

Amar Bharati

अमर भारती

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websites using Google Search.*

Editorial

In this issue we bring to you a variety of topics intended to help the youth of today. As we all know, the youth of today are the leaders of tomorrow.

We talk about what is required of people in the modern workforce, and we hear this from Yuvas themselves, as they finish their schooling and some who have already begun their professional lives. We also learn about what governs our priorities, and how to manage them in a way that is best for the world and the people around us, including ourselves.

Lastly we look at some lessons we can learn from Nature, while there may be lots of accomplished people writing textbooks about organizational theory and management, there are forces in Nature that have been exhibiting these characteristics long before we learnt how to read and write.

However we must not forget that whichever stage of life we may be in, young or old, a long road lies ahead for everyone.

| Editorial Team

देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा ।
तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥

dehino 'smin yathā dehe kaumāraṁ yauvanaṁ jarā
tathā dehāntara-prāptir dhīras tatra na muhyati

Just as the embodied soul continuously passes from childhood to youth to old age, similarly, at the time of death, the soul passes into another body. The wise are not deluded by this.



Global News

1. SWAYAMSEVAK VIPIN CHAUDHARI CONQUERS MT EVEREST: 27 year-old RSS Swayamsevak Vipin Chaudhari from Moradabad in Uttar Pradesh conquered Mount Everest and placed the Bhagva Dhwaj along with the National Flag on earth's highest point. Vipin, along with his 12 team members kicked off the journey on April 2. After a 50-day continuous trek with fatal risks, Vipin finally reached the summit at 9.00 am on May 22. Vipin's father Gajendra Singh is a sub-inspector and his mother Punam Chaudhari is a housewife. Vipin is currently pursuing a LLB from KGK college.

2. REMNANTS OF 100 UNDISCOVERED ANCIENT TEMPLES UNEARTHED IN CAMBODIAN JUNGLE: Archaeologists claim to have found the remnants of nearly 100 previously undiscovered ancient Hindu temples in the jungles of Cambodia. The temples, which in many cases are just foundations, were unearthed in Kratie Province's historical SamphuBorak area of eastern Cambodia's Kratie Province. The team believes they date back to the 6th and 7th centuries, hundreds of years older than the country's world-famous Angkor Wat temple complex which dates back to the 12th century. SamphuBorak was one of the most densely populated regions of the pre-Angkorian era of Cambodia.



3. KENYA: HINDU RELIGIOUS & SERVICE CENTRE (H.R.S.C): School feeding project has completed 10 years and at the moment is serving mid-day meals in 62 schools for 18,000 students. Due to this service, the daily attendance of students has increased remarkably and also their concentration in studies improved which results in better grades achieved by the students. To motivate the students HRSC distribute trophies to schools based on their performances in different competitions organized for the students on various subjects. HRSC also helped many schools in the setup of libraries and they provide text books, exercise books, biro pens, erasers, and sharpeners on a regular basis. It also has a sanitation and water focus where they provide schools with rain water harvesting tools and the construction of toilets.

4. HEAD OF HINDU MONASTERY OF AFRICA PASSES AWAY: Swami Satyanand Saraswati Head of the Hindu Monastery of Africa breathed his last in the early hours of May 28, 2019. Swami Satyanand Saraswati was taken ill about a week before and had been on admission at Korte-Bu Teaching Hospital, where he, unfortunately, transited peacefully. Swami Satyanand Saraswati was initiated by his Guru Swami Ghananand Saraswati into the Divine Order of Sannyasi on February 12, 2012. He was a Ghanaian born Catholic and in his adult life became a Hindu and worked for Hindu Dharma for over 35 years.

Kids Zone

The Vamana Avatar starts with Mahabali the Asura King. Mahabali was the grandson of Prahalad and the son of Virochana.

After the churning of the ocean, the Gods became immortal and powerful. Indra's army defeated Daityaraj Bali and his army of Asuras and Daityas. One day Daityaraj Bali went to meet Rishi Shukracharya and asked him, "Acharya please show me a way to gain back all my powers and my kingdom."

