

abhaya FOUNDATION

an assurance for no fear...



News Update
May 2020





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About abhaya News Update:

abhaya touches the heart of every one's lives through its social work. We are committed to support and empower the most deserving communities in the country. abhaya team upholds its noble activity every month through this news letter. abhaya SoulDears (Volunteers) work tirelessly with abhaya projects work related data, updates, reports, photos, feedbacks, quotes, donations, etc., to design and update every news. The "abhaya News Update" reaches about 25,000 abhaya donors, well wishers, supporters, corporate, NGOs and others across the globe in the first week of every month by email and further it is posted in FB, WhatsApp, abhaya web links, Blog and Twitter, reaching another 25,000 people. This task of sharing our experiences with people has been going on since 2006. We aim to make people aware of our tremendous effort at abhaya for the betterment of human lives and we need their kind consideration, care and support. Their association with abhaya and feedback would help us transform lives and help people reach their full potential.

Please share this newsletter within your community and with your support we can create significant and long-term change in the social work for people who rely on it.

Editorial Team

CS Balachandra Sunku, Founder
KSV Sivakrishna, Secretary (Content/Editing)
D Abhi (Editing)
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PARTICULARS

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Projects need CSR Funds



Dear Corporate Heads!

Sub: Seeking your kind CSR Funds - Reg., Greetings and gratitude!!

We wish to convey our gratitude to the Board Directors of each Indian Company who are doing their bit for those in need with the available CSR Funds with them. abhaya FOUNDATION (<http://www.abhayafoundation.org>), Hyderabad have their service projects across the southern states of India. Following are the projects we wish to present before you for lending your hands of support

Empowerment Initiatives:

1. Tailoring Classes for 30 Rural Women (1lakh per batch)
2. Driving Classes School for 10 Rural youth (50K per batch)
3. Driving Simulators for Youth Empowerment in AP, Telangana & Karnataka (Rs.3,00,000- per simulator)

People Care Initiatives:

1. Destitute Care at abhaya Home of Happiness (Rs.12,00,000/- PA to take care of 25 uncared people)
2. abhaya Hunt the Summer (Distributing Umbrellas/ Canopies for Street side Vendors Rs.5,00,000/-) during every Summer
3. abhaya Hunt the Winter - Distributing woollen blankets for needy (Rs.10,00,000/-) during every winter

Educare Initiatives:

1. abhaya Educare (Support for Poor and Meritorious students for perusing higher education (Rs.5,00,000/- per annum)
2. Breakfast service for 4 months to Class X students at Govt. High Schools (Rs.75,000/- per school)
3. Digital Class Rooms at Govt High Schools (Rs.2,00,000/-per school).

Infracare Initiatives:

1. abhaya Youth Empowerment Center, Anantapuram, AP under construction: Need is Rs.50,00,000/- for completion
2. abhaya Youth Empowerment Center, Bengaluru, Karnataka under construction: Need is Rs.20,00,000/-

Your supervision and feedback is needed to improve our systems, processes and procedures. We request you to support our highly committed and passionate team who support one another.

We will be more than happy to meet you to present the activities if given an opportunity. With Love & Life for the Country: **KSV Siva Krishna, Secretary,(9959220450)**





abhaya FOUNDATION

Aditya found his abode at abhaya Home



It was at 1030PM when I was alerted by Smt Sumathi IPS, 3 days back briefing about the young man Aditya who was spotted by Saroornagar Police in a concerning condition with the help of Sunil a well wisher. He had injuries all over his body and he is to be seen mentally not stable. We were asked to take care of him for a night till his family members get connected.

Without a second thought, I said yes! The police brought him to abhaya home in the midnight at around 12AM. His behaviour was volatile...No one could dare to touch him, but I fed him with love...He touched my feet and started crying. Some how we made him to sleep for the night.

While his parents were alerted at Jarkhand, we gave a shower to him like that of a baby boy. He was calm when am around him...He was listening to me and obeying my instructions...In between he was volatile and behaving in disorderly manner. The staff and inmates at home became frightened to go nearer to him including police. He started taking his dress out and throwing out. He damaged the stuff at home...Nevertheless with lots of patience I tried to calm him down. Some how I managed in making him to sleep. He was hugging me...kissing me till he fell asleep.

On my enquiry we came to know that he is an educated young boy...Became like this just in 20 days time. Pained by such news, I took extra care of him inspite of he doing craziest things. I treated him like my child.

Today, his mother and uncle came all the way from Jarkhand in a car with Police Permission and Aditya is handed over to them...He hugged me...kissed me...bowed before me...touched my feet. I poured my love for him and bid farewell, advising the mother to take care of his health.

Finally prayed for his well being. Shubham - **Balachandra, abhaya Ananda Nilayam, Ibrahimpatnam**

My Mother took Aditya to psychiatrist during 2013. During that time (2013) when he was a school student and use to argue with my mother a lot saying negative things, So she took him for consultation. He used to say am not mad to consult psychiatrist and he didn't cooperated. The Doctor asked us for further visits, he didn't diagnosed. But my brother was very negative regarding further visits. So we couldn't took him.

Thank you so much Swamiji, We would never be able to thank you enough. My sister told me, he behaved well with you. We understand that he touched your feet seeking blessings. We have some family issues at home and he didn't touched his parents feet since 4-5 years. I have promised myself, that when I would be financially independent, I will do something for abhaya Home. And me and my cousins have decided that someday we all will come to meet you and hopefully bring Aditya too in good spirits. Thank you so so much sir. Thank you to all the members of Abhaya, who are a family there. He reached home safely and he keeps remembering you dear Swamiji - **Jeena Gupta, Jarkhand.**



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Corona Relief Operations



Never before, abhaya could do such an activity since its inception in the year 2006. abhaya Team in entirety joined hands, heads and hearts in Corona Relief Operations. We don't have words to explain as to how much work is done during the toughest times country men faced in human history since lock down was declared in the month of March 2020.

1. Board Trustees quickly responded for the call of Service
2. Office Bearers jumped into action.
3. More than 1000 Donors lent their hands of support.
4. Scores of Corporates responded for the appeal.
5. Many kind-hearted people came out with their support with their personal appeals.
6. Kids and youngsters responded alike with their small savings and pocket money.
7. Trustee & Treasurer CS R Ramakrishna Gupta spearheaded the entire activity in Telangana.
8. Founder, Balachandra lead the relief work in the country from abhaya Home of Happiness, Ibrahimpatnam.
9. Donations received not just from India...But also from USA, UK, Australia, Africa, Malaysia, Singapore and other countries
10. NGOs and NPOs like NASCCOM Foundation, AP Janmabhumi Trust, TANA, ISB Alumni Association, DonateKart, Goodclap, CES Foundation and such others added credentials to abhaya with their kind-hearted support.
11. Corporates like Koppal Green Power Ltd, Mikrotek Machines Ltd., KanyakaParameswariEngg Ltd., Microsoft, TCP Wave, Dhanush Healthcare, Aspire Systems and others added great value for resources.

www.abhayafoundation.org

Receiving support from you is incredible! Thank you for adding credibility to abhaya

Love All - Serve All

Logos and images of supporters include: NPSO (National Productivity & Development Centre for Service Organizations), Kanyaka Parameswari Engineering Ltd., NASCOM FOUNDATION, Microsoft, KOPPAL GREEN POWER LIMITED, Andhra Pradesh Janmabhoomi, TCPWave, TANA (The Youth are Our Heroes), Telangana State Police, Dhanush Healthcare (Advancing Care - Embracing Community), Aspire Systems (ATTENTION. ALWAYS.), Dignity Drive, Goodclap, CES, ISB, and Alumni Association. There are also three photographs of individuals: a woman in a yellow shirt, a man in a red robe holding a staff, and a man in a white robe with a halo.

12. abhaya Partnered with Telangana Police (TS), Yuvashakthi Seva Foundation (Karnataka), Sri Sathya Sai Team & Dignity Drive (AP), and NDSO (Tamilnadu, Andaman, Pondicherry & Assam) while serving the most deserving communities in the respective states

13. On an average, Rs.1lakh donations received every day for 60 days from hundreds of kind-hearted donors.

14. Sri Garikapati Mohan Rao, MP (Rajya Sabha), Telangana stood by abhaya and spread the cause of Corona Relief outside the country and inspired many NRIs to lend their hands of support.

15. Smt D Chandrima, Sri Ramakrishna Gupta & Family, Sri Satish Gupta, Sri P Srinivas, Sri K Rangarao, Sri PSR Murthy, Smt Veni Rangarao, Smt S Rajeswari, Smt Jyothsna, Smt Manga and others from abhaya Foundation did marvellous job during Corona Relief Operations.

16. abhaya Teams in Telangana felt indebted to Smt B Sumathi IPS, DIG - CID, Telangana for her leadership and supervision in relief operations.

17. Till date, abhaya could have served 30,000 families in the country. That means fed more than 8 lakhs people to survive for a weeks' time.

18. More than 1,50,000 masks were distributed in AP & TS. Telangana Police (60K masks) NSG Campus (5k masks), Press & Swatch Sainiks (5K masks) and others (80K masks)

19. 10,000 tablets provided to Telangana Police.

20. More than 500 sanitisers provided to front line warriors

21. 100 abhaya hands free sanitizers being distributed to the public establishments.

22. 100 abhaya Thermo Scanners being delivered to the deserving establishments.

23. Cooked food was served to more than 5000 marginally weaker sections

24. abhaya Humanity Team lead by Sri K Mallikarjuna, Hyderabad volunteered to do their best.

25. Srinivas G (Maharshi Rice Mills, Miryalaguda) Phanindra (Dhariwala Industries, Hyderabad) Srinivas (Vasavi Rice Mills, Suryapeta) and others are kind enough to provide quality grains on most competitive prices apart from kind donation.

26. More than 50 Volunteers both men and women...including

Children put in approximately 5000 man hours in creating 6000 dry ration kits at abhaya Home.

27. Inmates of abhaya Home who are all aging more than 70 years lend their hands of support in corona relief operations.

28. Venkat Reddy, the newly joined staff stood like a rock support in delivering the relief material for more than 6 months with the support of another Volunteer Ravikumar.

29. Richmond Villas located in Sun City, Hyderabad collectively lent their hands of support.

30. abhaya feels blessed to have the divine mercy of Bhagavan Sri Sathya Sai Baba, HH Sri Ganapati Sachidananda Swamiji and HH Sri ChinnaJeeyar Swamiji for the good work happened for 60 days.



