

nurture

warrier foundation's e-magazine



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Warrier Foundation, Balamandir, Mazhuvannur (EKM)

An exemplary story of Growth with social commitment

- Aniyam P. John

There was a dream and vision by a few Founder committee members of Warrier Foundation at Ernakulam to start a BalMandir and a Universal Center for the education. The vision was for Under-privileged children and also for humanity for having Individual Integration for having a universal family. The vision was great but there was tremendous turbulence and stumbling blocks. Noone was willing to give his house for rental The house ultimately we got was hardly having any toilet facility and had to do a lot of voluntary repair work. The committee members in association with Art of Living and Varier Samajam wandered around Tribal areas, walking miles together, to enroll students. There was hardly any response even for News paper advertisement. Getting a dedicated family or care taker to stay with children and subsequently even retain them there was countered with several hindrances. The children who had come from remote villages were not even able to write a sentence on their own eventhough they had completed schooling up to 8th or 9th standard. There was

automatic promotion and compulsory passing and the education syaten was the cause.

It was also practically impossible to get Govt approval since we did not have our own building. And there were also many norms set by the Govt regarding health, space and many other regulations which were practically impossible to implement. It was an immense penance and commitment for members to carry on the activities of Balamandir from 2012 to 2016. There was commitment from many local people, including Mazhuvannur Variam, to modify one of their old, deteriorated school building and giving us for a very nominal rent. There were people who gave furniture and Bunkar beds etc. In spite of all these the govt Body refused to give permission to continue the center and ultimately the decision was taken to close the center at Ernakulam and shift the children to Balamandir Tirunavaya.



There was a divine Grace and with the utmost commitment of local committee a small plot of Land was identified, which with the help of committee members and local people was subsequently extended to more than one acre. The foundation stone of the building was laid on June 2016 when there was heavy rain. There was lot of hassles like bad weather, delay in concurrence in buying the land from different owners, lack of approach road etc. But due to amazing commitment and dedication of the Contractor and local team the building was completed within 6 months. The total area of Balmandir is now 15,000 sqft with 2 halls for conducting any program, events or camps. We even widened canal roads, putting a small concrete block at canal and even allowing to break the front wall of neighbour's building also. It was all a great success. Part of the land purchased was paddy field which we were able to convert into non agricultural land with the help of govt authorities. All these activities were happening due to Divine Grace



Inaugural procession of Balmandiram, Ernakulam

and with great support of KSEB, Panchayat, revenue and other govt agencies. Our application for children home was granted by the Govt in the first committee Meeting itself.

We had to revisit, during the last 3 months, a lot of Adivasi colonies for identifying more students and number is doubled within a short span of time. It will be multiplied with in a year or two. Even many students who were ready to join Balmandir were not allowed by local schools and they were not given TC to join the new school. Many schools wanted to show more students but not bothered whether they study or not. Hence standard was very poor. The govt rules were so absurd that there is a rule that there should be some



Balmandiram, Ernakulam

minimum number of students for teachers to be retained or added. The efficiency or effectiveness is not questioned or overlooked. The reasons we can well assume.

The building was completed in November 2016. Subsequently our building was blessed to be selected



for conducting the Art of Living work shops like Live In Happiness, 8 days residential camps for youth leadership training and other programs with more than 70 participants.

Under the leadership of Smt Anita Krishnan and many like minded people we are organizing many classes not only for inmates but also for the villagers. There are different forms of dances which are being taught including BharataNatya, Kutchipudi, Mohiniyattom, folk dance etc. We are also organizing training program for Carnatic Music, Nadanpattu, Drama, Painting, Metal Embossing etc.

There was also vacation classes for 5 days for total personal development of children including dance,



Inauguration function - Chief Guest S. Ramesan Nair

music, yoga, meditation, Aksharasloka, stage presentation, medical check up and so on. There were more than 50 students who could develop their inborn talents because of these camps. This made them self-confident and competent enough to meet the challenges ahead. In association with Talent Foot ball Academy (TFA), there is one month camp and Balmandir will become an integral part of it. It is also being decided to impart special training in volley ball, kabaddi, soft ball, shuttle badminton etc in near future in association with local school. Our immediate attention will be to make it training center for Bank coaching, PSC coaching and IAS coaching.

There are periodic counselling classes by senior HR manager Madhava Priyan of Flyjac and health awareness program by Dr. Krishnan nair and Dr. Anup. We also formed a local committee for cultivating organic vegetables and plants in the Balmandir Primises. To become more eco friendly we have plant to dispose food and garbages.



Balmandiram in-house dance programme on Inauguration Day



Old Balmandiram, Mazhuvannur (EKM)

Our center was visited by many prominent personalities during the time of inauguration on November 2016. They include Poet Rameshan Nair, V. P. Sajeendran MLA, George Edapparathi District Panchayat member, M. G. Ramachandran RDO, and many more. There was chendavadyam, Band and more than 1000 villagers participated in the procession. Evening program was inaugurated by Vaikkoom Vijaya Lakshmi with her songs and music... It was followed by mimicry by Ravikumar, MD of Flyjac and Trustee of Warrier Foundation. There was variety entertainment program by inmates of Balmandir with participation of local people.

The basic reason for the tremendous success of Balmandir is the local committee. It is amazing to see that the retired school peon, govt. officials, teachers and others came forward voluntarily sponsoring the cost of minimum one child's total expenditure for one year. They are also totally committed to become the integral part to support education, administration, organic farming and all other activities- Free of cost.

Mr K. T. Jaleel, minister for Rural development who is closely associated with the activities of Balmandir, Tirunavaya for many years, also visited Ernakulam (Mazhuvannur) Balmandir. He is



Balmandir, Tirunavaya

Story of a Divine Grace

Being associated with divine people like late Ramamama, the managing Trustee of Janakalyaneshvaram, will always give an individual a right vision and direction.

“Charity begins at home”. Hence the question comes from the Trustees of Warrier Foundation that why a Balmandir cannot be started in their own native place – Tirunavaya, near Calicut, Kerala.

Though Warrier Foundation started in Panvel, further expansion to Kerala was forsaken due to lot of anticipated obstacles and difficulties while having a Balmandir in a remote village. Getting a rental place and also enrolling the students even free of cost became in vain even after advt in News paper. Getting admin staff, teachers, cooks, warden etc in remote village was also practically impossible - especially for a voluntary and charitable organization.

Unless someone pushes you in to a pond ,how can you learn swimming ?

Ramamama was confident and enthusiastic and

with a positive outlook decided to come to Kerala on the same day when the topic was discussed.

There was no house for rental, but there was a 9 bed room self contained bungalow for sale along with a large compound which is more than 2 acres. A Divine hand pushed us for concluding the purchase of this Bungalow and Tirunavaya Balmandiram was born. There was hardly 15 to 20 girls in the beginning but subsequent growth was beyond words to express. We again constructed a 4 story building adjacent to this Bungalow to accommodate more children.

We also acquired an old house for boys where we have, now, more than 2 acres of land for further expansion and development.

In subsequent year we again built a “Universal center for Individual Integration”(UCII) having two auditorium of 600 people capacity including 30 rooms with 4 storey building. The total area which can be utilized for any further social activity is more than 45,000/sqft now at Tirunavaya.

Girls Balamandiram, Thirunavaya



The basic advantage of Balamandir is that we have got all necessary permission including govt approval for stipend to under privileged children. We have a renovated pond and a lot of cultivation of vegetables, coconut trees, arecanut trees, mango and banana plants. Satsang, long day camps relating to professional, spiritual etc became an integral part of our activities. There is always frequent visit by ministers, spiritual saints, professionals, and many other well wishers to impart knowledge and relate with our children. There are lot of well wishers who became God fathers and started supporting the children for their annul expenditure for education and other costs. Children are having annual day celebration and many other festivals conducted by themselves with lot of variety entertainment and cultural programs.

