

# Value Insight

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Bi-Monthly

## Gratitude

- Gratitude - A Philosophy of Life
- Gratitude Unlocks the Fullness of Life
- Gratitude is the Best Attitude



A bi-monthly magazine of  
Foundation for Restoration of National Values (FRNV)  
Website [www.valuefoundation.in](http://www.valuefoundation.in)



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# Value Insight

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# CONTRIBUTORS



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**Prema Raghavan** is a writer, teacher, counsellor. She did her B.Ed at SNDT, MSW at Nirmala Niketan and studied Methodology at TISS and Nature Cure under Lakshman Sarma which she has been practicing for the last 4 decades using herbal remedies. She also learnt yoga at the Bihar School of Yoga and has authored 2 books, 'Living in Rhythm with Nature' and 'A journey with a Special Traveller'.



**Ma Gurupriya**

**Ma Gurupriya** is a Sannyasin (renunciate) disciple of Poojya Swami Bhoomananda Tirtha. Born in a family of academic excellence, Ma Gurupriya's spiritual journey started while completing her PhD. Her deep feeling of dispassion led her to the path of seeking the Ultimate Truth. Ma received *deeksha* (initiation) from Baba Gangadhara Paramahansa of Dakshinkhanda, West Bengal. Ma's teachings, anchored in the essential teachings of Vedanta, are focused on the practice of Vedanta in day to day life.



**Devika Raghav**

**Devika Raghav** has been an educator, residing at Lagos and Ghana; at present based in Bhopal - Madhya Pradesh. She's been a published freelance writer for Discover India magazine and various newspaper supplements as a travel journalist. She is a published poet and content writer as well as story teller for various e-magazines. She is also a budding photographer and water color artist. At present she is farming homegrown organic produce for family and friends.



**Lois Ward**

**Lois Ward** grew up in Kolkata, completed high school in Shillong, attended Loreto College in Kolkata and went to New York to study Fashion Merchandising. She now lives in Toronto, Canada and currently works in a non-profit as Manager of Research Operations; the Kite Research Institute of Toronto Rehabilitation Institute – University Health Network (UHN) is the world's #1 rehabilitation research centre. Having experienced a life changing medical situation recently she has now been on the receiving end of rehabilitation and appreciates even more all that the researchers are doing to ensure people can recover, and live independently at home.



**Gopa Bharadwaz**

**Gopa Bharadwaz** is an accomplished legal compliance and data privacy expert. She plays a pivotal role in driving initiatives dedicated to women's empowerment, ensuring stringent adherence to POSH (Prevention of Sexual Harassment) regulations, and spearheading multiple endeavors focused on diversity and inclusion at the workplace. She is also a fitness enthusiast and has participated in various marathons held across the country. Beyond her professional endeavors, Gopa's philanthropic inclinations are demonstrated in environmental awareness activities and social causes that she actively champions.

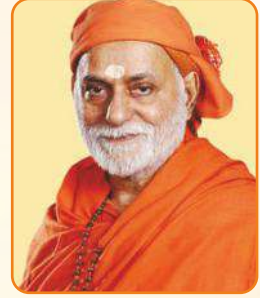


**Haymantika Singh**

**Haymantika Singh** is a passionate exponent of Indian classical dance forms and is trained in the field of Kathak and Manipuri dance. She has taken part in various dance dramas based on Rabindra sangeet and Nazrul sangeet. She also did an advanced course in Kathak at Shriram Bharatiya Kala kendra Delhi. Closest to her heart was performing to her mother's choreography on Meera bhajans and her compositions of music and poems. Apart from the arts she was also worked as Municipal corporator in Vadodara and was actively involved in ground level work striving to improve the lot of people living in *bastis*.

### **Sadhana and its Pre-requisites**

Poojya Swami Bhoomananda Tirtha, a well-known exponent of spiritual treasures like Bhagavad Gita, is the head of Narayanashrama Tapovanam, Trichur, Kerala. He has provided inspiration to people across the globe including corporate leaders on ethical practices



### ***Poojya Swami Bhoomananda Tirtha***

*When you look at gratefulness as a quality, you will understand that it has deep and comprehensive bearing on all aspects of our life, on the environments and over the countless generations that existed before us. We should be worthy of what we have inherited.*

Gratefulness is one of the indispensable qualities or virtues in human life. The first factor that anyone in this world should be blessed with, is a birth in a good family. We inherit from our lineage a number of features and traits. Also, getting reared in a good family is indeed a rare fortune. Our parents bring us up and mould our character... we can live in this world, think, speak and act only with the faculties we are bestowed with. We are indebted to whoever has done this for us. I think gratefulness starts from there.

Where are we living? We are living on the earth, breathing air, drinking water and making use of all the different aspects of vegetation for our food and nourishment. Can you imagine the extent of gratefulness

we should have to all these resources? You may say that parents are living beings, who are able to acknowledge our expressions of gratefulness. But the *panca-bhutas* being insentient, is there any need of expressing gratefulness to them? The answer is that gratefulness is what you feel; it is your expression, whether the source towards which your gratefulness is expressed, understands it or not.

So, you feel thankful to Mother Earth, you feel grateful to her. You should also preserve the earth intact. Never damage it, deplete it or exhaust it. Understand that the natural resources are not merely for you to live and use; they should be available to countless generations to come. We have to deal with the natural resources like minerals, fuel,



water and air in a very tender and sensitive manner. Our Hindu culture is very emphatic about this. That is why we look upon the earth as our mother, oceans as our father, rivers also as our mother. Everything has parented us.

Think of our civilization. We have languages to speak, to articulate and to communicate. These languages are evolved by our ancestors. They have formed alphabets and then words. They have written extensively using these languages, and their efforts became our literature. The literature we have inherited is a substantial, valuable treasure of knowledge. How can our literature have all these things unless our ancestors had thought and striven hard to evolve it? They have contemplated on and contributed to various branches of knowledge. What would have been the status of our life, had we not inherited all these?

How rich is the knowledge we are bestowed with! It is as valuable as the resources the earth or water holds before us. Thus, resources are both internal and external. Knowledge, values, goals, disciplines, standards, refinement etc. constitute a very important part of the treasure of knowledge that we have. The invaluable treasure of ours can be

traced to pre-historic times.

Our Vedas were preserved and bequeathed orally. They were recited, and hearing the recitation in an orderly manner, others learnt them. That is why they are called *Shrutis*. What about the wisdom contained in our Upanishads? The entire world adores them! We also have two epics – Ramayana and Mahabharata – where human character, behavior and interaction are discussed in detail. They show us the path towards characteral elegance, behavioral majesty and interactional excellence. They also propound a four-fold objective of human life: *Dharma*, *Artha*, *Kama* and *Moksha*.

