



Hari Om!

SRI RAMA NAVAMI – 27.03.2026

The life of Lord Ram, an incarnation of Vishnu, is the perfect example of righteousness, ideal conduct and guiding light for humanity. Ram's life, the Ramayana reveals, as to how one should live with truth, compassion, courage, and unwavering devotion to duty.

The sage Valmiki beautifully describes the essence of Rama Avatar:

रामो विग्रहवान् धर्मः।

- Lord Rama is the very embodiment of Dharma - This profound statement captures the very nature of Rama's life.

Another verse from the Ramayana describes Rama's noble character:

धर्मज्ञः सत्यसन्धश्च प्रजानां च हिते रतः। यशस्वी ज्ञानसम्पन्नः शुचिर्वश्यः समाधिमान्॥

- Knower of dharma, truthful in his word, devoted to the welfare of his people, glorious, wise, pure in conduct, self-controlled, and steadfast in mind.

In another celebrated verse Rama's compassion and sense of protection are beautifully expressed:

सकृदेव प्रपन्नाय तवास्मीति च याचते। अभयं सर्वभूतेभ्यो ददाम्येतद् व्रतं मम॥

- If anyone seeks refuge in me even once and declares "I am yours," I grant them fearlessness from all beings.

The glory of Rama and his divine story is eternal, as proclaimed in another verse:

यावत् स्थास्यन्ति गिरयः सरितश्च महीतले। तावत् रामायणकथा लोकेषु प्रचरिष्यति॥

- As long as mountains stand and rivers flow on the earth, the story of the Ramayana will continue to be told among people.

The life of Lord Rama is a timeless guide for righteous living. Eternally, the sacred name of Rama fills hearts with devotion and reminds us that righteousness ultimately triumphs over all obstacles.

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## Editorial Board

Smt.S R Vijayalakshmi

Smt.Geetha Ganesan

Smt. Bhavadharini  
Suresh

Smt. Vidya Venkatesan

Smt. Latha  
Venkatakrishnan

ஹரி ஓம்!

ஸ்ரீ ராம நவமி - 27.03.2026 -

பகவான் விஷ்ணுவின் அவதாரமாக விளங்கும் ஸ்ரீராமரின் வாழ்க்கை, தர்மம், உயர்ந்த நடத்தை மற்றும் மனிதகுலத்திற்கான வழிகாட்டும் ஒளியின் சிறந்த எடுத்துக்காட்டாகும். உண்மை, கருணை, தைரியம் மற்றும் கடமைக்கு அசைக்க முடியாத பக்தியுடன் எவ்வாறு வாழ வேண்டும் என்பதை வெளிப்படுத்துவது ராமாயணம்.

மஹரிஷி வால்மீகி அவர்கள் கீழ்க்கண்ட ஸ்லோகத்தில் ராமரின் இயல்பை அழகாக விவரிக்கிறார்:

रामो विग्रहवान् धर्मः।

ராமரே தர்மத்தின் நேரடியான உருவம்

ராமாயணத்தில் உள்ள மற்றொரு ஸ்லோகம் ராமரின் குணாதிசயங்களை விவரிக்கிறது:

धर्मज्ञः सत्यसन्धश्च प्रजानां च हिते रतः। यशस्वी ज्ञानसम्पन्नः शुचिर्वश्यः समाधिमान्॥

தர்மத்தை அறிந்தவர், சொன்ன சொல்லில் நிலைத்தவர், தனது மக்களின் நலனில் அக்கறையுடையவர், புகழ்மிக்கவர், ஞானத்தில் சிறந்தவர், நடத்தையில் தூய்மையானவர், இச்சைகளைக் கட்டுப்படுத்தியவர், மக்கள் மனத்தில் நிலைபெற்றவர்.

மற்றொரு புகழ்பெற்ற ஸ்லோகத்தில் -

सकृदेव प्रपन्नय तवास्मीति च याचते। अभयं सर्वभूतेभ्यो ददाम्येतद् व्रतं मम॥

ராமரின் கருணையும் பாதுகாப்பு உணர்வும் அழகாக வெளிப்படுகிறது - யாராவது ஒருமுறையேனும் என்னிடம் சரணாகதி செய்து “நான் உங்களுடையவன்” என்று கூறினால், அவர்களுக்கு எல்லா உயிர்களிடமிருந்தும் அச்சமில்லாத பாதுகாப்பை அளிப்பேன்; இது எனது உறுதியான விரதமாகும் என்று அவர் அறிவிக்கிறார்.

