



Vikasa Tarangini - Goals and Objectives

The Supreme Lord, the Creator manifested naras along with suras, thiryaks, and *stthavaras*. All four categories of the system have a symbiotic relationship with one another. No one should override any other. This has been declared in slo:ka 3.11 of the Bhagavad Githa. Lord Krushna says that there is a process of, *parasparam bha:vayanthaha*, interdependence and a mutual exchange with respect. You survive because of them and they survive because of you. Mutually nurturing one another is beneficial to all.

Unfortunately, over the years, the adage *Ma:nava Se:vaye: Ma:dhava Se:va*, 'Serving humanity is serving God' gripped the minds of human beings. So much so, this misconceived ideology seemed to become a part of Man's DNA.

Nurturing other beings was ignored. Man and his needs became the focus and over exploitation of all other species became rampant. The consequence of this was mindless deforestation, thoughtless chemicalization of agriculture, hybridizing of naturally growing crops, crossbreeding of animals, water pollution, contamination of the environment with Carbon Monoxide, Chlorofluorocarbons etc..... all this to cater, to not just the need, but the growing greed of Man.

Take for instance, today's so-called Jersey cows which are created by crossbreeding. This is not a healthy option. Now, the world too has recognized the fact that the air these jersey cows breathe out and the milk they produce are unhealthy.

Scientists who have studied the natural breeds of cattle are making it clear that in the places where *desi cows* roam, the soil becomes fertile, the air these cows exhale purifies the environment, and their products not only improve our health, but also maintain ecological balance.

The prime reason for this chaotic situation that we are currently in, is the practice of the misinterpreted, age-old adage, which corrupted the human thinking process. Finally, our tampering with the natural ecological balance resulted in tsunamis, earthquakes, life threatening diseases etc. The root cause for this was, and continues to be, the emphasis on '*Ma:nava Se:vaye:*' Serving only humans.....

For a man, his thoughts play a key role in making his life. If his thought process goes wrong, whatever he does becomes disastrous. Setting the thought process in the right direction, rectifies this defect.

In 1992, Vikasa Tarangini was conceived and established by His Holiness Tridandi Chinna Srimannarayana Ramanuja Jeeyar Swamiji, to play a key role in rectifying this wrong ideology. In 1996 it was registered as a Non-Profit Service Organization.

The emphasis on Serving Man was restated as Serving all beings. Man, animals, birds, trees, water, air, soil....all these co-exist in Nature. MAN in particular, depends on all other beings for his survival. If any one of the above beings does not cooperate, humans' life

becomes miserable. Yet, humans are the only species who break the ordained rules, while the rest of beings and Nature itself follow the rules impeccably. They can survive and co-exist perfectly, even without human existence. But, Man cannot exist in the absence of other species. Hence, Man is not doing any favor by serving Nature. It is his responsibility to take care of Nature for his own survival.

Vedas affirm that all pervasive God exists in every being and thus the whole universe becomes His Divine Body. With this in mind, Vikasa Tarangini modified the misleading adage, 'Serving humanity is serving God' to '**Serve All Beings As Service To God**' and set this as the prime goal.

How does serving all beings translate into service to God? Serving all beings entails ensuring that all beings are able to live in their own natural order. Serving animals implies letting them live freely in their own habitat. Similarly, letting the trees grow naturally without spoiling them with chemical fertilizers, is serving Trees. By doing so, God residing in them is pleased and this serving of all beings, in essence becomes service to God.

This practice doesn't mean we leave Man out of all this. As 'man' is also one among many species, necessary care and service may also be provided to him for a better life. His needs can be catered for by what Nature offers. But, a stop must be put to over exploitation of Nature to cater for Man's greed.

Now... keeping Man in mind, Vikasa Tarangini initiated a subgoal, '**Worship Your Own...Respect All**' Let us delve a little deeper into this concept.

Human society is being split into many sections on the basis of color, caste, creed, race, religion etc. These are only increasing the gap amongst fellow human beings. Man, without clarity on these issues, swings between two extreme statements..... either to eradicate these systems from society.... or instigate hatred for others, leading to disaster.

Vikasa Tarangini does not believe in the existence of a religion-less or a casteless society. We have no right to remove time-tested systems.

Physical differences between humans or other beings cannot be eliminated, no matter what we do. Forms and qualities which come by birth cannot go away.

A dove can never become a peacock. A scorpion can never become a snake. All differences should be respected as every individual being is created for some purpose.

