais with Padmashri P. R. Krishna Kumar, were: His Holiness Sadguru Sri Sai Narayan Baba ( Sri Bhagwati Sai Sansthan, Panvel), Shri P. K. Ravindranath ( Eminent Journalist), Dr. K. R. Kohli ( Director, Ayurveda Govt. of Maharashtra), Dr. D. Y. Patil (Chairman, D.Y.Patil Group of Institutions), Dr. S.K. Somaiya ( Chairman, Somaiya Group) Dr Ashok Vaidya, Vaidya Suresh Chadurvedi (Eminent Ayurvedic Physicians) and Shri A.V.B. Warriar(Past President and founder member of Variar Samajam, Mumbai.).

Shri P. K. Ravindranath, a veteran journalist, presided over the function. In his presidential speech he touched upon an instance where he edited a book on Ayurveda only after the title got changed from "Myths of Ayurveda to Miracles of Ayurveda". Every guest gave an inspiring speech and also touched upon the multifarious services & contributions by P.R. Krishna Kumar towards Ayurveda, Social Service, Charity, Education & many other fields. Dr. Somaiya's quick-witted speech added a touch of humor. Dr Ashok Vaidya, shared his experience with Arya Vaidya Pharmacy and how determined he is for the cause of Ayurveda. Dr. Kohli showered immense support and said he will do everything he can through the Government of Maharashtra to elevate Ayurveda to greater heights. Dr. D. Y. Patil and Vaidya Suresh Chadurvedi each spoke about Ayurveda as the future of tomorrow. His Holiness Sadguru Sri Sai Narayan Baba gave a new title to Dr. P. K. Krishnakumar as that of "Bharat Ayurved Ratna".

The evening highlighted how these eminent guests were influenced by Ayurveda and how, in their various capacities, succeeded in giving Ayurveda that much needed recognition. Finally it was Padmashri P. R. Krishna Kumar's turn and he very humbly addressed the august gathering saying, "he felt blessed and deeply honoured by this gesture and thanked each one for making this a memorable day for him" His speech touched upon his early days when he faced brickbats at every stage with government officials, in his quest to make the world understand that Ayurveda is the medicine of future.

Shri A.V.B. Warriar and Shri T.V. Ramachandran, the past and present Presidents of Variar Samajam, Mumbai also spoke and shared their views. The whole show was well compered by Smt. Gita Ramchandran. The Vote of Thanks was given by Shri Chandran, Chairman of Kala-Priya.

The evening folded up with the dais looking for another stalwart to be honoured in the near future.

# All on HINDUISM

- compiled by SSR Warriier

## **Preface**

*I have attempted a note on Hinduism mainly for the children of school and college going age. This article has been compiled from various writings, discourses and information available from religious books and may not be authentic or accurate. However, it is meant to give a general overview about Hinduism. It will benefit anyone, especially the children, who are away from their home and are deprived of the rituals and practices followed by our elders at ancestral home and at various temple festivals. Moreover, due to the prevailing nuclear family system and obligatory stay at remote places due to employment etc., many of the children are not even aware of several customs that were followed by the Hindu tradition. The entire article is divided into 27 chapters.*

## **HINDUISM - BASIC CONCEPT**

Hinduism is diverse; no single doctrine (or set of beliefs) can represent its numerous traditions. Nonetheless the various schools share several basic concepts, which help us to understand how most Hindus see and respond to the world. Hinduism claims neither identifiable human founder nor a specific origin in history. The concepts we discuss here is largely based on Vedanta and accepted by even most modern traditions. Hinduism begins simply by differentiating between matter and spirit. Spirit is understood within two main categories, namely:

*the individual self, or soul ( the atman),*

*the Supreme Self, or God ( the paramatman )*

Hence, there are these three main truths (MATTER - SOUL - GOD), which form the basis for theological discussion. These three truths have been expanded into different concepts. These are interwoven into a useful overview of Hindu thought.

## **1.TWO MAIN SCHOOLS OF VEDANTA**

**Advaita (Monist):** Non-dualist schools entirely equate the soul with God. God is impersonal without qualities or form. *Tat Twam Asi – Thou Art That.*

**Dvaita (Monotheistic):** Dualist schools tend to emphasize the distinction. God is personal exhibiting qualities, displaying a form and performing activities.

## **2. ATMAN: THE SOUL, THE REAL SELF**

The real self (*atman*) is distinct from the temporary body. Material designations do not apply to this eternal soul. The *atman* is spirit (*brahman*) – unchanging, eternal and conscious. Consciousness, as spread throughout the body, is a symptom of the soul.