Dharma means being righteous and disciplined in whatever we do. When through dharmic means, one endeavours in the society, he earns required resources for his living; it is called pursuit of *Artha*. This way, man should earn sufficient financial prosperity to live comfortably. When one has gained prosperity, he must make use of it judiciously so that his desires are fulfilled. That looks after his *Kama*. The system gives rise to natural orderliness in the society. One leads thus a harmonious and satisfactory life, until at last he feels an urge to be inwardly free. Then it



becomes a pursuit of *Moksha*.  
Coming to Bhagavad Gita, Krishna says:

सह्यज्ञाः प्रजाः सृष्ट्वा पुरोवाच प्रजापतिः ।  
अनेन प्रसविष्यध्वमेव वोऽस्त्वष्टकामधुक् ॥  
देवान्भावयतानेन ते देवा भावयन्तु वः ।  
परस्परं भावयन्तः श्रेयः परमवाप्स्यथ ॥  
(३.१०,११)

*Creating mankind with the scope and power of yajna, Prajapati, the Creator, pronounced: "By this grow and multiply yourselves. May the yajna-awareness act as a wish-yielding cow for you. With this may you honour the gods, and may the gods regard you well; thus nourishing one another, you shall attain the highest good".*

Krishna gives a formula for right living. He says that recognizing the super-human powers of Nature, and overcoming delusional clinging i.e., *sanga*, let *Yajna* be performed.

What is this *Yajna*? Are we to perform rituals prescribed in the Vedas in the form of sacrifices or *yagas* using fire and *havana-kundaas* offering various oblations? Krishna rises to a higher level. He wants *yajna* to be more comprehensive, covering all aspects of our life. He summarizes: Any action undertaken without *sanga*, delusional clinging becomes *yajna*. It implies actions without any selfish

motive. Let there be no considerations like 'mine' or 'my family'. When one outlives self-centred constrictions, all his actions become sublime. Then the entire range of gratefulness that is due from the human stands fulfilled. Without this *Yajna* spirit, human society cannot thrive in amity, mutuality, collectivity and overall welfare.

So, when you look at gratefulness as a quality, you will understand that it has deep and comprehensive bearing on all aspects of our life, on the environments and over the countless generations that existed before us. We should be worthy of what we have inherited. It is also a compulsion to elevate ourselves as models to be emulated by the coming generation. When we look at human civilization in this comprehensive way, we understand how gratefulness as a quality will enrich human life in ample measure.

*Harih Om Tat Sat. Jai Guru. Jai Guru.*

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## SUBHASHITAM

अष्टौ गुणा पुरुषं दीपयन्ति प्रज्ञा सुशीलत्वदमौ श्रुतं च।  
पराक्रमश्च बहुभाषिता च दानं यथाशक्ति कृतज्ञता च ॥

आठ गुण मनुष्य को सुशोभित करते हैं - बुद्धि, सुन्दर  
चरित्र, आत्म-नियंत्रण, शास्त्र-अध्ययन, साहस, मितभाषिता,  
यथाशक्ति दान और कृतज्ञता ।

Eight qualities adorn a person – Intelligence, good  
character, self-control, study of scriptures, courage,  
temperate speech, charity according to one's ability, and  
gratitude.

## From the President's Desk

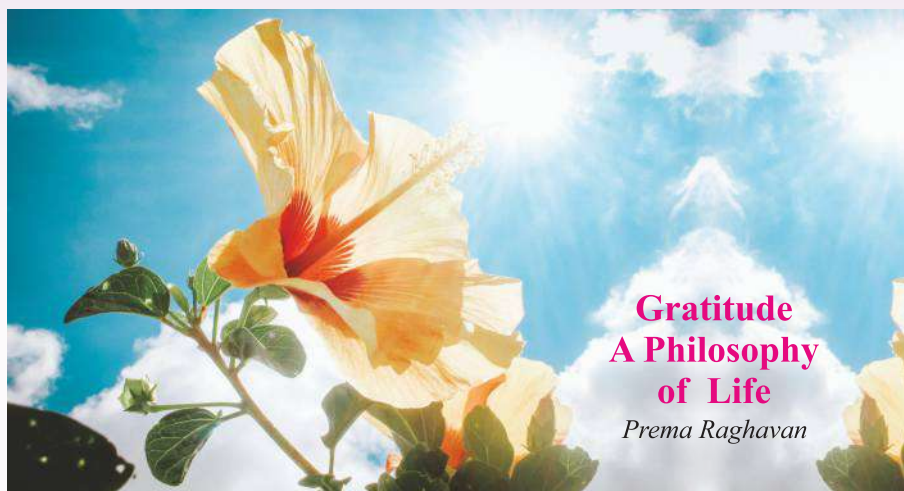


Chandrayan 3 landing on the moon, not only proclaimed to the whole world the capacity and capability of Indian scientists, it also gave enormous pride to every Indian, both here and abroad.

More so when many realised that most of the scientists behind this achievement were from 2nd/3rd tier cities and the institutions therein. I am sure many youngsters who watched the landing of Chandrayan 3 on the moon, would have felt that it would be possible for them also to achieve this high level of scientific acumen. Therefore this opportunity should be used by parents and teachers to encourage students to take science as a subject of study for science is the propeller of progress and development of individuals, communities and nations at large. Its concepts and principles are difficult to grasp in the initial stage, but once they are understood they open a world of possibilities. Modern India is gradually opening to these possibilities and let us hope that we become a nation of scientific achievements.

While these laudable efforts mark India's progress, it is more important than ever to place special emphasis on values. As Swami Bhoomananda Tirtha says no activity that is not imbued with values is sustainable. For any progress to impact every citizen of the world positively all scientific endeavours should be backed with a firm understanding of values. I see a great opportunity for FRNV to reach out to as many youngsters as possible, to lay a strong base of values. Coupling traditional values with new scientific discoveries and modern thought is a sure way to lasting development.

***S. Regunathan***  
President (FRNV)



## Gratitude A Philosophy of Life

Prema Raghavan

*Gratitude creates our sense of value in life.*

The Hebrew term for gratitude is, 'hakarot ha tov' which literally means, recognising the good that is already yours. Gratitude is not only the greatest of virtues but the parent of all others. Giving as well as gracefully receiving, both come from the same spirit and are essential for a meaningful life. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

### **Celebration of Thanksgiving**

The celebration of thanksgiving is a common element in the religion of mankind. Gratitude is the memory of the heart. Hindu festivals are thanksgiving celebrations for the restoration of *dharma* – righteousness -by divine incarnations. The recognition of the spiritual basis of thanksgiving has deep implications. It implies that the

same divine principle throbs in every human heart. There is a basic unity in spite of all the outer differences. Gratitude leads to mutual reverence, recognition and cooperation. The burden of human failure is lifted by forgiveness and grace. Gratitude and forgiveness are two sides of the same





coin. This inner attitude of gratitude is essential for individual as well as world peace.

The observance of thanksgiving is a reminder that we must continuously practice it in our hearts.

### **Attitude of Gratitude**

The happiest people do not have everything in life, they just make the best of everything. There is no limit to what we do not have in life. If we tend to focus heavily on the deficiencies in our life then we can barely perceive the good that counter balances them. An attitude of thankfulness will enhance every aspect of our lives. Gratitude harmonises the body and its actions with the inner spirit. We take for granted so many things in our life.

A person who has paraplegia is paralysed from waist down, usually resulting from the damage or disease affecting the spinal cord. The simplest things which we do every day are probably some of the hardest things for a paraplegic. It is frustrating because there is nothing they can do about it. Their day starts with catheterization to empty the bladder. Then someone has to lift them up and give them a bath and feed them. The days are filled with time-consuming routine and physiotherapy. They must feel, "If only we had the mobility and bladder

control, we would be so happy." Even paraplegics have to take a breath and be thankful that people are willing to serve them. Their mind is alert, but all of a sudden, they are like a child - totally dependent on others. These paraplegics would have been normal people who took their mobility for granted till an accident crippled them. Then there is a paradigm shift in their attitude. There is a change in the way they feel about themselves and the event. We are all incomplete, whether it is physical, financial, intellectual, emotional or spiritual, we are all missing something - there are gaps in our lives.

