

चक्षुर्विन्द्यै तनूश्च्यः
॥ श्री चित्रापुर मठः श्रीवत्की ॥

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आनन्दाश्रमशिष्याग्र्यं स्वानन्दाम्बुधिमज्जितम् ।
आनन्दाश्रमिणं वन्दे परिज्ञानाश्रमं गुरुम् ॥



Inauguration of Saraswat Dham, Haridwar by P.P.Swamiji on 6-6-2022.



At Saraswat Dham, Haridwar on 6-6-2022.

THE CHITRAPUR SUNBEAM :- JUNE 2022

V. RAJAGOPAL BHAT, Editor

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“सा मां पातु सरस्वती”



PRAYERS, PRAISES & PSALMS
THE UPANISHADS

स नो बुध्दया शुभया संयुनक्तु ॥

May He endow us with good thoughts.

Shvetashvatara Upanishad III. 4

अजात इत्येवं कश्चिभ्दीरुः प्रतिपद्यते ।

रुद्र यत्ते दक्षिणं मुखं तेन मां पाहि नित्यम् ॥

As Thou art unborn, one afraid of birth and death like me seeks refuge in Thee. O Thou destroyer of evil, let Thy gracious presence ever protect me.

Shvetashvatara Upanishad VI. 21

यस्तूर्णनाभ इव तन्तुभिः प्रधानजैः स्वभावतः ।

देव एकः स्वमावृणोति स नो दधातु ब्रह्माप्ययम् ॥

May the effulgent Being, the One without a second, who, like a spider, spontaneously covers Himself with threads made out of His own creative powers, grant us union with Himself, the Brahman.

Shvetashvatara Upanishad VI. 21

‘ॐ श्री सद्गुरवे नमः’

This page is sponsored by Smt. Shiroor Chitra Shankar.



TEACHINGS OF SWAMI ANANDASHRAM

LAY NOT THE FOLLOWERS' FAULTS AT DHARMA'S DOOR

(Delivered in the course of the tour of 1938, and published in Kanara Saraswat in September 1938)

One comes across people who, pained at the sight of certain practices which prevail in the name of the Bhagavata tradition, maintain that the Bhagavata Dharma itself should be tabooed from the community. But while the name Bhagavata Dharma is often mentioned, there do not seem to be many who understand its true implications. The practices which arose from contact with the Mādhvās also assumed the form of Bhagavata Dharma. If a particular observance could not be assigned to any particular Dharma, it is being assigned to the Bhagavata Dharma, even as the Kashypa gotra is claimed by one who does not know his own gotra. In view of this state of affairs, investigations were made in regard to this Dharma. The Ramakrishna Mission brought out a publication entitled The Cultural Heritage of India which contains a full exposition of all matters relating to the Bhagavata Dharma, and it is scarcely necessary to repeat it. Suffice it to say that it is clear from the publication that there is no room whatever in the Bhagavata Dharma for conduct that does not conform to ethical standards.

O DEVA, my Pranams at Your Divine Feet.

Let my Pranams be in my Deeds.

To offer our Pranams & this Prayer, we sponsor this page

- Shalini, Uma & Arun Bolangdy.

In his commentary on the Brahma Sutras (II-2-42), Shri Shankaracharya may have expressed a different opinion on the chaturvyuhas (®elegJ³e&tn) of the Bhagavata Dharma.

Similarly, while the followers of this Dharma exalt it by claiming that the Paramatman, who does not manifest Himself even to the Vedas, shows Himself to devotion, Shankaracharya, who held the Vedas in high esteem has argued that although there is a difference of opinion on these two points, he clearly agrees that the worship of God with attributes, prescribed in the Bhagavata Dharma, leads to realization of the Paramatman and so forth (Ibid, II-2-42). And he has not controverted the Bhagavata Dharma altogether, not did he make any attempt to root it out.

As the Bhagavata Dharma attaches great importance to the repetition of the name of God, it may appear as if right conduct finds no place in it. Shri Shankaracharya has declared on the authority of the Rig Veda (II-2-26) that repetition of the name is the method prescribed in the Vedas. He has also expressed the opinion that it is the means to the attainment of all objects of human existence; that it secures much fruit with but little toil, that it involves no harm and requires no wealth etc; that it does not need another's help or impose restrictions as to place and time; and that it is accordingly superior to all other means. It is essential to remember, however, that it is implicit in this description that those who repeat the name should observe the ethical principles of harmlessness etc. If, in prevailing circumstances, it is not possible to observe all the prescribed lines of right conduct, no room should be given for evil conduct at any rate.

In his commentary on the Vishnu Sahasra Nama, Shri Shankaracharya has established the fact that liberation results from repetition of the name through purity of heart.

This is in harmony with his own path of liberation through Knowledge. Why should the Bhagavata Dharma not be followed, seeing that it does not, in the main, conflict with Shankara's path?

May the Paramatman grant that all may understand the true principles of Bhagavata Dharma and conduct themselves with caution so that it may not lose any of its pristine lustre through the faults of its followers.

FESTIVALS IN JULY 2022

July 2022

09 Saturday	Vardhanti at Vittal - Nāgā-katte
10 Sunday	Shayani Ekādashi
13 Wednesday	Guru-Poornimā, Vyāsa Poojā, Chāturmāsya Vrata Prārambha at Karla
29 Friday	Shrāvana Māsa Prārambha



Continue your sadhana ceaselessly My grace is all the time available to everyone. To tap My grace and retain it, the sadhana of nidhidhyasanam is absolutely necessary. Knowledge, surrender, yoga and contemplation are the four important limbs of a mumukshu's sadhana. More than this, let love and compassion be the most cherished values of your life.

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TEACHINGS OF SWAMI PARIJNANASHRAM

धर्माचरण

ह्या साधना सप्ताहाच्या (१९६९) प्रत्येक अनुष्ठानांतु धर्मनिष्ठा ही प्रतीएकळ्यांगल्या अन्तःकरणांत जाग्रत जांवका म्हळ्ळेल्या एक्का उद्देशानें संकल्पु केल्लेलजानु आस्स.

“धमौ वै चक्षुः” श्रुतीचि एकडे अशीचि सांगता. सगळ्यागलो चक्षुरूप जानु धर्मूचि आस्स अर्थात धर्मप्रतिपादक शास्त्रंऽचि हांगा आगले दोळे जानु अस्सति.

**तस्माच्छास्त्रं प्रमाणं ते कार्याकार्य व्यवस्थितौ ।
ज्ञात्वा शास्त्रविधानोक्तं कर्मकर्तुमिहार्हसि ॥**

श्री कृष्णपरमात्मानेयीं ह्या वचनाद्वारा वैरचोचि आशयु व्यक्त केल्ला. जरि ह्या प्रमाणें आग्नि आचरण कर्नि-धर्मू आचरणेंतु हाण्णी -ताक्कार्यीं श्रुति अशि सांगता.

**अकुर्वन्विहितं कर्म निर्दितं च समाचरन् ।
प्रसजज्वेन्द्रियार्थेषु नरः पतनमृच्छति ॥**

हाज्जे तात्पर्य सरळची आस्स- शास्त्रविहित संध्यावन्दनादि कर्म कर्नात्तिलें, कोर्नये म्हणु सांगीले अर्थात् निषिद्ध कर्म केल्यारि वागादि इंद्रियांक शब्दादि विषयांतु मनस्वी संचारु कोरुक जरि सोळ्यारि मनुष्यु पतन पाव्ता; म्हळ्यारि पैरि हेब्बार शास्त्र्यांनी सांगिलप्रमाणें खंचकी तृतीय गति वृक्षपाषाणादि योनी तांतु मनुष्यजीवु जन्मु घेत्ता. जालमितीं शास्त्राप्रमाणें मनुष्यानें चलनु आत्त आशिशल्या स्थितींथालु वयल्या-उच्च स्थितीक वचचेंचि मुख्य तागलें कर्तव्य जानु आस्स.

ह्या नमुच्याचेरि शास्त्रोक्त धर्माचे आचरण कर्तना ताक्का पोषक जानु परमात्मागल्या विषयांतु भक्तीचीयि आवश्यकता आस्स.

**Our Koti Koti Pranams on the 75th Janmadviva of Our
Karunamurti Guruswami PARIJNANASHRAM SWAMIJI.**
This page is sponsored by Smt. Sunanda and Shri Mahesh Kalawar.

त्या खातीर भगवन्ताने एकडे आशिश सांगल्या कि

**योगास्त्रयामयाप्रोक्ता नृणां श्रेयो विधित्सया ।
ज्ञानं कर्म च भक्तिश्च नोपायो न्योस्ति कर्हिचित् ॥**

म्हळ्यारि मनुष्यागल्या उन्नती खातीर जावु हांवे ज्ञान, कर्म आणि भक्ति आशिश तीनी मार्ग सांगल्याति. ह्याशिवाय दुसरे खंच्येयि उपाय नाति. हाज्जे तात्पर्य हेंचि कि कर्म आणि ज्ञान हाज्या सांगाती भक्ति सुद्धां आस्का. भक्ति रहित कर्मानुष्ठान मात्र आस्ल्यारि.

**धर्मस्वनुष्ठितः पुंसां विश्वक्सेन कथासु यः ।
नोत्पादयेत् यदि रतिं श्रम एक हि केवलं ॥**

तात्पर्यः योग्य रितीनें आचरण केल्लेलतस्लो धर्म हो परमात्मागल्या विषयांतु प्रेम उत्पन्न कर्ना जाल्यारि तस्लो केवळ श्रम मात्र जात्ता. अर्थात् धर्मानुष्ठासांगाती भक्तिरूप अनन्य प्रेमयि आवश्यक आस्स. तस्ल्यात्या भक्तिचे सामान्य लक्षण कस्लें म्हळ्यारि.

**द्रुतस्य भगवद्धर्मात् धारावाहिकतांगता ।
सर्वेशे मनसोवृत्तिः भक्तिरित्यभिधीयते ॥**

भगवन्तागलें नामस्मरण गुणगान आनि तागल्या पवित्र लीला क्रीडा इत्यादिकांचे मनन केल्यावेल्याने मन द्रवीभूत जात्ता. आनि तीची भगवत् विषयक वृत्ति दिनरात अखण्ड तैलधारावारि सतत आस्सुनु सर्वांतर्यामि परमात्मागल्या विषयांतु जी वृत्ति स्थिर पाव्ताकि ताक्काची भक्ति म्हणताति.

