



HAVYAKA

SANDESHA

ಹವ್ಯಕ ಸಂದೇಶ

A Monthly Newsletter of Havyaka Welfare Trust, Estd. 1964

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FORTHCOMING EVENTS

**Annual Picnic on 1st February, 2015
at Kalyani Village, Vajreshwari, Thane**

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FORGOTTEN ALBUMS

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Change of Address : Members are requested to intimate the office in writing or through e-mail with their Membership No.

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Mumbai is again gearing itself for a flash on the eve of New Year. It is dazzling with varied decoration and colourful lights. Though we are caught by it's fancy, after a while, we feel like coming back home and relaxing. If we are amidst nature on a full moon day we feel that time should freeze. What is striking has temporary effect whereas what is soothing stays longer.

We don't know what the New Year has in store for us. The change in the technology is so fast that every day the market is flooded with new electronic items and software appliances. What is new today becomes old the very next year and unless we move with the new technology we face the fear of becoming obsolete. If anyone asks you 'Are you on the Facebook' and if your answer is 'No' you may give the impression that you don't belong to this generation. Now we are moving from Face Book to 'WhatsApp'. Taking autograph of celebrities is a matter of past. The latest trend is selfie with celebrities. The question that comes in mind is what next?

The problem with us is that we are getting bored of everything very soon. We are always in look out for something new that fancies us. We need not carry cameras or video cameras while travelling. Our mobile phones are doing smart job. We are very quick to click everything that we find interesting but we are very lethargic to save them either in the form of soft copies or hard copies. Obviously we run the risk that photos or files may get corrupted. These days, having albums are only meant for special occasions. We don't hold on to anything and I wonder when we save the matter on computers, do we save sweet moments in our minds?

The hazard of moving very fast is that we tend to ignore little things that make our lives. We don't feel the need to cherish pleasant moments of our lives that make them worth living. Forget taking out the albums from the cupboards and watching them, do we really have the luxury of walking down the memory lane? Even if we try going back, can we enjoy its beauty or do we find it hazy? The speed at which we are going perhaps gives us very little time to take a break. (Like T.V programs)

Some people make resolution for the New Year.(Not with standing resolutions we make every day only to break them)Before setting any goal for the New Year let us remember that it should add meaning to life. The journey is also as important as the destination.

WISHING YOU ALL HAPPY NEW YEAR.

e-mail : amitabhagwat@gmail.com

ಅಮಿತಾ ಭಾಗವತ್

PRESIDENT'S MESSAGE

Dear Friends,

We are on a happy note, as the year 2014 is coming to an end, with the celebration of the Golden Jubilee and purchasing a hall for the Trust named "HAVYAKARA SABHAGRAHA".

Now that the hall is purchased we are in the process of finalizing a caterer for conducting the activities by giving it on leave & licence. We have got a few responses on the newspaper advertisement given by us. If you know any caterers who desire to conduct the activities please inform us.

As the minimum expectations of the caterers is to have air conditioners, false ceiling, LED lights, pantry arrangements with counters, stage and changing rooms we have decided to have the same in the hall. We have received quotations from some members as well as from outsiders for undertaking the interiors. As you know we do not have experts for interior decoration in our team, we appeal you to recommend to us expert interior decorators who have undertaken banquet hall contracts. If the interiors are better it is expected that the returns will be more. We are in the lookout for such experts who can quote economically without compromising on the quality. We want to start the interior work as early as possible and also simultaneously finalize a caterer.

In the meantime our legal team is also drafting the agreement. We are also seeking opinion on the taxation aspect. We desire to have our Trust functions from our Hall. Hence the dates for the Women's Meet and Vadhu Varanveshana Shibira has not yet been finalized.

One of our popular events Picnic is planned on 1st February 2015. The venue and the details are published in the Sandesha. Mr. Sanjay Bhat & his team are planning the activities. We are sure that it will be lively and the members will get an opportunity to participate. Please do attend in large numbers.

Once again we appeal to all of you to respond well for the PICNIC.

With Warm Regards

N. R. HEGDE
President

ANNUAL SATYANARYAN POOJA AT DOMBIVLI

ANNUAL SATYANARAYAN POOJA

will be held on 22nd February 2015, Sunday

Venue : Rotary Club of Dombivli, Raghuvveer Nagar,
Opp. Madhav Ashram Hall, Manpada Road, Dombivli (E) - 421 201.

All Havyaka Members are requested to attend pooja
with their family and friends

ಭಾಷೆಯಿಂದ ಭಾಷೆಗೆ ಆಮದು ಆಗುವಾಗ ಅಥವಾ ಒಂದೇ ಭಾಷೆಯಲ್ಲಿ ಕಾಲಕಳೆದಂತೆ, ಕೆಲವೊಂದು ಶಬ್ದಗಳು ಅರ್ಥದಲ್ಲಿ ವ್ಯತ್ಯಾಸವನ್ನು ಹೊಂದುವುದು ಸ್ವಾರಸ್ಯದ ಸಂಗತಿ. ಈ 'ಸಂಗತಿ' ಶಬ್ದವನ್ನೇ ನೋಡಿರಿ. ಸಂಗತ, ಸಂಗತಿ ಎಂದರೆ ಮೂಲತಃ ಕೂಡಿಹೋಗುವ, ಕೂಡಿಹೋಗುವಿಕೆ ಎಂಬ ಅರ್ಥವನ್ನು ಕೊಡುತ್ತವೆ. ಆದರೆ ಕನ್ನಡದಲ್ಲಿ ಸಂಗತಿ ಎಂದರೆ ಒದಗಿದ್ದು, ನಡೆದದ್ದು, ಘಟನೆ, ವಸ್ತು (fact, thing). ಈ ಕುರಿತು ವಿವೇಚನೆಯೇ ಒಂದು ಪ್ರಬಂಧವಾದೀತು.

ಇಲ್ಲಿ ಉದಾಹರಣೆಗಾಗಿ ಎತ್ತಿಕೊಳ್ಳುವ ಶಬ್ದ ಬೇರೆ. ಅದು 'ಕೃಪಾ (ಪೆ)' ಇದರಿಂದ ನಾವು ಗ್ರಹಿಸುವ ಅರ್ಥ ಕರುಣೆ, ದಯೆ, ಮರುಕ, ಕನಿಕರ. ಇಲ್ಲದಿದ್ದರೆ ಮಹಾಭಾರತದಲ್ಲಿ ಬರುವ ಕೃಪಾಚಾರ್ಯ ಮತ್ತು ಅವರ ತಂಗಿ ಕೃಪಿ (ದ್ರೋಣಾಚಾರ್ಯರ ಹೆಂಡತಿ) ಆದರೆ ಮೂಲತಃ ಕೃಪ್ ಧಾತುವಿಗೆ ದುರ್ಬಲ ಅಥವಾ ವಿವೇಕ ಶೂನ್ಯ ಎಂಬ ಅರ್ಥ! ಮನೋದೌರ್ಬಲ್ಯ, ಸಣ್ಣ ಬುದ್ಧಿ ಎಂಬವು ವಿವೇಕ ಶೂನ್ಯತೆ ಎಂಬುದರಿಂದ ಹೊರಟ ಅರ್ಥಭಾಯಿಗಳು. ಇವುಗಳಿಂದ ಕೃಪಣ (ಜಿಪುಣ) ಸಂಕುಚಿತ ಬುದ್ಧಿಯವ-ಅದರಿಂದ ಹಣಕಾಸಿನಲ್ಲಿ ಕಂಜಾಸ ಎಂಬ ಅರ್ಥ ಹುಟ್ಟಿಕೊಂಡಿತು. ಕರುಣೆ-ದಯೆ ಇವು ವಿಶಾಲ ಪ್ರವೃತ್ತಿಯವು. ಅದಕ್ಕೆ ವಿರುದ್ಧವಾಗಿ 'ಕೃಪ್' ದುರ್ಬಲ (ಸಂಕುಚಿತ) ಮನಸ್ಸಿನ ಗುಣ! ಆದರೂ ದಯೆ ಮತ್ತು ಕೃಪೆ ಸಮನಾರ್ಥವಾದದ್ದು ಸೋಜಿಗ. ಬಹುಶಃ 'ದುರ್ಬಲ' ಎಂಬ ಭಾವದಿಂದ 'ದಯೆ'ಯು ಒಂದು ಮನೋದೌರ್ಬಲ್ಯವೆಂಬ ಭಾವನೆ ಉಂಟಾಗಿರಬೇಕು, ಈ ಅರ್ಥ ಸಾಮ್ಯದಲ್ಲಿ.