The body is compared to a vehicle and the soul to the driver. A car cannot run without a driver. Similarly the body will not work without the presence of the soul. Just as a young child may not realise that each and every

car needs a driver for it to move, those without developed knowledge perceive the body but fail to see the soul within. The same driver can get out of one vehicle and drive another.

Similarly, the soul leaves one body and enters another.

### **3. REINCARNATION AND SAMBARA**

At death the soul passes into another body. It is carried within the subtle body. The next body is determined by the state of mind at death, and by the soul's desires and deserts. The nature of the soul is same, regardless of which body it resides in. Samsara – passing through the six categories of life forms is considered painful for the eternal soul. Six broad classes of life – plants, aquatics, reptiles and insects, birds, animals and humans

### **4. THE LAW OF KARMA**

Universal law of *karma* ( action and reaction ) determines each soul's unique destiny. Karma is generated only in human life. The lower species is burning up bad karma and gradually rising towards a human life. The residents of heavenly planets are using up good karma before falling again to human life on earth.

### **5. PRAKRITI (MATTER) AND GUNA**

Matter is inert, temporary and unconscious. It is composed of three qualities (gunas ) corresponding to creation, sustenance and destruction. These are

**Sattva** (*goodness*) – pure, elevating and enlightening.

**Rajas** (*passion*) – motivates us to create, acquire and enjoy.

**Tamas** (*ignorance*) — dirty, degrading, deluding and destructive.

You all know that Red, Green and Blue are the three primary colors. By mixing three primary colors we obtain the three secondary colors, orange, yellow and purple. By further mixing we create an almost infinite range. Similarly from the interaction of the three gunas there emerges the entire range of life forms. Each guna is controlled by one of three main deities – Brahma, Vishnu and Shiva respectively.

### **6. MAYA: ILLUSION**

Maya means “that which is not” (i.e. Illusion). It refers to accepting the temporary as having lasting value, and looking for enduring happiness in this world. Through cultivating the quality of goodness the soul may rise to transcendence and escape from the clutches of Maya. Under the influence of the three gunas, the soul is misled by matter and subsequently entangled and entrapped. This tendency is termed as Maya (illusion). Under Maya's influence, the atman (the soul) mistakenly identifies with the body. He accepts such thoughts as, “I am white and I am a man”, or “this is my house, my country and my religion”. Thus the disillusioned soul identifies with the temporary body and everything connected to it, such as race, gender, family, nation, bank balance, and religion etc. Under this false ego, the soul aspires to control and enjoy matter. However, in so doing he continuously serves lust, greed and anger. In frustration he often redoubles his efforts and, compounding mistake upon mistake, only falls deeper into illusion.

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## **7. MOKSHA: LIBERATION (SALVATION)**

For most Hindus, Moksha is the highest goal. Moksha means release from Samsara. Moksha is achieved through union with God. Such union is understood in different ways, primarily two: complete union of identity, unity of purpose. The main differences of opinion, centre on the precise nature of moksha.

Although practically all-religious schools consider it a state of unity with God, the nature of such unity is contested. The advaita traditions say that moksha entails annihilation of the soul's false sense of individuality and realisation of its complete non-difference from God. The dualistic traditions claim that God remains ever distinct from the individual soul. Union in this case refers to a commonality of purpose and realisation of one's spiritual nature (Brahman) through surrender and service to the Supreme Brahman (God).

## **8. GOD: PERCEIVED IN THREE WAYS**

Many Hindus describe God as *sat-chit-ananda*, full of eternity, knowledge and bliss. These correspond to three main features of the Supreme:

1. As the all pervading Brahman
2. As the lord within the heart (Antaryami)
3. As the supreme person (Bhagwan or Ishwara ) living within the spiritual abode

There are many notions of God within Hinduism, but mainly two are most prominent.

1. Monism (advaita, non-dualism) – God is impersonal without qualities or form – Adi Shankara and Swami Vivekananda are the proponents of Advaita philosophy
2. Inclusive Monotheism (dvaita) – God is personal, exhibiting qualities, displaying a form and performing activities. (Sri Madhavacharya is the proponent of Dvaita philosophy.) Majority of Hindus follow the dualist philosophy.

## **9. DHARMA: – SANATANA DHARMA & VARNASHRAMA DHARMA**

Dharma – duties that sustain us according to our intrinsic nature. Two main types – Sanatana dharma and Varnashrama dharma.

