

Niramala

enhancing relationship. bonding the community

A Newsletter of Varier Samajam, Mumbai

October - December 2009

For Private Circulation Only

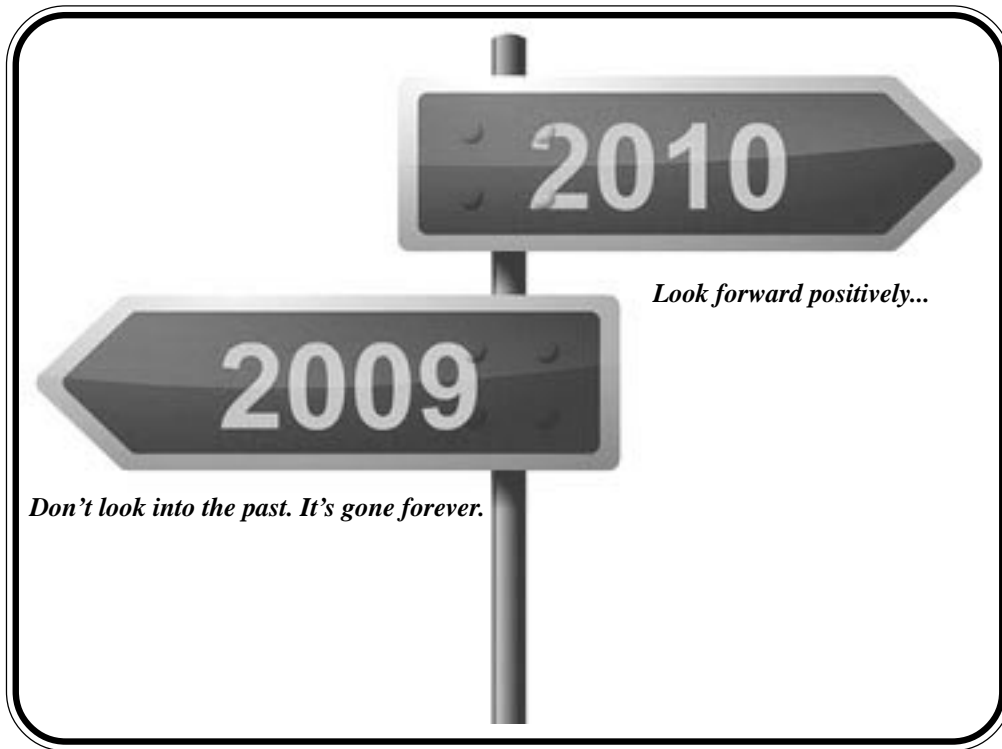


SILVER JUBILEE YEAR- 2009

98%
Page 11

**Children's Cultural
Program - Jan 24th**
Page 5

“Wishing you all a very Happy & Prosperous New Year”



Look forward positively...

Don't look into the past. It's gone forever.

FUN Corner
Page 16

SAVE WATER
Every Drop is precious

**Dignity of
Labour**
Page 17

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

WITH BEST COMPLIMENTS:-

INDOCHEM INDUSTRIES

(Unit of Indel Industries Pvt.Ltd.)

ISO 9001:2000 CERTIFIED COMPANY

Office: 17, Suyog Industrial Estate, L.B.S. Marg, Vikhroli(W), Mumbai – 400 083.

Tel.: 022 - 2577 3750, 2578 0790. Fax: 022-579 1035

E-mail: indochem@mtnl.net.in

Factory: B-79, Additional MIDC, Anand Nagar, Ambernath(E), Thane – 421 506

Tel.: (0251) 2620109 / 2620698. Fax: (0251) 2620107

E-mail: indochemindustries@yahoo.co.in

Manufacturers of:-

Motor Control Centres □ Power Control Centres □ LT/HT Distribution Board

□ AMF Panels /Synchronising Panels □ Bus Ducts □ Changeover Panels

□ Instrument Panels □ Relay & Metering Panels □ Control Desk/Mimic Panels



T.V. VIJAYAN & ASSOCIATES

Your Trustworthy Wealth Management
&
Financial Solutions Advisor

323,Sai Chambers,Sector-11,C.B.D.
Belapur,NaviMumbai - 400614

TeleFax : +91-22-27565552

Web: www.tvvijayan.co.in

Email: response@tvvijayan.com

NIRAMALA

October-December 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**Directory Updates, Page **9**98% score, Page **11**All on Hinduism, Page **12**Spirituality..., Page **14**Fun Corner..., Page **16**Dignity of Labour, Page **17**Narayaneyam, Page **18**

NOTE: All views expressed in the columns of Niramala are of the respective writer's and Niramala will be in no way responsible for any claims or remarks expressed by the author of the article/review.

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

Office Bearers :

□ **T. V. Ramachandran** - President Tel.: 65294448 □ **P. Venugopalan** - Vice President Tel.: 28713309□ **T. V. Sekharan Kutty** - Secretary Tel.: 27564220 □ **T. Muraleedharan** - Jt. Secretary Tel.: 25962169□ **S. Krishna Prasad** - Treasurer Tel.: 25584208 □ **N. K. Muraleedharan** - Internal Auditor Tel.: 0251-2440953**hello**

I kept asking myself and to others, most of the time: don't you think the year just flew by? Stares and Smiles greet me as answers. But then, the reality is the year did fly by. In a jiffy. *Happy New Year* to all of you.

Once again a whole New Year is waiting with opportunities & risks. Tread it with caution. Help the needy. Protect the environment. Promote togetherness. Let these be everybody's resolutions. Not to be broken, but to be implemented.

Last September saw our Silver Jubilee celebrations, which took us by storm. Both in terms of audience and programme content. The entire auditorium was jam packed, with people standing alongside the aisle. This is what we are looking at. Support us in every possible manner. Be there for the community. Be there for Variar Samajam.

This issue is lined up with news of the Silver Jubilee Celebrations, the feedback from youngsters and Youth Workshop. The chapter on Hinduism concludes. Narayaneyam continues with its next set of Dasakas. Also read a viewpoint on Spirituality. The article 'Dignity of Labour' highlights the fact that whatever work you do, do it with self - respect. The Fun corner adds lightness to the air..