ராமரின் மகிமையும் அவருடைய தெய்வீக வரலாறும் நித்தியமானவை என்பதை மற்றொரு ஸ்லோகம் அறிவிக்கிறது:

यावत् स्थास्यन्ति गिरयः सरितश्च महीतले। तावत् रामायणकथा लोकेषु प्रचरिष्यति॥

பூமியில் மலைகள் நிலைத்திருக்கும் வரை, நதிகள் ஓடிக் கொண்டிருக்கும் வரை, ராமாயணக் கதை மனிதர்களிடையே என்றும் சொல்லப்பட்டுக் கொண்டே இருக்கும் என்பதே இவ்வசனத்தின் பொருள்.

ராமரின் வாழ்க்கை ஒரு பழமையான வரலாறு மட்டுமல்ல; 'ராமா' எனும் புனித நாமம் பக்தர்களின் இதயங்களை பக்தியால் நிரப்பி, இறுதியில் தர்மமே அனைத்து தடைகளையும் வென்று நிலைநிற்கும் என்பதை நமக்கு நினைவூட்டுகிறது



CHINMAYA MISSION CHENNAI SOUTH

## Rama Navami Celebration

22<sup>nd</sup> March Sunday 10am to 12 noon.  
SRDF SCHOOL CHROME PET.

### PROGRAMME

1. PRAYER 10.00am to 10.02am
2. WELCOME ADDRESS 10.03am to 10.08am
3. GURU STHOTHARAM 10.09am to 10.15am
4. RAMASHTOTHARA POOJA 10.16am to 11.00am
5. RAMA SLOKA CHANTING BY CHILDREN  
11.00am to 11.10am
6. RAM BHAJAN 11.11am to 11.50am
7. READING NAMA RAMAYAN 11.51am to 12.05pm
8. MASS CHANTING OF RAMA NAMA  
FOR 2 MINUTES 12.06pm to 12.08pm
9. VOTE OF THANKS 12.09pm to 12.12pm
10. AARATHI 12.13pm to 12.17pm
11. PLEDGE 12.17pm to 12.22pm
12. CLOSING PRAYER 12.22pm to 12.25pm

**ALL ARE WELCOME**

**CONTRIBUTIONS WELCOME**

**CONTACT: 9884198194**



# HANUMAN CHALISA HAVAN

KALIMAGAL VIDYALAYA MATRICULATION SENIOR SECONDARY SCHOOL MADIPAKKAM

**CHINMAYA MISSION  
CHENNAI SOUTH**

**HANUMAN CHALISA HAVAN**



**FEBRUARY  
22ND 2026  
SUNDAY  
8AM TO 11AM**

Strength  
Devotion  
Unity

CHINMAYA  
AMRIT MAHOTSAV  
**75**  
years

Kalaimagal  
Vidyalaya  
Matriculation  
Senior  
Secondary  
School



## ACHIEVEMENTS



Winners of Gokula Baktha Sabha competition in : Thiruppavai, Thirukural, Ramanujar Nootrandhadhi, Vazhi Thirunamangal Raghava Nagar Balavihar.



Pugalya, Pugalini, Shrihari, Druvan Shri Mathe Balavihar

1. S.sri dharshith shakthi
2. N.sai Pallavi
3. K.lokendra gujar
4. S.Tejaswini
5. S.Shraddha
6. D.Shruthiga
7. D.Rithiga
8. S.sai anjana
9. Pradyut vinod kore
10. S.Rujula sri
11. K.Nidhish gujar
12. K.J.yogeshwar
13. T.Saidharshan

Hariom Balavihar students



1. S.Sridharshith shakthi
2. N.sai Pallavi
3. K.lokendra gujar
4. S.Tejaswini
5. S.Shraddha
6. D.Shruthiga
7. D.Rithiga
8. S.sai anjana
9. Pradyut vinod kore
10. S.Rujula sri
11. K.Nidhish Gujar
12. K.J.yogeshwar
13. T.Saidharshan
14. Shivanya



Sai Yugish UKG  
Chandrasekhara Balavihar



Ahobilam Nava  
Narasimhar temple  
trekking -  
Chinmaya Mission  
GCC tour.  
Smt. Latha Sankaran  
representing  
Chennai South