ಆದರೆ ಇದೇ ಕೃಪೆಯಿಂದ 'ಕೃಪಾಣ' ಕತ್ತಿ ಎಂಬ ಶಬ್ದ ಹೇಗೆ ಹುಟ್ಟಿತು? ಇದು ನಮ್ಮ ಸಿಕ್ಟ ಬಾಂಧವರ ಪಂಥದ ಒಂದು ಚಿಹ್ನೆ - ಸೊಂಟಕ್ಕೆ ತೂಗುವ ಖಡ್ಗ-ಶಾಸನ ಸಭೆಯಲ್ಲಿಯೂ ಜೊತೆಗೆ ಒಯ್ಯುವ ಲಾಂಛನ! ಕೃಪೆ (ದಯೆ) ಎಲ್ಲಿ, ಈ ಕ್ರೂರ ಕೃಪಾಣವೆಲ್ಲಿ! ಎರಡೂ ಮೂಲದಲ್ಲಿ ಒಂದೇ ಶಬ್ದ! ಪರಸ್ಪರ ವಿರುದ್ಧ ಭಾವ ಸೂಚಕ.

ಹಾಗೆ ನೋಡಿದರೆ ಕೃಪೆಯು ಕೃಪಾಣದಂತೆ ತೀಕ್ಷ್ಣ ನೋವಿಗೆ ಕಾರಣವಾಗಬಹುದು. ಆಂಗ್ಲ ಕಾದಂಬರಿಕಾರ ಸ್ಟೀವನ್ ಜೈಗ್‌ನ ಪ್ರಸಿದ್ಧ ಕಾದಂಬರಿಯೊಂದರ ಹೆಸರೇ Beware of pity (ಕೃಪೆಯ ಕುರಿತು ಎಚ್ಚರಿಕೆ!) ಅದರಲ್ಲಿ ನಾಯಕಿ ಒಬ್ಬ ಅಸಹಾಯ ಹುಡುಗಿ. ಕಾಲನ್ನು ಕಳೆದುಕೊಂಡವಳು, ಪೋಲಿಯೊ ರೋಗಕ್ಕೆ ತುತ್ತಾಗಿ. ಅವಳನ್ನು ನಾಯಕ ತುಂಬಾ ವಾತ್ಸಲ್ಯದಿಂದ ಕಾಣುತ್ತಾನೆ. ಆಕೆ ಕ್ರಮೇಣ ಅವನಲ್ಲಿ ಅನುರಕ್ತಳಾಗುತ್ತಾಳೆ. ಆದರೆ ಅವನಿಗೆ ಅವಳಲ್ಲಿ ಕೇವಲ ಮರುಕ ಮಾತ್ರ. ಒಮ್ಮೆ ಮುಂದೆ ಆತ ಅವಳಿಂದ ದೂರ ಸರಿದಾಗ ಆಕೆ ದಿಗ್ಗನೆ ಎದ್ದು ಅವನ ಬಳಿಗೆ ಓಡಿಯೇ ಹೋಗಿ ಅವನನ್ನು ಅಪ್ಪಿಕೊಳ್ಳುತ್ತಾಳೆ! ಅವಳಿಗೆ ದೀರ್ಘಕಾಲದ ನಂತರ ರಾಗಭಾವೋದ್ರೇಕದ ಬಲದಿಂದ ಕಾಲಿನಲ್ಲಿ ನಡೆಯುವ ಶಕ್ತಿ ಬರುತ್ತದೆ. ಆದರೇನು? ಅವನಿಗೆ ಅವನ ಔದಾರ್ಯವೇ ಕೊರಳಿಗೆ ಉರುಳಾಗುತ್ತದೆ!

ಸ್ವಾಭಿಮಾನಿಯು ಎಷ್ಟು ಅಸಹಾಯನಾದರೂ ಇತರರ ಕೃಪೆಯನ್ನು ಬಯಸುವುದಿಲ್ಲ. ಅವನಿಗೆ ಅಂಥ ಕೃಪೆ ಕೃಪಾಣದಂತೆಯೇ ನೋವು ಕೊಡುತ್ತದೆ. ಸಹಾನುಭೂತಿ ಸಹ್ಯ. ಆದರೆ ಕೃಪೆ, ಮರುಕ, ಅಸಹ್ಯ. ಅದನ್ನು ಪಡೆದವನಿಗೆ, ಅದನ್ನು ನೀಡಿದವನಿಗಿಂತ ಕೆಳಮಟ್ಟದ ಮನೋಭಾವನೆ ಉಂಟಾಗುತ್ತದೆ. ದಯನೀಯ ಅವಸ್ಥೆ ಅಪೇಕ್ಷಣೀಯವಲ್ಲ. ಕೆಲ ಸಲ

ಒಬ್ಬರ ಕುರಿತು ಕೃಪೆ ತೋರಿಸುವಷ್ಟು ಕ್ರೂರ ಕೃತ್ಯ ಇನ್ನೊಂದಿಲ್ಲ ವೆನಿಸುವುದುಂಟು!

ಕೃಪಾಕಟಾಕ್ಷ! ದೇವರಿಂದ ಭಕ್ತನು ಅಪೇಕ್ಷಿಸುವುದು. ಕೃಪೆಯದು ಯಾವಾಗಲೂ ಕಡೆಗಣ್ಣು ನೋಟ; ಪೂರ್ಣ ದಯಾರ್ಥ ದೃಷ್ಟಿಯಲ್ಲ. ಅದರಲ್ಲಿ ತಿರಸ್ಕಾರದ ಭಾವ ಸೂಕ್ಷ್ಮವಾಗಿ ಉಳಿಯುತ್ತದೆ. ಯುದ್ಧಾರಂಭದಲ್ಲಿ ಅರ್ಜುನನು ಸ್ವಜನರ ಸಂಹಾರದ ಭವಿತವ್ಯವನ್ನು ಕಂಡು 'ಕೃಪಯಾ ಪರ್ಯಾವಿಷ್ಟ'ನಾದನು. ಅದು ಸಹಾನುಭೂತಿಯಲ್ಲ. ಅದೊಂದು ಮುದುಡಿದ ಮನಸ್ಸಿನ ಕುಗ್ಗು. ಒಂದು ತೀವ್ರ Nervousness, ಕರುಣೆ ಮಾನವೀಯತೆ kindness, ನಾವೆಲ್ಲ ಒಂದೇ kind (Man kind) ಎಂಬ ಪ್ರಜ್ಞೆಯ ಫಲ. ಆದರೆ ಕೃಪೆ? ಅದೊಂದು ಮೇಲಿನವರೆಂಬುವವರು ಕೆಳಗಿನವರೆಂದು ಭಾವಿಸಿದವರಿಗೆ ತೋರುವ ಅನುಗ್ರಹ! ದಯಾ = ಪ್ರೀತಿ, ದಯಿತೆ=ಪ್ರೇಯಸೀ. ಆದರೆ ಕೃಪೆ ಪ್ರೀತಿ ಅಲ್ಲ. ಅದು ದೈನ್ಯದಿಂದ ಕೂಡಿದ ಭಾವ.

