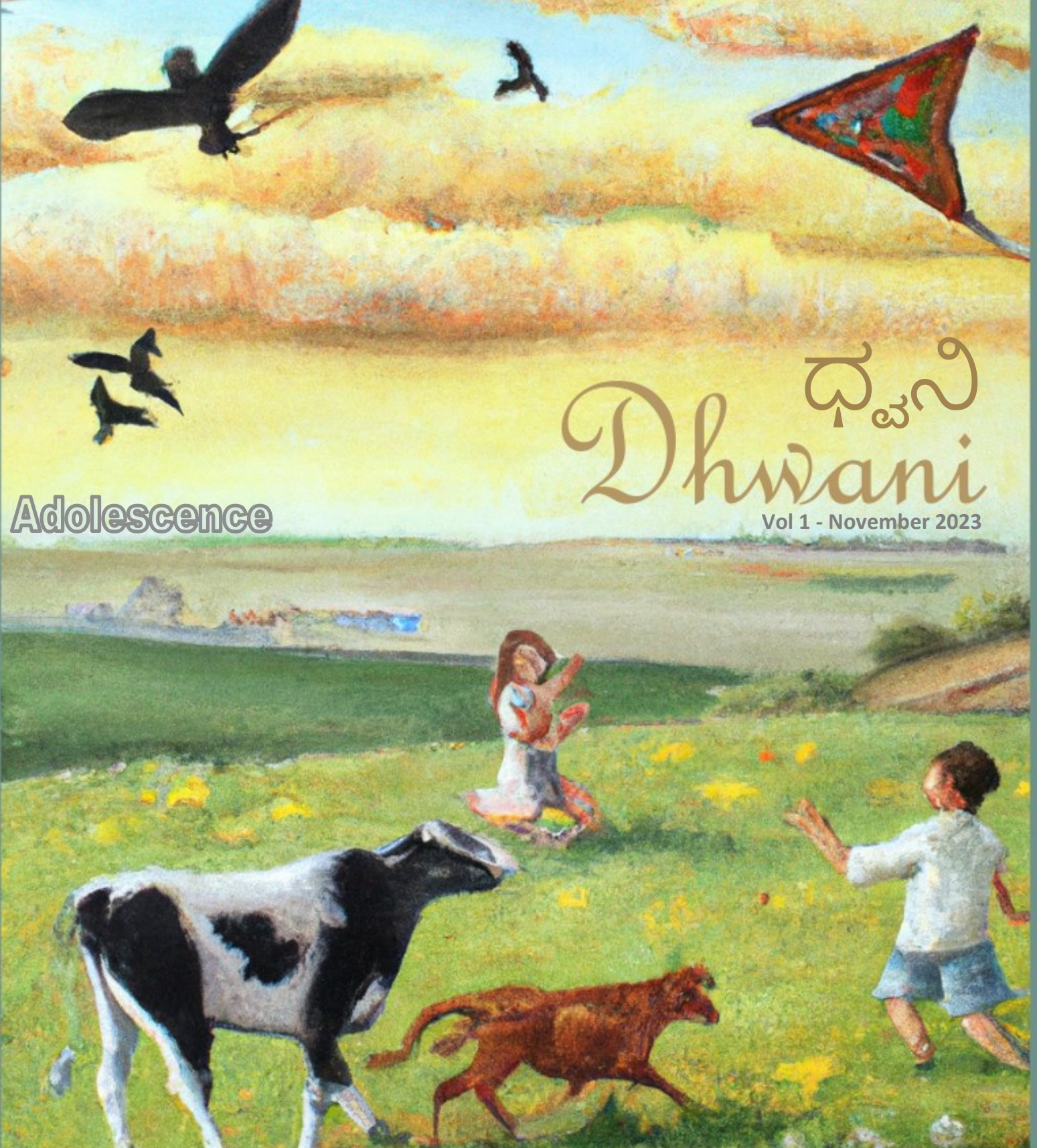


UDHBHAHAHA
ಉದ್ಭವಃ



Adolescence

ಧ್ವನಿ
Dhwani

Vol 1 - November 2023

INSIDE HERE

About Udhbhavaha	3
Editorial Desk	3
Founder's Corner	4
Mentor's Talk	5
<u>Prerane</u>	
Late Ravindra Sharma ji	7
Prithvi Raj	8
My Journey (<i>Shashank Srivastava</i>)	11
Faith vs Logical Reasoning (<i>Vijay Muthukrishnan</i>)	12
Reflections (<i>Narasimha Shenoy</i>)	14
Happens In My House Too (<i>Sandhya Prabhu</i>)	15
Mudra - Health in our Hands (<i>Pavithra Kandavel</i>)	16
A Snail's Pace (<i>Rohit Hegde</i>)	17
Life Lessons along with Hand Lessons (<i>Divya Kanal</i>)	18
<u>Anahata - Dil Se!</u>	
A Letter to my Younger Self (<i>Anagha Prabhu</i>)	19
Adolescence - The Age of Self-Discovery	20
<i>(Nithiyashree D S)</i>	
Autobiography of a River (<i>Kalasha Students</i>)	20
Collect Moments, Not Things (<i>Nischal M Gowda</i>)	21
Musings of a Teen Mind (<i>Advita Mohan</i>)	22
Short Story, Mystery of Hampi's Jewels (<i>Manasvi</i>)	23
<u>Echoes</u>	
Where Do I Belong (<i>Jyothi Rahul</i>)	25
Grace (<i>Sneha J</i>)	25
ಉದ್ಧರಿಸು (<i>Harish A R</i>)	26
दिखावे की दुनिया (<i>Gayatri Bhat</i>)	27
Bookshelf	28
Oota Da Udhbhavaha (<i>Megha Srinivas</i>)	30
Hand-made Garlands (<i>Roopa Acharya</i>)	31

Address

Muddaiahnapalya, Ramohalli Post, Bengaluru,
Karnataka – 560060

Email

udhbhavaha@gmail.com

Phone

+91 6362731204

Follow us on :

<https://www.facebook.com/Udhbhavaha/>

<https://www.instagram.com/udhbhavaha>

<https://www.youtube.com/@udhbhavaha1913>



About Udhbhavaha



*Udhbhavaha, an intimate learning space,
encouraging children to creatively and fearlessly
express while celebrating our cultural roots.*

We attempt to provide holistic education that nourishes the head, heart and hands of the child, growing into balanced individuals, having the viveka to understand the current society and sustaining oneself. We are a community of teachers, children and parents who are seeking to lead a connected-purposeful life and want to create an environment grounded in our culture. We are in this ongoing journey of understanding real education and its connection with life.

In this journey, inspired by the thoughts of our mentors, Shri K.S. Narayanacharya, Shri Ravindra Sharmaji, Shri Dharampalji, and Shri Pawan Guptaaji, we became cognizant of the fact that the

inquiry into education inevitably connects us to our Bharatiya culture, history, and social fabric. From this continuous pursuit, emerged the dream of Udhbhavaha.

Apart from children's education, we extend into the society by celebrating local festivals with the community coming together, we celebrate arts and literature through Kala Sandhya and GuruPurnima day programs, Dhrishti – a discussion on natural parenting, Manthan – a periodic discussion and engagement with the parent community on topics of life and education, Charcha – a series of discussions with mentors and external speakers.



Editorial Desk

We, at Udhbhavaha are very happy to bring to you the first edition of our quarterly magazine, **Dhwani**. Through Dhwani, we want to reach out to the wider world with some of our thoughts on education, society and life. It also includes creative content from children, parents and teachers. The major topic of this edition is **adolescence**. **Adolescent children**, we like this term as we associate the phase of adolescence more with childhood while an adolescent sees himself/ herself as an adult. A phase of immense energy, creative thoughts with a great hunger for knowledge, while seeking challenges to meet the adrenaline rush. If

the questions that arise at this time, can be channelized and nourished with the right thoughts and perspectives, they can help the child grow into a deeply rooted adult - having clarity of thought and action. It is through samvaada (discussion without bias), that we can build viveka (discretion) in adolescence and it is this discretion that will enable them to make the right decisions in life in the long run. As parents and teachers let us re-live this phase of our lives with the adolescents around us and make it enjoyable for us and meaningful for them and ultimately this too shall pass!

Editorial Team:

[Divya Kanal](#), [Sneha J](#), [Deepa G Shekar](#)

Design:

[Adarsh E A](#)



Founder's Corner

ಅರಿವಿನ ಹಸಿವು - ಹಸಿವಿನ ಅರಿವು

ಉದ್ಯವೇದ ಪಯಣ, ಅರಿವಿನ ಪಯಣದ ಸಾಕ್ಷಿಯೇ ಸರಿ. ಈ ಏಳು ವರ್ಷಗಳ ಪಯಣದ ದಾರಿಯುದ್ದಕ್ಕೂ “ಅರಿವಿನ ಹಸಿವು - ಹಸಿವಿನ ಅರಿವು” ಈ ಎರಡು ಮಾತುಗಳು ನನ್ನ ಮನದಾಳದಲ್ಲಿ ಮಂಥನವಾಗುತ್ತಲೇ ಇವೆ.

ದೈಹಿಕ ಹಸಿವು ಪ್ರಾಕೃತಿಕವಾಗಿ ಮನುಷ್ಯನಲ್ಲಿ ಮತ್ತು ಇತರ ಎಲ್ಲಾ ಜೀವಿಗಳಲ್ಲೂ ಕಾಣಬಹುದಾಗಿದೆ. ಮನುಷ್ಯನ ಅಂತರಾಳದಲ್ಲಿ ಮಾತ್ರವೇ ಸೃಷ್ಟಿ ಕರ್ತನ ಅರಿವಿನ ಹಸಿವನ್ನು ಕಾಣಸಾಧ್ಯವಾಗಿದೆ. ಈ ಅರಿವಿನ ಹಸಿವು ಹೆಚ್ಚಾದಷ್ಟೂ ಭಗವಂತನನ್ನು ಅನುಭವಿಸುವ ಅವಕಾಶಗಳೂ ಹೆಚ್ಚಾಗುತ್ತಿರುವಂತೆ ಭಾಸವಾಗುತ್ತಿದೆ. ಭಗವಂತನ ಅರಿವಿನ ಹಸಿವೇ ಇಲ್ಲದಂತೆ ಕುಂಭಕರ್ಣನ ನಿದ್ರಾ ಸ್ಥಿತಿಯಲ್ಲಿಯೇ ಈ ಆಧುನಿಕ ಸಮಾಜವು ಮುನ್ನಡೆಯುತ್ತಿರುವುದು ಶೋಚನೀಯ.

