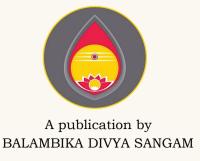
BALAVIN KURAL





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From The Editor's Desk Dear Members, Her child

Malur has been a buzz of activity with several more responsibilities. Little ones Balambika Diya Sangam (BDS) extending from their services further on the spiritual side, breakfast meals all five days, boosting them as well as on the outreach front - an with a fresh start to the day. Preschool endorsement to the service to man and toddlers are engaged with hand crafted God. Spiritual fervor always encourages us educational toys sponsored by our BDS to serve more and serve well! Amidst the members. As mind and body is enriched in vibrant orange kadamba blooms in the the formative years, these young children verandah of our temple, Sri Bala flits about will grow empowered with literacy and playfully, unseen and unheard, but Her healthy practices. We cannot magically aura is certainly felt by each of us as we create a better tomorrow, but we can take step into Her abode!

Sri Bala's worship on Adi Velli - the traditional Fridays in the month of Adi, ensures peace and prosperity to the land, bringing lush greens and fragrant blooms, tall shoots of grains and bountiful crops. The worship of Shakti during the month of Adi is believed to bring a balance of material and divine benefits that will help us cross Sarvejana sukhinobhavantu. the bridge over the ocean of samsara. Our daily devotional rituals for gods mimic our own everyday schedule. Suprabhatam awakening the Lord, abhishekam tirumanjanam – the divine ceremonial bath, alankaram - dressing and decorating the Lord, bhojya asanam - offering food to the Lord, mantra japam - chanting names of the Lord such as sahasranamams and namavali, and finally shayanam - laying the Lord to rest at night. Here in Malur, as we relish these kainkaryams for Sri Bala, we begin to feel Her in person. The shayanam makes one feel Her presence as a little child rocked in Her cradle and lulled to sleep with a soft lilting lullaby, as a mother does to

These past few weeks, the temple town of On the outreach front, BDS has taken up five schools are provided with steps that will lead us to a better tomorrow. Starting with our home, our neighborhood, our temple and our community, we will eventually spill out to our global village and make a difference for the better. One more child will be fed, clothed and educated. Each of us can make that difference to create a better tomorrow.

surviv

Every man born in this world undergoes pain and suffering. It is not to undermine your ability to survive, but to make you understand the realities

of life. It is an essential feature in one's life.

Pain and grief is caused by love and attachment. When you love someone, you imagine yourself to be the center of their universe. This thought when shattered, leads to pain and loss. The attachment you have to people, to materialistic things, all brings with it pain and sorrow. Can you escape from it? No, you cannot escape. But you do have a choice. You can give in and relent, or you can fight, persevere, and create a life worth living, a noble life. Pain is a fact; your evaluation of it, is your choice!

BALA SPEAKS

பாலாவின் வார்த்தைகள்

இவ்வுலகில் பிறந்த ஒவ்வொருவரும் வேதனையும், துன்பமும் அனுபவிக்கிறார்கள். அத்துன்பங்கள் வாழ்க்கையின் உண்மைகளை புரிந்து கொள்ள உதவுவதற்கேயன்றி, ஒருவரின் வாழக்கையை திறனுடன் எதிர்கொள்வதை வீழத்துவதற்கு அல்ல. அது ஒவ்வொருவரின் வாழக்கையிலும்

இன்றியமையாத தனிச்சிறப்பு வாய்ந்தது. அன்பினாலும், அதனால் களைகளினாலம் விளைவது தயரமும். வேகனையம், நாம் கருவரின்

