

# BALAVIN KURAL

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BALAMBIKA DIVYA SANGAM



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Come join us at the temple for

### Navarathri Celebrations

starting

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Our Sponsors list for the month





## From The Editor's Desk

Dear Members,

With the Dussehra season less than a month away, most of our households are already priming up for this long awaited festivity. As it has always been with our culture, we have the perfect blend of spirituality and celebration going hand in hand. From the traditional 'golu' to the religious chanting of Ambal's sahasranamam and namavali, we find our personal niche during this nine day utsavam. During this fifteen day period prior to the commencement of the Navaratri festival, we pay obeisance to our departed ancestors by performing shraddham in their memory. It is believed that the souls of our deceased forefathers are closest to our earth during this period of time, and are waiting for our offerings and appreciation. It is also believed that after the epic Mahabharata war, when Karna ascended to the heavens, he was offered gold and riches, but no food, as he had never performed annadanam specifically, inspite of other danams. He was thus given a grace period, which is the pitru paksha during which he came to earth and completed his shraddham duties. Such is the importance of the mahalaya/pitru paksha, where our ancestors are given their due respects. Fifteen days into the mahalaya paksha or pitru paksha is the mahalaya amavasya, after which the Navaratri begins .

Each of us is only all too familiar with the pomp and rigor of the festival. There is no limit to the worship of mother goddess Shakti, and we can exhaust our physical and mental capacity, and still feel that our

aradhana is not complete. From the colorful decorations to the preparations of foods and goodies, from the exuberant display of golu, to the ecstasy of bhajans and chantings, we are filled with an overwhelming sense of devotion and well-being. Navaratri celebrates the victory of the good over the evil that lies within each of us. As Balambika Divya Sangam gears up over the next several weeks in preparation for Dussehra, we hope you are following suit as well. Families and households around the globe who are part of our BDS family are welcome to share their celebrations with us and make the event all the more festive. We also hope to see you at our temple town of Malur, where Sri Balambika is going to enjoy the utsavam in Her own special way.

Sarvejana Sukhino Bhavantu.



Honesty is a direct reflection of your inner character. Your actions are a reflection on your faith, and reflecting the truth in your actions is a part of being a good witness. Learning how to be more honest will also help you keep a clear conscience. Honesty is also not just how you speak to others, but also how you speak to yourself. While humility and modesty is a good thing, being too harsh on yourself is not being truthful. Also, thinking too highly of yourself is a sin. Thus, it is important for you to find a balance of knowing your blessings and shortcomings so that you can continue to grow.

## BALA SPEAKS

## பாலாவின் வார்த்தைகள்

நேர்மை என்பது அகம் சார்ந்த பண்பின் பிரதிபலிப்பு. நம் செயல்கள் நம் நம்பிக்கையின் வெளிப்பாடு மட்டுமல்ல, அது உண்மையின் பிரதிபலிப்பிற்கு ஒரு சான்றாகும். நேர்மையை மேலும் வளர்த்துக்கொள்வது தெளிவான மனச்சான்று பெற உதவும். நேர்மை என்பது நாம் மற்றவர்களுடன் எப்படி. பேசுகிறோம் என்பது மட்டுமல்ல நாம் நம்முடன் எப்படி பேசுகிறோம் என்பது பற்றியது. பணிவும், தன்னடக்கமும் மிகச்சிறந்தது என்றாலும் நம்மிடமே கடுமையாக இருத்தல் உண்மையான செயல். மேலும் நம்மைபற்றி நாமே உயர்வாக நினைப்பது பாவச்செயல். ஆகையால் நாம் தொடர்ந்து வளர, நம் ஆசீர்வாதங்களையும் குறைபாடுகளையும் சமநிலையான நோக்குடன் தெரிந்துகொள்வது மிக முக்கியம்.





# FOOD FOR THOUGHT :

## Q & A

With

Mrs Asha Manoharan



## **Bhakti - Keerthanam**

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Today, we are going to talk about Bhakti through Keerthanam. Keerthanam can be in the form of devotional songs praising God's glory or by chanting God's names. According to Narada Muni, Bhakti is better than karma yoga, and is even greater than knowledge.

