

**abhaya FOUNDATION**  
an assurance for no fear...



**News Update**  
**December 2020**







**abhaya FOUNDATION**

**an assurance for no fear...**

### **About abhaya News Update:**

abhaya touches the heart of every one's life through its social work. We are committed to support and empower the most deserving communities in the country. abhaya team upholds its noble activities every month through this news letter. abhaya SoulDears (Volunteers) work tirelessly with abhaya's project 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 posted on 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 your kind consideration, care and support. Your association with abhaya and feedback would help us transform lives and help people reach their full potential.

please share this newsletter within your community. 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)  
Vaishnavi / Balachandra (Content/Editing)  
A Rajasekhar Reddy (Special design support)  
G Srinivasulu (Designing & Publishing)  
Manohar Choudhary (Social Media)

**STOP**

**READ**

**MOVE**



### **PARTICULARS**

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# Prayers for your well being in the year 2021 and there after



“ Even as the son of man came not to be served but to serve and to give his life as a ransom for many ”



“ You have right to serve, but never to the fruit of the service ”



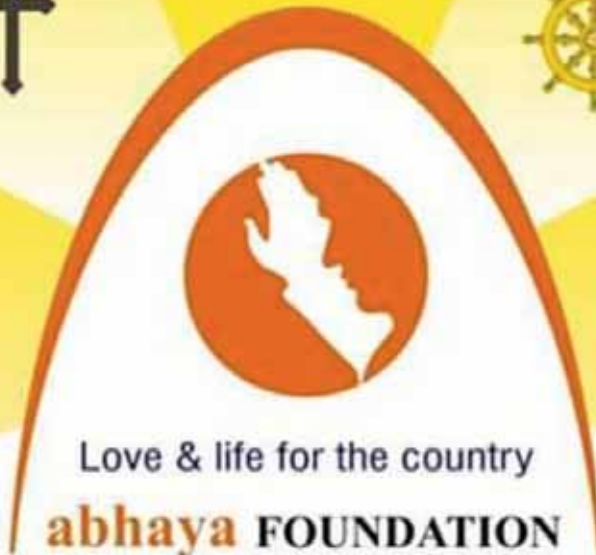
“ A generous heart, kind speech and a life of service and compassion are the things which renew humanity ”



“ Indeed, an ignorant man who is generous is dearer to God, than a worshipper who is miserly ”



“ Doing good to others is not a duty. It is a joy, for it increases your own health & happiness ”



## Mission to serve with the H.E.A.R.T

ABHAYA, 6-3-609/140/1, Anandnagar, Khairathabad, Hyderabad – 500004

All the Donations will be exempted under 80G | [abhayafoundation@yahoo.com](mailto:abhayafoundation@yahoo.com) | [www.abhayafoundation.org](http://www.abhayafoundation.org) | [www.abhayahome.org](http://www.abhayahome.org)





# abhaya FOUNDATION

## Hunt the Winter 2020



### *Come... Join Hands in serving those in need*



### *What more we can do for those suffering on the roads in this bone biting winter*

#### **Mission 10000**

abhaya foundation is doing an incredible work since its inception. One of the prestigious service projects undertaken by us is Hunt the Winter. It is hunting the winter on behalf of those shivering on the roads in the cold winter. The situation is quite bad, and we wanted to do our bit to the community. In 2006 we started serving people on the roads by giving warm blankets. We started with 100 blankets and now there are 100s of experiences which motivated us to continue this project. time an again every year we work on serving people.

This year we are planning to reach 10000 blankets to those deserving people all over the country. We started the Mission in October 2020 and in 2 months we have served 7500 blankets in 15 different states. Telangana, Karnataka, Tamil Nadu, Maharashtra, Andhra Pradesh, Pondicherry, Orissa, Gujarat, Delhi, Haryana, Rajasthan, Chhattisgarh, Madhya Pradesh, Uttara Pradesh, West Bengal and so on. We feel in debted to all our volunteers and donors for supporting us in serving all the needy people. We still need your help in pooling resources for another 2500 blankets before conclusion of Winter. - **Team abhaya**

## Support Chandrima Ganguly Dendukuri

There is no better gift than providing warm clothing to the needy during the winter season. Lakhs of homeless experience the bitterness of winter and are at great risk of suffering from severe illnesses. There cannot be a bigger satisfaction than saving someone's life.

We are targeting to distribute 10000 blankets during this winter season. 7500 blankets have been already been mobilised and being distributed.

The plan is to serve the needy in all states across India. We appeal to donate a minimum of Rs.200/- per blanket showing our love and care to those in dire need in the challenging times of Corona, Cyclones, Winter in various States.

If you are still not part of the Mission, please come ... join with your family, friends and let's give blankets to those shivering on the roads in the winter nights...



Read more -

[https://milaap.org/fundraisers/support-abhaya-foundation?utm\\_source=whatsapp&utm\\_medium=fundraisers-title](https://milaap.org/fundraisers/support-abhaya-foundation?utm_source=whatsapp&utm_medium=fundraisers-title)

To pay via Paytm (for Android users only) -

[https://milaap.org/fundraisers/support-abhaya-foundation/deeplink?deeplink\\_type=paytm](https://milaap.org/fundraisers/support-abhaya-foundation/deeplink?deeplink_type=paytm)



**abhaya**  
FOUNDATION

ORONA  
Relief

**abhaya**

**Hunt the Winter 2020**



**Mothers serving during midnights in the Country**



Many women volunteers volunteered to come out in the nights to serve those shivering in the winter like mothers serving their children. Never have we seen so many women participating in abhaya Hunt the Winter. We bow before each mother who took part in such good work. Goddess must have felt happy by their selfless love and care. join the Mission of 10000 blankets-**Balachandra.**





## abhaya Hunt the Winter - Telangana Update

It is been 4-5 years since I participate in Hunt the Winter blanket distribution in person. I took 30 blankets from abhaya and planned to distribute along with my friends at Apartment. We went for a hunt on Saturday and roamed in Lingampally, BHEL, Kukatpally areas. It took so much time to find genuine needy. I was happy that we could not find many in my surrounding areas and felt that number of people who sleep on roadside decreased these days. We could distribute 5-6 blankets only in our first round even after searching for 3 hours.

In our second drive, we could find many people and distributed around 15 blankets. I found many others who are distributing blankets during nights. I found people are sleeping with cement bags just to get blankets from different sources, but not using those. I request volunteers, whoever is going for distribution to observe the needy and ensure it is going to right people. I thank abhaya foundation for this opportunity and Kiran Gunda and Kiran B, my friends for joining the distribution.- **KSV Siva Krishna, Secretary, abhaya Foundation.**



We are part of abhaya Hunt the Winter for the past 8 years with our family members. But this time due to Covid 19 they couldn't make it. Two years ago we created abhaya humanity what's app group with 20 likeminded people. This year team divided into three groups and distributed the blankets in various places, we noticed that there are many people suffering on the roads. This is the critical period for every one who is earning, we can think of the fate of pavement dwellers. We found people who are sleeping and shivering on the roads with out blankets, covering their bodies with plastic covers and rice bag covers. We covered their bodies with our blankets with out disturbing them. Some times they showed the gratitude towards us it is really amazing and one person is crying when we covered his body with tears in his eyes. This year we faced this kind of experiences in the mid night. Thank u abhaya for giving this wonderful opportunity - **K Mallikarjuna, Coordinator, abhaya Foundation, Hyderabad**



With folded hands my sincere gratitude towards abhaya Foundation, Vivekananda Institute of Human Excellence and their Donors for their kind gesture of arranging Blankets for those needy who are homeless and poor in and around Khammam. I along with Sathya Sai Youth led by Shri Nagaraju & VIHE Youth led by Chandrasekhar distributed blankets. Sincere appreciation to Balachandra for his relentless service and driving people like toward Service to the Nature & mankind. - **Devaki Vasudeva Rao, [https:// www.facebook.com /vasudevaraobjp/](https://www.facebook.com/vasudevaraobjp/)**





## She has tears of gratitude on receiving the blanket



abhaya Home of Happiness is a place where homeless and sick is given love and care. Every year abhaya Foundation does a fantastic job of Blanket Distribution as part of abhaya Hunt the Winter. There are so many destitute, needy and old people who shiver, suffer and

spend their frigid nights on footpaths, railway stations, bus stops, and other open places during winters. With every drop in temperature it's a fight for survival for most of such people. abhaya in the true sense gives Abhyam to those in fighting their Wintry nights. This year winter is very hard. Lot of single women and poorest old age people are living a vulnerable life on the roads and suburban areas of this country. We distributed 30 blankets during the month. 20 blankets were distributed in Vikarabad District and 10 Blankets were distributed in and around Hyderabad. Gods in human form suffering in the winter nights were extremely happy and expressed their gratitude.

One young girl in Vikarabad was shivering with just a dupatta to protect herself, she has tears of gratitude on receiving the blanket. She expressed that most of the services were only in Hyderabad and was happy that abhaya reached interiors of Vikarabad. Another person, who was mentally unstable was shivering with the fallen temperature. Though he couldn't express in words he was over whelmed and felt blessed to receive the blanket. An elderly lady, who was not taken care by her sons, also received the blanket and thanked God and organization. Thank you abhaya for giving us such a wonderful opportunity and we are happy being a part of the mission abhaya Hunt the Winter - **Prathysha Rajesh, Hyderabad**



Sharekhan Employees from Hyderabad region has distributed Blankets to Homeless people and beggars and poor people in sever chilling winter nights of Dec in hyderabad city ,our Team is regularly participating in Hunt the Winter for the last many years and we are very thankful to Abhaya Foundation for the oppertunity to serve the needy and we wanted to be part of this noble cause every year . **Team Sharkhan , Hyderabad**



## abhaya Hunt the Winter - Gujarath Update

Sharekhan Team , Surat has participated Abhaya Hunt the winter in Surat, have identified distributess75 Blanketd to needy people mostly on Road side and 25 Blankets to an Orphanage where small children require Blankets , Despite of Curfew in Night times team taken thier time and completed distribution and team is happy to be part of this noble servie activity .. Thank you once again to abhaya Foundation - **Mehul Jani, Sharekhan, Surat, Gujarat**





## abhaya Hunt the Winter - Andhra Pradesh Update

It is said that God is residing in human form.abhaya has become the backbone of poor people in our country. Hunt the winter is one of the most important mightiest service activities that is happening across the country.200 blankets were delivered to Vijayawada. Our sudhekshanfoundation in co-ordination with abhaya foundation started distributing 100 blankets to the people staying without any shelter and destitutes staying near railway stations,bus stations,Benze circle,MG road etc., we found very backward areas Adavinekkalam, NekkalamGollaegudam of Krishna district where poorest of the poor reside over there. On 24th December we distributed 100 more blankets in these areas. All the needy expressed heart felt gratitude for receiving finest blankets for the first time. We express our heartfelt gratitude from sudeekshan foundation for making us to be part of this divine activity.

My Pranams to everyone.In co-ordination with abhaya, volunteers from Niswartha and abhaya foundation involved in distributing blankets that was given to us with lot of hope. Out of 200 ,we were able to distribute 180 blankets by finding real needy, road side destitute, shelter less people in and around Uravakonda, other villages,slum areas of urban and towns etc., All the volunteers, family members felt very happy while participating in the service and profusely thanked abhaya for creating this wonderful opportunity . Remaining 20 blankets will be distributed in the coming days. - **Venkat Thatikonda, Uravakonda.**



We are able to reach Adivasis in and around Nallamala deep forest areas enroute Srisailm. We have also distributed in Manikeswari Matha , Sri Siapa Sikaram, Hatkeswaram and three other tribal ares. Thank you for supporting abhaya foundation team. Lord Sri Malikaraja Swami bless you all good health and welth in life - **Amla Numai, ISCON, Srisailam, AP**





## abhaya Hunt the Winter - Karnataka Update



### Yuva Hunt the Winter 2020 - Update

As you know Youth Shakthi Seva Foundation (Youth for Nation) in association with Abhaya Foundation started it's HuntTheWinter initiative this year too.