Hearing Bali's words, Acharya replied, "You must perform the Mahabhishek Vishwajeet Yagya, to get back all your powers."

Bali agreed to do the Yagya under the supervision of Shukracharya. After the yagya, Bali received a golden chariot pulled by four horses that ran at the speed of wind. He also got a quiver with numerous arrows, a flag post with lion's head and celestial armour. Along with these things Shukracharya gave him a garland of ever blooming flowers and a conch shell whose battle cry was thunderous. Then, Bali went to battle against Indra. This time Daityaraj Bali won the battle and Indra fled from the battlefield. Bali once again asked for Shukracharya's guidance to maintain his victorious position. Shukracharya said, "If you keep on performing yagyas, you can live a fearless and powerful life. You should also give alms to poor and the Brahmins."

Bali readily agreed to do so. Meanwhile Indra approached Acharya Brihaspati to learn a way to gain back Gods' powers. Acharya Brihaspati asked Indra to seek Lord Vishnu's help. Now Indra started doing penance so as to please Lord Vishnu. Maharishi Kashyap's wife Aditi, who was Indra's mother, saw her son in trouble and went to Lord Vishnu for help. Lord Vishnu said, "I will help you, Devmata. I will be born as your son in the near future. I will then kill Bali."

And so it happened that Aditi gave birth to a boy. She named him Vamana. One day Vamana posed as a Brahmin and went to the spot where Shukracharya and Daityaraj Bali were performing a yagya. Bali welcomed the Brahmin boy and said, "How can I help you young Brahmin?"

The Brahmin said, "I have heard a lot about you give alms to Brahmins. I do not want wealth or luxuries; I just need the land that my three steps cover."

All the people who were present there were surprised to hear the request of the Brahmin boy. The Asuras laughed at the boy's request. Daityaraj Bali agreed to grant him what he wanted. Suddenly, to everyone's surprise, the young Brahmin boy started growing in size. Soon he was larger than planet Earth itself. He took a large step and put it on Earth to claim it and said, "Now the earth is mine." Then he took the second step and put it on Amravati which was under Bali's control and said, "Now Amravati is mine." Amravati was also under the Brahmin boy's possession. Then he said, "Bali where should I keep my third step? Earth and Heaven are already mine. Now there is no place left." Shukracharya warned Bali, "Be careful Bali! I am very sure this Brahmin is not an ordinary boy. He is surely Vamana, Lord Vishnu himself. Don't let him take the third step or you will have to lose everything you have." But Bali said, "Acharya, I have given him my word. I cannot go back from it. "The Asuras and Daityas heard this and stepped forward to attack Vamana, but they could not harm him at all.

Bali then addressed Vamana and said, "As nothing else is left you may keep your third step on my head."

Hearing Bali's words, Lord Vishnu appeared in his true form and said, "I bless you, Bali. From now on, you will rule Pataal Lok forever."

Thus Bali went away to Pataal Lok. Indra and the other Gods retained Amravati due to Lord Vishnu's Vamana Avtar.

Ramayana Word Search

G J Z Z M A R T I M U S I H B X A J Z L N L C B A
G E U D A N N K I R S H Z C A Y C I S E D N K R G
S U G R I V A V W J L A J R L Y L C U Z Z V U Q K
R Y G L F I V M E W A T L A I T U M P K S C X J O
R Y D S K Z C B U J X R S V F C Z V F F Q E N G T
C A E E Z W S P P N M U D A S P Z Q K C P K F N G
C S Y T R O H K T N A G U N X P C C F Z D N M C M
U I Z M T A P G Z K N H C A I D L E E E Z F S A G
X D E Q O V N W M W J N O V R J K Z M T H P B W R
P Y Y J T S D B H A R A T I S O B M U U A X X Q G

