

# *bhaarati*

bhaarati is a non-profit, non-sectarian, voluntary service organization working for all-round well-being of the individual and the human society as a whole.

bhaarati is driven by the following Five Guiding Principles: *1. Simple Living 2. Self-Improvement 3. Human Values 4. Indian Tradition 5. Social Service.* This brochure explains these five guiding principles in some detail. A brief outline of bhaarati's activities is included. Kindly take a few minutes of your valuable time and go through this brochure.

We eagerly look forward to your valuable comments and suggestions. Kindly email your feedback to [knmuh@yahoo.com](mailto:knmuh@yahoo.com)

# *Governing Council*

*Advisory Board*

*Executive Committee*

# 1. *Simple Living*

Simple living does not imply giving up everything and becoming a recluse or a *sanyaasi*. Simple living means following a life style that is harmonious, harmless and non-polluting. We all have a right to live happily. To enjoy life is our birth right. But we do not have a right to harm others. Simple living means to live and to let live. Simple living means not to harm others. Simple living means to practice *ahimsa*.

*ahimsa* is not mere absence of cruelty. We pollute when we shop, travel or work in our offices, factories or farms. We are putting others' lives at risk through industrial, vehicular, agricultural (harmful chemical fertilizers, insecticides, pesticides etc.), medical (hospital wastes, drugs), electronic (eWastes from computer, communication and entertainment) or house-hold (harmful cleaning agents, cosmetics) pollution. Simple living means to adapt the least polluting life style.

Look at the life of Jesus, Buddha, Shankara, Thyagaraja, Vivekananda, Mahatma Gandhi, Madam Marie Curie or any other great personality. They all lived simple, harmless, non-polluting lives. Simple, natural, harmonious living is in fact the message of all religions.

Millions of species are endangered now. The alarm bells have already started ringing and scientists believe that even human life on planet earth is now threatened unless we mend our ways quickly. Simple living is no more an option, it is now essential prerequisite for life itself.

We have made our lives too complicated. Caught in this turmoil of busy life, we have lost ourselves and have no time even to think. Simplicity is a virtue, not a sign of weakness. Simple living is the first step towards upliftment of the individual and the whole society. Let us promote simple living.

## 2. *Self Improvement*

Mahatma Gandhi said - “*Be the change that you wish to see in the world*”. We must improve ourselves before we find fault with others or try to change the society as a whole. If individuals improve, society improves too. Self improvement is the recipe for success in life.

To be successful in any walk of life, to enjoy life to its fullest, we must keep fit and maintain good *health*. It is our right to maintain good health and it is our bounden duty too. Because when we fall sick, we trouble our near and dear ones as well. We are human beings because we can *think* - a strong mind is equally important. The first step, therefore, is to develop *a strong and healthy mind in a strong and healthy body*.

To develop and maintain a strong mind in a strong body we must scientifically analyze and understand our daily life - food, water, work, exercise, rest, etc. Take food for example. Food gives us energy, helps in growth and repair, in fact makes up every cell in our body including the brain. We are what we eat. Even our thinking is dictated by what we eat. Do we have completely scientific answers to basic questions such as - what exactly to eat, how much, how many times in a day, at what time, etc.? Can we afford to be as careless and as casual as we are with food? There is a science of eating, a science of sitting, of standing, sleeping and even breathing. Understanding and practicing this science is called *Yoga*.

*'aatma-paris'oodhana-yooga'* or Yoga for Self Improvement is a non-prescriptive school of Yoga that helps you to know yourself and hence to improve every aspect of your life - body, mind and soul. Practical training is given and theoretical explanations and scientific basis are explained. Let us promote yoga for all round self improvement.

### 3. *Human Values*

Caught in the mad rush of the modern fast life and stiff competition for success in every field, we often forget that we are human beings. *Being humane is our first and foremost priority.* The aim of life is not to be successful or to make name, fame or a lot of money. The aim of life is just to live like a human being, nay, a humane being. All else is secondary.

To give less and to take more is the definition of cheating - be it money, material goods, time, respect, whatever. Can we not do the business of life without cheating? We hear of doctors performing unnecessary surgical operations, or treating non-existent diseases, just to extract more money. We add poison to food. Instead of being more compassionate and kind to the needy, the weak, the disabled and the helpless, we look at it as demand and exploit their weakness to make more profit. Are cheating and exploitation the yardsticks of success in business? Should a businessman not be a man first?

Let us look at *Truth*. Truth is the complete conformity of thought, word and deed. Also, something is true only if it the whole truth and nothing but the truth. Think of advertisements. Think of sales and marketing. Everybody seems to be telling lies all the time! Truth seems to have been forgotten in a country where Sri Rama, Dasharatha, Bhishma, Harischandra and Mahatma Gandhi were born! Let us learn to speak the truth, whatever be our calling. Animals do not tell lies or cheat. How can we stoop so low for mere material gains? This earth will become heaven if we stop cheating and take to human values such as *satya* and *ahimsa*.