We have distributed 350 blankets till now across Karnataka mainly in Bangalore, Bangalore Rural, Chikkaballapur, Mysore, Chamarajanagar, Tumukur, Kolar, Krishnagiri districts. Distributed 25 blankets to Tribal people in Chamarajanagar near Tamil Nadu border.

Happy to collaborate with Sri Dharmasthala Manjunatha Trust. The team has come forward in identifying and distributing 50 blankets to less privileged in Hosakote rural areas.

Team Yuva carried out Hunt The Winter in Shidlaghatta. We distributed 20 blankets to Roadside people. Distributed 20 Blankets to roadside destitutes in Chikkatirupathi. Sri Kantilal Rathod and others from Team Yuva distributed 40 blankets in Magadi Road. Sri Jagadish T and others from Team Yuva have distributed 25 blankets in and around Tumukur.

Our volunteers from different districts of Karnataka are who are serving the needy people have requested for more blankets. So, we procured another 500 more blankets. Our Volunteers are happy to take part in distribution.

Thanks to all who supported this selfless work. - **Bhushan Bharateeya, Volunteer, Yuvashakthi Seva Foundation, Bengaluru**



## abhaya Hunt the Winter - Maharashtra Update

We found adivasas residing in improper tents while proceeding to Gawilgarh fort. knowing and seeing the temperatures at that hill station which drop down to 15 -5 degrees in winter, I took the opportunity to engage my family and driver in abhaya Hunt the Winter. Driver got inspired with this activity and promised to offer his vehicle for one more time to perform the activity in Akola. - **Dr. K. Sailatha, 1st year Resident, OBGY Dept, GMC Akola, Maharashtra**



The happiest people I know are those who lose themselves in the service of others. We thought to take this weekend out, to step forward for a some social cause. This winter let's join hands together and shower care

by distributing them blankets. \_THANK YOU abhaya FOUNDATION - **Chirag Joshi, Nagapur**





## abhaya Hunt the Winter - Chandigarh, Haryana & Punjab Update

Sharekhan Teams from Chandigarh and Patiala distributed Blankets as part of Abhaya Hunt the winter in chilling nights in Chandigarh and Patiala areas to the Beggars and Poor people who are suffering in severe winter cold. Team is very happy to be part of this noble cause and Thank you Abhaya Foundation. Team Sharekhan Chandigarh and Patiala - **Pushpender Singh, Cluster Head**



## abhaya Hunt the Winter - Uttar Pradesh Update

We are grateful we could be associated with you and foundation. The quality of blankets was very nice, the delivery was fast and everyone appreciated the good work. Thanks abhaya foundation - **Mradul Varma, Group Head, Sharekhan, Lucknow, UP**



## abhaya Hunt the Winter - Madhyapradesh Update

Serve the needy by Sharekhan and abhaya Foundation in Tamilnadu, AP and Tealangan. About 300 employees will be serving the needy on 19th and 20th Dec 2020.

Sharekhan team identified a village 40km from Gwalior where adivasi residents and we surveyed and identified needy and distributed Blankets. Team expressed their happiness in participating the service activity and thank you abhaya Foundation for service opportunity- **Mahendra, Branch Manager, Sharekhan, Gwalior, MP**



**CS M Santhosh Kumar**  
stood by

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CORONA Relief  
**abhaya Hunt the Winter 2020**  
Love All - Serve All  
[www.abhayafoundation.org](http://www.abhayafoundation.org)

with his  
**Ventriloquism & Voice Modulation Work Shop**

On Sunday, the 3rd Jan 2021 at 11.00AM - 12.00PM through Zoom Call by Sproutz Preschool, Hyd

Rs 100/- Donation to  
**abhaya FOUNDATION**  
Account No: 91010042902046  
MICR Code: 50021002  
RTGS/IFSC Code: UTIB00000008  
Bank: AXIS Bank Ltd  
Branch: Begumpet, Hyderabad

Pl stand by the cause  
by registering as many kids as possible. Link will be shared to the registered people.

[www.abhayafoundation.org](http://www.abhayafoundation.org)

**Beloved Leela Chandu**  
**Happy Wedding Anniversary**

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Love All - Serve All  
[www.abhayafoundation.org](http://www.abhayafoundation.org)

**Thank you for Generous Donation**  
**God bless you!**



**Thank you abhaya Soul Dear**  
**for serving Rajasthan**  
**on your Birthday**

**Happy Birthday Dear CS Vikas**





## abhaya Hunt the Winter - West Bengal Update

### Story of Suffering, Angel and Samaritans

Pritha a needy woman in mid-30's with 2 young daughters is homeless. The open ground is their only place to dwell, often driven away by police constables. The terrace above their head is the star lit sky. Torn flimsy clothes adorn their bodies. Every moment after sunset is a nightmare for them as they fight the harsh winter.

Tarun had a surgery recently and just discharged from a government hospital. Treading much below the poverty line, his old homeless parents don't know where to keep him in the bare ground, how to cover his body and keep him warm.

At that moment, an Angel, Smt. Subhodra Ghosh with her Samaritans sona, Kaushik, Krishnendu, Subho, Uday walked in as God sent and covered them with thick warm blankets donated by Abhaya Foundation. The Angel with her Samaritans have travelled in the darkness of late night to hunt 25 homeless in Open grounds, railway stations and near the Court area in Chinsurah, Bandel and Hooghly, West Bengal and Such are stories of millions of people suffering from extreme poverty and hardships. Tear flows down the cheek to think of their plight in this harsh winter.

Abhaya Foundation is doing a wonderful job in serving the needy and underprivileged. I sincerely appeal to one and all to donate blankets to this noble cause Hunt the Winter. - **Chandrima, Coordinator, abhaya Hunt the Winter, West Bengal**



## abhaya Hunt the Winter - Tamil Nadu Update

We would like to express our peat 42, Natthambedu 40, Sincere gratitude for your help Manamedu 10, Theduvamnam 58, **Total 283** with cyclone Nivar relief activities. Your contributions have helped the victims and their families to a large extent. Thank You.

The Blankets have kept children warm. The blankets were distributed to the below Families.

P.S Nallur 23, Palliputhupattu 14, Vellyankulam 14, Madukarai 19, Chinnapet 11, Karayamputhur 10, S o o r a m a n g a l a m 20, Poornakuppam 22, Earipakkam

Your continued support for all our activities at NDSO is greatly appreciated and we look forward to collaborating again with you to help make the lives of people better.

For any questions or details about cyclone Nivar relief work or other NDSO activities you can feel free to reach out me. - **Mani, NDSO**





# abhaya FOUNDATION

## Hunt the Winter - Donors



Name of the Donor	Amount	Name of the Donor	Amount
Sealwell Chandrima Ganguly & Friends	156000	Prasanth Rachamadugu	1000
Yuvashakthi Seva Foundation	50000	Srikanth Marti	1000
Bhushan	40000	Visalakshi	750
Ravi Raman	20000	Dr.Sonal	600
Arun Kumar	20000	Dr.Jasmine	600
Humanity Group	15000	Leelavathi	600
Goodclap	10626	Dr.Bhushan	500
Mr.Trivikrama Rajesh Samudrala	10000	Smt.Lakshmi	500
Bharath T	10000	Dr.Vetriselvam	500
Venkata K	5000	Basavaraju & Family - SA Eng.	400
SREE RAM AVINASH MADDIKONDA	5000	Bandi Srinivasulu - SA PS	400
NB Srinivas	5000	Thatikonda Venkat	400
Rajesh Katragada	5000	Dr.Muneer Mohammad	350
Bindu LBO	4000	Dr.Yeswanth	200
BSSSB Sr. Citizens Association	4000	Tarun	200
Pavani	3000	Varun	200
Shivam Dixit	2000	Mani Mahendra	200
CS Radha Tanwada	2000	C.Sujatha	200
Venkat & Family	2000	B Sai sree harsha vardhan reddy	200
Dr.Pramod	1000	J Baba Vara Lakshmi	200
Subbarayudu	1000	Racherla Chandra sekhar guptha	200
Vinay	1000	R.Hemalatha	200
Siva Prasad	1000	R.Sidda Lalith	200
Surya Narayana Om Shanthi & Family	1000	R.Hima Nikshith	200
Venugopal - PD	1000	R.Padmavathamma	200
Bhaktula Kiran	1000	<b>Total Amount</b>	<b>386626</b>
JanakiRam Bhagavatula	1000		





# CSR Activities Update



Founder Balachandra met Shaik Nayeem from Rasoolpura, Founder, Kriya Sangh Society which is started in 2005 in the area. In spite of financial difficulties at home as a child, he was not able to pursue higher studies. He started doing petty jobs and determined to serve the society.

Today he is working towards eradicating such difficulties faced by the needy to reach their dreams with his NGO. He has helped many kids finish their Engineering, Nursing and such other courses with the help of donors.

During Corona Times, abhaya started working with Kriya Sangh Society and DG control team in serving thousands of people with COVID kits (food and medicines) for more than 6 months. Now upon pandemic situation is under control abhaya enquired with Shaik Nayeem as to how can we help Kriya Sangh Society to improve young people through their training center and to give sustainable life to the needy. They expect to start tailoring classes, beautician, Driving and mobile repairing courses once the necessary applicants are ready. Shaik Nayeem also visited abhaya home and was very impressed with our programs and services.

Srinivas Gowra Foundation, Dhanush Healthcare and other like-minded responsible citizens of the area nearby Rasoolpura readily came forward to stand by the initiative.

Accordingly...A campaign initiated by Shaik Nayeem in the slum. More than 200 young men and women congregated at Govt High

School on 24th Dec 2020. All like minded people took time to show their solidarity to those present. Sri Gowra Srinivas, Smt Chandrima, Met Alpana along with the Founder interacted with the people assuring their best possible support to Kriya Sangh Society.

All the women were given Sanitizers and masks for their consumption during the tough times.

The plan is inaugurate free empowerment classes from January 2021. - **Team abhaya**





# abhaya VIVO Computer Lab

Zilla Parishad High School - Gutala, Polavaram (M), West Godavari (D), Andhra Pradesh

Sponsored by



Maintained by



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Project VIVO - In collaboration with Abhaya Foundation, Sponsored by VIVO for Developing Rural Government Schools. 2 in Telangana & 2 in Andhra Pradesh

## Update of 2 Schools in Andhra Pradesh

School 1: ZPHS Pamaru, Krishna District, AP

School 2: ZPHS Gutala, West Godavari, AP

We planned to provide Computer Education to students in 2 Govt school's of AP and it's became reality now. After continuous efforts by our team members, we have completed Computer Lab Installation, Setup in both the schools and soon we will Inaugurate this Lab & Gift this to our students.

We planned Inauguration of both the computer labs post sankranti festival.

## Update of 2 Schools in Telangana

School 1: MPUPS Thadiparthi, Rangareddy District. TS. We have provided the school with digital classroom Materials, Green boards, Dual desk benches, completed doors & windows repair. Now entire school painting work started, once painting is done we will plan the inauguration dates.

School 2: Deaf & Dumb School Malakpet, Hyderabad. TS. We have provided the school with digital classroom Materials, Sitting chairs. Now we are working on renovation of Toilets.



## Driving Simulator at abhaya Home

our youth empowerment team with the help of Hyundai Motor Group has worked hard to provide driving training for 2000 students in Telangana. They have also provided us with 2 cars. Considering the wear and tear of the cars we are now installing driving simulators at abhaya home of happiness at Ibrahimpatnam sponsored by K Fintech Hyderabad. - **Team abhaya.**





## Appreciation to Sharekhan



By serving the needy  
in Corona Times through  
Sharekhan Staff

[www.abhayafoundation.org](http://www.abhayafoundation.org)

abhaya Foundation wishes to place their heartfelt appreciation to the Team Sharekhan for their "Feedtheneedy" Program on the eve of 150th Gandhi Jayanti on 2nd October 2020.

Very happy to know that 195 Sherus (Sharekhan Employees) lead by Rajiv Purohit served 1615 needy people across 3 states (Andhra Pradesh, Telangana & Tamil Nadu) spending about 710 man-hours.