And, finally, all you children and young minds. Get your acts together. One whole day is being reserved, just for you, to showcase your talents and abilities.

Make the most of it and chill!

Before we meet here, next time, don't forget to pen in your views about this issue. It helps.

- Manoj Warriar

SAMAJAM NEWS

From the Desk of the President

Dear Members,

Seasons greetings to all of you and I wish every one of you & your families a very happy, prosperous & eventful New Year 2010.

The year 2009 has indeed been quite memorable for our Samajam, with we completing 25 years of our establishment in Mumbai. We celebrated the year with a grand Silver Jubilee function on 20th September, in a manner, unprecedented in the history of our Samajam. Congratulations and thanks to every member for their involvement, co-operation & participation at the Silver Jubilee. I also express here my very special thanks and profound appreciation for the tireless efforts of our committee members for meticulously organizing the Silver Jubilee function with excellent content & presentation. May be, due to unexpected reasons, some members might not have been able to attend the Silver Jubilee functions, but they definitely might have known about the eventful day. We had prominent dignitaries from our community and representatives from Varier Samajams from other centers in the country, participating in our celebrations.

Our Samajam, in recent years, has been expanding its exposure among our community members in many parts of our country and today our Samajam has a reputation and a significant position among Varier organizations in the country. This is a new initiative, well appreciated by many members and other Samajams. This interaction among various Samajams & community members in different parts is becoming a new culture. Our newsletter **NIRAMALA** is regularly put on **warrier.org** website and is read & appreciated by many of our community members in India & abroad.

It is thus a well and opportune time for us to widen the scope & expand the activities of our Samajam; involve our young generation & lady members to suggest, contribute, participate more in the Samajam's activities and keep aloft the spirit, enthusiasm & abilities, we demonstrated to make an eventful Silver Jubilee function, of our Samajam's position among the various organizations of our community.

I specially congratulate our committee member from Chembur Mrs. Geeta Ramchandra for the spontaneous lead she took at our Silver Jubilee meet, to enthuse the young generations from amongst us, who were present at our Silver Jubilee meet, to come forward & involve in the Samajam's activities. As a follow up of this initiative, we had conducted a workshop for our young members at Andheri last month, hosted by our member Mr. Induchudan & family. Further workshops with similar or different contents are now being planned in different locations. Few of our senior members Mr. Ramdas, Mr. K.G. Kishore & Mr. Sasi Kutty have volunteered to conduct suitable sessions for the youth. Other career oriented sessions for youth is being planned by some members. Similarly, I request all young & dynamic members to come forward with new ideas to further stimulate the Samajam's activities & make it more purposive & appealing to the members.

To encourage our young & talented youth, a special one-day cultural meet is being organized on Sunday 24th January 2010. Couple of picnics & pilgrim journeys are also being planned.

Thus, we are moving forward for a flush of events, activities & ideas. I therefore request every member to participate & contribute in whatever best way they can, to make our Samajam more active, responsive & eventful. Let us then, together, make things happen & make the coming year even more memorable.

Wishing you all the very best, once again, in the **NEW YEAR.**

sd/-

T.V. Ramachandran

President

SAMAJAM NEWS

CULTURAL PROGRAMME on 24th January 2010- Be there!

Our 25th Annual General Meeting and Silver Jubilee celebrations are just behind us. We all have fond memories of an eventful day. We have proved that we can come out in strength and support the causes for which our Samajam exists.

However, we have to grow further and build up a very good association for our next generation, who shall proudly say, "I am an active member of Variar Samajam". To encourage young minds and give them an opportunity, the Samajam is organizing a '**Children's Cultural Program and Family get-together**' on **Sunday, 24th January 2010** at the Bombay Tamil Sangham Hall, Ground Floor, Sion East, from 10.00 a.m. to 5.00 p.m.

During the Silver Jubilee Celebrations, many of our children did not get an opportunity to perform and this will be an exciting platform for them to showcase their talents. All members – especially children - are requested to participate and present their skills in the various art forms. All interested children and their parents are requested to inform the Committee Member nearest to you, the name of the performer, nature of the act/item, duration etc.

Many of our benevolent members are capable of sponsoring arrangements like Food, Hall, Stage, Seating, Sound, and Prizes etc. We expect their continued support. Sponsors names will be prominently displayed and will also be announced in between the programs.

We may still need individual contributions to cover the expenses and a nominal sum of Rs.70/- per person is payable. All are requested to co-operate and inform a week in advance the number of persons attending, so that food can be organized accordingly. Food Coupons will be issued on the day of the function (24 Jan.) up to 11.30 a.m.

Let everyone know that we care for the future of our Samajam through our children.

So, we leave the field to you all to make the day – 24 January 2010 – another memorable one. It's going to be our Children's Day.

SAVE WATER

Every DROP

is

PRECIOUS

SAMAJAM NEWS

SILVER JUBILEE CELEBRATION- We crossed a milestone!

Varier Samajam, Mumbai, completed 25 years. On the occasion of its Silver Jubilee, on 20th September 2009, a one-day function was held, with the 25th Annual General Meeting in the morning and the Silver Jubilee function in the evening at the Bombay Tamil Sangham Hall, Sion.

The morning AGM session began with the lighting of the traditional lamp, in the midst of a nice Pookalam, and prayer. We had distinguished guests from Variar Samajam Units in other parts of the country. This AGM, elections for the New Managing Committee was held and a new Managing Committee was elected – with most of the office bearers holding fort for another term. A sumptuous Lunch took care of the palate.

The second half saw the commencement of the Silver Jubilee Functions. A packed auditorium witnessed the inauguration of the function by the *Chief Guest*, **Shri Chouvalloor Krishnankutty**, famous writer and poet. Shri Krishnankutty appreciated the Samajam's activities and also stressed on the involvement of parents in inculcating the traditional values in their children. Other luminaries, who shared the dias included **Dr. Ramesh Warriar**, MD of Aryavaidyanilayam, Madurai, **Mr. T V Balachandran**, *President*, Warriar Samajam, Kerala & **Mr. P. V. Muraleedharan**, *General Secretary*, Warriar Samajam, Kerala. Each of them expressed their views and also appreciated the efforts taken by the Samajam in Mumbai.