So, every individual should have pride in his own in-born qualities and avoid jealousy, disrespect or hatred for others' qualities. He should respect those qualities for their individual worth.

One should be able to honor and even worship everything which comes by birth. It could be one's own mother, father, caste, race, country, religion, language or attributes of one's own body. He can have pride in these things without being arrogant. He can find value in these things without feeling low.

On the other hand, he needs to respect those things that do not belong to him. He does not need to worship those that are not his own, but he should learn to respect them. If mankind is clear with this thought, there won't be fierce fights between nations, there won't be religious conversions. Our earth then will transform into heaven.

Practice must always start with us first. Hence, Vikasa Tarangini owned this concept as a sub-goal, **“Worship Your Own..... Respect All”**.

To achieve the above prime goal and subgoal, Vikasa Tarangini formulated 6 objectives to act in tandem with them.

Let us understand these six objectives briefly here.....

1. Promote righteous living based on philosophical foundation

Philosophy means identifying the realities as they stand. In this world, all the visible forms of different shapes, colors and names are collectively called ‘Nature’. Our body also is a part of that Nature, a micro world. The consciousness in all bodies like plants, humans, animals, birds etc., is called ‘*a:thma*’, the soul. The unimaginable and amazing power which supports all these bodies and souls systematically, what people call God, is *Parama:thma*, the Supreme Soul. Let us be clear about these three realities, *parama:thma*, *a:thma* and *Nature*, and know more about them, so that our knowledge becomes a strong foundation for our growth in this world.

Every living being performs some activity or the other. For example, breathing for sustenance is an activity. All living organisms perform some or the other activity at every moment. When our activities, small or big, help us to lead our lives and let others lead their lives to attain higher benefits, those activities are called *dharmic* or righteous activities. Such a person’s life is called righteous living. Thus, promoting righteous living based on philosophical foundation means... encouraging all to lead a harmonious life. A kind of clarity is needed to know more about ourselves, our duties and responsibilities. This clarity could come from education, listening to the discourses of Elders, reading scriptures, or performing good deeds. This is the first objective.

2. Strive for Holistic Personality Development

In order to become competent, one must always strive to keep the body, mind and intellect healthy by developing good dietary habits, practicing Yoga, acquiring recommended qualities from Vedic scriptures like Bhagavadg:tha etc.

3. To create better understanding among different sections of society..

Each section of society, each cultural group has unique strengths and perspectives which, if harmonized, can benefit society at large.

Activities like discourses, discussions and debates should be planned and executed so that people with different ideologies come together and appreciate the differences.

If a healthy understanding is nurtured through such activities, common human values, similar dreams and hopes, shared problems and fears will surface and create either solutions or tolerance, leading to harmonious living.

4. Provide services to the needy and deserving people

For this, we need to identify the two categories in society, i) those who have resources but no support & ii) those who do not have resources and need support from others. We

need to cater to both sections, using possible resources in society by organizing Health care, Education facilities, Medical camps etc.

The above 4 out of 6 objectives are formed, keeping in mind the welfare of humans.

The next 2 are focussed on other beings.

5. Caring for Domestic animals

Since there are some animals like cows, buffalos, cats, dogs, hens etc., which co-exist with us, responding in an appropriate manner and nurturing them is paramount. Taking good care of them and not causing any disturbance to their living patterns, will be mutually beneficial.

6. Protecting the Environment

Today, Nature continues to be brutally vandalized in Man's pursuit of selfish desires. We are facing the consequences too, like Hurrricanes, Global warming etc. We can live prosperously only when we respect the environment. We can live happily only when we protect air, water, etc....

The above are the 6 objectives of Vikasa Tarangini. With each of these objectives in focus, detailed planning of activities and delegation of work will be undertaken. This will lead to the actualisation of the prime goal and subgoal of Vikas Tarangani.





Organizational form of Vikasa Tarangini Branch

The group of local members who have paid a nominal membership fee and been recognized by the Central Committee, will be registered as the Branch of Vikasa Tarangini of a particular area. Among these members seven of them will be appointed as office bearers. All the others will continue as members and are expected to assist the office bearers.

According to their abilities and interests, the seven office bearers will accept responsibility for a particular section.

The office bearers will be as under..

