

nurture

Nature, Child and Humanity



AN INSIGHT OF DATTA'S
TRANSFORMATION
THROUGH MEDITATION

3

Social Commitments of



**Warrier
FOUNDATION**

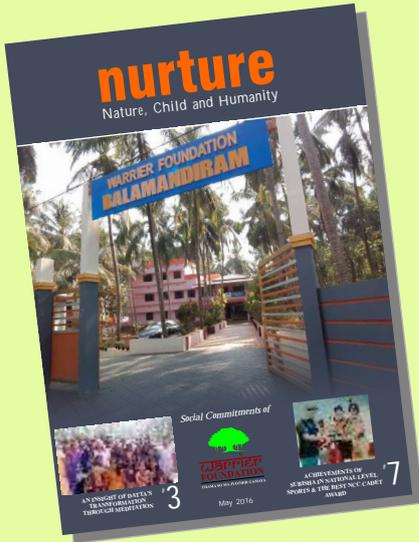
THAMA SO MA JYOTHIR GAMAYA

May 2016



ACHIEVEMENTS OF
SUBISHA IN NATIONAL LEVEL
SPORTS & THE BEST NCC CADET
AWARD

7



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Editorial

It is always better to ask a question how the magazine NURTURE to be developed and formulated. Our answer can also vary depending upon the time and people who are contributing for it. It is also important what we want to communicate relating to Warrier Foundation since the magazine is dedicated to it.

It is amazing that many people wanted to contribute for it, especially who are related to Warrier Foundation and also some of its values like developing an individual in all spectrums of life including professional, family and spiritual.

This magazine is bringing out, especially with few articles related to some of the students who had studied in Balamandiram or support received from Balamandiram for their education and professional life. While relating to these people we will get an immense feeling that how we are able to transform someone's life who are suffering due to financial constrains, family problems and lack of infrastructure etc.

It is worth reading the Story of Subisha, who had come from an Adivasi area and became a champion in sports and represented National games at school level and University level. The amount of silver and gold medals what she achieved is beyond count. She was a captain representing Kerala and LakshaDweep for NCC parade on republic day and also achieved best Cadet Award on state as well as National level.

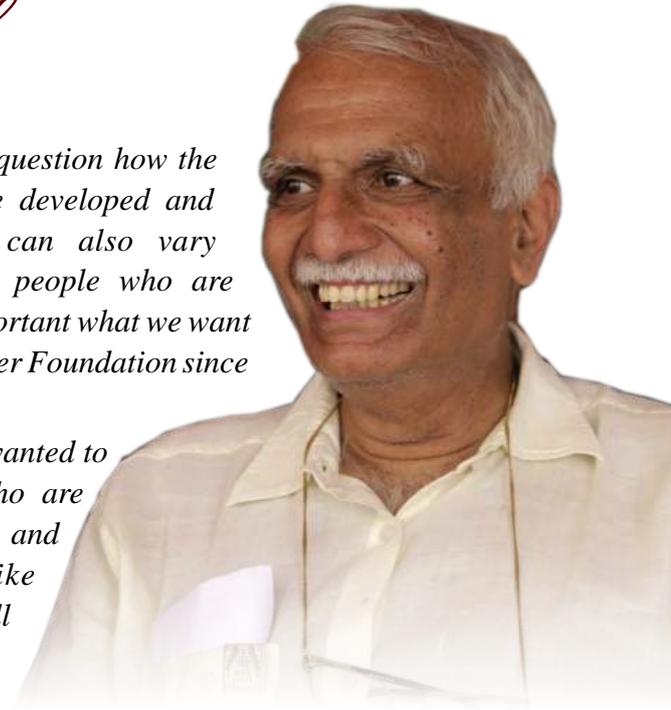
Datta Salunke, was very naughty in his childhood and did not attend school regularly in his village. Ultimately, he ran away from home and came to Mumbai. In Mumbai, he got transformed due to his urge for spirituality and meditation. There are many stories related to our inmates including Vijitha Krishnan, Tulasi, Ajeesh Kumar, etc.

There are articles related to philosophy and also extract from the two books – Retrospection, written by Mr. A. S. Madhavan and Fulfilment, written by Mr. Balan Varier. Appreciate if you can have some time to find the inside stories of Warrier Foundation and also its projects and programmes.

We will make Warrier Foundation a movement with high values and philosophy and also get related to the students who had studied at Balamandiram and became role models.

We are also anticipating more and more contributions from the readers and all people related to Warrier Foundation.

A S Madhavan



INSIGHTS OF DATTA'S TRANSFORMATION THROUGH MEDITATION

Hema, who written this article is highly spiritually evolved got an initiation (Light and sound) in the year 2013. It was surprised to hear that she do gets up at 04:00 am and do meditate for minimum 2 hours daily and also find time late night many be even after 10:30 pm to meditate more than 1 or 2 hours before sleep. This gave her a lot of confidence and trust within herself to support family since her father is suffering from Heart and Brain disease and being only one earning member. She is also taking care of education of her daughter and in addition to take her profession career in a well reputed Logistic Company. Its also surprised to see that during a profession career she was able to study privately Graduation (B.Sc); B.Ed. & L.L.B. and also she is looking forward to pursue M.B.A.

This is reflection of stillness within oneself and this is also an example of an old Saying

"WHEN THE MIND IS FAST IT IS SICK AND WHEN THE MIND IS STILL IT IS DIVINE".



Hemprabha Pimpalkar

Meditation is a method for acquainting our mind with virtue. The more familiar our mind is with virtue, the calmer and more peaceful it becomes. When our mind is peaceful we are free from worries and mental discomfort, and we experience true happiness. If we train our mind to become peaceful we shall be happy all the time, even in the most adverse conditions, but if our mind is not peaceful, then even if we have the most pleasant external conditions we shall not be happy. Therefore it is important to train our mind through meditation.

Meditation is a very powerful tool. Meditation helps to develop your concentration, your sensory



A generous gift given by Datta at the time of retirement



Datta with Balamandiram children in Kerala

awareness, your ability to be in the moment and flow, your ability to deal with negativity, less reactive, and generally become more balanced overall. Unfortunately, it is very difficult to establish a regular meditation practice – if you do, it is testament to your tenacity and wisdom.