We convey our best wishes to the Team Sharekhan for their sincere effort in eradication of poverty by their innovative idea of "Feedtheneedy". They proved to be different from many in the society with their kind gesture. - **KSV Sivakrishna, Secretary General**



**Tailoring Center  
Empowering  
at Kakkalapally  
ATP Dist, AP**



GSPV trust is greatly lending its hand to everyone in need. Trust extend giving its monthly support to 6 more patients, thus 115 patients suffering from chronic disorders are being served. Providing free medical services to 400 people coming from in and around villages of Koggatam through the primary health care center located at community hall.

Car driving school which was started to empower unemployed youth is going smoothly. community toilets that were constructed under Swachh Bharath Mission are being maintained properly.

I extend my heart felt gratitude to GSPV trust for its constant support against all hard times. - **Umadevi, Coordinator, GSPV Trust, Kogatam**



**dhanush**  
Healthcare

**Driving & Tailoring Classes at  
Lingapur Medchal Dist, TS**







# abhaya Home of Happiness

## Latest Update



**Residents:** Everyone at home doing fine. Unprecedented cold wave is bothering the residents since a month. People are not able to see the sun till 8AM in the morning, such is the fog. Somehow all the elders are managing their days and nights. Even if 3 layers of blankets are covered apart from sweaters and head cap, we can feel the cold nights. We are fearing that the elderly people may fall ill due to such bad weather.



**Suvarna & Family:** Suvarna along with her parents arrived at the campus travelling more than 500 kms from Dharmavaram. They are not able to take care of themselves. Inspire of challenges linked with their health, we decided to take care of them as no one is ready

to care them personally. Smt. Lakshmi & Smt. Geetha are longtime associates of Suvarna stood by them and pooled required resources for their comfortable life ahead.

**Parvathi:** Smt. Parvathamma (65), was brought to the Home by Madhavi (CA) and Vijay (Engineer) saying that she is abandoned on the roadside and she don't have anyone to take care. Listening to their words, She was welcomed happily. Later during the prayer session while Founder interacted with her in Kannada and Came to know that she has 5 children and they are all living happily and left her out on the street. Further it came to know that the 2 youngsters who accompanied her to Aashram are her own grandchildren. Shocked by such statements, Founder called the youngsters and asked them to provide correct information. They seeking



excuse revealed the fact that they are indeed blood relation. Irked by their behavior they were asked to take her back. But the Patvathamma is not ready to step out of campus staying that they are treating inhumanly. All the statements are recorded. The family agreed to pay 4000 per month along with her pension amount 2000 for her at the campus.

JP Reddy, ChinnaRamulu and PeddaRamulu are not keeping fit due to their health issues. Rani is fully recovered and regularly doing physical exercises while supporting the staff in doing their duties. If all is well with her, then she will be sent out for leading good life.

**Schedule:** Regular schedule at abhaya Home is religiously followed by the staff and residents. Most of the times Founder personally lead the prayers all the time.

There is so much of refinement in the conduct of everyone. Hope the residents will continue to be happy, healthy and holy. Suvarna started Devi Bhagavatham reading in the afternoon before lunch.

**Dr Sulapani is like Samjeevini** for abhaya residents. He keep sparing his good time visiting the people at least once in a month. We always feel grateful to him.





**Civil Work:** It is close to 8 years and we did nothing for the campus. We felt that there is a need of minor civil work in the campus such as making washrooms, car shed, isolations wards etc., But as the work started, the minor work turned in to major works. Many small and big repairs and maintenance related works sprouted. abhaya home is busy with scores of labor and technicians for the past 2 months. Inspire of utmost care, every work is done multiple times due to inferior quality workmanship. Somehow we could close the work. We may have spent close to 6lakhs both in cash and kind supplies for the work.

**Visitors & Donors:** Dr Ramachandra Rao, Nature Hospital, Melakondapally having started the week long camp at Gopal Goshala visited abhaya home and became spell bound seeing the good work happening at abhaya. He assured best possible support to Aasharam. Sri Rajender Reddy, Chairman, VDS also visited the campus.



Sri Venkatesh, Medical Agency visited Aashram with his young Son and friends to host lunch in fond memory of his wife Kiran Kumari. The visitors expressed their heartfelt appreciation for the good work and promised to support monthly medicines. Founder spent value time with them.

Arun, a young engineering student, the grandson of Suryakanthamma, inspired his friend Mahesh to celebrate his birthday at abhaya home. All the friends brought food grains for residents. Everyone appreciated their gesture.



Nayeem, Founder, Kriya Sangh Society, Rasoolpura visited the Campus and sought the support of abhaya Foundation in

empowering the unemployed youth in their slum areas

Further, abhaya home expressing their heartfelt gratitude to the following kind subscribers of abhaya NityannaSeva Scheme.



S.No	Name of The Donor	Date	Amount
1	G Murthy	1st Dec	10116
2	G.Phanikumar	3rd Dec	10116
3	J.Madhusudana reddy	11th Dec	10116
4	Tirumala Jyothi	12 th Dec	1116
5	Venkatesh	12 th Dec	10116
6	Mr.C. RANGA PRAKASH	15th Dec	10116
7	Hari Prasad Sunku	19th Dec	10116
8	C.A.Ganesh	19th Dec	10116
9	Renukadevi	23rd Dec	10116
10	C.A.P Rajeswararao	24th Dec	10116
11	K.V.Lakshmi Kumari	24th Dec	3000
12	Sailaja Narayana	27th Dec	10116
13	Anitha Srinivas	27th Dec	10116
14	K Ranga Rao	28th Dec	10116
15	A.Sai Kishore	29th Dec	10116
16	Sateesh Gupta & Sarita Gupta	31st Dec	10000
17	Dr . A G Ravindranath Reddy	31st Dec	10116





**Festivals:** Team abhaya tries hearty to celebrate every festival engaging all the residents in the events to pave the way to their happiness.



**Wanted:** We are looking for experienced Admin Manager, Social Media Manager, Driver at Home. The staff are expected to know the 2/3/4 Wheeler Driving and not to have any bad habits. The single people be given preference.



Founder's office: Knowing the fact that the Founder started staying at the campus, many donors and well wishers started donating lot of furniture and other useful stuff. With such furniture and fixtures, now the space is looking very beautiful.—**Balachandra**



# abhaya News Flash

**19th December 2020**



**Fresh Driving Batch initiated at Madugula, TS**



**abhaya Hunt the Winter 2020 Happening in the Country**



**Suvarna family welcomed at abhaya Home of Happiness, TS**



**Tailoring Classes progressing well at Kakilalapally, AP**



**Digital Class Room is ready for inauguration at Gutala, AP**



**Electrical Wheel Chair given to Ganesh, Manchala, TS**



**Tailoring Classes progressing well at Lingapur, TS**



**abhaya with the support of other NGOs to work in Rasoolpura Slum, Hyderabad**

**Sharekhan Team partnering in distributing Blankets in TS**







# 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

## Education



### Educare Reports by Students

**Dr. K. Sailatha, MBBS, MS (OBGY)**



Due to decreasing incidence of Corona, General patient load started increasing in our department. We are getting hands on opportunity along with workload with variety of complicated cases. I try to manage my stress levels by having lovely talk with patients, entertaining them with my improper Marathi in between and considering each work as submission to God during 36hr and 48hr long shifts twice or thrice a week.

The mini surgery that I did, went wrong and was about to land up into a complication in near time. But during the processes of post operation monitoring, my senior recognized that something went wrong, and they took immediate action in right time. All these mistakes and failures are becoming lifetime lessons for me in my practice. Since that day my focus further increased towards patient care and careful monitoring.

For one week I was posted for the first time in to Covid ICU. It was a clumsy environment with beeping sounds of machines. Sometimes stable patients die unexpectedly and low GC patients over ventilators recover miraculously. Every day, 1-3 deaths used to happen in ICU. Whenever I go for a round or monitoring, literally patients cry, scream and request me, to discharge them from that environment. Working in that place creates fear, makes us to realize that situation is still serious and significance of being careful with precautions.

After the exams of my sister, my sister and mother travelled Maharashtra by following necessary measures and reached me with so much love. My mother was suffering with some health

issues for which I lead her to respective departments and evaluated the problem with required investigations. Now she is feeling better from the sufferings. I took opportunity of my free time and Quarantine and spent some time with them in going to important places around Akola.

We went to shegaon which is famous pilgrimage center of Maharashtra, Buldhana district to offer our salutations at shri. Gajanan Maharaj Mandir. He is considered as powerful Saint and devoted by every Maharashtrian in every house. Swamiji attained samadhi at shegoan, where devotees hosted a magnificent mandir and hospital on his name. It is well organized with many sevadals like puttaparthi. We had Mahaprasadam and came back.

The other day we hired a private car following precautions and proceeded to Chikhaldara, a tourist spot located in Amaravati district, MH. It is eulogized as mini Ooty. It is like moving and being close to mother nature with her incredible creations while travelling to that hill station. Travelled almost 11kms of altitude with Exciting small ghat roads having multiple turnings with beautiful flora, fauna, splendid valleys welcoming us on either side.

Firstly, reached Bhimkund point. During Mahabharata times, Bhima who is mightiest of all Pandavas, killed keechaka and thrown the body of demon into this deep valley. That why it is often referred as keechakadara Chikhaldara. As it is not rainy season, we missed many waterfall sites.

Next visited Amba Devi temple. Never have I seen such a beautiful spot. Amba Devi who is swayambhu, her temple was destroyed by Britishers during their times.





Since then, Adivasass of that area started devoting Her immensely with so much devotion by installing her secretly in between the mountains. Next to it is lord Shiva under the same mountains. The special thing that astonishes everyone is that, there is continuous down pour of water from the mountains throughout the year and beautiful cascading waterfalls. But amount of water differs according to the season. I offered my heartfelt prayers for the wellbeing of everyone and filled with bliss by Amba darshan as well seeing lord Shiva getting continuous natural Abhishekam with the mountain water. While returning from temple we spent some time in boating at shakkarthlaav lake.

After that we reached the fort which was built by Ahmed shah during Muzzafarid dynasty. It was occupied by Britishers but after many Maratha wars finally it came under Maharashtrian control. We could only view its outer structure as entry was restricted due to construction for the modifications. Later we took some relaxation at Garden and had our lunch that we packed in the early hours of morning from my room.

Then proceed to panchbhol point a valley having five huge mountains. Every site is an eye feast to me. The name is derived from the thing, when we shout each mountain produces one echo. Thus, we get five distinct echoes from all the mountains.

Lastly, we visited Harikane and helicopter point. All the deep valleys and lush greenery filled our hearts with immense joy in this beautiful season. The sunset view was inexplicable among those mountains. While imprinting all those images in our hearts and returning, we found few needy people on the roads sleeping without blanket but having thin bed sheet on the floor or having bed sheet on the floor but no blanket over them. I thanked all of them for giving the opportunity and reached safely to the hostel. I Thank abhaya for giving hunt the winter opportunity. - **Dr. K. Sailatha, 1st year Resident, OBGY Dept, GMC Akola, Maharashtra**



### **Sandeep B (CA)**

First of all andariki vaikunta yekaadasi subhakankshalu !! I hope everyone are doing good. I was inactive here since my preparation days and right now I am free because final stage of examinations is done peacefully. Besides other factors, I have satisfied with my performance in the examination hall. This might be the best moment to me in the Year 2020 which is treated as a bad year due to Covid 19.



Currently my pending days of articleship is going on. It would be ended by Feb 2021 month. One thing I have done during this 2020 was controlling my mind and mental health. This would give us bright future. As everyone are getting happier due to a fresh start of 2021, unfortunately, Britain Covid Strain changed the people minds. Just control your mental health take care with your self-precautions.

I hope CA aspirants' exams among abhaya educare team were also performed good. Hope this time we will crack it. All the best to everyone including myself. Further, any CA related help required to anyone please drop a text to me and I will definitely answer those queries. Thank you everyone in this journey till date and it continues. ....