असल्या ह्या भक्तिच्या साहायानें नित्यनैमित्तिक कार्य योग्य रितीनें अनुष्ठान कोर्नु अस्ल्या ह्या परमात्माक अर्पण केल्यारि तींचि कर्म भगवन्तागल्या प्रीतीक कारण जात्ताती. आनि तस्ल्या त्या भगवन्तागल्या अनुग्रहानें मनुष्य हो कृतार्थु-कृतकृत्य जात्ता हेंचि आजि आम्का भाषणांतु मुख्य जावु सांगचे अशिशलें.

प्रतिवर्साप्रमाणें जांवच्या ह्यासाधना सप्ताहांतु आबालावृद्धांनी म्हळ्ळेलवारि भागु घेवु तनमन धनाने भक्तवत्सल जावु अशिशलतस्ल्यात्या भवानी-शंकरागली-गुरुपरंपरेची भक्ती-साधना केल्लेल जावु आस्स. ताज्याने संतुष्ट जाल्लेलो तो परमात्मा सर्वांकयि तागल्या प्रीतीक पात्र कोर्नु घेवो म्हणु तागल्या चरणांतु प्रार्थना कोर्नु आशीर्वाद दिताति.

**स्वस्तिप्रजाभ्य परिपालयन्तां न्वायेनमार्गेण महीं महीशाः ।
गो ब्राह्मणेभ्यश्शुभमस्तु नित्यं लोकास्समस्ता सुखिनो भवन्तु ॥**



Excerpt from Ashirvachan by P. P. Shrimat Sadyojat Shankarashram Swamiji on the Occasion of Geeta Jayanti at Karla on 14th December 2021

कर्णस्वर्णविलोककुण्डलधराम् आपीनवक्षोरुहां
मुक्ताहारविभूषणां परिलसत् धम्मिल्लसम्मल्लिकाम् ।
लीलालोलितलोचनां शशीमुखीम् आबध्दकाञ्चीस्रजं
दीव्यन्तीम् भुवनेश्वरीम् अनुदिनम् वन्दामहे मातरम् ॥
आनन्दाश्रम शिष्याग्रं स्वानन्दाम्बुधिमज्जितम् ।
आनन्दाश्रमिणं वन्दे परिज्ञानाश्रमं गुरुम् ॥

ॐ श्री गुरुभ्यो नमः

श्री भवानीशङ्कराय नमः

श्री मात्रे नमः

(Continued from last issue)

बारहवा अध्याय मुझे वैयक्तिक रूपसे पसंद है. भक्ति कहते ही आंसू बहाना भावुक होना ऐसे नहीं. सचमुच भक्त क्या है, क्या उसके लक्षण हैं ये बताए गए हैं. उसपर चिंतन हम कर चुके हैं. अभी तेरहवे अध्यायमें सरल बताया गया है ये शरीर जो है उसे क्षेत्र कहते हैं और इसको जो जानता है उस जाननेवालेको क्षेत्रज्ञ कहते हैं. क्षेत्रको जाननेवाला. मैं जानता हूं ये मेरा शरीर है तो मैं क्षेत्रज्ञ हुआ. आपका शरीर है तो आप जानते हो तो वो आपका शरीर है आप क्षेत्रज्ञ हुए “सर्व क्षेत्रेषु” “सभी क्षेत्रोंमें, हे भारत. मैं हूं ऐसे मुझे पहचानो. यहांपे ब्रह्मात्मके ऐक्यकी बात शुरू हुई. हमारा सिद्धान्त है क्षेत्र और क्षेत्रज्ञ का ज्ञान इसको हम

ज्ञान कहते हैं और हम ज्ञानके पिपासु हैं. बिना समझे कोई कार्य नहीं करना और जो कार्य कर रहे हैं उसका क्या फल हो रहा है कमसे कम उसका क्या नतीजा हो रहा है यो तो पता चले ताके हम सन्मार्गपे चलें ऐसे हम जानना चाहते हैं. संक्षिप्त रूपसे यह क्षेत्र क्या है, **what are the constituents of this kshetra.** महामायासे सब कैसे उत्पत्ति हुई उस क्रमको यहांपे उल्लेख किया है. पञ्च महाभूतों तन्मात्रके रूपमें कैसे प्रकट हुए. फिर वहांसे अहम् ये अहंकार आया चिदाभास उसको कहते हैं फिर पञ्च महाभूत प्रकट हुए. यानि इन्द्रिय प्रकट हुए याने ये सारा शरीर प्रकट हुआ. इसमें मन है बुद्धि है अहंकार है और फिर इन्द्रियां आयीं कर्मेन्द्रिय और ज्ञानेन्द्रिय. **Not only the constituents of the body, there is some mention of Dhriti, there is mention of buddhi, there is mention of indriyas, the capacity to perceive has been mentioned.** इन्द्रिय गोचर जो हैं पञ्च महाभूतों का उल्लेख है. समास है ना संक्षिप्तमें और इच्छा द्वेष और सुख और दुःख भी इस शरीर में ही हैं जो क्षेत्र कहलाते हैं. इस पर ध्यान देना पड़ता है विशेष करके आप जब योग सिद्धान्तको लेके आगे बढ़ना चाहते हो. योग सिद्धान्त नहीं कहूंगा पर योगासन प्राणायाम इत्यादि में प्रवेश कर चुके हो प्रत्याहार धारणामें भी जाना होगा. ये सारा एतत् क्षेत्रम्. क्षेत्र रूपी है यानि ये दृष्य हो गया ये अनुभवमें आता है. जिसके अनुभवों में आता है वो क्षेत्रज्ञ है. **So,** मेरा दुःख हो सकता है, मेरा सुख हो सकता है, मैं सुखी हूं मैं सुख नहीं हुआ ये पहले निश्चय करना पड़ता है. "मेरा शरीर है मैं शरीर नहीं हूं." मेरे शरीर पे इतना तो संयम मैं कर सकता हूं. फिर क्या मैं अपने आपको लेके बैठा हूं अपने सुखमें रोमांचित हो रहा हूं दुःखमें दुखी हो रहा हूं दुःखको लेकर. पर यहां बताया है सारे अधिकारी हैं और क्षेत्र श्रेणीमें जाते हैं. याने तू इससे अलग हैं इतना तो याद रखो. अब यहांपे जो बुद्धि और धृतिकी बात कही है.

मैं आगे बढ़के अठारवें अध्यायमें प्रवेश करना चाहूंगा क्योंकि संक्षेपमें ही यहां चिंतन करना है. बुद्धि निश्चयात्मिका है. बुद्धि को

स्थिर करना है उतनी ही मात्र बात से कुछ काम नहीं होगा. धृतिकी आवश्यकता है. तो यहांपे धृतिका उल्लेख किया है इसीलिए हमें ये बहुत पसंद है. साधकके मनमें अन्तःकरण में एक उत्साह की आवश्यकता रहती है. उसको बुद्धि नहीं कह सकते, वो बुद्धिसे थोडा अलग ही रहेगा, उसको धृति कहते हैं. कभी मन खिन्न हो जाता है. संकल्प तो कर चुके हैं ऐसे करना है, पर उस समय यदि लोगोंका अभ्यास नहीं हुआ प्राणका संयम अभ्यास उसका यदि नहीं किया गया है तो खिन्न होके आदमी काम करेगा. उस खिन्नता को यदि निकालना हो तो धृतिकी आवश्यकता है ओर वो धृति यहांपे संक्षेप में बताई गई है. पर आप उसका अभ्यास कर रहे हो ये उसका उल्लेख यहांपे इस प्रसंग में बहुत महत्त्वपूर्ण मुझे लगा. ऐसा उत्साह बना रहना चाहिए.

बुद्धिको लेके जब कार्य किया जा रहा है बुद्धिपूर्वक आसन इत्यादिका अभ्यास किया जा रहा है बुद्धिपूर्वक प्राणायाम किया जा रहा है फिर उस बल को लेके फिर धारणा का अभ्यास होता है प्रत्याहार और धारणा युगपथ साथमें चलेंगे. बाहर से इन्द्रियों को अंदर लें तो शून्यमें ही अटकना है. अंधेरा नहीं लेके बैठना है, खिन्न हो जाएगा मन. उसे कुछ पदार्थ देना रहता है. तो हम किस प्रकार का पदार्थ देते हैं? देखो वहां एक प्रसन्न मन चाहिये. आपने जो अनुभव किया जो देखा इन्द्रियों द्वारा **visualize that. So, visualize whatever you have experienced.** धृति आपकी एक उपलब्धि है. जो योग का अभ्यास करता हो उसकी एक वो **hard earned merit.** तो उससे यह निश्चय करके आपको बिठाती है और धृति आपके मन को प्रसन्न रखती है. एक तितिक्षा देती है. १० मिनट के १५ मिनट १५ मिनट के आधा घंटा बैठने का एक धैर्य और स्थैर्य प्राप्त होता है मानसिक स्तर पे. जैसे आसन करते समय यहां बहुत दर्द हो रहा है आसन सिद्ध


नहीं हो सकेगा वहांपे जो आप धीरे धीरे प्रयत्न करते हो उन्हीं संस्कारोंको लेके मनके स्तरपे जब आप जप भगवती वगैरेका ध्यान करते हो तो उसका भी फल मिलेगा.


हम प्रार्थना करते हैं कि गीता जयंती के दिन यहांपे आप सबने इतना चिंतन किया इतना पारायण किया उसका पूर्ण लाभ आप सभीको प्राप्त हो. जीवनमें आनंदको प्राप्त करें. ऐसी प्रार्थना हम करते हैं.

(Closing Prayers After Bhajan)


॥ॐ नमः पार्वतीपतये हर हर महादेव॥

(Transcribed by Shrikala Kodikal)




Gurupadeshah

When our intellect ceases
to fall prey to the
restlessness of mind and
attains stillness, that
itself is God-realization.



-H.H. Shrimat Parjnanashram
Swamiji III
(Canada, 05.08.1979)

www.chitrapurmath.net

Report on Inauguration of Sāraswat Dhām, Haridwār

Dr. Chaitanya Gulvāḍy

Our Sāraswat brethren of Rājasthān had long often dreamt of having their own accommodation space in the Holy Kṣhetra of Haridwār, especially for the elderly pilgrims going on the Chār Dhām Tīrtha Yātrā. Soon their dreams came to fruition, through the efforts of a team led by Gaṇpat



Pappujī Sāraswat, which spared no efforts to collect the necessary funds & refurbish a 3-storied building, in the centre of Haridwār, into a beautiful rest house for Sāraswat pilgrims.