BALI

BHARAT

HANUMAN

INDRAJIT

KAIKEYI

KAUSALYA

LAXMAN

RAM

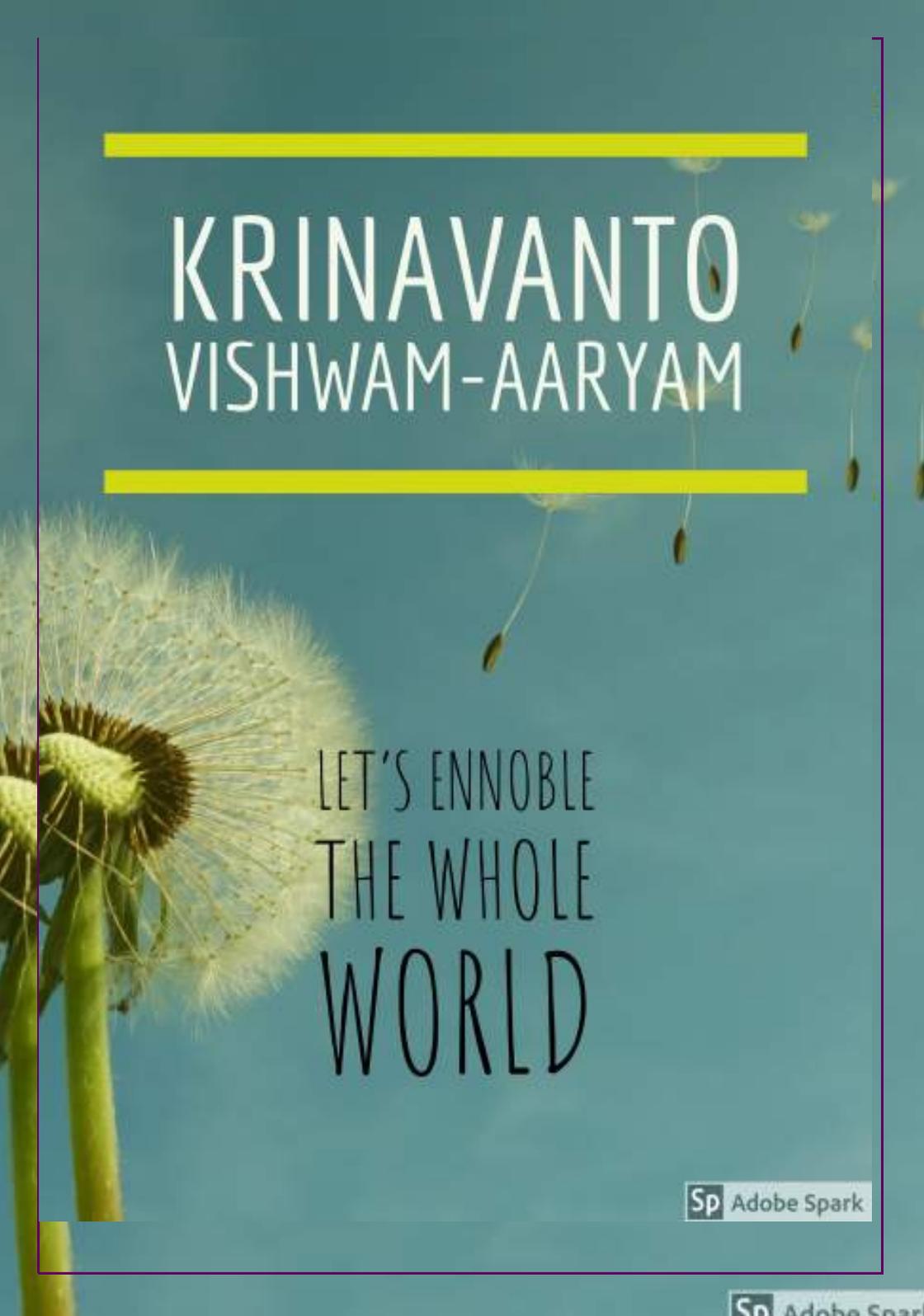
RAVANA

SHATRUGHNA

SITA

SUGRIVA

SUMITRA



KRINAVANTO VISHWAM-AARYAM

LET'S ENNOBLE
THE WHOLE
WORLD

A Bauddhik To Remember

| Summarized by Anirudh Agastyaraju

Priorities in Life

Bauddhik By P.P Dattatreya Hosabale

Why do we as people choose to do certain things and choose not to do others? Why do we choose to use our Christmas holidays to go for the Varshik Shibir instead of going to Mombasa for a holiday with our families, or some other exciting place? The reason we choose any one thing over another is because of our priorities.

