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New Year Message from Master

ಮಾಸ್ತರವರ ಹೊಸವರ್ಷದ ಸಂದೇಶ



It is not a surprise that all of us are entering into year 2020. Whether we wish or not , new year comes as a routine. We grow physically and intellectually , but we don't know the growth of ours within.

When the body and brain grows and acquires new age, "You" don't grow automatically ("You" is the mind within which has the bundle of impressions). What is this growth that everyone requires in this life?. Many of us do not know that , we have not grown as fully positive. This positive growth is required in every human being irrespective of body's growth/age.

Becoming fully positive may be a toughest task for the people who do not want to become positive. When your mind acquires positivity, "You" becomes positive. Positive mind never depends upon the materialistic world for its peace and happiness. Because these two qualities are in built in a positive mind. Change of year indicates us that we have grown physically. Intellectual growth can also happen based on the capacity of the brain.

People might also become more mature as the years pass by. But mental growth happens only if one tries to become positive. People think that maturity is related to mind, but it is related to the brain. Mind doesn't require any maturity, since it has to become innocent. Innocence is called the positivity of human mind. Innocence is not immaturity.

Let everyone try to become fully positive in this year 2020 irrespective of the physical and intellectual growth.

PURE MIND IS NOTHING AND EVERYTHING

ನಾವೆಲ್ಲರೂ 2020ನೇ ಹೊಸವರ್ಷವನ್ನು ಪ್ರವೇಶಿಸುತ್ತಿರುವುದು ಆಶ್ಚರ್ಯಕರವೇನಲ್ಲ. ನಾವು ಅಪೇಕ್ಷಿಸಿದರೂ ಅಥವಾ ಇಲ್ಲದಿದ್ದರೂ ಹೊಸವರ್ಷ ಬಂದೇಬರುತ್ತದೆ. ನಾವು ದೈಹಿಕವಾಗಿ ಬೆಳೆಯುತ್ತೇವೆ, ಆದರೆ ನಮ್ಮ ಅಂತರ್ಯದ ಬೆಳವಣಿಗೆಯನ್ನು ಅರಿತುಕೊಂಡಿರುವುದಿಲ್ಲ. ಶರೀರ ಮತ್ತು ಬುದ್ಧಿ ಬೆಳೆದು ಹೊಸವರ್ಷವನ್ನು ಪ್ರವೇಶಿಸಿದಾಗ, 'ನೀನು' ಬೆಳೆಯುವುದಿಲ್ಲ. ಹಾಗಾದರೆ ಈ ಬಾಳಿನಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಅಗತ್ಯವಾಗಿರುವ ಆ ಬೆಳವಣಿಗೆ ಯಾವುದು? ಅದೇ ಸಕಾರಾತ್ಮಕತೆಯ ಬೆಳವಣಿಗೆ.

ನಾವು ಸಂಪೂರ್ಣವಾಗಿ ಸಕಾರಾತ್ಮಕ ಬೆಳವಣಿಗೆಯನ್ನು ಪಡೆದಿಲ್ಲ ಎಂಬುದೇ ನಮ್ಮಲ್ಲಿ ಅನೇಕರಿಗೆ ಗೊತ್ತಿಲ್ಲ. ಶರೀರದ ಬೆಳವಣಿಗೆಯ ಅಥವಾ ವಯಸ್ಸಿನ ಭೇದಭಾವವಿಲ್ಲದೆ, ಪ್ರತಿಯೊಬ್ಬ ಮನುಷ್ಯ ಜೀವಿಗೂ ಈ ಸಕಾರಾತ್ಮಕ ಬೆಳವಣಿಗೆಯ ಅವಶ್ಯಕತೆಯಿದೆ.