Datta Salunke, aged 25 years young boy joined Flyjac on contract basis through Spick N Span as office boy in the year 2010, who was serving tea and coffee to all the employees.

He was very short tempered and used to get very angry if anyone ask him to do any work. During his childhood the villagers considered himself as Jungle Ka Raja. The King in the Forest.



He was enrolling his friends and normally take them to the forest for playing than going to school. While he was studying even in the higher class he was not attending regularly because of teacher questioned him. He had inhibition of removing chappal and beating the people. There was a strict instruction for all the children in village not to associate with him and even the parents were in embarrassment situation. Ultimately one day he himself has to ran away from village without informing anyone and landed in Mumbai the concrete Jungle.

After some time he was appointed as Care taker in our Guest House. His duty was to take care the Guest house and the guests who are vising there.

He got an opportunity to meet Mr. Paul Mahay who was an adept came from UK. He used to sit continuously more that 4-5 hrs for meditation. Many people used to meet Mr. Paul. Datta asked Mr. Paul that why are you sitting closing your eyes? What benefits you are getting? Mr. paul asked him to sit next to him and advised him to close his eyes. He felt very nice and also started to sit for meditation along with Mr. Paul Mahay. He likes it very much and started enjoying... With continuous practice, he felt himself very comfortable, pleasant.

Data was very angry, was not having any interest in studies. His parents used to go to temple for his benefit. But due to meditation, going deeper and deeper he became very relaxed, his anger totally ran away. His parents were really shocked to see the tremendous change in Datta and came to Bombay to meet Mr. A. S. Madhavan. They thanked him from bottom of heart. They brought a nice gift (Bamboo tree) as a token of love which is still in Madhavan sir's cabin and growing well.

Datta got an initiation (Light and sound) in the year 2013 with the grace of Adept Mark and his life is totally changed. He became very much confident and positive. His advice is very much appreciated by his family, society which is a great achievement...

He himself is always helpful to others. He can be

friendly with anyone. He distributes gifts to everyone which comes really from within.

Let us look at the Uniqueness of an individual like Datta what we have subsequently perceived. Recently in his organization the General Manager and one of the Senior employee retired and was parting from our organization. There are more than 2000 employees and few employees jointly contributed and given gifts but there was an exception. It was Datta, to whom we noticed that he wanted to reward them with a special gift which no other employees even thought of it. There was really a great appreciation for this attitude and action. In another occasion he attended a spiritual camp at BalMandir, Warrior Foundation, Kerala. It is obviously, we all seen he was the only one person bought bangles and sweets for all the children who are living in the BalMandir are under privileged and gifted them. There were lot of Foreign delegates, many Senior Managers and Directors of office organizations were present but none of them thought of giving gifts to the children and getting related.

How an individual can get this sort of feeling of giving, especially when they are having a very low income and also have a large commitments of repayment of housing loan which he has recently taken. He also has to support his parents at this village.

While a person is meditating he normally start living for the moment which also gives him lot of freedom and the feeling of oneness. Enlightenment is a state of being for the present and also achieving a very higher state. When someone starts witnessing his thoughts than becoming a victim of it.

He is not having a fear and worry about future and no regret for the past. Being present will definitely take him an everlasting blissful state, that is a state where love and compassion will be integral part of humanity.

Meditation isn't always easy or even peaceful. But it has truly amazing benefits, and you can start today, and continue for the rest of your life.

THE COLORS IN BALAMANDIR

Thushara B.

Yes, there are lots of colors in the world, which will give happiness to our eyes. When you are adding little colors to a white paper it will look attractive and impressive. Take a color pencil and draw some pictures and color it with different colors then look into it you will feel very happy that you have drawn a picture and beautifully colored it. **If you can color a white paper and make it beautiful, why can't you color your life and make it more beautiful.**

Here in balamandir we are coloring our life and making it most beautiful, by learning spiritual, cultural, values. When we are looking into our life we are finding lot of changes which added beauty to our life.

*“Asatomasatgamaya
 Tama soma Jothirgamaya
 MrithyormamritamGamaya
 Om Shanti Shanti Shanti Om ”*



Yes, the beautiful lines are becoming meaningful in the life of Balamandir inmates. From the illusionary, dramatic world we are stepping into the reality of our life where we are enjoying each and every aspects of our life. The family atmosphere in the Balamandir teaching us to enjoy our life. There is no unhappiness, there are no worries, no tension because here we are trained to be happy with whatever we are having and what we can do best in the next . It's a transformation from darkness to the lightening world, where it's filled with different

colors. As a part of adding colors to our life we are learning yoga, meditation and our culture from balamandir. Those who know the value and importance of things what they are getting in their life, definitely they will reach the heights of happiness and success. We Balamandir inmates, know the value, what Balamandir adding to our life. And we will be thankful to each one of you those who are part of Balamandir for its success and growth, as well as to those who are helping us to add colorful moments in our life.

Vijitha Krishnan -

Hotel Management Student



Vijitha Krishnan – is a hotel management student in Angamali, who is continuing her happy and successful seven years life in balamandir. Vijitha is from Kasargode district in Kerala, joined with us in balamandir when she was 11 year old. She is

very silent and wonderful girl who shown interest in learning Yoga / Meditation / Veda And very active in all balamandir activities. She was really amazed us when she got an opportunity to learn yoga. She was able to do all the difficult postures in Yoga with her self-determination. She is girl from poor family consist of father mother and two sisters. After She finished her plus two with a good mark, our madhavan uncle opened another way to her life and got admission for her in hotel management course. Now she is very happily perusing her course to achieve her dreams.

Thulasi Balakrishnan –

Nurse, Lakshmi Hospital Ernakulum



Thulasi Balakrishnan, who colored her life with the nursing by her profession. She was an inmate in balamandir for five years, and she is my Sister too. She did her plus two in Science Group and scored good mark.