1. Chief Co-ordinator
2. Prajna Vikas Co-ordinator
3. Arogya Vikas Co-ordinator
4. Yuva Vikas Co-ordinator
5. Samskara Vikas Co-ordinator
6. Information & Public Relations Co-ordinator
7. Finance Co-ordinator

1. **Chief Co-ordinator :-** He must have a positive relationship with the local people. He must conduct weekly meetings and plan the spiritual and service activities of each section, meticulously. He must ensure that these planned activities are implemented smoothly. He must bring all sections to unite towards achieving the goals of the organization. He must update the details of the branch activities, from time to time, to the Central Committee.
2. **Prajna Vikas Co-ordinator :-** Prajna is that educational programme which nurtures children to become good future citizens. This will be done by conducting one/two classes per week, to promote good values and social responsibility. With the guidance of the Central Committee, competitions may be held and the talent of the children appreciated.
3. **Arogya Vikas Co-ordinator :-** The focus of this section should be on Health care, specially of Children, Women and Cattle. Only after fulfilling these 3 areas other health services may be conducted if time and resources permit .
 - i) A healthy woman will result in a healthy family and a healthy society. Changes in lifestyle have led to a rapid spread of severe health problems in women. Hence, it is important that a woman's health is taken care of and she is made aware of Health and Nutrition issues. Most women are hesitant and shy to discuss these issues. So, a lady member should form a team to take care of women's health camps. If possible the support of a lady gynecologist may be taken.
 - ii) Today's child is tomorrow's citizen. To have healthy citizens for the future, focusing on the health of children today, is important. Hence, Vikasa Taranagini is offering svarna:mrutha pra:sana to develop immunity and good energy levels in Children below 16 years of age. This immunity will last them for a lifetime.
 - iii) We receive so much from Cows. It is our bounden duty to look after the health of the cattle by conducting veterinary camps. Vikasa Taranagini will plan, with the help of local veterinary

doctors, programmes that will ensure the cattle are in good health. Vikasa Tarangini will also plan programmes to spread knowledge of the value of Desi cow milk and Desi cow products which will be made available to people at large.

4. **Yuva Vikas Co-ordinator:-** Youth energy and enthusiasm must be tapped and utilized to develop a sense of responsibility towards their country. In view of this, personality development workshops should be conducted by Vikasa Tarangini. The coordinator must receive orientation from the Central Committee. To motivate Youth, competitions must be conducted in sports and academics. A Spirit of Volunteerism for Social service should also be encouraged.
5. **Sanskara Vika:sa Co-ordinator:-** Sathsangs should be organized weekly once or twice, so that people spend time with the Wise and get inspired. Resource people who mirror the vast treasure of Bharathiya culture should be sought out. They should be requested to conduct interactive programmes for the upliftment of the people of that area. Each sathsang should not exceed one and a half hours.
6. **Information & Public Relations Co-ordinator :-** This coordinator will act as a link between the local people and the Organization. He should ensure that information about the programmes of the Organization reaches the local authorities in time. He must maintain the photographs and videos of all programmes conducted by the branch and share them with the Central Committee. He will ensure that good relations are maintained with the media personnel and local authorities and involve them in all events possible.
7. **Finance Co-ordinator :-** This co-ordinator has to maintain a record of all financial dealings. He must support all sections for their approved financial requirements and share the record of income and expenditure with the Central Committee. He has to undergo orientation through the central committee so as to develop the branch.

All coordinators must attend the workshops conducted by the Central Committee and get oriented accordingly.

Over and above the laid out duties, the office bearers must ensure that the branch of Vikasa Tarangini blossoms well in serving the society under the guidance of the Central Committee.





Jaisrimannarayana!
O:m asmath gurubhyo: namaha!



PRAJNA

‘Heritage is the cultural legacy which we receive from the past, which we live in the present and which we pass on to future generations.’ -UNESCO-

Passing on this legacy is a huge responsibility which cannot be restricted to parents alone. It is a collective responsibility. Have we been shirking this responsibility for too long? Is that the reason why parents are floundering in conflicting thoughts? Should they make their children financially sound and capable of having a good footing in today’s affluent society? Running frantically along with their children, they race after academic degrees which further confound the problem by only equipping their children with material information and a likely means for livelihood.

At the end of the ‘rainbow’, the proverbial ‘pot of gold’ is missing. Parents find that their children have turned into robots, lacking reverence towards them, teachers and elders. They have become cynical about the time tested values, they flaunt every rule in the excuse of being ‘modern’. They have become arrogant and self centered, misuse resources and in their own youthful confusion, escape into drug abuse and other unhealthy addictions.