Corona - Toughest War faced by the World...What can be done by a citizen

కరోనా విలయం	కొత్త కేసులు	మొత్తం కేసులు	మొత్తం మరణాలు
ప్రపంచం	69,721	58,54,324	3,59,842
దేశం	6,566	1,58,333	4,531
తెలంగాణ	117	2,256	67
ఆంధ్రప్రదేశ్	128	3,245	59

The Corona (Covid 19) thrown the globe like a ball there by making the lives of 58 lakhs people up and down. Not even single country could save its citizens from the pandemic. No one ever witnessed such a deadly virus in human history before in the past century.

India and its leadership dealt with Corona differently when compared with many

developed nations in the world. India is surely placed itself in a better position while waging the war against Corona since March 2020. As of date the figures showing study increase in Corona Positive cases in the country reaching 1,70,000 and deaths reported are at 4500 mark since lock down declared in India.

It's all about National Will and Character which is making a difference in India when compared to 100s of Countries in the Globe. When all the developed countries are facing the worst situations in waging the war against corona...Here in India...even after 75 days of the first case reported, the count is still 1.6lakhs as against 130 cr population. Thanks to our Government at Center and States. And should surely appreciate our immunity system.

దేశం	అమెరికా	చైనా	ఇటలీ	స్పెయిన్
గురువారం నమోదైన కేసులు	10,870	1,887	593	1,137
మొత్తం కేసులు	17,56,673	2,60,127	2,31,732	2,84,986
మరణాలు	1,02,736	37,837	33,142	28,752

దేశం	ఫ్రాన్స్	జర్మనీ	బెర్లిన్	మెక్సికో	జపాన్	ఇరాన్	భారత్	భవించం
గురువారం నమోదైన కేసులు	191	3,947	257	3,483	418	2,258	6,566	69,721
మొత్తం కేసులు	1,83,534	4,18,608	57,849	78,023	1,62,313	1,43,849	1,58,333	58,54,324
మరణాలు	28,596	25,935	9,388	8,597	8,555	7,627	4,531	3,59,842

Nevertheless...The situation is going to be concerning due to the following developments. Everyone of us need to ponder over these points:

1. Prolonged lock down creating negative impact on economy
2. Migrant labour panic due to hunger and shelter less situation
3. Marginally weaker sections are facing troublesome situations to lead normal life.

4. Government lifting the lock down on liquor in the country
5. Allowing movement of people from outside to the country and also transporting labour from one state to other state.
6. Mindless behaviour of citizens breaking the issues guidelines and precautions.

It is paining to see lakhs of people suffering all over the world. It's uncertain even now, that when will someone find a vaccine for Corona Virus. Many developed nations are very seriously working on finding a vaccine. Nothing is put yet. Even if someone found a vaccine...There are opinions coming from various experts about how effective the vaccine be fighting with the ever changing virus.

In such situations what is that a responsible citizen can do during these tough times? We tried to find some useful thoughts from various experts and provide some proven action points. Lockdown or no lockdown...Let's change our lifestyles in months to come by follow these precautions.

1. Social Distance is TharakaManthra
2. Making Health & Hygiene part of life
3. Using Sanitizer to the hands & Masks
4. Postpone travel abroad in near future
5. Do not eat outside food for now
6. Do not go to unnecessary marriage or other similar ceremonies
7. Do not take unnecessary travel trips
8. Do not go to any crowded places
9. Stay away from one who has symptoms of virus
10. Prefer vegetarian food
11. Do not go to the Cinema, Mall, Crowded Markets, Park, Parties, etc.
12. Increase immunity system
13. Be very careful while at Barber shop or at beauty Salon parlour
14. Dont wear belt, rings, wristwatch, when you go out.
15. No hand kerchief. Take sanitiser & tissue if required.
16. Don't bring the shoes into your house. Leave them outside.
17. Clean your hands & legs when you come home from outside.
18. When you feel you have come nearer to a suspected patient take a thorough bath.



Corona Times - Few lessons learnt in past few months

1. United States is no longer the world's leading country.
2. China won the 3rd World War without firing a missile and no one could handle it.
3. Europeans are not as educated as they appear.
4. We can survive vacations without trips to Europe and USA.
5. Rich people are in fact less immune than the poor.
6. Human beings are opportunistic and despicable no matter their socio economic position when prices are rising.
7. Humans are the real viruses on the planet.
8. We can spend Billions of Rupees on poor without red tapism.
9. Health professionals are worth more than a footballer.
10. Oil is worthless in a society without consumption.
11. How animals feel in the zoo.
12. The planet regenerates quickly without humans into play.
14. We and the kids can survive without junk food.
15. Prisoners in jails for petty crimes can be released.
16. Living a hygienic life is not difficult.
17. Only women are not supposed to know cooking.
18. There are a lot of good people in the World.
19. If you build more schools, you have to construct less hospitals.
20. We Indians are fortunate to pray SamasthaLokahSukhinobavanthu and be helpful to those in need in spite of difficult situations around.

CORONA WATCH

Situation at 8:00 am on May 28

State / UT-wise position in India

(↑ ↓ Change over the last 24 hours)

	Confirmed cases	Recovered	Deaths	Active cases
Confirmed cases 1,58,333 (↑ 6,566)				
Recovered 67,692 (↑ 3,266)				
Deaths 4,531 (↑ 194)				
Active cases 86,110 (↑ 3,106)				
Confirmed cases				
Maharashtra	56,948	17,918	1,897	37,133 ↑ 1,121
Tamil Nadu	18,545	9,909	133	8,503 ↑ 244
Delhi	15,257	7,264	303	7,690 ↑ 736
Gujarat	15,195	7,549	938	6,708 ↓ 59
Rajasthan	7,703	4,457	173	3,073 ↓ 122
Madhya Pradesh	7,261	3,927	313	3,021 ↓ 9
Uttar Pradesh	6,991	3,991	182	2,818 ↑ 138
West Bengal	4,192	1,578	289	2,325 ↑ 85
Andhra Pradesh	3,171	2,057	58	1,056 ↓ 49
Bihar	3,061	1,083	15	1,963 ↓ 107
Karnataka	2,418	781	47	1,590 ↑ 99
Punjab	2,139	1,918	40	181 ↑ 33
Telangana	2,098	1,284	63	751 ↑ 101
Jammu and Kashmir	1,921	854	26	1,041 ↑ 139
Odisha	1,593	733	7	853 ↑ 76
Haryana	1,381	838	18	525 ↑ 61
Kerala	1,004	552	7	445 ↑ 30
Assam	781	87	4	690 ↑ 140
Uttarakhand	469	79	4	386 ↑ 53
Jharkhand	448	185	4	259 ↑ 12
Chhattisgarh	369	83	0	286 ↑ 4
Chandigarh	279	187	4	88 ↑ 13
Himachal Pradesh	273	70	5	198 ↑ 23
Tripura	230	165	0	65 ↑ 23
Goa	68	37	0	31 ↓ 8
Ladakh	53	43	0	10
Puducherry	46	12	0	34
Manipur	44	4	0	40 ↑ 5
A&N Islands	33	33	0	0
Meghalaya	20	12	1	7 ↑ 5
Nagaland	4	0	0	4
Arunachal Pradesh	2	1	0	1
Dadar Nagar Haveli	2	0	0	2
Mizoram	1	1	0	0
Sikkim	1	0	0	1

Confirmed cases



Total samples tested
33,62,136 (↑ 1,19,976)

4,332 cases being reassigned to states | More than 70% deaths due to comorbidities | One migrated case included in recovered
Figures are subject to further reconciliation

Source: Ministry of Health and Family Welfare & ICMR



abhaya FOUNDATION

Corona Relief Operations - Telangana



Telangana Being the Head Quarters of abhaya Foundation, we are blessed to serve more people in the state when compared to other states in the country. The office bearers personally engaged in each of the works relating to Corona Relief Operations in Telangana right starting from physically engaging in services, procurement, preparation, logistics, delivery, supervision, reporting, recording, delivery etc., for 60 days.

More than all these things...having Smt B Sumathi IPS, DIG - CID as the Nodal Officer of Corona Relief Operations provided us an opportunity to serve a greater number of people. Receiving Appreciation from Telangana Police Dept is like adding credential to abhaya and its Mission.

We could have served more than 18000 families in Telangana through various

initiatives such as distribution of Cooked Food, Masks, Gloves, Sanitizers, Tablets, Dry Ration Kits, Hands Free Sanitizers, Thermo Scanners etc., Further abhaya also extended support to transport migrant labour from Telangana.

It's satisfying experience to each one engaged in abhaya Corona Relief Operations across 7 territories in the country. We pray for the well-being of each abhaya SoulDear who stood by us while we served. We are bringing a closure to 2 months long Corona Relief Operations in the Country, while we look forward to take up any task relating to corona relief activity in the country here after. - **Balachandra, Founder, abhaya Foundation**



'We feel proud to know and reconnect! Your kindness in spreading the cause is an inspiration We pray for your well being.'

Thank you
aspire
 SYSTEMS
 attention. always.



150 abhaya Kalashams served in 3 villages



I Madhukar Kolam, General Secretary of 100 Smiles Charity Foundation, Distributed food groceries kits to 150 Below poverty line families on 17th May 2020 with the support of abhaya Foundation sponsored by Aspire Systems. We identified the beneficiaries with the help of village Sarpanch's and verified by Mandal Administration officers.

The identified beneficiaries in 3 villages are Agricultural labour, Grama Panchayati Workers, Building Construction Labour & Migrant labour.

Below are village names:

1. Gungal Village, Yacharam Mandal, RangareddyDist (50 Families)
2. Manchal Village & Mandal, Rangareddy Dist. (50 Families including 25 Migrant Families)
3. Chintulla Village, Yacharam Mandal, Rangareddy Dist. (50 Families)

I personally joined in the distribution, all these villages are declared as Red Zone by Telangana government, but we managed to take the permissions and distributed food groceries & discussed with the labour they have lost their livelihood because of this COVID 19

lockdown. Most of them are daily labour who get their wages on daily basis and due to lockdown, no work no wages for them. Some are migrant labour they stuck up and starving for food. In this tough situation I thank abhaya and aspire for coming forward and helping this need people and thanks for giving an opportunity for me to serve the needy.

IT America
 We Think Globally

IT America have choosen abhaya Foundation as their CSR partner in community service , they will be sponsoring 501 abhaya Kalasams for now and they will keep supporting in future for our programs.

Thanks to Mr.Praveen Tadikamalla, Promotor IT America as a First tranche of \$850 transferred to abhaya

www.abhayafoundation.org



Thank You Team Sai Org BHEL



100 abhaya Thermo Scanners made available. Please let's know where there is a need



Distress Call forwarded benefited 60 Priests by your love and care



www.abhayafoundation.org

DGP - Telangana Police applauded the efforts of abhaya Foundation



Congratulations!

