

# COME TO ALWAR

(SEE PAGE 5)

## NIRVANA VAN FOUNDATION

**March 2006**

[www.nirvanavan.org.uk](http://www.nirvanavan.org.uk)

During the Save the Tiger campaign in 2005, the Foundation performed 150 street plays. The slogan was

*If there are no tiger, there are no trees.*

*If there are no trees, there is no water.*

*If there is no water, there is no life.*

*If there is no life, then we don't exist.*

translated from Hindi

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come to a nirvanavan kirtan evening  
in

London

**SATURDAY 22 APRIL 2006**

**7.00 pm**

**MUSIC AND PHOTOGRAPHS OF THE  
SCHOOLS AND SHYAM SHAH (Baba's  
home on the mountainside)**

with

**KRISHNADHYANAM**

at

**SATYANANDA YOGA CENTRE  
70 THURLEIGH ROAD  
LONDON SW12 8UD**

It will help if we know how many people to expect so please phone if you can and let us know if you are coming.

If you would like to arrange an evening in your area Krishnadhyanam would be delighted to come and sing and show photos!! His mobile number is 07905 534217.

**Alwar, March 2006.**

Each time I visit this amazing place I am so impressed by how much has been achieved and the progress made since my last visit. And it is so exciting to see how much more is possible... Progress continues. The building plans which I wrote about in the last newsletter in November have been put on hold as it was decided that the money would be better used actually starting more schools. There are now ten schools up and running (no more are planned at the moment.) There is a new water tank at Advaita Gardens (the first school) and the children are making their own bricks and building a new classroom. Good news this time is the development at Shyam Shah (see later) and the not so good news is that the Indian Government only agreed to pay the salaries of the teachers for one year. This means that as a matter of urgency the Foundation needs to find a secure source of funding. Each school costs £60 per month (this includes the salaries of the teachers). So any fund-raising ideas and efforts are most welcome. Many thanks also to those who have donated over the past few months. Our "Adopt a School" scheme is now funding one school on a permanent basis. Please consider making a regular donation by direct debit to ensure a secure future for this valuable work. A form is enclosed or is available from the Satyananda Yoga Centre, London. We are still working on the charity status of the Nirvanavan account in London.

There must be a company in the UK which would be delighted to have the Nirvanavan Foundation as a recipient of its charity funding. We only have to find it!! So if you work or have friends who work for a company which makes donations to charities, or have any contacts in this area please let us know. In the meantime we shall continue to pester you for money from time to time. A pound goes a long way in India and it is heartening to see what can be achieved with relatively little. We have a CD of photographs (free for fund-raising purposes otherwise a small donation will secure you a copy!!)

In May I shall be celebrating my birthday with another fund raising event – I don't know what yet, (I hesitate to ask again for sponsors for surya namaskar but who knows!!) When I return to London later this month I shall set my mind to organising something!

It was a delight to visit Shyam Shah with Christine from Dewsbury and Elizabeth from Nottingham in January. Christine works as a teacher and is setting up a correspondence scheme with one of the schools.

Krishnadhyanam

**Words sometimes feel so inadequate when trying to write about the work which is going on here. So here are some words from other people who have written in the Visitors Book at Shyam Shah:**

"Nirvanavan on top of the Shyam Shah hills in Alwar Rajasthan is an enchanting abode both for the seekers of truth in life and those interested in mountain and wildlife adventure. It is also an ideal place for genuine social activists wanting to protect the ecology and environment of this planet.

Kshity Prabha, New Delhi, Jan 2001

"We need a good team and we need to look after Shyam Shah. I have seen the work already done here and in the villages, helped by the love and dedication and financial support of Indian and foreign friends. Nirvanavan and the villagers work tirelessly. What I have seen here – the work, the atmosphere, the approach, has given me hope that human beings CAN learn to live in peace and harmony with each other and the environment. I will come back again. We WILL make a difference."

Swami Nirmal Saraswati. London Jan 2001

"The serenity and the energy that are here fuel the world to evolve into the paradise it is meant to be."

Ellen Shifrin, Ontario Canada, April 2001

"This organisation is sprouting and definitely one day it will grow into a big tree spreading its branches all over India. I request everybody to join hands both heartily and financially to nourish it properly.

Swami Atmatattwananda Saraswati, Rishikesh, India. May 2001

"This place is a heavenly abode – one of those rare places in the world where one can still breathe fresh and pure air. Let this selfless devotion, dedication, service, love and compassion for others and the preservation of natural resources be our common agenda."

Biswajit Chakrabarty, West Bengal. July 2001.

"Nirvana Bodhisatva has the heart of a Buddha and the dream of a poet – Rabindranath. He MUST be successful with this project."

Swami Shradhananda Giri, Rishikesh. September 2002

"So much has already been accomplished. May the work continue and may more dedicated, talented people come forward to offer Nirvana their expertise, friendship and support."

Swami Nirmal, London. October 2002

“Thank you for being here, for helping to make this a magical and special place, and for accepting what is undoubtedly a tough path. I am so glad to be part of it all.”

Swami Pragyamurti, London. December 2002

“What a delight to see the progress made since I was last here. The work has been steady, building a good foundation in an area where work can be slow and difficult.”

Yoga Suryananda, Ireland. November 2003

“I know now why I came to India. Shyam Shah is definitely the highlight of my journey. This is where I feel at home. We may be at the beginning of something very special with children from Chickenley Community School (Yorkshire, England) sharing with the children at Advaita Gardens.”

Christine Barraclough, England. January 2006

“Here is a man who is making a difference to this area of Alwar. To see such energy and sense of purpose is inspirational.

Elizabeth Dalton, Nottingham, England. January 2006.