Christopher Reeve, the actor who is



synonymous with Superman, met with an accident which crippled him totally. But his pain did not go in vain. He worked for the cause and supported millions of people affected by similar injuries. He was also grateful that he had a supporting family, financial strength and that his 'hero' image was an inspiring factor which gave moral and emotional support to others.

With a grateful attitude, you can change the state of your consciousness. Counting your blessings is a deep experience. Every one, without exception, has something to be grateful for in life. Life itself is a gift. Our attitude will automatically choose the way we view a subject and the thoughts attached to it.

In a country like India and other developing countries, there is so much poverty which results in starvation, disease, homelessness, and lack of basic facilities like water, sanitation, etc. - the list is endless. The bare necessities of food, clothing and shelter should stimulate gratitude. A visit to a slum, municipal hospital, orphanage and old age home will help us reflect upon our life.

### **The Practice of Gratitude**

*"Blessed are those that can give*

*without remembering and receive without forgetting."*

The quality of your life is a result of your focus. The practice of focusing on all that you have amplifies and enriches the experience of everyday living. Gratitude also requires practice and discipline like everything else. Gratitude is a choice to see things differently - a glass of water can either be viewed as half-empty or half-full. When choosing to be grateful you are focusing on all the things that are good and right in your life as opposed to the things that are not. Counting your blessings can help sustain you during hard times. It can transform painful situations into positive experiences if our trust in the divine is greater than the distress of the moment. As a first step, try this exercise:

- Sit in Padmasana or any comfortable sitting position.
- Keep your spinal cord straight and body relaxed.
- Close your eyes.
- Become aware of your breath.
- Slowly bring your awareness or attention to the heart centre (centre of your chest).
-

- Think about things for which you are grateful.
- Think about things which give you joy - people, children, home, garden - anything that warms your heart. If you cannot think about anything, visualise nature - a beautiful flower, a flowing river, the rustling of leaves, a cool breeze, birds chirping, etc.
- Now you are in a state of gratitude. You do not need something to be grateful for, only the desire to feel grateful. With practice, we move into an awareness that just being and experiencing life is enough. Actionplan
- Think of five things you would not change about your life. What are the attributes in you that you feel grateful about. Write down five memorable experiences in your life when you felt a deep sense of gratitude.
- Begin attracting abundance and grace into relationships by focusing on the positives. Each day write down one thing you feel thankful for - parents, spouse, children, friends, or any significant person in your life. When we practise gratitude, it generates a pleasant sensation.

Feeling good is easier than feeling bad. Gratitude is a feel-good emotion. When you feel better, you think better and act better. Then we perceive ourselves to be a part of a beautiful and benevolent system. What our mind dwells on is what grows into fruition in our lives. We reap what we sow.

- Another practice is to use a diary to allow expression of our thoughts and moments of gratitude. Writing brings things to the surface. The mere act of conscious and intentional observation and appreciation is an expression of gratitude. So, being grateful means becoming aware of all that is there for us in life and then acknowledging this gift. This aligns us with the Universal principle that giving is the same as receiving the gifts life provides us. We give back the gift of gratitude. Express your



gratitude and you will see the small miracles in your life.

### **Family and Gratitude**

Gratitude builds strong life enhancing relationships. Exclusive pursuit of materialistic values - name, fame and money - makes people aggressive and self centred. Scientific knowledge and technological skills must be combined with moral principles. Righteousness, dignity of the individual and the preciousness of life are core values of humanity. The instability of marriage, high rates of divorce, addictions and, institutions for old people have undermined the family structure. A strong family unit is essential for a healthy society.

The way to honour the Higher being is to honour His creation. A desire to show gratitude and love is universal, especially to one's parents. We can never adequately reciprocate the care and love given to us by our parents but we can express gratefulness. Social institutions reflect the prevailing social values. Cultural values have changed in the process of adapting to rapid social changes.

Social values guide the perception and treatment of the elderly. These values differ from one culture to another and have a significant effect

on the care and support of the elderly. Mutual respect and reciprocal care and support are more important than the submission to the authority of the elderly. Many children of the elderly migrate to foreign countries and a natural corollary to this shift are institutions for old people. In spite of physical separation, they can maintain relationships through modern communication channels. Old people need care and love more than material comforts.

Our eastern cultures give more emphasis to duties than rights and we feel proud and honoured to take care of old people. Unfortunately, this trend is changing and old age homes will soon be the norm. Society should evolve a system whereby they are not segregated and remain part of the family unit.

We can develop old age homes like child care centres where children are taken care of during the parents' absence. In fact, these two institutions could be combined for mutual benefit. Every locality can develop a respite home in the neighbourhood so that old people are not segregated. This is a beautiful way to express our gratitude. All actions start in the mind. A wiser thought leads to clearer perception. This attitude will help individuals, families and societies.



### **Ecology and Gratitude**

The custom of worshipping nature is an expression of gratitude. When we worship, we give reverence to it. The five natural elements—air, water, fire, sky and earth are all life-giving and life preserving. Life would be impossible without them. The majestic mountains, the flowing rivers, green fields, flowers, vast oceans, deep forests, the sun, the moon, and the stars, all provide us with necessities and more. Natural resources are not for selfish exploitation. They are to be used with discretion and also shared. Natural resources are often depleted and degraded for immediate profits.

Our gratitude for the gift of earth should take the form of clean water and air, and dense forests.

Ultimately, thankfulness should become an automatic reflex and not a chosen response. Goodness is always spontaneous. Be thankful in all circumstances for that is the Divine Will for your evolution. No matter what our circumstances in life, we retain the ability to choose our attitude. Thank the divine for what we still have. Ingratitude chokes off life; it destroys gratitude. Gratitude allows us to experience the lifegiving flow of the spirit. It allows us to live with a spirit that stays light and free.



## Sweet Miracles of Small Moments

*Ma Gurupriya*



*The taintless feeling of gratefulness of someone who had  
remembered an act of fondness and affection...*

I saw him through the window standing on the mound in front of my room. He was standing below a coconut tree and was looking upwards as if counting something. I heard Vinaya's voice outside, asking him how many coconuts can be had from the lower bunch. He replied, "Eight". I went near the window to see who that boy was.

Just then, he too saw me, and his face immediately broke into a wide grin. I recognized him and smiled: "Prakasan alle? (Are you not Prakasan?). Oh, you have become so big! After so many years I am seeing you!" I went out to the verandah to see what he was up to.

I remembered him – the cute little boy who used to come to our Ashram, trailing behind his mother or sisters who would come to collect buttermilk. Those days, we had cows in the Ashram and we used to distribute extra buttermilk to the villagers every day.

Soon after breakfast we would keep on the front parapet a big vessel containing buttermilk. Many used to come carrying their vessels, asking for buttermilk. Some would come regularly. One day, noticing that a few were coming without bathing, Nutan Swamiji suggested that they should come to the Ashram only after a bath, as they would go to the

temple; an ashram is also like a temple—a holy and auspicious place. Subsequently, they all started coming after a bath, with fresh clothes and a *tilak* adorning their forehead. It was apparent that they too enjoyed the change. It was particularly nice to see the little ones coming merrily with the parents or elder siblings. Prakasan was such a little one who somehow had caught my special attention. He lived in a mud cottage very near to our Ashram.