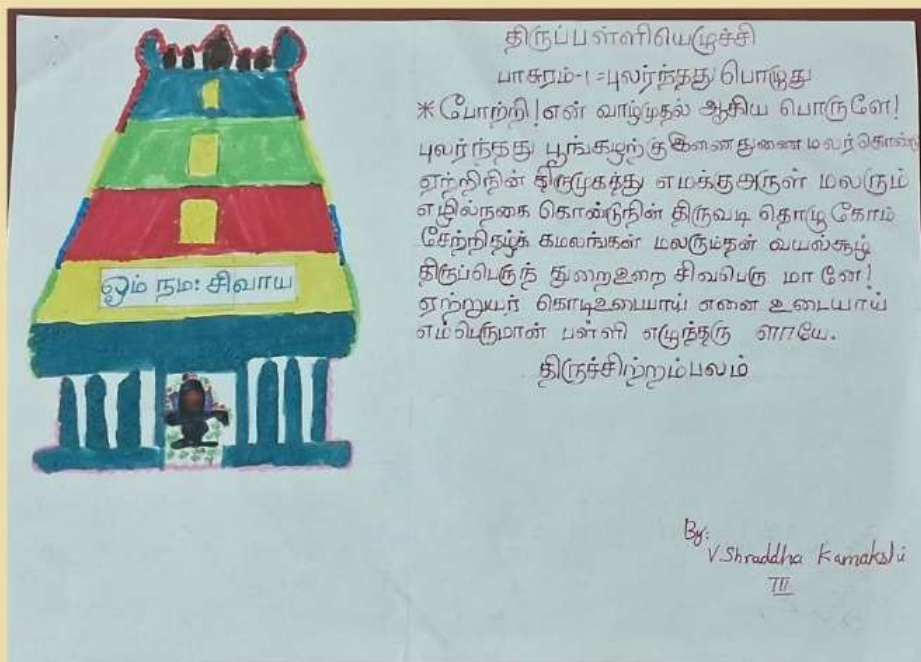
***Work diligently --- but keep your heart tied to HIM. Watch how He executes  
– fulfills!***

***Swami Chinmayananda***

## The Egmore Samskrt School GITA ROCK STAR



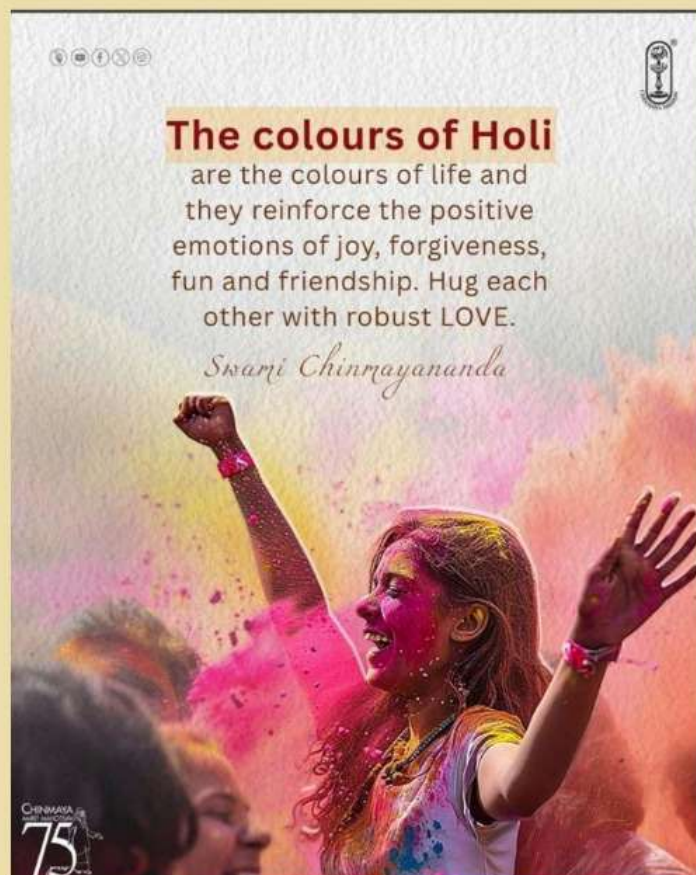
Shradha Kamakshi  
Raghava nagar Balavihar





**S Pranav Athreya**  
**(Raghava Nagar Balavihar)**

Awards received from Pearson Edexcel UK for securing highest mark in the World in his 10th IGCSE Board exam. Mathematics - 100%, Science - 97% , Information and Communication Technology - 94%



## ★ Guided by My Guru, growing with Bala Vihar ★

Hari Om! Salutations to my Guru and Acharyas.

Bala Vihar is a very special part of my life. Every week, I go there with happiness and devotion. We begin our class by chanting prayers and offering our pranams to our Guru, who shows us the path of knowledge and goodness. These salutations remind me to be humble and grateful.

