



Teachers Day



VEDAANTA OLYMPICS
UPDATE

FESTIVALS TEACH US TO
LOOK INWARDS

MEMBER STORY PART 2

VEDAANTA

OLYMPICS UPDATE

WE HAVE COMPLETED OUR
INDOOR GAMES



STAY TUNED FOR PHASE 2 - OUTDOORS

WITH TREMENDOUS PARTICIPATION FROM ALL
OUR COMMUNITIES, WE HAVE NOW COMPLETED
THE INDOOR GAMES SECTION

FESTIVALS

TEACH US TO

LOOK INWARDS



The season of festivals is upon us. From welcoming the Goddess of wealth with Varalakshmi Nombu to celebrating the birth of Lord Krishna and Ganesha, culminating with Navratri, Diwali, and Karthigai, each occasion sets a different mood and brings us all great joy. Are festivals just an excuse to celebrate and eat sumptuously?

Indian festivals have a deeper purpose than cooking a feast of neivedyams and elaborate meals (although these are an intrinsic element and add flavour): they facilitate our inward journey. Every festival aligns itself with the planetary movements, and for a spiritual seeker, these are the most opportune moments to elevate their sadhanas and realize the higher nature of self.



Interestingly, the customary foods are rooted in science to nourish the body and mind in tune with seasonal changes. For instance, steamed modaks (a primary offering to Lord Ganesha) with ghee, coconut and jaggery offer nutrition and immunity during monsoons. Eating a combination of sesame and jaggery during Sankranti boosts calcium absorption as we advance towards longer days of sunlight.

Most households prepare for the festivities days in advance by decluttering and spring cleaning. A yearly activity such as throwing away unwanted junk, giving the walls a fresh coat of paint, and scrubbing the lamps and brassware could seem innocuous or even tedious at the surface. However, this act of cleaning prepares our minds for inner cleansing.

Traditional practices may have lost their place today to ostentatious methods of wasteful decor, materialistic purchases, and social media bragging. Yet, a true seeker will always find ways to understand the wisdom, teachings, and ethos of Indian festivals.

MEMBER STORY PART 2

Part 1 contd..

As I reached their house, I could see that the uncle was missing and the aunty and her mother were the only ones present. When two seniors are together, their talk will be of either their children's marriage years back or their present knee problem.. Where is uncle, I enquired?



PART 2

He is not feeling well. He forgets things and people and at times becomes violent. So we admitted him for a treatment specially meant for such people.

I know him as the most pious man, gentle and soft spoken. How can he be violent. I couldn't believe it. They urged me to visit him and said please, come along with us. You can meet him.

We reached the hospital around 4.30 pm, and it was the visiting hours, during which the nearest ones can come and meet the patients.

As we stepped in, we saw a big lawn with chairs and a few tables. Here, there were 25 to 30 patients and only a few had visitors. The rest were just sipping their tea and were in their own world.

Our uncle also struggled to remember us, except his son and wife. There was no exchange of pleasantries or discussion. The questions we asked were evaded or some unconnected responses were given.

The other patients, I understood, were executives retired from banks, insurance and other companies who were between 65 to 70 years of age. They neither remembered their previous post nor the wealth they accumulated during their service period for a cosy retirement life.

They were in their own world of imagination and often remembered only their caretakers. Their lifelong earnings were going towards medicine and the caregiver's salary. How painful is this. Can I just attribute it to "karma"?

What may be the reasons for this Alzheimers and how one can prevent it. I spoke to a friendly PRO and received some valuable information and preventive measures.

Stressed life, fights for property among siblings, withered family life, and keeping stress within us without expressing it, leading to depression and resultant dementia. Further deterioration leads to Alzheimers. What a tragedy!

If one could communicate and others could understand their feelings, what a blessing it would be.

If each one can plan their future life not only financially but plan their life to take care of their health with exercise and yoga for physical and meditation fitness and pranayam for mental health, perhaps, one can avoid this serious situation of forgetting oneself.



I penned down a few lines of poem which came from my heart and wiped my tears as I left the hospital.

.....

A few years later, I shifted to a senior citizen home and the initial experience was too good.

As the years passed, I could see the routine setting into our life. "Walk, eat, sleep, or add to it, temple and poojas. All the timings were well set and each one visited the temple, canteen, and then home to sleep.

Evening serials were there of course, but more or less each one took to their time table. With just hello and how are you, rarely there will be meetings and discussions.

A few men have their group and similarly women too. If there is fall, fracture, hospital admission or death, each one would meet to discuss the event. Regular exercise sessions have very few attendants.