An invitation was extended to the Mathādhīpati of Shri Chitrāpur Math, Shriṃat Sadyojāt Shaṅkarā shram Swāmījī to grace the occasion & inaugurate the Sāraswat Dhām in Haridwār. H.H. Swāmījī graciously accepted their humble invitation and arrived at Haridwār on the 2nd of June'2022. Special accommodation arrangements had been made for Swāmījī & His retinue in the nearby Nakalank Dhām, where a 4-day Shivir had also been planned. Every morning H.H. Swāmījī conducted a Swādhyāya on the 12th chapter (Bhakti Yoga) of the Bhagawadgītā, with a special emphasis on Upāsanā. Large crowds of Sāraswat-s assembled in the large air-conditioned hall in the premises. Their beaming faces reflected their joy of having found a Sāraswat Guru, who they could follow in the future for their spiritual needs. The afternoon sessions saw a "Nāni Bāi kā Mayrā" performance by the famous Kanakalathā

Dīdī. There were night “Jāgaraṅ” Bhajana sessions which included the recitation of the Sundarakāṇḍ of the holy Tulasī Rāmāyaṇa.



On Friday, the 3rd evening, devotees assembled in the Hall, to have darshana of Lord Bhavānīshankar and watch H.H. Swāmījī perform the Devī Pūjana. Their joy knew no bounds as they chanted the shloka-s & participated in the worship and adoration of the Mother. The next evening was the introductory session where each one of the Sāraswat-s from distant regions of

Mahārāsh̄tra, Rājasthān, Madhya Pradesh, Uttar Pradesh, Ḍelhī NCR, etc gave brief self-introductions to H.H. Swāmījī, who had desired to know them personally. This was followed by a Garbā by all the devotees to three Bhajana-s sung by H.H. Swāmījī Himself.

On Sunday morning, the Sāraswat-s were introduced to the salient features of the Shrī Chitrāpur Math & its activities by Dr. Chaitanya Gulvāḍy through a Power-Point presentation. The entire assembly of around 600 devotees were daily treated to Rājasthānī delicacies and sumptuous meals throughout the day.

The final day dawned on Monday, the 6th of June, as colorfully and traditionally dressed lady devotees with Kalasha-s on their heads assembled outside the gatḃs of Nakalank Dhām. H.H. Swāmījī was then escorted in a quaint horse-drawn Buggy and the procession, accompanied by a musical band, slowly wended through the lanes to the chanting of Jaijākāra-s,

towards the shāmiānā outside the to-be-inaugurated, beautifully decorated Sāraswat Dhām. H.H. Swāmījī was welcomed at the Sāraswat Dhām to showers of rose petals amidst Vedic chants. Swāmījī inaugurated and blessed the Sāraswat Dhām by unveiling the plaque at the entrance. Swāmījī was then escorted through the entire premises and this was followed by a Yajña & other Vedic rituals. After refreshments, Swāmījī returned to the camp at Nakalank Dhām.

In the afternoon at the Dharma Sabhā, which commenced with Sabhā Prārambha Prārthanā by Dr. Rām Sāraswat, who also spoke glowingly about his experiences with the Chitrāpur Sāraswat Samāj through his interactions with Swāmījī & the Satsaṅga programme. Shri Kaḍḍe Praveṇmām in his address welcomed the Sāraswat samāja to Shri Chitrāpur Maṭh, Shirālī & the Kārlā Durgāparameshwarī temple. H.H. Swāmījī in His Āshīrvachana appreciated the efforts of Shri Gaṅpat Pappujī Sāraswat and his team which had worked selflessly into bringing this Sāraswat Dhām to fruition. He expressed His happiness to witness the love and eagerness of the Rājasthānī Sāraswat Samāja to join the Chitrāpur Sāraswat-s in the endeavor for a united Sāraswat samāja.

This was followed by a felicitation ceremony of all the large and small donors, the volunteers and the committee members who were honoured with a shawl, a traditional Rājasthānī turban, a plaque & a necklace, in the auspicious presence of H.H. Swāmījī.

On the 7th morning, devotees thronged the venue to bid a tearful goodbye to H.H. Swāmījī and the retinue as they departed from Nakalank Dhām, Haridwār to the next destination of Ghāziabād, near Ḍelhī.

H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī's visit to Ghāziābād

By Girīsh Sāraswat, Ghāziābād

The date 7th June 2022 will be etched in golden letters in the history of All India Sāraswat Brāhmaṇa Samāja, Ghāziābād. Shining like a resplendent star on the spiritual horizon, the enlightened Sāraswat Sadguru, the 11th Mathādhipati, the crest jewel of Shrī Chitrāpur Math, H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī, set His Divine Feet here on this day and we indeed felt Blessed listening to the auspicious meaningful Āshīrvachana from Him!

While addressing a gathering in a function at Utsava Bhavana in Vijay Nagar, under the aegis of the Sāraswat Brāhmaṇ Samāja Kalyāṇa Samiti (Regd), Ghāziābād, The Mathādhipati of Shrī Chitrāpur Math, H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī said that the practice of constant meditative repetition of the given mantra, austerity and charity are beneficial for the welfare of a person. The human birth is worthless without the practice of japa, tapa and dāna. Pūjya Swāmījī further said that even while working to earn a livelihood and performing noble actions, daily worship of the Lord is mandatory. The auspicious journey from the mundane to the transcendent is impossible without worshipping the Divine. Therefore, one must consistently practise worshipping the Lord with yoga and prāṇāyāma coupled with mantra-japa, tapas and dāna too. Herein lies the welfare of mankind!

Pūjya Swāmījī affirmed that when one makes an attempt towards worldly accomplishments offering one's resolve at the Lotus Feet of the Guru with a firm conviction, a resolute will and commitment, success is assured for obtaining the desired goal.

Pūjya Swāmījī laid special emphasis on the chanting and study of scriptures such as Shrīmadbhagavadgītā and Shrī Durgā Saptashatī.

Enraptured on hearing Pūjya Swāmījī's bhajana, 'Shrī Jagadambe Saraswatī...' in His characteristic sweet and sonorous voice, people gathered there were overcome with a sense of overwhelming joy and devotion. Oblivious to hunger and thirst, they were eager to savour each moment of this rare and precious occasion.

While some said that obtaining the Grace of an exalted Sāraswat saint such as H.H. Shrīmat Sadyojāt Shāṅkarāshram Swāmījī was indeed the fruit of their good deeds done in past lives, others felt as if the incredible, divine, magnificent and skilful orchestration of this programme was itself an occasion for the union of the Individual Soul with the Divine. Yet others felt gratefully blessed for having got an opportunity to offer their salutations at the Lotus Feet of such an exalted saint. Irrespective of age and gender, each unblinking gaze was fixed at this Sāraswat Sadguru secretly wishing that time would stand still and these Divine moments of incessant bhajana, kīrtana and Āshīrvachana would never come to an end.

After Pūjya Swāmījī's Āshīrvachana, devotees from not just from Ghāziābād, but also places like Noiḍā, Alīgarh, Hāthras, Āgrā, Mathurā, Firozābād, Hāpur, Delhī and Rājasthān were eager to seek Pūjya Swāmījī's darshana again, and were keenly interested in obtaining information regarding similar programmes in the near future. On Pūjya Swāmījī's invitation to all to visit the Math-s in Shirālī and Kārlā, some seemed to have already commenced plans to seek Holy darshana and Satsanga. There was a keen interest in more information on Pūjya Swāmījī's videos, while some were keen on accompanying Pūjya Swāmījī

further on. An exalted soul is an embodiment of the Lord Himself... who would not want to be a part of this providential moment?!

Since the time of Shrī Bhikshā was drawing closer after the conclusion of the sabhā, a hope still lingered on that they would be able to catch a few more glimpses of the Lord Himself embodied as the Guru. But all good things must come to an end!

With hearts filled with anguish, it was now time to bid a tearful farewell to the Sāraswat Sadguru! The sound of Pūjya Swāmījī's khaḍāva-s (wooden sandals) signalling the time of His departure made everyone restless. No one present there desired to let go of their beloved Lord, their Guru, their Pūjya Swāmījī! But time and tide wait for none! Bidding farewell with heavy hearts, seeking forgiveness for any transgressions and with fervent prayers to Pūjya Swāmījī to come back again soon, everyone offered their prostrations at the Lotus Feet while jaijaikāra-s rent the air.

Watching the figure of Pūjya Swāmījī fade away in the distance, capturing in our hearts, Pūjya Gurudeva's Abhaya mudrā blessing us, we are ever awaiting the return of our Guru who is an embodiment of the Lord, whilst still yearning for His darshana again!

CHĀTURMĀS 2022

**P. P. SHRIMAT SADYOJAT SHANKARASHRAM
SWAMIJI WILL OBSERVE THE FORTHCOMING
CHĀTURMĀS 2022 AT KARLA.**

जप, तप और दान मनुष्य के लिए अत्यंत कल्याणकारी - श्रीमत्सद्योजात शंकराश्रम स्वामी जी

पहल दुडे


गाजियाबाद, सारस्वत ब्राह्मण समाज कल्याण समिति गाजियाबाद के तत्वाधान में विजय नगर के उत्सव भवन में आयोजित कार्यक्रम में अपने श्रीमुख से उपस्थित जन समूह को आशीर्वचन प्रदान करते हुए श्री चित्रापुर मठ के परम पूज्य मठाधिपति श्रीमत्सद्योजात शंकराश्रम स्वामी जी ने कहा कि जप, तप और दान के बिना मानव जीवन व्यर्थ है। उन्होंने कहा कि मनुष्य को जीविकोपार्जन के लिए श्रेष्ठ कर्म करते हुए नित्य उपासना अवश्य करनी चाहिए। बिना उपासना के लौकिक से अलौकिक को मंगलमय यात्रा असंभव है। इसलिए हमें नित्य योग, प्राणायाम का अभ्यास करते हुए उपासना करनी चाहिए और जप, तप करते हुए दान भी करना चाहिए। इसी में प्राणिमात्र का कल्याण निहित है। उन्होंने श्रीमद्भगवद्गीता के पाठ व स्वाध्याय पर भी बल दिया। सारस्वत ब्राह्मण समाज कल्याण समिति के अध्यक्ष गिरिश सारस्वत ने बताया कि परम पूज्य स्वामी जी के श्रीमुख से