Why do we come to Shakha every day, as well as come for the Utsavs and take weeks out of our working and student lives to attend Vargs and Shibir. The reason we do these things is because we have chosen to join sangh of our own volition and we strive to become good Swayamsevaks and Sevikas. That is why we choose to do things which are seemingly difficult over things which are easier. It is always easier to stay at home and watch TV than to go to Shakha and exercise for an hour, but we have decided to become good Swayamsevaks and Sevikas and as such we must adjust to some inconveniences, for the greater good, and for our purpose.

If in life we have a purpose, our priorities are decided for themselves. If the country is in a war period, People will think less of themselves and more for the nation. Soldiers will lay down their lives for their country, the average person will be working longer hours for no extra pay, families will ration foods and not eat to their fill because they know food will be in short supply. This is because of the collective purpose of winning the war. This feeling is born in all citizens of the nation and everyone will give priority to the nation over their other personal priorities.

A few years ago, during the monsoon season, there were very heavy rains and many parts of India were experiencing devastating flooding. At that time, in Guwahati in Assam, there was scheduled to be a Bethak. However the Bethak was cancelled for 2 reasons. Firstly, transport and roads had been disrupted and many people could not reach the Karyalaya for the Bethak. The more important reason the Bethak was cancelled was because Swayamsevaks shouldn't have been having bethaks when there is a flood, they should be working in the sewa capacity. Helping people with food, transport, medicine . A Bethak was impractical because the call of duty was being ignored. It was much more immediately important to provide help to the community than to have a Bethak regarding the state of Shakhas in Assam. So priority shifts depending on the purpose. Even when we think about ourselves, e.g. as students when the exams come close, we have to work more and play less, and in other times we can play more and study less, Because we want good marks in our exams. During the vacations we only play. Work while you work, play when you play, this is the way to be happy and gay. So we prioritize according to our personal life, community, and social life.

When the call of the duty changes, priorities must change.

But in human history, the people we remember are those who had a noble purpose in life.

When Bhagwan Ram was asked to go into exile for 14 years, he could have refused the request and crowned himself King. No one would have stopped him, however he chose to go to the forest. He saw it was his duty towards his father, mother and to dharma. So his priority became upholding Dharma and showing respect to his parents over becoming King.

There was a man called Albert Schweizer. He was an accomplished musician and teacher, as well as a priest. When he read of colonialism in Africa and the number of people dying because of various diseases, he was troubled, and began studying to become a physician while giving piano classes in order to pay for his tuition. . After many years of study, at the age of 38, he purchased swathes of medicines and sat on a ship to West Africa, which was a French colony at the time. There he built a hospital which he ran for close to 40 years. He was awarded the Nobel peace prize in 1952, but he didn't start off learning medicine and giving piano classes for the future hope of gaining a Nobel peace prize. Then why did he do it? For people he had no relation to, People thousands of kilometers away, what did he have to gain? It was the noble purpose that he gained which caused everything else in his life to shift and center around his new purpose of helping mankind.

Prince Siddharth became Gautam buddha after seeing 3 things. Why didn't he remain a prince? Because something disturbed him so much that he had to find out what was the ultimate truth. Where he became the buddha. If he was a prince or a king, we wouldn't know who he was today. There have been thousands of king. Many other kings existed at the same time but we don't remember any of them.

There's a story of a soldier in the kargil war. He received a letter from home and kept it sealed, because he didn't want to be distracted from his purpose then which was to go on the battlefield and win. Thus he knew what his priority was. In Sanskrit they say you have to sacrifice something small to gain something big. If you have to sacrifice yourself for your family? You must. A house for a village? You must. A City for Country? You must. Great things can be achieved by great sacrifices only.