தளைகளினாலும் விளைவது துயரமும், வேதனையும். நாம் ஒருவரின் அதீத அன்பு செலுத்தும்போது, நாமே அவர் உலகின் மையம் என்பதாக கற்பனை செய்து கொள்கிறோம். இந்த எண்ணம் சிதையும் போது மனத்துயரத்திற்கு ஆளாகிறோம். பிற மனிதர்கள் மீதும், பொருட்களின் மீதும் கொள்ளும் தீவிர பற்றே நம் மனத்துயரத்திற்கு காரணமாகிறது. இதிலிருந்து நாம் தப்பிக்க முடியுமா ? முடியாது என்பதுதான் உண்மை. ஆனால் நாம் நன்கு ஆய்ந்து விழிப்புடன் பின்வரும் இரண்டில் ஒன்றை தேர்வு செய்யலாம். ஒன்று மனம் இரங்கி, கனிந்து,

ஒன்றை தேர்வு செய்யலாம். ஒன்று மனம் இரங்கி, கனிந்து, செய்தவற்றிற்கு இரங்கலாம். அல்லது விடாமுயற்சியுடன்

செயலாற்றி விலைமதிப்பிற்குரிய, சிறப்பு வாய்ந்த, மெச்சத்தகுந்த

வாழக்கையை உருவாக்கலாம். துயரம் என்பது ஒரு மெய்ந்நிகழ்வு, அனுபவச் செய்தி, ஆனால் அதனைப்பற்றிய நம் மதிப்பீடு நம் தேர்வாகும்.

FOOD FOR THOUGHT:

Q & A

With

Mrs Asha Manoharan



DHARMAM

Today, we are going to talk about the path of Dharmam. This journey can be divided into three aspects: Materialistic, Divine, and Spiritual.

In the Bhagavad Gita, Lord Krishna refers to these three as 'Dhanam', 'Yagnam' and 'Tapas', respectively. We will look at each of these in detail.

In the Yagnam path, man takes the help of God to overcome his desires or aims of human life: Artham (economic values), Kamam (pleasure), Dharmam (righteousness), and Moksham (liberation).

In the Bhagavad Gita, Yagnam is divided into 12 aspects:

Deva Yagnam: To control our 5 senses

Brahma Yagnam: Uniting our soul (Brahman) with Parabrahman (God)

Indriya Yagnam: Path of self-control Mano Yagnam: Controlling our mind

Atma-Samyama Yagnam: Controlling our ego

Dravya Yagnam: Sharing our hard earned money with underprivileged

people, similar to the path of Dhanam

Tapo Yagnam: Following an austere life by undertaking vratas (fasting)

Yoga Yagnam: This relates to devoted worship of God, or Upasana

Swadhyaya Yajnam: Daily deep study and understanding of the scriptures and shlokas

Jnana Yagnam: Using the fire of knowledge to extinguish our ignorance

Prana Yagnam: Relates to pranayama, or breath control

Deha Yagnam: Regulating our diet to gain control over our appetite and

passions

All these above Yagnas will ultimately guide us onto the correct path towards God.

DHARMA Continued...

Next, we will talk about Dhanam, which is more community/society

based. We can divide this into 4 categories:

Aahara Danam: also called as Annadanam

Aushada Danam: providing medicines and free medical care

Jnana Danam: sharing spiritual knowledge

Abhaya Danam: Proving protection and support

Let us now talk about the third aspect on the Dharmam path: Tapas.

There are three types of Tapas as mentioned below:

Anna Tapas: Respect food and avoid wastage. This also includes avoiding foods that are detrimental to the body and mind.

Vakku Tapas: Reducing speech, and be conscious of what to speak and when.

Manas Tapas: Controlling our mind and desires.

To summarize, the path of Dharmam involves Yagnam, Danam and Tapas. We should simultaneously try to apply all these three aspects to our daily life, and control our 5 senses, so that we incrementally move forward on the righteous path.

வாசகரின் கேள்வியும் திருமதி

ஆஷா மனோகரன் பதிலும்

தர்மம்



தர்மம் மூன்று நிலைகளைக் கொண்டது. அவை உலக ரீதி, தெய்வ ரீதி மற்றும் ஆன்மீக ரீதி. பகவத் கீதையில் பகவான் ஸ்ரீகிருஷ்ணர் இம்மூன்றையும் முறையே தானம், யக்ஞம், தபஸ் என்று குறிப்பிடுகிறார். இவற்றை விரிவாக பார்ப்போம்.