Advance Happy New year 2021.

### **Aishwarya Sheshadri (CA IPCC)**

In the month of December, I prepared of my ipcc exams held from Jan 22nd 2021. I am spending nearly 11-12 hrs. in my studies and in remaining time as usually helping my mom. Helped my sister in her studies like clarifying doubts etc. This time am surely ready to crack the exam anyway and revision is also completed. Am completely cured from typhoid and my health is also fine now.







### V Saritha (B Tech)

Dear abhaya, I am V. Saritha, D/o : Surendar, studying 2nd year,B-Tech in Malla Reddy Engineering College For Women. I am fine and I hope all are fine. In the month of December , I attended for External Lab Exams, which are held in our College (from 17-12-2020 to 18-12-2020) and performed well in Exams. Our college management are planned to conduct Soft skills training from 28-12-2020 to 31-12-2020( 4 days ).

### Haritha (Inter)

Dear Abhaya, This is Haritha Sri from palakol studying senior inter.In the month of November I involved in preparing for exams and making our juniors to learn mains which is allotted by our lecturer's because all of our syllabus was completed.As per the schedule, online exams are going on and I am preparing for that and attending for the exams.Remaining time I am utilising to learn reasoning from my brother.Thank you.



### KSR & KVG Educational Trust supported abhaya students

Long term abhayan and Founder of KSR & KVG Educational Trust, Sri K Viswanatha Gupta garu kindly came forward to support poor and meritorious students referred by abhaya. He is doing it for past 4 years on a regular basis. This time, abhaya educate members Saritha, Haritha Sree and Ashwini got support from their esteemed organization. We thank Sri Viswanatha Gupta garu and other trustees of KSR & KVG trust for their generous support.

V Saritha of II B.Tech from Mallareddy College of Engineering, Hyderabad, G Haritha Sree of Second Inter from Aditya Junior College, Kakinada and K Ashwini of IV B. Pharmacy from Balaji college of Pharmacy, Ananthapuram got support. All their families are facing financial crisis and requested abhaya for possible support. We wish all these students take this as a golden opportunity and excel in their education and settle in life soon. - **abhaya Team**

### K Ganesh (B Tech)

In the month of December, the assignment 1 and 2 has been completed and I got 9/10. I have spent nearly 13 hours per day online classes and preparations for mid semester exam. I am trying to improve my English using some reference books. My parents are well and being safe in pandemic situation. Thanks to Srinivas Gowra Foundation to donate electric wheelchair for me it is very useful to me I can easily move one place to another place.



### Ganesh got Electrical Wheelchair



Korra Ganesh, from Loyapalli who got seat at NIT, Surat was looking for possible support. Pavan, HR from Midhani forwarded the details to abhaya seeking support. After speaking to him, we understand that abhaya Treasurer Sri Ramakrishna Gupta is their company's statutory auditor and they know his association with abhaya.

After going through the details of Ganesh, we understood that he is a physically challenged and cannot move on his own. He is from a reservation category and fee will not be a problem for him, as Government will take care of entire fee. He requested for an Electrical Wheelchair, with which he can move from one place to another without support and a laptop, which is needed to attend online classes and submit assignments. After publishing the request, abhaya Trustee Sri Gowra Srinivas garu came forward to donate Wheelchair from their Srinivas Gowra Foundation. It is costing about Rs.60,000/- and was handed over to Ganesh last week. We thank Sri Gowra Srinivas garu for their kind and prompt action in this case.

Now he is looking for a Laptop. We got Rs.5000/- pooled for this and we need 25,000 more to get a decent configuration. We request all abhayans across Globe to come forward and fulfill this need. - **abhaya Team**





### **Rohan Khanna (B Tech)**

In the month of December, I finished external lab exams and semester examinations. The online classes of 3-1 semester classes has been stated and been going well. My parents are well and being safe in pandemic situation. Due to inspection of UGC of our college the mid-1 exams have postponed and will be conducted in offline i.e., in our college. Hope all are safe in the pandemic situation.

### **B Alekhya (B Tech)**

November we had our 2nd semester end exams in offline mode. And lab exams are also completed. And from last week onwards regular offline classes are being conducted according to the instructions given by JNTUK taking the necessary measures. Classes are conducted like as usual classes in 1st year. I'm safe here in the hostel and hope everyone is doing well.



### **Ch Gowtham Shiva Sairam (Inter)**

In the past month, I have been attending online classes and doing well with my studies and now as usual online classes are being conducted. I had taken my admission in bhimavaram college. As the college is too long to travel and the transport and the way is not good. So, we had shifted our admission to tadepalligudem yesterday.

### **K Ashwini (B. Pharm)**

In the month of December, as usual my 4-1 semester syllabus classes will be going on regularly, I'm listening well and preparing well for that examinations. My GPAT entrance exam notification Will be released; exam will be conducted on Feb-22 to 27. I have read abhaya newsletter in the month of December in that I have learn so many good things, how to serve needy people, I'm trying to make abhaya hunt the winter at Anantapur. I have



learnt one thing - "Giving is Gaining- Loving is Loving" this absolutely correct.



### **Rajesh (CA IPCC)**

In the month of December, I finished my exams. I could not well attempt my paper 3 exam, So I decided to go for opt-out scheme and opted for January attempt after taken permission of my parents and Siva sir. And started my preparation for January attempt exams and preparing well. My exams are to be held from January 22nd to February 8th.

### **Guidelines for the Students, Seeking support from abhaya:**



1. The student should pass in all the subjects and be top in their respective class
2. All the students should send a detailed monthly report on their education,

co-curricular and extra-curricular activities along with how he/she spent money

3. The monthly report should reach abhaya by 7th of every month
4. Before approaching abhaya, student should speak to college administration about his/her financial condition and request them for possible discount
5. abhaya will conduct a review meeting in every quarter and student should attend at least 3 meetings without fail
6. All the graduates or above should earn something on their own by doing a part time job of their choice and capacity
7. The fee will be transferred to the college account directly
8. The student must practice savings and spent the amount cautiously
9. Once an employable course is completed, student should search for an opportunity and join a job
10. Once settled in life, the student should support abhaya and participate in service activities of it.

All the abhayans can refer genuine needy students. - **abhaya Team**

### సమస్య:

నాకు స్కూల్ కు వెళ్లాలంటే భయం  
ఎవరైనా హేళన చేస్తారని భయం  
చెప్పింది అర్థం కాదన్న భయం  
టీచర్లను చూస్తే భయం  
చదువుకోవాలంటే భయం  
నలుగురిలో కలవాలంటే భయం  
ప్రయోగాలు చేయాలంటే భయం  
పరీక్షలు వ్రాయాలంటే భయం  
జీవితం అంటేనే భయం



### ఎవరణ:

ఆ భయం... ఇదిగో భయం... ఈ భయం... అంటున్నారు కదా మొదటి అక్షరాలు ఏంటో చూడండి! ఆ...ఇ... ఈ కదూ, మరి తెలుగు

అక్షర మాలలో మొదటి అక్షరం లో భయం ను జత చేయండి!

అభయం కదూ! ఇలాగే దేనిని మన వ్యక్తిత్వంలో జత చేయాలో అది మరచి పోయి లేని పోని భయాలను మనసులో పెట్టుకుని జీవితాన్ని టెర్రర్ మూవీ లా చేసుకుంటున్నాము. భయమే మరణము బలమే జీవనము అని మనము విన్నాము కదా. భయము నిరాశ వాదం అవుతే అభయము ఆశయ వాదము అవుతుంది అని గుర్తించండి.

నిజం చెప్పాలంటే భయం వుంటేనే బాధ్యత వస్తుంది అంటారు కదా పెద్దలు. అంటే ఏదైనా పని చేస్తున్నప్పుడు చేయలేమన్న భయం కలిగినప్పుడు... ఎక్కువ జాగ్రత్తలు తీసుకుని పని విజయవంతం చేయడానికి ప్రయత్నం చేస్తారు ఆశా వాదులు. అదే భయంలో చేస్తున్న పనిలో శ్రద్ధ చూపలేక ఒడిపోతాడు నిరాశా వాది. ఇద్దరికీ భయమే వుంది... కానీ వాడుకున్న విధానం వేరుగా వుండటం వలన ఒకడు విజయం సాధిస్తాడు... ఇంకోకడు ఓడి పోతాడు.

మీకు భయమేదైనా ఎలాంటిదైనా పారి పోవాలంటే కుటుంబంలో ఒక ఆత్మీయుడిని ఒకరి నైనా లోడు తీసుకోండి. అది అమ్మ కావచ్చు, నాన్న కావచ్చు, లోబుట్టువు కావచ్చు, గురువు కావచ్చు, స్నేహితుడు కావచ్చు... ఇలా ఎవరైనా కావచ్చు. వాళ్ళ సాయం తీసుకోండి, మీ భయాలను ఆందోళనల గురించి వివరించండి. చాలా సందర్భాల్లో కేవలం మనసులో వున్న భావాలను ఆత్మీయులలో పంచుకుంటే మనసులోని భయము పోయి బరువు తగ్గి తేలికగా అవుతుంది. ఒక సారి ప్రయత్నం చేస్తే ఏమిటి పోయేది... మన భయం మాత్రమే అని గుర్తించుకోండి. నా దృష్టిలో భయం నిజమైన అడ్డంకి కాదు... ప్రయత్నం చేయకపోవడమే నిజమైన అడ్డంకి.

మోహన్ అని ఒక పిల్లాడు వుండే వాడు. మధ్య తరగతి కుటుంబము మరియు చిన్న కుటుంబం. చాలా సిగ్గరి. ఎవరిలోనూ కలిసే వాడు కాదు. అమ్మ అంటే చాలా ప్రాణంగా ప్రేమించే వాడు. స్కూల్ వదిలిన తక్షణం సరాసరి ఇంటికి వచ్చి అమ్మ ఒడిలో వాలి పోయే వాడు. అమ్మ చెప్పే కబుర్లు వింటూ సేద తీరే వాడు. అంతా బానే వుంది కానీ చీకటి అంటే మహా భయంగా వుండేది అబ్బాయికి. అమ్మ లోడు రాక పోతే అడుగు కూడా వేసే వాడు కాదు.

అమ్మకు వున్న పనుల్లో... కొడుకు భయం పోగొట్టడం ఎలాగో తెలిసేది కాదు. వాళ్ళింట్లో పని చేస్తున్న రంభ అనే ఆవిడకు అబ్బాయిని అప్ప చెప్పేది. ఆవిడ ఆ చిన్నారి బాలుడి వెన్నంటే వుంటూ అతని బాగోగులు చూసుకునేది. ఆ పిల్లాడి లో ఉన్న భయాన్ని ఎలాగైనా పోగొట్టాలని రామాయణ ములోని శ్రీరాముడి వీరత్వాన్ని గురించి చెప్తూ... ఎప్పుడు భయం వేసినా రాముడిని తలచు కొమ్మని చెప్పేది.

అమాయకంగా ఆ పిల్లాడు రామ మంత్రాన్ని భయాన్ని జయించడము కోసమై జపించే వాడు. ఆ రామ మంత్రాన్ని ఇక జీవితంలో విడువనే లేదు. చాలా సమస్యల లో అను నిత్యం పోరాడుతున్నా... రాముడి స్మరణ మాన లేదు. మొత్తం దేశ ప్రజలు ఆయన ఏమి చెప్పినా అదే వేదంగా పాటించే వారు. భయమే లేకుండా శ్రీ రామ మంత్రమును తన జీవితములో ముడి వేసి చివరి దాకా బ్రతికాడు. చివరకు ఆయనను ఒక దుండగుడు హత్య చేశాడు... అప్పుడు కూడా రామ మంత్రం జపిస్తూ ప్రాణం విడిచాడు.