ಈ ಅರಿವಿನ ಹಸಿವನ್ನು ಕರುಣಿಸಿದ ಭಗವಂತನಿಗೆ ನಾನು ಋಣಿ. ಉದ್ಯವೇದ ಪ್ರತಿ ಹೆಜ್ಜೆಯಲ್ಲೂ ಭಗವಂತನ ಅನುಭವಗಳು ಹೆಚ್ಚಾಗುತ್ತಾ ಗಟ್ಟಿಗೊಳ್ಳುತ್ತಿರುವುದು, ನಾವು ಧರ್ಮ ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುತ್ತಿರುವುದರ ಸಾಕ್ಷಿಯಾಗಿ ಕಾಣಿಸುತ್ತಿದೆ. ಮುಂಬರುವ ದಿನಗಳಲ್ಲಿ ಈ ಅರಿವು ಎಲ್ಲರಲ್ಲಿಯೂ ಹೆಚ್ಚಾಗುತ್ತಾ ಪೂರ್ಣತೆಯೆಡೆಗೆ ನಮ್ಮನ್ನು ಕರೆದೊಯ್ಯಲಿ ಎಂದು ಪೂರ್ಣ ಮನಸ್ಸಿನಿಂದ ಭಗವಂತನಲ್ಲಿ ಪ್ರಾರ್ಥಿಸುತ್ತೇನೆ.



Diwakar Channappa

Mukhiya (Head of Udhbhavaha)

Mentor's Talk

EMBRACING ADOLESCENTS

The age of adolescence becomes a realm of misunderstandings between parents and their teenage children. Hence, a common sentiment expressed by adolescents is, "My parents do not understand me." The generation gap between kids and parents has been further amplified by the technological advantage enjoyed by the younger generation. In the past, a 20-year age difference was sufficient to create this gap, as noted by a psychologist. However, in today's fast-paced world, even siblings with a mere three-year age gap struggle to fully comprehend and grasp the psychological reality of their younger counterparts.

The widening generation gap and technological advancements have contributed to the isolation of kids from their parents and siblings from each other. This isolation has significantly impacted mental health, with the number of affected individuals increasing to one in every five persons, as compared to the previous ratio of one in every 20 persons before the COVID era.

The great velocity of technology freezes the power of human interaction and understanding each other. The irony is that we have increased the speed of information, but understanding each other has become very primitive in nature. The battle for existing as normal is a great victory because one has to exist beyond the support of the community who understands us.

Therefore, community and contribution are one of the greatest panaceas for an isolated life. In a community, one thinks of "we," "ours," and "for tomorrow." On the other hand, in an isolated life, one's focus shifts towards "I, Me & mine," and living solely "for today."

The psychology of raging adolescence has affected every generation, where those who do not think about tomorrow become the greatest consumers

today. The phenomenon of revenge travel after COVID has further intensified consumerism. Sacred activities have transformed into mere events, such as marriage ceremonies.

HOW DOES ONE DEAL WITH THESE REALITIES:

Conscious Communication: When a family functioned like a mini-society, communication was spontaneous. However, nowadays, communication has to be conscious. Conscious communication enhances one's understanding of each other, as opposed to slanderous and offensive misunderstandings.

Conscious Interaction: Conscious interaction requires discipline in meetings. Previously, no one bothered about making it disciplined because it was happening spontaneously. Now, families do not interact and meet spontaneously. Spending time with the kids and their grandparents in a disciplined manner creates a conditioning of interaction, which leads to better communication, understanding and intimacy.

Visiting one's roots: One of the most important parts of connecting with adolescents is regularly visiting one's roots with them. Everyone, especially in India, will have roots in some villages, which makes the adolescent reflective and grounded. It enhances gratitude instead of grumbling. The urban setting is designed to make people want more and more, while the rural setting has something to do with slowing down. Such harmony between rural and urban life will make adolescents disciplined in their aspirations.

Lastly, if adolescents are able to experience some **foundational philosophy of life** instead of a philosophy of imagination, it gives them a better grasp and grip to deal with their own raging self. The profound wisdom of stoic philosophers reveals four remarkable dispositions of life - courage, wisdom, moderation, and justice - resonating deeply with the timeless ideals of the Mahabharata.

If these four pillars of life are earnestly contemplated and implemented, we will have "true heroes" emerging & contributing instead of "obsessive followers" who are seeking fleeting entertainment.

Govinda Das

Educationist, Motivational Speaker

Udhbhavaha Mentor



Art By

V G Pranav

Gopura 1 Student (9 years)

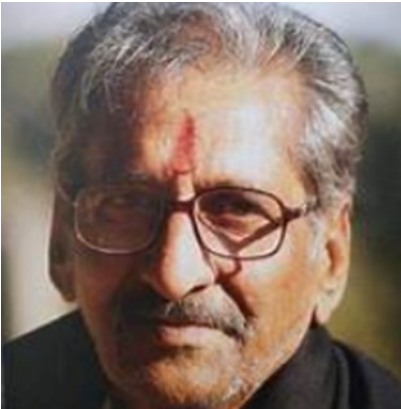
INSPIRING LIVES

Late Ravindra Sharma ji

Researched By

Gopura 4 and Kalasha students

(13 to 15 years)



Late **Ravindra Sharmaji**, fondly known as Guruji is a source of inspiration for Udhbhavaha and though he is no longer amongst us, his knowledge on traditional Indian systems continue to inspire us. Here's a

summary of the learnings that children had as they made an attempt to know his life journey from people who were associated with Guruji.

Ravindra Sharmaji was born to a migrant Punjabi family in Adilabad in Telangana on 5th September 1952. His grandfather came here for work reasons and settled in Adilabad as he liked the place, which was then under the rule of Nizam of Hyderabad. After his schooling in Adilabad, he joined an arts college in Hyderabad and then went to MSU (Maharaja Sadashiva Rao University), Baroda to pursue his post-graduation in fine arts.

From an early age Guruji was drawn towards various 'Kalā' (arts), and had less interest in reading books. Adilabad was then home to various communities (different jātis) like blacksmiths, goldsmiths, potters, weavers and other people. He travelled extensively, exploring villages and local communities within the 20 kilometer radius of his village. He was curious about everything, he would sit with different artisans and talk to them about their life and livelihood. He learnt many things by living there and

In this section, we introduce you to people from different walks of life who have a story to be inspired from - one person from within Udhbhavaha community and one person who is from outside.

talking to people. He himself was good at painting, sketching, pottery, weaving, construction, jewellery making and was exceptionally good at 'Murtikalā' (making idols), especially at making Ganesha idols. At the age of 16, he knew the art of making long bamboo sticks (lāthi), that were generally used for martial arts. He also trained people in this art and that's how he came to be called as 'Guruji'.

It was this inclination towards arts that made him join The Maharaja Sayajirao University in Baroda (MSU) and he was so good at the subject that his professors asked him to teach other students there. He had the experience of being with artisans and learning various skills from them which was new to the academic institution. After his studies, he was offered to teach in the University but Guruji decided to return to Adilabad. His decision to return to Adilabad was influenced by an experience that he had in Baroda. One day he was traveling in a bus in Baroda and he did not have any money with him. When the bus conductor came to him for tickets, a stranger sitting beside him bought two tickets till the last stop and gave it to him. They had no conversation about this. This made him believe that there's someone above us taking care of us. This gave him the confidence to leave the job of a teacher and return to his village. He had also declined an offer to go to France for further studies. He was a happy, light-hearted, simple person who was very content with what he had. He did not care for money, name or fame.

Guruji returned to Adilabad and started learning and going into depth of all art forms. He was an expert in 8 types of kalā and knew a little about 13 to 14 types of kalā. He not only learnt the kalā, but also knew the history, culture and traditions associated with the art and artisans since he would spend a lot

of time living with the artisans. Guruji led a very sahaj life, he was unaffected by others' opinion and stayed true to his innate nature. He was a very confident and grounded person. He had a humble demeanor and spoke without the slightest trace of pride. Once he visited an ashram in Madhya Pradesh and had to meet a barber there. During the haircut, he engaged in a conversation with him and learnt more about him. He said that those days barbers had two more skills apart from what they usually did. They could perform minor surgeries and they used to help in arranging marriages. In that brief conversation Guruji had known more about that barber than the people living in that ashram.

Once when Guruji was teaching a few people to make a statue, he asked them to knead the clay by adding straw to it. When they said that they had finished, Guruji asked them to add more straw to it without even looking at them. When they asked how did he know without even looking at it, Guruji replied that, though he did not see what they were doing, he could clearly hear. This demonstrates his sharp sense of observation.

In 1979, Guruji established Kala Ashram, which has been involved in various activities to bridge the gap between traditional cultural experience and the requirements of modernity with specific reference to rural artisans and artist communities. In Kala Ashram, every year they would celebrate Ugadi, for which there would be open invitations. Everyone was welcome to attend the festival. There wouldn't

be a set schedule for the day, Guruji would just come and sit and talk to everyone without any preparation. On that day, a homa was conducted and people from all over India attended. Many people from various walks of life came here, some from the arts college and a few from the architectural background who would talk to him about architecture. The uniqueness of the event was that all types of people would come here - musicians, storytellers, and other local artists. More than 70 people would gather in the Ashram and the arrangements would be made by the participants themselves. Guruji would always say, "no jhanda (flag), no agenda, no funda (mumbo jumbo)" - meaning, no bragging, no planned schedule and no high philosophies. But Guruji would indeed convey deep concepts in a casual manner. Once, Guruji remarked, "don't build connects, but build relationships". He had an excellent aesthetic sense; when there was an empty room, he would decorate it with whatever was available and make the room beautiful. He was simple yet classy.

Guruji was awarded "Kala Ratna" by the Government of Andhra Pradesh in 2014 and in 2015 he was awarded the Ugadi Puraskaram by the Telangana government.

Unfortunately, when he was 65 years old, Ravindra Sharmaji suffered from cancer and passed away on 29th April 2018 leaving a void amongst the people who looked up to him.

Prithvi Raj

Interview By

Gopura 4 and Kalasha students

(13 to 15 years)

As you walk into Udhbhavaha, you might meet an unassuming man, walking barefoot, calm amidst the hustle and bustle of children playing. With a smile, he is ever ready to help in any way. Rest assured, he is our very own Prithvi Anna! Whenever you hear children calling out, "Prithvi Anna, come soon", they have either spotted a snake or a beautiful insect or an unknown creature and Prithvi



Anna has answers to all their questions. Prithvi Raj, one of the founders of Udhbhavaha and a teacher here is a barefoot marathon runner, a snake rescuer and an ardent follower of Sadhguru, Isha Foundation. Here's a peek into the person he is as children engage in a conversation with him:

Q: What inspired you to be a teacher?

When I used to conduct corporate training programs and leadership programs for school children (2012-2017), I realized that our current education system is not holistic and there's something missing. Through a friend, I came across this education system at Udhbhavaha (at that time it was Vidyakshetra) and I knew that this was the answer to my search for holistic education and I joined them. When I joined I wanted to spread the Bharatiya way of education all across and started by handling administration. Later one of the classes needed a teacher and when I was asked if I could do it, I just took it up and continued to teach till today.