**Telangana DGP Sri Mahender Reddy, IPS
for being listed amongst top 25 IPS Officers
of India by Fame India**

Telangana Police while concluding the CORONA Relief Operations in Telangana, arranged a Teleconference Meeting with the DGP, Sri Mahender Reddy, IPS and invited all the NGO partners who were

engaged in relief operations, serving food and dry ration kits

There were more than 100 organizations participated in the call. Smt B Sumathi IPS, DIG - CID, Nodal Officer TS Relief Operations while welcoming Telangana DGP Mahendar Reddy, IPS and IGP Swati Lakra, IPS and all the members and thanked all the members for being there with Telangana Police for almost 60 days.

She said, as the lockdown imposed in the country all of a sudden, no one was really prepared including Police...They acted quickly and created a group on a war foot



basis. The sole purpose of the group was to connect different organizations and working for the poor people effectively. Right from the day 1 of Lockdown, police used to get hundreds and thousands of calls for support. Majority of the calls being from Migrant Workers and stranded groups. Representatives from GHMC, Nodal officers of 3 Police Commissionerates, Civil Supply Team, Women and Child Welfare, MECMA (Municipal Administration) were added to the group, so that everyone can

validate the authenticity and genuineness of the beneficiaries. It was not possible everyone to attend all the calls, but when all the members are collectively formed a group, it eased the operations and different teams can reach different locations. In the first week of lockdown, WCS team identified many orphanages, where there was a severe need of groceries, with help of members in group, the need got fulfilled and groceries were given for all the orphanages and old-age homes. Seva app been created immediately and got space to store the ration. 9 police vehicles and 32 staff members from Police are allocated to distribution works. 30-40 crores worth material has been distributed in a transparent way.

Need Life, Agarwal Packers and Movers group, Kriya Seva Sangh, Sri Satya Sai Seva Organizations, abhaya Foundation, Vasavi Group, Akshaya Patra, Youngisthan, CII are a few NGOs amongst 100s of teams lend their hands of support, Sumathi said during her remarks.

Later, Balachandra, abhaya Founder got a chance to share his thoughts. He congratulated DGP Mahendar Reddy for being adjudged as TOP 25 Powerful IPS officers in India. He thanked the Police for the opportunity.

He mentioned that Police for People and People with Police is really useful in waging a war against CORONA...Making Corona Free Telangana. 24X7 Organizations worked hand in hand, joined heads, hearts and hands and drenched in service activities. This corona relief works left divine memories for all the participated organizations.

DGP Mahendar Reddy thanked founder for the wonderful words. After Couple of organizations shared their thoughts too and thanked the Police...

DGP Mahendar Reddy, IPS thanked all the organizations for jumping in Quickly. He told that Nation-wide lockdown has never happened in the history and the situation is unprecedented and unprepared.

When the Government asked all the people to stay at Home, many of the migrant workers and daily labour suffered for basic needs like food. As a responsible department, Police came up with an idea to connect need and feed them. He appreciated all the members for working on a common cause to support fellow being and see that no person will suffer for food. He said that when all the doors were closed, the voluntary organizations opened their doors and served voluntarily and worked beyond barriers. He hoped that the kind of situation will never arise but asked for all the support if something of this sort arise in the future.

As a token of Gratitude, Police Department plan to handover a Certificate of Appreciation to all the NGO Partners. The certificate will be a memory for all the organizations to recollect the works done in tough time. He appreciated the services and said that it's Na Bhooto, Na Bhavishyati. The call concluded after DGP address to the organizations. - **abhaya Team**



తెలంగాణ పోలీసు డిపార్ట్మెంట్ లో మొదటి కరోనా మరణం నమోదైంది. హైదరాబాద్ కమిషనరేట్ పరిధిలో విదులు నిర్వర్తిస్తున్న దయాకర్ రెడ్డి అనే కానిస్టేబుల్ కరోనాలో ఫోరాడుతూ బుధవారం రాత్రి మృతిచెందాడు. నల్గొండ జిల్లాకు చెందిన దయాకర్ కు భార్య, ఇద్దరు పిల్లలు ఉన్నారు. వీరు ప్రస్తుతం హైదరాబాద్ లోనే నివాసం ఉంటున్నారు. లాక్ డౌన్ విధుల్లో భాగంగా పాతబస్తీలోని ఓ చెక్ పోస్ట్ దగ్గర ఆయన విదులు నిర్వర్తించారు. అయితే ఆదివారం దయాకర్ కు తీవ్రమైన జ్వరం, ఒళ్లు నొప్పులు ఉండటంతో అతన్ని బేగంపేటలోని నేచర్ క్యూర్ ఆస్పత్రికి తరలించారు. అక్కడ అతని శాంపిల్స్ ను సేకరించి పరీక్షలకు పంపగా.. సోమవారం కరోనా సోకినట్టుగా నిర్ధారణ అయింది. దీంతో దయాకర్ ను గాంధీ ఆస్పత్రికి తరలించి చికిత్స అందించారు. అయితే కరోనాలో ఫోరాడుతూ.. బుధవారం రాత్రి 10.30 గంటల ప్రాంతంలో ఆయన చనిపోయారు. ముందు జాగ్రత్త చర్యల్లో భాగంగా దయాకర్ కుటుంబ సభ్యులతోపాటు.. అతనితో కలిసి పనిచేసిన 16 మంది పోలీసుల శాంపిల్స్ సేకరించి పరీక్షలకు పంపించారు. అందులో నలుగురిని హోం క్వారంటైన్ లో ఉండాల్సిందిగా సూచించినట్టుగా సమాచారం.



With the support of Police Staff lead by Sumathi IPS and NGOs / Corporates, we could pool Rs.5laks and handed over to Smt Sailaja W/o late Dayakar Reddy, Constable, Hyd



It's paining to see the young Sailaja and little ones Shreyas (Wished to be a Police) and Draksha (Wishes to be a Doctor) who are not aware what happened in their life. We, with humility handed our pool of Approximately 5 lakhs which is no way matching their personal loss. We consoled Smt Sailaja. Our Beloved AK Agarwal ji is very kind enough to provide free education in the nearby DRS School till 12th Standard. We have no words to express our gratitude. Our concern is one: Police Dept has to take up the issue with TS Govt in getting empathy and support. Prayers for the departed SoulDear of TS Police. Thanking everyone who stood by the family. - **abhaya Team**

Donor

Women Safety Wing (TS Police)
abhaya Foundation
Aurbindo Pharma
Viswa Manavata Samastha
Hyd Rice Agencies Association
Youngistan Foundation
Agarwal Packers & Movers
G Ramulu, TPUS
Others (Directly given)

Total

Amount

1,03,400/-
75,000/-
25,000/-
21,000/-
11,111/-
10,000/-
21,000/-
15,000/-
2,18,500/-
5,00,000/-





1500 Masks served to NSG Campus, Ibrahimpatnam



1000 abhaya kalashams getting ready



Police for the People, People with Police



International NURSE DAY 12 May

అంతర్జాతీయ శుశ్రూష దినోత్సవం

అభయ శుభాకాంక్షలు

నర్సులకు మా వందనాలు అభివందనాలు కులము లేదు మతము లేదు, వయసు లేదు వనరు లేదు జాతి లేదు మరి భాష లేదు, భావనోక్కుటే మీకెప్పుడు సేవ సాటి రారు మీకు ఎవరు, నాటి నైట్ వింజిల్ మీరు మేటి లోకాన మేరీ మాతలు, సంజీవిని స్వర్గులో శుశ్రూష అమృతమస్తు అనందమస్తు, అందరికి మీరే ఆరోగ్యమస్తు మికివే మా అందరి వందనాలు అభివందనాలు

కరోన సమయంలో మీరు మా కరుణ మూర్తులు



Supported to transport Migrant labour in 4 buses from Kethagudem to Secbad Rly Stn



International NURSE DAY 12 MAY

www.abhayafoundation.org



2000 abhaya kits served to Front Line Warriors in Mulugu Dist with the support of Sri Garikapati Mohan Rao and TANA, USA





600 families served in Janagam Dist.

TANA, USA and abhyasa Foundation jointly served more than 600 families in Janagam Dist and Town during May 2020. The local volunteers who are well-wishers of TANA Members identified the most deserving communities in the areas and delivered abhyasa Kalashams on 31st May. The local volunteers were kind enough to identify the Barbers, Dobhis, Auto Drivers and Daily Labourers for serving. It was all together a collective team work. Sri Dasamatha Reddy overseen the entire activity. The beneficiaries expressed their gratitude to TANA and abhyasa. Sri Garikapati Mohana Rao, MP very kindly connected abhyasa, TANA and the donors to the most deserving communities. - **abhyasa Team**





abhaya FOUNDATION

Jyothirmayee Foundation



Jyothirmayee Foundation founded by BJR Group at Hyderabad, India. While we have been associated with few orphanages and other NGO's on a personal level from many years, we have established our NGO with a mission to create a fair and transparent platform that provides opportunity for people willing to get involved in any good that we do and thereby add more impetus to our efforts.

As COVID-19 unfortunately left millions of daily wage labourers, migrant and self-employed workers without any means to even earn a decent meal, we took the initiative to reach out to GHMC and Telangana Police Dept and had donated self-designed relief kits consisting of 10Kgs rice, 1Kg Toor Dal, 1/2Litre oil, 250grams of tamarind and 1 packet each of turmeric, red chilli powder, salt and a soap, which is sufficient for about 4-5people for a week. While we had done the best we could do personally, we wanted to do more and so had reached out to like-minded family and friends to join hands with us and support affected people.

We received an overwhelming and prompt response from all of them and that motivated us to then create an online fundraiser. The fundraiser further helped us raise more funds and this has helped us impact about 2000 people since the last one month.



As Balachander garu and abhaya Foundation have been in the forefront of such welfare activities from a very long time, we contacted him to guide us and take part with us in our efforts. He gladly agreed and invited us to abhaya Home of Happiness,

Ibrahimpattanam. We visited the ashram today and were surprised with his selflessness, compassion and positive attitude. While he explained the journey of abhaya Foundation and the challenges he had to overcome for establishing abhaya Home of Happiness, we were humbled and motivated to learn from his experiences and keep doing more for the needy. The ashram was very well maintained and provided good facilities for many destitute, which would not have been the case but for the personal involvement of Balachander garu and the support of numerous well-wishers of abhaya Foundation.