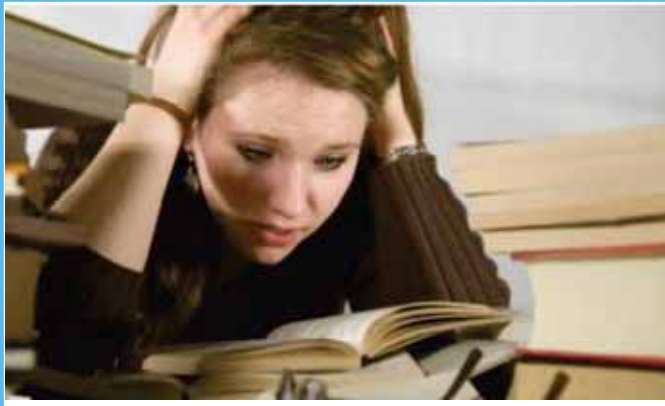
చీకటి అంటే భయ పడే ఆ చిన్నారి బాలుడు... వందల సంవత్సరాలు దేశాన్ని బానిసత్వంలోకి నెట్టిన తెల్ల దొరలను భయంలో పారిపోయే విధంగా చేసినాడు.

ఎవరు ఈ బాలుడు అర్థం అయిందా పిల్లలూ???

మోహన్ దాస్ కరంచంద్ గాంధీ... అదే నండి మన పూజ్య బాపూజీ... మహాత్మా గాంధీ.







మంత్రాలకు చింత కాయలు రాలుతాయని నా ఉద్దేశ్యం కాదు...కానీ నమ్మకం తో చేసిన ఏ పని అయినా తప్పక మన మనసులోని భయాలను అందోళనలను దూరం చేస్తుంది. అమ్మ ప్రసవించడానికి భయ పడితే మనం పుట్టి వాళ్ళమా... నాన్న పోషించడానికి భయ పడితే మనము ఇలా బ్రతికే వాళ్ళమా.

చిన్ననాడు నడుస్తే పడిపోతామని భయ పడి వుంటే మనము అసలు నడిచే వాళ్ళమా...

కలాం సార్...డబ్బులేదని భయపడి వుంటే... స్ఫూర్తి ప్రదాత గా అయ్యే వాడా...

గాంధీ భయంతో అలాగే పెరిగి వుంటే దేశానికి స్వాతంత్ర్యం వచ్చేదా.

ఎడిసన్ ప్రయోగాలు విఫలం అవుతాయి అని భయ పడి వుంటే వందలాది ఆవిష్కరణలు వచ్చేవా...

పిల్లలూ... భయంతో చేసే పనిలో విఫలం అవుచ్చు కానీ దాని ద్వారా నేర్చిన పాఠం మాత్రం విలువ కట్టి లేని అనుభవం ఇస్తుంది. భయం తో బిక్కు బిక్కు మంటూ షణానికి ఒక్క సారి చావడం కంటే ధైర్యంగా బయటకు వెళ్లి భయాన్ని కలిగించే అంశాన్ని ఎదుర్కోవడంలోనే జీవితము అవిష్కృతమవుతుంది. భయాన్ని అధిగమిస్తే విజయం...లేదంటే అనుభవం మనది అవుతుంది.

అందుకే ధైర్య సహసే లక్ష్మీ అన్నారు కదా. అంటే ధైర్యం ఉన్న వాడికే విజయము.

సూచనలు

1. భయము అసలు ఎందుకు వస్తుంది పరిశీలించండి... దాని వల్ల నష్టం ఏమిటి గమనించి ప్రాణం పోదు అని తెలిస్తే ఇక

ముందుకు వెళ్ళండి. 2. భయమున్నా అశావాద దృక్పథం ఉంటే మనము తప్పక మెలుకవలతో పనులు సాధించగలము. 3. FEAR : False Evidence Appearing Real. అని గుర్తిస్తే మనమీద మనకే జాలి కలిగి మన దృక్పథం మారుతుంది.

4. FEAR: Fear Everything And Runaway or Face Everything And Raise.

5. ఒక మంచి ఆత్మీయుడిని ఎంచుకుని మీ భయాలు అందోళనలు పంచుకుని చర్చించండి.



**స్ఫూర్తి:**

స్వామి వివేకానంద...యువ సన్యాసిగా వున్న సమయం లో గంగా నది తీరం లో వున్న ఒక సన్నటి దారి గుండా వెళ్తున్నాడు. ఒక ప్రక్క గంగా నది ప్రవాహం...మరో ప్రక్క దాటడానికి వీలు లేని రాళ్ళ దిబ్బలున్నాయి. నిర్మానుష్యంగా వున్న ఆ ప్రదేశం లో ఉన్నట్టుండి ఒక ముచ్చు కోతి అతనికి ఎదురు పడింది. వివేకానందను చూసిన వెంటనే గట్టిగా అరుస్తూ...మీద పడి రక్కడానికి సిద్ధం అయింది. వివేకానంద కు భయం తో ఒళ్ళంతా జలదరించి పోయింది. ఆ నిర్మానుష్యంగా వున్న ప్రదేశంలో ముందుకు, పక్కలకు వెళ్లే దారి లేక వెను తిరిగి వడి వడి గా నడవడము మొదలెట్టాడు. ఆ కోతి కూడా ఆయనను వెంటడం మొదలు పెట్టింది. భయంతో బెంబేలెత్తి స్వామి వారు పరుగెత్తడం మొదలు పెట్టారు. ఆ కోతి నుండి తప్పించుకోవడానికి వేరే మార్గం కనబడటం లేదు. భయం తో అన్ని మరచి తాను మనిషన్నది కూడా మరచి ఆ అల్ప ప్రాణికి వెరచి పారి పోతున్నాడు...అప్పుడు ఒక సాధువు గట్టిగా అరిచాడు... ఏయ్! ఆగు... ఆ నీచ ముష్కరాన్ని ఎదుర్కో...వెళ్ళు బలమే జీవనం...బలహీనతే మరణం. వెళ్ళు ఆలస్యం వద్దు...అంటూ కఠిన స్వరంలో ఆదేశించాడు.

వివేకానంద ఆ మాటలతో ఉలిక్కిపడి తాను ఎంత నిర్బలంగా భీతిల్లి పారి పోతున్నాడో అర్థం చేసుకుని...ఒక్క సారి రౌద్రాకారం దాల్చి వెను తిరిగి ఆ ముష్కరాన్ని తీవ్రంగా చూస్తూ సింహ నాదం చేసాడు. అంతే...ఇప్పుడు కోతి తోక ముడిచి వెను తిరిగి పారి పోయింది.

నిత్య జీవితములో మన భయాలు అందోళనలు అన్ని ఇలాంటివే...మనం భయ పడితే అవి మన నెత్తిన ఎక్కి డాన్స్ చేస్తాయి...ధైర్యం తో ఎదుర్కోంటే తోక ముడుస్తాయి. ఆ భయమా...అభయమా నిర్ణయం మనదే సుమా!

**ప్రేరణ మంత్రం:**

Nothing in life is to be feared. It is only to be understood – Marie Curie





# abhaya FOUNDATION

## Enlightenment



### Feed Back:

**PRASANTHI KOTHAMASU:** 5th December 2020 on the eve of WORLD SOIL DAY, Balachandra uncle has given us students from E2PC club ("Energy and environment protection" club) a webinar, wherein he enlightened us that we must love and care for our environment just like our mother. Further he made us resolve that we will not use plastic and instead carry a cloth or a jute bag. And he propagated us to resolve and plant as many trees as possible. In the end he made us realise that we grow mentally and morally only we care for everyone and everything "SAMASTA LOKA SUKHINO BHAVANTU". It's not every day that students like us get an opportunity to interact with such an exemplary person, hence I extend my sincere gratitude to Balachandra uncle on behalf of E2PC, VIT and all the participants for giving us an insightful and eye opening evening.

**SARA PEARL:** Excellent presenter! Information is immediately useful. Five stars. The event was so interesting and intriguing. The guest kindled our hearts to love our mother earth more than we do. I have attended many conferences and sessions — This session was unique. I learned many practical things that are immediately applicable to conserve our planet; extremely entertaining! I loved the way he sang and quoted from

Sanskrit. The presenter was high energy and very motivating. I loved it! Exhilarating, energizing, invigorating, refreshing; a wonderful way to refresh our hearts and brains during this tough time of pandemic. Surely, will try to conserve and love our mother earth and nature in all the ways we could.

**NIVETHITHA:** It was a very thought provoking and an inspirational talk given by Balachandra Sir sharing exciting insights about Simple living without causing any damage to our Mother Earth. Your spiritual statements made in Telugu and Sanskrit inspired most of the participants who attended the webinar. Your optimistic and inspiring words dwelled the true love and affection that he has towards the Nature. Thank you so much sir. It was a pleasure listening to some motivational yet remembering words during the pandemic period, reflecting your kindness and service. I have personally changed a lot, using cloth bags and minimizing plastic usage and always respected the origin of existence for other species. Also, I preach the same for my family and neighbours to implement these small, but effective changes in their daily activities. Hope I meet you in person after everything is reverted back to the normal.

**JASWANTH:** Your speech on world soil day was really motivational and I really liked the way you compared our real mother to mother earth to begin your speech with and the Sanskrit shlokas with their meanings made your message clear and loud that "it is the high time for us to save and protect our country and world". We should also have that responsibility in caring for nature. We all should take a resolution that we all will plant at least a couple of plant a month and make our mother earth greener or else as you said we will be facing a lot of consequences in the future. I wanted to thank you for your enlightening words.



## "Righteousness in the character - Harmony in the Nation"- By CS Balachandra Sunku ,Founder of Abhaya foundation.



### Founder addressed VNR VJIET - Freshers

Remembering the electrifying talk delivered by the founder during February 2020, the Management called the Founder to address freshers who joined the college. They requested him to deliver a talk on Universal Human Values.

The talk was live on various social media platforms. More than 2500 people watched the video.

The hosting team conveyed their heartfelt gratitude to the Founder for his fantastic address. The students were spell bound by his powerful thoughts on Character and values. - **Team abhaya**

Balachandra sir explained in a dynamic way the importance of character as a student as person in the family, society and nation. He gave a number of examples about how good character help us to build us as a good human. In his words he told that value less life is waste. The body is like a vessel we

should keep it as clean as possible so that what ever we cook in that vessel become good.

Where there is righteousness in the heart, there is beauty in the character. When there is beauty in the character, there is harmony in the home. When there is harmony in the home, there is order in the nation. When there is order in the nation, there is peace in the world...This is the way one need to lead.

He also said how the present generation is spending time on unnecessary things and wasting time and not following the useful values necessary for a happy life.

All the students responded to the questions asked by sir in the you tube chat box and expressed their happiness and satisfaction by texting awesome, superb, great session , inspiring, for arranging a vibrant and dynamic talk .

Students were overwhelmed with the way sir connected with them in a friendly manner and taught them how they should lead a student life in the campus with good behaviour and moving with good friends only.

As an engineer they should learn what to do why to do and how to do things with good wisdom and should give priority to values instead of money.

Overall response from the students is extraordinary and were immensely satisfied with the talk.

The session was moderated by Dr.K.Vidyasagar and supported by Dr.P.Padmavathi, DrK.Madhavi, Dr.K.Neelaveni, Dr L.Srinivasarao, DrCh.Thirmal, andsandeep Chaitanya .

The UHV team thank the management for giving an opportunity to arrange sessions with eminent speaker to teach Universal human values .

This Human Value session will play a vital role in everyone life. These reasons motivated to teach the Human values with Eminent personalities like Shri. CS. Balachandra Sunku to our students. - **Team VNR VJIET, Hyderabad**



# abhaya FOUNDATION

## భారత దర్శన్



### ఉడిపి - ఆకర్షణ కృష్ణుడు

శృంగేరి నుంచి ఉడిపి శ్రీకృష్ణ ఆలయానికి బయలుదేరాను. అత్యంత దట్టమైన అరణ్యాల గుండా, పర్వతాలను, లోయలను చూస్తూ చూస్తూ వెళ్తూ ఉంటే మార్గమంతా హృదయానికి, కళ్ళకి పసందైన విందు లా అనిపించింది. మార్గమధ్యంలో ప్రపంచ ప్రసిద్ధి గాంచిన ఆగొంబే లోయను చూడగలిగాను.