I knew very little Malayalam at that time and could speak to him only a few broken sentences with smiles and gestures. I always like children and feel purified by looking at their innocent smiles.

With time, as various activities increased in the Ashram, and we gave away the cows, distribution of buttermilk got stopped. I missed the children who used to come regularly and the elders with whom I would talk to about where they lived and what they did. I think through this buttermilk session alone, I had come to know many of the villagers. Our present renunciates do not get this opportunity.

Prakasan's visit to the Ashram

stopped. But often when I went for a walk, I would meet him on the road. He would be seen either playing or taking the goats for grazing. Every time he would give a big smile in recognition. As my walks outside the Ashram finally stopped because of poor knee condition, I did not see him for years till today, in the Ashram. However, I used to hear from his sister who comes at times to share her woes, that he had grown and was working and supporting the family.

Today, he was called by our working girls to pluck some green coconuts for me. The doctor has advised me to drink green coconut water. The man who generally plucks coconuts from our trees comes only once a month. No other worker knows how to climb the coconut trees.

While we were discussing what was to be done, some working girls suggested that they would call Prakasan who knew climbing. This is the history behind his arrival today.

After going out in the verandah, I asked him what he was doing presently. He said he worked in sawmills as a daily wage. Although he does not get work on all days, he is quite ok.

I went inside and got involved in my work. After sometime, Vinaya came and said that Prakasan had plucked some coconuts but was refusing to tell how much money we should give



him for his work. “He is wanting to see you, Ma,” Vinaya said. I went out again. There he was standing below the verandah with the felled coconuts, obviously waiting for me to come. “How much shall we give you, Prakasan?” I asked, “It seems you did not tell them!” With a shy smile and a deep expression in his eyes, he said, “Mataji, I don't want anything for this.” “But Prakasan, if you do not take anything for the work you have done, how can we call you again if we need your assistance?” I asked him. He nodded his head and said, “No, I don't want anything for this work. This I have done for your sake.”

Did the working girls tell him that the

green coconuts were needed for my use? – I did not know. Something was melting in my heart. He was standing a few feet away, drenched in sweat. His face was red with the heat of the sun. A dense cluster of sweat drops had formed on his forehead. But beneath the forehead the eyes were soft with fondness and with the satisfaction of service. “These coconuts will be enough for you till Sunday, I shall come again on Sunday,” he said and left.

His face, his expressions kept on haunting me. A chord deep in my heart had been touched. Why did he not take money? Why did he offer his labour without anything in return? And that too with such pleasure! Is it only because of the association of yester years where I had poured buttermilk in the small can he carried, or may be because of the times I had given him plantains and biscuits from our store? Is it that he wanted to give something in return for the love and fondness that I had expressed years back when he was a little child?

I recounted today's episode to Poojya Swamiji and Nutan Swamiji, and also to the other ashramites and working girls. Whenever I remember



the incident, I get a touch of purity. The taintless feeling of gratefulness of someone who had remembered an act of fondness and affection! Should we not be like that in our behaviour? Should we not learn from such incidents, however small, that we must cultivate gratefulness towards anything and everything that helps us lead this life?

A little while later, Vinaya brought a glass of coconut water to drink. It was like nectar. Immediately I remembered the “subhāshitam” I had learnt from Poojya Swamiji:

प्रथमवयसि दत्तं तोयमल्पं स्मरन्तः  
शिरसि निहितभारा नारिकेला नराणाम् ।  
सलिलममृतकल्पं दद्युराजीवनान्तं  
न हि कृतमुपकारं साधवो विस्मरन्ति॥

*Remembering the benevolent act of men who lovingly poured a small quantity of water when it was young (sapling), the coconut tree stands throughout its life carrying on its head bunches of fruits, each containing nectarine water to be offered to the thirsty human beings. The noble people never forget the act of kindness done to them by anybody.*

I remember how I was touched to the

core of my heart when I heard this shloka for the first time while Poojya Swamiji chanted it and explained the meaning.

Throughout its life the coconut tree stands in sun and rain, carrying a heavy load, without the least grumbling – never saying, “I am tired”, never wanting to get rid of the load, but ever-ready to offer lovingly the fruits that contain the nectarine drink. To whom? To mankind, who poured water on it when it was young, when the water was absolutely essential for its survival and growth. Such hearts are noble hearts.

What touched me deeply was the meaning of 'gratitude' expressed in this shloka – a virtue that humbles the mind, softens the heart!

When 'gratitude' fills the mind, the mind wants to give something to others – wants to give, emptying itself, completely, entirely.

Jai Guru.

–From Vicharasethu–2009



## **Gratitude Unlocks the Fullness of Life**

*Devika Raghav*

*A good day starts with gratitude...*

As cliched as it may sound, each morning when I wake up, I am indebted to have a day to look forward to and for all that it brings forth. Every morsel of food consumed to the clothes I have - variety, accessibility and, to say the least, availability. Having said so, I may add that it was not so always, owing to which I have come to be conscious of the luxuries of life which at times lay hidden in plain sight. Perhaps the essence lay embedded till I accepted its existence much later in life. Youthful zest needn't reflect upon either thoughts or actions. In fact, there never was any intent in benching thoughts and pausing for a while to introspect.

Recalling my younger years, all I knew was being in bliss, surrounded by friends and family from whom one drew one's strength. It was a privilege. It was something one takes for granted normally; all the love and

adventures along with occasional failures were taken care of by elders. Carefree days of youth indeed! The eventualities were not something to reflect upon or be held responsible for; childhood to me, was to be just me. Paired with adulthood, one was just handed over the keys to an abode where you became the master and doer of all actions. The result of each thereon rested on your shoulder.

I like to recollect varying time frames, which involve instances of life. To recall one such significant phase was arriving in the city of Bombay (Mumbai). In order to make use of my time I became a part of an NGO. It worked in various sectors including with/for the underprivileged. It included kids who were orphans, those without shelter, and even the rag-pickers to be specific. Had I not come to work for them, I probably would never have understood the challenges in life they face from such a young age



and what all they experience in their lifetimes. Deprivation is a very common phenomenon for them. To lead a life which such hardships for young children was unfathomable for me. Once acquainted with them I coped with their requirements, imparting knowledge as and when needed and providing treats was all it took to bring smiles to their faces. They remain one of the most cherished years of my life. I became a mother to the little ones in the group allotted. Motherhood or parenthood was something that came as a taken-for-granted-package.

Gratitude stepped in to abide with me when after nine years of relentless efforts and pit stops of self-pity and sorrow brought a bundle of joy! I embarked on a journey of acceptance and self-discovery.

Being a mother made me realise what 'being a mother' truly meant.

At present, I live in a continent where I see the haves and the have-nots in the starkest reality. In the heart of its society, I find it to be a lost cause, where there is little understanding of poverty and why it stems in such a deep-rooted manner. No one asks or talks about it. Whereas it takes little to comprehend. My window overlooks the small shanty where the



workers live. Rain or sunshine their lives go on, as do the million other lives. It makes me step back and say my prayers each day. Some days I grapple with the idea of the rich and famous and the luxuries of the material world. Is one supposed to feel guilty about being successful? I haven't come up with the answer to that as yet. What I have been able to do is bow down to the spirit of Gratitude. Finding a balance between how much and how far would I be happy to go. For now, it seems to be enough.