If you want good grades, you have to sacrifice play. So we have to decide a goal, and sacrifice whatever necessary to achieve the goal .

And just from choosing a goal, doesn't win the war. Sami v says you have to ask 3 questions after making a goal. 1. do you feel intensely? I cannot sit until I do this? In your body? If yes

2. only will is not enough. Do you have a plan to execute something? If you want to be a big industrialist, you can say anything.

Are you dreaming day and night of being bill gates,

3. there will be many impediments, and when faced with them, will you give up the goal, or do you have the strength to face them.

He gave his answer to that with his life, which is why we remember him. Otherwise why would we? Like the north star, it always is in the north. Whatever the conditions, your goal must be clear. If you have a clear goal, your priorities will decide themselves. Which is why our goal cannot be selfish. **My** career, **my** family, **my** health. This is not a noble goal. They only live who live for others. The rest are more dead than alive. Footprints in the sands of time.

We must strive not to be changed by circumstance, but to change circumstance. Your purpose in life is what will decide whether you are weak or strong, and only the strong are remembered in human history.

What are the most Valuable Skills and personality traits in the work-place of today?

We ask Yuvas

| Yashvi Jayesh Bhadania



In most circumstances when faced with several equally qualified professionals, employers look for the possession of certain skills and character traits to help them make a selection. These skills and traits go beyond intelligence and communication skills and into the qualities that indicate you will be a great person to have on the team. The recent work-

place has changed drastically from being idle to very arduous and this is why specific skills and character traits are required.

In this challenging workplace, it is crucial to be flexible, agile, and quick. Employees should be able to identify, react and respond to changing needs and customer desires with no time wasted. The skill of working under pressure is also very vital as today's work place is quite hectic because of many activities that take place at once.

Today's workplace is filled with a range of challenges so in order to face them triumphantly one must be able to multi-task and be precise.

Multi-tasking is a must have skill for the reason that modern technology complicates the situation for many workers since they are expected to handle simultaneous demands through email, text messages, phone calls, and in-person contact with constituents. It's become the norm to check your phone and your email while working on other tasks.

Employees should be able to adjust to different cultures, personalities, and ways of doing things. For example, when collaborating with an introverted employee, they should have the emotional intelligence to know that this person needs quiet time to think before speaking. The best employees want to know about different ways of doing things. They wonder how others are doing something; what other organizations are working on; and how teammates are doing in their lives or jobs--particularly when the teammates live elsewhere in the world. Being curious is an important trait for gaining knowledge and showing people that you're interested in them.





Since I was in school I have known by looking at my seniors that the three C's are always going to be important in the workplace today, tomorrow and all the days ahead. The first one is **Confidence**. If you don't believe in yourself then no one will, Sometimes someone might think you are over-confident about yourself but don't let them stop you from accomplishing your target. Don't be shy or nervous in saying "I don't know" or "I can't do this" because having the confidence to say that is a powerful skill. A clear rejection is always better than a fake promise.

I'll move on to the next one which is **Clarity**. This where the secret on how to get confidence lies because the only way you can get confidence is by becoming very clear about who you really are and what really matters to you. Your boss will always fail to understand if you use comforting lies to just to impress him/her. So just be clear and real about yourself so you don't end up being somewhere where you never belonged. The simple code is here is **Just Be Yourself!**

The third one is **Care**. Caring at workplace means that work is completed on time with the maximum accuracy. Don't be like "let me just finish and leave then he will just see and correct the mistakes" but just learn to care and know how much your work means to the organisation, In simple terms know the value of the work you deliver.

"Love What You Do And Do What You Love"



One year ago, I started working in an automobile company, where I currently work as a trainee in the accounts department. Initially I was very nervous and excited at the same time about my first job. On the first day, I walked in with a great smile and I was welcomed in a manner that I wasn't expecting; a huge pile of work was waiting for me.