Q: You said you were extremely frightened of snakes earlier, but now you are a snake rescuer. How did that happen?

Yes, at one point of time, snakes and all wildlife were my greatest fears. I would even get nightmares. Then one day, when I was in Hassan doing my engineering, my friend gave me a book about snakes which instilled a sense of wonder in me. Despite the fear of snakes, I was fascinated by them, especially by the fact that they lack limbs. In 2005 near our house in Sarjapur Road, there were many snakes. Once when I was out with my elder daughter Viha, we saw a bunch of people around a snake. The first thought that came to me was that I should rescue it. Viha's friend's uncle was a snake rescuer, we called him, he came and rescued the snake, it was a Russells Viper. In 2008 I attended a program about snakes in Sakleshpur conducted by Gerry Martin. He taught us to catch Cobras and a few other snakes. Then, I also spent a day with Snake Shyam who taught me to rescue snakes in the city. Whenever snakes were found in the neighbourhood, I would volunteer to rescue them and slowly started doing it independently and eventually overcame my fear.

Q: What were the major turning points in your life?

As a kindergarten child, later in first grade too, my father hit me for scoring less. Since then I hated school and I was scared of people in authority. In 2004, while I was working for a company called Ingram Micro, I went to Bangkok for a sales conference and was impressed by the talk of a motivational speaker, Santosh Babu. After the talk, he asked everyone to step out. To our surprise, we saw a bed of red-hot coal there and he took off his shoes and walked on it with ease. He made us walk on the bed of red-hot coal and I was also able to do it. This was an activity called Fire-Walk. It was a transformational experience for me when I completed the last step. It made me feel I had wasted my time being scared of everything and started looking at life differently. Later, I quit my company and joined Santosh Babu in his training programs but I had difficulties in expressing myself. Once when I was discussing with him, he asked me what I wanted to be and I said "a world-class trainer" and he said "Imagine that you are". This experience was life-changing for me.

Q: What were some of the positive influences in your life?

I was not into meditation, spirituality or any rituals earlier. Seema, my wife told me to try Vipassana. I wasn't up for it initially but after I attended the course in 2007, I sensed my feelings settle inside me. It was a fantastic experience.

Another major influence was my introduction to Sadhguru and Isha Foundation. That changed my whole personality. A few experiences that impacted me - When I did Shivanga Sadhana for the first time, I followed all rituals except Bhiksha. I decided to do it on the last day and as I stepped out without a shirt, with a bowl in my hand, my mother shouted at me and stopped me. Something within me stopped me from rebelling against her and I walked into my room not knowing what to do. My 4-year old daughter Urvi came up to me and told "Why are you sitting here? Go do what you are supposed to do". It

seemed like a divine message to me as though someone else was trying to convey a message through her. Not everything in the world is explainable and I completed the last step of Bhiksha. Next day, in Coimbatore I had to climb a mountain. In the last stretch I was tired and had severe body ache. I took a short break and proceeded to meditate on a hill. After 15 minutes of my meditation, my body pain had disappeared. I realized that I am just a small part of the entire world and my knowledge is limited.

After I started following Sadhguru, I had a wish to stay in the Ashram and serve Lord Shiva and Sadhguru. But when I got in touch with people at Udhbhavaha, I realized that being part of a cause like Udhbhavaha will help in my self-growth and is as good as serving in the Ashram and my work is an offering to the Lord.

Q: What made you stop wearing footwear?

Ever since I started listening to Sadhguru's talks, I started following my intuition and one of it was to start 'barefoot running'. In 2011, when I was in Mysore, I was inspired by my roommate who used to run 4 kms everyday. I too started running but soon had severe knee pain. On my birthday, my wife took me to a Decathlon store and bought me a pair of shoes costing ₹6,500/- and suggested that I take running seriously. The new shoes worsened my pain. Then, I

researched and found a book titled, 'Born to run'. The author had the same issue as mine and he suggested that barefoot running was the best. From then on, I started running barefoot and my knee issue was resolved.

While running, one thought that struck me was, "Why am I enjoying running barefoot even though I have pain in my legs? ." A few weeks later I came across a blog about 'Yaksha Prashne' in which there was a statement, 'The hardships of the forest teach you what the comfort of the palace will not'. Thus, I got the answer to my question.

Q: What were you doing before Udhbhavaha and how do you see your future?

I did not complete my engineering degree. I started with a sales job. I was selling a certain liquid for tyres, I did marketing activities, then I became a computer distributor, later I joined a training company. In 2010 I started my own vocational training institute (training school children), after which I got associated with Udhbhavaha. I want to see our culture and traditions become strong in our country. One way to enable Bharatiyata, is to tell stories from our Puranas, stories of our kings and queens and our history which I am interested in. Also, I want to work towards making Udhbhavaha self-sufficient and spread the word to more people.

ಅದ್ಭುತಾರ್ಥ

परैः परिभवे प्राप्ते वयं पंचोत्तरं शतम् |
परस्परविरोधे तु वयं पंच शतं च ते ||

ವೇದವ್ಯಾಸರು ಮಹಾಭಾರತದಲ್ಲಿ ಭೀಮನಿಂದ ಹೇಳಿಸಿದ ಮಾತು-

ಪಾಂಡುಮಕ್ಕಳಾದ ನಮಗೆ ಮತ್ತು ದೊಡ್ಡಪ್ಪನ ಮಕ್ಕಳಾದ ದುರ್ಯೋಧನಾದಿಗಳಿಗೆ ವಿರೋಧವೊದಗಿದರೆ ನಾವು ಐದು ಮಂದಿ ಅವರು ನೂರು ಮಂದಿಯಾಗಿ ಇಬ್ಬಾಗವಾಗುವೆವು. ಆದರೆ ಅದೆ ಅನ್ಯರಿಂದ ತೊಂದರೆಯೊದಗಿದಾಗ ನಾವು ನೂರೈದುಜನರೂ ಒಟ್ಟಾಗಿ ನಿಲ್ಲುತ್ತೇವೆ.

My Journey

Shashank Srivastava

Teacher

“Kuchh bhi ho, kabhi teacher nahi banna hai mujhe” was the thought that kept ringing in my head, after having put my teachers through enough trouble, as a 12th std student at St. John’s School, Benares. My twisted affection towards my teachers continued for another 4 years at college. During my job training, the first feedback I received was, when I talk to girls, I should make eye contact.

We keep hearing the phrase, “God has his own plan for us”. But in my case, looks like God wanted to have some fun! How does all this add up? Well, all these things were buzzing in my head, on a warm, sunny morning, in July 2016, when I stood facing 4 teenage girls, as their class teacher! I had never imagined in the wildest of my dreams that I would become a teacher! Though I had accepted this role, I seriously had no clue what to do, how to teach these young girls without being hit by rotten tomatoes (luckily eggs were not allowed in the campus)! The only thing I was confident about was the genuine love and care I had for them, which will never go out of fashion. And since then, there has been no looking back and with God's grace, I have been able to take the place of a friend, a teacher and a mentor not only to these 4 children but also to two more batches that have come after them.

As I tried to make sense of adolescent behavior, one example that comes to my mind and has really helped me a lot: If you see your child playing in the slush, what do you do? You first try calling them. Next, you start yelling but your child is still at it. You unwillingly pull up your clothes and enter the slush to bring them out. The slush is the child’s world and to know them, we must enter that world, try and look at things from their perspective. Having this as the basis of my approach, I began my journey with children by listening to them, not with the intention of telling them right or wrong, but purely trying to



Shashank with his class of girls and Sandhya Akka,

understand their world view and sometimes just to listen. While this approach helped us find common ground, I also realised that these children can see through me and the facade I try to hide at times. Coupled with this, they have a sharp memory to catch our hypocrisy, they will not hesitate to hold a mirror to us, when we lecture to them on moral values that we ourselves find hard to live up to! By learning to accept the different aspects of their personality, I was able to establish a connect with my students which has now grown into a strong bond over the years.

Another significant development that took place was the manner in which these children made me look at many of my flaws, my rigid nature and hypocrisy! I vividly recollect an incident where I had assigned the task of cleaning our classroom and I too had taken up some responsibility. But I was sitting there comfortably bossing around my students. Suddenly, one of the girls came up to me with a bright smile, handed me a broom and said the teacher has to lead from the front !

I keenly paid attention to what they shared and gradually started understanding their perspective (I also feel I am their voice in most of our teacher

meetings) and without forcing my views (which they will accept only when it suits them), I slowly began placing options before them (in terms of helping them build Viveka or discretion, while having discussions). Here, my intention was to enable them to think of the impact of their choices before taking any step and I clearly stated that this was based on my life experiences. After that, I would let them make their choice, giving them the assurance that I would be with them, even if things went wrong. This assurance is key to build a strong bond with them, a secure feeling that you are their go-to person when plans or decisions go haywire. It is also important that they have someone to talk to who is not of their age (here it matters that the go-to person is sensible and has established a connect). This is where our initial investment comes into play - giving

them our time, care, love or one may call it emotional investment.

A good metaphor to talk about this connection that we develop is the Art of Kite Flying. If you have seen a kite flying high in the sky, you will realize that the control is in, how you manage the string in your hand. At times, we have to let the string loose to get the kite to soar high and at times we have to pull the string hard so that we don't lose the kite. Here, the kite is the child and we have to choose between letting loose and pulling tight based on the situation, always staying mindful so that the string does not break. My journey with children has been very enriching and has enabled my growth in many ways.

Faith vs Logical Reasoning

Vijay Muthukrishnan

Parent

A Dialogue between Bala (a student of medicine) and her Mama (uncle)

Bala: Mama, why do we have so many blind faiths and beliefs in our tradition! For example, why do we feed crows and think we feed our forefathers? There is no logic or reasoning or science behind this.

Mama: Bala, I wonder why you should be obsessed with finding reasons for everything in our traditions logically or scientifically.

Bala: Look Mama, I belong to the 21st century generation, it is very difficult to accept. Many of our traditions, youngsters are questioning "why". If we don't get a valid reason. We are not interested actually.

Mama: I do agree with you about your generational challenge. Let us look into this. You being a doctor, would you use a stethoscope to measure BP?

Bala: No!

Mama: Why?

Bala: BP is measured using another instrument and not a stethoscope.

Mama: Let us say, you have a patient at the hospital. You diagnosed the illness and suggested medicines. What do you expect out of the patient?

Bala: I expect the patient to follow the prescription.

Mama: If the patient wants to know on what basis you recommended the medicines and wants logical and scientific reasons on why you chose those medicines, how would you respond?



Bala: I would say, “I am a trained doctor. You trust me and take the medicine. If it doesn’t cure your illness, ask me.”

Mama: Good! Would you call what the patient keeps on you as ‘blind faith’?

