

BALAVIN KURAL

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Inside this Issue



Pg-02

Editor's Desk

A message from the editor on the current events at the temple.



Pg-03

Bala Speaks

Words of wisdom from our dear Bala

Pgs - 04

Food for Thought

An interesting Q&A with our Founder, Mrs Asha Manoharan

Pgs - 05

வாசகரின்

கேள்வியும் திருமதி
ஆஷா மனோகரின்
பதிலும்

KARTHIGAI SPECIAL !!

Pgs 06 - 09



Photo of the month

Pgs: 10 -15

**BDS Outreach
Program
2019 Review**

Pgs: 16 -18

Sponsor's List
Our Sponsors list
for the month



From The Editor's Desk

Dear Members,

First of all, we would like to wish all of you a very happy and prosperous new year.

Last year was a significant year for BDS, both from the temple and Outreach fronts. The major event that was celebrated at the temple this year was the Maha Navratri festival from Sep 29th - Oct 8th. This event was celebrated on a grand scale and was a spiritual treat for all the devotees who witnessed it. The 10 day festival was filled with beautiful Alankarams, Veda parayanams, Oonjal Sevais, melodious music and dance performances, and Kummi dances during Prakarothsavam. Our President was also actively involved in person, in all the festivities and event logistics. In addition to Navratri, the second anniversary of our Balambika temple and Bala's birthday was also celebrated with pomp and splendor in April and May, respectively. We closed out this year with the Karthigai Deepam celebrations at the temple. This event had a surprise element in the form of a massive conical structure that housed 1001 lamps. It was a spectacular sight that enthralled everyone who had congregated at the temple.

We also organized a meet and greet in June with our BDS members in Chennai, where our President addressed the audience on the objectives and roadmap of the trust. The Q&A session that followed was very interactive and kept everyone engaged.

On the Outreach side, BDS was able to make significant impacts in the Malur community. Various new initiatives were launched this year, most notable among them being the "School bag distribution drive" on June 21st 2019, wherein 282 school bags and utilities, such as water bottles and pencil pouches were distributed to 5 Malur schools. BDS also sponsored

toys and learning aids to Kindergarten and primary school kids in 4 schools, and new festive dresses for kids in one school for Navratri.

As part of our Sports Sponsorship Program, BDS Outreach team has undertaken the sponsorship for Ajith Arumugam, a PUC 1st year student from Malur. He had performed exceptionally in the Fosbury High Jump category in State and National level competitions and has won many accolades. Due to economic constraints, Ajith was struggling to pursue his passion for the sport. BDS stepped in to help Ajith, and committed to sponsorship for running shoes, protein supplies, conveyance expenses and coaching fees for a period of 1 year.

On the same lines, at the local Taluk level Athletics meet held on Aug 22nd 2019, BDS sponsored breakfast meal and refreshments for close to 1000 students. Our regular Breakfast Meals program has now expanded to 305 students across 5 schools on all 5 weekdays. In addition to Breakfast meals, we are continuously looking for opportunities to expand our Health & Hygiene, Dental awareness and Reading Club to more schools in Malur and other neighboring towns.

BDS would like to sincerely thank our sponsors and patrons who made these initiatives possible, and look forward to your continued support for all the religious and social activities planned by BDS this year.

Please share your feedback and comments via email on editorial.bds@gmail.com.

We would like to wish all our members a Happy Pongal and Sankranti.

Sarvejana Sukinobhavantu



Dharma is the very foundation of life. It is the moral law combined with spiritual discipline that guides one's life. Dharma is an all-inclusive term used to mean righteousness, morality, religion, responsibility, and duty. Dharma includes the practice of religious disciplines and duties, such as honesty and non-violence. The purpose of dharma is not only to help one's jivatma come closer to God, but it also suggests a code of conduct that is intended to secure both worldly joys and eternal bliss. The practice of dharma gives an experience of happiness, strength, and tranquility within one's self and makes life disciplined. Practicing Dharma is the supreme method for improving the quality of our human life. The quality of life depends not upon external development or material progress, but upon the inner development of peace and happiness.