-தானம் என்பது மக்களுக்கு நன்மை செய்ய நாம் மேற்கொள்ளும் செயல்கள்.

அவை

அன்ன தானம். உண<mark>வு கொடுப்பத</mark>ு

ஔஷத தானம். மரு<mark>த்துவ கவனிப்பு</mark>

ஞான தானம். ஆன்<mark>மீக அறிவை பகர்வது</mark>

அபய தானம். பிற<mark>ரை ரட்சிப்பது</mark>

இவற்றில் ஞான தா<mark>னமும், அபய தானமும் மிகச்சிறந்தது.</mark>

-யக்ஞம் என்பது இறைவனின் துணை கொண்டு வாழ்வின் இலக்கான தர்மம், அர்த்தம், காமம், மோக்ஷம் என்பதை அடைவதாகும்.பகவத் கீதையில் 12 வகையான யக்ஞம் சொல்லப்பட்டிருக்கிறது. அவை

தேவ யக்ஞம்

நம் புலன்களை நம் வ<mark>சப்படுத்திக்கொள்வது</mark>

பிரம்ம யக்ஞம்

நம்மை நாம் பரப்பிர<mark>ம்மத்திடம் அர்ப்பணம் செய்வது.</mark>

இந்திரிய யக்ஞம்

நம் இந்திரியங்களை <mark>நம் வசப்படுத்துதல</mark>்

மனோ யக்ஞம்

மனதை ஒருமுகப்படு<mark>த்துதல</mark>்

ஆத்ம யக்ஞம்

'நான்' என்பதை விடு<mark>தல</mark>்

திரவிய யக்ஞம்

நாம் உழைத்து ஈட்டிய செல்வத்தை மற்றவர்களுடன் பகிர்ந்து சொள்வது. இது தானத்தின் வழி.

தபோ யக்ஞம்

ஏகாதசி, சஷ்டி போ<mark>ன்று விரதம் இருப்பது.</mark>

யோக யக்ஞம்

உபாசனை செய்வது

ஸ்வாத்யாய யக்ஞம்

புராணங்களையும், உபநிஷத்தையும் ஆழ்ந்து படித்து, புர்ந்து, செயல்படுத்துவது.

ஞான யக்ஞம்

அறியாமையை, அறி<mark>வு என்னும் நெருப்பில் எறிப்பது.</mark>

பிராண யக்ஞம்

பிராணாயாமம் மூல<mark>ம் மூச்சைக் கட்டுப்படுத்துவது.</mark>

தேக யக்ஞம்

மிதமான சாத்வீக உ<mark>ணவும், தேக பயிர்ச்சியின் மூலமும் உடலை பராமரித்தல்.</mark>

இவை அனைத்தும் இறைவனிடம் சரணடைய நாம் மேற்கொள்ளும் யுக்திகள்.

-தபஸ் என்பது ஆன்மீக ரீதியாக நம் வாழ்க்கையை நடத்திவது. இது மூன்று வகையைக் கொண்டது

அன்ன தபஸ்

இது நமக்கும் உணவுக்கும் உள்ள உறவு. உடலுக்கும், மனதிற்கும் கேடு விளைவிக்கும் உணவை தவிர்ப்பது.

வாக்கு தபஸ்

பேச்சைக் குறைப்பது. அளவாக, தேவைப்படும் நேரத்திலும் இடத்திலும் புண்படுத்தாத வார்த்தைகளை பேசுவது.