When She was there in balamandir she shown much interest in taking care of the younger ones. After Her plus two balamandir has shown a better opportunity to her life. With the help of balamandir she got an opportunity to study for GNM (General Midway Services) in LAKSHMI HOSPITAL Ernakulum. It was Madhavan uncle's greatness that she got an opportunity to study there. And the entire Fee for the course paid by Balamandir. With the values, care, affection she acquired from balamandir made her to be successful in her profession. She was the Best student in Lakshmi School of Nursing. Now she is working in Lakshmi Hospital. At the age of 20 she is an employed girl, who is giving a helpful hand to her parents . While she was studying for nursing she had taken care of one of the patients of Lakshmi Hospital. He was so much impressed and knowing her commitment and devotion to her work and family, he had given her a cheque for her last year college fees. Next day, that patient had died and that must be the last cheque prepared by him. She is blessed to build up a character, integrity and relationship in her life due to upbringing in Warrier Foundation.

Ajeesh Kumar –

Hotel Management Student



Ajeesh is a hotel management student in Angamaly who is completed almost seven years in balamndir. He is from Kasargode one tribal village in Kerala. It was Mr. Kannan, a social activist who helped him to reach

balamandir. Now he is in the busy life of completing his course and getting a job to help his family.

Mr. Das is one of the largest hoteliers having a chain

Contd...

From the heights of happiness

SUBISHA - PRESTIGIOUS AWARDS IN NATIONAL & STATE LEVEL SPORTS

I am Subisha from Wayanadu district in Kerala. I am from a small tribal village. I am proud to introduce myself as the first inmate of Balamndir. I was very much interested in sports activities during my school days. But I found difficulty to practice and peruse my dream to become a good athlete. We have to go a long distance for getting the training as well as I couldn't get any good coach over there. Since we are in tribal area we didn't get better opportunities for good training. Later I came to know about Navamukunda School in Malappuram district where we will get good training and support for sports activities. The Next hurdle was where I can get accommodated, if am going to get admission how will I manage my life. During That time my family situation was not in a sound position. Then I came to know about Balamandir, myself and my father went Balamandir explained our situation. It was really unbelievable for me that I got the admission over there. I started dreaming on my wishes. The initial days with our Amamma Thilakam Warier and Muthanchan gave me a homely atmosphere. Later in few days some more girls came in Balamandir as inmates, who became my best friends. I got an opportunity to interact with all of them and we had nice days over there.

Since my parents were uneducated and from village, we have not trained how to behave in front of others. I did so many mischiefs, what I use to do at my home. I have stolen Sugar, milk powder and ate without seeing anyone. One time they found that it's me who is doing all these, that day, I thought I, will be getting nice scolding from

Amamma for my mischievous. But the reaction from her really stunned me, she called me next to her and given some more milk powder and told "all these are for you people only , when we are ready to give, why do want to steal something . It's not a good habit, if you want to eat something ask someone then take and eat. And never try to steal something ". The attitude of Amamma made me to think a lot. After that I have never done such mistakes. Because we know that whatever we have to get in our life they are giving.



I successfully started my training in sports activities, every day I started going for practice. And I got the confidence that I can fulfill my wishes. The life in Balamandir helped me a lot in my sports activities. The prayer session, yoga and other motivational classes we got from Balamandir made me stronger. I started participating in school sports competitions and won many prizes; I always felt that some blessing and supporting power in my mind. During

my 10th standard I got opportunity to participate in district level and I won gold medal for 100 and 200 mtr huddles.

When I was in 10th standard the golden opportunity came into my life that I got selected for 4th National Games which held at Aurangabad. I won bronze medal in weight lifting. The day when I started from Balamndir to participate in national Sports meet, I touched Amamma's feet and got blessing from her. It was the first time I did like that in my life. And when she hugged me I felt the motherly affection even my parents are far away from me. Her wishes and my parent's prayers made me to achieve bronze medal in national level.

I won many prizes in my school life, gold medals in district levels, state level etc. During 2012 I won silver medal in state level weight lifting, I started working hard for my next target, that is to win Gold medal in weight lifting. It was indispensable for me to spend more time on my practicing. Every day I started my practicing in the early morning hours and most of the day evening workouts extended till 7 'o clock. On those days I noticed that when I will be entering Balamandir, our Amamma will be there in the veranda waiting for me, which was really an inspiration for me. Then the day came for me to attend weight lifting completion in state level when I was in 12th. I saw that all Balamandiram inmates were praying for my success. After getting the wishes from Amamma I started. I had the confidence that I can win the competition. Finally I did it, I won Gold Medal In weight lifting in state level. I felt very happy in my life, that I could achieve my dream, more than me I found happiness on Amamma face.



The atmosphere the life in Balamandir has influenced my life a lot, each and every time when I will go home by seeing my attitude and behavior my mother use to tell that I have changed a lot . When she looks into my face I could see the happiness in her eyes. It's our Amamma, who taught us the greatest wishes and prayer you get is from your mother no one else. Whenever I am returning from home I will touch my mother and father feet, the moment they hugged me tears was coming out of their eyes. It was really a heart touching for me, and made me very close to them. Thanks for our Amamma for adding such values to my life.

After completing my plus two, I joined for degree in BA Malayalam, during degree first year I got

opportunity to participate in university level sports activities. I became HETA athlete in university level. Also in university level I won so many silver/ gold /bronze medals in different sports. I got opportunity to attend TCS Delhi NCC camp. I represented for Kerala and Lakshadweep as team captain.

Because of my practicing and training I missed a lot of opportunities in my Balamandir life, we had weekly classes for yoga, dance, and many classes. Even I missed all these I never missed to get scolding from Amamma for not attending the spiritual classes and yoga. She uses to tell "you should give priority to your ambitions, and it's not good that you are missing the good thing which will add value to your life. You should understand and learn to manage both". After that I started giving importance for that also. It really helped me a lot. Each day in Balamandir is like a new chapter for me. We are blessed with learning new things experiences etc.

Now I have an ambition to become a police officer, and I want to serve for the nation. I have the confidence that I can achieve my dream.

Now am in the heights of happiness that I got the BEST NCC CADET AWARD in State level, and the award distribution was on 6th of May, which is a life time achievement for me. I would like to thank Amamma and Madhammama, my coach for making me to achieve this great award. Without all these support I would have not reached anywhere.