आशीर्वचन सुनकर व उनके कर कमलों से अभिमंत्रित तीर्थ ग्रहण करने के उपस्थित जन समूह में एक नई सकारात्मक ऊर्जा का संचार हुआ और सभी अति आनंदित होकर श्री चित्रापुर मठ के परमपूज्य मठाधिपति श्रीमत्सद्योजात शंकराश्रम स्वामी जी को जय जयकार करने लगे। उन्होंने कहा कि हमारे जन्मजन्मांतर के संचित पुण्यों के कारण ही ऐसे श्रेष्ठ सारस्वत संत का आगमन हमारे यहाँ हुआ है। प्रभु कृपा से ही ऐसे महापुरुषों का आशीर्वाद प्राप्त होता है। पूरे गाजियाबाद सारस्वत ब्राह्मण समाज में एक उत्सव का माहौल है। हर कोई

हर्षोल्लास के साथ सारस्वत सद्गुरु के दर्शन करके अपने आप को धन्य मान रहा है। समाज के संरक्षक एवं पूर्व अध्यक्ष राम गोपाल सारस्वत ने कहा कि इतने सिद्ध संत के चरण कमल हमारे यहाँ पढ़ने से हम धन्य हो गए यही दूसरे संरक्षक और पूर्व अध्यक्ष चन्द्रशेखर सारस्वत ने कहा कि इस तरह के धार्मिक आयोजन समाज की आध्यात्मिक उन्नति के लिए अत्यंत आवश्यक हैं। संरक्षक एवं पूर्व अध्यक्ष शिव कुमार शर्मा ने कहा कि पता नहीं हमारे कौन से जन्म के पुण्य उदय हुए हैं जो श्रीमत् सद्योजात शंकराश्रम स्वामी जी जैसे श्रेष्ठ संत

का पदार्पण हमारे यहाँ हुआ है। निर्वाचन अधिकारी ताराचंद सारस्वत ने बताया कि पूज्य स्वामी जी के आशीर्वचनों से पूरा समाज प्रफुल्लित है। उपाध्यक्ष चंद्रभान शर्मा व चेतनराज सारस्वत ने कहा कि पूज्य स्वामी जी के प्रवचन और भजन सुनकर हार्दिक प्रसन्नता हुई। लेखाधिकारी राकेश शर्मा सारस्वत ने कहा कि सारस्वत संस्कृति के प्रचार प्रसार हेतु इस तरह के आयोजन देश भर में होने चाहिए। सचिव नंदलाल शर्मा सारस्वत और प्रमोद सारस्वत जी ने कहा कि सामाजिक संस्कारों की पुनर्स्थापना हेतु समय समय पर इस तरह के आयोजन किए जाने चाहिए। महासचिव जानचंद सारस्वत ने बताया कि पूज्य स्वामी जी के आगमन को सूचना से ही समाज में उनके पुण्य दर्शनों की तीव्र उत्कंठा जाग्रत हो गई थी। आज स्वामी जी के दर्शन करने के हमारी अभिलाषा पूर्ण हुई। कोषाध्यक्ष देवीशरण सारस्वत ने कहा कि पूज्य स्वामी जी के आशीर्वचनों से समाज में नई जागृति आई है।



01.06.2022
(Tithi- Jyeshtha masa Shukla Paksha, Dwititya)

Samaradhana of
H.H. Shrimat Pandurangashram Swamiji

(8th Mathadhipati of Shri Chitrapur Math : 1857-1915)

**भक्ति-प्रेमयुक्त जो निश्चय ।
तोचि सदा दृढतर होय ।
मग कैत्रे त्वासी भय ।
सांग बापा तू आतां ॥१०॥**

(32:99 Shri Chitrapur Guruparampara Charitra)

Only that resolve, enriched with devotion
and love, will be firm and enduring.
O dear one! is there any room for fear to
whosoever is fortified with such resolve?

(Source: -Sudguru Bodhantra, SCR Publications, 2009)

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Ref: SCM/ Mahasabha 2022

17th April 2022

With the Blessings of Shri BhavaniShankar Dev, our Guru Parampara and our Guru H.H. Shrimath Sadyojat Shankarashram Swamiji, the Mahasabha 2022 was successfully planned and executed on Chaitra Kr Pratipada, Shubhakruth Samvatsar, a day after Shri Chitrapur Rathotsava in Shiruli.

Out of the 247 delegates, 192 delegates attended. A number of invitees including nominated members to the Standing Committee, Administrative Committee, Heads of various Teams, Auditors, General Manager, DGMS and senior staff from the Math Office attended bringing the figure close to 250

The Mahasabha was held on the 1st Floor of Annapurna building (Bhojanashala). It commenced at 10:00 AM with the arrival of H.H. Shrimath Sadyojat Shankarashram Swamiji, the 11th Mathadhipati of Shri Chitrapur Math at the meeting venue and welcomed with robust Jai Jai-kaars. Thereafter, at the request of the President, Standing Committee, H.H. Swamiji Kindly Blessed and Declared the Mahasabha 2022 open with Deepa-prajwalan. Shri Praveen P.Kadle, Shri Durgesh Chandavarkar, Shri Ashok Chandavarkar and Shri Narayan Mallapur also did the Deepa-prajwalan.

Sabha Prarambha Prarthana was recited.

Shri Praveen P. Kadle, President of the Standing Committee offered Phala-sumarpan to H.H. Swamiji on behalf of the entire Samaj and received Blessings.

Part -1

Shri Praveen P. Kadle, President sought the Anumati from H.H. Swamiji and commenced his presentation of the 5 years of activities that took place during 2017 Mahasabha period (2017-2022). Shri Kadle made a power-point presentation with well-documented slides put in by Standing Committee, Administrative Committee, Finance Committee and all other Committees to translate the vision of H.H. Swamiji into reality. Speaking to the delegates of the Mahasabha Shri Kadle enumerated as follows:

[1] **Elections to the Mahasabha 2022:** The elections to the Mahasabha were conducted in the month of November 2021. It was a challenging task due to the fact that physical meetings were not possible due to the precautionary measures enforced by the authorities in view of the Covid situation. However, all Sabhas were fully briefed in advance over on-line meetings and also with detailed documentation prepared by the Mahasabha 2022 coordination team consisting of Mahesh Kalyanpur maam, Leenata Rao paci, Niranjan Nagarkatte maam and Kishore Kumble maam.

[1.1] Election highlights:

- o A total of 247 delegates were elected from 35 local sabhas to the Mahasabha.
- o They comprised of 90 lady delegates and 157 male delegates.
- o The average age of the delegates was 58.76 years.
- o 65 members from the above 247 delegates have been elected to the Standing Committee
- o Additionally, 12 members have been nominated by the President

[2] Vision announced in Mahasabha 2017:

President Shri Praveen P. Kadle recalled that when he had taken over the mantle of President in 2017 Mahasabha, he had shared his vision as follows:

- [2.1] Doubling of vantiga collection to Rs 5 crores by 2021-22
- [2.2] Establish a strong connection of the Chitrapur Saraswat Brahmin community with Shri Chitrapur Math
- [2.3] Establish a strong connection of the Math with the society at large
- [2.4] Project execution within the timelines and cost estimates
- [2.5] Establish a strong Math governance structure

R



1

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2.1 doubling of vantiḡa collection to Rs 5 crores by 2021-22

The Vantiḡa Payers' Facilitation Cell (VPFC) was formed in the year 2020 with the following objectives:

- To liaise with the Domestic & Overseas Local Sabhā-s and resolve issues pertaining to the Vantiḡa payers
- For providing assistance in setting up of a revised online Vantiḡa payment system with desired technical support from SCM
- To broaden the base of Vantiḡa Payers
- To handle the Math Maryāda contributions and Payers along the same lines as Vantiḡā and Vantiḡā Payers
- To facilitate the remittance of Vantiḡa for overseas payers (foreign nationals i.e foreign passport holders) in compliance with the Foreign Contribution (Regulation) Amendment Act, 2020 – known popularly as FCRA.

Reviewing the annual Vantiḡa and Math Maryāda collections over the past 5 years, Shri Praveen P. Kadle informed that the collection for 2021-22 was Rs 4.78 crores (just Rs 22 lakhs short of Rs 5 crores). Shri Kadle acknowledged the efforts put in by the local sabhas and overseas centers, the Sabha pratidinidhis, the CHF and also thanked all the vantiḡa payers for their commitment in ensuring that the Math is financially self-sufficient. Shri Kadle had a special word of mention to Chitrapur Heritage Foundation which, in close coordination with the Standing Committee, could vastly improve the CHF's membership base and thereby enhance the vantiḡa to 47% increase over the last few years. Shri Kadle mentioned that as all are aware, the sevas, niya viniyogas, salaries, maintenance and upkeep of the Math, Dharmaprachār and other activities all depend upon the vantiḡa and therefore, he appealed to the vantiḡa payers to keep in mind H.H. Shrimath Amadashram Swamiji's Saying about giving atleast 1% of annual income as Vantiḡa which will make the Math self-sufficient and financially strong.

2.2 Establish a strong connection of the Chitrapur Saraswat Brahmin community with Shri Chitrapur Math

Shri Praveen P. Kadle informed the delegates that a strong connection is established as follows:

- Through H.H. Swamiji's teachings, Sadhana, contact programmes and participation in Dharmic activities
- Laity visits Shri Chitrapur Math and other Samadhi Maths and temples during the festivals. Pujya Swamiji also undertakes regular visit to different Sabhas.
- Regular updates on Math activities are provided through: SCM Website, YouTube channel, Anushravas WhatsApp and Sunbeam. Synopsis of Standing committee meeting minutes are circulated to the laity so that they are aware of the decisions taken in the Standing committee.
- More particularly, through the Samparka sessions with H.H. Swamiji the laity could get a virtual 'ashirvachana' by H.H. Swamiji.