During this year we also formed a local committee in which Panchayat president himself is the Patron. The committee members include 2 school principals, teachers, 2 panchayat ward members, architect and many other members from social and political organisations. The vision and commitment of these members is to identify programs relating to education, nature and eco friendly activities. Our center, in the past, distributed kits consisting of utensils, bed sheets,



**Warrier Foundation's
Universal Centre for Individual Integration, Kerala**

grains, provision etc to BPL families of the village. Ayurvedic medical camps, sat sang and long meditation camps that we conducted at international level had very positive response and recognition. It is the beginning of our movement. The vision of Warrier Foundation is that entire village and subsequently even the nation will come forward making a difference in education system for individual integration which we have already adopted.

There is an ecstasy, an absolute freedom and unconditional love while being associated with Warrier Foundation which will lead to "Universal Family-vasudaivakudumbakam".



Yoga Dance by Balamandir students



Meditation session by Balamandir students

Warrier Foundation, Balmandir, Panvel :

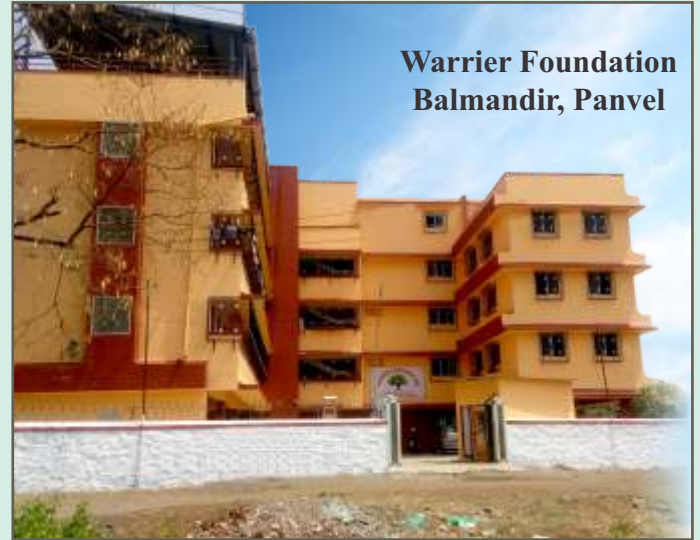
A resident vedic school - A beacon Light

In ancient times, Studying in a remote village, where students have to walk a minimum of 5 to 6 kilometers to the near by school, was an experience for our old generation. The school was not having any amenities for drinking water, toilet etc where as at present The Government is partially supporting for providing mid-day meal, uniform etc. The percentage of passing SSC in those days was only 15 to 20%. Subsequently getting admission to the college and also ability to pay the college fees was practically impossible. Hence hardly 2 to 3 percent of students was able to get in to college. We were all the victims and would have observed the struggles of the parents who had given the education to their children by mortgaging the home and property.

Warrier Foundation evolved with a vision of educating Under privileged children completely free of cost to the extent where the students want to go for higher education including engineering and even post graduation.

Warrier Foundation started in 1999 having a registered office at Mumbai and constructed a Balmandir at Panvel in 2004 for giving free education to the children. We have residential Gurukul where we are giving Vedic Teaching and most of the students who join for the course are spiritual seekers. They are coming from even Nepal, Assam, Bihar, UP and MP. People from diverse value and culture join with a vision for upliftment and achieving the final goal of self realization. Local under privileged children also started joining us and they are going to normal Marathi medium school. They are appearing for state SSC board exam.

It is being decided by a joint discussion and an alignment is derived that in future all students will become resident students and entire education will be imparted by in-house teachers. The curriculum of education will also include yoga, meditation, yoga, computer literacy, English, Sanskrit, self development skill program and many more in addition to normal schooling syllabus and exams.



**Warrier Foundation
Balmandir, Panvel**

The major transition happened in Panvel is that vedic students also got an exposure in studying computer and English literacy. Now they started studying for CBSE, SSC exam also and appearing for the exam after the age of 14 - without going to any normal school. We really want to appreciate the commitment and dedication of our in-house teachers. This transition helped us to have reverse thinking that why Marathy medium normal school going children also cannot go for vedic teaching. Subsequently they can also go for the exam of Ujjain University in addition to normal schooling. Once this is successful that will be a revolution in our education system. Warrier Foundation will serve as a platform for a movement where the purpose of living will shift to a spiritual angle of self realization - an inner journey than only limiting the studies for materialistic gains.. Material gains, power, position etc are essential but it will become secondary once we know our inner true self. Happiness and contentment are from with in. The state we are looking forward is "Enlightenment"- that is the real nature of everyone, but it becomes contaminated by the mind. Our education system is for leading us from "ignorance to absolute bliss" with in oneself with total freedom and absolute love. Warrier Foundation will become the Beacon Light for the generation next.

Warrier Foundation - An integral part of HITACHI

Flyjac Logistics, which is the co-founder of Warrier Foundation, is at present 100 percent owned by Hitachi.

Hitachi has a lot of social commitment and most of these innovations are nature and eco friendly... Hence they are pioneers of inventing most advanced medical equipment, solar energy generation, water purification system, many consumer and industrial products etc.

During this year they have taken lot of projects relating



Inauguration of HITACHI CSR project at Balamandir, Thirunavaya, Kerala



Inaugural function addressed by Mr. Ramakrishnan of HITACHI



Prayer by Balamandiram students

to education and professional skills. One of their CSR consultants, Sattva, selected Warrier Foundation as one of the NGOs for imparting English and Computer Literacy as a part of HITACHI CSR ACTIVITY as their pilot project.

IL&FS's CSR division pioneered this project preparing the modules and even provided KYAN which has an inbuilt projector with educational CDs.

We are indebted to Hitachi for their support of Warrier Foundation for carrying out this on-going educational project.



Computer Classes by IL&FS

AN EMBODIMENT OF LOVE

**DR. K.T. JALEEL, HON'BLE MINISTER FOR LOCAL SELF GOVERNMENTS,
WELFARE OF MINORITIES, WAKF AND HAJ PILGRIMAGE**

Recalling the First Meeting

I had visited Dr. K. T. Jaleel along with my sister Mrs. Thilakam Warrier and a social activist Mr. Ashraf Rangatoor at his residence to invite him as a guest of honour for the inauguration of the Universal Centre for Individual Integration of Warrier Foundation. Since he knows my sister and the social activities of Warrier Foundation, he was reciprocating with humility and humbleness while receiving us considering her age and devotion to her social activities relating to Warrier Foundation. There were 100 people at his residence, who all came for certain solutions or for some other activities. We were able to go to his office room directly and there was hardly any delay for meeting him. On seeing my sister, he immediately got up from his chair

and was having the conversation on a standing posture, even after giving respect to her and allowed her to sit on a chair in front of him. He never sat in front of her and even accompanied us upto the front door while we were leaving. He also accepted our invitation and made an entry in his diary by himself confirming his visit for the inauguration. Being is more important and his humility is being reflected from within. The action related to looking good, feeling good – all are extrovert and have limitations. They are also partially manipulative, which also can be felt by everyone. But being good is apposition which is coming from the bottom of the heart with unconditional love and compassion. Dr. K.T. Jaleel was reflecting that state of being



Dr. K.T. Jaleel at Balamandiram



CARE AND CONCERN OF Dr. K. T. JALEEL

There are two girls in our Balamandiram, whose mother was very sick and hardly had any money for her own food and health care. She was staying with her sister, who was unmarried and due to bad health she was not able to work for her own survival. Suddenly, the mother of these children passed away and the children became more or less orphans. The mother's sister's house was on 3 cents of land and the walls of the house was completely damaged. When their mother passed away, my sister went there to see the children. To her surprise, Dr. K. T. Jaleel was present there and he helped her to climb the steps of the house by holding her hands. My sister had knee replacement on both of her legs and hence had difficulty in walking and climbing the steps. When the children saw my sister they came running calling her "Ammamma" (Grandma). The love and affection between my sister and the children and the way the children were hugging my sister for shelter and protection, really moved Dr. K. T. Jaleel. He immediately contacted the Panchayat authorities, like minded people and other organisations and had agreed to renovate the house for the protection of the children. During that time I was in Kerala and somehow he came to know about my presence. He had no inhibition to come to my house and even ask me to support for this cause. It was a great privilege for us to support it. The driving force for renovating this house was none other than Dr. K. T. Jaleel and his love and compassion. In one of his talks he was highlighting with lot of compassion the scene of the children hugging my sister. Hearing this, my eyes were filled with tears as the words were coming from the bottom of his heart. Kindness and love is coming from the heart and this magnanimous love and compassion is beyond words to express.