“A famous thinker and philosopher – I think it was Goethe – wrote that every major achievement begins with a small step forwards. And when we make that small step, and commit ourselves, then the world will come to meet us and to help us. The Nirvanavan Foundation has made that small step – the commitment is total – and it is time for the world to respond! I look forward to being part of that response. There is so much to look forward to – a new toilet at Shyam Shah for instance, (although I must admit I prefer the open air!)

I hope that by the time I come again – with more people – there will be a new roof on the ‘outhouse.’ Project Deschool, Bodhivriksha Dee Shakar, The Deschool Academy – whatever it comes to be called – is going to mark the beginning of a new chapter in the story of Shyam Shah. More and more people will come to visit, bringing new energy, more support – intellectual, emotional and financial – making another small step forward in this amazing journey.”

Krishnadhyanam, London. March 2006.

There are exciting developments at Shyam Shah – Baba’s home on the mountainside in Rajasthan. The area is a place of astounding natural beauty away from all the distractions of modern life and it has long been a dream of his for more people to come here to experience the magic which is Shyam Shah. A guest house was built a few years ago to provide basic accommodation for visitors and this has provided an opportunity for many people to come here and enjoy the peace, tranquillity and solitude as well as to see the work of the Foundation. It is really only suitable for two or three people however.

But nestling close to the present guest house is a building which with a little renovation would make an ideal place for a larger group, providing basic accommodation for about twelve people and an open space suitable for meetings, yoga classes etc.

Having spent many years establishing and consolidating the work of the Foundation in the area, Baba now feels that the time is ripe to start work on this project. A recent donation given specifically for this project means that the relatively small amount needed to make the building habitable and to build a kitchen and toilet/shower area is now available. Work will start during the summer months and by the time the monsoon arrives in August/September a new roof will be providing protection from the rain as well as welcome shade from the heat of the sun.

By late October the rains will have passed, the hillside will be greener, the underground stream providing fresh water will have been replenished and Shyam Shah will be ready for its first autumn programme. This is being organised by Krishnadhyanam at Satyananda Yoga Centre, London. It is a unique opportunity to be in at the start of this exciting new development. (Another programme is planned for February/March)

Because of its initial ‘ground-breaking’ status the group will be limited to a maximum of eight people at any one time and dates are flexible... Starting on Saturday 28<sup>th</sup> October and finishing on Friday 17<sup>th</sup> November, participants may stay from one to three weeks within these dates. (For those who are interested It will then be possible to travel from Alwar to Rikhia for the Mahayajna which starts on 21<sup>st</sup> November.)

The programme timetable will be flexible – early morning chanting, asana sessions, meditation, yoga nidra, nada yoga, kirtan, and plenty of karma yoga to keep us grounded and help with the conservation work being carried out by the Foundation. All this balanced with free time, opportunity to visit and/or work in the schools, and a few visits to places of local interest.

Costs are on a negotiable sliding scale of £100 - £300 depending on length of stay and income. Whilst not being an overt commercial venture it is planned that the Centre will generate much needed income for the Foundation and will play an important part in the development of eco-tourism in the area.

It is possible to be met at the airport in Delhi and have an overnight stay either at Sri Aurobindo ashram or a hotel in Pahar Ganj close to the railway station, both at the beginning and end of your stay. Air fare is not included (cost varies depending on airline – anything from £390 upwards). A non returnable deposit of £50 secures a place.

If you are interested then contact Krishnadhyanam at SYC London.  
e-mail: Krishnadhyanam@hotmail.com mobile phone: 07905 534217

# ADOPT A SCHOOL

## NIRVANAVAN

It was heartening to see the list of direct debit contributions on our Nirvanavan bank statement when I returned from India in March. It is greatly appreciated. The Foundation now has ten schools in the area. A lump sum is great to send but what in some ways is more important is to know that there is a regular income to support the work of the schools.

Each school costs about Rs.4,500 per month. This provides all the materials for the teacher and children (chalk, paper, writing materials etc), other basic school equipment, and also pays the salaries of the teachers and any other running costs.

Rs.4 ,500 is about £60 per month.

By committing to pay a certain amount each month you can help guarantee that the children have the necessary 'tools to learn',

Please make a regular contribution (minimum of £5 per month). You will receive information about 'your' school – a photograph, regular news about activities etc. (Who knows, one day you may even visit !!) The 'direct debit' form is on the back page.

If you prefer, you can make a regular contribution which will be used in a more general way. Please make cheques payable to Nirvanavan Foundation and send to Satyananda Yoga Centre, 70, Thurleigh Road, London SW12 8UD.

**YES** I'd like to pledge my support with \_\_\_\_ a month.

Please complete the details on this form and return it today to:  
Nirvanavan Foundation, 70 Thurleigh Road, London SW12 8UD

My Name: ..... My telephone number is: .....  
Address: .....  
.....  
..... My e-mail address: .....  
.....  
..... Postcode: .....  
.....

I want to start making a regular contribution of .....a month until further notice, starting on ..... (Please allow at least three weeks between signing the form and the date of the first payment).

Instructions to your bank or Building Society to pay Direct Debit:

Name(s) of Account Holder(s) .....  
Bank or Building Society Account No. ....Sort Code:..... - ..... - .....  
Name and full address of Bank or Building Society:  
.....  
.....  
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.....

Instructions to your bank or building society: Please pay The Nirvanavan Foundation direct debits from the above account subject to the safeguards assured by the Direct Debit Guarantee.

Signed: ..... date.....

Receiving bank details:

Nirvanavan Foundation, Barclays Bank, Wandsworth Branch, PO Box 3847, London SW11 1TR.  
Account Number: 30709468 Sort Code: 20 – 90 – 69

For further information about the Foundation contact [krishnadhyanam@hotmail.com](mailto:krishnadhyanam@hotmail.com)