ಸಂಪೂರ್ಣ ಸಕಾರಾತ್ಮಕರಾಗಿ ಪರಿವರ್ತನೆ ಹೊಂದುವುದು ಯಾರಿಗೆ ಬೇಕಿಲ್ಲವೋ ಅಂತಹವರಿಗೆ ಮಾತ್ರ ಸಕಾರಾತ್ಮಕರಾಗುವುದು ಬಹಳ ಕಠಿಣ ಕೆಲಸವಾಗಿರಬಹುದು. ಮನಸ್ಸು ಸಕಾರಾತ್ಮಕತೆಯನ್ನು ಗಳಿಸಿಕೊಂಡಾಗ ಮಾತ್ರ ನಿಮ್ಮ 'ನೀನು' ಸಕಾರಾತ್ಮಕವಾಗುತ್ತದೆ. ಸಕಾರಾತ್ಮಕ ಮನಸ್ಸು ತನ್ನ ಶಾಂತಿ ಹಾಗೂ ಸಂತೋಷಕ್ಕಾಗಿ ಎಂದಿಗೂ ಪ್ರಾಪಂಚಿಕ ಜಗತ್ತಿನ ಮೇಲೆ ಅವಲಂಬಿತವಾಗುವುದಿಲ್ಲ. ಏಕೆಂದರೆ ಸಕಾರಾತ್ಮಕ ಮನಸ್ಸಿನಲ್ಲೇ ಈ ಎರಡು ಗುಣಗಳೂ ಅಡಗಿರುತ್ತದೆ.

ವಾರ್ಷಿಕ ಬದಲಾವಣೆಯು, ನಾವು ದೈಹಿಕವಾಗಿ ಬೆಳವಣಿಗೆ ಹೊಂದಿದ್ದೇವೆ ಎಂಬುದನ್ನು ನಮಗೆ ಸೂಚಿಸುತ್ತದೆ. ಬುದ್ಧಿಯ ಸಾಮರ್ಥ್ಯವನ್ನು ಆಧರಿಸಿ ಬೌದ್ಧಿಕ ಬೆಳವಣಿಗೆ ಕೂಡ ಆಗಿಬಿಡುತ್ತದೆ. ಆದರೆ ಸಕಾರಾತ್ಮಕವಾಗಿ ಪರಿವರ್ತನೆ ಹೊಂದಲು ಪ್ರಯತ್ನಿಸಿದರೆ ಮಾತ್ರ ಒಬ್ಬ ವ್ಯಕ್ತಿಯು ಮನಸ್ಸಿನ ಬೆಳವಣಿಗೆಯನ್ನು ಹೊಂದಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಪ್ರಬುದ್ಧತೆ (maturity) ಎಂಬುದು ಮನಸ್ಸಿಗೆ ಸಂಬಂಧಿಸಿದ್ದು ಎಂದು ಜನರು ತಿಳಿದಿದ್ದಾರೆ, ಆದರೆ ಅದು ಬುದ್ಧಿಗೆ ಸಂಬಂಧಿಸಿದೆ. ಮನಸ್ಸು ಮುಗ್ಧವಾಗಬೇಕಾಗಿದೆ, ಆದ್ದರಿಂದ ಅದಕ್ಕೆ ಯಾವುದೇ ಪ್ರಬುದ್ಧತೆಯ ಅಗತ್ಯವಿಲ್ಲ. ಮನುಷ್ಯ ಮನಸ್ಸಿನ ಸಕಾರಾತ್ಮಕತೆಯನ್ನೇ ಮುಗ್ಧತೆ ಎಂದು ಕರೆಯುತ್ತಾರೆ. ಮುಗ್ಧತೆ ಎಂದರೆ ಅಪ್ರಬುದ್ಧತೆಯಲ್ಲ.

ದೈಹಿಕ ಹಾಗೂ ಬೌದ್ಧಿಕ ಬೆಳವಣಿಗೆಯ ಭೇದಭಾವವಿಲ್ಲದೆ ಪ್ರತಿಯೊಬ್ಬರೂ, ಈ 2020ನೇ ವರ್ಷದಲ್ಲಿ ಸಂಪೂರ್ಣ ಸಕಾರಾತ್ಮಕ ಪರಿವರ್ತನೆಯನ್ನು ಹೊಂದಲು ಪ್ರಯತ್ನಿಸುವಂತಾಗಲಿ.