Thanks to god for taking me to Balamandir and experiencing the value of life and making me to achieve my goals. Am very proud to be an inmate of Balamandir, who made my life meaningful.



Balancing the imbalance...

The day has come where an individual does not understand what should be the priority?

The career/ work life that he has made, so that he can run a home? Or the family for whom he is striving hard at work? Or the friends who are an extension of his work life & the family? Or the health that is taken granted in the whole confusion?

This imbalance between the personal & professional life is a burnout, a syndrome that includes emotional exhaustion, depersonalization of relationships, patients and the work, reduced

sense of accomplishment (negative self-evaluation), and can be associated with impaired job performance and poor health.



*Aparna Warriar
Flyjac Logistics*

The priorities change over the period of time... The intensity of importance of these entities keeps shifting for an individual at every stage of life. But without the balancing act, life will become a total imbalance!

Contd...

THE COLORS IN BALAMANDIR

of hotels in UK. He has acquired more than 20 acres of land at Chalakkudy and is establishing a Hotel Management Institute with all modern facilities along with a holiday resort. His intention is to give opportunity for the underprivileged children who had passed 12thstd for their further studies. He has selected 8 students. Out of which 6 students are from Balamandiram of Warrier Foundation. These students had been given intensive training in all activities related to Hotel Management including English teaching, Etiquettes, farming, cooking etc. They are also teaching the students depends on their liking in arts like dance, pottery and many other areas. There is tremendous transformation for these children. Once they complete their course, they will give a presentation reflecting their experience in cooking

and other areas. There are foreigners staying with them to teach English. They also have professionals from different fields from Kerala.

We are sure, once they finish their course, these children can be placed for their profession not only in India but in foreign countries also.

Warrier Foundation is indebted to Mr. Das for his commitment and vision. He is giving a feeling to the children that even while planting a tree or cutting vegetables, cooking food and serving in a restaurant, our feelings and emotions will definitely reflect. while we are Children at Balamandiram of Warrier Foundation are blessed to learn different aspects of Hotel Management.

Thushara is an ex inmate of Warrier Foundation and presently working with Flyjac Logistics



Date with Myself

Dr. Shashi Kutty

Every morning, after waking up, I lazily sip a cup of tea. Even before the last drop has gone in, I begin to drift off to never never land! I hear a constant whistling somewhere – I don't know from where. There's a sense of everything receding - dropping off - of just plunging on and on.

I've been doing this for donkey's years! It's become second nature by now. I keep doing it all the time – while going for a walk, while going plop on the sofa to watch some silly show on TV [after a day of hard work, you are too tired to do anything but sit in front of the idiot box]. I have learnt to do it with eyes open as well as shut – so it comes in handy at meetings.

Why do I do it? I don't have any rational explanation – just like drunks who swagger out of a bar. It's really heady and intoxicating – like when you down a Patiala peg or two. If I don't do it one day, it leaves a dreadful hangover – a sense of drowsiness and heaviness for the rest of the day. I confess, I have become really addicted to this opiate called 'myself.'

I draw solace from the fact that the 'Shastras' [sacred texts] have something to say in the matter. They make a distinction between 'Dhrig' [the seer] and 'Dhrishya' [the seen]. It is easy to describe the seen – it's there before the eyes. But who is the seer? Is it the eyes? They are just the lens through which one sees! Is it the mind? The moment you search for the mind, it disappears [try it out and see]. Then who is it that sees the eyes as well as the

mind...! And you will soon drift off to 'never neverland' ! You can also call it 'nowhere' or 'now here.'

But enough of this nonsense—this pun on words ! Forgive me, dear rational readers. It's just the ramblings of a lunatic.



It's painful to get up from that chair and get to work. Often times, I remember Robert Frost's famous words

"The woods are lovely, dark and deep. But I have promises to keep, and miles to go before I sleep, and miles to go before I sleep."

This morning I was jerked out of my seat of restfulness - in fact my mind won a great victory on me when it succeeded in reminding me that I have to write this 'stupid' piece [I call it stupid only because it broke my reverie – no offence meant].

I sum up

Those who say that idleness is the devil's workshop are ignorant fools. They don't know what they are missing!

Is it God's smithy!!!

Dr. Shashi Kutty is a professor, consultant and an authority in Insurance and corporate finance & management.



VOCATIONAL TRAINING CAMPS

Vocational training camps are highly important for the students for their upbringing. A camp was conducted by Swami Adhyatmananda at Bharatiya Vidya Bhavan, Ramanattukara. Dr. Kumari from Ernakulam had taken the initiative and sponsored our children for this camp. Mrs. Thilakam Warriar, who is heading and managing the Balamandiram, Thirunavaya, had visited the camp along with other students. We are lucky that, even though, there was an accident of their vehicle while coming back after attending the function, there was no casualty. We had to manage another vehicle to bring them back to Balamandiram. To develop good character, attitude and also moral values these sort of camps are highly valuable. Warriar Foundation is giving lot of importance for that. Hence children are getting lot of exposure of external world.

Warriar Foundation also supported the children



for preparing for the entrance exam by sending them for private tuitions, even during summer holidays. There are possibility of some of the children going for medical, Engineering or CA entrance exams and will pass the test due to the personal attention. Warriar Foundation is totally



committed and dedicated for giving opportunity for the children for higher studies.

Few of the students, who had gone for the KumbhaMela at Ujjain was attending 40 days camp conducted by Swami Nityananda. Since the classes were in English, there was reluctance from some of the students and discontinued the camp. We cannot leave to the discretion of the students to decide about their future course of education. It is also our moral responsibility to enroll them. We will be discussing with the children and their parents what went wrong for them to return back and we will find an amicable solution not to repeat it in future. For these sort of camps, the Ashram was charging Rs.2.5 lakhs and it was free for Warriar Foundation. In spite of that few of our children were not able to take the advantage of it.

Warriar Foundation is a happening place and always there are programs and events by way of satsang by different learned people like Dr. Raman, Swami Udit Chaitanya, Swami Ritodgata Mytri, Foreign visitors, Counselors Dr. K. T. Jaleel, Shri Abdul Samad Samadanietcand also sending the children for vocational training and other activities. It is for the child to take the righteous path what they will be looking for in coming days. ■

SELF REALISATION

Taka Swamy is living in an Ashram adjacent to Ellora caves. He was meditating in a cave for many years. During my conversation with him recently we had discussed about self realization. It will be ideal to mention some of the extracts of our conversation.