LOVE AND COMPASSION BESTOWED BY DIVINE HAND Dr.K.T. JALEEL

Omana, who had joined Balamandiram, had a tragic life when her husband passed away suddenly due to an accident. Having two children – one boy and one girl – she had no house of her own. She came to the Balamandiram to serve 100s of children, who were also undergoing much more sufferings and pathetic family condition. She was totally committed to support not only for cooking and cleaning but also for administration, counselling and other requirements of Balamandiram. She is tireless and totally dedicated.



Thilakam Warrier with Omana & Priya

Suddenly, her father passed away. They had taken lot of loans from a Cooperative bank for the family house. Due to non-payment of the loan, the interest had become more than the loan amount. Even if the bank decides to auction the property, the money what they would be getting would not have been enough to recover the loan amount. My sister called our Hon'ble minister Dr. K. T. Jaleel. To our surprise, he immediately contacted the bank and concerned authorities to see whether there is any provision for waiving off the loan. It was a miracle that the bank had agreed to it considering the poor situation of the family. Omana was able to raise money along with her sisters and the land and the house had been restored in their name. A sinking ship, which was on the verge of drowning had been protected by the divine hand of our Hon'ble minister Dr. K. T. Jaleel. His being a politician with a selfless attitude and commitment to serve are beyond words of appreciation.



Our New Project

An eco-friendly Project at Anakatti

with an auditorium, residence facility with lot of tree plantation

Anakkatti is a part of Attappadi where lot of tribals are living who hardly have any school education. There are lot of migrant labourers who are also very poor and are committed to cultivate the land and developing estate and plantation.

Mother earth is protecting us unconditionally. It is high time for us to give back to the nature. With that intention, we have already acquired 15 acres of land, which is in the final stages of electric fencing since we have to protect it from animals, deer, elephants and wild buffalos. A centre is also under construction and we are trying to complete it by this year end. This will be a herculean task for identifying the trees and doing



Anakkatti project - For protection from wild animals including elephants required electric fence

plantation at a remote hilly area, where we also have to consider for water preservation and other eco-friendly projects. This will be a new experience for Warrier Foundation to get related to nature, mother earth and to protect it with total dedication and surrender. We are proud and confident that this project will be completed in time. There were lot of hassles and



Anakkatti project under development covered by hills at four sides

hindrances since the land was owned by many people. Getting the way on the roadside was practically impossible and it is essential for transportation and access. Even though, they had agreed to sell part of the land at the front side, later on they violated it and refused to sell. Anyhow, we are going to compromise and the project is now in full swing. Let us visualize that this project will be one of the largest monumental projects for the protection of under-privileged society and nature in coming days.

teachers with high values and forbearance. Hence peace, harmony and contentment prevail.

രൂപം

- എന്നെന്നുമെന്നെയാ കണ്ണീരിലാഴ്ത്തുന്ന
വേദനയാണെന്നിക്കിഷ്ടം
- എന്നെന്നുമെന്നയൊറ്റക്കിരിക്കുന്ന
ഏകാന്തതയാണെന്നിക്കിഷ്ടം
- എത്ര പെയ്താലും ഒലിച്ചു പോകാത്തൊരൻ
ദുഃഖങ്ങളാണിക്കിഷ്ടം
- എന്നെന്നുമെന്നെ ഞാനാക്കി മാറ്റിടുന്ന
വ്യക്തിത്വമാണെന്നിക്കിഷ്ടം
- ഹൃത്തുതൻ വേദന ശമിപ്പിച്ചു നിർത്തുന്ന
ഗാനങ്ങളാണെന്നിക്കിഷ്ടം
- അനീതിതന്നർത്ഥം നാദു ശമിപ്പിക്കും
സത്യത്തെയാണെന്നിക്കിഷ്ടം

ചഞ്ചൽ സ്വ.

ബാലമന്ദിരം, തിരുനാവായ

- സൗഹൃദബന്ധങ്ങൾ ഉള്ളിലൊളിപ്പിക്കും
ശാന്തതയാണെന്നിക്കിഷ്ടം
- പൊട്ടിച്ചിരിച്ചുകൊണ്ടാടിയണയുന്ന
മിത്രത്തെയാണെന്നിക്കിഷ്ടം
- പൊട്ടിക്കരഞ്ഞിട്ട് വേദനയോതുന്ന
സൗഹാർദമാണെന്നിക്കിഷ്ടം
- എല്ലാം ക്ഷമയോടെ പാലനം ചെയ്യുന്ന
നിയന്ത്രണമാണെന്നിക്കിഷ്ടം
- എന്നെ താൻ മറന്നുള്ള പരമാത്മ ബോധം
ഉൾക്കൊള്ളുന്നതാണെന്നിക്കിഷ്ടം
- എല്ലാമുൾക്കൊള്ളുവാനുള്ള കരുത്താണ്
ജീവിതസായുജ്യം... അതാണെന്നിക്കിഷ്ടം

Students are unpredictable

An individual or an organization, who is socially oriented always should have a thought process that there is blessing by the divinity to serve the under-privileged children and nature. Bal Mandir is a place for making us more and more humble and humane than becoming a victim of our ego and doership. We have some elderly students in our Gurukul. They are very obedient and committed in their studies. They were residing at our Bal Mandir and hardly gone outside except to the school for their education. 3 or 4 students had failed in their exams and for getting better education in English they started going out for tuition classes. They also got access to mobiles, which is not permitted in Malmandir. They were also having some money from parents for pocket expenses, which we were not aware of. Slowly, they became rebellious and more demanding. They forgot that they had the mercy and goodwill of Warrier Foundation for their upliftment. Even though, we are teaching high principles of Veda like “*Aham Brahmasmi*” and “*Tattvamasi*” etc, we were not able to develop forbearness and responsive attitude in these children. We had failed to enroll them and they became violent when things were not happening the way they wanted it to happen. Even when we question them for some of



their wrong activities they became violent .

There are incidence when they had mis-behaved and manhandled our guests and also our Principal. The magnanimity of the Principal is that he still considers them as our children. In spite of the fact that he got few stitches on a wound on his forehead due to the hitting of these children, he did not want to give any police complaint. We have to be the living example for the children. Unconditional love only can bring the harmony. The management and teachers can have frustration and at times have the thinking process of giving up the social activities when we are not getting a positive response. This has to be accepted in a social environment. I felt that there is lot of meaning when our teachers say that even though, they are giving pardon, there always remains a scar due to the deep emotional wound created by the reactive action of our children. Respecting the teachers and being an integral part of the organization is highly essential, especially for the residential students to grow and develop.





Two faces of Tirunavaya before & after BalMandir

A comparison of two visits to Tirunavaya - 1998 & 2016.