Bala: I wouldn’t call it blind faith, maybe trust!

Mama: Why is that so?

Bala: The patient is trusting my professional qualification, the training I have gone through and the entire medical and hospital system.

Mama: Means an established system of training and operation that has been validated commands trust. Is that right?

Bala: Yes

Mama: Even though the patient knows none of the people in the hospital, the patient is expected to develop trust, do you agree?

Bala: Yes

Mama: Let us come to your original question. Many of our traditions are experiential and can only be experienced when they are practiced with firm faith and devotion for a period of time. While practicing, knowledge about the practice is also given. The whole system is based on this tenet.

Bala: But how can I trust if I don’t know why I should follow that tradition?

Mama: A system that is experiential, we expect to understand through logic and science – the tools that have limited capacity in this sphere. Life is not entirely about logic and scientific understanding. Secondly, this tradition is several thousand years old. There is an unbroken system of training and operation. That too within your own family and not from unknown people. Can you tell me why you don't trust your own family tradition?

Bala: I am a logical and scientific person. When something doesn’t pass this test, I can’t take it.

Mama: This is a systemic change in the fabric of the Indian psyche through changes in our education system. We have been uprooted from our own psychological being that was inherent in our traditions. Our education system slowly developed the logical part of our mind, verifying and validating through scientific means - which essentially means trying to verify what is beyond matter using a tool meant to measure matter. We have been completely alienated.

Bala: Mama, nobody will accept if you say logic, reason and science should be abandoned.

Mama: I didn’t mean reasoning and logic should be abandoned but they should be subservient to devotion and firm faith and used appropriately. The psychological sequence should be changed. First, you place firm faith and practice the tradition with devotion. While staying within the tradition, gather the knowledge about the practice alongside Anubhavas (experience). In this journey, you can use logic, reason and science as needed. Our ancient traditional shastra has a highly evolved system of logic but the tradition gives primary place to firm faith and devotion (Shraddha and Bhakti).

Bala: What is wrong if I use logic first to convince myself?

Mama: We can give logical reasons as "Why" for everything but deep down the psyche, the

alienation would not be addressed and hence the original purpose of the tradition would still be lost. At times the very purpose would be to take you beyond the rational part of your mind. Many of our traditions are subtle and too deep to grasp through only logic.

Bala: Then, how do I use my scientific rationale to explore those dimensions.

Mama: The solution is not to negate logical reasoning but understand that we have been alienated from our roots. Science is an extraordinary tool for exploring matter. But life is beyond matter. Like science, there are tools to understand other

dimensions of life. You start with understanding your alienation that has happened first. Then put sincere efforts to practice the tradition with firm faith and devotion. While practicing, gather the direct experiences and knowledge about the tradition and use logic, reason and modern science where needed.

Bala: Mmm, that's thought-provoking Mama. I must contemplate this further. My logical mind doesn't accept it totally but I feel I should pursue what you have said.

Mama: *May you re-discover your family traditions in their true essence!*

Reflections

Narasimha Shenoy

Parent

As I look back, the entire event at Udhbhavaha on the day of Guru Poornima this year was a divine experience. The newly constructed Sabhangana was dedicated to the memory of Dr KS Narayanacharya and on this auspicious occasion I was blessed to be in the presence of eminent guests like Shri Sandeep Balakrishna, Shri M Subramanya, Smt Smitha Srinivasamurthy, Shri Jeevan Rao and many others.

All the specially invited guests were great advocates of Bharatiya culture and down to earth in their sādhanā. The talks on Narayanacharya Guruji, Bharatiya Rishis & Rishikas, and Research on Kaliyuga Prarambha kala were exceptional. Words aren't enough to describe my experience of listening to them share about their experiences with

Reflections on K S Narayanacharya Sammana Sabhe on GuruPurnima this year at Udhbhavaha

Shri. K.S Narayanacharya - this is a priceless gift for me!

I have been reading Guru Narayanacharya's books and have been greatly influenced by the way he makes the content alive and contemporary. Always feeling like "Yeh Dil Maange More!". Till now I have read around ten of his books in kannada. I have no words to express the satisfaction that I have derived out of that. His divine presence can be felt in all his writings.

The Sabhangana, named after Dr K S Narayanacharya is so inspiring and every time I am there it serves like a constant reminder for us all to recall his message.



Happens in my house too!

Sandhya Prabhu

Parent, Teacher

The ongoing process of parenting two daughters, one beyond teens and one in teens, has been a roller coaster journey. When thinking about contributing to this special edition on adolescence, I was initially lost; but later thought that I could just share the snippets of some of the daily conversations that many of you might also be experiencing.

Me: Why is the house always in a mess and why can't you keep things back where they belong? I am really fed up with this.

Daughters: It's our home, let us be! We can't be the same at someone else's home, right? Plus, our room is messy but not dirty (meaning clean clothes are dumped together). We will clean at our leisure.

Me (to myself): Take deep breaths, maybe you need to meditate, Sandhya.

● ● ●

Me: If you guys can't share things, you both might as well leave the house. If you go to hostel you will understand the importance of parents and the sharing process (*to the elder one*).

Elder one: Send me right away. Once I have crossed a certain age, I myself will become independent, I will learn my way.

Me (after some time slightly remorseful): Sorry Beta, I was angry and you need to behave more maturely with your younger sister and stop mothering her.

Elder one: I know, I too was angry and am sorry, but if you don't mother her properly, I will have to do it!

● ● ●

Me (shouting): Why can't you both do the daily chores assigned to you? Kitchen needs to be cleaned once you use it.

Elder one: Ask the younger one to do cleaning when I help in cooking.

Younger one: You don't allow role exchanges, meaning me cooking and the elder one washing. (*Finally, after some fist fights between them and banging of doors*).... I am cleaning the mess!

● ● ●

Me (to the younger one): Can't you organize yourself and go to sleep early?

Younger one : Two minutes ma...

Me (after 10 minutes): Things are always falling on deaf ears, at your age, the elder one was more responsible.

Younger one: Let me be. I will wake up late, yet, I will manage to go to school on time. Just leave me alone.

Me (continuing): Tomorrow if you get up late, I will not allow you to go to school; neither the elder one will drop you on her bike. What conversations do you have with your friends on mobile late evening? Are you dealing with emergencies like me where without a mobile you can't manage?

Younger one: (*On the verge of tears rushing to bed and sleeping. Next morning, she comes to the kitchen and gives me a hug*): Sorry Ma, you should have understood, I had work to do and am sorry for shouting at you last night. (*I too give her a tight hug*).

● ● ●

Me: Why are you always on mobile? I don't understand your generation's problems, I feel you guys are wasting your time! When we were of your age, we had more responsibility and had goals in life. Our time was spent on achieving these goals. We never had distractions. And you guys are always on mobile!

Elder one: What do you know of our issues? Kids in our generation have another set of problems, you have to put yourself in our shoes and see, purpose or no purpose each one is going through a myriad of

problems - right from family disintegration to dependency on the virtual world, looking up to social media like Facebook/ Instagram for validation, volatile friendships and relationships, depression, seeking refuge in other things plus now gender identity issues. What do you know of them? (*crying*). Unless you as parents understand us, empathize with us and stop judging us for everything, you shouldn't complain. (*Runs back to her room crying and bangs the door*).

Me (*to myself, with tears in my eyes sinking into the chair*): Where have I gone wrong in bringing up my children?

After sometime I realize that what they need is a

hug and the listening ear of an understanding parent. I go back to her room and hug the resisting child. And things seem to fall in place until next time.



Some of the pearls that I have fished out from few of the many conversations we have had, are listening patiently, being understanding and non judgmental, sharing hugs, empathizing (putting ourselves in their shoes to appreciate their viewpoints) and giving space to each other to express and communicate honestly. These can be a few insights for us as parents to delve on.

Mudra - Health in our hands

Pavithra Kandavel

Parent

MUDRA basically means "seal", "mark", or "gesture" in Sanskrit. It is a symbolic gesture or pose mostly performed with the hands and fingers. Mudras have meaning in many forms of Indian dance and yoga. In hatha yoga, mudras are used in conjunction with pranayama (yogic breathing exercises), generally while in a seated posture, to stimulate different parts of the body associated with breathing. The five fingers of our hand represent the pancha mahabhutas (Agni, Vayu, Akasha, Bhoomi and Jala) and holding our fingers in different positions will influence these elements in our body.

I first came to know about mudras 3 years ago from my acupuncture teacher. She was attending a basic mudra class from a siddha doctor and I too joined her (since I was bored during covid lockdown).

As the class was going on, we contracted COVID and got sick. I had procured some siddha medicines already (as a precaution) and started taking them at the first symptom of COVID. My mudra teacher taught me 3 mudras specifically for COVID and I did them all religiously day and night, since that was the only thing I could do lying down in bed. I was back

on my feet in two days and I started taking care of my husband and children. Meanwhile my husband continued to have fever and tried everything else, but not the mudra (If only, husbands listened to their wives). It took him longer to recover from the fever and he continued coughing for few more days.

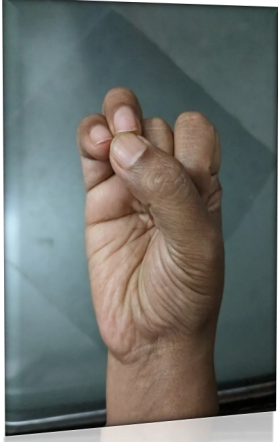
Linga mudra for fever



One of the COVID mudras that my teacher taught me was the 'Throat mudra' for cough. The effect is visible immediately. Once we hold this mudra, the cough stops, but then keeping the hand in a single position for a long time gets very painful. However, after releasing the hands from the mudra position, the cough started again initially. My friend too contracted COVID at the same time and we became mudra buddies and continued practicing and the cough eventually went away!

Throat mudra for cough

My husband started believing in mudras when he started having back pain. He did not do much about the pain, just kept complaining about it every now and then. So, I asked him to do one mudra and in the next 2 days he became better.



From then on, if anyone complained about back pain, I asked them to do this mudra and they have all felt better. Divya is one among them and made me write this article so that it will also benefit others.

One day my son came to me and said "I have started sneezing, can you help?". So I asked him a couple of questions to understand the problem better and asked him to do a particular mudra. In the next 2 mins he told "Wow ma! It has really worked!" and ran off to play.

The science of Mudras is very deep, and they also help address chronic and serious health issues and psychological problems. Since I am a beginner, I just use it for myself and my close circle of family and friends. If this interests you, please reach out and we can explore together!

A Snail's Pace

Rohit Hegde

Parent

It was one of those unearthly morning hours when I stumbled across this weary chap returning from a hard day in the 'office'. I say 'stumbled' though I almost crushed the poor chap beneath my confident (I daresay self-assured) tread!