Our founders and the stalwarts were deeply remembered and honoured. A felicitation ceremony was held to acknowledge their untiring efforts in forming, nurturing and developing our Samajam to its present level. A Silver Jubilee Memento was presented to each one of them. The elders among our senior citizens were also honoured with a Memento. Students and other participants were also felicitated.

The evening session progressed with a Carnatic Recital – 'Pancharatnakeerthanam' – by **Smt. Radha Namboodiri**, **Smt. Prasanna Warriar**, **Smt. Radhika Warriar** and **Smt. Jaya Warriar**. The stage then took a different look. It enlightened the audience to dance ritual- '*Nrityashilpam*' that was commendable not only for its excellent and meticulous choreography by **Guru Sushma Gopinath** of Navarasa Academy, Nerul,. The dance form, presented by nearly two dozen young women, enthralled the audience for one hour. It took the forms of Keralanatanam, Mohiniattam, Bharathanatyam, Kaikottikkali and culminated with Mahabalivaravu. It was a well-coordinated effort and the perfect timing of each act made the audience sit with awe.

Fusion Music by **Smt. Prasanna Warriar's** students gave us a rare opportunity to hear the mix of Carnatic and Western styles. **Mr. A V Ravikumar's** mimicry took the audience into splits of laughter and craving for more.

The grand finale of the function was the stupendous performance by two of our celebrity singers, one already a star and the other on the verge of becoming one. 'Ganamela' saw some pleasant singing by **Ms. Parvathi Warriar** of Amrita TV fame and **Ms. Preethi Warriar**, contestant of Idea Star Singer- Season 4. Their performances were simply adorable and the audience craved for more. However, like the saying: all good things come to an end, the Silver Jubilee Function ended with a message that the next 25 years will be a great one with more and more youngsters contributing to the Samajam and making it an ideal destination to know each other, help each other and to be there in times of need. The real climax was the Tiffin Box that everyone relished till it lasted!

It was a treat to have a full house throughout. The Samajam thanks each one of you for coming, supporting and making it a wonderful day in the life of Varier Samajam, Mumbai. It was a big team effort and we salute each one of them for making this program a grand success.

SAMAJAM NEWS

YOUTH WORKSHOP- an eye opener

During the AGM on 20th September, Mr. DA Ramadas (CBD) had volunteered to conduct Workshop for our Youth in different areas. Taking the cue, Mrs. Gita Ramachandran called out on all the youngsters present at the AGM, and had an interaction to elicit their opinions. She took pains to scribble down the youngster's views and the same was forwarded to Managing Committee.

As a follow up, Mrs. Girija and Mr. Induchudan (Andheri) offered to host the First Workshop at their residence on 1st November 2009, for which the youth from western suburbs were invited to participate.

We had three eminent speakers: **Mr. D. A. Ramadas** on MIND DRIVING – an Art & Science, **Mr. Kishor KG** on STRESS FREE LIFE and **Dr. Sasidharan Kutty** on LEADERSHIP IN THE NEW MILLENNIUM.

The workshop was conducted in a professional manner and in the first half of the day; the main agenda of each speaker was ably conveyed. After the lunch break, the participants were put through an interactive session for their own views on the subjects as well as their thoughts on related issues. This interactive session was quite interesting as we could gauge the reaction and mind set of these youngsters.

However, the end result was very encouraging and it could have been more successful only if more youngsters participate in such sessions that will help them open up their thoughts, interact with fellow beings and shed away their shyness and put them in the forefront. Workshops like the one held above will help the young mind achieve a focus, learn how to work together, enhance team workmanship and boost creativity.

The Samajam is grateful to the hosts and speakers for enabling this enlightening of our youth and we expect more people to come forward to conduct such workshop in other areas.

The Next workshop is on 7th February 2010 at CBD Belapur

KALYAN- ANNUAL GET TOGETHER

The 14th Annual Get-together of Warriar's of Kalyan Division (Mumbai) was held at Mahad Taluka Maratha Samaj Seva Sangh, Opp. Gayathri School, Near Ganesh Mandir, Maratha Kolsewadi, Kalyan (East) on Sunday, the 6th December, 2009. The programme began at 10.00 a.m. with a prayer recital by Aparna Unnikrishnan. Shri K.V. Balakrishnan welcomed the members and their family members. A one minute silence was observed to pay homage to the departed souls during the last one year.

Members and their children participated in the cultural programmes like dance, songs, fancy dress, skit, etc. Ladies wing presented Kaikottikali and group songs with Kummatikali.

After lunch, sports items like housie, passing the parcel, musical chair etc. were conducted for all.

Prizes were distributed to all the participants of cultural programme, drawing competition and greeting card making. Cash prizes for the member's children for their exemplary performance in their respective classes was also awarded.

The Vote of thanks was expressed by Shri C.V. Narayan.

OBITUARY

Shri Premkumar Warriar (Pathirapilly Wariam) breathed his last on 6th October 2009 at Dadar. He was 62 and is survived by wife, Smt. Sathi Warriar and sons: Ashwin and Akhil.

Smt. Yeshodha Warasyar, Chengala Veedu, Trichambaram, expired at the residence of her son, Shri C V Narayanan Warriar at Kalyan on 26th September 2009. She was 82.

Shri M. Sankarankutty Warriar, Mooriyathu Variyam, had an untimely demise on 5th November 2009 at Dombivli. He was 58 and is survived by wife, Smt. Bhavani, daughter Smitha Jayesh and son Santosh.

Smt. Parvathy Varasyar, 78, Thiruvullakavu Variyam, expired on 5th November 2009. She is survived by son, Mr. Pambavasan (Ambernath) and daughter Ambika. She was the elder sister of Mr. T V Vijayan, Kalyan.

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

YOUNGSTERS FEEDBACK

During the 25th Annual General Body Meeting held on 20 September 2009, the youth was called upon and told to present their views of what the samajam should do in the future.

Here are a few, startling views. *The identity of the person has been kept confidential.*

“As far as ladies of this age group is concerned especially the working class and children, I think we need to meet occasionally and have some social (cultural) activities which would be beneficial for our meetings and make it more meaningful and enjoyable”.