BALA SPEAKS

தர்மம் என்பது வாழ்க்கையின்

அடித்தளமாகும். அது ஆன்மீக ஒழுங்கும்,

தார்மீக கட்டுப்பாடும் ஆகிய இரண்டினாலும் ஒருவரின் வாழ்க்கை பாதையை வழிநடத்தும்.

தர்மம் என்பது நீதி, அறநெறி, மதம், பொறுப்பு, கடமை ஆகியவற்றை உள்ளடக்கிய ஒரு

பதமாகும். மதம் சார்ந்த பொறுப்பும், கடமையுமான நேர்மை மற்றும் வன்முறையின்மை

ஆகியவற்றை பயிற்சி செய்வதே தலையாய தர்மமாகும். அதன் நோக்கம்

ஜீவாத்மாவை கடவுளின் அருகில் செல்ல உதவுவது

மட்டுமன்றி, வாழ்வியல் செல்வங்களையும் நித்திய

பேரின்பத்தையும் அடைய நாம் மேற்கொள்ள

வேண்டிய நடத்தை விதிகளையும் நமக்கு

உணர்த்துவதாகும். தர்மத்தை பயிற்சி செய்வது

நமக்கு ஆனந்தம், மனஉறுதி, மனஅமைதி ஆகிய

அனுபவத்தை நம்முள் ஏற்படுத்தி நம் வாழ்க்கையை

ஒழுங்குபடுத்தும்.

தர்மத்தை பயிற்சி செய்வது நம் வாழ்க்கை தரத்தை

உயர்த்திக் கொள்ள உதவும் ஒரு உன்னதமான வழியாகும். நம்

வாழ்க்கைத் தரம் வெளி வளர்ச்சியினாலோ, பொருள் முன்னேற்றத்தினாலோ

அளக்கப்படுவதில்லை. அது உள்மன வளர்ச்சியினால் உண்டாகும் அமைதியினாலும்

ஆனந்தத்தினாலும் உணரப்படுவதாகும்.

பாலாவின் வார்த்தைகள்



FOOD FOR THOUGHT :

Q & A

With

Mrs Asha Manoharan



PRAKRUTHI



Today, I would like to discuss a very simple topic known to most of you. In previous sessions, I have talked about various topics such as Dhar-mam, Unmai, etc. While we can apply them in everyday life, they are not tangible or viewable by us. The only entity that is visible by us is our body. The body is the bridge between the internal *atman* and the external world. The *atman* is able to experience this external world and feel happiness or sorrow through this body. Therefore, we need to understand the importance of this body which provides us a unique identity.

Our body is made up of various organs interconnected with muscles, nerves and tissue. For our body to function properly, we need to provide water, food and air from external sources. As long as we are alive, the body serves as a medium between the external and internal worlds. Once we leave this material world, the body finally decomposes into the soil or dissipates into the air. All of us know about the 5 elements of nature, which are water, air, fire, earth and ether. In the Bhagavad Gita, Lord Krishna extends this to 8 elements by including manasa (mind), buddhi (intellect) and ahamkaram (false ego) as being part of His creation. The mind, intellect and ahamkaram is present in everyone's brain.

God is known to have three forms. One is the Maha roopam, which is the entire material universe and energy. The second form is the life in all living beings. The third form is the *paramatman*, which is above this material world. In this regard, the body, which is part of this Maha roopam, has the 5 sense organs and the 5 organs of action. The sense organs are controlled by our buddhi, whereas the other internal organs such as the heart, liver, etc., function independently outside of the control of buddhi. The upanishads say that all our sense organs are corrupt and there is always an internal conflict between our good thoughts/intentions (devas) and the negative thoughts/intentions (asuras). The only entity which is pure and free from these internal conflicts is our *atman*. To that end, we can say that there is only *pavam* (sin) and no *pavatman* (sinner).