Time and time again, Bhaktas have composed namavalis and emotional bhajans to help us realize the true nature of God. One popular example of a namavali is the Vishnu Sahasranamam, which praises Lord Vishnu in 1000 names. These names were handed down to Yudhishtira by the famous warrior Bhishma, while he was on his death bed of arrows in the battlefield of Kurukshetra. A perfect example of Bhakti through devotional songs and hymns are the sages ThiruNavukkarasar and ManikkaVasagar, who extolled Lord Shiva in their compositions. In one such poem, ThiruNavukkarasar has beautifully said that the duty of God is to protect the devotee, and the duty of the devotee is to always perform his karma. Like the ghee is hidden in fresh milk, the Paramatman is always present inside the Jivatman.

When we recite kirtanas with utmost devotion, we feel the presence of God and Bhakti pours out from our hearts. Saints Annamacharya and Thyagaraja realized God through such Kirtanas. There are 11 different methods of Bhakti:

- Bhakti through Kirtanas merges us with the good attributes of God.
- Bhakti also arises when we praise the physical attributes of God.
- Bhakti through rituals and pujas.
- Bhakti through meditation and fixating the mind on the supreme soul.
- Bhakti through visiting temples and holy places to cleanse our spirit.
- Bhakti through overwhelming feelings of Anbu or Love when we see His beautiful form, be it Lord Oppiliappan or Lord Murugan.



## FOOD FOR THOUGHT :

- Bhakti through downright faith that the Lord will take care of us at all times.
- Bhakti through complete surrender with the utmost faith that He will never let you down.
- Bhakti through materialistic detachment and attachment to God. Bhakti thus becomes a pathway for this detachment.
- The ultimate form of Bhakti is to realize that the Jivatma and Paramatma are one entity.

In summary, we can adopt any of the above 11 methods to realize God, but we should make this part of our daily rituals. On that note, I would like to leave you all with an age old tenet:

*Either kind of deeds tainted with darkness would not reach on to those, who have done to the worthy glory of God.*



# வாசகரின் கேள்வியும் திருமதி ஆஷா மனோகரன் பதிலும்



## பக்தி - கீர்த்தனம்



பக்தியின் இரண்டாவது வகையான கீர்த்தனம் கடவுளின் புகழை பாடுவதும் அவரின் நாமங்களை உரைப்பதுவும் ஆகும். இந்த பக்தியை நாரதமுனி கிரமத்தை காட்டிலும் சிறந்தது என்றும், ஞானத்தை காட்டிலும் உயர்ந்தது என்றும், யோகத்தை காட்டிலும் வலியது என்றும் தன் சூத்திரத்தில் குறிப்பிடுகிறார். கடவுளை நாம் பரம்பொருளே என்று அழைப்பதுபோல் அவருடைய பக்தனை பரமபாதாள் என்று குறிப்பிடுகிறோம். நாம் கடவுளை இந்த பரமபாதாள் வழியேதான் காண்கிறோம். விஷ்ணு ஸஹஸ்ரநாமம் என்பது விஷ்ணுவின் ஆயிரம் நாமாக்களை வியாசர் எழுத, பீஷ்மர் யுதிஷ்டிரருக்கு சொல்வதாக வருகிறது. அதனால்தான் நமக்கு இன்று அந்த பொக்கிஷம் கிடைத்தது. அதே போன்று சிவனின் பெருமைகளை உரைக்கும் திருவாசகம், சிவபுராணம் போன்றவற்றை நமக்கு அளித்தவர்கள் திருநாவுக்கரசர், மாணிக்கவாசகர் போன்றோர். நாவுக்கரசர் ஒரு பாடலில், “தன் கடன் அடியேனை தாங்குதல், என் கடன் பணி செய்து கிடப்பதே” என்று பாடி, நாம் இருக்கவேண்டிய வழியை நமக்கு உணர்த்தியுள்ளார். இதே போன்று “கறந்த பால் கனலோடு நெய் கலந்தாற்போல, சிறந்த அடியார் சிந்தையும் தேனூரி நின்று இந்த பிறப்பை அறுக்கும் எங்கள் பிறான்” என்று பாடுகிறார். பாலை காய்ச்சி, வெண்ணெய் எடுத்து நெய் செய்விக்கிறோம். கறந்த பாலில் நெய் கலந்தாற்போலே, சிறந்த பக்தர்களுக்குள் இறைவன் கலந்திருக்கிறார் என்பதை இப்பாடலின் மூலம் உணர்த்துகிறார். கவிதை நடையில் உள்ள இன்னொரு பாடல் “குறையொன்றும் இல்லை மறைமூர்த்தி கண்ணா”. நம் மனதில் எவ்வளவு குறை இருந்தாலும் நீ இருக்கும் போது எனக்கு என்ன குறை என்று பக்தி வெளிப்படும் அழகான பாடல் இது. அம்பாளையே கீதமாக வழிபடும் “அன்னையே நீ இங்கே ஒரு கீதம்”, என்ற பாடலிலும் “பாலா வா வா வா, பழம் ஒன்று தாரேன் வா வா வா” பாடலிலும் பக்தி பொங்கி கரை புரண்டு ஓடுவதை உணரமுடிகிறதல்லவா?