కర్ణాటకలోని షిమోగా జిల్లాలో మూడు చదరపు కి.మీ.చిన్న గ్రామం అగుంబే. జనాభా దాదాపు ఐదువందలు. పక్షుల కిలకిలలు తప్ప పట్టణ ప్రాంతపు రణగొణధ్వనులేవీ ఇక్కడ వినిపించవు. పడమటి కనుమల్లో పుష్కలంగా వర్షాలు కురిసే ప్రదేశం ఇది. అందుకే పచ్చదనానికి చిరునామాలా ఉంటుంది. అగుంబే (పోగమంచుతో కూడిన అడవి అందాలు అగుంబేలో కనువిందు చేస్తాయి) ఈ ప్రదేశాన్ని దక్షిణ భారతదేశపు చిరపుంజి అని పిలుస్తారు. పశ్చిమ కనుమలకలోని ఈ ప్రదేశంలో జూన్ నుంచి నెప్టెంబర్ మధ్యకాలంలో అత్యధిక వర్షపాతం పడుతుంది. మాన్సూన్ సీజన్లో అడవి మొత్తం పోగమంచుతో ఉంటుంది. ఎన్నో రకాల పేర్లతో పిలువబడే వాటర్పాల్స్ కనువిందు చేస్తాయి. కుంచికల్ ఫాల్స్, బర్కానా ఫాల్స్ అందాలు తనివితీరా చూడాల్సిందే. అగుంబే చుట్టుపక్కల ముఖ్యంగా

చూడాల్సినవి ఇక్కడ జలపాతాలనే. కొండల మీదుగా నేల మీదకు ఉరికే జలపాతాలు ఇక్కడ అడుగుడుగునా తారసపడతాయి.

అలా మధ్యాహ్న భోజన సమయానికి ఉడిపి చేరుకున్నాను. స్వామి వారి ఆలయం లో అన్న ప్రసాదం తీసుకున్న తర్వాత, ఆ ఆలయపు పర్యవేక్షణ అధికారి ని కలిసాను, ఆయన నా భారతదేశ సందర్శన యాత్ర గురించి తెలుసుకున్నాక, నాకు దయతో ఒక గది ఇచ్చారు, గదికి వెళ్లి త్వరగా సేదతీరి కార్యక్రమాలు ముగించుకుని గుడికి పరిగెట్టుకుంటూ వెళ్లాను.

ఆతి సుందరమైన శ్రీ కృష్ణుని ఎన్నిసార్లు దర్శించుకున్నానో నాకే తెలియదు. కానీ నేను దర్శించుకున్న ప్రతిసారి హృదయం దివ్య హర్షాతి రేకముతో తన్మయత్వముతో భారమై పోతూనే వుంది. కనకన కిటికీ లోకి తొంగి చూస్తూ స్వామి వారి దివ్య మంగళ విగ్రహాన్ని చూసినప్పుడల్లా సమస్త లోకాః సుఖినోభవంతు అని ప్రార్థిస్తూనే ఉన్నాను. జగద్గురు మధ్వాచార్యులు ఎలా ద్వారకా నగరం సముద్ర తీరం నుంచి ఈ విగ్రహాన్ని తీసుకుని వచ్చి ఇక్కడ, ఉడిపిలో ప్రతిష్ఠించారు అన్నది ఒక ఆసక్తికరమైన గాథ.

పదమూడవ శతాబ్దంలో ద్వైత వేదాంతాన్ని ప్రబోధించిన

హిందూ తత్వవేత్త మధ్వాచార్యులు ఈ మరాన్ని ప్రారంభించారని చెప్తారు. ద్వైతమతాన్ని ప్రచారం చేస్తూ ఇక్కడకు చేరుకున్న మధ్వాచార్యులకు సముద్ర తీరంలో శ్రీకృష్ణుడి విగ్రహం కనిపించిందని, దానిని ఆయన ఇక్కడ ప్రతిష్ఠించారని ఒక స్థలపురాణం.

ఎనిమిది మరాలతో పూజా కార్యక్రమాలు: మధ్వాచార్యులు తన శిష్యుల్లో ఎనిమిది మందిని ఎంపిక చేసి.. వారితో ఈ ప్రాంతంలోనే ఎనిమిది మరాలను ( అవి పుత్తగి, పేజావర, పలిమారు, అదమారు, సోదె, శిరూరు, కాణియూరు, కృష్ణాపుర) ఏర్పాటుచేయించారు. ఒక మరం తరువాత మరొక మరం వారు వంతుల వారిగా ఉడిపి శ్రీకృష్ణుడి పూజా కార్యక్రమాలను నిర్వహించేలా ఏర్పాటు చేశాడు. ఆధ్యాత్మికతను ప్రబోధించడమే కాకుండా. ధ్యానకేంద్రంగా కూడా శ్రీకృష్ణ మరం ప్రాచుర్యం పొందింది.

శ్రీకృష్ణ మరం విశిష్టతలు: ప్రశాంతతకు, ఆధ్యాత్మికతకు, చక్కని వాతావరణానికి మారుపేరు శ్రీకృష్ణమరం. ఒక్కసారి మరం చుట్టుపక్కలకు అడుగుపెడితే చాలు.. ఎవరైనా సరే.. తెలియని పరవశానికి లోనవుతారు. దాస సాహిత్యానికి పుట్టినిల్లుగా శ్రీకృష్ణ మరాన్ని పిలుస్తారు. మిగతా హిందూ దేవాలయాలకు భిన్నంగా ఇక్కడ స్వామి దర్శనం ఉంటుంది.



మరం ఉత్తర ద్వారం నుంచి లోపలికి వెళితే మధ్యలో సరోవరం కనిపిస్తుంది. ప్రధాన ఆలయానికి ద్వారం ఎడమవైపు ఉంటుంది. అటునుంచి కొద్దిగా ముందుకు వెళితే చెన్నకేశవ ద్వారం కనిపిస్తుంది. చెన్నకేశవ స్వామి ద్వారం నుండి ముందు వెళితే ప్రదక్షిణం చేసిన తరువాత శ్రీకృష్ణుడిని వెండితో తాపడం పెట్టిన నవరంద్రాల గవాక్షంలోనుంచి చేసుకోవాలి. శ్రీకృష్ణ దర్శనం తర్వాత అనంతేశ్వర దేవాలయం, వెయ్యేళ్ల క్రితం నిర్మించినట్లు చెప్పే అష్టమరాలు. ఉడిపి చుట్టుపక్కల కాపు బీచ్, సెయింట్స్ ఐలాండ్, మాల్పే బీచ్, కుడ్లు జలపాతాలు ఇక్కడ సందర్శించాల్సిన మరికొన్ని పర్యటక ప్రాంతాలు.

నాకు నిజంగానే తెలియదు భగవంతుడు ఎందుకు ప్రతిరోజు ఇంత దయతో ఉంటాడో. భారత దర్శనంలో భగవంతుడు ప్రతిరోజు నాకిచ్చిన అనుభవాలు నా ఆలోచనలని, నా వాక్కులను నా చేతలను మరింత శుద్ధి పరిచాడు.

**పాకజ:** గుడికి 16 కిలోమీటర్ల దూరంలో ఉన్న మధ్యాహ్నం జన్మస్థలమైన పాకజ క్షేత్రానికి నేను బయలుదేరాను. ద్వైత సిద్ధాంతాన్ని ప్రతిపాదించిన మధ్యాహ్నంల చిరకాల జ్ఞాపకాలను చూసి మంత్ర ముగ్ధుని అయ్యాను . మధ్యాహ్నం లీలలను తెలియజేసే వాసుదేవ తీర్థ, కుంజగిరి దుర్గాదేవి ,పరశురామ దేవాలయాలను దర్శించుకున్నాను. నిజానికి చాలా మంది ఉడిపి దాకా వెళ్లి వస్తారు. ఆ చుట్టుతా ఉన్న ఇంకొన్ని క్షేత్రాలకు మనం వెళ్లగలిగితే ఇంకొన్ని మధురానుభూతులు మనవి అవుతాయి. తిరిగి ఉడిపికి వచ్చి స్ఫూర్తినిచ్చే కనకన కిండితోపాటు అనం తేశ్వర, చంద్రమౌళీశ్వర , ఉడిపి శ్రీ కృష్ణ ఆలయాలని

దర్శించుకున్నాను.

ఉడిపి పలిమారు శ్రీకృష్ణ మఠ పీఠాధిపతి శ్రీ విద్యా దీప తీర్థ స్వామి వారిని దర్శించుకొని ఆశీర్వాచనాలు తీసుకొన్నాను. శ్రీవిద్యా దీప స్వామిజి సమక్షంలో నైవేద్య సేవ, పల్లకి సేవ, రథ సేవ, హారతిని దర్శించుకొన్నాను.

### కొల్లూరు మూకాబికా:

ఉడిపి శ్రీ కృష్ణ దేవుని మరొక్క మారు తనివితీరా దర్శనమకుని శ్రీ ఆదిశంకరాచార్యులచే దర్శంప బడ్డ కొల్లూరి కి బయలుదేరాను. వాతావరణం, అరణ్యాలు, ఘాట్ రోడ్లు , వేళ పాల లేని భోజనాల వల్ల, సాధారణ ప్రయాణపు సాధనాల వల్ల నాకు ఈ సారి ప్రయాణం ఒక పీడకల అయ్యింది. కానీ కొన్ని వందల సంవత్సరాల క్రితం శ్రీఆది శంకరుల వారు ఒట్టి కాళ్ళ మీద ఎలా ఈ క్షేత్రాన్ని దర్శించారు అన్నది బహు ఆశ్చర్య ఆశ్చర్యకరమైన విషయమే.

ఆది శంకరాచార్యుల వారిచే ప్రతిష్ఠించబడ్డ ప్రధాన దేవత కొల్లూరు మూకాబిక దేవాలయాన్ని చేరుకున్నాను. అత్యంత శక్తి స్వరూపిణి అయిన ఆ ఆదిశక్తిని చూడటానికి మన ఈ రెండు కళ్ళు చాలవు... యధావిధిగా నేను అనేక సార్లు దర్శనం చేసుకున్నాను .అక్కడంత రద్దీ కూడా లేదు. నేను అందరి కోసం ప్రార్థన చేస్తూ ఉండిపోయాను. ఆ తల్లి ముందు నుండి అసలు కదల లేక పోయాను.