“There should be regular meeting of the students in order to know each others’ faces. There must be seminars on events, career and many more things. There must be some kind of educational trip arranged so as to get unity.”

“To conduct some charitable works like teaching, music, dance. To give children classes to tackle stress, it is not an easy task but just to give it a try. Today children have lots of burden for studies. Just to give them a support.”

“(a) Arrange Workshops in any field of interest (b) Arrange cultural events only for youth
(c) Arrange youth get together (d) Starting a Warriar youth website / blog /can contribute by helping to organize events provided there are people to tag along.”

“Help poor students in our community for their higher education with scholarships, programs, etc. Many of us who are in well off jobs can help them during weekends.”

“Warrior Samajam needs the presence of more youngsters. To attract more youngsters, more of cultural programs should be organized (eg. Orchestra involving the children and adults). Children themselves must form their groups and present their performance. To motivate them, exciting prizes and gifts should be presented like movie tickets or a gift hamper. Meetings involving official matter must be discussed only amongst the committee members. The place of function should also be improved We can take a good stage on rent for a short time, so that the rates wont pinch us...”

MEMBERS' DIRECTORY -UPDATES

WELCOME - NEW MEMBERS

- | | | |
|----------------|--|---|
| 1. Borivli | Shri Sudhir M. Warriar
D-801, Dheeraj Hill View Tower
Sidharth Nagar, Borivli (E), M-66. | Tel.: 28463076 (R), 9324295038 (M)
Email: eswarier@gmail.com |
| 2. Goregaon | Shri K. Suresh Warriar
B-4/14, New Vivek CHS
Sreenagar Estate, Goregaon (W). | Tel.: 09363143675 (Base : Coimbatore)
Email: warriar.suresh@gmail.com |
| | Shri Sujesh T. V.
1302, Sunrise Tower
Piramal Nagar, Goregaon (W),
Mumbai 400062. | Tel.: 9930139225 (M)
Email: sujesh.t.v@sbi.co.in |
| 3. Kandivli | Shri Suresh Cherusseri
EMP-47, Flat C-401, Halley
Evershine Millennium Paradise
Phase V, Thakur Village, Kandivli (E). | Tel.: 28462736 (R), 9004720193 (M)
Email: cherusseri.suresh@tcs.com |
| 4. Mumbai City | Dr. Prasanth P. Varier
304, Chaitanya CHS,
Beh. Samaj Mandir Hall,
Sion-Koliwada, Mumbai-19. | Tel.: 24015195 (Kottakkal AVS, Matunga.)
93201163069 (M)
Email: varier.prasanth@gmail.com |
| 5. Nallasopara | Shri Shrikant S. Warriar
C-112, Tara Laxmi, Jeevan Vikas
CHS, Tanki Road,. Nallasopara 401 209. | Tel.: 2432276(R) |
| | Smt. Valsala Vijayan
101, Puja Apartment, Achole X Road,
Nallasopara (E). | Tel.: 9322067299 (M) |
| 6. Powai | Shri A. Jayaprakashan
1-A/402 MHADA Flats
Sarovar CHS, A. S. Marg,
Powai, Mumbai-76. | Tel.: 65215433 (R)
9869282753 (M) |
| 7. Vasai | Shri Pravith P. Warriar
101, Om Sai Palace, 1 st floor
K.T.Village, Vasai West. | Tel.: 9391382821 (R) |
| 8. Vashi | Shri Sreekumar R.
E-103, Dhanashreya
Syndicate Bank Officers Qtrs.
Sector 17, Vashi, Navi Mumbai. | Tel.: 9969603020 (M)
Email: Sreewarrier1964@yahoo.co.in |

Members' Directory -Updates (Contd.)

Telephone Number Change (Residential and Mobile)

- | | | |
|-------------|--|---|
| 1. Airoli | Smt. Pankajam P.Warrier
Shri Rajesh P.Warrier | Tel.: 27797217 (R)
Tel.: 27797217 (R) |
| 2. Andheri | Shri Mohandas K. V. | Tel.: 9969936341 (M) |
| 3. Chembur | Shri Vijayan T.
Shri Narayanan Kutty Warriar | Tel.: 25258297 (R)
Tel.: 25255959 (R) |
| 4. Goregaon | Shri Muraleedharan K. Warriar | Tel.: 29276303 (R) |
| 5. Kharghar | Shri Ramakrishnan M.V. | Tel.: 27745256 (R), 9833367567 (M) |
| 6. Panvel | Shri Suresh Babu T.V. | Tel.: 9004089273 . Email: sbabu@stjohntrack.com |
| 7. Vasai | Shri Sasi Kumar P. | Tel.: 9320434353 (M) |

Change of Name / Deletion/ Shifted/ New Address

- | | | |
|----------------|--|---|
| 1. Dahisar | Smt. Sudha Krishnan
A-504, Manan, New Link Road
Anand Nagar, Dahisar (E), M-68. | Tel.: 28484455 (R) |
| 2. Dombivli | Smt. Bhavani Sankarankutty | <i>(in place of Sankarankutty M.)</i> |
| 3. Malad | Smt. Parvathy R. Warriar | <i>(in place of Raghava Warriar P.)</i> |
| 4. Mumbai City | Smt. Sathi P. Warriar | <i>(in place of Premkumar Warriar)</i> |
| 5. Nerul | Shri Ramachandran S. V.
A-403, Maryland CHS
Sector 23, Nerul (E). | Tel.: 22831715 <i>(Shifted from Mulund)</i>
9869221688 |
| 6. Thane | Shri Ramachandran. U. V.
Shri Vinod V. V. | <i>Shifted to Kerala</i>
<i>Delete.</i> |

98% Score. Then & Now

by
Prof. Raghunath Rudran

This is a sequel to the story of my son scoring 98% in CBSE Class 10. Since 98% was really something special and I have not had much personal association with those kind of scores, I decided to loosen the purse a bit. Wife and daughter were away in Kerala. It was a perfect occasion for celebration (for the former reason, I clarify!).

We went for dinner to “Hangyo Saiba”. He ordered Tomato Soup first. I ordered Cream of Mushroom and Spinach. (98% does call for more inspiring fluids than soups, but I am not really a very liberated father).