As a parent, one tries one's best to instil the habit of sharing and caring. It was my mother who taught me to bend towards the plate while eating to show respect to the plate of food in front of me. In a way say my grace before anything I am or should be grateful for. The thought gets lost somehow as you step into the marathon of life. The make-believe takes prominence and the rest a back seat I guess. Why else should there be such a huge chasm? The signs are always there, as my aunt pointed out to me one day; we just need to focus on what is around us and life will open up its doors for you to embrace the same.

That awakening, regretfully came with loss and sorrow. Pandemic wasn't a ring-a-ring-a-roses poem, it was the harshest time. It was a black hole where three years of our lives got sucked in and we initially remained mute spectators to the global devastating calamity. The passage of time heals and for most of us, we coped with the loss of loved ones gone too soon. The focus turned to the ones who remained with us. There is such beauty around us. There is so little which meets the eye. There is so much to be grateful for. The joy which a patch of forest brings with giant canopies and peeping blue hues speckled with

sunshine is unparalleled. The sight of a neighbour's farm swaying with a golden ripe harvest ready to be cut brings hope riding the wings of our feathered friends who flock in for a bite. Their presence marks the seasons; their tiny delicate varied nests herald birth; the hope that all's well with the world or at least some corners of this gorgeous planet. In



the process of life and death, I get to escape the morbidity that war brings. Gratitude is multi-hued and multifarious I feel. Every unfortunate circumstance should be impetus enough for us to strive towards a better day in all awareness. Isn't it our responsibility to render a helping hand?

It's never easy to introspect, believe me! It's a two-edged sword perpetually dangling over you. Cause, the more in-toward you turn, the more you come to see the flaws and the loopholes. The what nots of where you went wrong; it all culminates to the very aspect of being in Gratitude.



# A Tribute in Gratitude to The City of Joy

Lois Ward



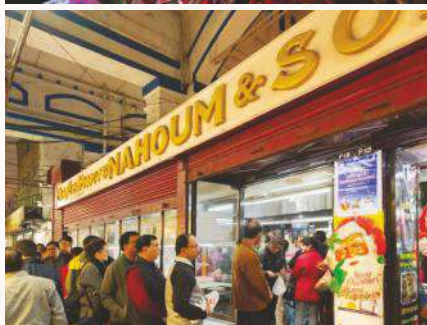
*The author, a Canadian citizen, recalls with nostalgia and gratitude memories of a city that stood as a shining example of secularism where people from all walks of life came together to celebrate religious events and cultural extravaganzas that exemplified unity, shared joy and mutual respect.*

I am so grateful to have grown up in India and particularly Kolkata, where secularism was embraced and India was lauded as a bastion of democracy. This vibrant city, with its kaleidoscope of cultures and faiths, allowed me to celebrate my Christian identity, learn about and appreciate other religions and foster a deep appreciation for the values of secularism and tolerance.

Kolkata, often referred to as the "City of Joy," embodies the true spirit of unity in diversity. It was a place where people of various religions coexisted harmoniously, and this inclusiveness played a pivotal role in shaping my perspective.

As a Christian, I was privileged to be a part of a community that was not just accepted but celebrated. I took being able to freely practice my religion and attend church services for granted, without fear or discrimination. This sense of religious freedom instilled in me a deep gratitude for the secular fabric of India.

One of my most cherished memories was the celebration of Christmas in Kolkata. The entire city came alive with the spirit of the season. Illuminated streets, beautifully decorated Christmas trees, and the aroma of traditional plum cakes filled the air. What struck me most was the way in which people from



Multi faith queue in front of a Jewish bakery during Christmas

different faiths enthusiastically participated in these celebrations. We lived on Park Street and the street was packed with revellers late into the night. Friends and neighbours, regardless of their religious backgrounds, exchanged gifts, sang carols, and shared in the joy of the season. In fact, it was our non-Christian neighbours who organized all the children in our apartment complex to re-enact the story of Christ's birth! This joyful street celebration was missed when we came to Canada, where on Christmas Day the streets are hushed and

everyone celebrates at home.

Similarly, the festival and traditions of Durga Puja transcended religious boundaries and brought the entire community together. It was a treat to visit the elaborately constructed pandals and on the last day, my



sisters and I hung out of the windows in our grandfather's house to see the huge processions go by with loud chanting and drumbeats, to immerse the sacred images in the Hooghly. We participated enthusiastically in Diwali; buying sweets and handmade clay toys, lighting diyas, enjoying the sparklers/fuljerries with our neighbours. Throwing colour on each other during Holi, standing in line for langar with our Sikh neighbours in October and digging into huge dekchis of biriyani shared by our generous Muslim neighbours at Eid was all part of growing up.

The educational institutions

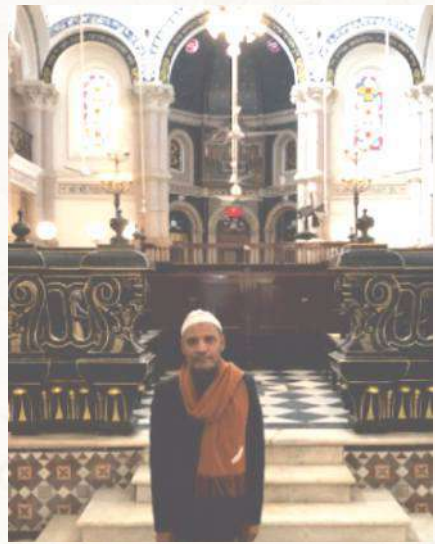


reinforced the values of secularism. At our boarding school we arrived from different parts of the country to live together for 9 months! I had read about tea gardens during geography class, but now had friends who lived there! We had read about princesses in story books but here again we lived with erstwhile royalty and enjoyed great escapades. We were from different cultural and religious backgrounds, and I cannot recall there ever being any disharmony because of these differences. We unconsciously developed a deep respect and understanding of various cultures and traditions,

Cultural events in Kolkata were a celebration of unity. The Kolkata International Film Festival screened films from across the globe, fostering a global perspective and breaking down cultural barriers. Literary festivals like the Book Fair on the “maidan” were annual “pilgrimages” and provided a platform for open discussions on societal issues, further promoting the values of tolerance and acceptance. These events reinforced the idea that a secular society thrives when it embraces the richness of different world views.

Kolkata's architecture was a

testament to its secular identity. The city boasts an array of churches, temples, mosques, synagogues and



other religious structures, often located in close proximity to one another. This physical proximity was



symbolic of the city's commitment to religious harmony and tolerance. Places of worship, such as St. Paul's Cathedral, the Birla Mandir, Magen

David synagogue and the Tipu Sultan Mosque, not only added to the city's aesthetics but also exemplified the acceptance and reverence for all faiths. It is likely only in Kolkata that a Muslim is the caretaker of a synagogue. His family has been taking care of the spectacular Magen David synagogue for 3 generations!

Growing up in Kolkata also meant being inspired by the lives and teachings of Christian leaders who promoted tolerance and social harmony. Mother Teresa dedicated her life to serving the poor and marginalized in the city. Her selfless service transcended religious boundaries and is a reminder of the power of compassion and empathy.

In a world where religious divisions and conflicts often dominate the headlines, the experience of growing up in Kolkata, where secularism was more than just a principle – it was a way of life – taught me invaluable life lessons. That, despite our differences in faith, we are all part of the human family. At a time when divisions seem to be growing, I carry with me the memories of a city that stood as a shining example of what we can achieve when we come together as one, regardless of our religious beliefs or backgrounds. It showed me that empathy and understanding can bridge even the widest of gaps.