2.3 Establish a strong connection of the Math with society at large:

- Shri Praveen P. Kadle mentioned that H.H. Swamiji's Ashirvachan at the All India Saraswat Sammelana in Goa - Jan 2016 was well received and a large number of Saraswats from Gujarat, Bikaner and Jodhpur connected immediately with our H.H. Swamiji.
- Considering their intense desire and need of a Guru in life, at their invitation, HH Swamiji, compassionately visited Bikaner in Feb 2017 where the Bikaner Jodhpur Saraswats (BJS) laity were introduced to some of our basic sadhanas e.g. Stotra-Pathana, Pujana, Paramarsha as well as Ashirvachana. In 3 days, 55 BJS sadhakas approached HH Swamiji and received Mantra-Deeksha
- H.H. Swamiji's Camp was held at Jodhpur in October 2019

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- Shibir for BJS sadhakas was undertaken at Shirali in January 2020 attended enthusiastically by around 200 sadhakas. During this shibir they also were introduced to our Math-s and witnessed the viniyogas performed at the Math.
- Our Anuvada team and the Website team started uploading material in Hindi on our Parichayanam section which was supported by creation of a Hindi Anushravasa group to disseminate the Gurupadesha and Navasandana clips in Hindi amongst the BJS sadhaka-s
- During the COVID pandemic, this connection was kept up through online Samparka with IHI Swamiji.
- initiation of Online Satsanga with BJS Sadhakas organised under Puja Swamiji's Guidance by a core group of our volunteers

2.4 Project execution within the timelines and cost estimates: Shri Praveen P. Kadle informed that the projects are executed with proper planning and coordination. With a view to ensuring adherence to the norms, he has inducted Shri Devdutta Chandavarkar as Head – Projects and he will be responsible for all projects above Rs 10 lakhs. He introduced Shri Devdutta to the audience.

Shri Kadle informed that during the last 5 years, some of the major projects that were undertaken and completed were as follows:

Cundaim, Gou	SCMCT	Construction of Kutir and Wellness Yoga & Meditation Centre and orchard plantation of 1,100 medicinal and fruit, flower bearing plants, trees	45600000
Karla	KFT	Computer lab, Music room, Data pack for attending Online classes	12500000
Karla	Shree Trust	Construction of building for Karla Education Trust, Robotic Lab	154500000
Kotekar	SFS	expansion of school, PU college campuses	73900000
Kundapur	SCM	commercial complex	55000000
Mallapur	GES	expansion of school	9796000
Shirali	Parijnan Foundation	solar project	11700000
Shirali	Srivali Trust	Setting up of Vocational Skills Training Activity	14700000
Udopi	SCM	commercial complex	93600000
Virar	Shree Trust	SPEVC Multipurpose Playground with artificial Turf, Tabs to students to attend Online classes	1900000
			473196000
			47.31 crores

2.4.1 The four pillars of Shri Chitrapur Math: Shri Praveen P. Kadle informed that there are 4 pillars of Shri Chitrapur Math viz. Religious, Education, Women Empowerment, Heritage. He elaborated on each of these 4 pillars.

2.5 Establish a strong Math governance structure: Shri Praveen P Kadle spoke about how the strong Math Governance Structure has been established over the years for having complete transparency and management:

- All Trusts are administered by Board of Trustees/ Management appointed by Puja Swamiji
- Different committees are formed for assisting the Trusts in their operations
- Each Committee is headed by a Chairman



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- Secretary of the Trust/ Committee is responsible for preparing and circulating the minutes of the meetings within 2 days of the meeting
- Finance committee of SCM meets every month on the 3rd Sunday to review the financial position of the Math and all affiliated Trusts

[3] **Financial position:** Shri Praveen P. Kadle informed the audience that the Math primarily has 5 sources of income: Vantiga, income from Seva, income from interest, income from rent and donations. Shri Kadle informed that the decision to monetize Math properties to earn income by way of rent has resulted in improvement in Rental income from 8% (in 2018) to 17% (in 2022) of the total income. The Vantiga has improved from Rs.2.81 crore in 2018 to Rs.4.73 crore in 2022. Shri Kadle informed that we have succeeded in building reasonable Investments and Assets and the efforts in this direction will continue. He shared some of the actions that improved the financial position of the Math:

- *Land monetisation* – Kundapur – Rental income by lease to Harsha chain – Udupi – Rental income by lease to Harsha chain – Mangalore – Proposed development of commercial property
- *Reduction in expenses* – Installation of Solar unit in SCM premises and Samvit Sudha to save on electricity bill
- *Implementation of ERPNext* to have overall control.

[4] **Staff welfare:** Shri Praveen P. Kadle informed that with a view to attract good talent and retain performing employees, the Math has introduced staff welfare measures such as:

- Staff Salary have tripled in last 5 years (Rs.1.13 cr in 2018 against Rs.3.31 cr in 2022 (Avg. Inflation 6% in last 5 years)
- Registration for Employee Provident fund
- Pension to employees who have served for more than 30 years
- Gratuity fund created and all employees across different trusts registered
- Employees covered under ESIS

Shri Praveen P Kadle informed that during the pandemic, the Math had paid full salaries to all its employees.

[5] **Revival of Vaidik Pathshala :** Shri Praveen P. Kadle informed that with a view to ensuring continuity of availability of trained vaidiks for daily seva, viniyoga and also to cater to the religious requirements of the community at large, plans are in place for revival of the Vaidik Pathshala as follows:

- Initiative to attract / incentivise Vidyarthis
- Initiative to appoint experts to teach / impart training
- Initiative to increase remuneration and benefits to Vaidiks

[6] **Trusts affiliated to Shri Chitrapur Math carrying out Charitable activity in the Education field:**

Shivali Trust, Shirali	386 students
Saraswat Education Society, Mangaluru, Kotekar	1513 students
Guruprasad Education Society, Mallapur	213 students
Shree Trust, Virar	291 students
Karla Education Trust, Karla	415 students
Total students	2,800 students

Steps taken to ensure continuity of education during 2 years of pandemic:

Identified students who could not attend online classes - Provided the children with Tablets to attend classes

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- Identified students whose parents could not afford to subscribe to data pack for children to attend online classes – Provided the children with Datapack subscription to attend to the online classes
- Teachers were trained to undertake Online classes
- Parents were called for counselling to emphasise on fee payment and fees were accepted in instalments

[7] Women empowerment

Shri Praveen P. Kadle informed the delegates that one of the verticals of Parijnan Foundation viz. Sanvit Sudha aims to provide simple vocational skills to rural women- stitching, hand embroidery, printing, reusing, upcycling etc.

- Products oriented to market needs, capitalizing on traditional skills

Mumbai store has clocked sales of Rs.21,86,654/- from April 21 to March 2022 mostly through virtual sale in spite of various challenges

Parijna Series of books which is another vertical of Parijnan Foundation started on 1st March 2014 released 15 story-books upto March 2017. The Parijna team has now focused on Activity books for children based on the feedback and response received.

FY 2017-18- FY 2021-22 Sales for Sanvit Sudha, HMPP, Parijna Series books

Financial Year (FY)	Sales (Rs)
2017-18	1,03,55,055.10
2018-19	1,17,61,412.00
2019-20	89,38,749.00
2020-21	89,38,749.00
2021-22	52,89,478.60

[8] Community support:

[8.1] Parimochana Yojane:

Shri Praveen P. Kadle informed the delegates about the progress in Parimochana project of Parijnan Foundation which is aimed at reaching out to the community of villagers about 9 kms radius around Shirālī. 'Parimochana' indicates complete salvation in terms of social, educational and economic aspects

- 'Women Empowerment & Rural Development' launched by Parijnan Foundation in association with BAIF to initiate sustainable development in several villages around the Shri Chitrapur Math. The two fold aim of this endeavour is to improve livelihood and thereby the quality of life of the participant natives on the one hand and on the other to ensure sustainable management of the natural resources within the given area

- Four sound principles have transformed the life of around 1000 families in 10 villages

- Community mobilization achieved by creating 'Sangha'-s of 10-15 members
- Community empowerment done through giving exposure and training in livelihood promotion for member families.
- Community participation 'Sangha' scans available options and develops a family-level micro-plan for each unit
- Family support or development assistance is provided through the 'Sangha' to each unit

- Original Corpus of Rs.65 lakh was rotated 5 times since 2006



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8.2 Shri Chitrapur Math Community Support:

Shri Praveen P. Kadle informed the delegates about the following initiatives taken by SCSM towards support to our community:

- o *Paridharanam scheme* – Scheme aims to provide part financial assistance to the members of Samaj who have to undergo prolonged treatment for dialysis – ~ Rs.20 lakh disbursed in last 5 years to 31 patients
- o *Tercentenary scholarships* – Seeks to fund education of deserving students for higher studies – Over Rs.47.09 lakh disbursed in last 5 years benefiting 104 students
- o *Kanakanjali scholarships* – Scheme to provide financial support to students who undertake higher education overseas – Rs.49 lakh disbursed in last 5 years benefiting 26 students

8.3 Covid assistance

Shri Praveen P. Kadle informed the delegates of the initiatives taken by Shri Chitrapur Math during the pandemic to provide support and care to the deserving members of the society at large:

- o SCM earmarked Rs 1 million towards providing food-grains supply
- o Over 1,000 families have been helped till date by SCM
- o Rs.38.58 lakh was disbursed in 2 phases 123 Amchi families jointly with Kanara Saraswat Association
- o 867 Non-Amchi beneficiaries were aided with disbursement of Rs 13,93 lakhs
- o Chitrapur Heritage Foundation has contributed substantially towards Covid Relief (\$27,400 – Rs.20.24 lakh).
- o In the last 5 years Chitrapur Heritage Foundation has donated – Rs.5.06 crores towards various projects of SCM & affiliates

[9] Prarthana Varga:

Shri Praveen P. Kadle informed that during the lockdown HH Swamiji inspired us to continue all our activities online. This saw a huge surge in new admissions from places where there were no physical Prarthana Varga-s. Regular online meetings were held with all teachers for incorporating new ideas for the improvement of the online PV sessions. Some of the activities were:

- o *Kallolah* – (Sanskrit video series) started from April 2020 especially for students of Prarthana Varga by Smt. Shilpa T. Mudur
- o *Parijatam* – (Sanskrit interactive Shibir) for Prarthana children was conceptualised by Smt. Shilpa T. Mudur and her team. *Parijatam* reached out to introduce 182 children from across the world to the Devabhasha.
- o *Pushpanjali* – (a Sayujam initiative) – an offering by Prarthana Varga students with 25 activities supervised by 60+ teachers. This was on the special occasion of 25 years of Mathadhipaty of our Revered H.H. Swamiji
- o *Prarthana Shibir* – the following Prarthana Shibir were organised online:
 - i. “*Guroho Anumodanam*” was offered for the Janmadivasa of HH Shrimat Parijnanashram Swamiji in June 2021;
 - ii. “*Aamodotsava*” was offered in November 2021;
 - iii. “*Japa Kusuma*” was offered for Rajatotsava February 2022.