So, what about this Snail - the epitome of 'laziness' and what about the legendary 'snail's pace'? Apparently, the typical speed of an adult *Helix lucorum* is (a very much law-abiding figure of) one

mm/sec!!!

Remarkably enough, he leaves very noticeable footprints every few steps as if trying to justify his 'pace' as if saying that –

- "look here, I got no race to run, no deadlines to meet, no chaps to measure up against. I sure got the luckiest job in this entire 'road' you know - To live every single step completely, that's it, to know the road thoroughly for that step for that stretch of time (call it seconds/minutes/hours whatever!). The best part is that I am so forgetful - once I've taken 'my time' over that step, I actually forget it. To just let it go and move on! And somehow (I don't how, it's amazing really) I end up leaving a mark, a distinct impression on the road!"

What was that again - epitome of laziness?

Guess it's about time we think about seriously catching up with the 'snail's pace' and leaving a lasting impression behind!!!

Life Lessons Along with Hand Lessons

Divya Kanal

Parent

Karagre is the Saturday workshops anchored by one of our parent where people come together to learn handwork like knitting, crochet, embroidery. Here's one of the participant sharing on 10 life lessons that unravelled through Karagre.



Some of us parents have been fortunate to put our hands & heads to use in a different way through the weekly Karagre workshops at Udhbhavaha led by our very own parent, Tanushree Akka. While our fingers are busy trying to make sense of the various crochet stitches, I couldn't help but feel how these simple instructions for a simple enough task have such a profound and deeper meaning to life itself. My heart is happier for having been a part of these joyful, intense and difficult sessions making connections like the slip stitch between different layers of our lives. Though I am optimistic about my proficiency in crochet as we reach closer to the end of our sessions, I am filled with immense gratitude at how a ball of yarn, a tiny needle & some folks sitting together on some balmy Saturday afternoons unraveled these life lessons.

1. Exercise first thing every morning before you sit down to crochet, the endorphins & stretches provide strength to sit longer . Though you get strong, don't sit for too long, take a break and start again from where you left off.

2. The start is always difficult, once the first line is done, the rest is much easier. Isn't that true for everything else as well?

3. Don't be too rigid while holding the yarn, go easy and relax; smile, hold it not too loose and not too tight - just right. Parents, does that ring a bell? Especially, if you have a teenager in the house!

4. Mistakes catch up with you eventually even though they may go undetected one moment, when the next line is done, they become starkly evident.

5. Even though you can unravel the yarn anytime you 'detect' mistakes, the yarn is not quite the same every time it's opened and crocheted again. Makes me think, what about the nature of our relationships?

6. Make a note of where you left off when making a project, before you take a break. Makes it easier whenever you take it up again.

7. Knowing and doing are two very different things! I know what to do, yet I'm unable to do it!

8. It's simple and beautiful, it only looks complicated. And the irony of life - this complex brain cannot often comprehend simple things.

9. Practice makes perfect, keep trying again and again till you succeed - don't give up! You make, appreciate & use your own creation.

10. Lastly, some of the techies in our group couldn't resist sharing these nuggets when other folks made mistakes and struggled figuring out 'fixes', quipping – "coding is easy, debugging others' work is difficult."

Anahata - Dil Se!

Children's Corner

When children decide to write...

A letter to my younger self

Anagha Prabhu

Ex-student, 19 years

Dear
Younger
Me,

Life moves fast, although it has just been a few years into my journey of adulthood I have some advice for you, my younger self.

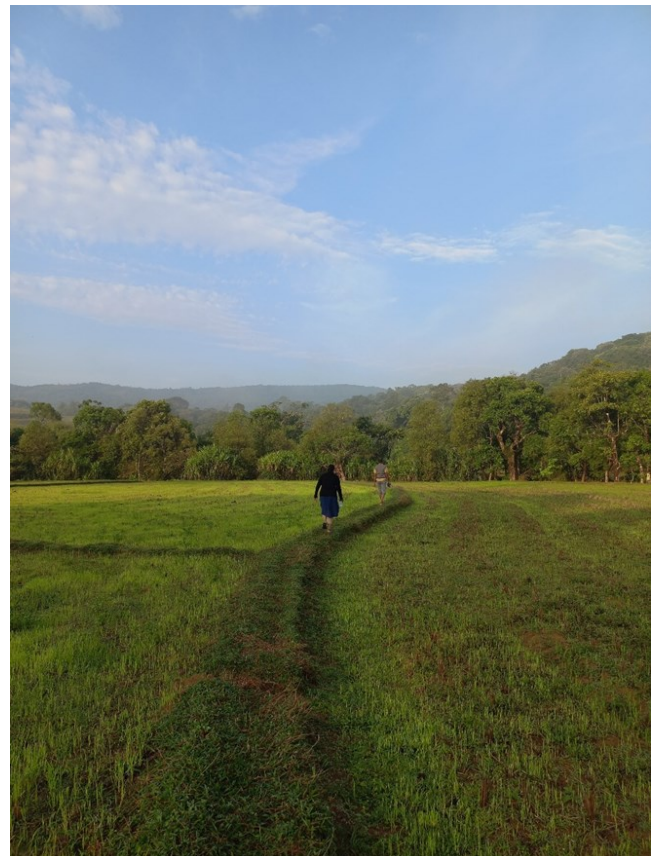
1) Cherish the little mundane moments that life has to offer.

Sunsets, sunrises, starry nights, long walks, deep conversations with the people you love, doing goofy and childish things with friends, the smell of coffee in the morning - cherish them all. Savor every little moment in life, cherish the things that you enjoy doing, and be in the present. Eventually all that matters in life are these little moments.

2) Life has its own set of ups and downs and nothing is linear. Difficult situations come your way to help you, make you strong and make you grow as a person. Everything passes with time. When you look back at yourself, those big problems will seem tiny and insignificant as time goes by. People come and go, but the right ones always stay and find a way to make it back into your life. So don't stress and change yourself to adjust to a certain temperament. Be "you" always.

3) The goal of life is to eventually find your calm in the chaos. It is not an overnight journey, so don't stress, keep calm, and take every moment and experience as it comes.

To Living!



Adolescence - the age of self - discovery

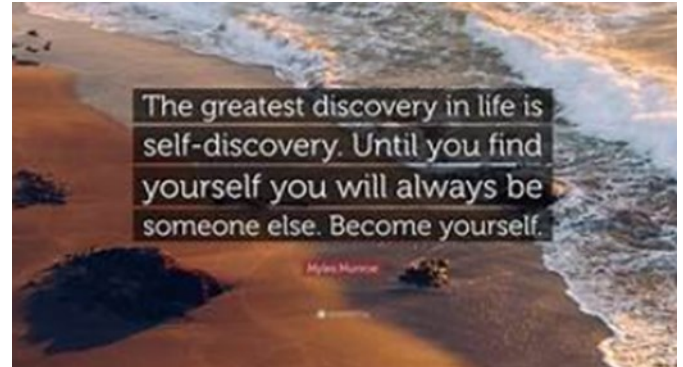
Nithiyashree DS

Ex-student, 19 years

How interesting is it for people to say, "Oh! I am a teenager!" Or "I am an adult now!" But is it really as exciting as we think it is?! Let's explore what it takes to be what we actually are.

Keeping apart the science part of the explanation, usually when people cross the age of 12, they tend to feel a lot more independent and responsible. Of course, it is because of the various fields and tasks that they are exposed to. They also want to express their opinions and want recognition from the outer world. It is in fact a very mystical and a curious phase given the numerous changes in all aspects (be it studies, relationships, our opinions, etc.)

The people who support us at this juncture are also very important. Fortunately, I was with the right people who played a key role in my journey. I feel that we should be given time and space to sort things out without interference from others. Maybe we'll need support and a shoulder to cry on if something goes wrong, but the ultimate decision should rely on us. Now when I look back at my initial stages, I can see that problems are not from someone else. We ourselves are the roots! My honest take on this would be to stay with whatever



is coming up, for example the frequently changing moods, and deal with it rather than running away.

Another hitch to deal with is the increase of groupism happening today, because of students traveling to other parts of the country for higher education. Even though it's important to be with people, we should be comfortable on our own too which can help us overcome this challenge. It's also extremely important to gradually form a support group of like-minded people.

On the whole, I'd definitely say that this is a very exciting age filled with a beautiful blend of joy and perplexity.

Autobiography of a river

Kalasha Students

Age 14, 15 years

I am the river Kaveri. I originate from Talakaveri in the Brahmagiri range of the Western Ghats. I am known as "Ponni" in Tamilnadu, people like me very much and they are generous in giving me different names in different places.



I am ever-flowing and I like my journey although I go through many obstacles such as stony paths, narrow bends, etc. People like to visit me. While some consider me as sacred, there are a few others who pollute me. This makes me very sad. Sometimes when there is heavy rainfall, I start flowing uncontrollably, therefore, people have made dams to control my velocity. I am very happy that I am helpful to people in innumerable ways.

Farmers use my water for cultivation. Fishermen earn their livelihood by fishing throughout the year.

Many poets are influenced by my grace and write poems about me. I teach human-beings the lesson of perseverance, flowing energetically despite all obstacles. I create waterfalls in the course of my journey and two such waterfalls where people like to play with me are Shivanasamudra falls in Karnataka and Hogenakkal falls in Tamilnadu.

After a long and lively journey, meeting various places and people, I join the Bay of Bengal sea.

Collect moments, not things

Nischal M Gowda

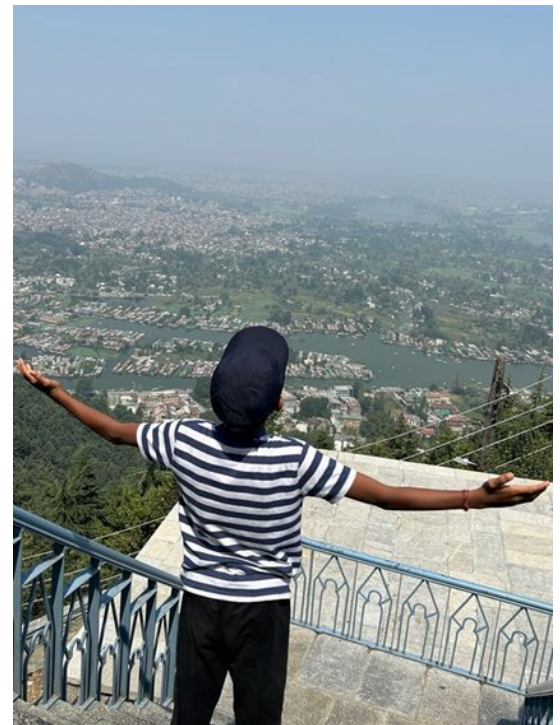
Gopura 4, 13 years

Traveling is one of the best ways of learning. While traveling, we are exposed to different languages, cultures and various kinds of people – kind-hearted, friendly, greedy, down to earth and many more. Traveling helps us to see, learn, interact, connect and above all, it helps us to view life from a different perspective.