*Sanatana dharma* refers to the eternal law, which is universal.

*Varnashrama dharma* refers to duties performed according to the system of four Varnas (social divisions) and four ashrams (stages of life)

Four Varnas:

- Brahmanas** (priests, teachers and intellectuals)
- Kshatriyas** (warriors, army and administration)
- Vaishyas** (farmers, merchants and business people)
- Sudras** (artisans and workers)

Four ashrams :

- Student life** (Brahmacharya),
- Household life** (Grihasthashrama),
- Retirement** (Vanaprastha )
- Renunciation** (Sanyas)

*To be continued*



# Questions & Questions...

## Just Give it *a* Thought

- by **Asha Variyar**

All our lives we have heard this question posed to us: *What do you want to do when you grow up?*

Initially, I used to say whatever fancied me. But, there came a point in my life when I was standing at the threshold and an answer was necessary. So here I am, studying engineering.

Now comes phase-II of question round: *What do you want to do after graduation, do you want to study or will you work?*

I answered - Study.

Ok. then arrives the phase-III: *What do you want to do after completion of your education?*

Now for that I can't really rely upon my fancies, so I go for the truth-I don't know. Or sometimes a more convenient-maybe a desk job in some well-known company.

There is no phase-IV of the questions.

Everybody has either asked or asks himself these questions. But the next question? Well, I think it's time they update their question-bank!

So. I ask myself. Oh! no, I am not talking about marriage and kids and home sweet home. Haven't thought about that either!

What I am trying to bring light upon is the Golden Age, that is old age. What do you intend to do then?

Now, I know it's too early for me to think about all this and I am not asking you people to think in these lines either.

But it just struck me. What then? Well, the answer did come. From a small incident. It goes like this:

A couple of years ago, I think about 3 years ago, I had gone to a public park, early in the morning, with my mother. I entered the park, cautiously treading the ground for fear of stumbling at the gate. In spite of that, I nearly fell. Because, I suddenly heard a loud, crazy kind of barking. I looked up and Lo be hold! A group of people, all in the age group of 60+ standing... no jumping and barking. I looked around. Others in the park were normal, doing their own things and least bothered about this noise!

So, obviously, I thought I was going barmy and seeing things. But, the amused look on my mom's face disagreed with my apparent mental state. Thank God!

We were supposed to play badminton but, we hardly played as our game was punctuated, by both of us, giving each other wide grins every time the group of howlers (who call themselves the "Laughter Club") started a new exercise in their morning drill.

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No, we weren't looking at them. We could make it out by the variation in the sounds emanating from them. It was either roaring, laughing, clapping, or shrieking (no exaggerations!)

I went to the park everyday (just for the heck of it) and learnt that this club drill went on for about 45 minutes starting around 6:45 am. It ended with all of them asserting to themselves that they were the happiest people in the world and one amongst them cracks a PJ and all of them crack-up real loud.

The kids from the nearby slums would come to play spectators and applaud by laughing along with them or maybe at them.

Then, my school started and I stopped going there. But, this thing never left my mind.

I always felt: *Boy! Are they crazy or what?* They are humiliating themselves. Why would anybody want the world to mock them?

I even thought that they were all edging on madness and someone will tell them and they will soon realize the profoundness of their stupidity, which will make them stop.

Today, after three years, I went to the park in the morning again, I vaguely remembered this club but was not expecting to see what I saw.

There it was -The Laughter Club, laughing away to glory with its strength doubled. They looked like a bunch of children with no frets or fears in life, enjoying the company.

It then dawned on me that maybe the members of the laughter club weren't so weird after all. They not only laughed, exercised, made friends but also made others laugh, creating a cheerful mood in the park.

The thought that struck me next was, when I become old, I may do some productive work, or I may not. But I will definitely try.

But I also may be part of this club that has no reason to be happy but just WANT to be happy.

That's my answer to phase-IV of the question. I just want to be happy.

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*Asha Variyar is the daughter of Mrs. Girija & Mr. Induchoodan Variyar (Veera Desai Road, Andheri -W). She is currently doing her Second Year in Electrical and Electronics Engineering from Birla Institute of Technology, Ranchi.*

Now get all updated information on World Confederation of Warriors at:

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*Please visit and post your views and suggestions on the site.*



# ‘CAUTION: You Are Now Under Enemy Observation’.

- by **Krishna Warriier**

That sign on the fraying yellow board at the side of the road made us sit up and peer out in alarm into the craggy mountains ahead. We had just driven past Kargil and were on our way to Drass, which the tourist brochures describe as ‘The Second Coldest Inhabited Place On Earth’. Drass, a one-horse town, two hours from Kargil on NH1D, has one other claim to fame. It was the theatre of the third Indo-Pak war fought from May to July 1999. My family and I were visiting the place 10 years later. Fortunately, it was the first week of April and the snow had begun to melt on the mountain tops so the cold was bearable.