(ಆಧಾರ : ಗೌರೀಶ ಕಾಯ್ಕಿಣಿ ಅವರ ಬೆಲೆಬಾಳುವ ಬರಹಗಳು)

ಏನು ತಪ್ಪು?

ಶ್ರೀ ಶಾರದಾ ಎ. ಅಂಚನ್, ಕಲಂಬೋಲಿ, ನವಿಮುಂಬಯಿ

ರಾತ್ರಿಯ ಸುಂದರ ಚಂದಿರ
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ಮೈ ಮರೆತು ವಿಹರಿಸುತ್ತಿರಲು...
ನಾ ಸ್ವಲ್ಪ ಏಕಾಂತ ಬಯಸಿದರೆ
ಏನು ತಪ್ಪು?

20 Amazing Scientific Reasons Behind Hindu Traditions

Collection : R. P. Hegde

1. **Joining Both Palms together to Greet :**

In Hindu culture, people greet each other by joining their palms - termed as "Namaskar." The general reason behind this tradition is that greeting by joining both the palms means respect. However, scientifically speaking, joining both hands ensures joining the tips of all the fingers together; which are denoted to the pressure points of eyes, ears, and mind. Pressing them together is said to activate the pressure points which helps us remember that person for a long time. And, no germs since we don't make any physical contact!

2. **Why do Indian Women wear Toe Ring :**

Wearing toe rings is not just the significance of married women but there is science behind it. Normally toe rings are worn on the second toe. A particular nerve from the second toe connects the uterus and passes to heart. Wearing toe ring on this finger strengthens the uterus. It will keep it healthy by regulating the blood flow to it and menstrual cycle will be regularized. As Silver is a good conductor, it also absorbs polar energies from the earth and passes it to the body.

3. **Throwing Coins into a River :**

The general reasoning given for this act is that it brings Good Luck. However, scientifically speaking, in the ancient times, most of the currency used was made of copper unlike the stainless steel coins of today. Copper is a vital metal very useful to the human body. Throwing coins in the river was one way our fore-fathers ensured we intake sufficient copper as part of the water as rivers were the only source of drinking water. Making it a custom ensured that all of us follow the practice.

4. **Applying Tilak/KumKum on the Forehead :**

On the forehead, between the two eyebrows, is a spot that is considered as a major nerve point in human body since ancient times. The Tilak is believed to prevent the loss of "energy", the red 'kumkum' between the eyebrows is said to retain energy in the human body and control the various levels of concentration. While applying kumkum the points on the mid-brow region and Adnya-chakra are automatically pressed. This also facilitates the blood supply to the face muscles.

5. **Why do Temples have Bells :**

People who are visiting the temple should and will ring the bell before entering the inner sanctum (Garbhagudi or Garbha Gruha or womb-chamber) where the main idol is placed. According to Agama Sastra, the bell is used to give sound for keeping evil forces away and the ring of the bell is pleasant to God. However, the scientific reason behind bells is that their ring clears our mind and helps us stay sharp and keep our full concentration on devotional purpose. These bells are made in such a way that when they produce a sound it creates a unity in the left and right parts of our brains.

The moment we ring the bell, it produces a sharp and enduring sound which lasts for minimum of 7 seconds in echo mode. The duration of echo is good enough to activate all the seven healing centres in our body. This results in emptying our brain from all negative thoughts.

6. **Why We Start with Spice & End with Sweet :**

Our ancestors have stressed on the fact that our meals should be started off with something spicy and sweet dishes should be taken towards the end. The significance of this eating practice is that while spicy things activate the digestive juices and acids and ensure that the digestion process goes on smoothly and efficiently, sweets or carbohydrates pulls down the digestive process. Hence, sweets were always recommended to be taken as a last item.

7. **Why Do We Applying Mehendi/Henna on the Hand and Feet :**

Besides lending color to the hands, mehndi is a very powerful medicinal herb. Weddings are stressful, and often, the stress causes headaches and fevers. As the wedding day approaches, the excitement mixed with nervous anticipation can take its toll on the bride and groom. Application of mehendi can prevent too much stress because it cools the body and keeps the nerves from becoming tense. This is the reason why mehendi is applied on the hands and feet, where nerves end.

8. **Sitting on the Floor & Eating :**

This tradition is not just about sitting on floor and eating, it is regarding sitting in the "Sukhasan" position and then eating. Sukhasan is the position we normally use for Yoga asanas. When you sit on the floor, you usually sit cross legged - In sukhasana or a half padmasana (half lotus), which are poses that instantly bring a sense of calm and help in digestion, it is believed to automatically trigger the signals to your brain to prepare the stomach for digestion.

9. **Why you should not sleep with Your Head towards North :**

It is myth that it invites ghost or death but science says that it is because human body has its own magnetic field (Also known as hearts magnetic field, because of the flow of blood) and Earth is a giant magnet. When we sleep with head towards north, our body's magnetic field become completely asymmetrical to the Earth's Magnetic field. That cause problems related to blood pressure and our heart needs to work harder in order to overcome this asymmetry of Magnetic fields. Apart from this another reason is that Our body have significant amount of iron in our blood. When we sleep in this position, iron from the whole body starts to congregate in brain. This can cause headache, Alzheimer's disease, Cognitive decline, Parkinson disease and Brain degeneration.

10. Why We Pierce Ear :

Piercing the ears has a great importance in Indian ethos. Indian physicians and philosophers believe that piercing the ears helps in the development of intellect, power of thinking and decision making faculties. Talkativeness fritters away life energy. Ear piercing helps in speech-restraint. It helps to reduce impertinent behavior and the ear-channels become free from disorders. This idea appeals to the Western world as well, and so they are getting their ears pierced to wear fancy earrings as a mark of fashion.

11. Surya Namaskar :

Hindus have a tradition of paying regards to Sun God early in the morning by their water offering ritual. It was mainly because looking at Sun rays through water or directly at that time of the day is good for eyes and also by waking up to follow this routine, we become prone to a morning lifestyle and mornings are proven to be the most effective part of the day.

12. Choti on the Male Head :

Student of university of Madras Sushrut rishi, the foremost surgeon of Ayurveda, describes the master sensitive spot on the head as Adhipati Marma, where there is a nexus of all nerves. The shikha protects this spot. Below, in the brain, occurs the Brahmarandhra, where the sushumnā (nerve) arrives from the lower part of the body. In Yog, Brahmarandhra is the highest, seventh chakra, with the thousand-petalled lotus. It is the centre of wisdom. The knotted shikhā helps boost this centre and conserve its subtle energy known as ojas.

13. Why do we Fast :

The underlying principle behind fasting is to be found in Ayurveda. This ancient Indian medical system sees the basic cause of many diseases as the accumulation of toxic materials in the digestive system. Regular cleansing of toxic materials keeps one healthy. By fasting, the digestive organs get rest and all body mechanisms are cleansed and corrected. A complete fast is good for health, and the occasional intake of warm lemon juice during the period of fasting prevents the flatulence. Since the human body, as explained by Ayurveda, is composed of 80% liquid and 20% solid, like the earth, the gravitational force of the moon affects the fluid contents of the body. It causes emotional imbalances in the body, making some people tense, irritable and violent. Fasting acts as antidote, for it lowers the acid content in the body which helps people to retain their sanity. Research suggests there are major health benefits to caloric restriction like reduced risks of cancer, cardiovascular diseases, diabetes, immune disorders etc.

14. The scientific explanation of touching Feet (charan sparsh) :

Usually, the person of whose feet you are touching is either old or pious. When they accept your respect which

came from your reduced ego (and is called your shraddha) their hearts emit positive thoughts and energy (which is called their karuna) which reaches you through their hands and toes. In essence, the completed circuit enables flow of energy and increases cosmic energy, switching on a quick connect between two minds and hearts. To an extent, the same is achieved through handshakes and hugs. The nerves that start from our brain spread across all your body. These nerves or wires end in the fingertips of your hand and feet. When you join the fingertips of your hand to those of their opposite feet, a circuit is immediately formed and the energies of two bodies are connected. Your fingers and palms become the 'receptor' of energy and the feet of other person become the 'giver' of energy.