In Bala Vihar, I learn inspiring stories from the Ramayana and Mahabharata. From Lord Rama, I learn obedience and righteousness. From Lord Krishna, I learn wisdom and courage. From Arjuna, I learn concentration and dedication. These stories teach me how to follow dharma in my daily life.

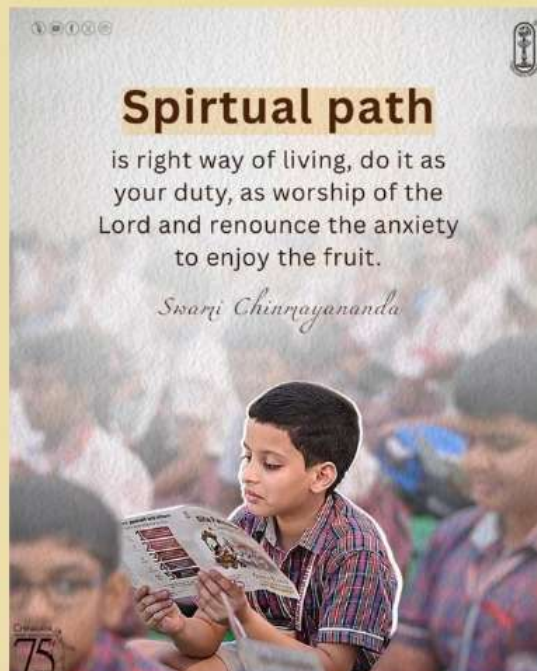
Chanting shlokas and singing bhajans make my mind calm and peaceful. Our Acharyas patiently explain the meanings and guide us on how to practice these values at home and school. I have learned to respect my parents, teachers, and elders, and to be kind and truthful in my words and actions.

Bala Vihar has also helped me gain confidence through activities, competitions, and group discussions. It has taught me discipline, teamwork, and the importance of self-control.

I offer my heartfelt pranams to my Guru and teachers for shaping my character and guiding me towards becoming a responsible and good human being. Bala Vihar is not just a Sunday class – it is a blessing that fills my life with joy, values, and devotion.

Hari Om.

**AADITH NARAYAN J**  
**V STD.**



## “At the Feet of the Guru: Lessons from the Mahabharata

Guru Bhakthi means deep devotion, humility, and obedience towards one’s teacher. The Mahabharata beautifully shows how a student should respect and surrender to the Guru to gain true knowledge.



### 1. Arjuna’s Surrender to Krishna

On the battlefield of Kurukshetra, Arjuna was confused and depressed. He surrendered to Krishna as his Guru.

From the Bhagavad Gita (2.7):

कार्पण्यदोषोपहतस्वभावः  
पृच्छामि त्वां धर्मसम्मूढचेताः ।  
यच्छ्रेयः स्यान्निश्चितं ब्रूहि तन्मे  
शिष्यस्तेऽहं शाधि मां त्वां प्रपन्नम् ॥ ७ ॥

Meaning:

“My nature is overpowered by weakness. I am confused about my duty. I am Your disciple. Please instruct me.”

This is the perfect example of Guru Bhakthi – humility and willingness to learn.



## 2. Respect for the Guru

Dronacharya was the Guru of the Pandavas. Arjuna showed complete concentration and obedience. His focus during the bird's eye test proved his dedication.

A well-known Guru shloka traditionally recited:

गुरुर्ब्रह्मा गुरुर्विष्णुः  
गुरुर्देवो महेश्वरः ।  
गुरुः साक्षात् परब्रह्म  
तस्मै श्रीगुरुवे नमः ॥

Meaning:

“The Guru is Brahma, Vishnu, and Maheshwara. The Guru is the Supreme Reality. I bow to that Guru.”



## 3. Ekalavya's Dedication

Ekalavya worshipped Dronacharya as his Guru even without formal training. His practice, discipline, and sacrifice showed intense Guru Bhakthi.

The Mahabharata emphasizes the importance of honoring the teacher:

आचार्य देवो भव

(“Regard the teacher as God.”)

## Lessons for Children Today

Children can follow Guru Bhakthi in simple but meaningful ways:

Show Respect – Greet teachers with folded hands or say “Namaste.”

Listen Carefully – Pay attention in class like Arjuna.

Practice Daily – Hard work is the best Guru Dakshina.

Be Humble – Accept corrections without ego.

Express Gratitude – Always thank your teachers.

Guru Bhakthi is not blind obedience, but respectful learning with humility and gratitude. The Mahabharata teaches us that when a student surrenders ego and follows the Guru sincerely, knowledge blossoms and life becomes successful.