He has a temple in his Ashram. His interpretation regarding chanting mantra while doing Pooja etc is that chanting divinity of the GOD, the Adwaita – oneness. He is also surrendering while doing a Pooja on a mental aspect that whatever possessions we have to offer to the divinity with the ultimate aim of reaching the oneness – GOD – AhamBrahmasmi. He admits that this process also not required once you reach the higher state of awareness and there is no real meaning in Poojas and chanting .For a beginner it will help to purify the thoughts and mind and doing yagna will help us to surrender and sacrifice everything.

When the mind is purified, ultimately there is no desire and that will help us to have stillness and quietude in our mind, which is one of the leading steps for self realization. Many of the occasions, we are doing mechanically with blind belief certain poojas and rituals and looking forward that GOD will be pleased and will bless us. By ignorance, we think that there is difference between GOD and ourselves and start asking for some favours from GOD for our success in materialistic world.

We have SthoolaSharira, SookshmaSharira, Karana Sharira and the ultimate state is Thuria. SthoolaSharira is apparently our physical body, which has to be protected by doing exercise, yoga and satwik food etc. SookshmaSharira is a state where there is always an emotional feeling and also our own identity as ego. It is highly important to purify our mind which will enable us to act without contamination of selfish gains, ego etc.

Karana Sharira is a state which make us aware that I had deep sleep, I saw a dream or I am in the waking state. 5 sense organs (Indriyas), 5 Karma Indriyas body, mind and intellect are inactive, while we are in deep sleep. In spite of that there is an awareness that we had a deep an sound sleep which is due to Karana Sharira our AtmicNithya Chaitanya. Thuria is a higher state where



we realise that we are one with the divinity – the Supreme self and not being limited by body, mind and intellect. Thuria is a state, which an Enlightened person will be having and he is free from all attachment and not contaminated with any words or actions or thoughts. He is having ultimate freedom from all the activities and will be using his body, mind and intellect as an instrument. His being is always Omnipresent, Omnipotent and Omniscient and nothing can contaminate this higher state. This state can be achieved with the grace of only by a spiritual Master and immense penance.

We should totally surrender and perform our activities with selfless attitude of Karma Yoga, Bhakti Yoga and jnana Yoga.

When we have discussion with spiritually evolved people, there is always a higher state of relatedness. We all should find more and more time for Satsang and meditation, and also should seek for a spiritual teacher who can give by his grace the higher state of GOD realisation.

In Warrier Foundation, there are students of spiritual seekers who are meditating on a divine “Light & Sound” revealed by the grace of a spiritual Master from England. Realisation of Light and Sound is not by sense organs, and it is the primordial energy of creation, which is everlasting blissful state existing within us. Meditation daily and by the grace of a Master the State of Enlightenment is possible during this life time. We have many adepts who are enlightened through this spiritual journey.



BALAMANDIRAM AT MAZHUVANNUR, ERNAKULAM

Warrier Foundation had the privilege to establish a Balamandiram with a commitment of educating underprivileged children, especially from Adivasi area including Attapadi. Few of the volunteers under the leadership of Mr. Rajagopal, Mr. Vinod, Mr. Krishnakumar, Soman Warriar, Anup, Boban and Aniyam Master and many others had taken the initiative to start this project. Mazhuvannur Variyam had offered a place and also gave personal attention for the studies of the children by their school and teachers.

All the 23 students (including the students of Balamandiram, Thirunavaya) have passed the SSLC examination recently with good marks and



distinction. This was possible only due to the support by the local people and the teachers, who had given lot of personal attention to them in their studies. These students had come from very poor background.

Since Warriar Foundation did not have our own building at Ernakulam, we were running the Balamandiram at a rented place. Govt rules in Kerala does not allow to run the Balamandiram at a rented place. We were thinking of winding up the activities of Balamandiram at Ernakulam. The local people had taken this as a challenge and identified a 50 cent land. It was really a miracle that within a weeks time, Warriar Foundation had managed to purchase the land and laid the



foundation stone for the new building on 29th April 2016 in the auspicious presence of more than 100 people. Mr. Soman Warriar and Thilakam K. Kutty along with Mr. A.S. Madhavan laid the foundation stone. Our vision is to complete this project within 4 months and let us visualize that it will become a reality. The initial outlay for the entire work is Rs.1.25 crore. Out of this, we have a short fall of Rs.60 lakhs as on today. We are confident that the project will be completed in time by the support of likeminded people, relatives, friends, social and professional organisations etc. Let us believe in ourselves and surrender to the divinity for this noble cause.

Let us all be a contributor for this noble cause by enrolling and empowering our friends and relatives. The money can be transferred to Warriar Foundation's bank account as follows :

Cheque can be forwarded to : Warriar Foundation, 1501, Solitaire Lake Front, Wadhwa Group, AS Marg, Powai, Mumbai - 400 076.

For RTGS transaction :

Account Name	: Warriar Foundation
Account No.	: 100002018093
Name of the Bank	: IndusInd Bank
IFSC Code number	: INDB0000018
Mumbai Branch	: Andheri (East), Branch,

Social Projects & Programmes 2016-17

Warrier Foundation, in association with like minded organisations had a joint meeting on 2nd April. Lot of prominent NGOs like Giants International, Prasanna Trust, World Confederation of Warriors, Warrier Foundation, Flyjac Logistics, All India Malayalee Association, Hill Side Residents Welfare Association, Akshara for Right Writing had attended the meeting. During the meeting it has been decided that the following projects can be undertaken with joint association and synergy with each other. Details of the programmes presented and concluded are as follows.

Project - 1 : Save a Child - To educate 1000 children

Save A Child



Can we do
something
about this ?



yes
We Can !

Save a Child

Children are the future. It is our duty, as adults, to protect and care for them and nurture them so that they emerge as leaders and builders of tomorrow's community.

WHAT IS THE REALITY AT PRESENT ?