15. Why Married Women apply Sindoor :

It is interesting to note that the application of sindoor by married women carries a physiological significance. This is so because Sindoor is prepared by mixing turmeric-lime and the metal mercury. Due to its intrinsic properties, mercury, besides controlling blood pressure also activates sexual drive. This also explains why Sindoor is prohibited for the widows. For best results, Sindoor should be applied right upto the pituitary gland where all our feelings are centered. Mercury is also known for removing stress and strain.

16. Why do we worship Peepal Tree :

'Peepal' tree is almost useless for an ordinary person, except for its shadow. 'Peepal' does not have a delicious fruit, its wood is not strong enough for any purpose then why should a common villager or person worship it or even care for it? Our ancestors knew that 'Peepal' is one of the very few trees (or probably the only tree) which produces oxygen even at night. So in order to save this tree because of its unique property they related it to God/religion.

17. Why do we worship Tulsi Plant :

Hindu religion has bestowed 'Tulsi', with the status of mother. Also known as 'Sacred or Holy Basil', Tulsi, has been recognized as a religious and spiritual devout in many parts of the world. The vedic sages knew the benefits of Tulsi and that is why they personified it as a Goddess and gave a clear message to the entire community that it needs to be taken care of by the people, literate or illiterate. We try to protect it because it is like Sanjeevani for the mankind. Tulsi has great medicinal properties. It is a remarkable antibiotic. Taking Tulsi everyday in tea or otherwise increases immunity and help the drinker prevent diseases, stabilize his or her health condition, balance his or her body system and most important of all, prolong his or her life. Keeping Tulsi plant at home prevents insects and mosquitoes from entering the house. It is said that snakes do not dare to go near a Tulsi plant. Maybe that is why ancient people would grow lots of Tulsi near their houses.

(contd. in page 12)

ಸಹಜವಾದದ್ದು ಸೌಂದರ್ಯ

“ಸ್ವಭಾವ ರಮಣೀಯಾನಿ ಮಂಡನಾನಿ ಅತಿಮುಂಡಿತಾನಿ ಭವಂತಿ”
(ಆದಿಮಾರಕಮ್)

ಸ್ವಾಭಾವಿಕವಾಗಿ ಚೆಲುವಾದುದನ್ನು ಅಲಂಕರಿಸುವುದರಿಂದ, ಅದರ ಸೌಂದರ್ಯವು ವರ್ಧಿಸುತ್ತದೆ.

“ಕಿಮವತಿ ಮಧುರಾಣಾಂ ಮಂಡನಾಂ ಅಕೃತಿನಾಮ್” ಸಹಜ ಸುಂದರವಾದ ರೂಪಕ್ಕೆ ಅಲಂಕಾರ ಬೇಕೆ? ಎನ್ನುವುದು ಕಾಳಿದಾಸ ಕವಿಯ ಪ್ರಶ್ನೆ, ಪಾಚಿ (ಹಾವಸೆ) ಯಿಂದ ಆವೃತವಾಗಿದ್ದರೂ ಕಮಲವು ಚೆಂದ, ಕಳಂಕದಿಂದ (ಕಪ್ಪುಕಲೆ) ಕೂಡಿದ್ದರೂ ಚಂದ್ರ ಬೆಳಕು ಅಂದ. ಈ ಶಕುಂತಲೆಯಾದರೂ ನಾರುಡೆ ಉಟ್ಟರೂ ಚೆಲುವಂತ ಚೆಲುವೆ. ಅದಕಾರಣ ಸಹಜವಾಗಿಯೇ ಸುಂದರವಾಗಿರುವ ಆಕಾಶಕ್ಕೆ ಅಲಂಕಾರ ಬೇಡ ಎನ್ನುವುದು ಕವಿಕುಲಗುರುವಿನ ಆಶಯ. ಭಾಸ ಮಹಾಕವಿಯೂ ಸಹಾ ಅಲಂಕಾರಕ್ಕೆ ಸಂಬಂಧ ಪಟ್ಟಂತೆ ಇಂತಹದ್ದೇ ಅಭಿಪ್ರಾಯವನ್ನು ಹೊಂದಿದ್ದು “ಗ್ರೀಟ್‌ಮೆನ್ ಥಿಂಕ್ ಏಲ್ಯೆಕ್” ಎಂಬ ಮಾತಿಗೆ ಪುಷ್ಟಿಕೊಡುತ್ತದೆ.

“ಆಕೃತಿರೇವ ಅಲಂಕಾರ”
(ಅವಿಮಾರಕಮ್)

ಆಕಾರವೇ ಅಲಂಕಾರ, ಆಕಾರವೇ ಸುಂದರವಾಗಿದ್ದರೆ ಬೇರೆ ಅಲಂಕಾರ ಬೇಕೆ? ಮನೆಯ ಮುಂದುಗಡೆ ಉದ್ಯಾನದಲ್ಲಿ ಸಹಜವಾಗಿ ಅರಳಿ ನಳನಳಿಸುವ ಗುಲಾಬಿ ಹೂವಿಗೆ ಅದು ಇನ್ನೂ ಚೆಂದ ಕಾಣಲೆಂದು ಬಣ್ಣ ಬಡಿದರೆ ಏನಾದೀತು? ಅದರ ಇದ್ದ ಸೌಂದರ್ಯವೂ ಹಾಳಾಗಿ ಕೃತ್ರಿಮತೆ ತಲೆದೋರೀತು. ಅಷ್ಟೇ ದೈವದತ್ತವಾದದ್ದೇ ಆಕೃತಿ. “ಆನೆಗೆ ಅಲಂಕಾರ ಬೇಕೆ?” ಆನೆಯ ದೇಹವೇ ಭವ್ಯ. ಆದ ಕಾರಣ ಅದು ನಡೆದದ್ದೇ ದಾರಿ ಅನ್ನಿಸುತ್ತದೆ. ಇಂದಿನ ದಿನದಲ್ಲಿ ಸುಂದರವಾಗಿ ಕಾಣಲಿಕ್ಕೆ ಜನರು ಏನೇನೋ

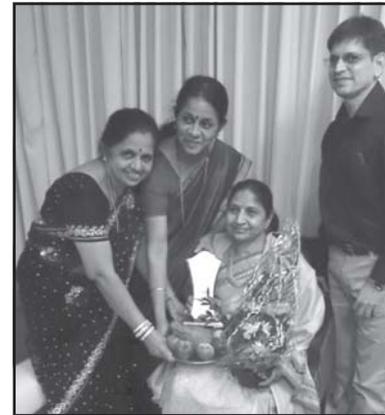
ಕಸರತ್ತು ಮಾಡುತ್ತಾರೆ. ಯಾವ ಯಾವುದೋ ಕೊಸ್ಮೆಟಿಕ್‌ಗಳನ್ನು ಹಚ್ಚಿ ಹಚ್ಚಿ ಅವರ ಮುಖವೆಲ್ಲಾ ಹೊಂಡವಾಗಿ ಹೋಗುತ್ತವೆ. ಮುಖ ಹಾಳಾದ ಡಾಂಬರ ರಸ್ತೆಯಂತೆ ಕಾಣುತ್ತದೆ. ಇಂತವರೂ ಇದ್ದಾರೆ. ಸಿನೇಮಾ ನಟ ನಟಿಯರ ಅನುಕರಣೆ “ವಾಕಿಂಗ್ ಸ್ಟೈಲ್”, “ಹೇರ್ ಸ್ಟೈಲ್”, “ಸ್ಮಾಲ್‌ಲಿಂಗ್ ಸ್ಟೈಲ್” ಈ ಎಲ್ಲ ಅನುಕರಣೆಯಲ್ಲಿ ಇವರ ಸ್ವಂತ ಅಸ್ತಿತ್ವ ಕಾಣೆಯಾಗಿ ಹೋಗುತ್ತವೆ.