కర్ణాటకలో పడమటి కొండలలో అందమైన కొండలు లోయలు ఫల వృక్షాల మధ్య కొల్లూరు లో మూకాబికా క్షేత్రం ఉంది. కాముసురుడు అనే రాక్షసుడు శివుని అనుగ్రహం కోసం తీవ్ర

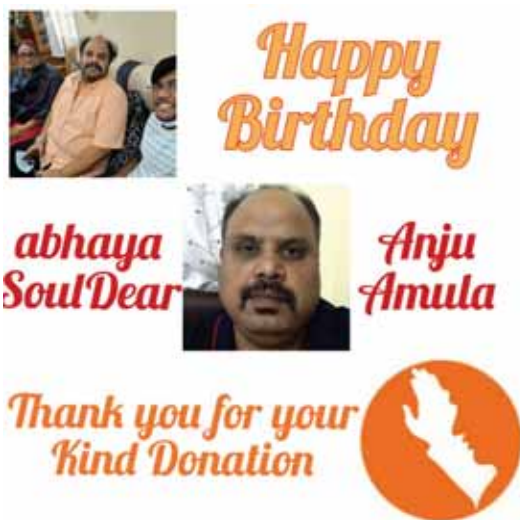
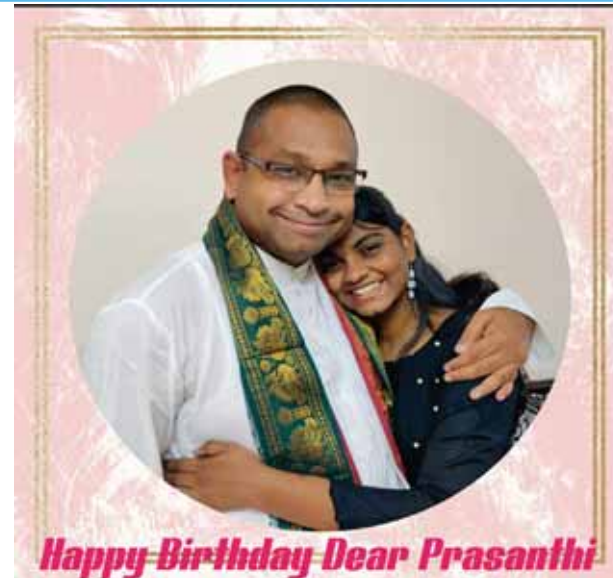
తపస్సు చేస్తే ఆయన ప్రత్యక్షమై వరం కోరుకోమన్నాడు. కామాసురుడికి శివుడు వరం ఇస్తే లోకకంటకుడు అవుతాడని భావించి వాగ్దేవి సరస్వతీ దేవి వాడి నాలుక పై చేరి మాట రాకుండా మూగ వాడిని చేసింది. మూగవాడై పోయినందువల్ల ఆ కామాసురుడు శివుడిని నోటిమాటతో ఏ వరమూ కోరకోలేక పోయాడు అప్పటి నుంచి వాడిని "మూకాసురుడు" అన్నారు. అప్పుడు "కోల రుషి" ఉపాయం మేరకు పార్వతీ దేవి సకలదేవతల శక్తులన్నిటిని కలిపి ఒక తీవ్రశక్తిగా సృష్టించింది. ఈమె మూకాసురునిలో యుద్ధం చేసి సంహరించింది. వాడి ప్రార్థన మన్నించి వాడికి కైవల్యం ప్రసాదించింది. మూకాసురుడిని దేవి సంహరించిన ప్రదేశాన్ని "మారణ కట్టి" అంటారు(మరణ గద్దె ). మూకాసురుడు అమ్మవారిని మూకాబికగా తనపేర వెలసిల్లమని కోరుకొన్నాడు. వాడి కోరిక తీర్చి కొల్లూరులో మూకాబిక నామంతో విరాజిల్లుతూ భక్తులకు కొంగుబంగారంగా ఉంది. ఈ ఆలయంలో మూకాబికా దేవి పద్మాసనంలో ప్రశాంతంగా మూడు నేత్రాలతో దర్శన మిస్తుంది. శంఖం, చక్రం, గద ఆయుధాలను ధరించి ఉంటుంది. ఆలయానికి కనీసం 1200 ఏళ్ళ చరిత్ర ఉంది. హాలుగల్లు వీర సంగయ్య అనే రాజు అమ్మ వారి విగ్రహం చెక్కించాడని చెప్పుకొంటారు. మంగుళూరు నుండి నూట ముప్పై కిలోమీటర్ల దూరంలో ఉడిపి క్షేత్రానికి ఎనభై కిలోమీటర్ల దూరం కొండల మధ్య ప్రకృతి అందాలు విందు చేస్తుండగా కుడజాద్రి శిఖరంపై ఈ ఆలయం కనువిందు చేస్తుంది. తమిళనాడుకు అతి సమీపంలో ఉంటుంది. బంగారు శిఖరంతో భక్తజనాల దృష్టిని ఆకర్షిస్తుంది.







Join hands and hearts to wish a wonderful happy birthday to our beloved Shri PSR Murthy, Director, Youth Empowerment, abhaya Foundation. He is the man behind establishing abhaya Hyundai Motor Driving School in the year 2014. Since then his association with us grown day by day, month after month, year after year. He is a man of selfless attitude, doing his best for empowering the youth as well as empowering all our initiatives. We feel grateful to him for his selfless work and we pray for his well-being. Once again happy birthday to him. - **Balachandra**





Greetings on the eve of

INTERNATIONAL



**VOLUNTEERS**  
— DAY —

[www.abhayaafoundation.org](http://www.abhayaafoundation.org)

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**Balachandra Sunku**

**feedback**

Just read the Abhaya Newsletter Swami ji, you are an inspiration to millions. You are a blessing for umpteen souls. You truly live as you have you have lost yourself in the service of others.

I am with you in this journey with my wholehearted support. May Almighty Lord shower His choicest blessings on you and your team in abhaya Foundation. - **Chandrima Ganguly Dendukuri, Co-founder & Director, Dhanush Infotech, Hyderabad**



**అర్హత నెరిగి సహాయం చేయాలి**

'హెల్ప్ ఎవర్, హర్ట్ నెవర్' అంటున్నాము. అనబడు 'హెల్ప్' (సహాయం) అంటే ఏమిటి? ఎలాంటి సమయంలో 'హెల్ప్' చేయాలి? ఎట్లా సహాయం చేయాలి? ఇది మనం సరిగ్గా అర్థం చేసుకోవాలి. దీనిని పునర్మర్శించుకొనియే, 'పాత్రత నెరిగి దానము చెయ్యి' అంటారు. సహాయంకూడా ఎక్కడంటే అక్కడ, ఎవరడిగితే వారికి చేయకూడదు. ఎవరికి చేస్తున్నావు? ఎందుకు చేస్తున్నావు? ఎట్లా చేస్తున్నావు? ఆ సహాయం చేయడంవల్ల కలిగే ఫలితమేమిటి? అనే విషయాలను ముందు విచారణ చేయాలి. మూర్ఖుని చేతికి కత్తి ఇచ్చినా, పిల్లవాని చేతికి బంగారు కప్పు ఇచ్చినా చాలా ప్రమాదం సంభవిస్తుంది. అర్హత లేని సహాయం చాలా ప్రమాదాన్ని తెప్పిస్తుంది. నీ హృదయాన్ని కదిలించేదానికి, కరిగించేదానికి సహాయం చేయాలి. "ఇది పదిమందికి మంచిది. దేశానికి మంచిది", అనిపించినప్పుడు సహాయం చేయాలి. [www.abhayaafoundation.org](http://www.abhayaafoundation.org)



[www.abhayaafoundation.org](http://www.abhayaafoundation.org)



**Dear God, I end this year with this simple Prayer:**

**Please heal the broken people.**

**Make well the sick.**

**Restore happiness to those in despair. Bring love to the lonely, food to the hungry and peace to our world.**





భక్తి సంగీతముతో భగవానుడి మది దోచిన  
శ్రీకృష్ణ మోహనుడు శ్రీ సత్య సాయి నాడుని  
దివ్య దర్బారులో సేవించేందుకై  
పయన మయ్యాడు  
12122020

ఆనాడు నారదుడు చేతులలో మహతి  
అప్పుడు తంబురుడి చేతులలో కళావతి  
శ్రీ కృష్ణుడి చేతులలో మోహన వంశి  
నేడు కృష్ణ మోహనుడి చేతిలో హోర్మోనియం

ప్రపంచ శ్రీ సత్య సాయి సంగీత ప్రేమికులందరికి  
పరిచయమే అఖిల లేని వాడు కృష్ణ మోహనుడు  
పుట్టుకతోనే దివ్యంగుడిగా జన్మించినాడు  
జీవితమంతా చేతి కర్ర సాయం తో నడిచినాడు

శ్రీ సరస్వతి స్వయంగా వచ్చినట్లుగా వుండేది  
దివ్య స్వరముతో ఆయన గానం చెస్తుంటే  
భజన ప్రాంగణం ఏదైనా ఆయన పాటలతో  
పులకితమై...పునీతమై... పూర్ణమైపోయేది

శివం భజన బృందానికి పెద్ద దిక్కుగా వున్నారు  
శారీరకంగా ఇబ్బదులున్నా...ఎంత కష్టమున్నా  
భజనను విడువలేదు...భావనను వదలలేదు

భగవానుడి దర్బారులో అగ్రేసరుడిగానే వున్నాడు

వారి పర్యవేక్షణలో మేము నేర్చుకున్న ప్రతి పాట  
అందరి హృదయాలను తట్టి లేపేదిగా వుండేది  
స్వామి వారే వారి పాటలకు తన్ను తాను మరచి  
ఆనంద డోలికలలో ఓల లాడే వారు ఎప్పుడైనా

స్వామి దివ్య సమక్షములో మేము సమర్పించిన  
వందల భక్తి గీతాలకు ఆయనే ఆద్యుడు మరి  
వారి అచంచల భక్తి విశ్వాసాలకు స్వామి కరిగి  
కుల్వంతు సభలో పిలిచి స్వర్ణహారం ఇచ్చినారు

స్వామి భక్తులందరికీ వారు గుర్తుండి పోతారు...  
కీర్తి ని శేషంగా మిగిల్చి...సాయి కృష్ణుని చేరి  
మోహనములైన తమ భక్తి సంగీత గీతములతో  
సాయి దర్బారులో సేవ చేయ కదలినారిప్పుడు

వారి భక్తి చిరస్థాయి  
వారి కీర్తనలు హృదయ స్థాయి  
వారి సంగీతము సంజీవనము  
వారి భజనలు భగవంతుడినే కదిలించాయి

భాగ్యనగర సాయి యువకులు  
శివం భజన బృంద సభ్యులు  
శ్రీ సత్య సాయి భక్తులు  
శ్రేయోభిలాషులు  
అందరి తరపున వారికి హృదయ పూర్వక మైన  
శ్రద్ధాంజలి ఘటిస్తున్నాను

ప్రేమానురాగములతో  
బాలచంద్ర



Such one Donation is  
enough to do the best by  
those whose education is  
supported by abhaya

Transferred Rs.  
10330/- to  
abahaya A/c in  
fond memory of our  
friend G.  
ABHILASH.  
Education was his  
world. Superb  
genius, also very  
humble man. We  
lost our friend, but  
in his memory we  
want to make his  
love for education  
serve the needy and  
he be alive forever. -

**Abhilash Friends  
Divya Jyothi High School**



A Soul last wishes  
for a loving mother  
Smt Saraswati (85)



Kindly do anna seva at abhaya Home for 13  
days from tomorrow in memory of my  
mother who suffered a massive heart attack  
and passed away in hospital at 8pm. She  
was suffering for past some days admitted  
with COVID 19 last Sunday. I followed the  
body till the cremation ground in my car.  
She is caring & loving person. Has  
educated lot of poor children irrespective of  
caste creed religion.  
A devout religious lady. Last days she was  
asking for her eldest son. But no one can  
see her. Life is short. Keep no grudges  
against any one except life in its flow.  
With Prayers for the departed Soul  
CA G Ganesh (19122020)

Parents are gifts of  
God. Each parent is  
unique and specially  
made for you.  
Do not compare them  
with others. Respect,  
support and make  
them Understand your  
ambitions and goals  
while you give them a  
patient hearing.  
Due to generation gap  
and technology changes  
do not compare their  
knowledge experiences  
with others. Their  
knowledge will certainly  
help you in time to  
come!

Death separates them. we can never see or talk to them again. In limited  
time be available to them and be sweet to the extent possible. After they  
leave us we have to only think that had I not done so.. instead, why not be  
conscious of our actions!





# An APPEAL to abhaya Monthly Donors



## Most beloved abhayans!

abhaya's "Mission to Serve with H.E.A.R.T"... making thousands across the globe join in the community work. We had the privilege of receiving kind hearted donations from about 30000 well wishers over 14 years of the inception of abhaya Foundation in the year 2006. Most of the donors respond to appeals published in abhaya monthly News Letters, Social Media and mouth to ear campaign. There is no appeal went un attended since 14 years.

But, there are very few abhaya SoulDears who understood the passion behind abhaya's community work and empathized with the way each single Mission handled... started donating every month since beginning. There are about 156 such SoulDears who lend their hands of support to abhaya regularly and religiously every month/ quarter/ half year/ year to support all the good work happening.


If every such donor provide their monthly support, then resources to the tune of Rs.3.27Lakhs would be available for abhaya (+/- 20%). We carefully collected the data of such donors and publishing here with gratitude in our hearts. But for them, no good work can happen. We seek the pardon from donors whose names if missed out in the list below.