## Gratitude is the best attitude

Gopa Bharadwaz



*“The more you thank life,  
the more  
life gives you to be thankful for”*

“Your gratitude is your attitude”. We often hear these words floating around when we meet humble people or while flipping through pages of self-help/coaching books. In everyday life what does gratitude actually mean? Is it related to personal achievements or happiness or extraordinary accomplishments? Do we have the courage to be grateful for our failures? What happens when we hit rock bottom? How do we shape our daily perceptions and perspectives when things aren't going our way? That's the litmus test which shapes our true attitude.

In Sanskrit we say *Samprati Hum* which means the present moment is my true self. It emphasizes that despite all odds in life one can still look deep within to find meaning. That life on earth itself is a gift to be

grateful for.

In my personal journey I have experienced gratitude as a great manifestation tool. I started my 21 days gratitude journal writing about 7 things each morning that I was grateful for. The first few days were really tough. The first great tip for gratitude journaling is to be grateful and happy like a child. Pick subjects from your day to day activities like having a nice meal, driving on empty roads, sipping a nice cup of coffee... something good that makes you happy. At the end of 21 days when I flipped through the pages I realized there was so much to be grateful for in this life. We always get caught up in the humdrum of life. The more we focus on the good the better our life gets. With practice one starts noticing positive elements in and around life. We start thanking others for their contributions in our life.

***“The more grateful I am, the more beauty I see”***

Why is gratitude such an important practice? On the emotional front gratitude makes us feel happier. A happy mind leads to productivity and conscious decision-making abilities. There is a clear shift in the cognitive abilities of a grateful person who focuses on the good which makes one resilient. People who are happier experience less emotional stress, insomnia, anxiety and depression. When it becomes a practice you start seeing even your tough times or failures as a great opportunity to do something better or simply as a second chance to start all over again. Last but not the least it's a great tool that helps us build interpersonal relationships by enhancing empathy and improving interpersonal skills since gratitude fosters our social bonds.

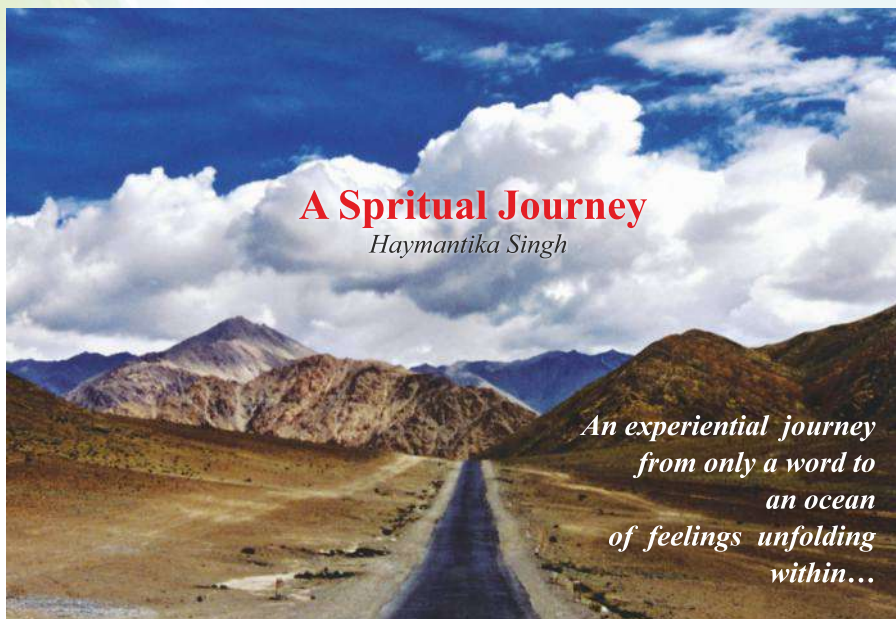


Happiness, which is often associated with a sense of peace of mind and heart also comes from thankfulness. And when the joy emanating from you is transmitted to another person making him joyful, it restores and bolsters faith in human life. It says out loud that “you matter” and “all lives matter”.



Gratitude is our free tool and self-help tool for better living. One could start today, right now. Grateful people are unstoppable. Depending upon what one is struggling with, a grateful person is grounded to positive outcomes which acts as an antidote to the hardships they may be encountering.

I would like to leave you with “*Namaste*” in Sanskrit it means “the Divine within me bows to the Divine within you”. Only a grateful heart can see every creation as a miracle. Stay positive, stay grounded, reprogram your thoughts everyday with gratitude. Let gratitude be your attitude!!



I am not a researcher. I am able to write about gratitude only from my own experience through a journey of spiritual practice under the benevolent wings of a guide. Gratitude for me is not just a mere word from a dictionary, expressed and described in various ways. Generally, being grateful means being thankful but living in a state of gratitude has a more profound meaning than being thankful; it is more than an expression for social etiquette.

When I began my spiritual practice under the guidance of a capable Master I started to feel the unfolding of gratitude within. Gratitude led me to a state of unconditional acceptance of “what is” and to feel the divine presence in my life. I realized the importance of staying connected to this divine energy. The more I was able to be in a state of surrender, the more the flow of divine energy. An ocean of emotions and feelings emerged. Amalgamation of all shades and hues reflected on the canvas of life becoming life itself. Life flowed in harmony with the universe and





allowed me to see value in everything. I was able to navigate through life with all its challenges and I found meaning and purpose in my experiences, even the challenging ones. There is always something to be grateful for, even in the midst of difficulties. I became less reactive and more proactive. Gratitude is the ultimate spiritual practice.

Now, as I sit in contemplation to write on the subject of gratitude, I am empty! I suppose when one tries to share one's "experiential" life lessons we lose our words, at least I do!

Gratitude is expressionless nevertheless here are a few 'jewels' I gathered from my journey from a grateful attitude to a grateful heart



that I certainly can share wholeheartedly! An offering to the universe.

- Life is what we make of it. Only through spiritual practice did life's lessons germinate and unfold within me, awakening the feeling of gratitude that finally became a boundless ocean embracing the whole of existence, learning and imbibing in every moment both in awareness and in unawareness. Through practice and introspection, trial and error, I became an observer, learning and accepting the fact that there are no errors, only lessons.
- Choices made both in awareness and unawareness are in the grip and influence of our habits, tendencies and conditioning bound by emotions. The union of awareness and action brings in the balance of change.
- Understanding the difference between emotions and feeling and also learning that the mind is the instrument to facilitate us to consciously change our conditioning and move us from

emotions to feelings.

- Emotions are like smoke of love, born from attachments, tendencies and opinions and judgements.
- Feelings are free from bondage of conditioning and like the fire of boundless love light up one's universe.
- It is only through ourselves, for ourselves, by ourselves that we evolve to enhance our quality of life and hence the world around and that is when *"smile and the world smiles with you"* is truly experienced.
- *"Change yourself, change your world"* is a quote that is close to my heart. Awareness of this fact slowly and steadily helped usher in the attitude to appreciate every aspect of life.
- The understanding that there is no negative or positive "only thinking makes it so". These are adjectives to express, communicate and explain. However, both are potent tools (lessons) in the school of life.