ನಮ್ಮ ಪ್ರಾಚೀನರ ಪ್ರಕಾರ ಸಹಜವಾದದ್ದೇ ಸೌಂದರ್ಯ. ಸೌಂದರ್ಯ ಒಂದು ವಸ್ತುವಿನ ಧರ್ಮವಲ್ಲ. ಆದರೆ ದೃಷ್ಟಿಧರ್ಮ, ದೃಷ್ಟಿಯಲ್ಲಿ ಸೌಂದರ್ಯ ಇದ್ದರೆ ಎಲ್ಲವೂ ಸುಂದರವಾಗಿ ಕಾಣುತ್ತದೆ. “ಯಥಾ ದೃಷ್ಟಿ, ತಥಾ ಸೃಷ್ಟಿ” ಎಂಬಂತೆ ನಮ್ಮ ಸೌಂದರ್ಯದ ಕಾನ್ಸೆಪ್ಟ್ ಬದಲು ಮಾಡಿಕೊಳ್ಳಬೇಕು ಅಂದಾಗ ಸೌಂದರ್ಯದಲ್ಲಿ ತತ್ತ್ವಜ್ಞಾನದ ತಳಹದಿ ಕಂಡಿತು. “ಸತ್ಯಂ-ಶಿವಂ-ಸುಂದರಂ” ಎನ್ನುವ ವಾಕ್ಯದ ಅರ್ಥವಾದೀತು.

ಸೌಂದರ್ಯಕ್ಕೆ ಅಲಂಕಾರ ಬೇಡವೆಂದಲ್ಲ. ಬೇಕು. ಆದರೆ ಅತಿ ಆಗಬಾರದು. ಹಿತಮಿತವಾಗಿ ಇರಬೇಕು. ತುಟಿ ಚೆನ್ನಾಗಿ ಕಾಣಬೇಕೆಂದು ದಪ್ಪವಾಗಿ ಲಿಪ್‌ಸ್ಟಿಕ್ ಬಡೆದುಕೊಂಡರೆ ತುಟಿಯೇ ಇಲ್ಲ ಎನ್ನುವ ಭ್ರಮೆ ಉಂಟಾದೀತು. ಕಾವ್ಯಕ್ಕೆ ಅಲಂಕಾರಗಳು ಹೇಗೆ ಬಾಹ್ಯ, ಶೋಭೆಯನ್ನು ನೀಡುತ್ತವೆಯೋ ಹಾಗೆಯೇ ಆಕಾರಕ್ಕೆ ಅಲಂಕಾರ ಬಾಹ್ಯ ಅಂದವನ್ನು ನೀಡುತ್ತದೆ.

ಮಾಜಿ ಅಧ್ಯಕ್ಷಿಣಿ ಸನ್ಮಾನ



ಸಂಸ್ಥೆಯ ಮಾಜಿ ಅಧ್ಯಕ್ಷಿಣಿ ಶ್ರೀಮತಿ ವಿಮಲಾ ಭಟ್ ಅವರನ್ನು ಇತ್ತೀಚೆಗೆ ಅವರು ಬೆಂಗಳೂರಿನಿಂದ ಮುಂಬಯಿಗೆ ಬಂದ ಸಂದರ್ಭದಲ್ಲಿ ಸುವರ್ಣ ಮಹೋತ್ಸವದ ನಿಮಿತ್ತ ಸನ್ಮಾನಿಸಲಾಯಿತು. ಸುವರ್ಣ ಮಹೋತ್ಸವ ಸಮಿತಿಯ ಅಧ್ಯಕ್ಷ ಶ್ರೀ ಸಂಜಯ ಭಟ್, ಆಡಳಿತ ಮಂಡಳಿಯ ಸದಸ್ಯೆ

ಶ್ರೀಮತಿ ಶಶಿಕಲಾ ಹೆಗಡೆ, ಸಂಸ್ಥೆಯ ಸಕ್ರಿಯ ಕಾರ್ಯಕರ್ತೆ ಶ್ರೀಮತಿ ಶಾಂತಾ ಭಟ್ ಇವರುಗಳು ವಿಮಲಾ ಭಟ್ ಅವರಿಗೆ ಶಾಲು ಹೊದೆಸಿ, ಫಲ, ಪುಷ್ಪ, ಸ್ಮರಣಿಕೆಯನ್ನು ನೀಡಿ ಸನ್ಮಾನಿಸಿದರು. ವಿಮಲಾ ಭಟ್ ಅವರು ಸುವರ್ಣ ಮಹೋತ್ಸವವು ಸುಗಮವಾಗಿ ಸಾಗಿದ್ದಕ್ಕೆ ಎಲ್ಲರನ್ನೂ ಅಭಿನಂದಿಸಿ ಸಂಸ್ಥೆಗೆ ಶುಭ ಹಾರೈಸಿದರು. ಅಲ್ಲದೇ ಹಿಂದಿನಂತೆ ಮುಂದೆಯೂ ಕೂಡ ತಮಗೆ ಸಂಸ್ಥೆಯ ಸಲುವಾಗಿ ತನು-ಮನ-ಧನದ ಸೇವೆ ಸಲ್ಲಿಸುವ ಇಚ್ಛೆ ಇದೆ ಎಂದು ನುಡಿದರು.

OBITUARY



Shri Anand K. Rao passed away in Dombivili on 25th November, 2014 after a brief illness. He left behind his wife Smt. Kalyani Rao and children Sahana & Sharath.



Shri Venkatesh Upadhya passed away on 21st Sept. 2014 after short illness. He left behind wife Smt. Sudha Upadhya and two sons, Ramachandra and Gautam.

ನಾರಾಯಣಿ ಸಿಲ್ಕ್ ಹೌಸ್‌ಗೆ 21ರ ಸಂಭ್ರಮ

25% ರಿಂದ 30% ರಿಯಾಯಿತಿ ದರದಲ್ಲಿ ಕಾಂಜೀವರಂ ಸೀರೆಗಳ ಮಾರಾಟವನ್ನು
ಬರುವ ಡಿಸೆಂಬರ್ 31ರ ವರೆಗೆ ವಿಸ್ತರಿಸಲಾಗಿದೆ



ಬೆಳಪುಗುತ್ತು ಚಂದ್ರಶೇಖರ ಶೆಟ್ಟಿ
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ನವಗ್ರಹಗಳಲ್ಲಿ ಸರ್ವಶ್ರೇಷ್ಠ ಶುಭಗ್ರಹವಾದ ಗುರುವು ಕಳೆದ ಜೂನ್ ತಿಂಗಳ 19ನೇ ತಾರೀಖಿನಂದು ತಮ್ಮ ಉಚ್ಚ ರಾಶಿಯಾದ ಕರ್ಕಾಟಕವನ್ನು ಪ್ರವೇಶಿಸಿ ನಮ್ಮ ಭಾರತ ದೇಶ ಹಾಗೂ ಪ್ರಜೆಗಳನ್ನು ಅಭಿವೃದ್ಧಿಯ ಉಚ್ಚಾಯ ಸ್ಥಿತಿಗೆ ಏರಿಸಲು ಅಣಿಯಾಗಿ ನಿಂತಿರುವ ಈ ವಿಜೃಂಭಣೆಯ ಶುಭ ಸಂದರ್ಭದಲ್ಲಿ ನಮ್ಮ ಗ್ರಾಹಕರ ಆನಂದವನ್ನು ದ್ವಿಗುಣಗೊಳಿಸುವ ನಿಟ್ಟಿನಲ್ಲಿ ನಮ್ಮ 25%ದಿಂದ 30% 'ರಿಯಾಯಿತಿ'ಯನ್ನು ಡಿಸೆಂಬರ್ 31ರ ವರೆಗೆ ವಿಸ್ತರಿಸಿದ್ದೇವೆ.