We learn to handle different situations. Once when we, a group of adults and kids had gone for a walk, the adults got busy with some work. The older kids then proactively took the responsibility of taking care of the younger ones.

Traveling has a great impact on our education. Experience is the best teacher. While traveling, we learn the history – what to learn from it, what not to learn from it, how the history has been altered, etc. Traveling also help us in our physical fitness. During the Meghalaya trip with my family, we visited a place called Double decker and we had to take 3500 steps up and down.

When we travel, we learn to adjust and adapt to different situations. Being away from comforts of home, we face situations like taking bath in cold



water, washing clothes, eating food that we are not used to.

There are pros and cons of traveling but the advantages outweigh the disadvantages. Though the learning is slow, the impact is high. I enjoy traveling and I feel it is the best way of learning through experiences.

Musings of a teen mind

Advita Mohan

Gopura 4, 13 years

I see that young children are absolutely carefree and happy without worrying about the world. Whereas most adults lack these qualities. Their innocence lies suppressed and they are quite worried about everything. Yes, they have many responsibilities but I wonder why they get bogged down by them. Can't the responsibilities be dealt with cheerfully or somewhat neutrally? When I look at myself and other teenagers it seems like we are slowly and unknowingly taking on the traits of adults. We are fast losing our innocence. We too have started behaving one way in front of a guest, and quite another when we are by ourselves or with someone close to us. We too have an array of masks like adults. I don't deny that it is imperative to have a polished conduct and a pleasant demeanour in public, but it is of prime importance to be truthful.

When we cousins get together, I have seen adults remembering their childhood. One can see their natural joyful self emerging out, which is at once taken over by their thought that they are being 'childish' and that they must behave 'adult-like'. This inhibits them from being natural, light hearted, and free. Children younger than me are far more honest, and are not bothered about what others will think of them. Excessive awareness of being observed by others begins perhaps during adolescence and we start fretting. We are increasingly bothered about others' opinions of us and the image of ourselves that we project onto the world. There's a constant effort to conceal our true thoughts and feelings. Depending upon whom we are interacting with, we



Photo Source: www.freepik.com

portray a specific image. Perhaps this becomes a habit and as we step into adulthood, do we lose our true selves in a chaotic world of deceit and masks?

I think it is important for us to remember to get in touch with our true selves often, and express our true thoughts and feelings either through writing, painting, poetry or even talking to someone who can listen and understand. I am grateful that I have people who listen unbiasedly when I pour my heart out. This helps me feel lighter and calmer within. Self-talk has also proven to be effective when I have something that can't be shared with anyone. Hope other adolescents find their own channels of expression so that we can have our child-like selves preserved.

Short Story

Mystery Of Hampi's Jewels

Manasvi

Gopura 4, 13 years

David was sitting on his favorite chair wrapping up the Kohinoor Jewel case in London when he heard his phone ringing. He answered the call to hear a slightly tensed voice. "Hi, who is this?" he said "Hi, David, this is Vishnuvardhan, your old friend." "Vishnu! How have you been?" he said. "Good, how about you?" "I am great. You seem tense. You okay?" David asked. "Yeah, I'm all right. However, there is a problem. We found out that Angel X will steal the Virupaksha Idol in Hampi. It will be at the Happy Hampi Resort for an exhibition. I know you're in charge of catching him in London and was wondering if you could come to help me," Vishnu said. "Yes, of course, we will come to Bangalore as soon as possible," David said immediately. "Okay, text me your flight details and I'll meet you at the airport," said Vishnu. They said their goodbyes and hung up.

So, the next day, David and two detectives named Mr. G and William Baxter set off to Bangalore. There they met Vishnu. "Hi, Vishnu, how are you?" David asked. "I am good. Thanks for coming so quickly. I appreciate it," said Vishnu. "No problem," said David, "This is Mr. G. and this is Mr. William Baxter, they are both detectives who have previously worked with me on the Angel X cases. And this is Vishnuvardhan, my close friend." They greeted each other. They spent the night at a hotel and set off to Hampi early in the morning.

As soon as they reached Hampi, they went to a hotel and dropped off their luggage and left for the resort where the exhibition was set to happen. They reached the resort a few hours early and were checking the security measures and wondering if there was anything more to be done. The Idol was displayed in a glass case in the middle of the



Photo Source: www.freepik.com

ballroom. While David, Vishnu and Mr. G, checked the resort interiors, William went to inspect the perimeter for any security threats. Then they heard a sudden BANG, all lights went out. After a minute or so, the lights were back on. Everything was alright except for the Virupaksha Idol - it was gone!

They started looking everywhere but did not find anything. Later, as they were leaving, Mr. G saw William talking to somebody. They seemed to be whispering to each other and trying not to be seen. This made Mr. G suspicious. He saw the person's staff ID card that he had on around his neck and discreetly took a photo of it.

They went back to the hotel. They were all thinking about what had happened at the exhibition which was now postponed. Mr. G was doing research on the person he saw with William at the exhibition. As they were investigating the case, William said, "Guys, I have a contact in Bangalore. I had worked with him on a previous case. He is usually pretty well

informed about what goes on in the criminal world in India. Let me go talk to him and see if he has any information to share.” “That’s a great idea,” said David, “Leave at once. The sooner we find the Idol, the better our chances are of catching Angel X.” “I will arrange for a car to take you there,” said Vishnu.

Once William had left, they continued their research into the crime. Mr. G found it extremely suspicious that William would leave like that, especially, because he had read William’s entire file and knew that he had never worked on a case related to any crime in India. He kept digging into the records of the resort employees. He found the person he had seen William talking to. He was the assistant manager for the exhibition. He had used false credentials to get the job using the alias, James Wood. When he ran facial recognition, he found that his real name was John Baxter and he was actually William’s cousin and a criminal. He had a lengthy record with the Interpol for thefts and scams across Europe.

Mr. G went to the other room where David and Vishnu were working and said, “Guys, don’t you think that William going somewhere when there is a case to be solved is suspicious? As far as I know, he has never worked on a case in India.” “So, are you saying that William is involved in this crime?” asked Vishnu. “That could never happen, he would never betray us,” said David resolutely. “I have all the proof you need that shows William is the person behind all this,” said Mr. G. He showed them all the evidence they needed to see for themselves that William was behind all this. They were shocked and reluctantly believed William’s role in the thefts but still couldn’t process that William would backstab them like this. Then they made a plan to question and interrogate William’s cousin. They brought him to a dark room, the only thing John could see was a table. On one side there was one chair and on the

other side, there were the three of them. John was not going to give up easily since William had paid him a lot for the job. They started questioning him. After talking to him for a while, they realized that the only thing that would work is to threaten John with prison time.

“Tell us everything if you don’t want to go to jail for the rest of your life,” stated David. “We have all the evidence to prove that you have committed all these crimes and that you were involved in the Kohinoor jewel case in London.” Vishnu continued. “If you do not give us the information we need, you will be prosecuted as the mastermind instead of just an accomplice and you will have to serve William’s prison sentence as well,” said Mr. G. “You will be lucky to get out before you’re 60 years old,” said David, “but if you give us what we need, you can get out in just five years, and spend time with your family. We know you have a wife and two kids.”

Finally, John realized he had no way out and had to agree to their terms. He told them that William was leaving with the idol to hand it over to the buyer at the Mangalore Port and gave them all the details of William’s whereabouts.

The three detectives left for Mangalore Port at once. They caught William red-handed while he was trading the idol for a suitcase filled with cash. They went to the airport the next day with William in handcuffs. “Goodbye, my friends. Thank you for all your help in solving this case,” said Vishnu. “We should be thanking you, Vishnu, we have been after this guy for so long and now we finally have him,” David replied. “I agree. You have the makings of a great detective, Vishnu,” said Mr. G. “We’ll keep you updated on the court proceedings. I’m sure William will rot in jail for many years to come,” said David. “Farewell, my friend.”

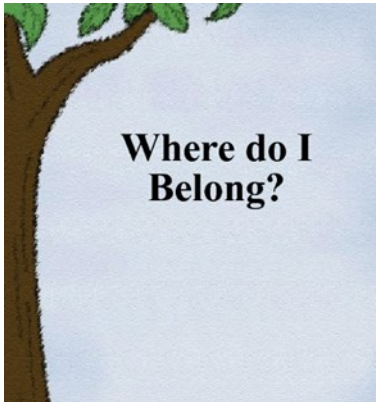
ECHOES

Poetry Pages

WHERE DO I BELONG?

Jyothi Rahul

Teacher



I am an adolescent and
Am confused where I belong !
Am I part of
Childhood or adulthood?
They both do not

Own me I feel !
I am an adolescent and
Am confused how I should act!
Do I need to be
A child or an adult?
I have my innocence retained
Yet a part of me compels me
To be matured
I am an adolescent and
Am confused what spirits I need to carry!
Wish to continue my carefree spirit
But, teen moods hamper them at times
Hope you will understand my tantrums
As I am also learning, standing at the
Gateway of adulthood!

Grace

Sneha J

Parent

As silence deepens,
I realize how little I understand.
The beauty....the glory....
in your silence,
in your simplicity,
in your humility,
in your mere presence,
They dawn upon my quiet mind
like the first rays of the rising Sun.
How can words describe what it feels like?
Words can only paint a feeble picture.
How would one know
if one has never seen a real sunrise?

To be able -
to climb up the hill,
to fall down,
to get bruised,
to almost die of thirst,
and then, to sit down,
to be quiet inside out,
and.... and to patiently wait... in utter darkness...
That is grace at work.

Thank you for that grace, my Master.
May my climb be steadfast.
May I never give up.
May the 'I' shut up.

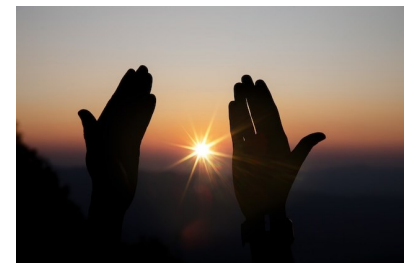


Photo Source: www.freepik.com

ಉದ್ಧರಿಸು

Harish A R

Teacher

ಸಿಕ್ಕ ಯೋನಿಗಳಲ್ಲಿ ಹೊಕ್ಕದೆಯೆ ನಾನು,
ಬಿಕ್ಕಿ ನಿನ ಬೇಡುತಲೆ ಮನುಜನಾದೆ.
ನೀಪೆತ್ತ ಭೂಮಿಯೊಳು ಕಾಲ್ಮುರಿದು ಬಿದ್ದು ನಾ
ಒದ್ದಾಡದಂತೆ ನೀ ಮೈದಡವಿದೆ.