- 2.5 cr girls are not allowed to be born
- 26 lac infants die every year from malnutrition.
- 64 cr children in the developing countries lack access to adequate shelter.
- 22 cr are without access to health services.
- 10 cr children are out of school.
- 11.5 cr drop out after primary school.
- For every 100 girls enrolled in Indian rural schools barely one reach class X.

- Warrier foundation is committed to enroll 1,000 children for giving free education, shelter and healthcare. Let us all become a part of this movement .
- At present we protect 300 children.
- It is possible if we can enroll large number of organization and individuals to adopt children.
- Present cost per child, per month, is Rs.3,500/- at Panvel and Rs. 1,500/- at Kerala.

Save a Child - Educating 300 children at present



Balamandir,
Panvel,
Maharashtra



New Building
for boys,
Thirunavaya



Balamandir,
Thirunavaya,
Kerala



'Universal Centre'
at
Thirunavaya

Project - 2 : Eye check up & Eye pledging

Eye Check-up Camps & Eye Pledging Projects & Programs

- Identify minimum 500 schools (2,50,000 students) and provide specs.
- Organize medical aid on eye related deceases.
- Identify eye doctors and hospitals, who can support at free of cost or at concession.
- Organize cataract operation by identifying charitable hospitals.
- Distribute 1 lac eye pledging cards by identifying Sponsors, NGOs, Societies, friends and relatives by way of awareness campaign.
- Finalization of Core Committee for implementation by way of enrolling NGOs, volunteers & sponsors.

Eye Check-up Camps & Eye Pledging Current Scenario - Blindness

- Of the 37 million people across the globe who are blind, over 15 million are from India. What's worse, 75% of these are cases of avoidable blindness, due to the country's acute shortage of optometrists and lack of donated eyes for the treatment of corneal blindness.
- India has the largest burden of global blindness, about 3.5 million across the country with 30,000 new cases being added each year.
- At present approximately 35,000 corneas are collected in the country every year, whereas 1,50,000 are required annually to combat corneal blindness.

Eye Check-up Camps & Eye Pledging Current Scenario - Blindness



This program was launched to bring eye sight to the under privileged children. While conducting eye check up camps in schools we observed that 15% of the children suffer from eye related disorders resulting in learning disabilities and eventually become weak in their studies. We have covered, till date more than 450 schools consisting of 300000 students in 5 cities in a span of one year. Once the screening is done, an ophthalmologist/doctor is called in for further check-up. If needed, spectacles is prescribed and they are provided free of cost.



This card provides details about the measures to be taken immediately after death and the names of the hospital/doctor to be contacted and emergency phone number.



ARE YOU AWARE ?

- 33% children of school-going age have some kind of vision impairment.
- 7% of these children will eventually become blind before they are 15 years of age.
- 67% of learning disabilities are vision related.
- 45% of children do not have access to specialized eye-care.
- 54% of children whose vision can be corrected may never be able to afford a pair of spectacles.

Project - 3 : Blood Donation Drive

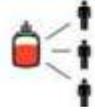
Blood Donation Drive
Target – 1000 bottles – 10 camps





Blood Donation Drive
Current Scenario – Blood Requirement

- Every year our nation requires about 5 Crore units of blood, out of which only a meager 80 Lakh units of blood are available.
- The gift of blood is the gift of life. There is no substitute for human blood.
- Every two seconds someone needs blood.
- More than 38,000 blood donations are needed every day.
- A total of 30 million blood components are transfused each year.
- The average red blood cell transfusion is approximately 3 pints.



1 pint of blood can save up to 3 lives

Project - IV : Swatch Bharat & Tree Plantation

Tree Plantation




Plantation of Mango trees along the roadside of MIDC, Ambarnath.

“Love the nature; it will give back you more oxygen....”

Target – to plant 10,000 trees. Have to identify places, nurseries and method to implement.

Cleanliness Drive (Swacch Bharat Abhiyan)




Target – to conduct 10 camps during 2016 by enrolling at least 40 to 50 persons per camp.

Identify donors like organizations, societies and also get support from BMC for installing 100 dust bins at each locations at different corners.

Project - V : Vocational Training and skill development

Employment Opportunities – Skill Development




- Training to school drop out candidates of Economically Weaker Section of society at L&T Construction Skills Training Institute in Mumbai, Chennai, Bangalore, Delhi and Kolkata.

Target – Identify institutions like L&T to give employment opportunities. Identify at least 1,000 unemployed or unskilled youths and provide training and employment.

Project - VI : Varied Projects

- **Transformative Education** – Prasanna Trust & Chinmaya Mission agreed to conduct sessions at schools and public forums. Target is to identify similar institutions and organize 100 sessions during 2016.
- **Computer Literacy** - Educate under privileged children. Target 1,000 kids.
- **Right Writing** – Target 10 schools.
- **Vocational Training related to Professional, Social & Spiritual** – Target to conduct 10 camps.
- **Fund Raising Programs** – Target to conduct 2 events to raise 50 lakhs in association with like minded organizations and individuals.
- **Awareness Sessions** –
 1. Organ Donation
 2. AIDS Awareness
 3. Pollution Control
 4. Cancer Detection



Enrich Your Mind

Prakash Warriar

Banker, consultant in Risk Management & Pre-Marriage Counsellor

Many times a child has asked us what does this ritual mean, why do we have this custom. How many times do we have honestly given a proper and good explanation of what a particular ritual means for us? When asked about God it is often associated with praying and with rituals. Our Management books, says Sky is the limit, but this does not only mean an external growth but also an internal evolution. We should bring our Inner Talent outside for this we should have Satsang or discussions with like-minded people.

We are still giving importance to rituals over scriptures, by which our Hindu religion is going downwards or having lesser importance among the younger generation. Krishna had warned us 5000 years ago which is given in Bhagvad Gita. He told give importance to scriptures and understand them thru Satsang and Guru's. If we understand the scriptures and then do the rituals, we would not have got stuck up in idol worship. Idol worship is to be done to uplift oneself. By gaining proper knowledge and then worshipping in temples will bring a change in one's thoughts and action.