The town of Kargil is just over 200 km from Srinagar.

The Wikipedia entry on the Kargil war explains that one of the reasons the area was targeted was that the terrain surrounding it lent itself to preemptive seizure of unoccupied military positions. With tactically vital features and well-prepared defensive posts atop the peaks, a defender of the high ground would enjoy advantages akin to a fortress. Any attack to dislodge a defender from high ground in mountain warfare requires a far higher ratio of attackers to defenders, and the difficulties would be exacerbated by the high altitude and freezing temperatures. Kargil faces extreme temperatures. While summers are cool, in winter the temperatures are known to drop to minus 40 degree Celsius.

Just beyond Drass on the route to Srinagar is the Tololing Hills Complex. And it is exactly at the foot of this hill that a grateful Indian nation has constructed a war memorial in honour of the 527 soldiers who died during Pakistan’s ill-fated incursion across the Line of Control.

Hari Bahadur (not his real name), one of the soldiers guarding the memorial, plied us with hot cups of tea and gave a gripping account of what really happened here then. “What you can see over there,” he said, pointing to a structure about 500 metres away on the Tololing Hill, “is a bunker that was built by the Pakistanis. That’s how close they came, before our soldiers pushed them back”.

And to your left just beyond that peak are Tiger Hill and Rhino Horn, two strategic points overlooking the highway, that had been captured by the Pakistani army. The terrain is harsh and the weather chills you to the bone, even in the best of times. How the Indian army managed to drive back the Pakistanis and recapture every single feature that had fallen into enemy hands is now the stuff of lore.

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These are battles that are still fresh in public memory. Some call it the most televised war fought ever, which meant that every action of the army was under intense scrutiny. Not just by the enemy but by the media and a billion anxious Indians.

That they won against all odds is a tribute to their dedication, daring and discipline - in equal measure.

An entry in the visitor's book at the war memorial is eloquent. "*As a writer I have never been short of words as I am today. So I just bow my head and salute the great Indian Army.*" (signed) Javed Akhtar.

On the way back to Kargil, we pass by the same yellow board at the side of the road. This time we are looking at it from the other side. You are now safe.... it reassures us.

Thank you, Unknown Soldier.

*Additional information*

**How to get there?:** Fly to Leh from Delhi. Kargil is a 7-hour drive from Leh on NH1. You can also reach Kargil from Srinagar by road. Provided the Zojila Pass has been opened and cleared by the army.

**Where you can stay in Kargil?:** Hotel Siachen. That's where the media contingent stayed during the war. Ask for Alibhai, who was present there for the entire duration of the war, and can still occasionally hear the resounding boom of the Bofors gun.

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*Krishna Warrior, former editor of MiD DAY, likes to take the road less travelled.*

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## SAMAJAM NEWS (*Contd.*)

### 25<sup>th</sup> AGM and Silver Jubilee Program

Variar Samajam will be conducting its 25<sup>th</sup> Annual General Meeting and Silver Jubilee Program on 20<sup>th</sup> September 2009 at Bombay Tamil Sangam Hall, Opp. Sion Hospital. The details of the event will be sent to you separately.

### OBITUARY

**Shri Achutha Variar** (Ikkandath Variam, Killimangalam) expired on 14<sup>th</sup> April 2009 at Dombivli. He was 90 years old. He is survived by sons: Sasidharan, Murali, Chandrasekharan, Radhakrishnan and daughter Kamala Harimadhavan (Dombivli).

*Variar Samajam, Mumbai condoles the demise and pray for the departed soul to rest in peace.*



## ബോംബെയിലെ ട്രെയിൻ യാത്ര

സി. ഹരിദാസ്

*(Mr. C. Haridas hails from Chowallur Variam and is working for Canara Bank in Kerala. Recently he was in Mumbai for about 3 years on a deputation and this was his personal experience).*

*Contd. from Page 16*

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# NARAYANEYAM *by Shri K. V. Narayanan Kutty*

## DASAKA 4 STANZA 11

*Agnivaasaravalarkshapakshagairuttharaayanajushaa cha daivathaih  
Praapitho ravipadam bhavatparo modavaan dhruvapadaanthameeyathe*

### SPLITTING OF THE WORDS

Agnivaasaravalarkshapakshagaih, uttharaayanajushaa, cha, daivathaih, praapithah, Ravipadam, bhavatparah, Modavaaan, Dhruvapadaantham, Eeyathe.