I was really enjoying the taste and flavor. Like many good fathers who can't resist giving unwanted advice (even as they are celebrating), I told him that while this is a rather special score, it is important to maintain balance and that there is much more work ahead, much more to be done, and so on and on and on and on...

He decided it was time for some counter attack. With a look of seemingly genuine curiosity, he asked me about my scores in Class 10.

The soup became a bit rancid. The mushroom pieces became a bit more rubbery.

I was immediately on the back-foot and gave him a bit more of advice. What is past should not be raked and dug up. Let bygones be bygones. One should not ask a man about his income or a woman about her age or a dad about Class 10 scores.

I told him that the papers were much more difficult those days. Evaluation was very tough. Today, every second student you see has scores like 85%, 90% and 95% and so on. 85% is supposed to be very average now. Even 90 barely make the grade. When I studied, if you had 75%, it was very good. Instructors were really strict, and the grind was tougher. There was more of descriptive writing, and one was really tested. Today, questions have become more objective and scoring has become easier. I told him that if we do a relative grading of the populations across generations, my 66% of year 1977 (forced to reveal due to repeated and pointed cross questioning) is easily equivalent to 93% of today. And if I had given some papers for re-evaluation (like most kids seem to be doing as per newspaper reports), my grade would be equivalent to 98%!! Kids today are smart. They know when to stop. Since I was footing the bill, (and he knew I would be the one doing that for a few more years), he did not press further and went through the rest of the dinner with a small smile (that worked me up more than if he had argued!)

(The Author is Chairman-Post Graduate Program, T. A. Pai Management Institute, Manipal.)



All on HINDUISM

- compiled by **SSR Warriar, Deonar/Govandi**

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. **This is the Third and concluding part in the three part series.***

18. RELIGIOUS SCRIPTURES:

Mahabharata, Ramayana

19. PURANAS

Puranas were written to popularise the religion of the Vedas. They contain the essence of the Vedas. The aim of the Puranas is to impress on the minds of the masses of the teachings of the vedas and to generate in them devotion to God, through concrete examples, myths, stories, legends, lives of kings, saints, great men and great historical events. The Puranas were meant not for scholars but for the ordinary people who could not understand high philosophy and who could not study the Vedas. There are 18 puranas: Vishnu Purana, Naradiya Purana, Srimad Bhagavata Purana, Garuda Purana, Padma Purana, Varaha Purana, Brahma Purana, Brahmanda Purana, Brahma Vaivarta Purana, Markandeya Purana, Bhavishya Purana, Vamana Purana, Matsya Purana, Kurma Purana, Linga Purana, Siva Purana, Skanda Purana, Agni Purana. Of these six are Sattvic Puranas and glorify Vishnu, six are Rajasic and glorify Brahma, six are Tamasic and glorify Siva.

20. TYPES OF WORSHIP

Puja (Worship), Aarti (Oil lamp lighting and Camphor burning), Bhajan, Kirtan (Singing) Pravachan (Religious discourse), Havan (Homam), Meditation/Japa/Prayer, Pradikshina (walk around), Offerings (Leaves, Flower, Fruits, Water Etc), Seva (Danam, Charity).

21. PILGRIMAGE

Hindus believe in visiting several holy places of worship and consider such visits part of one's lifetime mandatory rituals. Pilgrimage is conducted for purification and atonement of sins; for spiritual development and to gain spiritual merit; to fix the mind on God and to glorify him. Main holy places of pilgrimage are:

Kashi Haridwar

Mathura Gaya

Rameshwaram Puri

Dwaraka Badaryashram

Tirupathi Vaishnodevi

22. SEVEN HOLY RIVERS

Ganga, Yamuna, Sindhu (now in Pakistan), Godavari, Saraswati, Kaveri and Narmada.

Contd. from Page 12

23. SPIRITUAL PATHS

In order to attain salvation Hindus believe certain spiritual practice by any of the following paths:

1. **Jyana yoga** – the yoga of philosophical research and wisdom
2. **Raja yoga** - the path of physical exercise and meditation & control of mind.
3. **Karma yoga** – the yoga of selfless action
4. **Bhakti yoga** – the path of devotional service

24. SAMSKARAS

Hindu rites of passage are called Samskaras. They serve to purify the soul and mark the various stages of life. The sets of rites commonly practiced:

Birth (Jatakarma), **Initiation** (Upanayan), **Marriage** (Vivaha) and **Death** (Antyeshti)

25. JYOTISH (ASTROLOGY)

Astrology is one of the most important and widely used Vedic sciences. It is based on 12 zodiac signs (Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces) and 27 star constellations (Aswathi, Bharani etc.). The planets are regarded the basic life forces. By interpreting the roles of these planets and their qualities (the elements, signs and houses) astrology is able to present a complete and comprehensive picture of the person and his potential, based on the natal horoscope. The advises of renowned Jyothishis are taken to interpret the good and bad effects of the Planetary position. Rishi Parashara is generally considered the foremost authority on astrology. The human life span is estimated as 120 years.

26. HOSPITALITY

Offering hospitality is fundamental to Hindu culture. Providing food and shelter to a needy stranger was a traditional duty of the householder. The unexpected guest is called “*atithi*”, literally meaning “without a set time”.

27. IMPORTANT HINDU VIRTUES

The following are twelve of the most important qualities listed in the scriptures.

1. Ahimsa (non-violence) – Based on the concept of atman and reincarnation.
2. Mind and sense control - Considered essential for any form of morality.
3. Tolerance - Necessary to deal with inconvenience on performance of Dharma.
4. Hospitality - Demonstrating magnanimity and the value of service (seva).
5. Compassion – Ability to feel for others as we feel for ourselves.
6. Protection - An essential duty is to give shelter to others, less fortunate.
7. Respect – For all living beings and for the sanctity of all life.
8. Wisdom – Knowledge is contrasted with ignorance.
9. Austerity – To lead a modest living.
10. Celibacy – Important for spiritual life; only one of 4 ashramas permitted sexual gratification.
11. Honesty - Essential to build legitimate trust within relationship, etc.
12. Cleanliness – Includes external hygiene and inner purity.