இந்த பக்தியை தான் தியாகராஜரும், அன்னமாச்சாரியாரும் தங்கள் கீர்த்தனம் மூலம் உணர்ந்தனர். கீர்த்தனம் மூலம் பக்தியை பதினொரு விதமான முறையில் உணரமுடியும்.

- 1 இறைவனின் நற்குணங்களை பாடும் கீர்த்தனங்களில் உணரும் பக்தி முதலாவது.
- 2 இறைவன் திருவுருவத்தின் அழகை பாடும்போது பக்தி கூடுதலாகிறது.
- 3 மூன்றாவது பூஜை முறையில் உணரும் பக்தி.
- 4 நான்காவது தியானம் மூலம் மனதை ஒருமுகப்படுத்தி பக்தியில் திளைப்பது.
- 5 திருத்தலங்களுக்கு சென்று சேவை செய்து பக்தியில் திளைப்பது ஒருவகை.
- 6 ஆறாவது இறைவனின் அன்பில் திளைப்பது. உப்பிலியப்பன், முருகன் இவர்களை வழிபடும் போது அவர்களின் திருஉருவ அழகில் ஐக்கியமாவது இவ்வகை பக்தி.
- 7 எந்த நிலையிலும் இறைவன் என்னை கைவிடமாட்டார் என்று இறைவனின் அரவணைப்பில் திளைப்பது ஏழாவது வகை.
- 8 உன்னை விட்டால் யாருமில்லை என்று இறைவனின் பாதங்களில் சரணமடையும் பக்தி இன்னொரு வகை.
- 9 நம்மை அவரிடம் முழுமையாக ஒப்படைத்துவிட்டு, பின் அவர் நம்மை ஆட்கொள்ளும்படி பக்தி செய்வது ஒரு வகை.
- 10 இறைவன் நம்மை ஆட்கொண்டபிறகு உண்டாகும் பக்தியின் பரவசத்தில் திளைப்பது அடுத்த வகை.
- 11 உலகில் பற்றை துறக்க இறைவனிடம் நாம் கொள்ளும் பற்றே முதல்படி.  
நம் மனம் குரங்கின் குணம் கொண்டது. நாம் ஒன்றை விடும் போது இன்னொன்றை பற்றிக்கொள்ள வேண்டும். ஆகையினால் நாம் உலகியல் இன்பத்தை விடும்போது இறைவனுடன் பக்தியில் கலக்கவேண்டும். இதுவே உன்னதமான நிலையாகும். கீர்த்தனம் மூலம் உணரும் பக்தியில் திளைக்காதவர்களும் உண்டோ மேற்கத்திய இசை, கர்நாடக இசை, ஹிந்துஸ்தானி இசை என்று எல்லா வகையான இசையும் இறைவனின் வெளிப்பாடுதான்.



இசை மூலம் இறைவன் நாத்திகனையும் ஆட்கொண்டுவிடுகிறான். ஒரு திருக்குறளின் மூலம் இதனை நிறைவு செய்கிறேன்-

இருள்சேர் இருவினையும் சேரா இறைவன்

பொருள்சேர் புகழ்புரிந்தார் மாட்டு

கடவுளின் உண்மை புகழை விரும்பி அன்பு செலுத்துபவர்களிடம் அறியாமையினால் விளையும் இருவகையான வினை சேர்வதில்லை.