வாசகரின் கேள்வியும் திருமதி

ஆஷா மனோகரன் பதிலும்



பிரக்ருதி



இது நாம் அன்றாட வாழ்க்கையில் கடைப்பிடிக்க வேண்டியதைப் பற்றிய விஷயம். ஆத்மா, தேகம் என்ற இரண்டையும் எடுத்துக்கொண்டால், தேகம் என்ற கருவியின் மூலம் ஆத்மா இயங்குகிறது. இயற்கை, ஆத்மா, தேகம் இம்மூன்றும் ஒன்றிற்கொன்று தொடர்புடையது. ஆத்மா, தேகத்தின் மூலம் இயற்கையை அனுபவிக்கிறது. ஆகவே நமக்கு ஒரு அடையாளத்தைக் கொடுக்கும் இந்த தேகத்தைப்பற்றி நாம் அறிந்துகொள்வது அவசியம். நம் உடல் தசைகளாலும், நரம்புகளாலும் ஆனது. அதற்குத் தேவையான நீர், காற்று, மற்றும் உணவு இயற்கையிலிருந்து கிடைக்கிறது. நம் உயிர் பிரிந்தபிறகு நம் உடல் இயற்கையோடு கலக்கிறது.

பஞ்ச பூதங்களான நிலம், நீர், காற்று, நெருப்பு, ஆகாசம், மற்றும் மனஸ், புத்தி, பிரக்ருதி ஆகிறவற்றால் ஆனதே நம் தேகம் என்று பகவத்கீதையில் ஸ்ரீகிருஷ்ணர் கூறியுள்ளார். இதனை பின்வருமாறு பார்ப்போம், கர்மேந்திரியங்கள் 5. அவை கண், செவி, நாசி, நாக்கு மற்றும் தோல். ஞானேந்திரியங்கள் 5. அவை பார்வை, கேட்கும் சக்தி, நுகரும் சக்தி, சுவை மற்றும் தொடும் உணர்வு. புத்தி.

இது மேல் கூறிய பத்தையும் கட்டுப்படுத்தும் சக்தியுடையது. ஆனால் நம் உடலின் உள்ளே உள்ள உறுப்புக்கள் தன்னிச்சையாக இயங்கக்கூடியது.

உபநிஷத்துக்கள் இதனை விவரிக்கிறது. நம் புத்தியிலே தேவ குணங்களும், அசுர குணங்களும் இருக்கிறது. நம் ஞானேந்திரியங்கள் மூலம் நல்லவற்றை நாம் பார்க்கும் போதும், கேட்கும் போதும், உணரும் போதும் நம்முள் இருக்கும் தேவர்கள் வெல்கிறார்கள். தீயதை கேட்கும் போதும், பார்க்கும் போதும், உணரும்போதும் அசுரர்கள் வெல்கிறார்கள். ஆனால் தியானத்தின் மூலம் பிராணனை கட்டுப்படுத்தும்போது அசுர குணம் தலையெடுப்பதில்லை. நம்

PHOTO ESSAY: MONTH OF DECEMBER



Above: Bala in Her beautiful oonjal sevai alankaram, enjoying the evening proceedings during Karthigai deepam celebrations at the temple



Above: Raja Bala in bright Orange pavadai looking resplendent during devotee darshan



Left: Devotees performing Aarti for Bala in Her Oonjal Sevai Alankaram

PHOTO ESSAY: MONTH OF DECEMBER



Left: Pyramid of oil lamps for Bala during Karthigai Deepam celebrations at the temple

Below: Decorations in progress at the temple with various lights and Rangoli for Karthigai Deepam