**ನಿಮ್ಮೆಲ್ಲರ ಆಗಮನದ ನಿರೀಕ್ಷೆಯಿಲ್ಲವೆ
ನಮ್ಮ ಹೊಸ ಹೊಸ ಸೀರೆಗಳ ರಾಶಿ ರಾಶಿ**

Department of Kanjivaram Sarees

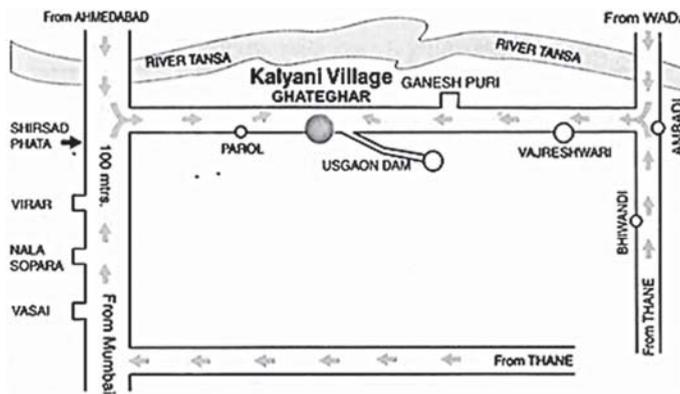
OMKAANCHI NARAYANEE ✠ ಆಮಿ ಕಾಂಚಿ ನಾರಾಯಣಿ



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Havyaka Picnic 1st February, 2015 (Sunday)

KALYANI VILLAGE-RESORT & WATER PARK (VILLAGE BY THE RIVER)



Closer to the city, home to nature's beauty. Resort has a swimming pool and rain dance facility.

Transport arrangements

- 3 Special buses with "HAVYAKA" banner in the front with pickup points shown below has been arranged. Members are requested to give their names and contact numbers to the respective co-ordinators in advance before 15th January, 2015, as proper arrangements can be made.

BUS ROUTE NO.1 DADAR TT

Co-ordinators. :

R. P. Hegde	Santacruz	9324205262
Sandhya Bhat	Andheri	9969454718
Annapurna Arun	Andheri	9820418134
Keshav Hegde	Kandivali	9702475384
Poornima Akadas	Kandivili	9821212299
Shanta Bhat	Charkop / Borivili	28686688 7208171617
Shashikala Hegde	Dahisar	9869015917
Anant Bhat	Mira Road - Bhayander	9892623091

All members staying in Central and South Mumbai are requested to board the bus at DADAR TT

- 1) 7.00 am. Dadar TT circle after signal towards Sion
- 2) 7.05 am. Sion Hospital
- 3) 7.10 am. Bandra (E) - On Western Express Highway after signal
- 4) 7.15 am Santacruz (E) On Western Express Highway after Santacruz station signal
- 5) 7.20 am Vile Parle (E) On Western Express Highway after Vile Parle station signal

- 6) 7.25 am Andheri (E) On Western Express Highway before Sahara Road signal
- 7) 7.30 am Andheri (E) On Western Express Highway after Andheri Kurla Road signal.
- 8) 7.35 am Goregaon - Aarey Colony
- 9) 7.40 am Malad - Pushpa Park
- 10) 7.45 am Kandivali - Near Avenue Hotel
- 11) 7.55 am Borivali (West) - Gokul Hotel
- 12) 8.05 am Dahisar Check Naka, Opp. Golden Chemicals
- 13) 8.10 am Kashmirira Police Station
- 14) 8.15 am Ghodbunder Road Junction To Ahmedabad Highway

All the members staying in Virar Vasai are requested to board the bus at Ghodbunder Road Junction.

Bus will take the route of Western Express Highway to reach the picnic spot - 9.00 am

BUS ROUTE NO. 2. : PANVEL

Co-ordinators. :

S. V. Shastri	Panvel	0251-32590335 / 9322881656
S. G. Bhat	Panvel	9870777375
M. R. Bhat	Panvel	9004087321
Mahesh Hegde		9096007396
Shripad Bhat	Chembur	9869140474
Suresh Hegde	Thane	9833910140
R. N. Kameshwar	Thane	9322230848
Girish Markande	Thane	9769095010

Bus Starts From :

- 1) 6.30 am Panvel Railway Station
- 2) 6.35 am Garden Restaurant Panvel
- 3) 6.40 am Khanda Colony Junction
- 4) 6.45 am Kalamboli Opp Mac Donald Restaurant
- 5) 6.50 am Kharghar Opp Little World Mall On Highway
- 6) 7.00 am Belapur Circle
- 7) 7.05 am Opp D.Y. Patil College / Lp Stop

- 8) 7.10 am Sanpada - Opp Railway Station Junction
- 9) 7.15 am Vashi Below Fly Over

All Members Staying at Airoli and Kharghar are requested to join either at Vashi or Sanpada stops.

- 10) 7.20 am Anushakti Nagar Colony Main Gate
- 11) 7.25 am Chembur . Akbarally's
- 12) The Bus Will Take The Eastern Express Highway To Reach Thane
- 13) 7.35 am Ghatkopar Ramabaii Colony Bus Stop
- 14) 7.40 am Vikhroli Kanamwar Nagar Bus Stop
- 15) 7.50 am Teenhath Naka
- 16) 8.00 am Kapur Bavdi - Thane
- 17) 8.05 am Manpada Bus Stop
- 18) 8.10 am Hiranandani Main Gate- Patli Pada

The bus will join the Western Express Highway via Ghodbunder Road to reach the picnic spot by 9.00 am.

ROUTE NO. 3 DOMBIVLI

Co. ordinators :

R. M. Shastri	0251-2023735. (M) 9819452286
D. V. Bhat	9930278516
Ramesh Vaidya	8879303710
Aravind Bhat	9821721104
Manjula Bhat	9967632816
Umesh Hegde	8080868649
Shrikar Shanbhag	9869731995

Bus Starts From :

- 1) 7.00 am Havyaka Office
- 2) 7.15 am . Bhoir Gymkhana
- 3) 7.20 am Hotel Samrat, Din Dayal Road
- 4) 7.30 am Near Tilak Nagar Post Office, Tilak Chowk
- 5) 7.45 am Gurudev Hotel - Kalyan West

All members staying beyond Kalyan are requested to join at Kalyan

The bus will reach picnic spot at 9.00 am

Picnic Activity Co-ordinators

Sanjay R. Bhat	022-28388415 (M) 9869035267
Shashikala Hegde	022-28965562 (M) 9869015917
Tanuja Hegde	(M) 9869431749

Gautam &	(M) 9833325265
Chetana Upadhyia	(M) 9819777248
Ramesh Vaidya	(M) 8879303710

Contribution

Adults Rs. 350/-

Children Below 12 Years Rs. 250/-

P.S. Members are requested to collect the coupons against payment in the bus. Members who are coming in their own vehicle to the picnic spot can collect coupons at the venue from R . M. Shastri Mob. : 9819452286.

The estimated cost per member is Rs. 850/- Havyaka is subsidizing the cost to Rs. 500/- for Adult and Rs. 600/- for Child.

HALDI KUMKUM programme will be held in the afternoon at the picnic spot.

Venue :

By Road : As Per The Map

By Train : Vasai, Virar Stn. (W. Rly.) Share autos available from Virar Stn. ST buses available towards Vajreshwari, for destination from Vasai

KALYANI VILLAGE RESORT

at Ghateghar, Shirsad Ambadi road, Near Vajreshwari, District Thane, Pin Code : 401 203.



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Karnataka - 581343, India.
Tel. & Fax : 08386-223-832
E-mail: ugruind@yahoo.co.in

ADVT.