At work it is important to communicate and coordinate with everyone, especially while working on a project. Communicating with people from different levels in the organization is equally important. This is one skill that I acquired from the workshops and team discussions during the Sangh Shiksha Varg (camps) where everyone has to participate.

In addition, time management is key at work. This is where I excelled because of my experience with the Sangh. I did well because of the Karyakarta Nirman (man making process), where we are given various responsibilities that need to be completed in a specific period of time.

Moreover, companies expect you to be a critical thinker especially during crisis. For example, a financial manager will need to be a critical thinker when there are bad cash flows in the company. During this time, one has to be innovative and creative; finding better ways of solving challenges as well as stream-lining processes. One has to also learn how to work under pressure.

Lastly, I am really fortunate that while doing Sangh work, I have been given the chance to develop the above skills in myself.

| Deep Patel



HONESTY- always do the honest thing. It makes employees feel like they know where they stand with you at all times.

FOCUS- know where you're going and have a strong stated mission to lead people on. If you're not sure, how can your people be sure? You have to have strong focus and stay the course.

PASSION-whatever it is, you must have passion for what you're doing. Live, breathe, eat and sleep your mission.

RESPECT-not playing favorites with people and treating all people—no matter what station in life, what class or what rank in the org chart—the same.

EXCELLENT PERSUASION ABILITIES-people have to believe in you and your credibility. Image is everything and the belief people have in you.

CONFIDENCE-if you don't believe in yourself, no one will. Having the confidence to say "I don't know" is a powerful skill.

Now moving to the skills needed:

COMMUNICATION SKILLS-employees work with others by communicating thoughts, concerns, and desires clearly.

TECHNICAL KNOWLEDGE-they always expect one to understand basic computer software programs that offices typical use, including those for composing documents, email, and possibly spreadsheets and slideshows, plus familiarity with the internet.

TEAMWORK-most business environments today expect or encourage team work. Some are actual, defined teams, whether for a particular project or for all work. For others, teamwork is more of a collaborative vibe that generates energy throughout the work place.

ORGANISE AND PRIORITIZE- to organize means to classify assortments of things, ideas and whatnots into groups according to specified criteria. To prioritize means to order the elements of a group according to importance.

COMMITMENT TO WORK-one can have every skill on an employer's list, but they're worthless without commitment to show up on time every day and buckle down to complete your prioritized tasks.



Raksha Bandhan

| Abhi Patel

The name, Raksha Bandhan, translates to 'Protection Bond', which signifies the promise to protect. On this auspicious day, sisters tie 'Rakhi' around the wrist of their brothers. The Rakhi thread is considered as sacred because it reminds of the promise a brother makes to her sister that he will protect her until death. On the occasion, sisters pray for the good health and wellbeing of their brothers and in return get gifts from their brother.

The festival of Raksha Bandhan is known to have originated centuries before and there are several stories related to the celebration of this special festival. Some of the various accounts related to the Hindu mythology are described below:

Indra Dev and Sachi- According to the ancient legend of Bhavishya Purana, once there was a fierce battle between Gods and demons. Lord Indra- the principle deity of sky, rains and thunderbolts who was fighting the battle on the side of Gods was having a tough resistance from the powerful demon King, Bali.

The war continued for a long time and did not come to a decisive end. Seeing this, Indra's wife Sachi went to the Lord Vishnu who gave her a holy bracelet made up of cotton thread. Sachi tied the holy thread around the wrist of her husband, Lord Indra who ultimately defeated the demons and recovered the Amravati. The earlier account of the festival described these holy threads to be amulets which were used by women for prayers and were tied to their husband when they were leaving for a war. Unlike, the present times, those holy threads were not limited to brother-sister relationships.

King Bali and Goddess Lakshmi- As per an account of Bhagavata Purana and Vishnu Purana, when Lord Vishnu won the three worlds from the demon King Bali, he asked the demon king to stay beside him in the palace.