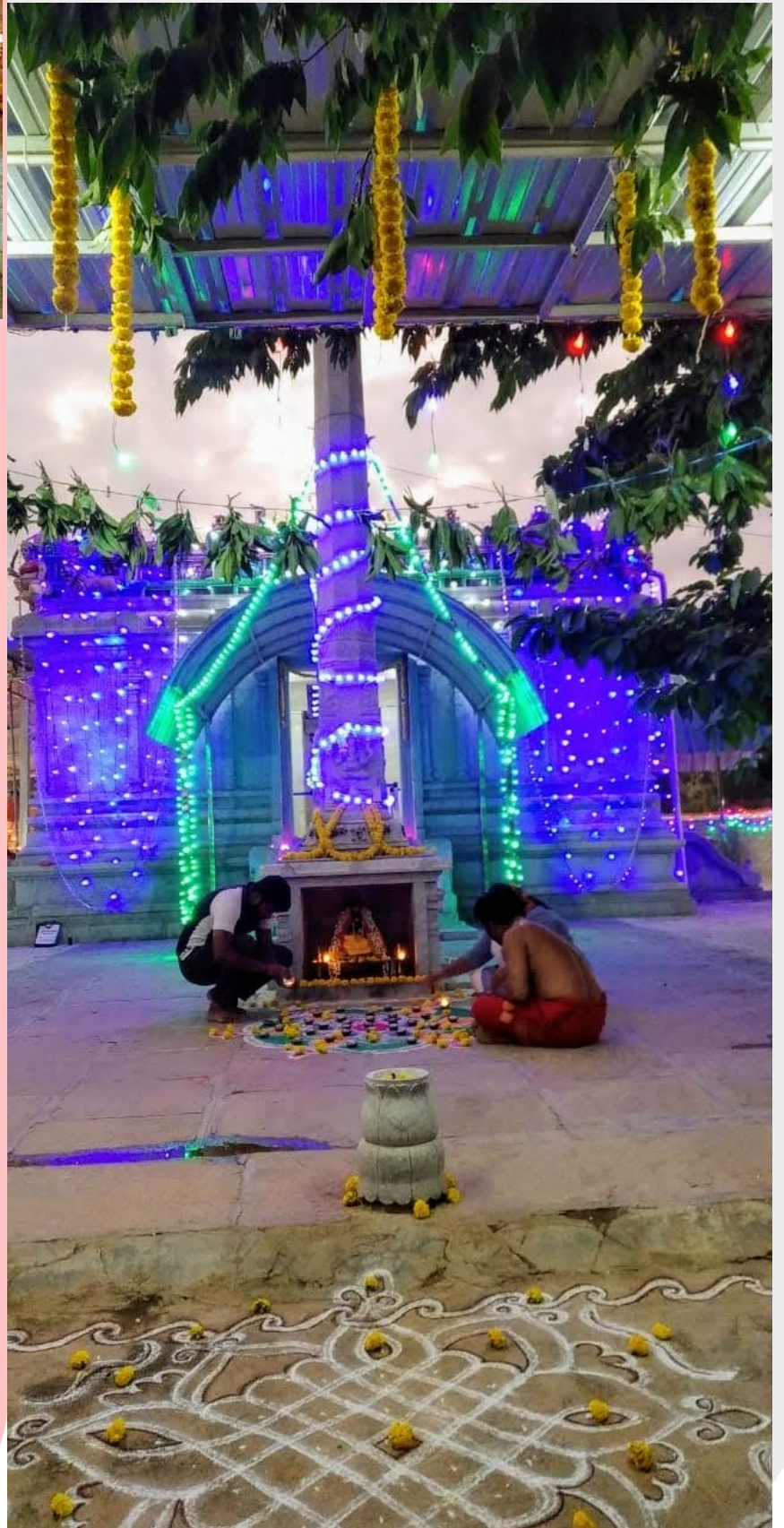


PHOTO ESSAY: MONTH OF DECEMBER

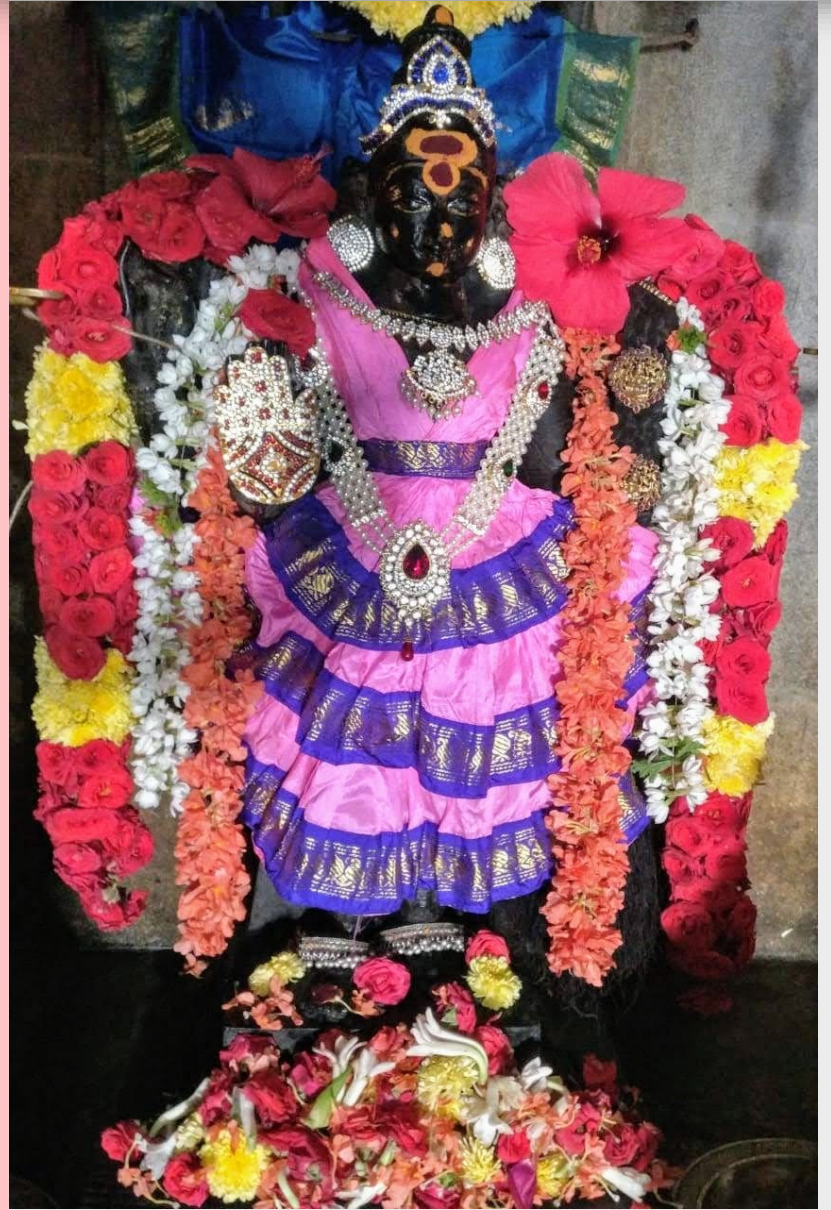


Above: Devotees performing Vilakku Poojai and the various flower and oil lamp kolam decorations at the temple for Karthigai Deepam



PHOTO ESSAY: MONTH OF DECEMBER

All: The beautiful & different alankarams for Raja Bala at the temple this month



BDS OUTREACH 2019 :

Jan 2019 to Mar 2019	<p>Reading Club @ Neelakanta Agarahara School:</p> <p>Started the year with Reading Club for Neelakanta Agarahara School. Outreach team engaged the kids with a variety of activity based learning and games which were designed by our President. Every kid thoroughly enjoyed their learning experience and loved the book "Bala and Mala". We could see a marked improvement in the kids after 8 weeks of Reading Club, they were able to read the entire book and could re-tell the story.</p>
Apr-19	<p>As part of our Sports Sponsorship Program, Balambika Divya Sangam Outreach team started sponsoring Ajith Arumugam, a PUC 1st year student from Malur. He had performed exceptionally in the Fosbury High Jump category in State and National level competitions and has won many accolades. Due to economic constraints, Ajith was struggling to pursue his passion for the sport, hence BDS undertook the cost associated with training and related sports utilities with the support from our sponsors. BDS provided sponsorship commitments for running shoes, protein supplies, conveyance expenses and coaching fees for a period of 1 year.</p> <p>We thank our key sponsors – Sri Arjun Ram, Sri Venkatak Krishnan and Sri Navin Manash for supporting Ajith Arumugam</p>