At a loss, parents now push the children to personality development classes. Alas, after 20 years of ‘education’ and even after procuring a job, people are still running after personality development classes, spending a fortune. It means that personality development has not happened in all these years of education!

The echoes of desperation, of both the young and elderly, touched the compassionate soul of HH Chinna Jeeyar Swamiji..... and Prajna emerged... Prajna, a meticulously designed programme that takes children and adults on a “joyous voyage through knowledge”, and moves them “towards excellence”. *Prajna* transforms the tender jasmine-like minds of students into rainbow hued blossoms that fill their lives and the lives of others with divine fragrance!

A grateful, self-less, loving person grows to greater heights with forbearance. At *Prajna*, these qualities are imbued by students. *Prajna* fills them with self-confident humility, so that they are not afraid to try, not afraid to lose. They end up either winning or learning .

Through Prajna, the singular ‘I’ by default becomes ‘We’. The students realize that I *am* because We *are*. Together, they inculcate Prajna, the ability to translate the right knowledge into action. Prajna spreads the treasure of Vedic wisdom in the entire world without any class difference. Minds are sharpened through mental exercises and finally people reach that stage of wisdom which is higher than the knowledge obtained by reasoning and inference, but does not contradict it. They infuse high thinking, lofty aims, morality, ethics and become worthy citizens.

Prajna syllabus is designed in a modular fashion. It complements the formal education system. Through it, a foundation of Vedic culture, heritage and virtues is laid, on which they can safely build the edifice of temporal living. This strong foundation helps them to face the ups and downs of life and reach the shore.

Through Prajna modules, children learn about....

- ★ Rich Vedic culture and heritage
- ★ Prayers related to daily activities & different situations
- ★ Respect for elders & care for Mother Nature
- ★ Inspiring life stories of Rishis, Seers, Acharyas, and more
- ★ Community Service through volunteerism.
- ★ Yoga & Bhajans
- ★ Public speaking, leadership & management skills.

★ Super Memory Training. In these classes, the minds of children are sharpened by memorizing *slo:kas* from Scriptures and retrieving and recollecting them from memory in the fastest manner possible, using different techniques. The scriptures currently used are Bhagavad Gi:tha which contains 700 *slo:kas* and Sri Vishnu Sahasra Na:mam. This technique helps students to improve their memory power. This benefits them in other areas too. The enunciation and chanting of *slo:kas* with correct intonation, helps in re-charging the brain and creating new neural pathways.

Prajna is the bridge between *ageless practices* and scientific education. With the blessings and guidance of His Holiness Chinna Jeeyar Swamiji, *Prajna* centers in India, and many other countries are transforming the lives of children.

Let's get oriented as *Prajna* Coordinators and conduct *Prajna* classes for the children in our area! Let's help them become good future citizens.

For more information, please visit www.prajna4me.org





Jaisrimannarayana!

O:m asmath gurubhyo: namaha!

AROGYA VIKAS



yathra na:ryasthu pu:jyanthe: ramanthe: thathra de:vatha:ha |

yathraitha:sthu na pu:jyanthe: sarva:sthathra phala:h kriya:ha ||

Where women are respected and worshiped... there exists not only wealth but also prosperity.

Indian society is one such society where women are respected . We worship mother as our first God with the saying “ma:thru de:vo:bhava”. She shoulders the enormous responsibility of nurturing the family and thus the society. We worship the earth and all of Nature in the form of Mother. A woman can play this role and shoulder this responsibility effectively only when her own health is in good shape.

“If a woman suffers, the entire family fails to work peacefully. Society struggles.

If a woman is healthy, the entire family stays productive and happy. Society flourishes.”

As per this intent of His Holiness Chinna Jeeyar Swamiji, Vikasa Tarangini started “Mahila Arogya Vikas” in 2007.

Through Mahila Arogya Vikas, women are informed about health habits, how to maintain good health and also what precautions to take. It suggests proper care and timely checks for women to prevent chronic diseases. Health camps for Women are organized often in different areas, where women go through various medical examinations done by lady doctors. Guidelines for their health care are given and where necessary they are guided for treatment. Apart from this, they are also provided free medicines.

Health problems arise in women mainly due to the following reasons.

- ★ Changing food habits. Consuming junk food and food grains and vegetables grown using chemical fertilizers
- ★ Lack of physical activity.
- ★ Not having proper awareness of hygiene.

