



Efficiency in Action

We have always pondered over the shloka in Geeta where Lord Krishna Says 'कर्मण्येवाधिकारस्ते मा फलेषु कदाचन' (karmaNyEvAdhikArasthE mA phalEShu kadhAchana). Here Lord Krishna says do your duty sincerely. He defines an efficient action beautifully, when he says, 'Doing your karma with efficiency/effectiveness or kaushalya is a yoga'- योगः कर्मसु कौशलम् (Yogah karmasu kaushalam'. Let's do our karma as a duty towards the God, as if it is the very purpose of our life, but without attaching ourselves to it. Taking success & failure with sama bhava or equanimity is the key. सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ' (Sukha dhukkhE samE kruthvaa laabhaa laabhau jayaa jayau). Krishna says 'samathvam yOgamuchyathE'- Attaining the state of samathva or 'Equanimity' is called yOga. No man can attain freedom from activity by refraining from action; nor can he reach perfection by merely refusing to act. Action for duty's sake is superior to inaction. It is not merely a job-for which I am paid!!! Just observe the level of satisfaction when we act merely as a job or when we act as if it is our duty. The difference is subtle, but the impact of doing such an 'action as duty' on the mind and happiness derived thereof is remarkable. The happiness thus derived spreads happiness around us!

Let all our actions in our day to day life be done sincerely, we do not have to even think of this as a सेव (seva) to God. Let all our actions be with a sense of नित्य सत्वस्थः' (nithya sathvasThah) filled with love and affection towards everyone. Such an action is yOga.

Let our moto at our workplace be योगः कर्मसु कौशलम्'-yOgah karmasu kaushalam'.



Let Noble Thoughts Come To Us from Every Side
Rigveda 1-89-1

ಭಾರತೀಯ ವಿದ್ಯಾ ಭವನ
ಬೆಂಗಳೂರು ಕೇಂದ್ರ

ಹೊಸವರ್ಷದ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು



ಹೊಸತು ವರ್ಷ - ಕಳೆದ ದಿನದ ನೋವು
ಬೇಗ ಮರೆಯಲಿ.



ಹೊಸತು ವರ್ಷ - ಮನಕೆ ಹರ್ಷವಾಗಿ
ಶಾಂತಿ ನೆಲೆಸಲಿ.

ಹೊಸದು ವರ್ಷ - ದ್ವೇಷ ಈರ್ಷ್ಯೆ ಅಳಿದು
ಮೈತ್ರಿ ಹರಡಲಿ.

ಸ್ನೇಹಹಸ್ತದಿಂದೆ ಬುವಿಯೊಳ್ಳೆಲ್ಲ
ಮಂಗಳಾಗಲಿ