The Lord accepted the requested and started living with the demon king. However, Goddess Lakshmi, wife of Lord Vishnu wanted to return to his native place of Vaikuntha. So, she tied the rakhi around the wrist of demon king, Bali and made him a brother. On asking about the return gift, Goddess Lakshmi asked Bali to free her husband from the vow and let him return to Vaikuntha. Bali agreed to the request and Lord Vishnu returned to his place with his wife, Goddess Lakshmi.

Santoshi Maa- It is said that the two sons of Lord Ganesh namely, Shubh and Labh were frustrated that they had no sister. They asked for a sister from their father who finally obliged to their sister on the intervention of saint Narada. This is how Lord Ganesh created Santoshi Maa through the divine flames and the two sons of Lord Ganesh got their sister for the occasion of Raksha Bandhan.

Krishna and Draupadi- Based on an account of Mahabharat, Draupadi, wife of Pandavas tied a rakhi to Lord Krishna while Kunti tied the rakhi to grandson Abhimanyu before the epic war.

Yama and the Yamuna- Another legend says that the death God, Yama did not visit his sister Yamuna for a period of 12 years who ultimately became very sad. On the advice of Ganga, Yama went to meet his sister Yamuna who has very happy and performed hospitality of her brother, Yama. This made Yama delighted who asked Yamuna for a gift. She expressed her desire to see her brother again and again. Hearing this, Yama made his sister, Yamuna immortal so that he could see her again and again.

A Lesson from Bees

When we talk of Vishwa Dharma, it will have to span the globe. Our current population stands at **7.5 Billion people**, and is expected to grow to **11 billion by the year 2100**. Anyone who has been a shikshak/ shikshika in Shakha before will know that it is sometimes difficult enough to control a Gana of 20 people, let alone 11 Billion. If we however compare ourselves to some of the most organized species in the Animal kingdoms, we will realize that there must be a way. If we look at bees, there are currently over **5 trillion** bees in the world. They outnumber humans more than 450 times. These are some lessons we can learn from Bees.

1. WORK TOGETHER

In a single colony, there can be thousands of bees that need to work together in order to survive. Survival is a pretty good incentive to work together -- and in order for an ideal Shakha the Swayamsevaks must work together. Bees have neither ego nor ulterior motives they're working around. Instead, they are totally focused on obtaining the goals for the betterment of the entire colony, not just specific individuals.

2. COMMUNICATE

Just as bees best communicate in dances and pheromones, the Shakha must have a solid communication structure in place. The ghat padhati system should work effectively and efficiently. The soochna's should start from the Nagar Karyavah and flow down to the Ghat Nayak and finally to the Swayamsevak. If bees were unable to effectively communicate with one another, their very survival would be at stake.

3. ADAPT

A bee's survival also depends on their ability to adapt. If environmental factors such as extreme temperatures or drought threaten their survivability, bees will relocate to better circumstances. They don't let personal feelings or the notion of 'always done it this way' interfere with the bottom line. Similarly, a Swayamsevak should be willing to adapt. A great example are the Pracharakas on how they adapt to different types of weathers, foods etc.

4. SERVANT LEADERSHIP

Yes, there is a queen bee -- but she isn't a tyrannical leader laying down laws. Rather, she is a servant to her hive, laying eggs and producing more quality bees to help ensure the hive continues. The queen knows her role within the colony and performs her duties while trusting the hive to do their duties. In Sangh the Shikshaks are constantly trying to transform the Swayamsevaks to Karyakartas.

5. DIVISION OF LABOR AND THOROUGH TRAINING CAN BE HIGHLY EFFICIENT

As bees mature, they move through all the jobs in the hive before becoming food gatherers. This means that they all know how to perform a whole range of jobs and in an emergency situation they can revert to former occupations to lend a hand. This is the key to enviable flexibility and adaptability. In Sangh a Karyakarta should have all the skills from Baudhik to Sharirik, from good interpersonal skills to good cook. As a Swayamsevak passes through the rigorous training he transforms to a Karyakarta.



Hindu Swayamsevak Sangh (Kenya)

www.hsskenya.org