ನೆನಪಿಸದೆ ಬದ್ಧಕರ್ಮವ ಬುದ್ಧಿ ಮಬ್ಬಾಗಿ
ಹೊದ್ದು ಮಲಗೆಂದು ಮನ ಮುಲುಗುತ್ತಿದೆ.
ಹೊಕ್ಕಿ ಮೈಯೊಳು ಸೊಕ್ಕು ಮದ್ದಾನೆಯಂತಾಗಿ
ಗದ್ದುಗೆಯನೇರುತಲೆ ಘೇಳಿಟ್ಟಿದೆ.

ಕಣ್ಣರಳಿ,ಕಿವಿ ನಿಮಿರಿ,ಮೂಗಳೆದು,
ಬಾಯ್ಬರೆದು,ಕೈತಟ್ಟಿ ನಿನ್ನಿರುವ ತಿಳಿಯದಾದೆ.
ಕಣ್ಣು ಮೊದಲಾದವನು ಮುಚ್ಚಿ ಮನಬಿಚ್ಚಿ ನಿನ
ಕರುಣೆ ಕಣ್ಣಿಗೆ ಪಾತ್ರನಾಗದಾದೆ.

ಪರಮಸುಖ ಪಡೆಯಲೆಂ ಈ ದೇಹವೆಂ ಬಗೆದು
ಕಂಡಕಂಡದ್ದನ್ನು ನಾ ಭೋಗಿಪೆ,
ಪರಮಸುಖವೀವ ನೀ ಪರಮಸುಖನೆಂ ಮರೆತು
ಉಂಡೂಟದಲೆಮೇಲೆ ನಾ ನರ್ತಿಪೆ.

ತಣಿಕೆಯನು ಕ್ಷಣಿಕವೆಂ ಎಣಿಸದೆಯೆ ಮಣಿದಿಹನು
ಕುಣಿಕೆಹಾಕೆಳೊಯ್ಯು ದಿನವೆಣಿಸಿಹೆ.
ಅಣಕುಮಾಡದೆ ಮತ್ತೆ ಹೊಸ ಜನುಮ ನೀಡೆನಗೆ
ಅಡಿಯಾಳು ನಿನಗೆ ನಾ ಶರಣಾಗಿಹೆ.

ಅರಿವು ನನಗಾಗುತ್ತಿಲ್ಲ

Pramod Nagaraj (ಸರ್ವಘ್ನ)

Parent

ಕೂದಲಾದರೆ ಕಪ್ಪಾಗಬೇಕು
ಚರ್ಮವಾದರೆ ಬಿಳಿಯಿರಬೇಕು...
ಮಗುವಾದರೆ ಗಂಡಾಗಬೇಕು
ಹಸು ಈದರೆ ಹೆಣ್ಣಿರಬೇಕು
ಗಂಡಾದರೆ ಖಸಾಯಿಖಾನೆಗೆ ಹೋಗಬೇಕು
ಜಗದ ಈ ಪರಿಯ ಅರಿವು ನನಗಾಗುತ್ತಿಲ್ಲ...
ಈ ಪರಿಯ ಅರಿವು ನನಗಾಗುತ್ತಿಲ್ಲ ಸರ್ವಘ್ನ!

दिखावे की दुनिया

Gayathri Bhat

Parent

लाखों जन्मों के बाद मिला
अमूल्य मानव शरीर
एक कीमती तोफा भगवान् से
जिसको मिला उंचाई का स्तर
सिर्फ अपने बुद्धि के कारण।

अलग है सबका शरीर
अनेक अंगों से जुड़ा
पर सबके अंगों का काम एक जैसे
इसमें न किया भेदभाव भगवान ने
चाहे अमीर हो या गरीब
देखने सुन्दर हो या कम सुन्दर।

अनेक लोग बेचैन है फिर भी
करने अपना अंग प्रदर्शन
बुलावा देते दुष्टों को
और फटे कपड़े पहनकर
अपनाते दारिद्र्य को।।

जिसको अपनी मर्यादा की फिक्र नहीं
वो क्या मायने रखते आत्म सम्मान?
जो शिष्टता से नहीं रह सकते
तो क्या मूल्य रहेगा
ये मानव शरीर पाकर
जो न जुटे साधना करने।

दुर्भाग्य से हम है कलियुग में
जो है बुराईयों का भंडार
फैली है हरतरफ कली की दृष्टी
जहां मूल्य नहीं सच्चाई और न्याय
का
घेरा है गन्दी सोच और काम ने
सच्ची कहा है चाणक्य ने
विनाश काले विपरीत बुद्धि!!

बस विभिन्न किया मानव का चेहरा
एकदूसरे से बिलकुल अलग
बस महत्व देते रूपरंग को
कसरत करते जवान दिखने
मजाक करे दूसरों के
कमियों पे ।

बाल सफेद होंगे
आँखों में चश्मा भी रहेगा
घुटनो में दर्द रहेगा
चेहरे पर जुरियां भी आएगी
सब स्वाभाविक है
फिर क्यों इन्हें छुपाना ।



Photo Source: www.freepik.com

एहि तो इशारा देता है
बची थोड़ी ज़िन्दगी है
अल्पकालिक शरीर से साधना करे
वर्ना मौका छूट जायेगा
भौतिकवादी दुनिया में उलझेंगे
जीवन चक्र में फसे रहेंगे।

जीवन के चरणों में
हम बढ़ते गए
अनेक पात्र करते चले
लिपटे रहे अनेक जिम्मेदारी निभाते
भूले जीवन का मूल उद्देश्य
साधना करने की असली जिम्मेदारी
जिससे हम भगवान् को जान सके
जिनके बिना हम है अधूरे ।

BOOKSHELF

Book Recommendations

This edition's book recommendations for young adults

- **Girlhood: Teens Around the World in Their Own Voices by Masooma Ahuja**

This is one of the most inspirational, empowering and intelligent biography-memoirs of thirty coming-of-age teenage girls and an indispensable guide to navigating those turbulent years knowing they are not alone and gaining strength through understanding that fact.

- **Wonder by R.J. Palacio**

Auggie is home schooled and stays reclusive with his family, but when the day finally arrives to attend Beecher Prep, Auggie will have to learn to come out of his shell and deal with other kids, and it's certainly not going to be easy. His life, and everyone around him, is going to be affected. A masterful novel about discrimination, bullying and acceptance.

- **Folktales from India by AK Ramanujan**

By selecting and compiling folk tales from all over India out of its twenty-two distinct languages, Ramanujan gives us one-hundred-and-eight folktales from India. Because to understand the culture of India, one needs to study not only its written classics but also its oral traditions as well.

A Few Other Books

- ◆ The Gita for Children by *Roopa Pai*
- ◆ The Vedas and Upanishads for Children by *Roopa Pai*
- ◆ The Diary of a Young Girl by *Anne Frank*
- ◆ Sherlock Holmes by *Sir Arthur Conan Doyle*
- ◆ Poirot Investigates by *Agatha Christie*
- ◆ The Women who Ruled India by *Archana Garodia Gupta*

Kannada Books

- **A set of 5 books by Bahuroopi publications**

Different authors have beautifully translated into Kannada this set of stories in 5 books.. Available online here: <https://beetlebookshop.com/collections/kannada/products/childrens-books-5-books>

- **ಟಿಕೆಟ್ ಇಲ್ಲ ಪ್ರಯಾಣ ನಿಲ್ಲಲ್ಲ (Ticket illa prayana nillalla)**

Sabuhi Jivani, Translated by Abburu Prakash

ಕೆಲಸ, ಅಸ್ತಿತ್ವ ಹಾಗೂ ಉಳಿವಿಗಾಗಿ ಆಂಧ್ರಪ್ರದೇಶದಿಂದ ಕೊಚ್ಚಿಗೆ ವಲಸೆ ಹೊರಟಿರುವವರ ಆರು ಅನಿಶ್ಚಿತ ಪಯಣದ ಕಥೆಗಳನ್ನು ಸುಬೂಹಿ ಜಿವಾನಿ ಅವರು ಈ ಕೃತಿಯಲ್ಲಿ ಕಟ್ಟಿಕೊಟ್ಟಿದ್ದಾರೆ

- **ಸ್ನೇಹಗ್ರಾಮದ ಸಂಸತ್ತು (Snehagramada Sansattu) Vishakha George, Translated by Prasad Nayka**

ಜೀವನದ ಅನಿರೀಕ್ಷಿತ ಹಾದಿಯಲ್ಲಿ ಸಾಗುವಾಗಲೇ ದಿಢೀರನೆ ಎಲ್ಲ ಒಳಿತುಗಳೂ ನಮ್ಮೆಡೆಗೆ ಸಾಗಿಬರುತ್ತವೆ ಎಂಬುದಕ್ಕೆ ಈ ಕಥೆ ಉತ್ತಮ ಉದಾಹರಣೆ. ಹೃತೂರ್ವಕವಾಗಿ ಪ್ರೀತಿಸುವ ಸ್ನೇಹಿತರ ಬೆಂಬಲದೊಂದಿಗೆ ಅನಾರೋಗ್ಯದ ಬಾಧೆ ಮರೆತು ಸಾಧನೆಯ ಉತ್ತುಂಗಕ್ಕೇರುವ ಹದಿಹರೆಯದ ದಿಟ್ಟ ಯುವಕನೊಬ್ಬನ ನಿಜಜೀವನದ ಘಟನೆ ಆಧರಿಸಿದ ಕಥೆಯನ್ನು ವಿಶಾಖಾ ಜಾರ್ಜ್ ಕಟ್ಟಿಕೊಟ್ಟಿದ್ದಾರೆ.

- **ಮರಳಿ ಮನೆಗೆ (Marali Manege)**

Preeti David, Translated by Rajaram Talluru

ಈ ಕೃತಿಯಲ್ಲಿ ಪ್ರೀತಿ ಡೇವಿಡ್ ಅವರು ತಾವು ಪ್ರೀತಿಸುವ ಜನರನ್ನು ಮತ್ತೆ ತಮ್ಮ ತವರಿಗೆ ಕರೆತರುವ ನಿಟ್ಟಿನಲ್ಲಿ ಇರುವ ಅವಕಾಶಗಳನ್ನು ಶೋಧಿಸುತ್ತಿರುವ ಸಮರ್ಪಣಾ

ಮನೋಭಾವದ, ಬುದ್ಧಿವಂತ ಹಾಗೂ ಮಹತ್ವಾಕಾಂಕ್ಷೆಯ ಮಕ್ಕಳು ನೆಲೆಸಿರುವ ಧರ್ಮಪುರಿಯ ನಯನಮನೋಹರ ಸಿತ್ತಿಲಿಂಗಿ ಕಣಿವೆಯ ಕಥಾಲೋಕಕ್ಕೆ ನಮ್ಮನ್ನು ಕರೆದೊಯ್ಯುತ್ತಾರೆ.