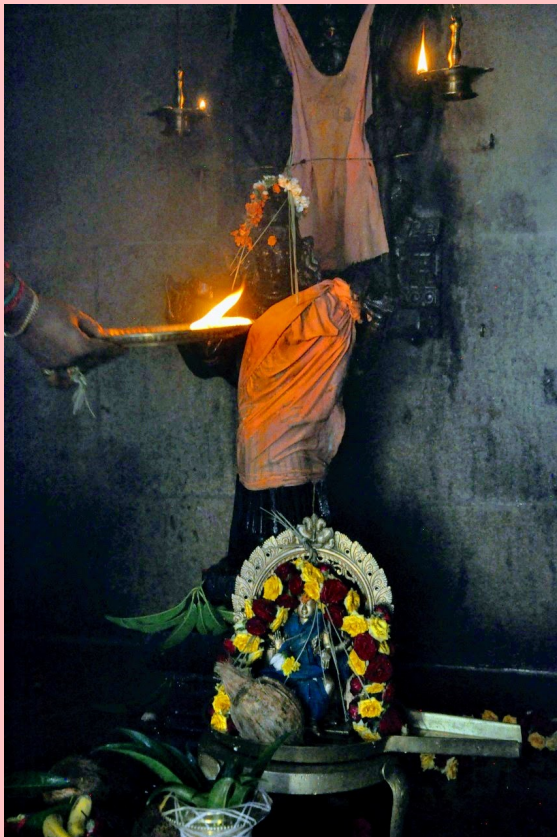
# PHOTO ESSAY: MONTH OF AUGUST



**Above Left:** Shivacharyar Balusubramaniam preparing to light the homam after chanting vedas.

**Above Right:** Gurukkal carrying kalasam and doing pradakshanam around the temple as devotees follow along.

**Left:** Shivacharyar offering poornahuti as devotees show respects to the holy fire.



**Above from Right to Left:** Temple priest Chandrashekar performing Rice flour & turmeric abhishekam & arati for Raja Bala after KalaAbhishekam



## PHOTO ESSAY: MONTH OF AUGUST



**Above:** Shivacharyar offering prasadam to Maha Abhishekam sponsors

**Right:** Raja Bala blesses her devotees in a mango-yellow silk pavadai sponsored by a devotee and is decorated with gold necklace and multi-coloured garlands.



**Below & Left:** Raja Bala is dressed in a yellow silk pavadai and is adorned with precious stone studded necklace, abayahastam, kreetam, ear and nose rings, and is decorated with vibrant flowers and gold prabhavali. Shivacharyar performing Maha MangalArati after this alankaram





# PHOTO ESSAY: MONTH OF AUGUST



**Above:** Raja Rajeshwari, Raja Bala and Kutti Bala grace the world with their divine love on Maha Sankatahara Chaturthi

**Above Right:** Raja Bala showers her love through her divine darshan, clad in ocean blue silk pavadai and adorned with matching jewellery and multi-coloured flowers

**Right :** Kutti Bala clad in a sea-green silk pavadai and decorated with pearl necklace





## BDS OUTREACH PROGRAMS:



BDS has adopted the following 3 schools in Malur for a period of 5 years, by signing a Memorandum of Understanding (MoU) with the Block Education Officer of Kolar District. 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 Planned
Neelakanta Agrahara Primary School	Health and Hygiene	Construction of Classrooms & Toilets and basic Infrastructure
Hanumantha Nagar Primary School	Reading & Homework Club	Sponsoring Computers and Projectors
MC Halli Higher Primary School	Dental Awareness Drive	Sponsoring Lab & Sports Equipment
	Breakfast Meal	Advanced / State of the art Teaching tools

*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.*

*If you are interested in sponsoring for any of the development schemes, please contact the BDS Outreach Coordinator Vivek Raman at 8861008791 or email us at [outreachprogram.bds@gmail.com](mailto:outreachprogram.bds@gmail.com).*



# HEALTH AND HYGIENE PROGRAM:

The H&H program was the first of the BDS outreach initiatives. This program is aimed at children who are in their adolescence, hoping to inculcate good personal hygiene practices in and around them. These weekly workshops encompass varied branches of hygiene, viz., hand hygiene, bathing hygiene and oral hygiene.