- Sreekumar

During 1998 when I was working for Malayala Manorama (news paper), I had occasion to meet Madhavan, who was my room mate while I was in Mumbai, at Tirunavaya. He was in a vacation to Kerala. In the evening we went to the bank of the river nearby (Bharathapura) and had a long talk upto midnight. The discussion were evolved in the area of social service and spiritual aspects. He shared his dream of launching a charitable trust for social activities.

That time the village of Tirunavaya was a silent and remote village. There were 2 schools nearby. The local villagers were seems to be absorbed mostly into their own world.

After 18 years by 2016, the seed of desire for social service had become a huge a Bunyan tree, a charitable trust with the name of '**Warrier Foundation**'.

The purpose of my visit during January 2016 to Tirunavaya was to participate the *Global Spiritual Meet* for 5 days. It was a great convention attended by 11 foreign delegates and 50 people from different parts from India.

The most amazing realization while being participated in the spiritual camp is that there is only one spiritual goal that is "Self Realization". The people came from different countries, diverse language, different religion and culture but while they are spiritual seekers they are having an inner journey to realize Advaita philosophy "AHAM BRAHMASMI OR BRHAMA SATYAM JAGAT MITHYA" (I am Brahma – world is illusion and Brahma is the absolute truth the *Paramatma*). These camps are allowing and helping every individual to have a journey for realising the true self, the absolute truth - The unconditional Love and everlasting blissful state.

It is the realization of our inner being. This will lead us to realize that we have no separation and we are an integral part of Universal Family "**Vasudaiva Kutumbakam**".

Social and spiritual aspects are also highly essential in addition to our physical, emotional, family and professional growth. Having this in mind there were

lot of programmes including Yoga, Meditation, Satsang, sharing and self expressions by participants. Lot of local celebrities had also participated in cultural and literary seminars. It was really a programme for individual integration – Integration of professional, mental and spiritual aspects of an individual.



During one of those days I had an interaction with the children of Bal Mandir. The children were all under privileged, came from different places and background. They were excited to meet all of us including the foreigners with awe. Language was not a a barrier for them to communicate. All the children cherished being with us and they were having very high social and spiritual values. They had a vision for a bright future and wanted to pursue Engineering, Medicine, PG, Hotel Management etc.

Values are always contagious an it will be depends on the institution were the children grow up. The high values of Warrier Foundation really cherished the children whom we met.

I came out after the session and look around. WF BalMandir has a vast expanse of 5 acres of land, about 300 coconut trees, Jackfruit trees and Banana plants. There were about 45,000 sp. ft. area with rooms and 2 auditoriums in Tirunavaya alone.

A span of 18 years has changed the face of Tirunavaya. There were 2 BalMandirs and were involved in lot of education, social and spiritual activities.

Let us compare social and business organization, it is more difficult to lead a social organization because a business organization has parameters of success – customers, growth and profit. whereas a social organization has no such parameters.

Business organization is always self-centered. They are selfish in material gains and wanted to possess, pride, authority, recognition, comparison etc. There is desire and greed. Contentment and happiness come



from sensual pleasures which is impermanent. The more we get the more we want and we are trapped in a *chakravyuha* the spider's net. Even if we want to come out from the spider net putting all struggle, the more will be entrapped and killed by ourselves keeping our identity and achievement.

Social and spiritual organizations are in a different platform. It is a penance - a penance to "Let go" our identity, ego and doership. Being in a higher state we are not contaminated by the mind and won't become a victim of our ignorance. Our being in social and spiritual front is always a witnessing point and without having a doership there is absolute freedom to excel-where our realization that we are the one who is the creator, the materialistic cause, the intelligence and the creator itself. It is like a dream but due to ignorance we identify ourselves as separate identity. Due to this we

have ego, emotion, happiness, sorrow and so on. Once you are awoken you know it is illusion. The ultimate salvation you get in spiritual and social friend is ever lasting blissful state. Are we aligned for that inner journey as a penance, withdrawing our all sense organs and ego ?

Tirunavaya was a place of *Mamankam* "where thousands of *Yoddhhas* (soldiers) had immense practice in armory and fought against large number of armies and ultimately sacrificed themselves. Warrier Foundation will be the stage of Mamankam in Tirunavaya in future. This is but not a fight for external conquering, it will be fight with total surrender devoting to social and spiritual front. In this process an individual will have an absolute freedom, unconditional love and feeling of oneness - the Advaitya"

ധ്യാനം - എന്റെ ആദ്യനൂലം

ബാലമന്ദിരത്തിൽ വന്നതിനുശേഷമാണ് ധ്യാനം എന്നതിനെക്കുറിച്ച് ഞാൻ കേട്ടു തുടങ്ങിയത്. അതിനു മുൻപ് ധ്യാനം എന്താണെന്നു കൂടി എനിക്കറിയില്ലായിരുന്നു. എന്നും ഞങ്ങളിവിടെ രാവിലെയും വൈകുന്നേരവും പ്രാർത്ഥന ചെയ്യാറുണ്ട്. എന്നും വൈകിട്ട് കയ്യും കാലും കഴുകി പ്രാർത്ഥനാ ഹാളിൽ ചെന്നിരിക്കും. ആദ്യം വന്നപ്പോൾ എനിക്ക് പ്രാർത്ഥന ചെയ്യാൻ അറിയില്ലായിരുന്നു. ചേച്ചിമാർ എന്നും ഉച്ചത്തിൽ ഭജന പാടാറുണ്ടായിരുന്നു. അതു കഴിഞ്ഞ് വ്യായാമവും പിന്നീട് ധ്യാനവും ചെയ്തിരുന്നു.

കണ്ണുകളടച്ച് നിശ്ശബ്ദരായി കുറേ നേരം ഇരിക്കുമായിരുന്നു. എന്നാൽ എന്തിനുവേണ്ടിയാണ് അങ്ങനെ ഇരിക്കുന്നത് എന്ന് എനിക്കു മനസ്സിലായിരുന്നില്ല. ഞാനും അവർ ചെയ്യുന്നതുപോലെ ചെയ്തുകൊണ്ടിരുന്നു. ഒരുനാൾ ഞങ്ങളെ എല്ലാവരെയും കാണുവാനായി മാധവൻ മാമ വന്നു. എന്നത്തെയും പോലെ ഞങ്ങളെല്ലാവരും പ്രാർത്ഥനാ ഹാളിൽ ഒരുമിച്ചു ചേർന്നു. അന്നാദ്യമായി മാധവൻ മാമയുടെ വാക്കുകളിലൂടെ ധ്യാനത്തെക്കുറിച്ച് ഞാനറിഞ്ഞു. മാധവൻ മാമ ഞങ്ങളെ അതിന്റെ പ്രാധാന്യത്തെക്കുറിച്ച് മനസ്സിലാക്കിത്തന്നു.

"മനസ്സെന്നാൽ ചിന്തകളുടെ ഒഴുക്കാണ്. അപ്പോൾ എന്താണ് ചിന്ത. നമ്മൾ കണ്ണടച്ച് ശാന്തമായി അമ്മ എന്ന വാക്ക് ഉച്ചരിക്കുമ്പോൾ നമുക്ക് പെട്ടെന്ന് അമ്മയെ മുന്നിൽ നിൽക്കുന്നതായി കാണാം. അപ്പോൾ നമ്മുടെ ഉള്ളിൽ സ്നേഹസമൃദ്ധമായ വികാരതുടിച്ചുകൾ ഉണ്ടാകുന്നു. ആ പരീക്ഷണത്തിലൂടെ മാധവ മാമ ഞങ്ങൾക്ക് പറഞ്ഞു തന്നു. ചിന്തകൾ എന്നു പറയുന്നത് വാക്ക്, രൂപം, വികാരം എന്നിവയുടെ സമ്മിശ്രമാണ്.