Mahila Vikas strives to bring awareness to people on these issues. In addition to being self-conscious and uncomfortable in talking about their health issues, women also have social pressure that their husbands and relatives might disrespect them if they come to know about it. Because of this, these diseases progress in silence and are detected after a long period. Due to this negligence, the disease sometimes might become life threatening too. This is the reason, Mahila Arogya Vikas brings awareness to Women on these issues.

Mahila Vikas mainly provides awareness and medical examinations to women. Doctors generally conduct Pap Smear test to identify cervical related diseases in women. It is time-consuming and expensive. Instead, Vikasa Tarangini provides free examination with 99% accuracy in results, using a test called V.I.A (Visual Inspection with Acetic acid).

Even though V.I.A is approved by W.H.O (World Health Organization), many people are still not aware of it. There is no extra effort or pain with this test. The results come immediately.

Under the umbrella of Vikasa Tarangini, Mahila Arogya Vikas provides the following services:

- ★ Creating awareness among women about health care
- ★ Conducting V.I.A tests in free health camps
- ★ Providing Colposcopy facilities so, women who undergo the test can directly view the cervix .
- ★ Dispensing medicine in rare cases
- ★ Providing re-testing facilities to those women who were administered medicine and inform them about the progress.
- ★ If the problem is still not resolved, sending them for further tests like biopsy
- ★ Educating them about self-checking of breast related issues and identifying if anything is unusual, thus safeguarding themselves from the unusual growth becoming rampant. Through the efforts of Mahila Vikas, so far, 19,39,558 women in various parts of the country have become aware of Cancer. To date, Mahila Vikas has conducted more than 1260 health camps, saved lakhs of women and is still going strong...

Let us join Mahila Vikas and save our fellow-women! Let us do our best for the progress of the country!

Jai Srimannarayana!





YUVA VIKAS



The National Youth Policy 2014, Government of India defines Youth as those between the ages 15 to 29. This is the age group Yuva Vikas focuses on.

Today's Youth are the heroes of tomorrow, the energy that will define the future. If we, the adults, are not happy with the world today, let's not forget that we were the energy that defined what is the present. Let's not present the world to Youth in a negative way, let's fill them with positivity to move forward with time tested practices, holding the thread of tradition and weaving it into the fabric of their new, modern world.

When we talk about Yuva Vikas activities, we have to see them as two pronged —

- ★ What society can do for Youth
- ★ What Youth can do for society.

Activities of Yuva Vikas are planned after having done a SWOT Analysis of Youth. But there is no point considering SWOT, Strength, Weaknesses, Obstacles and Threats of Youth without

G - Goal.

The **Goal** for Youth should be Excellence. The goal for any activity they undertake should be attaining Excellence in that particular activity.

Strengths:

- ★ Youth has a strong sense of 'Us' and can be easily motivated to participate as a team. Yuva Vikas plans team competitions in areas like sports, quizzes, dance music etc.
- ★ They are independent by nature. Before this becomes a weakness, activities are planned that encourage 'out of the box', innovative thinking.
- ★ They are eager to be heard. Yuva Vikas gives them a platform to speak their minds, call a spade, a spade through impromptu debates and discussions.
- ★ They like to imitate. Yuva Vikas places before them, through talks/ enactments the lives of role models... not just from our treasure filled history but also from the present, living world.

Weaknesses:

- ★ They want instant gratification. Yuva Vikas teaches them to accept 'No'/ Not yet. Activities are planned where there are delayed results. Youths are made to experience the pleasure of anticipation.
- ★ They are in a fast forward mode... fast food.. fast cars.. fast everything. Here they are slowed down. They are taught to listen to the sounds of Silence, by turning it into a game...till they are ready for meditation classes. They chant Slokas, peacefully, softly, experiencing the intonations. They are taken for Nature Trekking, jotting down what they observe, what they hear.

- ★ They get bored easily. They are guided to enjoy the company of their own thoughts, those that don't excite them but calm them down.... till they are ready to contemplate what they heard during a sathsang. Activities are planned that involve writing, reading, drawing, not necessarily typing or texting, using an app. They learn that the world is not a screen which you can change with the tap of a key.
- ★ They are vulnerable to external temptations. They are guided to enjoy in moderation but taught how they can get obsessed and harm their body and mind.
- ★ Youth lack awareness of spirituality. Yuva Vikas instils in them, morals, and ethics through stories first. Gradually spirituality is awakened. The bud is not forced open. An atmosphere is created where it will blossom in its time.

