

Dear Sisters and Brothers
Saprem Namaskar

Recently we all celebrated International Yoga Diwas. As per the reports received in social media, our branch centers made good efforts to reach out as many institutions as possible. For example in Karyakartas of VK Solapur conducted Yoga sessions in 32 places. International Yoga Day gives us a good opportunity to take to the people Yoga not just as Asanas and Pranayam but also as the way of life based on vision of Oneness. Taking the experience of many branch centers into account next year we can plan still more purposefully.

This year Gurupurnima is on 19 July. Traditionally, Gurupurnima is celebrated on Vedavyasa Jayanti. Due the change of times and voluminous richas of Vedas it had become difficult to commit it to memory by a single person. Therefore, Vyasa edited Vedas in various branches and devised a system for the protection of the Vedas. He assigned different branches of Vedas to different disciples who were to continue these in their family traditions in coming generations. It is because of Vyasa that our Vedic knowledge survived and also the importance of Guru-tradition got established. Thus this is a day to remember all the Gurus who have contributed in continuation and propagation of the Vedic principles. Actually when we bow down to Omkara as Guru we are paying our obeisance to all the Gurus in our culture. Paying our obeisance to Guru on the day of Gurupurnima also means that like Vedavyasa we shall work to protect our culture in changed times and also by work shall devise a system which is self-propelled – that means it would be organized efforts and not based on few individuals.

In Vivekananda Kendra, we are doing the same work ie protecting and continuing the spiritual tradition. Therefore, Gurupurnima is an important festival for us. We do not celebrate it as public function but more as a function to enrich the Karyakartas. This year too we should use this sacred and solemn occasion to enhance the tradition of knowledge.

This year in all our branches, we have taken Kendra Prarthana for study and contemplation. If on the occasion of Gurupurnima we can plan some half a day for the study of Prarthana it would be a very befitting celebration of Gurupurnima. As

19th July is the working day, on that day we can gather in the evening, have Kendra Prarthana and offering of flowers. But succeeding Sunday for half a day there could be Abhyas Satra on Kendra Prarthana. Beforehand itself various members in our Nagar team or the Karyakartas in Vibhag or Pranta team can be given the lines in Kendra prarthana for detail study and presentation. They can prepare based on the book 'Goal and the Way' in English or 'Dhyeyamarganuyatra' in Hindi can be referred to - and then they can share the meaning of the respective lines thus the whole prayer could be covered. After that, there could be some discussion and then the Abhyas Satraa can be concluded with Shanti Mantra and Kendra Prarthana. The training for pronunciation, singing, the position for prayer etc also can be covered if time permits.

Please plan it well and also do not forget to send the reports.

With warm regards

Yours Sincerely

Nivedita

Vice-President

Vivekananda Kendra, Kanyakumari