We have been doing these 6 week workshops in schools in Malur for over 7 years, and have witnessed the children applying these techniques in their day to day lives. **In this season, the H&H program was conducted in the months of July and August 2018, at MC Halli Govt Higher Primary School for 6<sup>th</sup> Grade students.**

*If you are interested in joining the H&H program at Malur as a volunteer, please contact the Program Anchors*

*Mrs Sharanya S Rajan / Mrs Padma Srinivas at 9663422335 / 9902703113 / outreachprogram.bds@gmail.com.*



**Above:** Presentation on Dental Hygiene, Prof. Dr. Srinivas is explaining about the parts of the teeth



**Left:** All smiles after Plaque experiment. In this experiment, colouring agent is applied on the child's teeth, and other kids are made to observe the pink & blue stains where plaque is collected on the teeth

**Below:** Students designed a story board on Hygiene, this was a great team building exercise and it strengthened the concepts of personal hygiene that was imparted over the past few weeks.



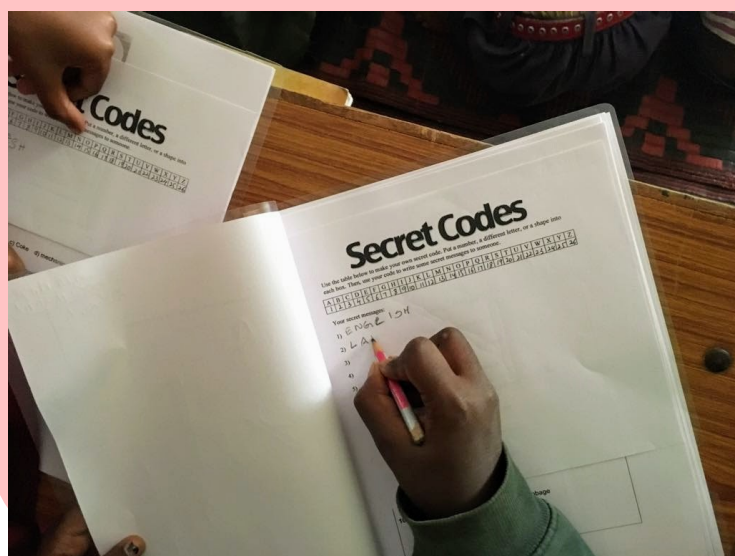


# READING CLUB PROGRAM:

BDS Outreach Team is conducting Reading Club at MC Halli School, Malur, from July 21<sup>st</sup> 2018 for 4<sup>th</sup> and 5<sup>th</sup> standard students. Reading Club is geared towards inculcating reading habits for young children (age group of 7-8 years) with primary focus on vocabulary, pronunciation, and to enable children to be comfortable with the English language. With the help of interactive activities, games and storytelling, the whole program is designed to make reading more interesting for kids.

In this season, our beloved president wrote children's books and the books were printed in-house. Our president also created several game based activities for children, which had a great response from them and we observed that it enhanced their retention, while enriching their learnability. This season of reading club will continue until 28<sup>th</sup> Sep 2018. It was a great source of inspiration and learning for the team, with our president directly involved with creating the content.

*BDS has also made the reading books available for purchase. If you are interested in buying these books in return for a small donation of Rs 100/-, please contact the Program Anchor Mrs Priya K Rangan at 805051146 / outreachprogram.bds@gmail.com.*



**Above Left:** Children reading the book "Bala and Mala".

**Above Right:** Children engaged in a Flash card activity, children find their pair matching the word with the action.

**Left:** Children at work. This is a code activity, each letter of the alphabet will be given a number. A sentence formed of numbers was given to the students to decode and find the original sentence.