Jun-19	<p>BDS sponsors School Bags and Utilities to adopted schools:</p> <p>Balambika Divya sangam Outreach team kick started "School bag distribution drive" on June 21st 2019. After a heartwarming inaugural function at MC Halli School, Malur, our BDS president and several dignitaries from the education department addressed the students and distributed School Bags, Pencil Pouches and Water Bottles to all the kids of this school. Children were beaming with delight when they received their new bag and other goodies! BDS distributed 282 school bags and utilities to the following schools : MC Halli HPS - 123 bags, Neelakanta Agarahara - 60 bags , Hanumantha Nagar HPS - 18 bags, Pemmadoddi HPS - 23 bags, Kumbarapete HPS - 58 bags.</p> <p>We thank all our esteemed sponsors for coming forward and supporting BDS for this noble cause.</p>
Jul-19	<p>BDS Sponsors Toys and learning aids to Kindergarten:</p> <p>BDS sponsored toys and learning aids such as wooden horses, toy trains, kitchen sets, jingles, puzzles, wooden rings, blocks and walkers to kindergarten and primary school students of 4 schools - Kumbarapete Anganwadi, MC Halli Anganwadi, Hanumathanagar Anganwadi and Pemmadoddi School. We thank all our esteemed sponsors for coming forward and supporting BDS for this noble cause.</p>