மன தபஸ்

ஆசைகளையும், தேவைகளையும் மனதைக் கட்டுப்படுத்துதல் வாழ்க்கையை செப்பனாக்கும். இவ்வழிகளை புரிந்து, உணர்ந்து, பின்பற்றி தர்ம வழியில் வாழ்க்கையை நடத்த விடா முயற்சியும், பயிற்சியும் மிக அவசியம். இதனை விளக்கும் ஓர் அழகிய திருக்குறள்-

அடல்வேண்டும் ஐந்<mark>தன் புலத்தை விடல்வேண்டும</mark>்

வேண்டிய வெல்லாம<mark>் ஒருங்கு</mark>

அசைகளை பிறப்பிக்கும் ஐந்து புலன்களையும் அடக்க வேண்டும். அப்புலன்கள் விரும்புகின்றவற்றையெல்லாம் விட்டு தர்மத்தின் வழியே நடக்க என் வாழ்த்துக்கள்.

BDS adopted 2 additional schools in Malur for a period of 5 years, by signing a Memorandum of Understanding with the Block Education Officer of Kolar District for Kumbarpet HPS and Pemmadoddi HPS. With the 2 additional schools, BDS has now adopted 5 schools in and around Malur. This partnership would enable BDS to seamlessly serve the underprivileged schools, and bring about development in various spheres such as Education, Infrastructure, Sports, etc. Below is the outline of schools adopted, and the programs that will be undertaken for the next 5 years:

BDS Adopted Schools	Programs Ongoing / Planned	Development Schemes Ongoing / Planned
Neelakanta Agrahara Primary School	Reading & Homework Club Nagar Dental Awareness Drive Breakfast Meals er ol, Malur Drimary	Sponsoring School Bags and other essentials for children Sponsoring toys and learning
Hanumantha Nagar Primary School		aids to kindergarten and primary school students
MC Halli Higher Primary School, Malur		Sponsoring development needs for highly skilled athletes
Kumbarpet Primary		Sponsoring Study Desks for schools which have no basic amenities
School, Malur Pemmadoddi Primary School, Torolokki		Painting of classrooms with informative graphics and visuals
School, Toralakki Cluster		RO water installation for safe drinking water for rural schools

The above Education programs and Development schemes cannot be fulfilled without sponsorships, hence, we look forward to your support to make this noble intention a reality.

Sports Sponsorship Drive

BDS has taken up Sports sponsorship for Ajith Arumugam from June 2019. Ajith is a fosbury High Jump National level Champion based out of Malur.

About Ajith Arumugam

Ajith, native of Guddnahalli village in Malur district, belongs to a poor farmer's family. He is studying First PUC Commerce in JSS college, Malur. He was passionate about high jump right from primary school. Presently, he takes coaching in Kanteerava stadium, Bangalore, from 3.00pm to 7.00pm everyday, after his college. Funding for all the facilities required for his sports training is provided by **Sri Balambika Divya Sangam Trust**.

Being a participant in the National level high jump competition for the past two years, Ajith will be taking part in the 2019-2020, 65th National games to be held in Delhi. Ajith is an international sports aspirant. He is also looking forward to taking part in the **Asian games.** Presently, he is receiving special training from **Shri.Chetan** from Bangalore in Kanteerava stadium.

How BDS is supporting Ajith

BDS has taken up sponsorship of the following aspects of his sports training needs:

- 1. Spikes / Running Shoes
- 2. Monthly Coaching Fees
- 3. Protein enriched supplements
- 4. Conveyance expenses between Malur and Kanteerava Stadium, Bangalore

Our Esteemed Donors who made it happen...

- 1. Shri Arjun Ram
- 2. Shri Venkatakrishnan V
- 3. Shri Navin Manash

There was also an article about Ajith Arumugam in a Major Kannada Daily Newspaper Prajavani.

Left: Article in Prajavani about Ajith.





Below & Above: Ajith @ BDS office along with Physical Education officer of Malur and BDS Executive Members



School Sponsorship program - School Bags for Children

BDS undertook the sponsorship of **School bags, Pencil pouches and Water bottles** for primary school children of 5 schools that BDS adopted in Malur. These children come from economically backward homes, who will otherwise not be able to afford these necessities. BDS Outreach Team firmly believes that every child must have these essentials to support their schooling, and our goal was to raise funds for these essentials.