Pre-recorded videos of activities done by the children were used and premiered from the SCM website



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Prarthana Varga Centres, teachers and students from 2016-17 to 2021-22

Year	No. of centres	No. of students enrolled	No. of teachers
2016-17	30	244	64
2017-18	34	250	74
2018-19	33	242	72
2020-21 (online)	36	294	77
2021-22 (online)	36	310	82

[10] Chitrapur Yuvadhara:

Shri Praveen P. Kadle informed the delegates that Chitrapur Yuvadhara was established in 2008 with 350 Yuva-s. As of date, there a total 848 registered Yuva-s over 25 centers with 77 Coordinators and Representatives. Various local and global activities are done to strengthen Atmabal of Yuva-s as follows:

- o Local activities like Shrama Sev Cultural programs a, treks, Anushtan-s, Vimarsha
- o Yuvathon
- o Kara Seva Shibir and Yuvadhara Sammelan
- o Cultural programs
- o Gurupujan and Anushtan
- o Online activities – Avakaash, Atmabal, Virtual Open mic, Manthan

[11] Girvanapratishtha and Girvanavaikhari:

Shri Praveen P. Kadle informed the delegates regarding the activities by Girvanapratishtha Office headed by Dr. Chaitanya Gulvady to propagate Deva bhasha:

- o Regular classes – Ārādhana, Sādhanā, Dhāraṇā converted to virtual mode during Covid Pandemic
- o New classes started during the last couple of years during the pandemic:
 - i. Prabodhaḥ -Online classes for Ārādhana, Sādhanā, Dhāraṇā
 - ii. Gīrvāṇāvāikhari
 - iii. Saṁbhāṣha classes - Saṁbhāṣha classes for practical day-to-day Sanskrit
 - iv. Saṁbhāṣha classes in Beṅgalūru – Average attendance is 60 students every week
 - v. Staravardhana varga for teachers – In Beṅgalūru , these classes are conducted regularly
 - vi. Sharing Best Practices (SBP) for teachers in Beṅgalūru for the teachers to learn new methods/concepts from each other
- o New activities started during the pandemic
 - o Gīrvāṇāpatrikā (quarterly e-newsletter)
 - o Kathātarāṅgini – (audio stories on the website narrated by the GP teachers)
 - o Picture Lessons on the website
 - o Virtual classes – domestic and overseas students have increased
 - o Induction of new teachers for overseas requirement

[12] Goshala:

Shri Praveen P. Kadle informed that there are over 100 cattle mostly Indian breed – Gir in Goshalas located in Shirali and Karla. Milk yield is sufficient to take care of the requirement of Math and excess milk is converted into Ghee and used for internal consumption in Rituals. Gobar Gas Units in Shirali and Karla contribute to a major portion of the cooking Fuel of Bhojanashalas at Shirali and Karla.

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[13] Agriculture:

- o Shri Praveen P. Kadle updated the delegates as follows:
- o Traditional Variety Rice (Gauri) grown in farms at Shirali using the compost manure is offered for Naivedya and served as Prasad. Aim is to meet the full requirement of Bhojanashala by self grown rice of traditional varieties.
- o Other Farm produce include Flowers, Vegetables, Coconuts which are all consumed internally
- o Cash crops include Cashew, Pepper
- o We will be engaging Experts to get a better yield with an objective to fulfil our complete requirement from our produce.

[14] Varanasi

Shri Praveen P. Kadle informed that the Sri Chitrapur Math Charitable Trust (SCMCT) had purchased the following properties in Varanasi:

- o From Sri Ganesh Mandir & Annapurna Chatra Varanasi Endowment Trust, Pune:
 - i. 21st September 2010: Property bearing Municipal House no. D-25/18, Ward: Dashashwamedh / Dehat Amanat, Mohalla : Raja Ghat: total built up area 3,162.24 sq. ft.
 - ii. 30th June 2015: Remaining part of the above mentioned property: total built up area 317.94 sq ft
- o From Shri Radhakrishna Velankar: on 27th July 2015, SCMCT purchased residential property at Ward Dashashwamedh / Dehat Amanat, Mohalla Ganga Mahal, Narad Ghat: total built up area 2,426.27 sq. ft which can be used for future developments in Varanasi.

Shri Kadle informed that renovation work had stopped till Mid 2016 due to PIL filed in Allahabad High Court by an NGO. Post issue of order by Hon'ble HC renovation work commenced as per guidelines issued by Allahabad HC & Varanasi Development Authority

[15] Anarany Kutir, Cundaim – Goa

Shri Praveen P. Kadle informed the delegates that SCMCT had obtained in perpetual lease from Communidade of Goa, a property of about 7.5 acres at Cundaim, Goa on 15th October 2018. The plot is on Hillock at Cundaim – Madkai Road, Cundaim, Goa. It is near Shree Managesh Saunthan, Priol, Goa. The property is split into two portions – Upper and lower with a road passing through in between the property. It is very scenic and beautiful view over-looking Zuari river and back water of Zuari river:

- o The lower Plot No: 1 is 11,000 sq mtr Farm House admeasuring 500 sq mtrs constructed –
- o The upper Plot No: 2 is 21,100 sq mtr.

Both plots filled with greenery and complete vegetation & different variety of trees – flowering variety, herbal, fruit bearing etc. - around 1,100 comprising of Champa, Parijat, Bhel, Amala, Cashew, Jackfruit, Ambada, Chickoo, Gauva, Mango, Rakatchandan, Teak, Neem, Coconut, Tulsi etc.

Shri Kadle informed that the Occupancy Certificate is awaited from the Village Panchayat- Cundaim. To expedite the matter, a Writ Mandamus has been filed by SCMCT in the Goa Bench of the High Court of Bombay.

[16] Tiruvanamalai

Shri Praveen P. Kadle informed the delegates that we have established a presence in Tiruvanamalai as follows:



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- o SCM - by way of purchase of 15 cents property
- o SCMCT -- by way of purchase of 34 cents property proposed to be used as a Yoga and Meditation Centre
- o Srivali Trust -- by way of purchase of 73 cents land - Demonstration Plots for cultivation; produce (urad dal, ground nut oil and gingelly oil) of which is being sent to Shirali for the use in Bhojanshala and for mid-day meals of Srivali High School

Shri Kadle informed that H.H. Swamiji Is the Managing Trustee of Samvit Guru Smrithi Trust, Tiruvanmalai. Also, H.H. Swamiji Is President and Managing Trustee of Sri Kannan Swamigal Jeeva Samadhi Paripalana Trust in Tiruvanmalai.

[17] SCM Website

Shri Praveen P. Kadle shared the milestones during the period 2017-22 regarding the SCM Website by Shri Shantish Nayel and his SCM Website Committee :

- o New Website Content Introduced
- o Anushravas providing Instant Updates - Anushravas via Whatsapp: Anushravas has 1,900 + Subscriber base. Over 1,000 messages have gone out on Anushravas Whatsapp since June 2020. The include PDFs, Math Announcements, Advisories, Images, articles, and videos. Gurupadash slides are a weekly broadcast, and also on special Tithi-s. Anushravas Hindi service introduced in August 2021 to cater to the North Indian Saraswats connected to SCM.
- o Enriching the Sadhaka:
 - i. Almost the entire SCM Audio, Video and Publications Library is now available online
 - ii. Shri Chitrapur Guruparampara Charitra Section with entire Pathana and eBook.
 - iii. Parichayanam, Hrikleha, Pariprashnah
 - iv. Gauravam – A Tribute to Amehi Classical Music Legends
 - v. Samparka Section for Articles from Sadhaka-s and special series like our Festivals
 - vi. 15th June Online festival that lasts 13 days, * Calendar with Tithi-s and Rahu Kaalam
 - vii. Resource pages for HH Guruswamiji, Navaratri, Sayujyam

[18] SCM Publications:

Shri Praveen P. Kadle shared the milestones during the period 2017-22 regarding the SCM Publications by Shri Shantish Nayel and his SCM Publications Committee:

- o Reprints since 2017: Stutimanjari - Devnagari & Kannada (2017); Samvit Sankirtana Sara - Kannada (2018); Sadhana Shrinkhala - Devnagari (2019); SCM Directory of Vantiga Payers (2019); Reprints in process: Mahashivaratri Anushthana, Shri Chitrapur Guruparampara Charitra (Marathi);
- o Digitising of source files for all previous publications is on. This will smoothen the way for editing and reprinting of past titles. 32 Publications digitized and made available on the website;
- o New entries: Tattvabodhah, Atmabodhah, Haanva-Ammi, Pictry Tera, Sankshipta Sandhyavandana, Shri Gurupujana, Gayatri Anushthanam, Nilamate Kashmirika-Mukhya Naga-Stotram, Smaranika;
- o Annual SCM Calendar;
- o Desktop calendar,
- o Nightlamps,
- o Car Dashboard photos
- o Coming soon: 3 special releases Padaprakshalana to Phalamantrakshata, Coffee Table Book, The 25 Year Book

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[19] Major events

Shri Praveen P. Kadle informed the delegates regarding a few of the Major Events that occurred during 2017-22 period :

- o 14 Feb 2021: Punar Pratishtha and Kalasha Sthapana at Guru Math, Mallapur
- o 2nd April 2021: Dridha Samprokshana at Shri Guru Math, Mallapur
- o 15-19 April 2021: Brahmakalashotsava - Shirali
- o 1st March 2021 to 15th June 2022: Sayujyam events: The 15 months' long celebration began with a Samuhika Sankalpa in the divine precincts of Shri Chitrapur Math – Shirali. Sayujyam is a celebration of the yogayoga of 3 momentous events:
 - i. The 55th Samaradhana year of H.H. Shrimath Anandashram Swamiji
 - ii. The 75th Janmadivasa of H.H. Shrimath Parijanashram Swamiji –III
 - iii. The 25th Pattabhishekha divasa of H.H. Shrimath Sadyojat Shankarashram Swamiji - Rajatotsava
- o During Rajatotsava, a desk-top calendar “Smaranika” containing 31 *Gurupadesha* quotes from our Gurus was brought out
- o During Rajatotsava, a double-sided locket of 18 carat gold weighing 1.50 gms was brought out.
- o Webinars – the Atmabal series: Adopted “Atmabal” as a title of our webinars in diverse fields for children, yuvas, working sadhakas and seniors. The aim is to increase awareness and strengthen resilience; provide an outlet for expression of our inner strength and endurance.
- o Local to Global Series : With a view to integrating the Bhanap communities globally, major equipment events covered were Guru Purnima, Shri Krishna Janmashtami Kallo celebrations, Shri Dattajayanti Celebrations; Shrimad Bhagavat Gita pathana by all Sabhas during Gita Jayanti; Indradhanush;