## NOT HEAVEN, BUT HIM ALONE!

- By Swami Chinmayananda

The Bhagavad Gita explains that many people perform Vedic rituals in order to gain merit (punya) and enjoy heavenly pleasures. Through sacrifices and prescribed actions they accumulate merit and attain higher worlds where they experience the happiness earned by their good deeds.

Shri Krishna explains the limitations of this path:

te tam bhuktvā svarga-lokam viśālam

Kṣīṇe puṇye martya-lokaṁ viśanti

Evaṁ trayī-dharmam-anuprapannā

Gatāgataṁ kāma-kāmā labhante

After enjoying the vast pleasures of heaven, when their store of merit is exhausted they return to the mortal world. Those who follow the ritualistic teachings of the Vedas with desires for enjoyment continue in a cycle of going to heaven and returning to earth.

Heaven, though glorious, is not permanent. One remains there only as long as the accumulated merit lasts. Every enjoyment consumes punya, and when it is exhausted the individual must return again to the world of mortality. Thus heaven is only a temporary reward, not liberation.

Swami Chinmayananda illustrates this with a simple example. A businessman may travel for a holiday and stay in a comfortable hotel depending on the money he has. But when the money runs out, he must return home and work again. In the same way, the stay in heaven lasts only as long as one's merit remains. When it is exhausted, one returns to earth and the cycle continues. Such a life is still within samsara, the endless cycle of coming and going driven by desire.

In contrast, Shri Krishna describes the devotee who seeks the Lord alone:

ananyāś cintayanto mām ye janāḥ paryupāsate

Teṣāṁ nityābhilyuktānām yoga-kṣemaṁ vahāmyaham

Those who constantly think of the Lord with single-pointed devotion receive His assurance that He will provide what they lack and preserve what they already have.

Swamiji compares this devotion to a child crying only for its mother. Even if toys are offered, the child refuses them and calls only for its mother. Seeing such longing, the mother immediately lifts the child. Similarly, when a devotee seeks only the Lord and not worldly pleasures, the Lord Himself comes to protect and care for that devotee.

Human life is usually spent in two pursuits: yoga and kṣema. Yoga means acquiring what we do not have, while kṣema means preserving what we have gained. Much of our effort goes into gaining wealth, family, and success, and then protecting them.

Shri Krishna gives a powerful promise: for those whose mind remains devoted to Him, He Himself takes responsibility for their welfare. The Lord who governs the entire universe assures the devotee, "Yoga-kṣemaṁ vahāmyaham"—I personally take care of what you need and preserve what you possess.

# International Day of Happiness Reflection

## HAPPINESS

March 20 is observed worldwide as the International Day of Happiness. On this occasion, it is inspiring to reflect on the ideal taught by Pujya Gurudev

Swami Chinmayananda, whose vision for the Chinmaya Mission is beautifully expressed in its motto: “To give maximum happiness to the maximum number for the maximum time.”

Happiness, in truth, is a state of mind. A particular day in the calendar does not create happiness by itself; rather, such a day serves as a reminder of the deeper joy that every human being seeks. Gurudev’s teachings guide us towards that lasting happiness through the dissemination of Self knowledge, inner transformation, sincere spiritual practice, selfless service to society, and love for our Nation.

Let us reflect on the profound meaning of the Mission’s motto.

“Maximum Happiness” – What is the yardstick for happiness? It differs from person to person. Yet Vedanta teaches us that true and lasting happiness cannot be obtained from external objects alone. Real and complete happiness dawns only when one recognises one’s true nature through Self knowledge. Such knowledge removes the sense of incompleteness and reveals the inner fullness that is our real nature.

“Maximum Number” – Here shines the compassion of the Guru. A realised Master, established in Truth, tirelessly guides all who are ready to seek and learn. When disciples approach with humility and dedication, the knowledge imparted by the Guru becomes a blessing that uplifts countless lives.

“Maximum Time” – Gurudev often explained time as the interval between events. In the spiritual journey, we may understand this as the period between ignorance of our true nature and the realisation of the Truth. The sincere seeker begins the quest with a thirst for knowledge, and it culminates in the discovery of one’s real Self. When that realisation dawns, the bliss of that knowledge abides for the rest of one’s life.

Therefore, as we observe March 20, the International Day of Happiness, let it remind us not merely to celebrate happiness for a day, but to strive to live it every day. Let our thoughts, actions, and service bring joy to others. May every day in our lives become a day of happiness. Let every calendar day remind us of this ideal – as though March 20 shines on every page of the year.

Geetha Ganesan

Colour the picture