ಸಂಧ್ಯಾ ವಂದನೆ

ಸಂಗ್ರಹ : ಡಾ. ವಿ. ಆರ್. ಭಾಗವತ್

ಸಂಧ್ಯಾ ವಂದನೆಯು ಪ್ರತಿದಿನ ಬೆಳಿಗ್ಗೆ, ಮಧ್ಯಾಹ್ನ, ಸಾಯಂಕಾಲಗಳಲ್ಲಿ ಸಕಾಲದಲ್ಲಿ ತಪ್ಪದೇ ಮಾಡಬೇಕಾದ ಬ್ರಾಹ್ಮಣರ ನಿತ್ಯಕರ್ಮ. ಬೆಳಿಗ್ಗೆ ಸೂರ್ಯೋದಯಕ್ಕೆ ಮುಂಚೆ ಮಧ್ಯಾಹ್ನದಲ್ಲಿ ಸೂರ್ಯನು ನೆತ್ತಿಗೆ ಬಂದಾಗ, ಸಾಯಂಕಾಲ ಸೂರ್ಯಾಸ್ತ ಸಮಯದಲ್ಲಿ ಸಂಧ್ಯಾ ವಂದನೆಯನ್ನು ಮಾಡಬೇಕು. ಕಾಲಾತಿಕ್ರಮವಾದರೆ ದೋಷ ಪರಿಹಾರಕ್ಕಾಗಿ ಪ್ರಾಯಶ್ಚಿತ್ತವನ್ನು ಹೇಳಿದ್ದಾರೆ. ಸಂಧ್ಯಾ ವಂದನೆಯಲ್ಲಿ ಅರ್ಘ್ಯ ಪ್ರದಾನ, ಸೂರ್ಯೋಪಾಸನೆ, ಜಪ ಇವು ಮುಖ್ಯವಾದ ಸಂಗತಿಗಳು. ಸಂಧ್ಯಾ ಕಾಲದಲ್ಲಿ ಪ್ರತ್ಯಕ್ಷ ದೇವತೆಯಾದ ಸೂರ್ಯ ದೇವರನ್ನು ಕುರಿತು ಮಾಡುವ ಉಪಾಸನೆಯೇ ಸಂಧ್ಯಾ ವಂದನೆ. ಇದನ್ನು ಸ್ನಾನಾನಂತರ ಪರಿಶುದ್ಧನಾಗಿ ತೊಳೆದು ಒಣಗಿದ ಬಟ್ಟೆಯನ್ನು ಅಥವಾ ಮಡಿಯನ್ನು ಧರಿಸಿ, ದರ್ಭಾದಿ ಆಸನದಲ್ಲಿ ಪದ್ಮಾಸನ ಹಾಕಿ ಕುಳಿತು ಆಸನ ಶುದ್ಧಿಯನ್ನು ಮಾಡಿಕೊಂಡು ಆರಂಭಿಸಬೇಕು. ಅಪವಿತ್ರತೆ ಪವಿತ್ರೋವಾ ಸರ್ವಾವಸ್ಥಾಂಗತೋವೇವಾ || ಯಸ್ಮರೇತ್ ಪುಂಡರೀಕಾಕ್ಷಂ ಸ ಭಾಹ್ಯಾಭ್ಯಂತರಃ ಶುಭಃ || ಎಂಬ ಮಂತ್ರದಿಂದ ಆರಂಭಿಸಬೇಕು. ತಾತ್ಪರ್ಯ, ಕರ್ತನು ಶುದ್ಧನೋ, ಅಶುದ್ಧನೋ ಯಾವುದೇ ಸ್ಥಿತಿಯಲ್ಲಿದ್ದರೂ ಮಹಾ ವಿಷ್ಣುವಿನ ಸ್ಮರಣ ಮಾತ್ರದಿಂದ ಪರಿಶುದ್ಧನಾಗುತ್ತಾನೆ.

ತ್ರಿಕಾಲದಲ್ಲಿ ಕ್ರಮವಾಗಿ ಸೂರ್ಯ, ನೀರು, ಅಗ್ನಿ ಮಂತ್ರಗಳಿಂದ ಕೈಯಲ್ಲಿರುವ ಜಲವನ್ನು ಅಭಿಮಂತ್ರಿಸಿ ಕುಡಿಯುವುದರಿಂದ ಹಗಲು, ರಾತ್ರಿಗಳಲ್ಲಿ ತಿಳಿದೋ, ತಿಳಿಯದೆಯೋ ಮಾಡಿದ ಪಾಪಗಳೆಲ್ಲ ನಶಿಸಿ ಹೋಗುತ್ತವೆ ಎಂದು ಆಯಾ ಮಂತ್ರಗಳೇ ಸಾರುತ್ತವೆ. ತ್ರಿಕಾಲಗಳಲ್ಲಿಯೂ ಗಾಯತ್ರಿಯೇ ಮೊದಲಾದ ಮಂತ್ರಗಳಿಂದ ಸೂರ್ಯ ದೇವನಿಗೆ ಅರ್ಘ್ಯ ಕೊಡುವುದರಿಂದ ಆರೋಗ್ಯದಾಯಕನಾದ ಸೂರ್ಯನ ಅನುಗ್ರಹದಿಂದ ದೃಢಕಾಯನಾಗುತ್ತಾನೆ. ಸೂರ್ಯ ದೇವನಿಗೆ ಅಭಿಮುಖವಾಗಿ ಎದ್ದು ನಿಂತು ಮಂತ್ರಗಳಿಂದ ಸ್ತುತಿಸುವುದಕ್ಕೆ ಉಪಸ್ಥಾನವೆನ್ನುತ್ತಾರೆ. ಇದರಿಂದ ಸೂರ್ಯನ ಅನುಗ್ರಹಕ್ಕೆ ಪಾತ್ರನಾಗಿ ಸದಾ ಆರೋಗ್ಯವಂತನಾಗುತ್ತಾನೆ.

ಸಂಧ್ಯಾ ವಂದನೆಯಲ್ಲಿ ಗಾಯತ್ರಿ ಅಷ್ಟಾಕ್ಷರಿ, ಪಂಚಾಕ್ಷರಿ ಮಂತ್ರಗಳನ್ನು ಜಪಿಸುವ ಅತ್ಯಂತ ಪ್ರಮುಖವಾದದ್ದು.

ಗಾಯತ್ರಿ ಮಂತ್ರ :

“ಓಂ ಭೂರ್ಭುವಃ ಸ್ವಃ |
ತತ್ ಸವಿತುಃ ವರೇಣ್ಯಂ |
ಭರ್ಗೋ ದೇವಸ್ಯ ಧೀಮಹಿಃ |
ಧೀಯೋ ಯೋನಃ ಪ್ರಚೋದಯಾತ್ ||”

ವಿವರ : ಓಂಕಾರ ರೂಪಿಯಾದ ಸೃಷ್ಟಿಕರ್ತನಾದ ಪರಮಾತ್ಮನ ಸರ್ವ ಪಾಪಗಳನ್ನೂ ದಹಿಸುವ (ಭಸ್ಮ ಮಾಡುವ) ಸೂರ್ಯ ದೇವಾಂತರಗತವಾದ ಇಷ್ಟಾರ್ಥವನ್ನು ಸಲ್ಲಿಸುವ ಭವ್ಯವಾದ ತೇಜಸ್ಸನ್ನು ಧ್ಯಾನಿಸುತ್ತೇನೆ. ಆ ತೇಜಸ್ಸು ನನ್ನ ಬುದ್ಧಿಯನ್ನು ಸತ್ಕಾರ್ಯದಲ್ಲಿ ತೊಡಗುವಂತೆ ಪ್ರೇರೇಪಿಸಲಿ.