BDS OUTREACH 2019 :

Aug-19	<p>BDS Sponsors Classroom Painting:</p> <p>As part of a class room modernization drive, BDS sponsored classroom painting for Hanumantha Nagar Kindergarten. The classroom was painted with informative graphics, cartoons, learning aids such as parts of the body, alphabets, numbers, etc.</p>
Aug-19	<p>BDS Sponsors breakfast meal and refreshments at Taluk Level Sports meet:</p> <p>BDS actively took part in the Taluk level Athletics meet held on Aug 22nd 2019 as a sponsor. BDS sponsored breakfast meals and refreshments for close to 1000 students. Also, as a token of collaboration and partnership between BDS and Education department of Malur, BDS sponsored 60 caps with BDS logos to PT masters. Both students and teachers were overwhelmed with this gesture from BDS.</p>
Sep-19	<p>BDS sponsors new dresses to kids for Festive season:</p> <p>The festive season was made more colorful as BDS sponsored Silk pavadais and T-shirts to all the students of Pemmaddoddi School. This was a delight to kids. School officials thanked the BDS President and the sponsor Mrs. Sashikala for such a thoughtful gesture. Our president along with executive members personally distributed the new dresses to kids.</p>
Sep-19	<p>BDS conducts Dental Awareness and check-up drive @ MC Halli School:</p> <p>BDS outreach team conducted Dental awareness drive at MC Halli school, Malur on Sep 7th 2019. Dr Sangeetha, a well known dentist from Bangalore, visited the school and did a thorough checkup for close to 120 students. BDS will be following up on critical cases and provide assistance for treatment.</p>
Oct-19	<p>BDS conducts Reading Club @ Neelakanta Agarahara School:</p> <p>BDS Outreach team completed another season of reading club at Neelakanta Agarahara School for Class 4th and 5th.</p>
Nov-19	<p>BDS conducts Health & Hygiene @ Pemmaddoddi School (30 kms from Malur):</p> <p>BDS Completed a new season of Health and Hygiene for mixed age group kids (Class I to Class 5). Because of a mixed age group, the approach was more aligned towards videos and game based learning. Outreach team was able to enable kids with understanding on basic Oral, Hand and bathing hygiene aspects.</p>

BDS OUTREACH 2019 :

Dec-19	BDS conducts Homework Club @ MC Halli School: BDS resumed Homework Club for 7th Standard students from Dec 2019 onwards. Homework club is geared towards enabling the students in English vocabulary, pronunciations, comprehensions in line with their curriculum via activity and game based teaching.
Dec-19	BDS participates in Science fair organized by Govt Schools: BDS participated in a Science fair held from Toralakki Cluster of schools and sponsored 250 caps to all participating students
Jul-05	BDS undertakes Breakfast Meals for 305 students across 5 schools, 5 days a week: In the previous academic year, BDS was sponsoring for 2 schools, twice a week. In the current academic year 2019-20, BDS has undertaken breakfast meals for 5 schools with all 5 days of breakfast meals. This is a huge leap which was possible only because of the support from our esteemed sponsors. Between July 2019 and Dec 2019, there were 17,810 breakfast meal buns provided to 305 kids across 5 schools. Breakfast meals were provided 5 days a week for 2 schools, and 2 days a week for 3 schools.