### PROSE CONSTRUCTION

Bhavtparah agnivaasaravalarkshapakshagaih uttharaayanajushaa cha davathaih ravipadam praapithah modavaan dhruvapadantham eeyathe.

### WORD MEANING

*Bhavatparah* He, who worshipped thee as the Supreme one *ravipadam praapithah* taken to the world of Sun *daivathaih* by the presiding deity *agnivaasaravalarkshapakshagaih* of fire, day, the waxing bi-week,

*uttharaayanajushaa cha* and of the *uttharaayana modavaan* having rejoiced *eeyathe* goes *dhruvapadaantham* unto the world of *Dhruva*

### TRANSLATION

*The Yogi* who has worshipped thee as the Supreme One is led to the world of The Sun by the presiding deities of the Fire, Day, Shuklapaksha (Bi-week of the waxing moon), and Uttharaayana (summer solstice), and experiencing the divine pleasures travels up to the world of Dhruva.

### EXPLANATIONS

The poet already described how the *yogi*, without any desire to enjoy the superior worlds, attains nirvana. Now, he goes on to describe the path being taken by the *yogi* with a desire to enjoy the superior worlds. Here the poet has specifically mentioned the presiding deities of fire etc. The word *cha* is to indicate other deities such as the deities of year *ayanas* etc. When the poet says that all these deities lead the *yogi* to the Dhruvaloka, it means that each of the deity leads the *yogi* to the worlds one by one. Having discarded the body at his own free will, the *yogi*, going through the rays of the sun, *is* led to the world of fire by the deity of fire. From there after enjoying the pleasures there the *yogi* is taken to the deity of day by the deity of Fire. In this manner going through the various worlds that the *yogi* wants to enjoy finally he is taken to the world of Dhruva.

**DASAKA 4 STANZA 12**

*Aasthithothha maharaalaye yadaa Sheshavakthradahanoshmanaardyathe  
Iiyathe bhavadupaashrayasthadaa vedhasah padamathah puraiva vaa*

**SPLITTING OF THE WORDS**

Aasthithah Athha Maharaalaye yadaa sheshavakthradahanoshmanaa Ardyathe  
Iiyathe Bhavadupaasrayah Thadaa Vedhasah Padam Athah Puraa Eva Vaa

**PROSE CONSTRUCTION**

Athha maharaalaye aasthithah yadaa sheshavakthradahanoshmanaa ardyathe thadaa bhavadupaashrayah  
athah puraa eva vedhasah padam iiyathe.

**WORD MEANING**

*athha* thereafter *Aasthithah* residing *maharaalaye* in the *maharloka*, *yadaa* when *ardyathe* is harassed  
*sheshavakthradahanoshmanaa* by the heat of the fire emitted through the mouth of *Sesha thadaa* then  
*athah pura eva vaa* or even before that *bhavadupaashrayah* he who has taken refuge in thee *iiyathe*  
goes to *vedhasah padam the abode of the Creator*.

**TRANSLATION**

Then after residing in the *maharloka*, when being troubled by the heat of the fire emitted through the  
mouth of *Sesha* or even before that the *yogi* who has taken refuge in Thee goes to the world of the  
Creator.

**EXPLANATIONS**

The *jeeva* of the devotee enjoys all the pleasures to be enjoyed in the world of *Dhruva* and after that  
whenever he wishes he will go to the *maharloka*. *Maharloka* is the world where great sages such as  
*Bhrigu* etc and the gods live for one full *kalpa*, which is one day of *Lord Brahma*. At the end of the  
kalpa the *adinaga shesha* emits fire consuming the entire world and the heat becomes unbearable to  
those in the *Maharloka*. At that time the *jeeva* of the *yogi* rises further upwards to the *Brahmaloka*, the  
abode of Lord *Brahma*. Here the *Jeeva* can reside for a full span of *Brahma's* life. This process of  
entering the world of *Brahma* may be done by the *yogi* even before *shesha* heats up the entire world.

*To be continued*

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A Newsletter of  
Variar Samajam, Mumbai