ಮನುಷ್ಯನಿಗೆ ಸದ್ಬುದ್ಧಿಯೇ ಮುಖ್ಯ. ಚಂಚಲವಾದ ಮನಸ್ಸನ್ನು ಸರಿಯಾಗಿ ಪ್ರೇರೇಪಿಸುವ ಶಕ್ತಿ ಬುದ್ಧಿಯಲ್ಲಿದೆ. ಅದನ್ನೇ ಈ ಮಂತ್ರದಿಂದ ಪ್ರಾರ್ಥಿಸಲಾಗಿದೆ. ಗಾಯತ್ರಿ ಮಂತ್ರವನ್ನು ‘ವೇದ ಮಾತಾ’ ಎಂದು ಸಂಬೋಧಿಸುತ್ತಾರೆ. ಇದರಿಂದ ಗಾಯತ್ರಿಯು ನಾಲ್ಕು ವೇದಗಳಲ್ಲಿ ಪ್ರಮುಖವಾದದ್ದು. ಆದ್ದರಿಂದ ಅದನ್ನು ಜಪಿಸುವುದರಿಂದ ಸರ್ವ ವೇದಗಳನ್ನು ಪಾರಾಯಣ ಮಾಡಿದ ಫಲವು ದೊರೆಯುತ್ತದೆ. ಗಾಯತ್ರಿಯ ಎರಡು ಪಟ್ಟು “ಓಂ ನಮೋ ನಾರಾಯಣಾಯ” ಎಂಬ ಅಷ್ಟಾಕ್ಷರಿಯನ್ನು, ಅದರ ದುಪ್ಪಟ್ಟು ನಮಃ ಶಿವಾಯ ಎಂಬ ಪಂಚಾಕ್ಷರಿಯನ್ನು ಜಪಿಸಬೇಕೆಂದು ವಿಧಿ ಇದೆ.

ಸಂಧ್ಯಾ ವಂದನೆ ಮಾಡುವುದು ನಿತ್ಯಕರ್ಮ, ಪುಣ್ಯಕರ್ಮ ಇದನ್ನು ತಪ್ಪದೇ ಸರಿಯಾಗಿ ಮಾಡುವುದರಿಂದ ಜನ್ಮದ ಸಾರ್ಥಕತೆಯನ್ನು ಕರ್ತೃಗಳಲ್ಲಿ ಪಡೆಯುತ್ತಾರೆ. ಅಂದರೆ ಮರಣಾನಂತರದಲ್ಲಿ ಪುನರ್ ಜನ್ಮ ರಹಿತವಾದ ಮೋಕ್ಷ ಸಾಮ್ರಾಜ್ಯವನ್ನು ಪಡೆಯಲು ಸಮರ್ಥರಾಗುತ್ತಾರೆ ಎಂಬುದರಲ್ಲಿ ಸಂಶಯವಿಲ್ಲ.

ಶ್ರೀ ಪರಮಾತ್ಮನೇ ನಮಃ

|| ಶುಭಮಸ್ತು ||

EYE-A-BOON

The Great God is an expert Artist
And an Innovative genius Scientist

This wonderful universe is his Mega Creation.
It is a Residency come place of Recreation.

The Nature is very Colorful & Beautiful
So Fascinating so Splended, so Wonderful

Even thousands of the eyes are Less
To see and enjoy sensationally Beautiful Scenes

But God has gifted us with camera like Eyes
Which snap three dimensional clear Pictures

And then pass on to Brain for storing in the Memory
Is it not a Genius Invention of Almighty?

In our routine work we depend on Healthy Eye;
If it fails to function our life becomes Futile.
The blind, can only Superficially Feel / Perceive

Like the four blinds and the Elephant.
The man with good vision can Rightly Predict.

Sometimes, our eyes get Infected or Diseased;
Hence the Efficiency of our Vision is Reduced.

The Diseased eye may block the Vision.
In such cases the Savior is but Eye-Surgeon.

One can donate eyes even after Death
By donating why not make our life Worth?

Don't neglect your Eye Problems,
Be watchful negligence many cause Blindness

Eye is an important sense Organ
It is a "Boon" of Heaven
"Gifted by god" to see and enjoy " His Creation"

Keep monitoring the Health of Eye-Sight
By being in touch with an eye Specialist

The doctor, can lift the Beauty of the Face
By Cosmetic surgery of Defective Eye

With advanced Technology of Science,
In future, every Blind can see his Dear Ones,
By possessing an Artificial-Electronic Eyes,

Child's Play and Smiling face of Fiance
Is so touching to heart and Cool to Eye.

Lead us Oh! Kind Light
From Darkness to Brightness.

- S. N. Kurse, Pune

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continued from page 6

18. Why do we worship Idol statue :

Hinduism propagates idol worship more than any other religion. Researchers say that this was initiated for the purpose of increasing concentration during prayers. According to psychiatrists, a man will shape his thoughts as per what he sees. If you have 3 different objects in front of you, your thinking will change according to the object you are viewing. Similarly, in ancient India, idol worship was established so that when people view idols it is easy for them to concentrate to gain spiritual energy and meditate without mental diversion

19. Why do Indian Girls and Women wear Bangles :

Normally the wrist portion is in constant activation on any human. Also the pulse beat in this portion is mostly checked for all sorts of ailments. The Bangles used by women are normally in the wrist part of ones hand and its constant friction increases the blood circulation level. Further more the electricity passing out through outer skin is again reverted to one's own body because of the ring shaped bangles, which has no ends to pass the energy outside but to send it back to the body.

20. Why should we visit temple :

Temples are located strategically at a place where the positive energy is abundantly available from the magnetic and electric wave distributions of north/south pole thrust. The main idol is placed in the core center of the temple, known as Garbhagriha or Moolasthanam. In fact, the temple structure is built after the idol has been placed. This Moolasthanam is where earth's magnetic waves are found to be maximum. We know that there are some copper plates, inscribed with Vedic scripts, buried beneath the Main Idol. What are they really? No, they are not God's / priests' flash cards when they forget the shlokas. The copper plate absorbs earth's magnetic waves and radiates it to the

surroundings. Thus a person regularly visiting a temple and walking clockwise around the Main Idol receives the beamed magnetic waves and his body absorbs it. This is a very slow process and a regular visit will let him absorb more of this positive energy. Scientifically, it is the positive energy that we all require to have a healthy life.

ಸೃಜನ

ಪ್ರತಿದಿನ ಹೊಸ ಹೊಸ ಮಕ್ಕಳ ಜನನವು
ಏಕೆಂಬುದಾ ನಾ ಬಲ್ಲೆ
ಪೂರ್ಣ ಮಾನವನ ನಿರ್ಮಾನದಲಿಹ
ಸತತ ಯತ್ನದಲ್ಲೆ ! ಪರಮನು
ನಿತ್ಯಾ ಸಾಧನೆಯಲ್ಲೇ
ಹಗಲೂ ಇರುಳೂ ದುಡಿದೇ ದುಡಿಯುವ
ಸೃಜನದಿ ತತ್ತರನೀಶ
ಅವ ಸೋತಿಲ್ಲವು, ಆಗಿಲ್ಲವು ಸಹ
ಒಂದಿನಿತೂ ಹತಾಶ

ಸೃಜನ ಶಕ್ತಿ ಅವಳಿಯದು ಎಂದೂ
ಆಗನು ದುರ್ಬಲ ಮುದುಕ
ಅವಿರತ ಸುರತನು ಪೂರ್ಣಮಾನವನ
ಉದ್ಭವವಾಗುವ ತನಕಾ
ಮುಂದೆ ನಿಧಾನದಿ ದೇವ ಮಾನವನೇ
ಆಗಲು ಬಹುದೋ ಕರ್ತಾ
ಅವಿರತ ಸುರತನು, ಸೃಜನದಿ ನಿರತನು
ಆ ಪರಮಾತ್ಮನು ತುರ್ತಾ

ಶ್ರೀ ವಿ.ಜಿ. ಭಟ್
(ಆಧಾರ : ವಿ.ಜಿ. ಭಟ್ಟರ ಅಯ್ಯ ಕವನಗಳು)