Concluded



SPIRITUALITY- Simplified

- Part 1

Compiled by Unnikrishnan V. V.

SIMPLE WAY OF UNDERSTANDING THE BASIC CONCEPT OF SPIRITUALITY.

Q) What is ATMA or JIVA?

A) BUDDHI is known as ATMA or JIVA.

Q) What is karma?

A) Our THOUGHTS are karma.

Q) What is karma-phalam?

A) The results of our thoughts are karma-phalam.

Q) What determinates karma-phalam?

A) The GUNAS determinates karma and karma phalam. The GUNAS are SATTWIKA, RAJAS, and TAMAS (When the degree of RAJAS AND TAMAS increases it becomes ASURIC i.e. DEMONIC) Lord Krishna elaborates these qualities in 16th and 17th chapter of GITA.

Q) Where these gunas appear?

A) These gunas appear in JIVA i.e. BUDDHI. The THOUGHTS ie KARMA functions on the basis of these gunas.

Q) Where does karma-phalam appear?

A) karma phalam appear in the MIND. KARMA and KARMA-PHALAM, are inter-related. KARMA appears in Buddhi and Karmaphalam appears in Mind. You reap what you sow.

YOU SOW YOU REAP

KARMA (Thoughts appearing in Buddhi) Karma phalam, as received by mind.

1) PEACEFUL THOUGHTS (SATTWIKA) - CALMNESS IN MIND

2) AGITATED THOUGHTS (RAJAS) - DISTURBING MIND

3) DISINTERESTED THOUGHTS (TAMAS)- DULL MIND

4) VIOLENT THOUGHTS (ASURIC) - CRUDE MIND

KARMA and KARMAPHALAM are inter-related. HOW?

Thoughts give a feeling to Mind. Similarly Mind (feelings) helps to raise thoughts. (As per the gunas).

SOLUTIONS

1) ATMA i.e. JIVA i.e. BUDDHI is finite and got separated from INFINITE i.e. PARAMATMA i.e. GOD which was our original nature. Since jiva was with paramatma, it is clear that jiva is an integral part of paramatma (GITA 15/7) and hence jiva should and possess paramatmas (GODLY i.e. DIVINE) qualities. Now, at this stage the jiva is engulfed by the GUNAS, as a result we are subjected to sadness, unhappiness etc. due to our karma.

Spirituality, contd.**Q) What should jivas do to escape?**

A) All sincere devotees who, would like to change their path, should replace RAJAS, TAMAS AND ASURIC qualities with SATTWIK (GODLY QUALITY) THOUGHTS. (GITA 6/26). Initially it will be very difficult (as Arjuna told 6/25) but by constant and steadfast practice, it can be attained (GITA 6/35). After attaining sattwika even the vilest sinner is regarded as a saint. (LORD has said in GITA 9/30).

Sri Parahansa yogananda has compared - PAST KARMA - TO A DARK ROOM, PRESENT KARMA - WHITE WASH THE ROOM TODAY and FUTURE KARMA - ROOM WILL BE SHINING.

It also means if you sow the seed of sattwika today, you reap the fruits of sattwika tomorrow.

To be Continued...

(This article has been written by the author after reading books, attending discourses and personal discussion with spiritual guides.)

List of Committee Members

1.	Mr. T. V. Ramachandran	Mira Road	Tel.:	R-65294448 / M-9821314197
2.	Mr. P. Venugopalan	Goregaon	Tel.:	R-28713309 / M-9820250615
3.	Mr. T. V. Sekharan Kutty	CBD Belapur	Tel.:	R-27564220 / M-9820006800
4.	Mr. T. Muraleedharan	Bhandup	Tel.:	R-25962169 / M-9323970169
5.	Mr. S. Krishna Prasad	Anushaktinagar	Tel.:	R-25584208
6.	Mr. N K Muraleedharan	Dombivli	Tel.:	R-2440953 / M-9867640953
7.	Mr. K. V. Ramachandran	Chembur	Tel.:	R-25543435 / M-9821056105
8.	Mrs. Gita Ramachandran	Chembur	Tel.:	R-25543435/ M-9867003598
9.	Mr. M V Madhava Warriar	Santacruz	Tel.:	R-26681624 / M-9969491454
10.	Mr. T. V. Bharathan	CBD Belapur	Tel.:	R-27574026 / 9969602779
11.	Mr. T.V. Suresh Babu	Panvel	Tel.:	R-27490240 / M-9004089273
12.	Mr. K.V. Balakrishnan	Kalyan	Tel.:	R- 0251-2324332 / M-9869331585
13.	Mr. E.V. Sasidharan	Badlapur	Tel.:	R-0251 2696654 / M-9833314720
14.	Mr. K.V. Prakashan Warriar	Dombivli	Tel.:	R- 2821095 / M-9821009506
15.	Mr. P. Ramkumar	Kandivli	Tel.:	R-29672670 / M-9819914283
16.	Mrs. Girija Ramesh	Powai.	Tel.:	R-25786478
17.	Mr. P. Vijayan	Ghatkopar (E)	Tel.:	R-25063446 / 67997077
18.	Mr. Sasikumar P.	Vasai	Tel.:	R-0250-2332712 / M-9320434353
19.	Mr. P. Krishna Kumar	Vasai	Tel.:	R-0250-2342897 / M-9323203116
20.	Mr. P. K. Prasanna	Bhandup	Tel.:	R-25960099 / M-9967551056
21.	Mr. Rajiv R. Warriar	Malad	Tel.:	R-28802659 / M-9820233816
22.	Mr. K. V. Unnikrishnan	Borivli (W)	Tel.:	R-65288239 / M-9223298236
23.	Mr. P. Kuttan Warriar	Mulund	Tel.:	R-21636900 / M-9820290279
24.	Dr. (Mrs). Dipti Manoj Warriar	Andheri (E)	Tel.:	R-28383290 / M- 9867519902
25.	Mr. Manoj Warriar	Andheri (E)	Tel.:	R-28383290 /M-9820403593
24.	Mr. K. V. Mohandas	Andheri (E)	Tel.:	R – 28394743/ M-9969936341
25.	Mr. M. V. Madhavan	Thane	Tel.:	R-25892633 / M-9820513966
26.	Mr. Muraleedharan K. Warriar	Goregaon (E)	Tel.:	R - 28786725/ M-9833042063
27.	Mrs. Ammini Warriar	Ghatkopar (W).	Tel.:	R - 25146425
28.	Mr. Ravi M. Warriar	Andheri (W)	Tel.:	R- 26770819 / M-9821323669
29.	Mrs. Shobha B. Warriar	Govandi Tel.:	Tel.:	R - 25485021 / M-9892424277

FUN Corner

Questions and the Answers given by Candidates of IAS (Indian Administrative Services - The most difficult examination in India). These candidates are Graduate Officers now.