PHOTO ESSAY: BDS OUTREACH PROGRAMS 2019



Ajith Sports Sponsorship

PHOTO ESSAY: BDS OUTREACH PROGRAMS 2019



Above: Dental Drive MC Halli



Above: Health & Hygiene Conclusion Pommadoddi



Above: Health & Hygiene Pommadoddi



Above: Homework club MC Halli

PHOTO ESSAY: BDS OUTREACH PROGRAMS 2019



Left: Classroom Painting



Right & Below: Reading club
Neelakanta



PHOTO ESSAY: BDS OUTREACH PROGRAMS 2019



Above & Below: School Bag Distribution



Left: New dress sponsorship

SPONSOR'S LIST : MONTH OF DECEMBER

POOJA ITEM SPONSORS	POOJA ITEM SPONSORS
SMT. PREMA	SMT. SARANYA VINAY
SMT. SOWMYA	SMT. GOWRI SHEKHAR
SRI. ANTHIL	SMT. SWARNALATHA J
SMT. ROOPA V	SMT. MALAR SAMPATH
SMT. NAGARAJ	SRI. UDAY SRINIVAS
SMT. CHITRA N	SMT. INDIRA SAMPATH
SRI. BALAJI S	SMT. KOUSALYA RAMAN
SMT. USHA B S	SMT. RADHA RAMASAMI
SRI. SHASHANK	SMT. RAJARAJESHWARI
SMT. RAJASHREE	SMT. SRIVIDYA MAHESH
SRI. MANOHARAN	SMT. JANANI SARANATH
SRI. ARJUN RAM	SMT. SWATHI MAHALAKSHMI
SMT. RADHA KUMAR	SMT. GARGI & SRI. SARATHY
SMT. MALA SARATHY	MAHABHISHEKAM SPON-
SMT. MYILA KANNAN	SMT. SOWMYA
SMT. LATHA RAMESH	SMT. NEELIMA
SRI. GOWRI SHANKAR	SMT. PADMA SRINIVAS
SMT. SWETHA SUDEEP	SMT. ANURADHA SRINIVASAN
SRI. N CHIDAMBARAM	SMT. CHITRA CHANDRASHEKHAR

SPONSOR'S LIST : MONTH OF DECEMBER

KARTHIGAI DEEPAM SPONSORS

SMT. MYILA

SMT. SOWMYA

SMT. NEELIMA

SMT. SMRUTHI

SMT. RAMABHADRAN

SMT. VIJAYALAKSHMI

SMT. PADMA SRINIVAS

SRI. PARVATHY SHANKAR

SMT. VISHA RAMACHANDRAN

SMT. MYTHILY SRINIVASAN

SMT. ANURADHA SRINIVASAN

SMT. INDRANI RANGANATHAN

SMT. SASHIKALA VENKATESH

SMT. PRIYA KASTURI RANGAN

SMT. CHITRA CHANDRASHEKHAR

BREAKFAST MEAL SPONSORS

SRI. VINAY

SRI. ARJUN

SRI. ANTHIL

SRI. VIVEK R

SMT. PADMA R

SMT. SHARANYA

SRI. ARJUNRAM

SRI. MANOHARAN

SRI. SUDHARSHAN

SRI. NAVIN MANASH

SRI. NAVEEN MANASH

SMT. PRIYA K RANGAN

SPONSOR'S LIST : MONTH OF DECEMBER

SPECIAL ABHISHEKAM SPONSORS

SMT. SHOBHA

SRI. TARUNYA

SMT. NEELIMA

SMT. VASANTHA

SRI. VIDYASHRI

SMT. SINDHU ABHIJIT

SMT. SINDHU ABHIJIT

SRI. BALAJI SANTHANAM

SMT. SOUMYA SRINIVASAN

SMT. ROOPA VARADHARAJAN

SMT. GARGI PARTHASARATHY

SPECIAL ARCHANA SPONSORS

SMT. USHA MURALI

SMT. SHARANYA VIGNESH

SRI. VAIKUNTHA PRASAD

SRI. VANI MURALIDHARAN

SMT. ANURADHA SRINIVASAN

SRI. SHASHANK NARASIMHAN

SRI. ASHUTOSH SRINIVASAN

BREAKFAST MEAL SPONSORS

SMT. VASANTHA

SRI. VEER SHARMA

SMT. RADHA KUMAR

SMT. SHOBHA GOPAL

SMT. PRIYA K RANGAN

SMT. LAVANYA SHANKAR

SRI. KARTHIK GURURAJAN

SRI. RAVINDRA SHESHADRI

SMT. SASIKALA VENKATESAN

SMT. ANURADHA SRINIVASAN

SRI. HARSHITHA & SRI. KISHEN

SRI. SRIKRISHNAN & SMT. POORN-

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>