# BREAKFAST MEAL PROGRAM:

BDS Outreach team provides Breakfast Meals for 230 underprivileged children belonging to 3 Government Schools (Neelakanta Agrahara Primary School, Hanumantha Nagar Primary School and MC Halli Higher Primary School, Malur) twice a week. This program is funded by our esteemed sponsors, and we would like to 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.

In this season, BDS also sponsored Breakfast meals for physically handicapped children on July 24<sup>th</sup> 2018.

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

*To contribute towards the breakfast meal program, cheques can be issued in the name of Sri Balambika Divya Sangam or refer to the Indian bank details for online transfer.*



**Above Left:** Breakfast Meal Program by BDS

**Above Right:** Happy and Vibrant kids enjoying the Breakfast Meal .

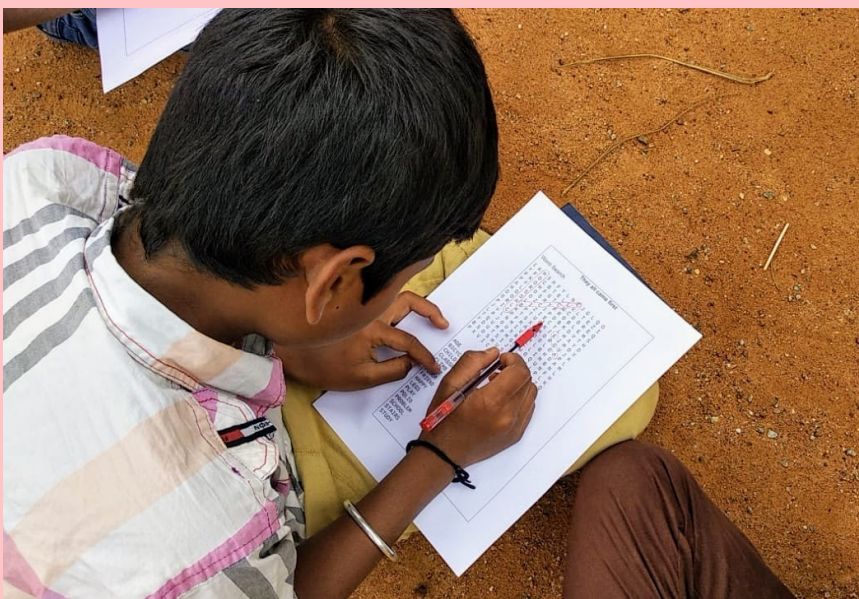
**Left:** Distribution of Milk along with a Bun.



## HOMWORK CLUB AT MALUR:

In this season of Outreach, we have started a new program called Homework club for the children of 7<sup>th</sup> standard at MC Halli Govt HPS. This season of Homework club started on July 14<sup>th</sup> 2018, and shall continue until 28<sup>th</sup> Sep 2018. Homework club is geared towards enabling the children to learn their English syllabus via games and activities. The work packets for homework club were created by our beloved President, each work packet is a combination of activities, comprehension and interactive games.