Most of our Senior generation did not give the required importance to the scriptures by which the children have grown up without this knowledge and they understood God is the right person to go before the exams or during the result to ask for. And if we see temples are having more crowds during this period. Its Ganapathy's (or any Gods) job to make the paper easy, give good results or help you pass the interview to get a good job. We can notice also more strings being tied to the children's hands during the exams.

We should not allow the next generation children to have a perception of just follow blindly any rituals. We should be able to create the mental curiosity to make them understand. Bhagvad Gita explains how to live your life in a disciplined manner and how every choice made has a consequence for internal growth. Our Ultimate Aim is to have a better understanding of our mental strengths and weaknesses and how to evolve ourselves into a better individual and utilize ourselves to our maximum potential to make our environment a better environment.

Why youngsters are attracted to Terrorism and what is

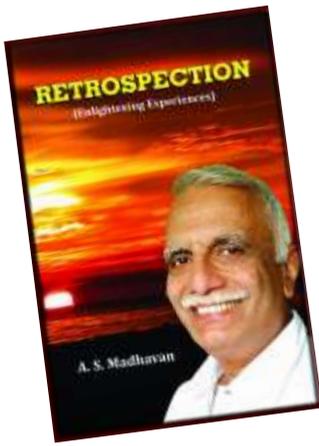
their motivation to join them. It's not the money only, since highly educated Doctors and Engineers are also brain washed by them and are ready to do the worst killings, which is unimaginable to most of us. We should not ignore this and spread the awareness, the negative effect this will have on our society. Awareness programme should be created to reach the maximum people. This is just a minority number of people which is on the increase and if we don't show the strength of the good people their numbers will keep on increasing. We should spread good thoughts within our community. Bhagvad Gita shows us many ways how we can transform and lift our mind. Now our mind has the focus of happiness through external rewards when the focus should be both external rewards and internal happiness. Many of the Children feel if we reach US we will be happy. But the amount of depression cases among the children abroad is on the increase, they are unable to cope up with the challenge and competition which amounts to suicide in the end.

The influence of Bhagvad Gita is even realized by the Americans some of them are thinking of coming to India and learning Yoga and meditation at our holy places. It is known that many of the top Management speakers or Guru's all over the world quote BG in their talks. The problem is common misconception that Bhagvad Gita needs to be learned only when we are in the old age when the fact is that the earlier we start the better the understanding of our scriptures and the better the individual we can become.

Why is there so much tension in our society, whether he is in a middle management position or top management because they were interested only in external growth but we should also grow internally thru Yoga or Meditation. Do atleast 5 mts. of meditation daily in the morning which will help us to have an awareness of the intelligence within you. Create a curiosity within oneself of what our scriptures actually states through internet or even common childhood stories like panchantra Krishna stories etc which have a meaning of the scriptures in them.

Pranams to all

Prakash Warriar



Extract from the Book of **RETROSPECTION** *(Enlightening Experiences)*

A.S. Madhavan

SYMPATHY ALONE IS NOT A SOLUTION

During my recent visit, I had an occasion for interacting with two girls. Their father had passed away long back and their mother also passed away recently. Their mother's elder sister was very old and sick and did not have a place to live, even during vacation. There is a skeleton structure and the roof is covered with coconut tree leaves. The house was flooded with water. One of the local MLAs, Dr. K. T. Jaleel heard about the pathetic condition of the family. He, from MLAs fund and in association with other likeminded people decided to construct a house for them. We also supported them by giving cement etc. The house is more or less completed at present, but without a toilet. Thilakechi is taking up this matter with different people for getting it completed and she is determined to make it happen. Once she went to their house.

The MLA was holding her hand and leading her to the house. When the children saw her, they came running and held her hand. This act of the children really touched the heart of Dr. K. T. Jaleel. After the demise of their mother, the children felt that there is somebody to support them.

Dr. K. T. Jaleel, in one of his speeches, explained the situation what had happened on that day. He is a wonderful speaker and can touch the emotions of the people since he talks from the bottom of his heart.

My eyes were filled with tears and heart was throbbing when I heard his speech. What an unconditional and true love between two people, even though, there is no blood or family relation. We all have to show this unconditional love and relatedness to

the universe. There are two siblings in our Balmandir. One day, when I was there, the younger sister took some soap powder and put into the mouth of her colleague. She started vomiting and crying. Her elder sister scolded her. Some of the students told her not to come to their room. That made her really upset.

When I was sitting with Thilakechi, she came crying and insisted that she wanted to go home immediately. Thilakechi had sympathy and concern about her and pleaded her to wait for the next day, since it was late in the evening.

I was only an observer for more than 15 minutes during their conversation. She was adamant and Thilakechi found it very difficult to console her. She knows the practical problem if the girl goes to her house. There is nobody in the house. Her mother's sister goes to work in the morning. Her school studies will be stopped abruptly and her future will get ruined. Her sister also had tried to console her but of no use.

Suddenly, I did not know, what prompted me. I dragged her to my chair and started shouting at her for putting soap powder into the mouth of her colleague. I even threatened her to take her to the police station for poisoning her colleague. I asked her to stop crying immediately.

I was even raising my hand to beat her. We should realise that our drama of action should be restricted. Beating a child can create a commotion subsequently. Anyhow, to my surprise, she stopped crying. She started listening to me and agreed to my solution and conditions. I embraced her and kissed on her hand and appreciated for her

acceptance. She was completely calm and quiet. At that time, bhajans and prayers were going on at the Balmandir by other students. I joined them along with this kid.

We did breath meditation for 15 minutes along with other students. The mind became quiet. While having different conversation subsequently, I also brought up this subject. I identified the girl who had suffered because of putting soap powder in the mouth. I called both of them and asked them to forgive and forgo about the past incident. They embraced each other and acknowledged their love. The girl who told her not to enter the room also pardoned her and acknowledged and accepted each other by embracing. Next day, Tilakechi was telling me that both the children (who put the soap powder and the victim) were holding their hands and walking around everywhere. What a wonderful feeling and amazing friendship when the problem has been solved.