ಪರಿಶುದ್ಧವಾದ ಮನಸ್ಸು ಶೂನ್ಯವಾಗಿರುತ್ತದೆ ಹಾಗೂ ಎಲ್ಲವನ್ನೂ ಒಳಗೊಂಡಿರುತ್ತದೆ

Religion and Spirituality

Here is an attempt to differentiate the approach in Spirituality and Religious practices. The purpose of religion is to make one positive and lead him/her to Spirituality. Religious practices were created to reduce human negativities and make them positive. However as one advances in religion, one turns towards Spirituality which is more of travel within oneself. Though the intention of religious practices were to make human beings positive, unfortunately, it has created divisions in the society. People fight over religion. Lots of religious practices were evolved based on different nature of human beings. Generally in society, there is a wider division in religious practices based on different nature of human being as given below. In the following paras, we will go through the divisions.

1. We see that few dogmas/practices are meant only for Man and woman are not allowed & Vice versa.

2. For educated/qualified people there are scriptures where in one can understand by reading them. This is needed for religious practices. It will be difficult for uneducated/unqualified to do them.

3. One must do pilgrimages/perform rituals as per the rules laid down in the scriptures. These will also have some cost. Wealthy people can perform rituals, whereas economically weaker section have to struggle.

5. Some religious leaders claim their "God" is superior than the other "God". Lot of Fights/Disputes have happened in history over this issue. Apart from "God", some sects within religion claim that their sect is superior over to other sect. This has brought friction in the society.

6. Each Religion has different concept of God. Generally in religion, God is always in an external form. Based on that, people say that God can be in Idol/Temple/Human beings/Animal forms etc.

7. Each Religion has different scriptures which are voluminous and understanding/implementing those are tedious tasks. Also the meanings given will be subtle and one needs an expert to interpret those texts. Sometimes the texts in scriptures can be contradictory also.

8. To make human beings positive, typically one associates fear aspect by bringing the concept of heaven/hell. If one does good things, one will have good life in earth and also after death. This may work to some extent but instils fear of God for the sake of it. This fear will create anxiety/worries to venture out any new things.

9. The purpose of human life is different based on each religion. Typical purposes are a) Merge with God b) After death, going to heaven. c) To lead a happy/peaceful life etc. As one reads different books, there is always a confusion.

Now that we have gone through the typical basis on which religious practices got evolved, let us delve into the differentiating factors in Spirituality.

1. The main differentiation between religion and spirituality is with respect to concept of God. In Spirituality God is within and in our mind. It has to be found in the silent condition of mind devoid of any thoughts of past, present or future.

2. The mind devoid of any thoughts is called as "Spirit" or "God". It is not external as propounded in religion. Spirituality is to experience that you are the "Spirit" and not the body or mind.

3. One can do spiritual practice wherever he/she is and not bound to do any stringent religious rituals and visit any pilgrimages. Ex:- Sage Ramana Maharshi never travelled anywhere. To the visitors, he used to just tell to search within.

4. The pure mind gives the wisdom to the person that nothing is connected to him. This is "Jnana" which one gets within. This condition is difficult to get to whoever practicing religion as one is in constant search of God outside of him/her. In religion one tries to get "Jnana" from outside by books/religious heads.

5. A spiritual person never differentiates based on the external form of human beings and would see that opportunity exists for every human being to cleanse the mind and become "Spirit". One understands that the differentiation based on human quality/Education levels/ Gender (Good/Bad OR Man/woman OR Educated/Uneducated) are related to body and brain and not to the "Spirit" which is in every human being. Only such person can give universal love.

6. The number of books that needs to be referred will be highly minimal in the spiritual path. One needs to just follow the instructions of the Guide/Master who has already travelled in the path. As the advancement in the spiritual path happens, even the books/Master may not needed. The pure mind within itself starts becoming guide to the person.

7. There is no need for anyone to be educated to understand the spiritual texts/complicated rituals as the only condition in spirituality is getting the pure mind. A normal human being having basic general knowledge is enough to practice.

8. There is no differentiation on superior/inferior God or human sect as the understanding of God itself is different. God or Spirit is within oneself in spirituality.