We successfully discussed many ways in which abhaya Foundation and Jyothirmayee Foundation together could conduct joint-relief activities and had finalized on a way forward. In this month, we aim to distribute atleast 500 more such relief kits, 2000 mini relief and sanitization kits which consist of biscuits, bread, masks and sanitizer and also support about 3-5 orphanages with dry ration for a week. Our joint efforts in the next one month shall impact an estimated 6000-7000 people. We feel honoured to partner with abhaya Foundation and particularly with Balachandra garu and hope to do many more such joint efforts in the future. - **Dr.Mrs.B.Jyothirmayee & B.Sai Bharath, Directors, Jyothirmayee Foundation**



abhaya FOUNDATION

Corona Relief Operations - AP



Greetings from Anantapur, In first Phase we could distribute 500 Abhaya Kalasams in various parts of Anantapur district.

After few days, when founder informed that we are ready to serve even more if any needy required some aid. On hearing him we are much delighted as we just came to know there are some communities that needed support.

A group of 3 Villages was in Red Zone as some people in that area were taken to quarantine. Majority of the people in the village are daily labour - Painters, Construction workers. For past 2 months they have no income. A volunteer visited all the three Villages and identified around 60 families. The next day Abhaya Kalasams reached their doorstep bringing smiles on their faces.

When we approached Mr.Ramu of Kallur if he knows anybody in his locality struggling in this crisis, he said he himself was cooking food in little quantities and distrusting the same to many migrant worker families near Kallur and Pamidi where they are living in some temporary sheds. 60 Abhaya Kalasams were sent to him for distribution.

And around 100 families of migrant worker families got stranded near Kuderu, Anantapur District. Nobody came to their rescue. Abhaya with help of local revenue authorities could do the needful to all of them.

Later, few students near Anantapur who knows abhaya and its activities approached seeking support that they could identify 45 Families needed support and they could pool only 11K which is insufficient. Abhaya stood by their side and provided all the required 45 Kits to them. - **Phaneendra, Volunteer**



3000 families served in Vijayawada 1 Town



TANA, USA and abhaya Foundation jointly served more than 3000 families in Vijayawada 1 Town during May 2020. The local volunteers who are well-wishers of TANA Members identified the most deserving communities in the areas and delivered thousands of abhaya Kalashams in a phased manner. As the Govt in AP given Rice, the locals requested for other essential commodities. The local

volunteers were kind enough to get 7 varieties for meeting their daily needs for a week. It was all together a divine work. Sri Nagula Meera overseen the entire activity and Sri Kesineni Nani graced the event. The beneficiaries are all belong to daily wage labour, push cart vendors, road side petty shop keepers and migrant labour



150 families served in Hasnabad, Guntur



Dr Ch Sulapani, MD, Rajyalakshmi Hospitals, Hyderabad and the Board Member, wished to offer heartfelt gratitude to his parents Sri



Somayajulu & Smt Rajyalakshmi who are no more by serving 150 most deserving families at Hasnabad in Krosuru Mandal in Guntur Dist of Andhra Pradesh Smt Rajalakshmi was very poise lady who used to take care of the hungry in the village all the time during her life. she was titled as Aparā Annapurna in the village Srinivas, MRO when approached Dr Suulapani seeking his support, he personally went all the way from Hyderabad to the village during the lock down and served 100 abhaya Kalashams to the needy families there. It is indeed a kind gesture from his side as true tributes to his late parents



abhaya FOUNDATION

Corona Relief Operations - Karnataka



Yuvashakthi Seva Foundation - Report

Yuvashakthi Seva Foundation reached 15000 people across 12 cities in Karnataka. We collaborated with 8 NGO to support 2000 Families. 4 full time volunteers and 12 part time volunteers worked during 50 days of lock down. Apart from food kits, vegetable kits and 5000 cooked food packets were served to poor people in 15 slums in Karnataka. Our volunteers also joined hands to stitch 540 cotton masks and distribute to need people. We also joined with abhaya foundation to 150 Devadasi Families in Koppal district.

Situation is relaxed here in Karnataka and daily labourers and other people have started working. Things are turning out to be normal slowly. So, we are concluding our COVID19 food relief activities now.

We would like to Thank abhaya Foundation for sponsoring 2 tonnes of Rice during Lock down.

We are left with some money and would like to donate Rs. 30, 000 back to abhaya. - **Bhushan Bharateeya, Volunteer, Yuvashakthi Seva Foundation**





abhaya FOUNDATION

Corona Relief Operations - Tamilnadu



We sincerely thank you for your kind Patronage by which we were able to support Around 1500 Needy Families. Your contribution is very timely and useful

We are in the process of distributing the Groceries to the 250 needy families. We thank for your kind contribution of Rs.1,00,000/- towards this distribution too. We have almost completed the distribution, but in some locations due to local conditions, it is getting delayed and will be completed soon.

Sl No	Category	Location	No.of Families
1	Physically Challenged People	Chennai	7
2	Physically Challenged People	Viluppuram	60
3	Daily News Paper Vendors	Chennai	49
4	Daily Wage Labours	Vellore	104
5	Tribal	Darumaburi	30
Total Families			250

There are many differently able people in the identified families. This support is very much useful for them. - **Mani, Secretary, NDSO**



Dear Sir, With all the divine blessings , we feel extremely proud to be associated with well wishers like You. We are extremely touched by your benevolence and continuous eagerness to keep asking if more support is required . You have been so benevolent and still asking if more support is required. At present, we are not in a position to say no when you offer, since our requirements to help the needy has being growing exponentially due to the current disruptions.In spite of various constraints we continue our journey in this divine mission. Hence, if you could consider providing your support & contribution to the below identified list of beneficiaries, we would be extremely grateful. - **J Prabhakar, Founder, NDSO, Tamilnadu**





Thank you dear Sri Hari

Gratitude To all the DONORS

www.abhayafoundation.org

Happy Birthday Dear Tural God Bless You for sharing your savings

Balachandra Sunku, Founder, abhaya Foundation visited my residence. He has been my very best friend for the last 25 years. During his interaction, I came to know that abhaya Foundation in coordination with dedicated police officers plus Staff with the support of benevolent donors and Corporates / NGOs has served the needy and distressed including migrant labourers consisting of around 10 lakhs meals/kits during covid 19. I have simply stumbled on astronomical figures.

Gratitude to Smt & Sri D Vijayabhaskar for their Love & Care to abhaya

His motivation springs from his inexhaustible commitment to the society by his untiring efforts. It demands great courage, commitment and wilpower to galvanise the people to work with him not for temporary motivation but with zeal to work with him for a long duration. Only rarest of the rare could do it. Salute to abhaya Foundation! Hats off to Balachandra! May God Bless him good heath, support, strength and ultimately a great satisfaction to his life!

- D Vijaya Bhaskar, ICLS Retd, Hyderabad

Happy Birthday Venkatesh Thank you Parents for Donations

Greetings & Gratitude to Divyaja Sravanthi, USA for the generous support of Rs.1,00,000/- for Corona India/ India

abhaya FOUNDATION

NASSCOM FOUNDATION

Thank you Hardik for connecting

Thank you Chennakesavulu Singapore for your kind Donation

Gratitude To all the DONORS

No words can describe your kindness and in serving the most affected marginally weaker sections of the society. No words of thanks would be enough to express our gratitude to you. With Prayers for Your well being!

abhaya Team



abhaya FOUNDATION

Corona Relief Operations - A Click Away



Abhaya Appeal for Corona Relief



500 abhaya Kits distributed at KPHB



Team Humanity Serving the Needy



Ramakrishna Appeal for Mission 5000 Kits



Preparation at abhaya Home of Happiness



Abhaya & TS Police joint Relief Activities



Service is about Thought, Word & Deed



Team Humanity - Breakfast Service



Keerthi Richmond Villas Donated 100 abhaya Kits



Abhaya Kalashams packing Started



What is Police in Corona



Abhaya - NDSO Joint Relief Activities in TN



Abhaya - Dignity Drive Served in AP



Breakfast Service by Tear Humanity at LB. Nagar



Abhaya Saluting TS Police Service



Relief Activities at Hyderabad



Migrant Labour Served



Relief Activities near Chandanagar, Hyd



Hands in Works - Hearts in Mission



Relief Activities in Rangareddy District



Thus Speak Beneficiaries



Inspiring Story - Khaleel & Maharunissa



Abhaya - ISBAA - Yuvashakthi - Served Devadasi Families



Material for 1000 Kits Arrived



Relief Activities in Nandhyal/ AP



Abhaya ISBAA Serving Marginal Labour at Hyd



Ms Swathi Lakra, IPS, IG, appreciated the efforts of abhaya



Insightful time with Smt B Sumathi, IPS, DIG-CID



RTA Ibrahimpatnam joining Hands



Thoughts of abhaya First Couple Smt & Sri K Ranga Rao



Abhaya Served NSG



What is happening at Police Stock point at Hyderabad



Interactive time with Dr. M Anil Kumar.



PSR Murthy & Manga Inspiring Gesture



Dr. Sulapani Lead Relief Activities in AP



Smt Rajeswari (Mother of Founder) Served the cause



Interview with CS Ramakrishna Gupta (Treasurer)



Interactive time with VV Lakshminarayana IPS



Abhaya Relief Activities in Karnataka



Helping Hands to Weavers in Dubbak, Telangana



NDSO Serving 1300 abhaya Kits in Andaman /TN/ Pondi/ Assam



Yuvashakthi adding Shakthi to abhaya



Abhaya Hand free Sanitizers



Khaleel - The Happy man post serving in abhaya Corona Relief



Team NSG Served Inmates at abhaya



Cheppinatlu Chedhama.? Impact | Balachandra Sunku



Conversation with Meda Narasimhulu - Chairman, Abhaya



What Happened? During lockdown at Abhaya



abhaya FOUNDATION

May 2020 - Corona Relief Donations



Donor Name	Amount
TANA Foundation, USA	1805338
AP Janmabhoomi, USA	526595
Women Safety Wing, Telangana	103400
Aspire Systems India Pvt. Ltd.	100000
Gondi Nagesh Kumar	100000
Dr.Mendurammohan Rao	100000
S.Kalyana Chakravarthy	100000
IT America India Pvt Ltd	62500
Rajya Lakshmi Hospitals	42500
Staff, RTA	30000
KV Ramakrishna	25000
Vishwa Manavata Samastha	21000
Sree Nikesh	18750
CS PS Rao	15000
Venkata Kavaturu	15000
Ravi Peddi	15000
Samyama Enterprises	15000
Surya Narayana Yellapantul	15000
Yuvashakthi Seva Foundation	15000
Swathi Achanta	11250
Sandhya R	11111
Guru Alampalli	11055
Chenna Kesava	11000
Roddam Joshna	11000
CA Mohit Bansal	10000
Jayanth Viswanathan	10000
K Raja Kumar	10000
Raghunandan Goud, RTA	10000
S.V.Hari Prasad	10000
Shobha Govindraju	10000
Spaces & More	10000
SV.Shiva	10000
TVNK Kumar	10000
Y Arundan	10000
Muthyam Deepak	9000
Hemanth	7500
Madhavrao Govindaraju	6000
Chi. Thiriveedhi Anika	5500
Amarnath	5000
Ambika	5000