Let us bring back value based education. Human values are more important than science, technology, even economic development. Let us promote human values in every walk of life.

## 4. *Indian Tradition*

The ancient Indian heritage is an ocean of knowledge, both sacred and secular, of the highest standard - astonishingly clear, extremely precise and completely scientific. Most of the problems facing humanity today can be solved by going back to our roots. The future must be based on, and an improvement over, the past. What has already been proved must either be accepted and acknowledged or proved wrong but it is completely unacceptable to simply ignore and claim our own work as new and original. Everything that our modern science is talking about today has been studied in greater depth and understood much more thoroughly in our ancient past. How can we simply forget all that?

The modern system of education lays focus almost exclusively on the external material world. Agriculture, Architecture, Engineering, Medicine, Science and Technology are all limited to providing for our survival and basic comforts at the level of the body alone. Have we forgotten that we also have a mind and an intellect? Human life is an extraordinarily great gift and to make the most of it we need to clearly understand the true nature of ourselves as also of the world around us. It is important to understand life and the goal of life in its fullest sense. We must aim for all round development of the body, mind and soul. This kind of a knowledge, called '*paraa vidyaa*', is found only in the ancient Indian tradition, nowhere else in the world. The rest of the knowledge in the whole world is '*aparaa vidyaa*'. We need both, let us not limit ourselves to half-knowledge!

That we do not know the language of the Rishis is no excuse. Let us not remain Resident Non-Indians! Let us learn Sanskrit, the gateway to an ocean of knowledge and wisdom. Let us promote the wisdom of the ancient Rishis who showed us how we can lead a harmonious, non-polluting, peaceful, satisfying, fulfilling, happy life.

## *5. Social Service*

Everything in nature appears to be made for others. The river does not drink its own water and the tree does not eat its own fruit. The Sun gives us light, heat and everything we need for sustaining our life. All the food we eat can be traced back to photosynthesis of food by plants using sunlight. Seasons, winds, clouds, rains, rivers, waterfalls and the electricity we generate from hydro-electric power plants are all due to the Sun. Even coal and petroleum owe their existence to the Sun. The Sun gives us so much, what does it ask in return? The Ganges supports nearly one tenth of the whole of the human population on earth. How much do we pay it? Everything in nature, living and non-living, appears to live for others. Why have we become so self centered and selfish? Man is a social animal. We are happy when others are happy. Let us learn to live for others.

The ocean, which accepts water endlessly from every source, occupies the murkiest dark depths of the earth's surface while the clouds, which give out every drop of water they are made up off, until they completely vanish, occupy the high skies. Acquiring is degrading, giving is elevating. Let us discover the joy of giving.

What is it that we can give? Giving money and materials is the simplest. Giving livelihood is better. Giving education is the highest. Value based, man-making, life-giving education is the best gift that you can give.

Time is money. Money is elusive but everyday when we wake up in the morning we are given full 24 hours completely at our disposal. Let us make the most of this valuable resource. Let us not selfishly spend all the 24 hours for ourselves and our inner circles. Let us allocate a few hours of our time for others - that is the best gift that we can give. Join the bhaarati movement, volunteer, participate, let us make it happen!

## *Activities of bhaarati*

Driven by the above five guiding principles, bhaarati undertakes a variety of activities including but not limited to:

- **Education, Training and Awareness programmes** through Lectures, Publications, Websites, eMails, Brochures and Pamphlets, Camps, as also through a variety of Courses conducted by bhaarati.
- **Self Improvement Courses** in Yoga, Sanskrit, Geeta, etc.
- **Promote Health** through Ayurveda and other Traditional Systems of Medicine and Health-care
- **Preservation of our Heritage** including Manuscripts, Development of Corpora and Lexical Resources and Tools in Electronic Media, etc.
- **Promotion of Indian Culture** including Classical Music, Dance, Literature, etc.
- **Focused Activities** of social relevance by working closely with Government, NGOs and other like minded organizations.
- **Social Service Activities** both on a planned and on-demand basis

**Note:** Some of these activities including Self Improvement Yoga, Sanskrit and Geeta Courses are already going on.



# *Membership Form*

Membership is OPEN TO ALL. bhaarati is universal, non-prescriptive, non-sectarian. Come, volunteer, join the movement, let us make this world a much better place to live.

There is no Membership Fee - Membership is Free. All Memberships are for Life - There is no expiry date and there is no need to renew your membership. All members will be kept informed of bhaarati's activities and all members will get privileged opportunities to participate and contribute in various ways.

## *Membership Form*

1. Name in Full (Please Print):
2. Age:
3. Sex:
4. Educational Qualifications:
5. Languages Known (Read/Write/Speak):
6. Occupation:
7. email-id:
8. Phone, Fax:
9. Complete Postal Address:
10. A brief writeup about yourself, your interests, prior exposure or experience in similar activities, how bhaarati can help you and how you wish to contribute to bhaarati:

**eMail your membership form to: [knmuh@yahoo.com](mailto:knmuh@yahoo.com)**  
(Kindly keep us updated about your contact information.)