മനസ്സാണ് സുഖത്തിനും ദുഃഖത്തിനും കാരണം. ബാഹ്യവും ഭൗതികവുമായ ആഗ്രഹങ്ങളാണ് ദുഃഖത്തിന് കാരണം. ആഗ്രഹങ്ങളുടെ ഉറവിടവും മനസ്സാണല്ലോ. അതായത് സാക്ഷീഭാവത്തിൽ ചിന്തകളെ കാണുവാൻ സാധിച്ചാൽ മനസ്സ് പരിപൂർണ്ണമായ ശാന്തിയിലെത്തുന്നു. അതുകൊണ്ട് തുടക്കത്തിൽ ശ്വാസോച്ഛ്വാസത്തിൽ മാത്രം ശ്രദ്ധ കേന്ദ്രീകരിക്കുമ്പോൾ അനാവശ്യമായ ചിന്തകൾ കാടേറുന്നത് കുറയുന്നു. ദീർഘമായ ശ്വാസോച്ഛ്വാസവും അതിൽ ശ്രദ്ധ കേന്ദ്രീകരിക്കുമ്പോൾ ഉണ്ടാകുന്നു. അപ്പോൾ പ്രാണവായു കൂടുതൽ ശ്വസിക്കുന്നതുകൊണ്ട് രക്തധമനികളിലൂടെ ധാരാളം രക്തം ശരീരത്തിൽ വ്യാപിക്കുന്നു. അപ്പോൾ ശരീരവും ശാന്തമാകുന്നു. ഒരേയൊരു പ്രകൃതയിൽ കേന്ദ്രീകരിച്ചുകൊണ്ട് ചിന്തിക്കുമ്പോൾ മനസ്സും ശാന്തമാകുന്നു. ധ്യാനത്തിനു ശേഷം, ശാന്തമായ മനസ്സു കാരണം പഠനത്തിലും മറ്റുള്ള പ്രവർത്തനങ്ങളിലും കൂടുതൽ ശ്രദ്ധിക്കുവാൻ സാധിക്കുന്നു. "

അന്ന് ഞങ്ങൾ മാമയുടെ കൂടെയിരുന്നു ധ്യാനിച്ചു. ധ്യാനം എന്തിനു വേണ്ടിയാണ് എന്നു മനസ്സിലാക്കിക്കൊണ്ട് ഞാൻ ആദ്യമായി ധ്യാനത്തിനിരുന്ന ദിവസം. ഇപ്പോൾ ഞാൻ എന്നും ധ്യാനം ചെയ്യാറുണ്ട്. ധ്യാനത്തിനിരിക്കുമ്പോൾ മനസ്സിന് നല്ല സമാധാനമാണ്. ജീവിതത്തിൽ ഒരുപാടു മുല്യങ്ങൾ പകർന്നു തന്ന മാധവൻ മാമന് ഞങ്ങളുടെ ആയിരമായിരം നന്ദി.

സാന്ദ്ര കെ. ടി.

8th Std. വിദ്യാർത്ഥിനി, ബാലമന്ദിരം തിരുനാവായ

My Association with Warrier Foundation

- Gopalkrishnan Warrier

My association with Warrier Foundation, a non-profitable Charitable Trust, for the last 15 years, is beyond words of expression. Warrier Foundation is an extended arm of Flyjac Logistics Pvt Ltd., a leading logistics company in India.

ACTIVITIES OF WARRIER FOUNDATION

The activities of Warrier Foundation is spread over different areas of social life with an intention of overall development of under-privileged children and all other people who are associated with it. At present, they are providing free education, shelter, food and healthcare to more than 300 children and have a vision to enhance it to 1000 children in coming days. Warrier Foundation encourage the children at their Bal Mandirs to do yoga, meditation etc on a daily basis in addition to their study of Vedas and normal schooling.

In the social front Warrier Foundation is involved in many activities like Eye checkup camps, Blood donation camps, Computer literacy, Vocational training, education and medical assistance for needy/deserved people etc

MY EXPERIENCE

I am working as Secretary to Mr. A. S. Madhavan, who is the Chairman Emeritus of Flyjac Logistics Pvt Ltd., and also the Managing Trustee of Warrier Foundation. Due to my association with Warrier Foundation I got introduced to Meditation on Light and Sound. The meditation on Light and Sound helps one to go deep within, transcend the mind and ultimately realise the “SELF”. Self realization and Enlightenment is the sole purpose of human life. Meditation also helped me to improve my confidence level and could gain the capacity to face any situation in life with a balanced mind.

In January 2017 I got a wonderful opportunity to attend the Global Spiritual Convention being organized by Warrier Foundation at Thirunavaya, in Malappuram district, Kerala. The convention was for total 6 days – 3 days meditation and 3 days convention. During the convention, I also got the opportunity to present a paper on “Re-incarnation a myth”. I also translated the talk of non-Malayalam speakers into Malayalam for the benefit of the non-Hindi speaking audience. Overall, it was a wonderful experience and

I gained a lot from the Convention.

All this was possible because of my close association with a wonderful organization like Warrier Foundation and Flyjac.

Flyjac is a unique organization where the day starts in all their offices with a prayer-contemplating that let the entire universe be happy and Let everybody be in peace and harmony at all times. What a wonderful prayer to contemplate and live for. Normally organisations will be asking and visualizing for material gains like budget achievement etc. In



Flyjac we repeat our philosophy – *customer delight, self development and social welfare*. We also repeat in prayer meeting our vision statements, which have very high values. *Sravana, Manana and Nitidyasa* (listening, contemplating and immense effort) thru’ these process we achieve our goal and philosophy by visualizing through our prayer.

On Fridays before the beginning of office hours we have our meditation session and satsang. This also helped me to define the purpose of life-self realization, a state of absolute freedom with unconditional love and relationship. In Flyjac we always feel like a universal family with love and compassion. Having picnic, annual day functions, sports competition, in-house magazine, professional training, long meditation etc in Flyjac helped me to be an individual with total integration and relatedness.

Guru Sakshat Param brahma !

Guru is considered as ultimate and the meaning itself is “dispeller of darkness - the ignorance”. He will be the cause for us to realise the ultimate truth of self realization - The advaita philosophy.

My spiritual teacher who gave me initiation 35 years ago is an Englishman. There is no religion, concepts, methodology for our inner journey to realise the ultimate truth. The amount of knowledge we have in scriptures, by-hearting complete vedas, chanting it throughout life and any other prayer may not lead to realise the absolute truth - aham brahmasmi.

Self realization cannot be through emotions, feelings, logic at intellectual level. It is a state beyond body, mind and intellect. Hence they cannot uplift us beyond mental or intellectual level. Only a Guru can support us by his grace for our upliftment. It is possible only if disciple has a feeling of total surrender and devotion. My spiritual teacher tested me on various different occasions. At times, he did not acknowledge my messages or permitted me to meet him for more than a decade.

Unless one has a let-go attitude, freedom from ego and doership one cannot understand a Master/Guru.

Master will be always testing us and it is our responsibility to have full faith and trust within us to accept him the way he is. This will help us to become more and more humble with devotion. At that stage my Master/Guru even wound up our spiritual organization in India and left . Still I totally surrendered and followed him as my Guru with unconditional love. Hence I was blessed and continued my Journey, which later led me to him and to absolute freedom.

Recently my daughter told me that during one of her dance recital, the compere who was also a co-partner in her dance, without consent, went ahead and acknowledged that they did the choreography themselves, which was untrue as my daughter was completely learning from her Guru. Her teacher and

my daughter were totally surprised and upset which resulted in total breakdown of their relationship of more than 30 years. She went and apologized, but it was difficult for the teacher to accept it. The guru really spent hours and days to protect her as a dancer by guiding and directing her from childhood. My daughter was also emotionally upset and was weeping two to three days with guilt feeling.