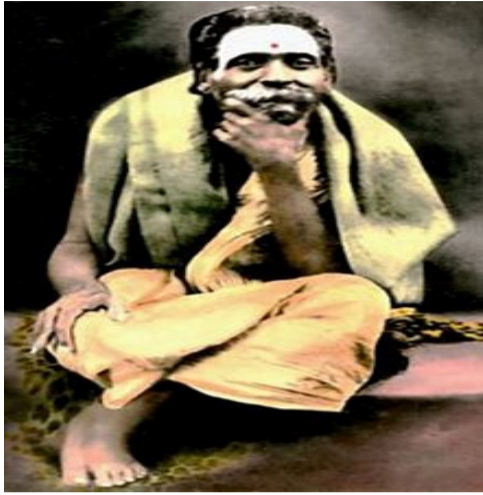
9. In spirituality, to realize the Spirit (pure condition of human mind) one should shed his/her negativities like fear, anxiety and worries. Hence there is no fear of God. It doesn't mean that one can do whatever he/she wants. One should lead a life without disturbing himself or others.

10. The purpose of human life in spirituality is to bring the condition of "Spirit"/"God" in Human mind. There is no ambiguity here unlike various purposes in religion.

To conclude, we can say that though one starts with religious practices initially, eventually the growth has to happen to turn towards being Spiritual as it creates the it is the path which makes the person towards having the feeling of Oneness. This is is the real essence of concept "Vasudaiva kutumbakam", which means that the whole world is one family.

- Prakash J Rao

Saints of India- Sri Seshadri Swamigal



Seshadri Swamigal was born on January 22, 1870. As a child he had spontaneous trances. At age four he received his nickname, 'Golden Hand'. During his childhood he was affectionately called the 'boy with the golden hand' because shopkeepers believed that whatever he touched went like hot cake.

At the age of 19, he met Sri Balaji Swamigal, a wandering saint from North India, who gave Seshadri, sannyas and instructed him in the Mahavakyas. Shortly after Seshadri started to travel to various spots in Tamil Nadu eventually ending up at Tiruvannamalai, at the age of 19. Seshadri Swami moved about Tiruvannamalai for 40 years, an ascetic with a total disregard for either name or form.

Seshadri Swamigal and Ramana Maharshi were contemporaries. When Ramana Maharshi came to Tiruvannamalai seven years after Seshadri Swamigal's arrival, Seshadri took care of Ramana Maharshi. Sri Seshadri tried to protect the young swami who seemed quite unaware of his body and surroundings. He cleansed Ramana's blood-oozing wounds and revealed Ramana as a saint to the world. He was ever emphasising the inestimable value of giripradakshina

He laid stress on the realisation of the true inner nature of the self as people went about their daily activities and think of God at all times, even in the midst of difficult work. He preached to many devotees to go around the sacred mountain of Tiruvannamalai which is said to be a form of Lord Shiva himself, especially on Tuesdays and emphasised on giving Annadanam(food donation). Mahan Sri Seshadri Swamigal believed in the paths of good karma(good deeds) and jnana(wisdom) along with bhakti(devotion). One can see the intricate net connecting all the three of them. The state of unawareness and illusion are destroyed by him which brings one to the realisation of the self.

Source- Wikipedia

Holy Places of India- Puri Jagannath



The Shree Jagannath Temple of Puri is an important Hindu temple dedicated to Lord Jagannath, a form of Lord Maha Vishnu, located on the eastern coast of India, at Puri in the state of Odisha. The temple is an important pilgrimage destination. The present temple was rebuilt from the 10th century onwards, on the site of an earlier temple, and begun by King Anantavarman Chodaganga Deva, first of the Eastern Ganga dynasty.

The Puri temple is famous for its annual Ratha yatra, or chariot festival, in which the three principal deities are pulled on huge and elaborately decorated temple cars. These gave their name to the English term Juggernaut. Unlike the stone and metal icons found in most Hindu temples, the image of Jagannath is made of wood and is ceremoniously replaced every twelve or nineteen years by an exact replica.