Donor Name	Amount
Ayinala Venu	5000
Jyoti Gupta	5000
Kolanu Jaya Reddy	5000
Mapathi Reddy	5000
Murthy Gunuputi	5000
MVK Nageswara	5000
Nalla Jai Shanker Gound	5000
Ramaswamy	5000
Shilpa Penugonda	5000
Syedmoha	5000
Vairamani Raman	5000
Thiriveedhi Partha Saradhi	4500
CS Priyanka Rajora	4000
Srihari Veeravalli	3750
Shree jai jagadamba	3328
Anusha	3000
Garimella Kusuma Kumari	3000
Mr.Gali Yadaiah, IFS	3000
Murali Krishna	3000
Prof.S.Ramanand	3000
Rajesh Katragada	3000
Rayapudi.prabhashini	3000
Suggala Laxmi Pavan Kumar	3000
Gondi Nagaraju	2500
Kota Rammohan & Sharmila	2500
Rajneesh Kumar	2500
Ravi ELL	2500
Vijay Kumar G	2500
Manohar	2250
CA Sanka Narayana Murthy	2000
CS Thirupal	2000
Dr Sapna Malhotra	2000
JK Somani	2000
Kiran Kumar Gunda	2000
L N Prasad	2000
Rama Subba Rao Madiset	2000
Ranjith.K	2000
Sireesha Borra	2000
Susarla Nagendra Kumar NAG	2000
Barla Sushma	1500

Donor Name	Amount
Chirag Padani	1500
Nageshwara Rao.M	1500
Rimpa Sarkar	1500
Surya	1008
Ambati Karthik	1000
Bharath Uppuganti	1000
Chilumula Rajashekar	1000
CS D.Chakradhar	1000
CS M.Nithyakalyani	1000
CS Suresh	1000
Duba Vara Lakshmi	1000
G Suresh babu	1000
Malepati Venkata Subbaiah	1000
Manchiraju Murthy	1000
Prof Veena N Hegde	1000
Sai Teja Kalluru	1000
Somi Setty	1000
Srinivas	1000
T.Anantas	1000
Umadevi	1000
Viswanath.G	1000
Abhishek Bagalwadi	500
B.Raghavendra Gupta	500
CS Ankita Gupta	500
CS Ramesh Atluri	500
CS Simpy Kumari Mishra	500
Dhanjay Pawar	500
Geeta Bagalwadi	500
Lakshmi A	500
Monica Thakur	500
Neha	500
Neha Daga	500
Prateek Bagalwadi	500
Ravi	500
Sandeep Gunti	500
Santosh Kumar E	500
Venkat	500
Vinod Eslavath	500
Sai Chaithanya.M	250
Total Donations	3318499



abhaya Home of Happiness

Latest Update



abhaya Home of Happiness at Ibrahimpatnam stood as the one and only vibrant establishment amongst all the centres of abhaya Foundation in the Country. Never it was considered as an active campus for the reasons like campus away from the city, destitute staying in the campus, situated in the dense forest, no approach road etc., but when entire world was under locked down for the past 2 months...abhaya home is on live bursting with activity.



Kudos to inmates of Aashram, despite of their age and immobility stood by abhaya Corona Relief Operations making heavenly difference to the good work with their engagement. Their innocence really added lots purity to the work.

Scores of people coming and going every day during relief operations, having them joy of seeing the people around them.

Founder's decision of staying at abhaya Aananda Nilayam made so much of difference in the daily routine of inmates. The daily schedule is followed meticulously by everyone with utmost sincerity and discipline.



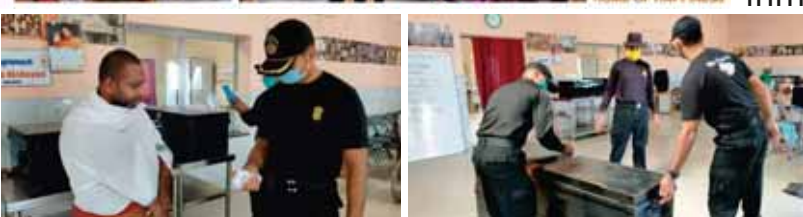
Never in the past 7 years of establishment, health of inmates at its best in spite of scorching heat of 45 degree. It's only due to the will of GOD people are happy and healthy.



Prayer and Bhajan became part of daily routine. Couple of inmates very actively learned bhajan songs. Lakshmana Rao the one, near and dear distanced him to be seen taking very active interest in many things in the Aashram.

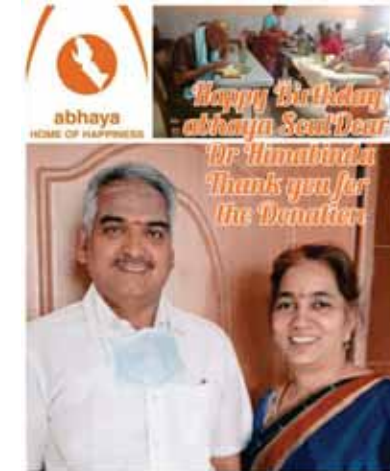
Venkat Reddy, who joined as a Driver but soon started managing the affairs at Home really added value to abhaya and the Founder as well. He tirelessly served aashram and cause of Corona. He is highly diabetic for 12 years...Now taking treatment at NIMS, Hyderabad. We pray for his well-being. But for him we could not have done this much work.





Dr Ch Sulapani is kind enough to visit abhaya home periodically and taking care of the health issues of inmates. PSR Murthy, Director, taking time and visiting the campus is of great help. Smt Manga also spares her time wherever there is a need.

During the month, NSG Commandos visited abhaya Home and provided 25 Trunk Boxes to the use of all the inmates.



As the Founder is staying at the Aashram, many visitors started coming in often. Founder post entering in the Aashram started following physical, mental, spiritual exercises with discipline. He authored a book titled "VidyarthulaJeevithalaku - Vijaya Deepika" for the benefit of student community in the country. He penned down more than 50 articles addressing all the questions and issues raised by the students.

We thankfully acknowledge the receipt of kind-hearted support from Maharshi Rice Mills, Manikchand Industries, Srinivas Mettupally, Generic Medicals, Mallikarjuna and other people. We appreciate Sai Ram Reddy for his voluntary work at abhaya Home.



During the month abhaya home celebrated birthdays of Sri Ganapathi Sachidananda Swamy, Dr Ch Sulapani, Dr Himbindu and also thank Sri Lakshma Reddy of Green Revolution, Mr. Sunil & Suvarchala, CS Mohit Gurjar, Sri K Udaya Krishna, Jiyanshi Pramod and Sri KSV Siva Krishna to sponsor one day meal during this month with their abhaya NSS donation. - **abhaya Team**





abhaya Home of Happiness

abhaya Nithyaanna Seva Scheme

(abhaya NSS)



Day by day, the activities of abhaya Home of Happiness increasing. As abhaya is offering all the services free of cost benefiting Destitute, Patients, Unemployed Youth all through the year, the need is felt to launch abhaya Nithyaanna Seva Scheme at abhaya Home, S.No: 58, Vinobanagar Development Society, Ibrahimaptnm, RR Dist, TS. Accordingly abhaya team decided to launch a Scheme with simple guidelines. The food is provided on 1 day in a year or 1 day in a year for life time, coinciding Birthdays, Wedding days, Death Anniversaries, Festivals etc., at the choice of the Donor.

Rs.1, 116/- for Annadanam on 1 day in a year

Rs.10, 116 /- for Annadanam on 1 day, every year for the life time

Notes:

1. The names of donors shall be displayed in Gratitude Board at abhaya Home Dining Hall
2. A certificate of appreciation in this regard will be provided to the Donor along with Receipt.
3. The donations collected under this scheme will be kept in the form of FDR
4. The interest generated on such deposit will be used for providing food.
5. Project Coordinator: K Ranga Rao (Mobile No: 9701360880)



abhaya Home of Happiness
AXIS Bank, Hyderabad
A/c No: 912010024839320
IFSC: UTIB0000008
ECS facility available



abhaya FOUNDATION

Educare Update



Hemalatha (B Pharma)

Dear abhaya, this is Hemalatha, studying 3rd year B. Pharmacy at Balaji College of Pharmacy at Anantapur. Last month, my college started online classes. As per the schedule we have classes from 10AM to 12PM and from 2 PM to 4.30 PM daily. I am listening to the classes regularly and submitting the assignment on time. And also, I am watching YouTube for interview skills. I wish everyone is healthy and staying at home. Thankyou Abhaya Foundation for your great support.



Rohan Khanna (B Tech)

Respected sir, I am S.Rohan Khanna, studying B.Tech 2nd year atJBIT college. During these lockdown days, I am attending online classes daily. As my mobile video quality is poor, I am referring notes send by my lecturers. There was a quiz conducted by our lecturers, in which I performed well. My parents are doing good. I am staying at home. Thank you abhaya for the supporting me.



Prudhvi Raj (Inter)

I am Prudhvi Raj. I have completed my intermediate. Now I am waiting for my results. Presently, I am preparing for EAMCET & JEE mains. I am staying at home and listening to online classes. Every day, in the evening I am learning C programming language through online classes. I hope everyone is safe and happy at home.



Ramesh (B. Sc.)

Dear abhaya, I am CM Ramesh, studying B.Sc. Microbiology at Nizam College. I am preparing for 2nd Semester exams, which will be conducted in July-2020. During lockdown, I am studying about COVID-19, it is related to my subject. Thank you for your support.



K Ashwini (B Pharma)

My name is K. Ashwini, studying B. Pharmacy 3rd year at Balaji College of Pharmacy at Anantapur. Last month, my college started online classes. We have two sessions, classes from 10AM to 12.45PM and afternoon session we have to submit assignment from 2PM to 4PM. We are listening to the classes regularly and submitting the assignment on time. Every day some time is being spent on improving my communication skills and reading general knowledge books. Thank you abhaya Foundation for the great support.



Pravallika (Inter)

Dear Abhaya, I am Lakshmi Pravallika from Vijayawada. I am studying CMA (inter) in Vijayawada.