Mind is the cause of sorrow and happiness - one should not be the victim of it, but should have the ability to be on a witnessing standpoint. Our inner being is always an everlasting blissful state. In that state if one analyses the matter there will not be right and wrong perceptions for that individual. She was aware to her consciousness, she never had any intention through her thought, word or action to disrespect the guru. She did a lot of meditation and contemplation on this matter.

Having the ability to maintain the higher state she visualized that her relatedness and love with the teacher is unconditional. It is camouflaged by the mind and she decided not to be a victim of it. She visualized that she is dancing alongside her teacher with ecstasy and total relatedness. She prepared a personal letter and thanks

card for her Guru. She expressed that all her performances have always been totally dedicated to the teacher and offering to the audiences, only for reflecting her gratitude to the teacher. In this state of being she offered her letter to the teacher. She was totally positive because of which all past events were dissolved. The teacher was also positive and this unconditional relatedness and love was the end result. She expressed that “her teacher was waiting for her visit the previous day” - it was a surprise even to my daughter. Creating a positive mindset and getting related to the Guru is always the responsibility and accountability of a disciple.



Divya Warrior

With Love
Madhavan



Avyukt Arts for Art Promotion

Divya Warriar



Being a classical dancer and performing artiste, I have always felt very strongly towards promoting Art amongst our youth and future generation. We at warrier foundation, thus started a small initiative AVYUKT ARTS, mainly to act as an incubator for art lovers across the world to inhale India's sublime dance and music tradition and get a glimpse of their own divine essence. Through avyukt arts we have carried out numerous projects, some of which are:

- Outreach programme through Music : Balmandiram at Mumbai has been conducting Hindustani music classes for kids for more than one year with the support of Rohit Warriar, a student from USA who sponsors this programme by performing percussion (Mridangam) at various events and collecting revenues which is used for charity.



Rohit Warriar

Erunakulam Balamandiram dance centre :



Anitha Krishnan Well- renowned dancer and teacher, Guru Anitha Krishnan, has been a source of inspiration for all the children in and around our Balamandiram. She has been conducting Bharatanatyam and folk dance classes regularly at the Balamandiram. Her guidance encourages the kids to keep learning the art form and thus help build and develop their confidence and self-expression.

Goal of this artreach were : to provide regular arts lessons for the kids at the Bala Mandir and provide them the opportunity to continue into the future, so they can pick up a fulfilling activity and use their free time in a positive way.

- Steps forward for the success of the programme was to use the money to hire teachers and mentors.
- Set up a regular schedule for everyone to get lessons
- Get extra funding to allow the lessons to progress past a year.

- Older kids to help teach younger kids; “train the trainer” sessions
- Have recitals so they can showcase what they learned and enhance their presentation skills.
- ◎ Workshop conducted by World Renowned Mohiniyattam exponent and Scholar Dr. Neena Prasad, in Mumbai.

It was a rare platform for lot of aspiring students and teachers to come learn under the guidance of such a famous artist from Kerala. Such opportunities help create awareness amongst the common man. This workshop was later concluded by a small recital and glimpse into the art of Mohiniyattam along with a lecture demonstration by Dr. Neena Prasad herself, which was a divine experience for all the rasikas and participants.

- ◎ Children's Day celebration through the promotion of Classical Dances

On 13th November, Sunday, on the occasion of Children's day, Warriar foundation presented an event promoting Indian Classical Arts, thus providing a platform for the youth to experience firsthand the rich cultural values of India. The event:- Indian Temples- Was a collaborative effort by eminent artistes of India representing 3 different classical dance forms. The artistes explored and interpreted the concept of worshipping, temple legends, essence of its existence etc thus understanding the underlying philosophy of Indian Temple architecture.

Thus my personal journey through dance continues through perfecting the art form further through my studies, by pursuing my MFA from Chennai to creating more and more awareness about the inherent values of art throughout the society.



Musical Class Session

FINDING HAPPINESS IN ADOPTION

By *Manojkumar*
CEAT Tyres

“The happiness come from within specially when we are making others happy.” Helping someone who is needy is something that gives immense pleasure to one's mind - someone else is happy because of us! And our happiness came through Balamandiram and Warrior Foundation.

For the last two years we were searching for a girl who is doing a professional course but needs a financial help. We wanted to do this in the memory of our daughter. But finding a right and genuine candidate was difficult. That is when we came to know about Madhavan Sir from a common friend. At that time Madhavan Sir was looking for a sponsor for a girl who is studying in her 1st year of Engineering in Trissur. From our friend we learned that Madhavan sir is a renowned person and a philanthropist. So, we spoke to him and got more details about his endeavour. He is looking after four Balamandirams, one at Panvel, Mumbai, two at Thirunavaya, Kerala and one at Mazhuvannor, Kerala.

Madhavan sir gave us the details of the girl. Her name is Vijitha. She is staying and studying at Balamandirams for girls at Thirunavaya. She has been living there for the past five years. Sir also sent us a letter from the girl herself. After getting all the details and then meeting Madhavan sir, we decided to sponsor this girl. We were sad because we could not fulfill some of our dreams. Now it feels really good that we can help fulfilling some one else's dreams.

In the 1st week of June 2017 we were in Kerala. One day, we went to visit the Balamandiram at Thirunavaya and met Vijitha too. At Thirunavaya, both the Balamandirams are looked after by Madhavan sir's elder sister Mrs Thilakam Warriar. She is 75, but is so enthusiastic and is able to manage all the daily activities there. She is really loving and caring to the Children. They call her "Ammamma". She came along with us to the college hostel were Vijitha is



Manojkumar & family with Mrs.Thilakam Warriar and Vijitha, who is studying for Engineering.

staying temporarily for her exams. She is a well mannered and loving girl. We were extremely happy to meet her.

Later, we had lunch at Balamandiram with Thilakam aunty. Many parents had come there as it was the school reopening time then. They were seeking admissions for their children to Balamandiram to study at Nava Mukunda High School. They belong to economically poor backgrounds and are sure that their kids would get a bright future and grow as good human beings in the atmosphere of Balamandiram.

Thilakam aunty showed us around the Balamandiram. It is a beautiful place, where the holistic growth of kids is ensured. They grow with values.

Madhavan sir has great plans ahead so that he has built this building - Universal Centre for Individual Integration. He has got great visions. And it was indeed a great pleasure meeting Thilakam aunty.

We would like to visit the Balamandiram at Panvel also. We would certainly be glad to contribute in all possible ways to Madhavan sir's endeavours to help the needy and underprivileged fellow humans. We wish all the best for the activities of Balamandiram.

Warrier Foundation's Ved Vidya Gurukulam

- Vishnuprasad Gautam, Principal.

From the inception of Ved Vidya Gurukulam of Warrier Foundation, I was an integral part. I am now being associated more than a decade. We started with 10 children, who were brought from an Ashram in Delhi. It was managed by Govinda Acharyaji. Initially we started at Janakalyan Sevashram, an institute for the Aged people and orphan children.

Later on during the year 2010, Shri A.S.Madhavan, Founder Trustee of Warrier Foundation and also a trustee of Janakalyan Sevashram constructed a building nearby. Then we started a Gurukulam and I become the Principal for Vedic Teaching. Subsequently we enhanced our activities and even started sheltering and sending Maharashtra underprivileged / orphan children to local schools.

I born and brought up from Assam. I have completed Veda and various other subjects relating to the Vedanta Philosophy at Maharshi Veda Vidyan Vidyapeetham for a period of eight years and subsequently worked two years as Principle of the Gurukulam.