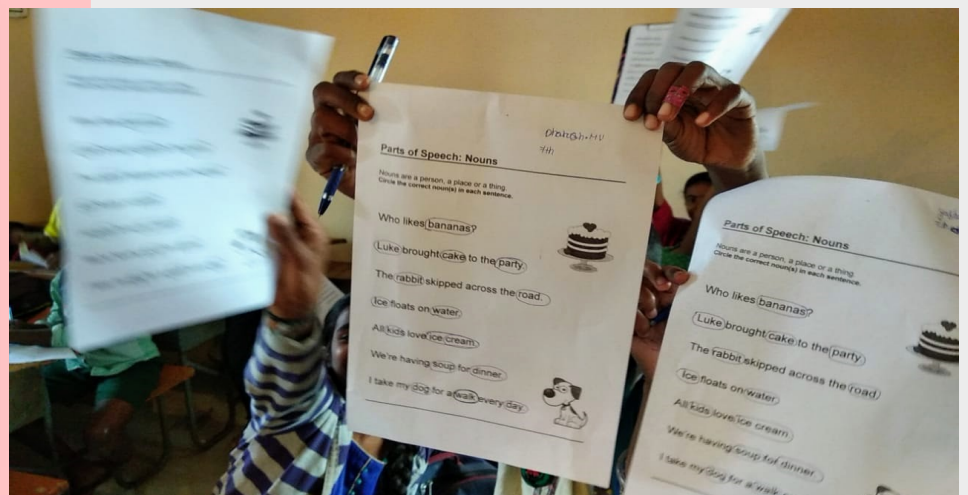
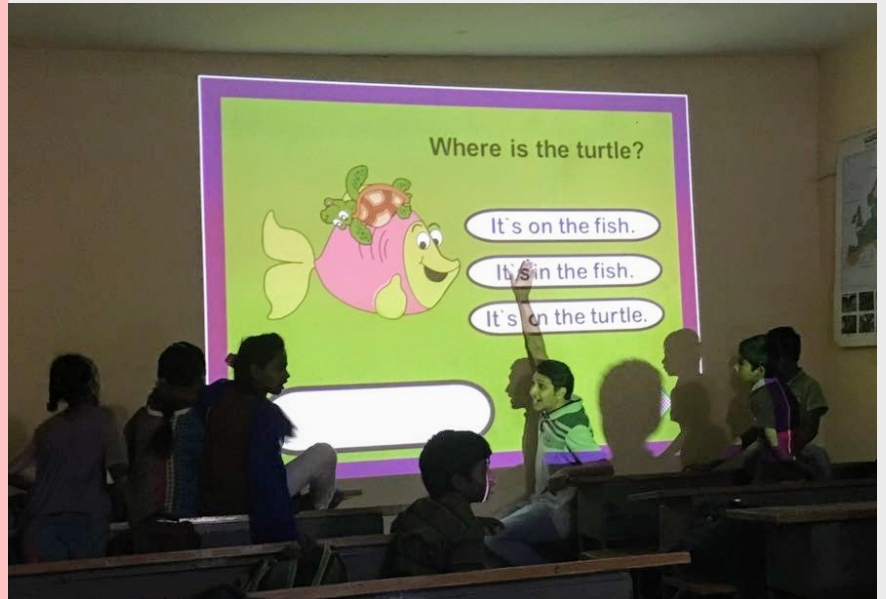
*We are looking for volunteers for program execution. For details, please contact the program anchors Mr Srivatsan or write to us at [outreachprogram.bds@gmail.com](mailto:outreachprogram.bds@gmail.com)*



**Above Left:** Children at work, doing word search .

**Above Right:** Fun activity for kids on Grammar.

**Left:** Happy children showing off their completed activity on “Parts of Speech”



## WHAT'S NEXT AT BDS OUTREACH:

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

- Dental Awareness Camps for the 3 BDS adopted schools
- Waste Management and cleanliness drive @ Malur
- “Feed the Elderly”, an initiative to bring home-made food delivered to the elderly people who are looking for support



## SPONSOR'S LIST : MONTH OF AUGUST

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# SPONSOR'S LIST : MONTH OF AUGUST

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Malar Sampath	Rajashree
Indira Sampath	Sowmya R
Kamalakaran	Arjunram
Sharanya Vinay	Anthil A
Venkata Raju	Roopa V
Gowri Shankar	Balaji S
Mahalakshmi	Chitra N
Gargi Sarathy	



## TEMPLE EVENTS :

CALENDAR	EVENT
September 24th, Monday	Pournami Poojai
September 28th, Friday	Sankatahara Chaturthi
NAVARATHRI HOMAM SCHEDULE 2018	
October 9th, Tuesday	Ganapathy Homam
October 10th, Wednesday	Sri Mangala Gowri Homam
October 11th, Thursday	Sri Bala TripuraSundari Homam
October 12th, Friday	Sri Gayathri Homam
October 13th, Saturday	Sri Sooktha Homam
October 14th, Sunday	Sri Annapoorneshwari Homam
October 15th, Monday	Sri RajaRajeshwari Homam
October 16th, Tuesday	Sri Devi Sooktha Homam
October 17th, Wednesday	Sri Maha Durga Homam
October 18th, Thursday	Sri Saraswathi Homam
October 19th, Friday	Sri Maha Chandi Homam



# 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](mailto:contactus@malurbalambikatemple.org)

Website: <http://malurbalambikatemple.com>