I am preparing for my exams which were actually planned to be held on June 10th but due to lockdown there were postponed to July 20th. I am studying at home very seriously. And also I am preparing for MBA. These exams also got postponed indefinitely. Thank you abhaya.





Jayanth (NEET)

Dear Abhaya, my name is T. Jayanth. I am taking long term coaching for NEET in Hyderabad. As there is lockdown I am studying at home. These days I am listing to online classes. NEET is postponed to 26th July. I am preparing well for the entrance exam.

Sandeep B (CA)

Dear abhaya, this is Sandeep from Palamaner, pursuing my CA articleship at Bangalore. Presently, I'm preparing for CA final examinations which are going to be held from 29th July 2020. I have applied for both groups consist of 8 subjects. 40 marks per subject and 50% aggregate in total is required for qualifying as CA.



My study plan is mentioned below (It may be helpful for my juniors who are appearing for professional courses):

- I have made plan & completed all the classes before 3.5 months of original schedule dates of examination.
- I did 1st round of subject wise reading and took 12 days per subject.
- Second round of reading was taken 4 days a subject.
- I used to read the same subject full day until it gets over (on an average 12hrs/day).
- 3rd round of reading was just like rapid revision. This round of reading is very much helpful.

Meanwhile, I had a plan to write mock test for ICAI and self-evaluated it. This will make sure to maintain the same consistency till the exams get over.

Important point to note that there shouldn't be deviation of mind until exams are completed.

As I am on study leave, presently I am not getting stipend from office. So, I will be continuing my monthly donation from the following month of my examinations. I request all the students to stay at the place where you are. Thank you abhaya.

K Rajesh (CA IPCC)

Dear Abhaya, this is Rajesh from Kakinada, studying CA IPCC (Intermediate). For the last few months, I have been preparing for CA IPCC examinations which are going to be held from 30th July 2020. I have applied for only one group consists of 4 subjects. In these 4 subjects, I have scored one exemption, so I need to write only 3 subjects. 40 marks per subject and 50% aggregate in total is required to eligible for 3rd level of CA. I am studying 12 hours a day, each day two subjects, one is practical and another one is theory. I have completed my first revision. Now I am in 2nd revision. To clarify my doubts, I am listening to YouTube classes. As I am having 2 months of extra time, I wanted to apply for second group if ICAI institute opens examination window for corrections. I don't need money for next 2 months. Thank you abhaya for the support.



Aishwarya (CA IPCC)



Dear Abhaya, I am Aishwarya Sheshadri from Vikarabad, studying CA IPCC. In the month of April, I did my preparation for the exams, which are going to held on July 30th. Now I am appearing for 1st group which consists of 4 subjects. My preparation schedule is nearly 12 hrs a day to cover 4 subjects. My first revision has been completed. As my exams are postponed, I started second revision. I am clarifying all my doubts in internet.

There may be less chances to allow for second group application if correction window is opened by ICAI. Anyhow, I am ready to apply if they permit us to apply for second group, because I have sufficient time to prepare as exams got postponed. I thank abhaya for the continuous support and encouragement.

2. మరచి పోతున్నాను:



సమస్య:

ఎప్పటి కప్పుడు చదువుతున్నా కూడా చదివింది మరచి పోతున్నాను. అప్పటికప్పుడు ఇక వచ్చేసింది అని అనుకుని పక్కన పెట్టిస్తుంటాను. తీరా తరవాత ఎప్పుడైనా గుర్తుకు తెచ్చుకుండా మంటే చదివింది మరచి పోతున్నాను అని తెలుస్తోంది. చదివింది మరచి పోకుండా వుండాలంటే ఏమి చేయాలి. నేను ఏ నాడు చదువును నిర్లక్ష్యము చేయలేదు... శ్రద్ధ గానే చదువుకుంటాను. కానీ మరచి పోతున్నాను.

చేయాల్సిన పని సమయానికి చేయకపోవడం లేదా అసలు ఆ పనిని పూర్తిగా మరిచిపోవడం జరుగుతోంది. టైమ్ టేబుల్ పెట్టుకుంటా, కానీ దానిని విస్మరించి రోజువారీ పనులలో, ఆటలలో, అలవాట్లలో పడి మరచి పోతున్నాను. తీరా తేరుకోని చుస్తే పుణ్యకాలం పూర్తవుతుంది. వీటన్నిటికీ కారణం "మరచి పోవడం". ఏమి చేయాలి.

వివరణ:

పెద్ద వాళ్ళు చెప్తుంటే మనము అందరూ వింటూ ఉంటాము. మరుపు మానవ సహజం. ఒక రకంగా చెప్పాలంటే దేవుడు

ఇచ్చిన వరంగా చెప్పుకోవచ్చు. జీవితంలో జరిగే విషయాలన్నీ మరచిపోకుండా వుంటే... చాలా ఇబ్బంది పడతాము. కానీ విద్యార్థులకు ఈ వేదాంతము పనికి రాదు. విద్యాభ్యాసంలో మరుపు అన్నది ఉండకూడదు. కారణం చదివే ప్రతి విషయం వాళ్ళు మరచి పోకుండా వుండాలి అప్పుడే అవసరాన్ని బట్టి వాళ్ళు చదువుకున్న అంశాలను ఉపయోగించే వీలుంటుంది.

ఉపాధ్యాయులకు:

విద్యార్థులకు చెప్పిన విషయాలు మరచి పోకుండా వుండాలంటే, ఉపాధ్యాయులు పాఠాలు బోధించే సమయంలో కొంత సృజనాత్మకత ను



జోడించాలి. ప్రయోగ పూర్వకముగా విద్యార్థులను అందులో మమేకం చేయడం ద్వారా వారి మనసులకు కాకుండా హృదయానికి హత్తుకునే విధంగా పాఠ్యాంశాలు బోధించాలి. అంతే కాక దృశ్య, శ్రవణ, సాంకేతికతలను జోడించే ప్రయత్నం జరగాలి.

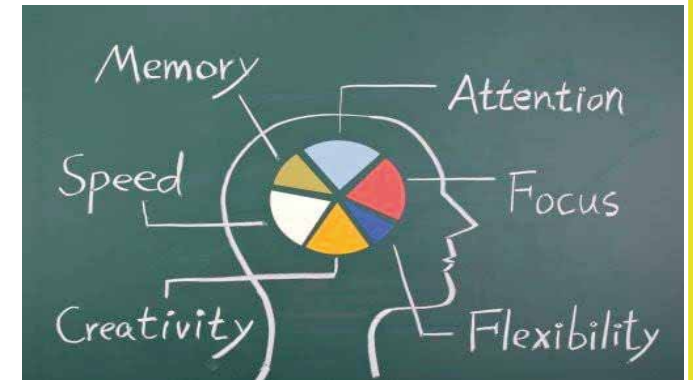
ఈరోజుల్లో మరుపు రాకుండా ఉండేందుకు చాలా రకాలైన విధానాలు వున్నాయి. సాంకేతికత ను మనము నిత్య జీవితంలో జోడించడం నేర్చుకుంటే మంచి ఫలితాలు సాధించ వచ్చు.

ఆ మధ్య ఒక సమావేశంలో, విద్యార్థులతో మాట్లాడుతుంటే, మరుపు అన్న అంశం చర్చకు వచ్చింది. అప్పుడు నేను విన్నూత్నంగా ఒకటి చేసాను. నాలుగు లైన్ల పద్యాన్ని తీసుకుని కేవలం 3 మార్లు మాత్రమే చెప్తున్నాను ఎవరైనా విని తిరిగి

చెప్ప గలిగితే బహుమతి ఇస్తానని ప్రకటించాను. అందరూ చాలా ఉత్సాహంగా సిద్ధమయ్యారు. సుమారు 500 మంది ఉన్నారు. 3 మార్లు వాళ్ళందరితో నేను చెప్తూ వారిలో చెప్పించాను. ఆశ్చర్యంగా కేవలం ఒక 10 మంది మాత్రమే ముందుకు వచ్చి చెప్ప గలిగారు. అంటే 0.02% మాత్రమే చెప్పగలిగారు అన్నమాట. వీళ్ళను ఏక సందాగ్రహులు అనవచ్చు. వీళ్ళకు సూచనలు ఏమి అవసరం లేదు. కానీ అక్కడున్న మిగతా 490 మంది పరిస్థితి గురించి మనం ఆలోచించాలి కదా...

నేను ఈ సారి పద్యం చెప్పటంలో పాటుగా దాని అర్థం కూడా చెప్పాను. ఇంకోద్దిమంది చెప్ప గలిగారు.

ఇంకో సారి చెప్తున్నప్పుడు పద్యం లో పాటుగా అభినయం కూడా చేసాను. . . రాగ యుక్తముగా పాడాను. ఒక సారి వేగంగా పాడాను... మరొక్క సారి కేవలము రాగాన్ని మాత్రమే లోల్లాయి పదంలో పాడాను. విద్యార్థులలో పదాలు చెప్పించాను. నేను ఏక్షన్ చేస్తే వారు పదాలు చెప్పాలి... నేను ఒక లైన్ చెపితే వారు రెండో ది చెప్పాలి... ఇలా ఒక 10 నిముషాలు తరవాత వాళ్ళందరిలో ఆ పద్యాన్ని సామూహికంగా చెప్పించాను. మీరు నమ్మరు... అక్కడున్న వందల మందికి ఆ పద్యం వచ్చేసింది. ఇంత చేసిన తరవాత కూడా కొద్ది మంది చెప్పలేక పోయారు అది వేరే విషయం అనుకోండి.



ఇక్కడ మనము గుర్తించాల్సిన విషయం ఏంటంటే, మనము పాఠం చెప్పున్న సమయంలో పిల్లలకు మొక్కుబడి పాఠం లా కాకుండా మొక్కవోని విధంగా జీవన పాఠం లా భోదించాలి. అప్పుడు మరుపు అన్నది ఉండదు. పాఠం ఒక అద్భుత మైన కథ లా చెప్పగలిగితే ఇక ఎవరు కూడా నాకు చెప్పింది గుర్తుకు రాలేదు అని చెప్పక పోవచ్చు.

ఈ రోజుల్లో, ప్రతి పాఠశాలలో అన్ని సబ్జెక్ట్స్ కు ప్రయోగ శాలలుంటున్నాయి, టీచింగ్ ఎయిడ్స్ ఉంటున్నాయి, Exponential Learning Methods ఉంటున్నాయి, filed visits ఉంటున్నాయి, online లో దొరికే వీడియో లు ఉంటున్నాయి...మరి ఇన్ని రకాల బోధనా సామగ్రి మరియు ప్రభావితం చేసే విషయాల ద్వారా మనం బోధిస్తుంటే 90% మంది పిల్లలు మరుపు అనేది రానే కూడదు. వస్తోంది అంటే మనము చెప్పే విధానంలోనే లోపం వుందని గుర్తించాలి.