1. How can you drop a raw egg onto a concrete floor without cracking it?

A. Concrete floors are very hard to crack! (UPSC Topper)

2. If it took eight men ten hours to build a wall, how long would it take four men to build it?

A. No time at all it is already built. (UPSC 23rd Rank Opted for IFS)

3. If you had three apples and four oranges in one hand and four apples and three oranges in the other hand, what would you have?

A. Very large hands. (Good one) (UPSC 11 Rank Opted for IPS)

4. How can you lift an elephant with one hand?

A. It is not a problem, since you will never find an elephant with one hand. (UPSC Rank 14 Opted for IES)

5. How can a man go eight days without sleep?

A. No Problem, He sleeps at night. (UPSC IAS Rank 98)

6. If you throw a red stone into the blue sea what will it become?

A. It will get Wet or Sink as simple as that. (UPSC IAS Rank 2)

7. What looks like half apple?

A : The other half. (UPSC - IAS Topper)

8. What can you never eat for breakfast?

A : Dinner.

9. What happened when wheel was invented?

A : It caused a revolution.



10. Bay of Bengal is in which state?

A : Liquid (UPSC 33 Rank)

INTERVIEW SESSION

Interviewer said, "I shall either ask you ten easy questions or one really difficult question. Think well before you make up your mind!"

The boy thought for a while and said, "My choice is one really difficult question."

"Well, good luck to you, you have made your own choice! Now tell me this: What comes first, Day or Night?"

The boy was jolted in to reality as his admission depends on the correctness of his answer, but he thought for a while and said, "It's the DAY sir!"

"How?" the interviewer asked,

"Sorry sir, you promised me that you will not ask me a SECOND difficult question!". He was selected for IIM!



Dignity of Labour

by C. V. SUKUMARAN

Exam results are often a cause for great anguish to unsuccessful students and their parents. But seven years ago, When Sukethu Gosh failed in the SSC exam, he and his father, my friend, took it stoically. Sukethu had a propensity for repeating his classes. 'He falls in love with them and lingers there. Even benches and desks in his class may get promotion, but not Suketu. His father used to bemoan, crestfallen. So the futility of sending him for higher studies was obvious to his father.

Hence he decided, in the teeth of his wife's protests, to make him work as a security guard for which there was then great demand as now. The mother threw scorns over the job. Brushing aside her objections, he said, "Work deserves to be respected. Suketu won't come to grief by doing this job, but he will sure come up in life." Tall and hefty, Suketu found his true calling in the job of a security guard in a small firm that catered to the security requirements of banks, financial institutions and multi national companies. The family moved to Delhi soon after and, inexplicably, I never heard from my friend ever since.

Recently, being elected secretary of our housing society, I was obliged to look for security guards. We had a succession of them with us, but none stayed longer than a few months, as they always looked for greener pastures. Pleading illness of their dear ones in far away Nepal, they left, never to return. After looking up in the yellow pages, I visited a Ghosh Security Agency's office that nestled in a new glass and steel building in a posh locality.

The proprietor was a giant of a man, whose dark blue jacket seemed to enhance his enormity. I recognized him in a jiffy. I was aghast. A mere security guard was now running a firm, employing several people! Well, Suketu had come up in life as his father thought he would.

Though not academic, Suketu was doubtless smart, I felt. "It was thoughtful of my dad to get me a job, however, lowly it was. Else I would have been languishing in college now. He taught me the dignity of work," said Suketu, with a choked voice. I was delighted and was on the verge of asking him about my friend when his portrait, hanging on the wall behind Suketu, with a garland of fresh flowers on it, caught my eye. I got my answer to the question that died on my lips.

**SAVE
WATER.**

**Every
DROP
is
PRECIOUS.**

- * Avoid using shower for bath. Use a bucket.
- * Water used for washing vegetables/rice/dal can be used to water plants.
- * Avoid using too many utensils.
- * Store Water for essential needs. Don't hoard water.
- * Don't use running water for shaving/brushing teeth/washing clothes.
- * Check your water taps/flush tanks for leaking water.
- * If you have bore-well water, use them for flushing toilets.
- * Don't use Semi/Fully Automatic washing machines daily.

NARAYANEYAM *by Shri K. V. Narayanan Kutty*

DASAKA 5 STANZA 1

*Vyakthaavyakthamidam na kinchidabhavat praak praakrithapraakshaye
Mayaayaam gunasaamyaruddhavikrithou thwayyaagathaayaam layam
No mrityushcha thadaamritham cha samabhoonnaahno na rathreh sthithi-
Sthathraikasthwamashisyathhah kila paraanandaprakaashaatmana*

SPLITTING OF THE WORDS

*Vyakthaavyaktham Idam Na Kimchit Abhavat Praak Praakrithprakshaye Mayayam
Gunasaamyaruddhavikrithou Twayi Agathaayam Layam Na Mrityuh Cha Tadaa Amritham Cha
Samabhoot Na Ahnah Na Raathreh Sthhithih Tathra Ekah Twam Ashishyathhaah Kila
Paraanandaprakaashaatmana*

PROSE CONSTRUCTION

*Praak praakrithapraakshaye gunasaamyaruddhavikrithou maayaayaam twayi layam aagathaayam
(satyaam) vyakthaavyaktham idam kinchit na abhavat. Thadaa na mrityuh samabhooth na amritham cha
(samabhooth), na anah sthithih (samabhooth), na raathreh sthithih (samabhooth) Thathra
paraanandaprakaashaatmana twam ekah ashishyathhaah kila*

WORD MEANING

Praak : long ago *praakrithapraakshaye*: during the deluge of the entire universe *maayaayaam
gunasaamyaruddhavikrithou(sathyam)*: when *Maayaa* whose activities had become stopped due to
the equality of the three *gunaas twayi layam aagathaayaam(sathi)* :when became united with thee
idam this (universe) *vyakthaavyaktham* which is clear and unclear *kinchith*: even a little *na abhavat*
was not there *thadaa* then *na mrityuh samabhooth*: there was no condition of death and birth *na
amritham cha samabhooth* there was no condition of immortality also *na anah sthithih samabhooth*:
there was no state of day *na raathreh sthithih samabhooth*: there was no state of night *thathra
ashishyathhaah kila* it is said that there remained *thwam ekah* you alone *paraandaprakaashaatmana*
with the form of extreme joy and luster.