My vision was to develop a Gurukul, where the Children are taught the complete Veda and make them self sufficient. My educational system was only Sanskrit, Hindi and my Mother tongue. At present I feel embarrassed since I am not well versed in English Language. This made me to introduce teaching English, Maths, Science, Social Studies, Computer Literacy, etc to the Gurukulam students of Warrier Foundation. In addition to that we are also teaching Yoga and Meditation. We also have satsang, camps, related to different topics by prominent exponents in different field.

The Gurukulam of Warrier Foundation consists of children from all over India. Warrier Foundation is



affiliated to the Sandipani Rashtriya Ved Vidya Pratishthan, Ujjain. Children get a recognised certification on completion as Veda Bhushan. – equivalent to 10th Std. and Veda Vibhushan – equivalent to 12th Std. The curriculam for the completion of Veda Bhushan is minimum 5 years and for Veda Vibhushan is 7 years.

The ultimate inner meaning of complete VEDIC knowledge, Adi Shankaracharya contensed in two words - *brahma satya Jagat mitya* (Brahma, the paramatma is only the absolute truth and the universe is an illusion). Being in that state and getting related to the children and educating them will be the prime motto and vision of Warrier Foundation. Here the children should find the absolute love. They also should have absolute freedom and free from fear of death and birth, sorrow and happiness. Everlasting blissful state is always within. It is being contaminated by our mind. Our children should evolve and be the torch bearer to make a universal family with this realisation.

MAKE THIS WORLD A BETTER PLACE TO LIVE

- Jayaprakash

I believe in putting others before you. Since day one, humans have craved compassion. As babies, we cry for our mothers; as life continues, we look to our friends for sympathy, advice, and love. Our parents usually take joy in comforting, encouraging, and giving us the gift of compassion. By doing so, they have taken their own time, adoration, and energy into caring for someone else.

By giving compassion, we uplift the people in our lives and strengthen bonds. Humans need to humble themselves, in turn, realizing their problems are not the end of the universe. A human being is a part of the whole called by us universe, a part limited in time and period. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of visual illusion of his consciousness. This illusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. By freeing ourselves from this prison, we must humble ourselves. Deny what you want personally to give compassion to those around you.

Humans rely on others – friends, family, spouses, coworkers, etc., so be the person that others can rely on. When you put others before yourself, you honestly get so much in return. The first step in changing the world is to care

for the world more than you care for yourself. Therefore, zoom out of your own life and take a look at the big picture. If we all did so, we would



see the poor, sick, deprived, sad, and lonely as our main concern verses our own problems. If we humble ourselves enough to grant compassion to the poor, sick, deprived, sad, and lonely, wouldn't the world be a better place?

It is highly important for an individual to grow to that state with humbleness to have absolute freedom and unconditional love. This will help us to be compassionate for building up Universal family. An individual may find it difficult for this inner journey and realisation. Satsang and social work are highly essential as a means to achieve it. This great dynamism will come when we associate ourselves to be an integral part of a social organization. Let Warrier Foundation be the means for a large number of people to unite and becoming a movement for educating underprivileged children, organizing medical camps, cultural programmes, vocational training and spiritual camps etc. This will help us to let go our doership, ego and will lead us to the oneness – the Absolute.

I - Thou vs I - It

Many years ago, we had a great Yiddish [Jewish] philosopher named Martin Buber. One of his most celebrated works was a small book named “I and Thou. It spoke of two basic forms that our relationships can assume. Each of us relates to a number of objects that we come across in our lives. We also relate to people. The nature of these two relationships is not the same. For instance, what is the relation I have with my laptop on which I type these words? It is just an object or instrument which I use [even manipulate a little] to get my message across. On the other hand, consider my relation with you. If I am truly ‘human’ [not just a ‘homo sapien’] who loves and values my humanness, I should affirm the same in you. When we fold our hands in a Namaste, we are in effect telling the other, ‘the self in me bows to the higher self in you’.

Yet, as Buber suggests, for a great number of us, relationships take a different mode today : we love and affirm the things around us while people become objects we manipulate – the means to an end – as we try to acquire these objects. Objects can be anything: property; getting a promotion or a salary raise or incentives; power and fame. The moot question is: how do we treat the people around us? Do we respect and value them for who they are, help them to be what they can be? Or do we see them as mere instruments to be used for our purposes!

This approach to people as objects is central to relationships in our society: be it customers or employees or one’s own spouse or family members. It is one of the prime reasons why we get alienated from and cannot trust each other. There is a lesson here for each of us, especially as we ascend the social ladder and reach positions of power and prestige. When one engages in various acts of charity and philanthropy, one need to constantly ask what it is that one is in love with: people or something else.

When Jesus called on us to ‘love thy neighbour’, he was speaking about acting from a space of love. How

one relates to others depends a great deal on how one relates to oneself. On the one hand there is the commodity view of the world, where everything, including oneself is seen as a commodity. There is then the continuous urge to sell or project oneself, to ‘look good,’ to be someone other than what one is. It is perhaps the prime reason why we lose our integrity in many a relationship.



Understanding and living this principle becomes very critical for all those constituents who are engaged in building an institution like Warrier Foundation, whether it is through the BalMandirs or the Universal Centre for Individual Integration. The basic philosophy underlying all its efforts is echoed by the old adage: ‘Give a man a fish, you feed him for a day; teach him how to fish, you feed him for life.’ Here, ‘teaching how to fish’ is not just a matter of providing some material facilities or some technical education/professional training, but calls for a complete transformation of the way one sees the world and oneself. It is said, ‘As you see, so you are’. This calls for nothing short of an inner awakening. The foundation of any such relation where awakening is the outcome [like the Guru - Sishya relation] is deep trust, mutual understanding and empathy, which arises when “I–You” is the context rather than I–it.

Blessed are those among us who can just be who they are, trying to be who [not what] they can be. If we can rediscover ourselves and relate to one another from a context of I–You, it would be a great way to live.

Shashidharan Kutty



MEMORABLE EVENTS WHICH HELPED ME TO TRANSFORM

A.S. Madhavan

Mr. Sethuratnam was the Director of Gordon Woodroff. I was working with him about 50 years back. He was very particular about his code of conduct and always his official dress code was 3 piece suit. He was really a perfectionist. He helped me to develop my attitude and there are umpteen number of examples which caused the change of my perception towards life.

When I was young, it was a thrill for me to drive a motorcycle in rainy days. Even though, I was wearing a raincoat, it was only name sake. I used to get totally drenched. I also enjoyed splashing muddy water on the people who are crossing or walking by the side of the road by riding the motorcycle with high speed. On one of the heavy rainy day I was travelling with my Director in his car. It was a side road and the road was full of water. There were more than 40-50 people walking through the middle of the road and the water level on the side road was more than knee level. Seeing the people, my Director asked the driver to take the car to the side of the road and waited for more than 10 minutes in order to allow all the people to pass through the middle of the road. We were in a hurry to go to the airport, but still he had the patience to wait. I still recollect that moment. It happened more than 40 years back. This really made me to maintain certain discipline while traveling at present. The question we have to ask ourselves is that - are we accountable and responsible to be a role model in our life? Even though, Mr. Ratnam passed away about 12 years back, he is still a role model for me.

In another occasion, when we visited the BHEL factory at Bhopal, it was a very hot day and I

also had a throat infection. It so happened that I coughed and spit on the side of the road. My Director also was walking along with me and he immediately pointed out to me that I should not spit on the open spaces. Are we taking the same freedom to express our feelings when we see certain things which are not right? This kind of attitude of correcting fellow beings will definitely help to achieve the vision of *Swachh Bharat*. This gave me an awareness and concern not to harm the public and should protect the cleanliness of environment.