మీరు నమ్మడం లేదు కదా...అందరం చిన్నప్పుడు మన అవ్వ తాతల ఒళ్లో కూర్చుని ఊహ తెలియని వయసులో విన్న కథలు ఇప్పటికీ గుర్తున్నాయి కదా...కారణం ఏంటంటారు చెప్పండి. ఆ చెప్పే వాళ్లలో మన మీద ప్రేమ వాత్సల్యం వుంది, మనకు వాళ్ల మీద అమాయకమైన నమ్మకం వుంది. వాళ్ళు హావ చెప్పే విధానములో అద్భుత మైన సృజన వుంది. వాళ్ళ హావ భావాలను కనులప్పగించి చూస్తూ...వాళ్ళు చెప్పింది ఏదైనా చెవులప్పగించి వింటూ అలా సేద తీరాము కదా...అందుకే మరచి పోలేదు ఇప్పటికీ... మరి మనము పాఠాలు చెప్పున్న సమయంలో ఎందుకు ఇట్టి విధానమును పాటించడం లేదు?

సూచనలు:

1. హృదయ పూర్వకముగా వినండి, చదవండి వ్రాయండి.

2. విషయము ఏదైనా చిన్న భాగాలుగా వ్రాసుకోండి.
3. మరవకుండా ఉండేందుకు కుటుంబ సభ్యులు / స్నేహితుల సాయం తీసుకోండి.
4. 10 సార్లు చదవడం కన్నా ఒకసారి వ్రాయడం మిన్న
5. ప్రయోగాత్మకంగా నేర్చుకోండి.

ఫైరణ మంత్రం:

Do I forget, or do I refuse to remember?
- Craig D. Lounsbrough

స్ఫూర్తి:

ఆమధ్య ఒక సమావేశంలో, విద్యార్థులు వేసిన ఈ ప్రశ్నలకు సమాధానంగా...నేను అప్పుడే విడుదల అయిన ఒక తెలుగు చిత్రంలోని డైలాగ్ వినిపించి...ఇది ఏ చోత్రంలోనిది అని అడిగాను...ముక్త కంఠంలో అందరూ కేరింతలు కొడుతూ సరి అయిన సమాధానం చెప్పేసారు.

అప్పుడు అడిగాను...అదేంట్రా, రోజూ వినే పాఠాలు, చదివే విషయాలు మరచిపోతున్నారు. . . ఒక్క సారి చూసిన సినిమాలో డైలాగ్స్ ఎలా మరచి పోకుండా చెప్ప గలుగుతున్నారు? అందరూ ఆశ్చర్యంగా నవ్వడం మొదలు పెట్టారు.

అప్పుడు నేను ఈ క్రింది విషయాలు వాళ్ల ముందుకు తీసుకుని వచ్చాను. పిల్లలు అలా ఒక్క సారి చూచిన సినిమా లో డైలాగ్ లు ఎలా గుర్తు పెట్టుకున్నారో వివరించే ప్రయత్నం చేసాను.

1. మరచి పోలేనంతగా సినిమాలో ప్రతి బిట్టును చూసారు.
2. మధ్యలో ఎంత డిస్టర్బెన్స్ వచ్చినా కూడా లెక్క చేయకుండా మనసు బుద్ధి హృదయం తో సినిమాలో లీనం

- అయ్యారు.
3. ఆ సినిమాలోని పాత్రలలో మమేకం అయ్యి...అక్కడ చూపించే ఎమోషన్స్ లో మీరు కూడా ఒక్కటిగా పీల్ అయ్యారు.
 4. చివరికి పక్కన కూర్చున్న స్నేహితులతో, కుటుంబ సభ్యులతో కూడా మాట్లాడనే లేదు.
 5. బయట ప్రపంచంలో వర్షం వచ్చినా. . . పిడుగులు పడినా. . . చేతిలో ఫోన్ మొగుతున్నా మనకు కనిపించలేదు...వినిపించలేదు.

ఇప్పుడు చెప్పండి...మీరు పాఠాలు వినే సమయంలో అయినా లేక నేర్చుకునే విషయంలో అయినా ఇలాంటి భావనలతో వున్నారా??? ఒక వేళ వుంటే మరచి పోవడానికి అవకాశం వుందా?

విద్యార్థులందరి నుండి నిశ్శబ్దమే సమాధానం అయింది. అప్పుడు చెప్పాను... పిల్లలూ పాఠాలు వినే సమయంలో మీ కళ్ళు, చెవులు...శరీరంలోని ప్రతి అవయవం తరగతి గదిలో వుంచండి. టీచర్ చెప్పే విషయం హృదయం తో వినండి. అప్పుడు చచ్చే దాకా ఇక మరచి పోయే అవకాశమే వుండదు.

- Balachandra, Founder, abhaya Foundation





abhaya FOUNDATION

భారత దర్శన్... ఆత్మ దర్శనాభిలాషతో



భారత దర్శన్... ఆత్మ దర్శనాభిలాషతో!

(గత సంచిక తరువాయి)

నేను దర్శించిన క్షేత్రముల సంక్షిప్త వివరాలు.

1. తిరుమాకలై (ఉయ్యనంద పెరుమాళ్)
2. తిరువన్నాయ (నవ ముకుంద పెరుమాళ్)
3. తిరుమాజకలం (లక్ష్మణ పెరుమాళ్)

నేను అందరికంటే చివరిగా రాత్రి 8.00 గంటలకు దర్శనముకు వెళ్ళినప్పుడు అచట అర్చకులు నా కోసమే వేచి చూస్తున్నట్లుగా నేను దర్శనం చేసుకున్న తరువాత తలుపులు మూసేశారు. భగవంతుడు నా మీద దయ చూపుట చేతనే, నేను అలా ఆ రోజు దర్శించుకోగలిగానని నా విశ్వాసం.

ఇతర దర్శనీయ స్థలాలు : పునతూర్ కోట (గురునాయుర్ గజశాల), మమ్మియుర్ శివాలయం, సార్వ సారథికోవెల (రథాలయం), రాముండేశ్వరి ఆలయం మరియు వేంకటాచల పతి కోవెల (కేరళ తిరుపతి).

నదులు/సముద్రములు : భరతానది, పూర్ణానది మరియు చనక్కాద్ సముద్ర తీరం చూసాను.

కాలడి తరువాత దర్శించిన మరికొన్ని క్షేత్రములు:

108 వైష్ణవ దేశములు :

4. తిరుకాక్కూర్ (నామనమూర్తి పెరుమాళ్)
5. తిరుకొడితనం (అద్భుత నారాయణ పెరుమాళ్) సహచేన ప్రతిష్ఠ
6. తిరువెళ్ళ (శ్రీవల్లభ నాథన్ పెరుమాళ్)
7. తిరువాన వందూర్ (శ్రీసాంబ నాయిసప్పా పెరుమాళ్) నకుల ప్రతిష్ఠ
8. తిరుచిత్తరు (ఇమాయ వరప్పా పెరుమాళ్) యుద్ధిర ప్రతిష్ఠ
9. తిరుప్ప వియ్యూర్ (నూయాసెరాన్) భీమ ప్రతిష్ఠ
10. అరముల (సార్వ సారథి) అర్చన ప్రతిష్ఠ తిరువరన్ విల్లయ్

కేరళ పర్వతంలో నేను వైష్ణవ దివ్య దేశములు దర్శించిన సమయంలో కొన్ని అతి ముఖ్యమైన విషయాలు గమనించదగినవిగా అనిసింది ఇక్కడ ప్రస్తావిస్తున్నాను.

1. ప్రతి ఆలయం శ్రీ మహావిష్ణుపుతోనో లేక భాగవతంలో ముడిపడి ఉన్నది.
2. ఈ ఆలయములన్నీ 5000 సంవత్సరాల పూర్వము నిర్మించబడినవి.
3. ఆలయంలోని స్వామి మూర్తి మానవాళికి ఒక అద్భుత సందేశం అందిస్తున్నట్లుగా ఉంటుంది.
4. ఆళ్వారుల ఈ ఆలయంలో మూర్తుల గురించి వారి పాశురములలో ప్రస్తావించినారు.

శ్రీ వాలచంద్ర సుంకు

5. ప్రతి ఆలయం విశ్వకర్మ స్థపతి శైలిలో అద్భుత శిల్ప సంపదలో పూర్తిగా కలపలో నిర్మించబడి ఉన్నది.
6. ప్రతి ఆలయం చాలా సువిశాల ప్రదేశంలో ఉండి చూపరులకు కనిపించు చేయుచున్నది.
7. మూల విరాట్టు విగ్రహములు గర్భగుడిలో మానె దీపములు కాంతితో, పవిత్రముగా, సుందరముగా కనిపిస్తుంటాయి.
8. ప్రతి ఆలయం ఉదయం గం|| 5-00ల నుండి గం|| 11-30ని|| వరకు మరియు సాయంత్రం గం|| 5-00ల నుండి రాత్రి గం|| 8-00ల వరకు మాత్రమే తెరిచి ఉంటుంది.
9. ఇవి దేశములోని మారుమూల ప్రదేశములలో విస్తరించి ఉన్నా, ఆయా ఆలయములు చుట్టూ మానవ జీవనము నాగరికత అభివృద్ధి చెంది ఉన్నది.
10. ఈరోజు నేను దర్శించిన దేవుళ్ళందరూ పాండవుల చేత ప్రతిష్ఠించబడిన వారు.
11. ఈరోజు నేను దర్శించిన అందరి దేవుళ్ళలోనూ శ్రీ వల్లభ పెరుమాళ్ విగ్రహం అత్యంత సుందరంగా గోచరించింది.

తరువాత ఎడమవైపు అర్యా జాట్ చర్చిని చూశాను. తరువాత శంకరాచార్యులవారు కర్ణాటక లోని కొడతాచల పర్వతముల నుంచి తెచ్చిన భగవతి అమ్మవారు వేంచేసిన చోటనిఖ్యర దేవాలయము దర్శించినాను.

శబరిమల ఒక పవిత్ర గమ్యం :

నాకు వసతి మరియు దర్శనమునకు మంచి ఏర్పాట్లు చేసిన శ్రీ ఎమ్.వి.ఆర్. కృష్ణ లేజి ఐ.సి.ఎస్. గారికి నా దన్యవాదములు తెలిపాను. నేను పంబా నది, వాజర్ మనీడు, ఎరుమలై మరియు శబరిమలను దర్శించాను.