TRANSLATION

Long ago (before everything came into existence) during the deluge pervading the entire universe, when
Maayaa, whose activities had stopped due to the equality of the qualities, had attained union with thee, then
there was no condition of death nor there was the state of immortality. At that time neither the day existed nor
the night, and there remained thou alone with thy form of extreme delight and lustre.

EXPLANATIONS

Prak: Long ago—the reference is to the time when nothing existed, that is before the creation had
started. *Praakrithapraakshaye*: during the period of *Brahmapralaya*. *Brahmapralaya* is the total deluge
when everything enters the body of the Parabrahma *maayaayaam gunasaamyaruddhavikrithou satyaam*
when Maayaa's activities had stopped due the equality of gunaas. Maayaa can act only when the three
gunaas namely sathwa rajas and thamas are present in unequal proportions. *Twayi layam aagathaayaam
satyaam* when maayaa had become united with thee. during the *Brahmapralaya* maayaa has no actions
and hence it becomes one with the Parabrahma. Birth, death, day night and such other things are only
maayaa's creations and when maayaa itself was inactive being united with the Lord all these became
non-existent. Thus at that time only one thing namely *Parabrahma* remained. The word *kila* is used to
denote that whatever said above is famously known to all.

NARAYANEEYAM, contd.

DASAKA 5 STANZA 2

*Kaalah karma gunaashca jeevanivahaah viswamcha kaaryam vibho
Chilleelaarathimeyushi thwayi tadaa nirlenathaamaayayuh
Theshaam naiva vadanthyasathwamayi bhoh shakthyaatmanaa thishthhathaam
No chet kim gaganaprasoonasadrishaam bhooyo bhavethsambhavah.*

SPLITTING OF THE WORDS

kaalah, karma, gunaah, cha, jeevanivahaah, vishwam, cha kaaryam, vibho chilleelaarathim, eyushi, thwayi, thadaa, nirleenathaam, aayayuh, theshaam, na, eva, vadanthi, asathwam, ayi, bhoh, shakthyaatmanaa, thishthhathaam, na, cheth, kim, gaganaprasoonasadrishaam, bhooyah, bhaveth, sambhavah

PROSE CONSTRUCTION

He vibho thadaa chilleelaarathim eyushi thwayi kaalah cha karma cha gunaah cha jeevanivahaah cha Kaaryam viswam cha nirleenathaam aayayuh. Ayi! Bhoh! Shakthyaatmanaa thishthhathaam Theshaam asathwam na vadanthi eva. Na chet gaganaprasoonasadrishaam teshaam bhooyah sambhavah kim bhaveth?

WORD MEANING

He! Vibho! Oh all-powerful Lord! *Thadaa:* then *Chilleelaarathim eyushi thwayi* In Thee who had started taking pleasure in thy self namely Parabrahma *Kaalah :* Time *Karma:* action and the effect *Gunaah:* The three natural qualities namely sathwa, rajas and thamas *Jeevanivahaah:* The multitudes of living beings *Kaaryam vishwamcha* and the entire universe born out of Maayaa *Nirleenathaam aayayuh* came out of being unified. *Na vadanthi eva* (The Vedas) do not say at all *asathwam* The nonexistence shakthyaatmanaa *thishthhathaam* of them which were remaining in the form of energy *Na chet,* If not so *Bhooyah sambhavah* coming into existence again *Theshaam* of them *Gaganaprasoonasadrishaam* who become like the flowers .in the sky *Kim bhaveth?* Will it happen?

TRANSLATION

Oh! All-powerful Lord! Then the Time, the actions and the result, the three gunas namely *sathwa rajas and thamas*, all the multitudes of living beings, and the entire universe born out of delusion, had got united with thee, thee who was indulging in the sport of Parabrahma. The Vedas do not at all say about them being nonexistent because they were still remaining in the form of energy. Indeed if it were not so how could they, who become like flowers in the sky, come into existence again?

EXPLANATIONS

Vibho! This form of address is used to indicate the capacity of The Lord to create the entire universe and withdraw it towards Himself. *Thadaa:* The reference here is to the time of Brahma-pralaya during which time only the Lord remains *viswam nirleenathaam aayayuh:* The entire universe is the creation of The Lord and all that is withdrawn to himself by Him at the time of brahma-pralaya. . All this is said in the Vedas and the word *kila* in the previous stanza is applicable here also. *Shakthyaatmanaa thishthhathaam teshaam asathwam na vadanthi:* The poet adds that the Vedas do not say that the Time etc have become nonexistent at the time of *brahma-pralaya*. But only remain in the form of energy and is within the form of the *Parabrahma*. The question automatically arises why do not the Vedas say that they are not existent? The poet explains this by stating that if they were nonexistent their coming back to existence after the *brahma-pralaya* would have been impossible *gaganaprasoona:* a flower in the sky without a base in the earth is impossible to occur. Similarly the reemergence of all the objects created by *maaya* is impossible unless they were lying dormant in the form of *Parabrahma*.

To be continued

Express yourself in your own family newsletter



Get to know your people better through Niramala. You could send in your views on any subject. It could be short stories, poems, jokes, articles, suggestions, complaints. Make your presence. Bring out the writer in you. And also bridge the gap between you and your relatives.

So what are you thinking about? Shoot us your views now.

Niramala
enhancing relationship. bonding the community

A Newsletter of
Variar Samajam, Mumbai