The temple is sacred to all Hindus and especially in those of the Vaishnava traditions. Many great saints, such as Ramananda and Ramanuja, were closely associated with the temple. Ramanuja established the Emar Mutt near the temple and the Govardhan Mutt, which is the seat of one of the four Shankaracharyas. It is also of particular significance to the followers of the Gaudiya Vaishnavism whose founder Chaitanya Mahaprabhu, was attracted to the deity, Jagannath, and lived in Puri for many years.

Jagannath, Balabhadra and Subhadra are a trio of deities worshipped at the temple. The inner sanctum of the temple contains statues of these three Gods carved from sacred neem logs.

Source- Wikipedia

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ಮನೆಮದ್ದು-ಅಪೂರ್ವವಾದ ವೈದ್ಯಕೀಯ ಗುಣಗಳುಳ್ಳ ಹುಚ್ಚೆಳ್ಳು

ಒಂದು ಕಾಲವಿತ್ತು, ಆಗ ಪ್ರತಿಯೊಬ್ಬರ ಮನೆಯ ಅಡುಗೆಯಲ್ಲೂ ಹುಚ್ಚೆಳ್ಳೆಯ ಸ್ವಾದ ಇರುತ್ತಿತ್ತು. ಜನರು ಬಹುಕಾಲ ಕಾಯಿಲೆರಹಿತವಾದ ಜೀವನ ನಡೆಸುತ್ತಾ ಆರೋಗ್ಯದಿಂದ ಬಾಳುತ್ತಿದ್ದರು. 'ರಾಗಿರೊಟ್ಟಿ ಹುಚ್ಚೆಳ್ಳು ಚಟ್ನಿ' ಮುಂದೆ ಯಾವುದೇ ಸ್ವಾದವೂ ಸಾಟಿಯಾಗುತ್ತಿರಲಿಲ್ಲ. ಹಲವು ರೋಗಗಳಿಗೆ ಹುಚ್ಚೆಳ್ಳು ಸಂಜೀವಿನಿಯಂತೆ ಕೆಲಸ ಮಾಡುತ್ತದೆ ಎಂಬುದನ್ನು ಜನರು ಕಂಡುಕೊಂಡಿದ್ದರು.

ಹುಚ್ಚೆಳ್ಳಿನಲ್ಲಿ ಅಂತಹ ವಿಶೇಷತೆ ಏನೇನಿದೆ ಎಂಬುದನ್ನು ಪಟ್ಟಿಮಾಡಿದರೆ ನೀವು ಬೆರಗಾಗುತ್ತೀರಿ. ಹೌದೋ ಅಲ್ಲವೋ ಎಂಬುದನ್ನು ಓದಿದನಂತರ ನಿರ್ಧರಿಸಿ!