- The negative gave me homework to introspect and grow towards expansion of mind, body and soul , the positive ushered in humility and gratefulness for all received.
- Working internally towards becoming the master of one's choice, taking responsibility for one's attitude towards all aspects of life, is empowering the self to a state of self-surrender. Life begins to flow through ups and downs of existence like a river, in a state of acceptance .
- The spiritual journey of meditation, contemplation, introspection, awareness and action are the catalysts empowering us to bring out the best in each moment of life.
- Gratitude is the essence of love, a state of BEING leading us to a prayerful existence . When one's heart is overwhelmed with gratitude and overflows, it naturally shines like the sun spreading light without discrimination.
- Love, as the wise say is God, omnipotent, omnipresent.... gratitude is an expression of the

"essence of God" an elixir for living life to its fullest potential, in tune with love resonating with godliness.

### **Benefits of a grateful attitude and heart along with spiritual practice.**

- One is always hopeful.
- It brings in a sense of abundance "in little" and humility in abundance .
- When one wakes up with a prayer of gratitude there is joy in whatever "is" .
- When the heart is full of gratitude, giving is without ego .
- Gratitude balances one's emotions and motivates one to move on.
- Gratitude picks one up when one feels down.
- Every time one falters, gratitude for the lesson learnt diffuses the regret /guilt/anger etc.
- Gratitude helps one to see and find joy in little moments of life.
- Gratitude integrates and unites.
- ".Every drop makes an ocean". "One can see an ocean in every drop".



## Swami Vivekananda

The Universal man

### Testing Times

*S. Regunathan*



The spiritual gurus, before accepting a student, shishya, test the capability of the student whether he would be in a position to absorb and inherit the knowledge and teaching. Sri Ramakrishna Paramahansa went one step further and wanted his disciples to test him so that they could repose total confidence in him. His contention was that nothing should be accepted blindly without

testing.

During the first four years when Narendra was with Sri Ramakrishna, each conducted the test on the other in their own way. Sri Ramakrishna always taught his students that they should abjure women and wealth. So once Narendra, when Sri Ramakrishna, was away, from Dakshineswar, hid one rupee under



Ramakrishna's bed. When Sri Ramakrishna returned and sat on the bed he jumped out of it as though he had sat on a bed of hot coal.

His disciples checked the bed and noticed the money. Narendra walked out of the room quietly. Sri Ramakrishna knew who had tested him and he was immensely pleased it had been Narendra. This also strengthened Narendra's faith in Sri Ramakrishna in that he was not an ordinary person.

The teacher, though aware of the antecedent and background of Narendra, wanted to still test him and see how far he would absorb all his spiritual teachings in a short period of time. So he conducted two tests.

The first one was that Narendra always got prime attention amongst the disciples when he visited Sri Ramakrishna. Once Sri Ramakrishna did not look at him when he entered the room. Not only that, he turned his face to the other side, totally ignoring him. This happened during his further visits and continued almost for a month.

One day he asked him, "Why are you coming to me when I am ignoring you?" Narendra shot back saying, "I

don't come here to listen to you but to be in your presence. Something brings me here."

On another occasion Sri Ramakrishna called Narendra and told him that he had supernatural powers because of his spiritual practices and wanted to transfer them to Narendra. To that Narendra asked if that would help him realise God. Sri Ramakrishna replied that he would certainly realise God but after that he had to work for the Mother as Her instrument. Narendra then replied, "I would first like to realise God and only after that decide what I should do. If I have that power now I may be diverted from my goal and use the power for other purposes." so he refused to get the power at that moment.

The reply and the attitude of Narendra gladdened Sri Ramakrishna immensely as he knew that when Narendra was fully ready he would transfer all his powers to him.

This would come soon but before that Narendra has to gain full faith in the Mother.



## Young Voices

*Welcome young writers! Thoughts and ideas have the power to inspire and move others. So pen down your thoughts and share your unique perspectives with the world.*



**Milan** is the student of Class X SN. Balvantray Mehta Vidya Bhawan Anguridevi Shersingh Memorial Academy. His creativity and excellent writing skills make him special and enables him to face the challenges of life.

### The Quality of Life

Gratitude is the feeling that compels you to return a favor and express gratefulness. Gratitude improves the quality of life and helps in becoming more sensible. It establishes social harmony and induces an environment where everyone appreciates each other and provides support. It also improves the quality of our personal lives and strengthens our bonds with family and friends. Gratitude makes us take note of every good thing that happens to us every day and who was responsible for it and plans to return the favor at an appropriate time. Appreciate everything – nature, animals and plants around us and acknowledge their importance. Say thanks to various community helpers – washer man, gardener, policeman, sweeper etc. While waking up every day thank God for such a beautiful day. Thank God again for all the day's ordeals that have made you wiser and stronger.



**Niharika Dhadhich** is nine years old and studies at Balvantray Mehta Vidya Bhawan ASMA in class 4B. Her favourite subjects are English and Science. She loves to watch 'Peppa Pig', and her hobbies include reading, listening to music, singing and painting

### I am Grateful to My Teachers

Gratitude is the feeling of appreciation and thankfulness for the good that we receive in our lives. Though I am grateful to many people in my life, I am most grateful to my class teacher, Ms. Shikha Mahajan. She made me a confident and fearless person. Earlier, I was a quiet and introvert child, scared to speak my heart out. My class teacher noticed this and tried to talk to me. Initially, I was quiet and shy and didn't feel like sharing my problems, but she convinced me with love and affection that I should not feel scared while expressing myself. Finally, her efforts brought out the desired results. She made me feel comfortable while answering the questions in her class and encouraged me to actively participate in classroom discussions. Gradually, I started participating in various school activities. I can proudly say that I am a free bird now, fearless, confident and most importantly, happy. As this Vietnamese proverb says, "When eating fruit, remember the one who planted the tree", I will always be grateful to my teachers.

# Children's Corner

## Ambokiley and the Lion

*Story and Illustration by Dhriti Baruah*

Long ago a son was born to the chief of the Nyanweri tribe of 'Tabora' He was named Ambokiley which meant "God saves me"...an apt name for he was always in and out of trouble.

The boys of the village foraged for food and adventure in the forest nearby. One day they heard a lion roaring and they all ran off in fright but not Ambokiley. He followed the sound to a cave where a lion cub was roaring in pain with a large splinter in its paw.

Ambokiley went up to it and gently pulled out the splinter and wrapped the paw with herbs and fed it every day till it healed.

Years passed Ambokiley was now a strapping, restless teenager always looking for adventure. One day, in spite of warnings, he strayed far from his village and was caught by slave traders and shipped off to Rome and sold to a harsh master.

There, in that strange land he was given a new name...Androcles.

His life was hard and he was miserable so he tried to run away, not realising how far from home he was. He was captured and sentenced to be fed to the lions. The Emperor and large crowds gathered to witness the gory spectacle. Androcles was led to



the centre of the arena and a huge lion was set free from its cage to devour him. The crowds roared in excited expectation. The lion roared too and shook his mighty mane and stalked up to Androcles. Then wonder of wonders! The lion lovingly licked Androcles and sat down. It was the lion cub that Androcles had helped, now grown to this majestic beast. It too had been captured and brought to Rome. It was happy to find his friend in this strange land. The spectators fell silent in awe. They took it as a message from the gods. The Emperor set the grateful lion and Ambokiley free and they were shipped back home to Africa where they lived freely ever after.