[20] Shrimat Parijanashram Vastu Sangrahalaya [museum]

Shri Praveen P. Kadle informed the delegate that the SPVS was originally set up in 1974 by our Parama Guru, the Museum got its rightful place of pride in 2009

- o All antiques and artefacts collected painstakingly by Swamiji have been displayed appropriately
- o Currently the Museum has over 760 items ranging from idols, weapons, manuscripts on stone, copper and tadpatri
- o The Foyer, Staircase, Rath Gallery was redesigned
- o Painting of the Rath on the Metal Slats, Wall 1 & 2 of Rath Gallery was undertaken
- o ‘Gallery D’ was redesigned for Creation of display infrastructure for exhibiting the Artifacts and Articles belonging to the Revered Gurus.
- o Padukas of H. H. Shrimat Pandurangashram Swamiji are kept in display in Gallery ‘D’
- o Design & Provision of appropriate lighting & other equipment including audio/video
- o Marble Dasa Maruti Idol from Tehsildar’s office in Karwar was received after follow up of over 3 years

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[21] Suggestions received from Sabhas:

Shri Praveen P. Kadle informed the delegates regarding suggestions received from the Local Sabhas as follows:

- i. Virar Sabha – Focus on reviving Vaidik Pathashala – This has been covered in the presentation
- ii. Nagpur Sabha – Mahasabha meeting to be held on Hybrid platform – This was not feasible due to non-availability of Infrastructure
- iii. Mangalore Sabha - Appeal to be sent to the Government of Karnataka or Government of India to include Chitrapur Saraswat Brahmin community in the 8th schedule of our Indian Constitution – Matter taken up with Government of Karnataka

[22] Expression of Gratitude: Shri Praveen P. Kadle concluded his address to the Mahasabha Delegates with these words:

- o Eternal, unbounded grace of the Guru Parampara is evident at every step
- o Constant inspiration and direction setting by Param Pujya Swamiji made it possible to achieve the progress
- o Counsel and support from the Admin Committee, Finance Committee and also all sub-committees
- o Support from Standing Committee in keeping channels of communication well-oiled
- o Cooperation and hard work put in by the Staff members in Math as well as associated institutions
- o Local Sabhas led by the respective Presidents and Committees kept the flame of Dharma Prachar burning bright
- o Non-amchi professionals who are also associated with the Math.
- o With this, Shri Praveen P. Kadle offered his Shastang Pranams at the Lotus Feet of H.H. Swamiji, thereby concluding his 5 year term as President of Standing Committee from 2017-2022.
- o All delegates unanimously gave a standing ovation to Shri Praveen P. Kadle for the yeoman service rendered by him as President of Standing Committee from 2017 to 2022.

Part – 2 Mahasabha 2022-2027 proceedings

1. *Address by H.H. Swamiji* : H.H. Swamiji thereafter addressed the Delegates and expressed His Happiness on the presentation made by Shri Praveen P. Kadle. H.H. Swamiji mentioned that Over the last four months, an Utkarsha has been observed by H.H. Swamiji, especially the increasing personal commitment from Shri Praveen P. Kadle and his team. Shri Praveen P. Kadle has taken personal interest and motivated his team in the past 5 years of the Mahasabha. H.H. Swamiji Appreciated the fact that a lot of professionals and committed persons are working in various capacities – as members of committees, as trustees and as volunteers. H.H. Swamiji expressed that the day to day work and the various projects of Shri Chitrapur Math and its affiliated trusts / institutions is happening with the Blessings of our Guruvaryas. All delegates conveyed their respectful pranams to the Lotus Feet of H.H. Swamiji.

H.H. Swamiji Declared Shri Praveen P. Kadle as the in-coming President of the Standing Committee for the new Mahasabha 2022-2027. This was received with spontaneous applause from the delegates.

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Shri Praveen P. Kadle offered his shashtang pranams at the Lotus Feet of H.H. Swamiji and took Blessings.

2. Shri Praveen P. Kadle thereafter requested H.H. Swamiji to Announce the Vice-Presidents of the Standing Committee for the Mahasabha 2022-2027. H.H. Swamiji Declared that Shri Dilip Mavinkurve and Shri Durgesh Chandavarkar as the two Vice-Presidents of the Standing Committee of Shri Chitrapur Math for the Mahasabha 2022-2027. H.H. Swamiji appreciated that Shri Durgesh Chandavarkar mam has been taking keen interest in the matters of the Math and also supporting the Math in his personal capacity and the time has come to formally induct Shri Durgesh Chandavarkar as a Vice-President. All delegates unanimously applauded and conveyed their welcome to the Vice-Presidents. Shri Praveen P. Kadle informed that he was fortunate to work with Late Shri Vinod G. Yennemadi and Shri Durgesh Chandavarkar. Thereafter Shri Durgesh Chandavarkar spoke briefly and conveyed his unstinted commitment to Shri Chitrapur Math and to H.H. Swamiji. He reiterated his affection for Shri Praveen P. Kadle. He thanked H.H. Swamiji for all the love and blessings bestowed on the Chitrapur Saraswat Samaj over the last 25 years and prayed at the Lotus Feet that the Samaj continues to receive the same affection from H.H. Swamiji in the future as well.

(Note: Shri Dilip Mavinkurve, Vice President had requested for leave of absence due to personal commitments).

4. With the Permission of H.H. Swamiji, Shri Praveen P. Kadle declared the names of the persons nominated by him under Article 2e (iii) and also of those elected to the Standing Committee by the Local Sabhas under Article 3i (v) and 4c (i) and (ii). Shri Praveen P. Kadle thereafter announced the names of the Members of the Administrative Committee nominated by H.H. Swamiji. (The names are provided in an annexure to these Minutes).

5. In his Presidential Address, Shri Praveen P. Kadle shared his 'vision 2027' with the delegates as follows:

- o Doubling Gross Income from Rs.8.5 crore to Rs.17 crore
- o Establish strong connection of the Chitrapur Saraswat community with the Math
- o Establish strong connection of the Math with society at large
- o Project execution within the timelines and cost estimates
- o Establish strong Math Governance structure

6. As there were no other points for discussion, the Mahasabha proceedings concluded with Sashtang Pranams to the Lotus Feet of H.H. Swamiji and with recitation of the Sabha Samapti Prarthana.

Praveen P. Kadle
President – Standing Committee
Shri Chitrapur Math, Shirālī.



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Board of Management of the Standing Committee

1. Shri Pravcen P. Kadle - President
 2. Shri Dilip Mavinkurve - Vice President
 3. Shri Durgesh Chandavarkar - Vice President
 4. Shri Satish Tonse - Treasurer
- Secretary - V. Shankar Bhat

Administrative Committee

1. Shri Praveen P. Kadle - President
 2. Shri Dilip Mavinkure - Vice President
 3. Shri Durgesh Chandavarkar - Vice President
 4. Shri Satish Tonse - Treasurer
 5. Shri Sharadcharan Kadle - Member
 6. Shri Ashok Chandavarkar - Member
 7. Dr. Chaitanya Gulvady - Member
 8. Shri Narayan Mallapur - Member
 9. Shri Uday Gurkar - Member
 10. Shri Nandan Chandavarkar - Member
 11. Shri Kishore Kumar Kumble - Member
 12. Shri Devdutta Chandavarkar - Member
- Secretary - V. Shankar Bhat

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Little Ravikiran –Jyeshtha2022

Swāmījī says:

We have all come into this world not simply to enjoy joys and sorrows - we should have a spiritual goal in life.

Parama Pujya Parijnanashram Swamiji III

Story Time: Tanvi's Adventure

"I am bored!" said Tanvi. Summer holidays were drawing to an end and school was about to begin. "Akka play with me!" Akka said, "Not now Tanvi. I have to study. We'll play some word games later."

"Oh, Akka!" exclaimed Tanvi. "Even your games are educational! What's with you and studies all the time?" Akka wisely said, "Time and tide wait for none. Life is not just fun and games! It's responsibilities too. You'll learn when you grow up."

Tanvi made a face at Akka, so Akka returned the compliment and that led to a competition. Finally, Amma said, "That's enough! You have run through the range of emojis."

"I am bored!" repeated Tanvi. "Why does Akka have to study so much?"

"Akka wants to study medicine to be a doctor," explained Amma, chopping vegetables busily. "You have to prepare for school now. All you have done is play with Tito."

Tito wagged his tail in agreement. "What do you want to be?"

"I want to be Tito... Do nothing all day long, except eat, sleep

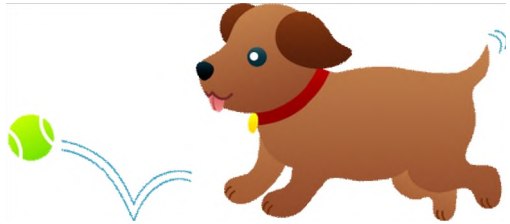
and repeat!" said Tanvi decisively.

Amma laughed and said, "Go and pack your school bag, clean your room and revise your lessons a little." Tanvi went off to do her chores, dragging her feet, with faithful Tito in tow.

A scrumptious lunch later, Tanvi asked Amma, "NOW can you play with me?"

"No dear," said Amma. "I have to work. Why don't you take Tito for a walk in the meantime? You may play with your friends for a while."

Tito, Tanvi and her friends frolicked in the park nearby. They threw sticks for Tito to fetch and played cricket with Shreya's ball. Tito was a very good fielder!



The happy, sweaty kids were ready to go home, when growling stomachs reminded

them of tea-time. Suddenly, Tito ran off, chasing a rat in the undergrowth. Tanvi and Shreya ran after him shouting "Tito! Stop!" Tito paid no heed and kept dodging behind hedges and through backyards. Finally, the girls caught up with him.

"Naughty dog!" they scolded.

Tito looked innocent and penitent in equal measures, which made the girls laugh.

"Come on let's go home now," said Shreya, but when they looked around, they found themselves in unfamiliar territory. It was getting late now and the light was fading. They tried going this way and that, but reached nowhere familiar. Now they were really scared. They panicked, didn't know what to

do and were in tears. They wanted their parents. They wanted to be rescued. "Oh, what's going to happen to us?" , they thought completely flustered.