ಹುಚ್ಚೆಳ್ಳಿನಲ್ಲಿರುವ ಎಣ್ಣೆ ಚರ್ಮವನ್ನು ರಕ್ಷಿಸುತ್ತದೆ, ಹೃದಯದ ಆರೋಗ್ಯವನ್ನು ಸುಧಾರಿಸುತ್ತದೆ, ನಿದ್ರಾ ಹೀನತೆಯನ್ನು ನಿವಾರಿಸುತ್ತದೆ. ರಕ್ತಪರಿಚಲನೆಯನ್ನು ಉತ್ತೇಜಿಸುತ್ತದೆ. ಹುಚ್ಚೆಳ್ಳು, ಪ್ರೋಟೀನ್ ಮತ್ತು ಫೈಬರ್‌ಗಳನ್ನು ಒಳಗೊಂಡಿದೆ, ಅಲ್ಲದೆ ಇದರಲ್ಲಿ ದೇಹದ ನಿರಂತರ ಚಾಲನೆ ಮತ್ತು ಸಾಮಾನ್ಯ ಜೀವಕೋಶಗಳ ಬೆಳವಣಿಗೆಯ ಕಾರ್ಯಕ್ಕೆ ಅಗತ್ಯವಾಗಿರುವ ರಿಬೋಫ್ಲಾವಿನ್ ('ಬಿ' ವಿಟಮಿನ್) ಇದೆ ಹಾಗೂ ವಿಟಮಿನ್ 'ಸಿ' ಕೂಡ ಇದೆ. ಹುಚ್ಚೆಳ್ಳು ಯಾವುದೇ ಕಾಯಿಲೆಯನ್ನು ಗುಣಪಡಿಸುವ ಪ್ರಕ್ರಿಯೆಗೆ ಅವಶ್ಯಕವಾಗಿರುವ ಕಾರ್ಬೋಹೈಡ್ರೇಟ್‌ಗಳಿಂದ ಶ್ರೀಮಂತವಾಗಿದೆ. ಇದು ಆಧುನಿಕ ಯುಗದ ಕೊಲೆಸ್ಟ್ರಾಲ್ ಸಮಸ್ಯೆಗಳನ್ನು ತಪ್ಪಿಸುತ್ತದೆ ಹಾಗೂ ದೇಹದ ಪಿಎಚ್ ಮಟ್ಟವನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ. ಹುಚ್ಚೆಳ್ಳು ಎಣ್ಣೆ ರಕ್ತದಲ್ಲಿನ ಸಕ್ಕರೆ ಮಟ್ಟವನ್ನು ನಿಯಂತ್ರಿಸಲು ಸಹಕರಿಸುತ್ತದೆಯಲ್ಲದೆ ಅಧಿಕ ರಕ್ತದೊತ್ತಡ ಮತ್ತು ಒತ್ತಡದಲ್ಲಿನ ಏರಿಕೆಯನ್ನು ತಡೆಯಲು ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಇದು ರಕ್ತದಲ್ಲಿನ ಕೊಬ್ಬಿನ ಅಂಶವನ್ನು ಹಾಗೂ ದೇಹದ ಯಾವುದೇ ಭಾಗದ ಉರಿಯೂತವನ್ನು (inflammation) ಕಡಿಮೆ ಮಾಡುತ್ತದೆ ಹಾಗೂ ರಕ್ತದಲ್ಲಿ ಕಂಡುಬರುವ ಸಿ-ರಿಯಾಕ್ಟಿವ್ ಪ್ರೋಟೀನ್‌ಗಳನ್ನು ಕಡಿಮೆಮಾಡಲು ಸಹಾಯ ಮಾಡಿ ಮೇದೋಜ್ವೇರಕ (pancreas) ಗ್ರಂಥಿ ಹಾಗೂ ಪಿತ್ತಜನಕಾಂಗ (liver) ಉತ್ತಮ ಸ್ಥಿತಿಯಲ್ಲಿರುವಂತೆ ಕಾಪಾಡುತ್ತದೆ.

ಇದರಲ್ಲಿ ಪ್ರೋಟೀನ್‌ಗಳು ಮತ್ತು ನೈಸರ್ಗಿಕ ನಾರು (ಫೈಬರ್) ಸಮೃದ್ಧವಾಗಿದೆ ಹಾಗೂ ಇದು ಅನೇಕ ಪೋಷಕಾಂಶಗಳನ್ನು ಒಳಗೊಂಡಿದೆ.

ಹುಚ್ಚೆಳ್ಳು ಮೆಗ್ನೀಶಿಯಂ, ಪೊಟ್ಯಾಶಿಯಂ ಮತ್ತು ಜಿಂಕ್ ಎಂಬಿತ್ಯಾದಿ ಪ್ರಮುಖ ಖನಿಜಗಳನ್ನು ಒಳಗೊಂಡಿದೆ. ಈ ಖನಿಜಗಳು ನಮ್ಮ ದೈನಂದಿನ ಚಕ್ರಗಳಾದ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ವರ್ತನೆಯ ಬದಲಾವಣೆಗೆ ಕಾರಣವಾಗಿರುವ ಸರ್ಕಾಡಿಯನ್ ಲಯಗಳನ್ನು ಸ್ಥಿರಗೊಳಿಸಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಸಂಗ್ರಹ - ಉಷಾ.ಸಿ.ಡಿ.

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