व्यक्तित्व का विकास

आजकल स्कूल, कालेज, या कोई कार्यक्षेत्र हो हर जगह सुनाई देता है व्यक्तित्व का विकास (personality development)। आखिर व्यक्तित्व का विकास है क्या चीज क्या सुन्दर कपड़े पहनना, अच्छी गाड़ी में सफर करना, अच्छा मकान ले लेना, दिखावा ज्यादा करना ही व्यक्तित्व का विकास है अगर ये सोच है तो फिर हम सबकुछ होते हुए भी अन्धकार में हैं अन्धकार में व्यक्तित्व का विकास नहीं हो सकता।

अन्धकार से प्रकाश की ओर जाना होगा खुद को इतना विकसित करना होगा की संसार की हर वस्तु पर समदृष्टि रखते हुए कार्य करना होगा। मान अपमान, हानी लाभ, सर्वत्र समभाव रखना होगा।

परोपकारी होना सभी जीवोंपर दयाभाव रखना, किसी से घृणा न करना, समस्त

प्राणियों को आत्मवत् (स्वयं जैसा) देखना ही वास्तविकता में व्यक्तित्व का विकास है।

व्यक्तित्व विकास के लिए अपने अंदर झांकना होगा आन्तरिक विकास करना होगा। अनेक साधनों से आन्तरिक विकास कर सकते हैं जैसे योग, ध्यान, अध्ययन तथा संयमित जीवन शैली इत्यादि। हर व्यक्ति का विकास होगा तो मानव सभ्यता का विकास होगा। मानव सभ्यता के साथ साथ प्रकृति का विकास होना भी आवश्यक है। प्रकृति सन्तुलित है तो जीवन है अन्यथा सब कुछ नष्ट हो जायेगा। हम हमारा शरीर प्रकृति का है और प्रकृति हमारी है और ये सन्तुलित बना रहे तो विकास है अन्यथा विनाश। मा विद्विषावहे। ओम् शान्तिः शान्तिः शान्तिः॥

- Vidhyadhar,
Vice Principal, Balmandir



Inculcating Values Among Youth: An Important Need of the Day

By Dr. Sujata Warriar

Today we are in the 21st century, an era of modernisation, westernisation and drastic change. In such an era of mechanical life, today's youth are drifting away from our Indian culture. The family bonding and the social bonding are getting narrowed and are taking a new shape. Thus it becomes very essential to imbibe Indian culture into the minds of young generation.

Every society considers certain actions as good and certain actions as bad. Almost all the religion emphasise certain principles and actions as good. All the good principles and actions are known as values. Some of the values like Truth, Equality, Discipline, Honesty, Love, Tolerance, Good Character, Patriotism, Generosity and Justice etc are considered as common human values, which are given importance in almost all the societies.

Role of values in the development of an individual:

As soon as an individual takes birth in the family, he does not know much about the common values or the principles. He does not know what is considered as good or bad by the family members. As soon as the individual starts interacting with his parents, family members, friends and society at large, he learns and picks up some values. When an individual, as a child starts internalizing some of the values, he may be in a confused state as what to accept and what to reject. He may have to make a choice. It is important to understand that an individual by himself will have to decide as to what is important and what is not important for him. He does not know which one is to be accepted as priority and which one is to be accepted later on. Many times, choice may be very difficult, still one will have to take a decision as there may be a conflict between various values. It is very essential for an individual to internalise and accept as many values as possible, which in turn helps an individual to become a complete man. It also helps in the personality development.

Values influence the behaviour of an individual. An individual's behaviour is determined by the values that one possesses. If one shows good behaviour, it is an indication that he has good values. It also helps an

individual to become a moral human being. A man is a good human being but he must try to be a moral human being and morality comes in only when he has values. Values help an individual to be a complete human being. A valueless man is just like an animal.

It can be clearly stated values help in settling the conflicts and disputes in an amicable way. If an individual possess values, he can understand the cause of the conflicts and certainly try to resolve the conflicts as early as possible. In addition to this, values also help in self adjustment. An individual with values can adjust well with his family members, neighbours, friends and members of the society. In a city like Mumbai, which is Cosmopolitan, one must have values to adjust with each other.

Value generate love, peace and happiness. With the help of values an individual has the capacity to love all human beings. He becomes humble, peace loving, which in turn makes him happy in life. Slowly and gradually, the individual starts respecting each and every element of the eco system. Thus he reaches to such a level, wherein he loves animals, plants and each and every part of the environment. Thus, values help in social upliftment. It also helps in bringing about National development and the world progress.

Today, due to industrialisation and urbanisation, world is becoming smaller. The process of globalisation, liberalisation and privatisation are bringing all the parts of the world close to each other. In the modern era, wherein there is no typical cultural identity of their own, each individual tries to imitate the other individual without understanding their own identity. Many times he is not able to understand what is right or wrong and therefore an individual is in a dilemma. Thus in the world of confusion and modernisation it is very essential for a human being specially the youth to inculcate values. For the development of the nation and the youth empowerment, the present generation should be moral human beings. Thus it is the role of the parents and the teachers to teach moral values to the growing minds.





DONATIONS

Enrolling and empowering like minded people and organisations for a social cause and asking for donations is always a positive attitude which we have to inculcate within ourselves. When I was studying in school in a remote village in Kerala, I still remember that I had gone from house to house, including hutments & chawls, for collecting money. The people in the hutments were below poverty line, but still they were able to contribute few Chillies and anas (now it is known as Naya paisa) which helped us to make a reading room in the Panchayat office.

The intention of collecting money from others will definitely help us to break our ego and our inhibition. We would also be able to develop a feeling of “let go” and non-doership while going from house to house on collection drive. These are the process for making us humble and to build up a Universal family feeling. We would also realise that giving is more difficult and there would be more reasons in our mind for holding it and becoming a self egocentric identity.

Warrier Foundation is also accepting donations and you are welcome to contribute as per our bank details given below :

Recipient “Warrier Foundation” in INR

Name of the Bank : IndusInd Bank
Branch : Andheri (East), Mumbai

Name of Account holder : Warrier Foundation
Account No. : 100002018093
IFSC Code number : INDB0000018

Recipient “Warrier Foundation” in Foreign Currency

Kindly note that now we have got Foreign Currency Regulation Act (FCRA) approval from Ministry of Home Affairs, Government of India for receiving donations in foreign currency. In case anybody wanted to transfer money from abroad in foreign currency they can transfer to the following account:

Name of the Bank : IndusInd Bank Ltd
Address of the Branch : Acme Plaza, M.V. Road,
Opp. Sangam Talkies,
Andheri (E),
Mumbai – 400 069.
Beneficiary Address : 503-504, B Wing,
Bldg. No. 4, Powai Vihar,
Powai, Mumbai – 400 076
Name of the Account Holder : Warrier Foundation
Account Number : 100002018101
SWITCODE : INDBINBBBOA

Let us all be a part of this movement of Warrier Foundation with a commitment of educating 1000 children in coming days. At present, we are educating 300 children.

WARRIER FOUNDATION

1501, Lake Front Solitaire - Wadhwa Group, A.S.Marg, Powai, Mumbai 400076.
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OUR PHILOSOPHY

Aham Brahmasmi –
“I am the infinite reality” Human beings have boundless intelligence and immeasurable inner potential. The purpose of life is to discover 'who we are' and realize our free and blissful state of being. Our being will enable others to grow and evolve through integrating body, mind, intellect and spirit.



Warrier
FOUNDATION

THAMA SO MA JYOTHIR GAMAYA

OUR MISSION

To empower individuals to discover and realize their full potential in Physical, Mental, Family, Professional, Social and Spiritual dimensions. This is achieved through Education, Health Care, Social and Spiritual activities

“Give a man a fish; you feed him for a day. Teach him how to fish; you feed him for life”