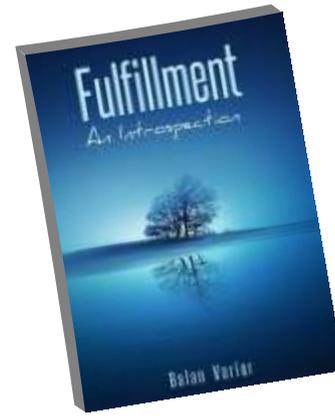
She would have been given special consideration and sympathy by everybody, but a sudden reaction from me might have been a real surprise and a shock treatment to her. I also do not know why I behaved like that. When Thilakechi was interfering, I was mentally telling that I should not get involved in it and she is the right person to handle it.

But my true nature did not allow me to keep quiet after some time. Anyhow, all these activities are a drama in our life and we should look at it with a witnessing attitude. One thing we can learn from this is that sympathy alone may not be a solution for all the problems.

Extract from the Book of

FULFILMENT

An Introspection



Gift of Life

Dear World,

i hope that all of you have had a wonderful week and by the time this blog hits your eyes, you are already charged up to face another challenging week after savouring the last drop of 'enjoyment' during the week end.

Let me share with you a simple exercise for rejuvenating your body and mind.

Just lie down comfortably and observe the events of the day as if you were watching a movie or a TV programme. You are just watching only. You are an observer and not an actor at the point of watching the happenings. Do not attach any emotions to any of the events that have occurred. At this point of time, you are simply observing; just allowing the events to pass through the mental screen without judgement, without evaluation and without branding (as good or bad).

How do you feel after doing the above exercise? If you feel like sharing, please do so.

Now let's get into the topic.

Suppose you are called upon to reply to this question. "Have you given your consent for your birth in this World?" Obviously the innocent answer will be "No". So, What would you call a thing that you got without your asking? The answer can be like this. "Well i would call it a gift". "Oh! that means you have got the Gift of Life".

A Gift always comes with the tag of abundant love of the giver.

Now let's reflect. Are we considering our life as a Gift? If our life is a Gift, how should it be used?

It depends on us solely as to how we handle our own life. The responsibility is squarely on us. We can direct it either to the horizon of success, achievement, fulfilment, purpose, bliss etc. or to an entirely opposite direction just by

drifting. We do not have to answer to anyone, but to ourselves only. So, the choice is ours.

i think i have fired many salvos with an intention of driving home a point that it is our birth right to shape our life into a contended and blissful one.

With Love

Top Mind

A Conversation

Dear World,

Are you wise? A challenging question, isn't it?

The immediate reaction to this 'threatening question' may be: "What do you mean by it? Do you mean to say i am not wise? Look at the things i possess? Look at the name and fame i have in the society? Look at the things that i do to my people, my society, to my country and to the whole world? When i possess things which others do not have and also when i do many things for others, how can one doubt my wisdom?"

Perfect answers per se.

Now another question: "Why such great toil?"

"i don't have any doubt, but since you asked that stupid question, take this answer."

"You would agree that i have lot of responsibilities being a son (or a husband, a father, a brother, etc.). So, i have to take care of them and that is the reason why i work. You know life is not as simple as it used to be. Not only i need to 'worry' about myself, i need to be 'concerned' about the future of my wife, son, daughter etc. all those who depend on me. When i am not there they should not suffer. Hence i am working hard and earning. i am happy today because i have houses, cars, land, property, etc."

"Now tell me what's wrong with all these things and what else should I do?"

"Absolutely right. No doubt you are doing lot of things and you have lot of things in your possession and you are clear about why you are doing all those things."

Well, please answer one more question: "Why do you do all these?"

"It seems to me that you are not wise. You are not understanding. In spite of telling what do i do, and why do i do, you are again asking that stupid question. Let me now make it short; it is for my happiness and for my family's happiness."

"Great! So doing things make you happy. Possessing things make you happy. Worrying also makes you happy! Isn't it?"

"i don't get you. Make it straight."

One more question: "Which material things give you a kick of happiness, since you possess lot of things like houses, cars, property, money, bank balances, etc.? Or is that you are being a son, a husband, a father, a brother, etc. make you thrill with 'happiness'? Oh, possibly your worry is about yourself and about others and thus you are working for a safe future, to bring 'happiness' in future?"

"Why do you make things so complex? Why are you not telling straight, what is in your mind?"

"If material things and possessions are the conduit for happiness, then the person who has most of this should be the happiest person. Isn't it?"

"Umm..."

We all know that there is no co-relation between possession and happiness. It being so, there is no 'potential' happiness hidden in any objects. Therefore, can we not 'enquire' where the happiness is, and then make a direct contact with it, instead of accessing it indirectly through material things?

With Love

Top Mind

Warrier Foundation

Warrier Foundation is a non-profit Indian Charitable Organization and was founded with a mission of reaching out to the underprivileged and needy, to help them to face the world and live their lives meaningfully. In association with like-minded people and organizations, Warrier Foundation has launched several initiatives on the social service front.

- **NURTURE A CHILD**
- **GURUKULA VIDYALAYA VEDIC TEACHING (RESIDENTIAL SCHOOL)**
- **ACTIVITIES IN NATURAL CALAMITIES**
- **WORLD RECORD ACHIEVEMENTS**
- **EYE CHECK UP CAMPS**
- **EYE DONATION AWARENESS**
- **BLOOD DONATION CAMPS**
- **BEAUTIFUL HANDWRITING .**
- **JYOTHIR GAMAYA PROGRAMMES**

UPCOMING PROJECTS

- Construction of new Balamandirams at different places including Ernakulam, to enhance the number of students from 300 to 1000.
- Adopting villages and buying lands for planting trees for environmental protection and organic farming.
- Activating Vocational Training for self employment and sustainability.
- Periodical medical / eye check-up camps.
- Building up more Universal Centers for Holistic living and upliftment.
- Cancer / Aids / Environmental awareness camps, etc.
- Eyes / Organ Donation awareness campaigns
- Career Counseling / Guidance courses
- Spiritual Satsang & Meditation Centres
- Value oriented publications
- Computer Literacy / E-enabled Education Systems
- Talent promotion / Cultural Training and periodical events

Please send your donation to : **WARRIER FOUNDATION**

Banks : IndusInd Bank, Andheri East Branch, A/c. No. : 100002018093 IFSC Code : INDB0000018

All donations exempted u/s 80G of Income Tax Act.

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