ನಂದಿನಿ ಎಂಬ ಜಾಣೆ (Nandini emba jaane)

Aparna Kartikeyan, Translated by V. Gayatri

ಸದಾ ಹರ್ಷಚಿತ್ತಳಾಗಿದ್ದುಕೊಂಡು ತನ್ನ ದಿಟ್ಟ, ರೂಢಿಗತವಲ್ಲದ ಕನಸುಗಳನ್ನು ಹರಕ್ಕೆ ಬಿದ್ದು ಸಾಧಿಸುವ ಮಹಿಳೆಯೊಬ್ಬಳ ಬದುಕಿನ ಸತ್ಯ ಸಂಗತಿಗಳನ್ನಾಧರಿಸಿದ ಕತೆ ಇದಾಗಿದೆ.

ಗೆದ್ದೇ ಬಿಟ್ಟೆ (Gedde bitte)

Nivedha Ganesh, Translated by Santosh Tamraparni

ಸ್ನೇಹಿತರಾದವರು ನಿಮ್ಮ ಬೆನ್ನ ಹಿಂದೆ ಎಂದಿಗೂ ಕೀಳಾಗಿ ಮಾತನಾಡುವುದಿಲ್ಲ. ನಿಜ ಸ್ನೇಹಿತರಾದವರು ಆಟಕ್ಕೆ ಹೆಚ್ಚುವರಿ

ಆಟಗಾರನ ಆಗತ್ಯವಿಲ್ಲದಿದ್ದರೂ, ನಿಮ್ಮನ್ನು ಸೇರಿಸಿಕೊಂಡೇ ಕ್ರಿಕೆಟ್ ಆಡುತ್ತಾರೆ. ಸ್ನೇಹಿತರ ಜತೆ ಜಗಳವಾಡಿಕೊಂಡಿರುವ 13 ವರ್ಷದ ದಿವ್ಯಾ ಗ್ರಾಮದ ಕೊಳದಲ್ಲಿ ನೀರಿನೊಂದಿಗೆ ಆಡುತ್ತಾ ಮನಸ್ಸನ್ನು ತಿಳಿಗೊಳಿಸಿಕೊಳ್ಳಲು ಯತ್ನಿಸುತ್ತಿದ್ದಾಳೆ. ಆ ದಿನ ಅವಳಿಗೆ ಸಿಕ್ಕ ಸಲಹೆ ಅವಳು ಸ್ಪರ್ಧಾತ್ಮಕ ಈಜಿನ ಲೋಕಕ್ಕೆ ಪ್ರವೇಶಿಸುವಂತೆ ಮಾಡುತ್ತದೆ. ಅದು ಅವಳನ್ನು ಸಿರುಗನಪುರದ ಹತ್ತಿ ಹೊಲಗಳ ಬಳಿ ಇರುವ ಅವಳ ಮನೆಯಿಂದ ಬಹು ದೂರಕ್ಕೆ ಕೊಂಡೊಯ್ಯುತ್ತದೆ. ಅಲ್ಲಿ ಆಕೆಗೆ ಮತ್ತೊಬ್ಬ ಈಜುಗಾರ್ತಿ ಅಂಬಿಕಾಳ ಗೆಲೆತನ ಸಿಗುತ್ತದೆ. ಈ ಗೆಲೆತನವನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ದಿವ್ಯಾ ಯಶಸ್ವಿಯಾಗುತ್ತಾಳೆಯೇ? ವಾಸ್ತವದೊಂದಿಗೆ ತನ್ನ ಕಲ್ಪನೆಯನ್ನೂ ಬೆಸುಗೆ ಹಾಕಿರುವ ನಿವೇಧಾ ಗಣೇಶ್ ಅವರ ಈ ಕಥೆ ಮನರಂಜನೆ, ಸ್ಫೂರ್ತಿ ನೀಡುವ ಜೊತೆಗೆ ಕತೆಯೊಳಗೆ ನಮ್ಮನ್ನು ಕಂಡುಕೊಳ್ಳುವಂತೆ ಮಾಡುತ್ತದೆ.



Art By

Anwita Prabhu

Kalasha Student, 14 years



OOTTA DA UDHBHAVAHA

Chomayi (Othu Shavige)

Megha Srinivas

Teacher

Ingredients

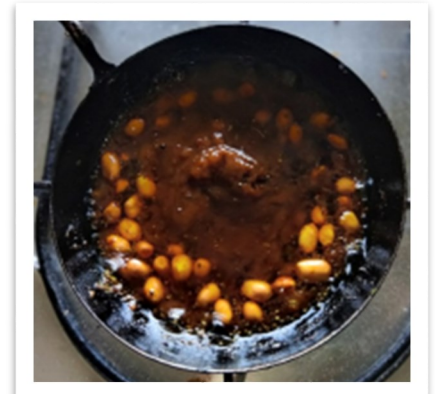
- Akki hittu / Rice flour – 3 measures
- Lemon
- Coriander leaves
- Curry leaves
- Puliogere gojju
- Groundnuts
- Oil

Method

1. Boil 3 ¼ measures of water (For 1 measure of rice flour – 1 ¼ measure water). Add 3 tablespoons of oil and salt to the boiling water. Once the water starts to boil, add 3 measures of rice flour and leave it to boil for 5 minutes.
 2. Stir it with a wooden stick (mudde kolu).
 3. Turn off the stove and knead the dough until you get a nice and soft consistency, add more oil if necessary.
 4. Break them into smaller chunks and place them in an oil greased container in a cooker and cook for 25 minutes (without weight).
 5. Remove the cooker lid and press the dough one chunk after another into the shavige pressing machine which has been greased with oil. Press it continuously to avoid breaking and remember the dough **should be hot**. Once all the dough is pressed let it cool for 1 hour.
 6. **For lemon shavige**
Prepare seasoning for lemon shavige with oil, mustard, groundnuts, curry leaves, lemon, salt and turmeric.
OR
For puliyogere gojjina shavige
Prepare seasoning for puliyogere gojjina shavige with oil, mustard, groundnuts, curry leaves, puliyogere gojju and salt
 7. Once the shavige cools down mix the seasoning with it.
- 3 types of shavige ready - White, Yellow and Brown!**

White chomayi and Gase gase payasa make a lovely combination while the yellow can be relished with chutney. Enjoy our Sanketi special dish Chomayi!

Here we bring to you the traditional recipes from the families at Udhbhavaha



VERSATILITY

Hand-made Garlands

Roopa Acharya

Parent

*Hand-made garlands woven with love for Sri
Veera Vittala, Bhadraviri*



Made with the buds of a flower sourced locally. The specialty is, no threads/strings are used to make the garland - the stem of the buds are long which are used to weave the garland together.

Called the Nanta Phool buds in Konkani (popularly known as Nandi Bhatlu in Kannada) are used here. The garland is woven using the outer strings pulled from the banana stem, called Vaayu in Konkani. These strings are used on a daily basis to make all types of garlands.



This garland is made from Karuveer (in Konkani), popularly known as Kaner flower.

Embroidery Art

Gayatri Bhat

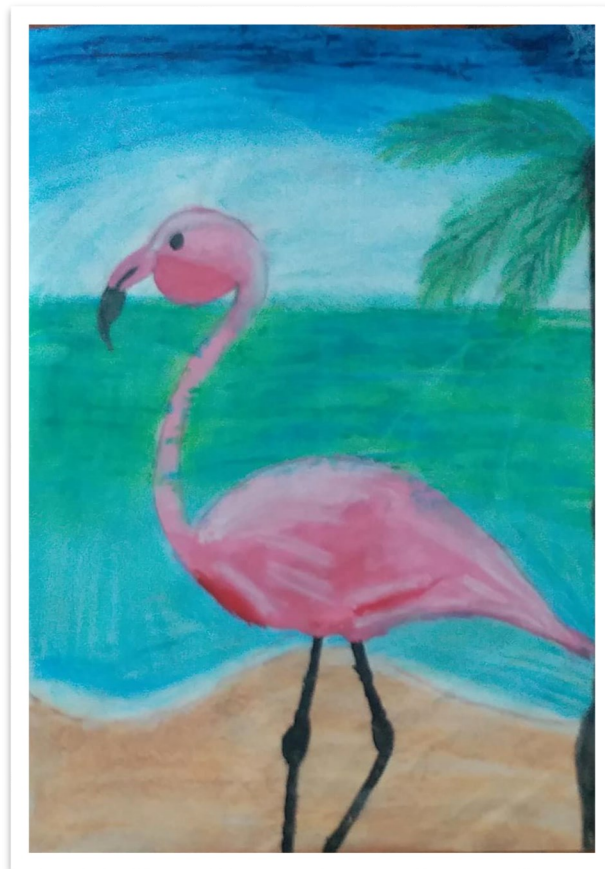
Parent



Painting

Charou V

Gopura 4 Student, 13 years



Vivaan Vinay Dharwadkar

Gopura 1 Student, 10 years



ಅದ್ಭುತಾರ್ಥ

ಪ್ರಥಮೇ ನಾರ್ಜಿತಾ ವಿद्या ದ್ವಿತೀಯೇ ನಾರ್ಜಿತಂ ಧನಮ್ |
ತೃತೀಯೇ ನಾರ್ಜಿತಂ ಪುಣ್ಯಂ ಚತುರ್ಥೇ ಕಿಂ ಕರಿಸ್ಯತಿ||

ಹಿತನುಡಿ-

ಮೊದಲು ವಿದ್ಯೆಯನ್ನು ಗಳಿಸಬೇಕು. ಇಲ್ಲ ದುಡ್ಡನ್ನಾದರೂ ಎಣಿಸಬೇಕು. ಅದೂ ಇಲ್ಲವಾದಲ್ಲಿ ಪುಣ್ಯಸಂಪಾದಿಸಬೇಕು ಅರ್ಥಾತ್ ವಿರಕ್ತಿಯಿಂದಿರಬೇಕು.

ಇವು ಮೂರೂ ಇಲ್ಲದಿದ್ದರೆ ನಾಲ್ಕನೆಯ ದಾಗಿ ಏನು ಮಾಡುವಿ?

(ಏನೂ ಮಾಡಲು ದಾರಿಯಿಲ್ಲ ಎಂದರ್ಥ).

Manthana

A question to ponder over!

Why should we send our children to school?

And if you are a child reading this...
Why should you go to school?

Do write back to us at dhwani.write@gmail.com with your answers and see the best replies getting published in the next edition.

Feedback and suggestions are welcome to make this a better read for you.

To subscribe a physical copy of this quarterly magazine do write to us at dhwani.write@gmail.com



ಉದ್ಭವಃ

UDHBHAVAHA

An Education Centered Community

An intimate learning space, encouraging creative and fearless expression while celebrating our cultural roots.



Muddaihnalya, Ramohalli Post,
Bengaluru, Karnataka – 560060



udhbhavaha@gmail.com



+91 6362731204



Scan here to know more