As I understand, this is more or less the same routine in most old age homes or senior citizens homes. Residents wait for "menu of the day" to satisfy their taste buds and fill their stomach. Why not have the "Menu of the day" for the thought process?

It's good to have a meditation group at fixed hours, a yoga session, a pranayam session during the week, where not only does it clear the tensions stored within us, but also gives an opportunity to communicate and take up hobbies and talents lying within.



The more we communicate with others, the burden of holding the bottled up emotions goes off and one can concentrate more on meditation. When we have nothing much to cry about our past nor fear of facing the future, the mind rests with the 'present' and mindfulness in meditation becomes an easy task.

The pyramid meditation or whatever type of meditation, it will be the one that soothes our nerves and leads one to a joyous and complete life without much complaints and stress. I remembered my 5 days of camp years from before, and felt that this is the right time for me to concentrate on meditation.

After all, life is to always learn more. Let us keep our mind and vision open for changes and ready for a more active life than the routine || Rama

CELEBRATING THE TEACHERS AND PROFESSORS OF

VEDAANTA





Teacher
Krishnamurthy



Teacher
Lakshmirani



Teacher Usha



Teacher Lakshmi



Teacher
Venkataraman



Teacher Vaijyanthi



Teacher Vasantha



Teacher Sobana



Teacher Savithri



Teacher
Somasundaram

ACE THE VEDAANTA GK QUIZ!

NO.1

Which Indian state recently announced the 'Mission Bhagirathi' initiative to address water scarcity issues?

- A) Uttar Pradesh
 - B) Rajasthan
 - C) Uttarakhand
 - D) Madhya Pradesh
-

NO.2

India's Chandrayaan-3 mission successfully landed on the Moon's south pole. What was the name of the lunar rover deployed by the mission?

- A) Pragyan
 - B) Vikram
 - C) Chandrayaan
 - D) Mangalyaan
-

NO.3

Which Indian city recently hosted the G20 Summit in 2023?

- A) New Delhi
- B) Mumbai
- C) Bengaluru
- D) Chennai

NO.4

India's Digital India initiative aims to promote digital literacy and connectivity. Which government department is responsible for implementing this initiative?

- A) Ministry of Human Resource Development
- B) Ministry of Electronics and Information Technology
- C) Ministry of Commerce and Industry
- D) Ministry of Agriculture and Farmers' Welfare



Send your answers to [8610055093](tel:8610055093) with your name and community. Winners will be featured in our upcoming Newsletter.

EVENTS AND PROGRAMMES AT VEDAANTA

The first Medical Centre Launch at Divyashree Elan in Bangalore

We are delighted to announce that Vedaanta Senior Living, in collaboration with Ikyam Health, has launched a fully equipped medical hub within the apartment of Divyasree Elan in Sarjapur, Bangalore. The hub offers healthcare services such as physiotherapy, paediatrics, diagnostics, and at-home care. Seniors can easily book appointments or post queries via a common WhatsApp group.

This facility can be replicated in other apartment complexes. Vedaanta will ensure the set-up and commencement of services once the apartment association gives its nod of approval.



Tambola night at Suncity Gloria

In another outreach event, Vedaanta conducted a Tambola night for the senior residents of Suncity Gloria, Sarjapur Road, Bangalore. The turnout was fantastic. The senior members had a ball of a time playing games, followed by a musical night attended by all age groups. We are kicked up by the response and feedback and enthused to conduct more such events.

Celebrating the Senior Citizens Day at Godrej E-City

Who would have thought of a fashion show and Zumba for seniors? But that's exactly what Vedaanta aspires to achieve - to demonstrate by example that seniority does not automatically translate into sedentary and boring lives.

The super energetic and enthusiastic participation at the fashion show and Zumba organised to celebrate Senior Citizens Day proves that age is just a number.



EVENTS AND PROGRAMMES AT VEDAANTA

78th Independence Day

The online celebration got the members of all the communities together in the spirit of freedom and patriotism.



Sharing the joy of Music at Vedaanta Elements

The residents at Elements formed a music club for like-minded enthusiasts to pursue their musical inclinations. The members jam together frequently and spread joy through music.



Welcoming Lord Krishna with fanfare

Krishna Janmashtami was a grand affair in all our communities. Each community dove into the celebratory mood with kolams, prasadam, bhajans, and pooja to welcome little Krishna into our midst.



The end-of-the-month party

Month-ends are always special for Vedaanta residents as each community springs into a fun mode. Don't we all look forward to these parties?



+91 844 844 4714

info@vedaanta.com



www.vedaanta.com