Obstacles:

- ★ Lack of resources. Yuva Vikas makes them aware of scholarships, book banks, opportunities where they can learn and earn at the same time. Yuva Vikas is a link between those who have, but want to share and those who don't have, but deserve.
- ★ Lack of information. A data bank is created about courses available, institutions that run them, the jobs that they lead to.
- ★ Obesity. Sports activities are planned. Talks by doctors and nutritionists are organized.
- ★ Lack of guidance on Life skills. Interactive sathsangs with the wise are organized. The young are brought under the shade of Acharya.

Threats:

- ★ Wrong role models through movies and television. An activity is planned where each one selects a role model from the past or present, reads about him/her and shares the knowledge with the group.
- ★ Substance abuse through peer pressure. Talks by doctors, psychologists and other experts are organized for guidance.

Having planned activities for the holistic development of Youth, Yuva Vikas creates Youth Clubs and with the help of coordinators of other sections of Vikasa Tarangini, involves the members in volunteering through seva. Each one's seva is acknowledged through certificates, mentioning the hours and type of seva done. 'Each one Teach one' programme is encouraged. Each young person makes one illiterate person literate. His activity and progress are monitored through a diary maintained by him. Group meetings of the 'teachers' and the 'taught' are organized and the progress is shared.

The Central Committee does a fresh SWOT Analysis of Youth every year and shares it with the Branch Chief Coordinator, so that a fresh annual Plan of Activities can be planned by the Branch Yuva Vikas coordinator.

Collective effort achieves greater results than individual effort. Yuva Vikas is such a collective effort to channelise the 'fire' within Youth, for their own benefit and the benefit of society at large. Come, join hands! Let's empower our Youth!





O:m asmath gurubhyo: namaha!



Samskara Vikas

Change is a constant. However, when there is a rapid change in values, the elder and the younger generations look on in bewilderment! Helpless to stop the tide of change! Hopeless in the face of it!

As the gap between the generations widens, neither can be blamed.

The younger generation is caught up in the attractions of affluent living. The seemingly attractive western way of life is sweeping them off their feet, since they lack the radar of proper guidance. They also lack the anchor of the time tested, value rich Bharatiya education system which was systematically uprooted by the British education system.

Furthermore, they are facing the repercussions of the breakdown of joint families, the preference for nuclear families and single parent families.

To add to the confusion, the elder generation just talks about declining moral standards and the impact of changing values in society at large. The elderly are clueless on how to tackle the situation, how to cope with the changes and how to meaningfully impart our cultural heritage to the next generation.

In this milieu of hopelessness, the programme of *Samskara Vikas* brings a ray of light. By organizing *Sathsangs*, association of both the generations with the Wise, it bridges the generation gap. The Wise mirror the much needed reflections of the treasure of Bharathiya culture and wisdom.

The dualities in human nature, the pairs of opposite traits, like fear-courage, anger-love, anxiety-peace, desire-satisfaction etc. are dealt with and focus is brought to the desirable trait so that gradually, character of the young ones is built and the confusion in the mind of the elderly recedes.

Coal and Diamond are both made of the same chemical substance, carbon. But, coal has many additional impurities in it, and look at the difference that makes in the value of both! *Samskara Vikas* is a program that will weed out the impurities within and let our innate value shine through!

Just as the value of a vessel increases by what is placed in it, our value increases by the thoughts placed in our minds. These will be reflected through our words and deeds. The program of *Samskara Vikas* aims at such a personality development.

Samskara Vikas teaches us how to control our thoughts when we are alone and our tongue when we are in a group. A weak mind suffers many afflictions. Just as iron becomes strong when it is cooled, *Samskara Vikas* keeps our mind fixed on our duties by keeping it calm. Such equipoised minds learn to work harmoniously with others, no matter what caste or creed. Evil feelings are kept at bay!

The choices we made in the past, determine our present and the choices we make today, will determine our future. Hence, our future is in our own hands. One might ask, “Why am I suffering even though I did all the right things in the past”?

Just as we think that the consequences of our good deeds done yesterday will carry over to today, the good and bad karma from our past births get carried over to this birth. We call these “*samskaras*”. We are bound to experience the consequences of both good and bad *samskaras*. *Sathsang* helps us in facing the adverse situations with forbearance, by inculcating within us the knowledge that these adversities after all, are the consequences of our own bad karmas done willingly. It gives us the knowledge and strength to face our afflictions with aplomb and lays a golden path for our future.

Why wait, let’s participate in the power centers of *Sathsang* and take steps towards a happy life! Let us create *Samskara Vikas Centers* and build a beautiful future together!