## One Good Turn Deserves Another

*Story and illustration by Gayatri Kumari Diggi*

The blazing summer sun was strong and a small boy was trying to help his donkey to stand up but it was difficult as a huge sack of stones was tied to its back. Just then a man came with a stick and started to beat the donkey and it cried out “HeeeeHawww!” in pain. The boy tried

saying, “Stop, you heartless man!”

The man said angrily, “Go away and give me my stick. I am Dago and I need to sell these stones and this donkey is lazy and this good for nothing stupid boy is my nephew Ravi”.

The elderly woman said, “I am the



to stop the man but the cruel man started to beat the boy too. The sound of the boy crying and the donkey's braying caught the attention of a woman passing by. The elderly woman grabbed the man's stick

principal and owner of a school, Vidya Bhavan, and my name is Mrs. Shanti. Is this your donkey?”

The boy Ravi cried out saying “No! this is my donkey Gudhu.”



Feeling sorry for Ravi the women started to take out the stones from the sack and as the weight lessened Gudhu stood up and Ravi hugged Gudhu and smiled.

Mrs. Shanti said to Dago, "I will buy your stones provided you repair my school gate." "The mean Dago nodded his head in agreement. Mrs. Shanti added, "Ravi will study in my school and the donkey will work in the garden".

And so the school gate was repaired and Dago was employed as the guard at the school gate. As years passed by Dago changed and became kind greeting everyone as they entered the school and Ravi studied hard. Ravi passed his school exams and got a scholarship to a college in a big city. Many years passed by but he never forgot his school days.

Now Mrs. Shanti was getting older and worried about her school as now there were better schools coming up and she was getting fewer students. She looked sadly at the building of the school that needed repair and painting. Maybe she would have to close the school soon.

Just then she heard Dago saying, "Mrs. Shanti ma'am we have a visitor."

Mrs. Shanti looked up and saw a

handsome, tall, well-dressed man accompanied by some men coming to her office and one of the men said, "Ma'am this is our new Mayor and he has come to see your school."

Mrs. Shanti smiled wondering what this was all about.

Just then the Mayor came forward and touched her feet and, doing namaste, he said, "Ma'am, don't you recognise your Ravi?"

Mrs. Shanti looked surprised and said "Oh my God! You have become the Mayor?"

"Yes with your blessings, and now I will take care of Vidhya Bhavan school and help more students like me to succeed. I will always be grateful to you.

Then with a smile he asked, "can I give some cookies to Gudhu? And they all went to the garden where Gudhu was. He was now old and resting in the shade but as soon as he heard his master's voice he started to cry in joy "Heeeehaww! " Ravi hugged Gudhu and everybody laughed happily. Mrs. Shanti looked happily at her student and said, "Welcome home Ravi."



## FRNV NEWS AND EVENTS

½ Day Virtual Workshop on Universal Human Values jointly with IIT-Delhi professionals - 23rd July 2023.

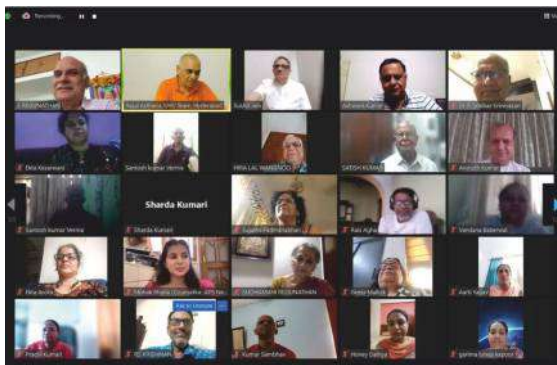
Half a day virtual workshop was organized on Universal Human Values. The workshop was jointly organized by IIT-Delhi professionals and FRNV. The program got good response and more than 200 guests registered and about 130 participated in the workshop. Participants were from Balvantray Mehta Vidya Bhawan, DAV Schools, EKAL Vidyalaya, Apollo Hospitals and FRNV Members and Regional Chapters.

Shri Rajul Asthana, Shri Sushil Jain and Shri Kumar Sambhav gave insights in Universal Human Values. Shri S Regunathan, President/FRNV emphasised the need

for universal human values followed by all citizens. Youth should be taught the importance of human values.

The workshop was interactive with participants raising thoughtful questions and were replied.

More such workshops are planned to be organized including 3 days and 5 days physical workshop to interested members.



Section of the participants – zoom meeting – 23rd July 2023

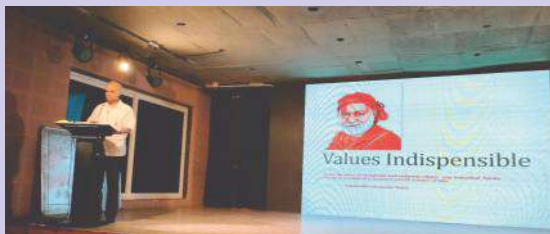
2. On 12 th August 2023, ½ day workshop was organized on Social Values at Kamal Model Sr. Secondary School, Mohan Garden, New Delhi. The workshop was jointly organized by the Foundation for Restoration of National Values (FRNV) and Kamal Model Senior Secondary School.

Dr. Sharda Kumari, Head-Values Based Education Task Force, FRNV coordinated the workshop. Smt. Asha Relen, Principal (Retd.), Sarvodaya Vidyalaya, Directorate of Education gave a talk on Inculcation of Social Values among children.

Smt. Vandana Tandon, Principal, Kamal Model School welcomed the participants. More than 100 teachers attended the workshop. The workshop was interactive. School made a presentatio and dance-drama on Values.

President/FRNV Shri S Regunathan and General Secretary Shri Ashwani Kumar highlighted the role of FRNV in restoring the national values amongst the people. It was highlighted that values should be inculcated amongst the children through education and Teachers are the role model.

Shri V P Tandon, Chairman/KMS echoed the theme of the workshop and emphasized that more such workshops are the need of the hour.



President/FRNV Shri S Regunathan addressing the workshop



A section of the audience



(From L-R Ms. Sakshi Tandon, Academic Director/Kamal Model Sr. Secondary School (KMS), Shri S Regunathan, President/FRNV, Shri Ashwani Kumar, General Secretary/FRNV, Dr. Sharda Kumari, Head-Values Based Education Task Force, FRNV, Smt. Asha Relen, Smt. Vandana Tandon, Smt. Pramila Mishra, Academic Director/KMS and Shri V P Tandon, Chairman/KMS)

### Annual General Meeting of FRNV

3. The 15th Annual General Meeting of Foundation for Restoration of National Values scheduled on Saturday, the 16th September 2023 at 4.30 pm at its registered office in HYBRID mode.



In the recently held Annual General Meeting of the Members of Foundation of Restoration of National Values (FRNV) on 16th September 2023, the members noted the sad demise of Shri N Vittal ji, Advisory Board Member of FRNV, on 3rd August 2023. Shri Vittal was an esteemed member of the Advisory Board of FRNV, for which he stood for and kept close to his heart. His dynamism, vision and foresight shall be remembered always. Our deepest condolences. Each and every member of the FRNV would cherish fond memories of Shri N Vittal ji.



The Members of Foundation for Restoration of National Values (FRNV) in their 15th Annual General Meeting held on 16th September 2023, welcomed Shri O P Rawat ji, IAS (Retd.) and former Chief Election Commissioner as a Member on FRNV Advisory Board. Shri Rawat ji served in various capacities in the Government of India. He was Chief Election Commissioner till 1st December 2008. His rich experience and administrative acumen will enrich FRNV in its journey on ethical values and values based education in the country.

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