On June 21st 2019, BDS commenced a school bag distribution drive from MC Halli HP School. There was a heartwarming inaugural function hosted by MC Halli School. The event was presided by Asst BEO – Mr. Nanjunde Gowda, APMC director – Mr. Chandrashekar, SDMC Head – Mr. Basappa, Members of Gram Panchayat, Head Master of MC Halli School – Mr. Prabhakar, BDS president – Mrs. Asha Manoharan, BDS Vice President – Mrs. Mythili Sundararajan, BDS Trustee – Mrs. C Kousalya and BDS Executive Member – Mrs. Priya Rangan.

APMC director spoke highly about how BDS is coming forward to help the children in Malur through our breakfast meals and other activities. The Asst. BEO spoke about the state of schools in rural areas, and how thankful he is for organizations like BDS, for providing great support for development of schools and improvement of skills of the children. Mrs. Priya Rangan gave a notable speech about the journey of BDS, its future plans, and how our sponsors are committed to helping the children of Malur.

Our BDS president then addressed the gathering and spoke about the importance of education, excelling in the field of one's interest and passion, being good human beings and about contributions to the society. Her words of wisdom were well received with a resounding applause, and the children cheering with a whoop of delight, promising that they will study well and focus on education.

Bags were then distributed by all the dignitaries on the dais, to all the kids who were present. It was indeed overwhelming to see the children beaming with delight when they received their new bag and other goodies!

BDS completed the distribution, below are the total bags distributed. There are 68 bags remaining, which will be issued to students coming onboard via new admissions.

School	Water Bottle	Pencil Pouch	School Bags
MC Halli HPS	123	123	120
Neelakanta Agaraha HPS	60	60	60
Hanumath Nagar Primary School	18	18	18
Kumbarpet HPS	58	58	58

Breakfast Meals Program at Malur

For the first time, BDS has undertaken the breakfast meals program for all 5 days across the adopted schools. BDS provides Breakfast Meals for 305 underprivileged children belonging to 5 Government Schools:

Hanumantha Nagar Primary School

MC Halli Higher Primary School

Kumbarpet Primary School

Pemmadoddi Primary School

Neelakanta Agrahara Primary School - For 65 students 5 days a week

- For 20 students 5 days a week

- For 125 students 2 days a week

- For 60 students 2 days a week

- For 35 students 2 days a week

During the month of July 2019, BDS distributed 2,915 special buns to 305 students across 5 Schools.

This program is completely funded by our esteemed donors; we take this opportunity to thank them for their noble gesture. Please join hands with us and help us serve these children in a better way.

For sponsorship details, please contact Program Anchors Mrs. Kousalya Raman / Mrs. Priya K Rangan at 8050511146 / outreachprogram.bds@gmail.com

To Contribute towards the breakfast meals program, Cheques can be issued in the name of Sri Balambika Divya Sangam or refer to the Indian bank details for online transfer.

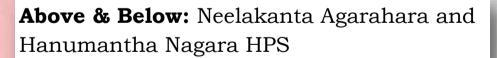
Below: Pemmadoddi HPS



Below: MC Halli HPS



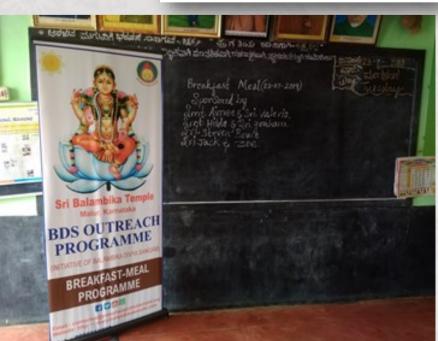






Above: Kumbarpet HPS





Toys and Learning Aids distribution to Kindergarten and Primary Schools

Our beloved President initiated a program to sponsor Toys and Learning Aids to Kindergarten and Primary school children. This was primarily for the below reasons:

- 1. To help our children grow with our own century old toys and games. The more the children use such toys, the more they will appreciate our workmanship when they grow up.
- 2. This is to encourage our local artisans to never give up on making such toys. Let us do this more, and help local artisans and also our children.