ఆరోజు రాత్రి గం|| 9-00లకు చేరుకున్న ప్రదేశము నెలక్కల్. ప్రభుత్వ రవాణా బస్సులో మాత్రమే అక్కడి నుండి పంబా ప్రాంతం వద్దకు ప్రయాణించాలి. పంబా వద్ద ప్రవహించే శబరి నదిలో పవిత్ర స్నానం చేసిన తరువాత అక్కడ నుంచి ఏడు కిలోమీటర్లు నడవాలి, శబరిమల చేరడానికి. నేను నదీ స్నానం చేయలేకపోయానా, ఏడు కిలోమీటర్ల నడకలో నా శరీరం స్నానం చేసినట్లుగానే అయినది. నాకు శబరిమల చేరడానికి సుమారు రెండు గంటల సమయం పట్టినది. ఆ సమయమంతా కూడా నేను "లోకా: సమస్తా: సుఖినోభవంతు" అనే మంత్రాన్ని పఠిస్తూ మనసులోకి ఏ ఇతర ఆలోచనను రానివ్వక, నడక వలన కొంచెం శరీర శ్రమ కలిగినప్పటికీ అలాగే ముందుకు సాగాను.

శబరిమల, కోట్లాది భారతీయులకు ఒక అద్భుతమైన ఆధ్యాత్మిక గమ్యస్థానం. నేను ఇంతకు ముందే శబరిమల క్షేత్రాన్ని దర్శించే అదృష్టాన్ని పొంది ఉన్నప్పటికీ ఈసారి నా భారత దర్శన యాత్రలో భాగంగా ఇక్కడికి వచ్చుట చేత ఈ దర్శనము నాకు ప్రత్యేకమైనదిగా నిలిచింది. సుమారు తెల్లవారు రూముడాక నాకు దేవస్థానమునకు ఎదురుగా కల

సుభాషిత వాణి
 "ధర్మ వివ హాతో హిన్దో ధర్మో రక్షతి రక్షితః
 యస్మాద్ధర్మో నహంతుర్యో మానో ధర్మో హతోపధీతో
 ధర్మమును మనము చంపిన, అది మనలను చంపును. దానిని మనము రక్షించిన, అది మనలను రక్షించును. కనుక ధర్మమును విడువరాదు. అది నశించిన మనమునూ నశించినట్లే తలంచవలెను."

ఎగ్జిక్యూటివ్ మేజిస్ట్రేట్ గారి క్యాంపు కార్యాలయంలో విశ్రాంతి తీసుకొనే ఆవకాశం అందించింది.

ఉదయం గం|| 5-00ల కు వినిపించిన అయ్యప్ప స్వామి సుప్రభాతంలో నేను నా నాలుగు గంటల నిద్ర నుండి మేల్కొన్నాను. అప్పటికే అయ్యప్ప స్వామి దర్శనానికి తరలివచ్చిన భక్తజన సంద్రాన్ని నేను అప్పుడు ఆశ్చర్యంగా చూశాను. ఒక అధికారి నన్ను ప్రత్యేక దర్శన ద్వారం నుండి లోపలికి పంపినారు. నేను చైవసన్నిధానంలో ఒక గంటకుపైగా గడిపే అదృష్టాన్ని పొందినాను. నేను అభిషేక దర్శనాన్ని తిలకించ గలిగాను మరియు ఆలయములో ప్రదక్షిణలు చేస్తున్నంతసేపూ 'సమస్త లోకా: సుఖినోభవంతు' అనే మంత్రాన్ని జపిస్తూనే ఉన్నాను. దర్శనం అయిన వెంటనే నేను మళ్ళి ఏడు కిలోమీటర్లు కొండ కిందకు నడిచి పంబా వద్ద కల శబరి నదికి 8 గంటలకు చేరుకున్నాను. ఈసారి నేను ఆ నదిలో పవిత్ర స్నానం చేసే ఆవకాశాన్ని నదులుకోలేదు.

శబరిమలలో గమనించదగిన మరియు నేర్చుకోవలసిన విషయములు :

1. ఏకాగ్రతతో భక్తితో దృష్టి పెడితే, అది మనకు బ్రహ్మానందమును కలిగిస్తుంది.
2. పుణ్య క్షేత్ర యాత్రలు చేయాలంటే మనం భౌతికంగా శక్తిమంతులుగా ఉండటం చాలా అవసరం.
3. సుందరమైన ఆడపులలో ప్రయాణించడం కన్నుల విందుగా ఉంటుంది.
4. ఇతర రాష్ట్రాల నుండి వచ్చు భక్తులకు ఇక్కడ సరియైన ఆహారము కనిపించదు.
5. కొన్ని సమయాల్లో మనదగ్గర అన్నీ ఉన్నా (పాదరక్షలు, గొడుగు, బట్టలు, మందులు, పోస్, డబ్బు) మనకు ఇబ్బందులు తప్పవు. ఇనేవీ మనకు సహాయపడవు.

మనదైన భక్తి, తపనతో ముందుకు వెళ్ళాలన్న కాంక్ష మాత్రమే మనలను అడుకొంటుంది. కానీ, నేను అనుభవించిన విషయము ఏమిటంటే అటువంటి సమయంలో మన అహంకారం పెటాపంచలు అవుతుంది. భగవంతుడు మనకు కఠిన సమయాల్లో ఎలా బయటపడాలి అన్నది అనేక పాఠాల ద్వారా నేర్పుతాడు. (సశేషం)



abhaya FOUNDATION

abhaya SoulDears



Prayers for the well being of Sri Meda Narasimhulu, Chairman, abhaya Foundation on his 83rd Birthday

అమరమైనది రాధా నాథీయం
వివాహ భంధం దృఢమై నిల్చి
సుఖ సంతోషాలే... నిత్యమై
సేవా కార్యాలే ఇక లక్ష్యమై
వజ్రోత్సవ దాంపత్యం మీదై
అందరికీ అది ఆదర్శమై నిల్చి
సాయి నాథుని దివ్య సుగ్రహమే
కలకాలం మీ తోడుండాలని

కోరుతూ
ప్రార్థిస్తూ
ప్రేమిస్తూ
మీ
బాలవంద



Happy Wedding Anniversary Apoksha Mohil



Happy 1st Wedding Anniversary Santhosh Sangeetha

Sri Meda Narasimhulu, the man of action and the person behind many great buildings.. A1 Civil contractor by profession... soft spoken... kind hearted...Service minded... he is well known for his dedication and commitment in his circles.. Even at the his early 80s, he is leading an inspiring life.. he is the mentor and chairman for abhaya Foundation... But for him abhaya Home of Happiness at Ibrahimpatnam couldn't be realised in span of months. He is now working on his lifetime project at Anantapuram with doubled energy and strong will.. Praying god to bestow blessings on him to have a healthy life on his 83rd Birthday... Presenting a brief video where he shared his life experiences and updates about Anantapuram project with abhaya Founder.

<https://youtu.be/mVRIdi0QPNw>



Happy Birthday abhaya SoulDear Koerthi Murthy Thank you for Donation to Corona Relief



Happy Birthday little abhaya SoulDear Aditi Thank you Shruthi Hartik for Donation



Me with My HERO Alluri Sitaramaraju (Superstar Krishna) on his Birthday 2018. Prayers for his well being. His 100th Movie stood as an inspiration for my life and mission



ఈ విశ్వనాథుడు ఆ విశ్వనాథుడి
సన్నిధి చేరిన వేళ - అంజలి ఘటస్తున్నాను



Tributes to Master Vishwanatham

He completed 80 years of King sized life... 50 years in serving as commerce lecturer.. In that 25Years of loving service for 1000 commerce graduates with free tutorials at Sri Sathya Sai Institute of Human Excellence, Dilshuknagar, Hyderabad...while He loved Educating young graduates with Values in commerce...the youngsters loved him as their compass in life... He breathed his last on 6th May 2020 so as to reach the abode of Sai. It's just not mere coincidence that he left the body on 6th May and this is the day Mother Eswaramma too left her body (Baba's Mother)

Sri Cheekoti Viswanatham is personification of love for education in the country. Very few knows about him and his selfless work.He established Sri Sathya Sai Institute of Human Excellence with an objective to Serve commerce students and other youth. The institute became source of youngsters who later turned to be volunteers of Sai Org.

I had the fortune of observing him since last 2 and half decades and also associate with his work and the institute here in Hyderabad...He lived for Teaching...3 decades selfless work...Never bothered about physical and mental strain while teaching...There were days when he fainted in class room and still continued teaching with brief rest. Such is his passion for Teaching. Now alumani of this institute spread across the Country. They are the silent workers of this land...that's why the country moving forward.

Salutations to Sri Ch Viswanatham... He called me in the month of Feb 2020 with so much emotion that he is leaving Dilisukhnagar so as to join the Son, Grand Son and Grate Grand Son who are staying in Hitech City asked me to come on meet him on 1st March 2020.

Yesterday...While crossing Konark Theater in Dilsukhnagar remembered him thinking that I could have visited him if he is still in the old house. But He last his breath some where else on the same day.

He is poorna manava (Complete Man) as he lived every second in serving those in need. Yet another Chapter of Sai SoulDears brought to closure with his departure. I only pray that his ideals of service be igniting the hearts of his families all over. He is One Man whom I keep remembering every day morning to draw inspiration for Service in my life. - **Balachandra**



"Can we Practice what is being said?"

- చెప్పినట్లు చేద్దామా?

I shared my thoughts yesterday on Zoom/ FB Live / You tube mediums for AVOPA Members and others Thanks to beloved Gampa Nageswara Rao garu and Impact Foundation who granted an opportunity You all can watch it and provide your feedback.

<https://youtu.be/hg2UIkL7y50>
- Balachadra



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14. ఆ.వె॥ మానవుడుపకరణ మహనీయ సంపద ।
 మూల్య మెంచలేని ముఖ్య సిరిర ॥
 వాడితేని ప్రేమ వనరౌను జగతికి ।
 వినుర బాలచంద్ర వినయసౌంద్ర ॥

భావం: ఈ లోకంలో మానవుడే మహా సంపద, అట్టి సంపదకు ప్రేమను పెట్టుబడిగా పెట్టి ఉపయోగించుకోగలిగితే భూమే స్వర్గమౌతుంది.

Important

for abhaya Donors

abhaya SB Account at **Andhra Bank** is designated account for **Foreign Contributions**.

All **Indian Donations** must be through **Axis Bank/State Bank of India/**

Do not deposit / transfer any Indian Donations in / to Andhra Bank.

Quote Name, Nationality, Phone, Address, E-Mail & PAN while sending contributions

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