Tanvi suddenly remembered her Ajji's words, " Remember Tanvi, we should pray for deliverance and to tide over our difficulties."

Tanvi said, "My Ajji says prayer is powerful. Let's pray." They started praying fervently, at first reciting prayers learnt at school and at home, and then silently. Slowly the panic receded. They found they had calmed down. Shreya said, "Look! That's the chemist we pass on the way to school!"

Tanvi responded, "Yes! Let's follow the route the school bus takes." They identified the landmarks and were soon going home confidently.

Tanvi understood the wisdom of Ajjis words and hugged her lovingly before running off to get ready for her Prarthana class.

Fun Facts:

- Petting a dog can benefit your physical and [mental health](#). Studies have shown that petting a dog for 15 minutes can lower blood pressure by 10%, can help lower feelings of stress, depression, and combat loneliness.
- Your [dog can smell your feelings](#). In fact, your dog's sense of smell is approximately 100,000 times better than yours. So it shouldn't be shocking that they can



in fact, smell things such as fear. When a human is fearful, they perspire, and a dog is easily able to pick up on this change.

- Dogs can be trained to [detect cancer](#) and other diseases in humans. Cancerous cells release different metabolic waste products than healthy cells in the human body. Dogs may even be able to sniff out cancer cells simply through smelling someone's breath.
- All puppies are born deaf. As they get older, they can hear 4 times better than humans can.
- Dogs don't sweat, instead they pant to cool themselves!
- A dog's nose print is unique, much like a human's fingerprints!

Ponder Awhile: Toby and the Cake

Delicious aroma -Toby sniffed around
The cake he stood to stare
He stood on his hind legs
His front paws on a chair!

Well, no one was in the kitchen
No one to scold and screech
Toby stood and drooled
The cake within his reach!


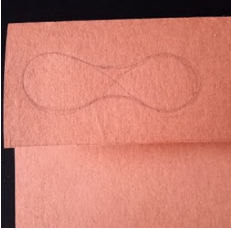








Toby stood a-thinking
 What exactly should I do?
 Should I grab? Or shouldn't I?
 He got into a stew!

For her Ajjū's birthday
 Rani had baked the cake
 Toby thought, "No! I will not touch...
 At least for Ajjū's sake!"

From that yummy temptation
 Effortlessly, Toby looked away
 'My loyalty matters more', he thought
 Good principles ruled the day!

Activity Time: Making Padukas

	
<p>Materials Required : Coloured paper, pencil, colour pencils, eraser, glue, scissors, stiff paper or cardboard, decorative beads or crystals</p>	<p>Draw a large 8 and adjust it into a Paduka shape, or download a picture from the internet. Fold the coloured paper in half and cut out 2 identical pieces</p>

	
<p>Trace the shapes onto the cardboard and cut it out neatly. Adult supervision is preferable while using sharp scissors</p>	<p>cut out two larger pieces of the same colour paper and snip around the edges in the shape of the Paduka. Take care to reverse one of the pieces, so that they form mirror images</p>
	
<p>Stick the paper to the cardboard. Fold over the snipped edges and stick neatly</p>	<p>Now there are 2 cardboard pieces covered with the coloured paper and 2 pieces of paper that had been cut in step 1</p>
	
<p>Stick the paper on the reverse side of the cardboard for a neat finish. Turn the Padukas right side up and lay them as a pair.</p>	<p>Stick coloured beads or crystals where the toe hold should be placed. Draw an outline or decorate with colour pencils. The Padukas are ready!</p>

Fun Time: Doggy Riddles

- Sheep have fleece. What do dogs have?
Fleas!
- How does a dog stop a video?
He presses the paws button

- If six children and two dogs were under an umbrella, how come none of them got wet?
Because it wasn't raining.
- What animal keeps the best time?
A watch dog!
- What did the dog say when he sat on sandpaper?
Ruff
- What happens when it rains cats and dogs?
You might step in a poodle!

Long Ago: Sarama

Dogs have been loving, loyal pets since time immemorial. The first reference to the pet dog of the Gods, is found in the Rig-Veda, one of the earliest texts. Sarama is a female dog of the gods or Deva-shuni. She is considered to be the mother of all dogs. In Sanskrit, dogs are also called sarameya or "offspring of Sarama".

- Sarama helps the King of the Gods Indra, to recover divine cows stolen by the Panis, who are demons. Sarama is often associated with Indra and is also mentioned in the Mahabharata and some Puranas
- Sarama is the mother of Shyama and Sharvara owned



by Yama. The two four-eyed watchdogs guard the gates of Naraka.

- The hunter God Muthappan from the North Malabar region of Kerala has a hunting dog as his mount. Dogs are found in and around the Muthappan Temple
- Dogs are also associated with Hindu deities like Dattatreya and Khandoba, where four dogs represent the four vedas.
- The dog Shvan is the vahana of mount of KalaBhairava.
- Yudhishtira had approached heaven with his dog. Lord Indra asked him to enter heaven, but leave the dog behind. Yudhishtir refused to do so, preferring to return to earth rather than leave his faithful dog behind. The dog transformed into Lord Yama Himself. Pleased with Yudhishtir's steadfastness, the Gods granted him heaven.



Our Heritage:

Sanatana Dharma holds life in every form sacred. Plants and animals are interwoven into our religious customs as dear to our deities or their Vahana. Dattatreya personifies one who started with nothing and without teachers, yet reached self-awareness by observing nature during his *Sannyasi* wanderings, and treating these natural observations as his twenty four teachers. IN many instances, God takes the form of an animal to deliver us (the followers) from evil or dangers. Lord Hanuman is well known as Sankat Mochan and Lord Ganesha as Sukha Karta DukhaHarta, with many temples

dedicated to Them. There are also numerous lesser known temples dedicated to Animal Gods.

Dogs in our Vedas, Puranas, Ramayana, Mahabharata and other religious texts have portrayed loyalty, bravery, protection and benevolence.

There are a few rare temples dedicated to Dogs. The tradition of venerating Dogs is popular in Nepal too, as the Kukur Tihar. Tihar is a five day long festival during which various Animals are venerated, including Cows and Crows. The second day is celebrated as Kukur Tihar, when dogs are decorated



with *tilak*, flowers, garland and offered milk, meat or other food. Since Lord Yama is a patron of dogs, it is believed that caring for or adopting dogs can pave the way to heaven.

Channapatna (Karnataka) is popular for the production of colourful lacquerware, wooden toys and dolls, which look absolutely stunning. It is also famous for the Dog Temple, constructed by a businessman Ramesh in the year 2010. He is also known for building a Temple, dedicated to the main deity of the village, Goddess Kempamma. Local legend describes two dogs mysteriously disappearing from the village. A few days later, the goddess herself appeared in



Temple, dedicated to the main deity of the village, Goddess Kempamma. Local legend describes two dogs mysteriously disappearing from the village. A few days later, the goddess herself appeared in

someone's dream and asked them to build a temple for the lost dogs close to hers for the protection of the village and the villagers. So this dog temple was constructed and the statues of the two lost dogs are worshiped here. The villagers believe that these dogs continuously watch over them and drive negative energy away. Every year, a huge festival is held in the village to honour these guard dogs.



We welcome your feedback at littleravikiran@gmail.com

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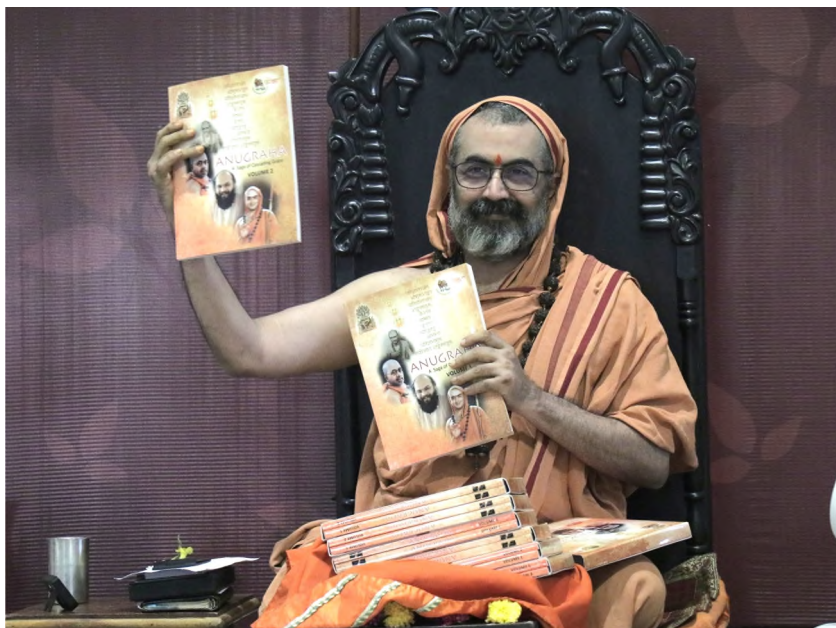
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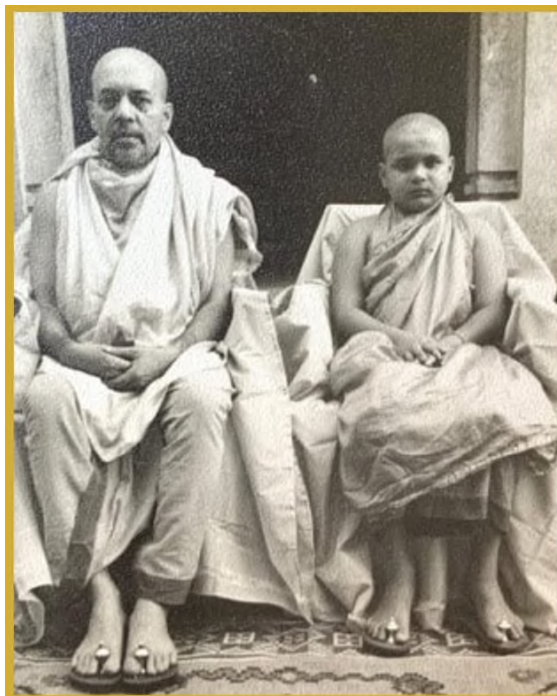
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Gurūpadeshah

The Guru is Himself Brahma swarupa or the Lord incarnate. He has the power of kartum, akartum, anyatha-kartum. This means that He can make possible that which is impossible. He can avert that which is to happen and He can nullify the effect of that which has happened.

- H.H Shrimat Parijnanashram
Swamiji III
(05.11.1990)

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