BDS started with one set of 27 items for 3 schools (Kumbarpet Anganwadi, MC Halli Anganwadi and Hanumantha Nagar School) and with additional support from donors, BDS sponsored another set of 22 items to Pemmadoddi Primary School.

Our sincere thanks to Smt. Rajini Mudra for sponsoring a full set for Pemmadoddi School and to our other esteemed sponsors for sponsoring for 3 more schools.

Link to Photos: https://drive.google.com/folderview?id=10vsvuxReZ-Qx5kNFQ4gfXeeyyY9C4vlF

What next at BDS Outreach...

In the coming weeks, BDS Outreach team will be planning for the following programs:

- 1. Painting classrooms with colourful informative graphics and cartoons for 2 schools
- 2. Sponsoring Study desks and Benches for 3 Schools
- 3. Health & Hygiene Program @ Pemmadoddi HPS
- 4. Reading Club @ Neelakanta Agarahara HPS

PHOTO ESSAY: MONTH OF JULY





Above: Raja Bala , Rajarajeshwari & kutti Bala in matching paavadai alanka-



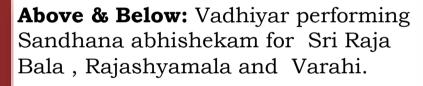
Left: Ganesha avataram in flower alankaram.

Right: Kutti Bala looking radiant and beautiful in green and pink motive paavadai and white flower alankaram



PHOTO ESSAY: MONTH OF JULY







Above: Raja Bala looking cherubic in her sky blue paavadai and contrast flower and jewels alankaram during her darshan for devotees.





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SMT. SWETHA PATEL	SMT. VANI MURALIDHARAN
SMT. VIDYA PAGGER	SMT. SWATHY MAHALKASHMI
SRI SENTHIL KUMAR	SMT. ANURADHA SRINIVASAN
SMT. MALA SARATHY	SMT. GARGI PARTHASARATHY
SMT. MALAR SAMPATH	SHRI. AIMEC & SRI VALERIO
SMT. SARANYA VINAY	SMT. LAVANYA/SMT. BHARGAVI

DI CHOOK DIDI.	MONTH OF OODI
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	SMT. ANURADHA SRINIVASAN
	SMT. GARGI AND SHRI. SARATHY

UPCOMING TEMPLE EVENTS:

CALENDAR	EVENT	DIETY
August 16th, Friday	Aadi Velli	Abhishekam for all deities
August 19th, Monday	Sankarahara Chaturthi	Abhishekam for Siddhi Vinayagar
August 20th, Tuesday	Panchami	Abhishekam for all deities
August 23rd, Friday	Ashtami	Abhishekam for all deities
September 02nd, Monday	Vinayaka Chathurthi	Abhishekam for Siddhi Vinayagar
September 03rd, Tuesday	Panchami	Abhishekam for all deities
September 05th, Thursday	Visagam	Abhishekam for all deities
September 06th, Friday	Ashtami	Abhishekam for all deities
September 13th, Friday	Pournami	Abhishekam for Kutti Bala

Malur Sri Balambika Temple

Address:

Maruthi Extension 2nd stage,
Kasaba Hobli, Malur Taluk, Kolar District,
Karnataka—INDIA

Temple Timings:

Monday - Sunday

Mornings: 8:00 AM - 12:00 PM

Evenings: 5:00 PM - 7:30 PM









Email: contactus@malurbalambikatemple.org

Website: http://malurbalambikatemple.com