We request all the well wishers of abhaya to consider a monthly donation of Rs. 500/- and in multiples thereof in support of good work enabling us to meet ever growing fixed expenses from time to time. Rs. 5 Lakhs donations per month surly enable us to stand firmly, hence please do your bit.

- **CS Balachandra Sunku, Founder, abhaya Foundation**



**abhaya**  
**FOUNDATION**  
an assurance of no fear...



**COMMIT**  
**for the Country**

**I am abhaya SoulDear**

Address: ABHAYA, 6-3-609/140/1, Anandnagar,  
Khairathabad, Hyderabad - 500004 Ph: 9963002727

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fb: [abhayafoundationHyd](https://www.facebook.com/abhayafoundationHyd) | [abhayafoundation@yahoo.com](mailto:abhayafoundation@yahoo.com)  
fb Page: abhaya Foundation - Home of Happiness

Healthcare | Educare | Awareness | Rural Development | Transformation



Sr NO	Name	Purpose	Amount
1	CS Balachandra Sunku	Corpus	12,000
2	CS Narne Murali Krishna	Donation	10,100
3	CMA Sunku Kiran Kumar	Educare	10,000
4	CA S Narayana Rangiah	Corpus	10,000
5	P Shiva Rama Prasad MC Trust	Corpus	10,000
6	Shiva Shakthi Bio Technologies	Corpus	10,000
7	Sharath Pola, USA	Corpus	10,000
8	Trivikrama Rajesh Samudrala	Donation	10,000
9	CA S Radha Krishna	Corpus	8,500
10	K V Rama Krishna	Corpus	8,000
11	Srinivas Pharma	aHoH	7,500
12	J Madhusudhana Reddy	aHoH	5,000
13	CA AV Sathish Kumar	Corpus	5,000
14	CS G Raghu Babu	Corpus	5,000
15	K Ranga Rao	Corpus	5,000
16	Naga Rajkumar Chidella	Donation	5,000
17	Beku Saritha	aHoH	5,000
18	Raja Shilpa Penugonda	Donation	5,000
19	Sandhya Constructions	Donation	5,000
20	KSV Siva Krishna	Corpus	4,000
21	Maharshi Rice Mills	aHoH	4,000
22	Sushanth Reddy, USA	Donation	4,000
23	Mettupalli Srinivas	aHoH	4,000
24	CMA Susarla Nagendra Kumar	Donation	3,116
25	Sriram Avinash	Donation	3,000
26	CS Chandra Sekhara Reddy	aHoH	3,000
27	Nishant G	aHoH	3,000
28	Narendra.A	Donation	3,000
29	Rupam	Orphancare	3,000
30	K.Sai Kishore	Donation	3,000
31	GVS Jagannadha Sarma	Donation	3,000
32	CS K Sateesh Guptha	aHoH	2,500
33	DR. AGR Reddy	Corpus	2,500

Sr NO	Name	Purpose	Amount
34	CS M.Nithyakalyani	Donation	2,500
35	Srinivasa Bondada	Donation	2,500
36	Murthy Gunuputi	Donation	2,500
37	CA Srirama CM Ambaru	Donation	2,500
38	A B Harikrishnan	Donation	2,500
39	CA S Ramalingaiah	Donation	2,000
40	A Karthik Kumar	Corpus	2,000
41	Chilamakuru Dileep	Donation	2,000
42	CS A Nagaraj Kumar	Healthcare	2,000
43	CS DVM Gopal	Donation	2,000
44	CS D Vijaya Kiranmayi	Donation	2,000
45	Kanaka R	Donation	2,000
46	S.Anjeneyulu	Donation	2,000
47	K Viswanath	Donation	2,000
48	Dr. K Narasimha Rao	Donation	2,000
49	S Naveenarjuna, USA	Corpus	2,000
50	CS T.Sriram	aHoH	2,000
51	Manikchand Industries	aHoH	2,000
52	CA Y Karunakar	Donation	2,000
53	Ch Sudheer Kumar	Donation	2,000
54	Dr Suman	Donation	2,000
55	Dr K Sailatha	Educare	2,000
56	AP Mahesh Cooperative Bank	Donation	2,000
57	Bharathi Gondi	Donation	2,000
58	CS KVS Subramanyam	Donation	2,000
59	CA KSB Subramanyam	Donation	1,750
60	CS KSVS Sastry	Donation	1,500
61	Guru Santhosh	Donation	1,500
62	CS Swetha	Donation	1,500
63	CS Jinesh Kumar	Donation	1,500
64	N Sai Prashanth	Donation	1,500
65	N Sree Kumar	Donation	1,500
66	Siva Subramaniyam	Donation	1,250



Sr NO	Name	Purpose	Amount
67	Hemalatha DJ	Donation	1,200
68	Surya	Donation	1,008
69	Anapindi Subramanyam Durga Prasad	Donation	1,001
70	K Srinivas	Donation	1,001
71	Lakshmi Venkateswara Industries	Donation	1,000
72	S Anjaneyulu	Donation	1,000
73	G Mounika	Donation	1,000
74	Vankayalapati Satish Kumar	Donation	1,000
75	A Rajasekhara Reddy	Donation	1,000
76	A Suresh	Donation	1,000
77	B K Associates	Donation	1,000
78	Lakshmi A	Donation	1,000
79	Thirumalesh	Donation	1,000
80	CS RV Radha Krishna	Donation	1,000
81	CS Sunil	Donation	1,000
82	CS Y Suryanarayana	Donation	1,000
83	Dasarathi	Donation	1,000
84	Ganesh Kumar	Donation	1,000
85	Gayathamma	Donation	1,000
86	Kasukurthy Lakshmi Parvathi	Donation	1,000
87	Lakshmi Narayana	Donation	1,000
88	Mamatha	Donation	1,000
89	Masudi Sathyanarayana	Donation	1,000
90	P Savithri	Donation	1,000
91	Sarada	Donation	1,000
92	PG Gupta	Donation	1,000
93	Sai Prashanthi	Donation	1,000
94	PVN Rao	Donation	1,000
95	Rajiv Rayala / Prathusha	Donation	1,000
96	Sakethan Reddy	aHoH	1,000
97	Saroja Ravindra	aHoH	1,000
98	Shashidhar N	Donation	1,000
99	Srilakshmi T, USA	Donation	1,000
100	Ranjith.K	Donation	1,000

Sr NO	Name	Purpose	Amount
101	V Rajkamal	Donation	1,000
102	Sai Pranati	Donation	1,000
103	B. Shirdisha Chakravarthy	Donation	1,000
104	CS M Sridevi	Donation	1,000
105	Gudla Mrudula	aHoH	1,000
106	Konduri.S	Donation	1,000
107	K Mallikarjuna	Healthcare	1,000
108	S Janardhan Gupta	Donation	1,000
109	Aenugu Prajwal Reddy	Donation	1,000
110	Varalakshmi Duba	Donation	1,000
111	Prof Preethi K Manes	Donation	1,000
112	Kota Marketing	Donation	1,000
113	CS R Ramakrishna Gupta	Donation	1,000
114	Dr Pandiri Ravinder	Donation	1,000
115	Mamidi Pavani	Donation	1,000
116	CA G Ganesh	Donation	1,000
117	SVS Credits	Donation	1,000
118	CA KSB Subramanyam	Donation	1,000
119	G Gowtham	Donation	1,000
120	CS Sudershan Pallap	Donation	1,000
121	CA KVS Ram Mohan Guptha	Donation	650
122	PS Prabhakar	Donation	500
123	G.Veera Sudheer	Donation	500
124	Chilumula Rajashekar	Donation	500
125	Dhirendra Kumar Dhal	Donation	500
126	Rajesh Gopala Krishnan	Donation	500
127	Roshan Kumar Agarwal	Donation	500
128	Mucharla Prem Kumar	Donation	500
129	Grandhi Naga Bangara Vyshnavi	Donation	500
130	Kasu Nagaraju	Donation	500
131	Dileep Kumar Reddy	Donation	500
132	EJP Prasad	Donation	500
133	G V Suresh Kumar	aHoH	500
134	Kiran Kumar Gunda	Donation	500



Sr NO	Name	Purpose	Amount
135	CS Vinod Kumar	Donation	500
136	S Vinod	Healthcare	500
137	Vinod Eslavath	Donation	500
138	Shiva Prasad Bodla	Donation	500
139	T Shiva Ram Prasad	Donation	500
140	Tadiboyina Suresh	Donation	500
141	T.Anantha Shayan	Donation	500
142	Pogaku Nagaraju	Donation	500
143	Venkata R	Donation	500
144	Nagaraju Malyala	Donation	500
145	Bandaru Satya Prasad	Educare	500

Sr NO	Name	Purpose	Amount
146	S Leelavathi	Donation	500
147	Sana Sridhar	Donation	500
148	Ale Anand Kumar	Donation	500
149	CS Patnayak	Donation	500
150	Srinivas	Donation	500
151	Mohana Gangadhar	Donation	500
152	G Srinivasulu	Donation	400
153	R Sri Sathya Sai Srikanth	Healthcare	200
154	AVVSSV Prasad	Donation	200
155	Dwarampudi	Donation	200
156	V Swapna	Donation	100



Greetings & Gratitude!

Wish you are doing well. I pray for your well-being. Hope you are aware of various projects happening with abhaya month after month...year after year. All this happening by monthly support received from people like you.

**Request you to consider donating every month to abhaya (Min Rs.500 or in multiples of it)**

**Spread the cause further and connect at least one monthly donor to abhaya.**

**Share the news letter and posts in your family, friends, relatives circles and motivate them to be part of this godly work.**

We need Rs.5,00,000/- every month to manage the routine projects on hand. Every rupee is important. Please let's know how can you help us hereafter. Love - **CS Balachandra Sunku, Founder, abhaya Foundation**

**HELP!!!  
Needed**



**Ritual with Spirit,  
make us to be Spiritual...**



22

23. ఆ.వె॥ నిష్ఠ నాచరించు నిజధార్మికాచార ।  
మడుగులేయుచున్న ననుసరించు ॥  
ఆ విచారధార ఆత్మజ్ఞానంబిడున్ ।  
విమర బాలచంద్ర వినయసాంద్ర ॥

**భావం :** సదాచారులను అనుసించినచో,  
నీలోకూడ ఆనిర్మల తత్వం ప్రతిష్ఠించబడుతుంది.



## 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



**abhaya**  
**FOUNDATION**  
6-3-609/140/1  
Anand Nagar  
Kahirathabad  
Hyderabad -04



**Beneficiary :** abhaya FOUNDATION

**Account No :** 33292038898

**MICR Code :** 500002074

**IFS Code :** SBIN0004155

**Bank :** State Bank of India

**Address :** Plot No. 1272  
Road No. 63A  
SPL PBB, Jubilee Hills  
Hyderabad



abhaya FOUNDATION  
(General)

910010042902046

500211002

UTIB00000008

AXIS Bank Ltd

6-3-879/9/B, 1Floor

G. Pulla Reddy Bldg

Green Lands

Begumpet Road

Hyderabad - 500016



abhaya FOUNDATION  
(Corpus)

920010070298534

500211002

UTIB00000008

AXIS Bank Ltd

6-3-879/9/B, I Floor

G. Pulla Reddy Bldg

Green Lands

Begumpet Road

Hyderabad - 500016



abhaya Home of  
Happiness

912010024839320

500211002

UTIB00000008

AXIS Bank Ltd

6-3-879/9/B, I Floor

G. Pulla Reddy Bldg

Green Lands

Begumpet Road

Hyderabad - 500016

**Foreign  
Donors**



abhaya FOUNDATION

052210011051007

500011042

ANDB0000522

ANDHRA BANK

522-S.R.Nagar Branch

Main Road

S.R, Nagar

Hyderabad-500038

All the donations will be exempted under 80G | [abhayafoundation@yahoo.com](mailto:abhayafoundation@yahoo.com) | [www.abhayahome.org](http://www.abhayahome.org) | [www.abhayafoundation.org](http://www.abhayafoundation.org)