



శ్రీ వేపచేడు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-Net

Issue: 228

Dr. Sreenivasarao Vepachedu¹

SANKRANTI²

Every month the Sun moves from one zodiac constellation to another and the day on which Sun changes the constellation is called *Sankranti*. *Makara Sankranti*, the Sun's movement into *Makara* (Capricorn) constellation, is considered very important because it is the beginning of a six-month period of the auspicious time of Sun's northern course called *Uttaraayana Punya Kaalamu* (Uttaraayana =northern course, Punya=divine, *Kaalamu*=time). *Bhogi* is the day preceding *Sankranti* and *Kanumu* is the day after Sankranti. One month preceding *Makara Sankranti* is known as *Dhanurmasamu*.

During the entire *Dhanurmasamu* girls decorate the *mungili* or *vaakili* (the entrance to the house) with huge *muggulu* (designs with lime sand or rice flour, turmeric and *kumkuma*) with Gobbemmalu (globes made of cow dung and decorated with flowers, turmeric and *kumkuma*, and incense) in the center, and worship *Gobbemma* (Goddess, Mother *Gobbi*) while singing and dancing around the *muggu* (design).

On the *Bhogi* day in the early morning, a bon fire is lit up with waste, before the traditional special bath. In the evening *Bommala Koluvu* (arrangement of images of Gods, toys, and dolls) and *Bhogi pallu* (Zyziphus fruits, floral petals, and coins) showers for children, *perantamu* (gift giving that includes clothes, lentils, betel leaves, betel nuts, flowers, turmeric, and *kumkuma*) for women are given. *Pulagamu* with fresh rice from the harvest and a *kalagalupu kooru* (mixed vegetable curry) with *chikkudu* (beans), *vankaya* (eggplant/brinjal) and other vegetables are prepared. *Pongali* (rice pudding with milk) is an important item during this festival. That is why this festival is also

Issue 227	5118 Kali Era, 2074 Vikramarka Era, 1938 Salivahana Era <u>Swasti</u> Sri DURMUKHI (దుర్ముఖి) Year, MARGASIRA Month DECEMBER 1, 2016
-----------	--



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-Net

known as *Pongal* in Tamil. Special dishes like *karapupusa & chakkilalu* (brittle salted and peppered lentil pretzels), *palakayalu* (hard fried rice globules), *ariselu* (sweet rice cakes) etc., are also prepared. On the *Kanumu* day animals are decorated and races are held, sometimes the banned cockfights, bullfights, and ramfights are included. Sun, Mahabali (a mythological Asura king) and Godadevi (Goddess Goda) are worshiped during this harvest festival.

“ధనుర్మాసంలో ప్రతిరోజూ తెల్లవారుజామునే నిద్ర లేచి, కాలకృత్యాలు తీర్చుకుని తలస్నానం చేయాలి. ఇంటిముందు శుభ్రపరిచి పేడనీటిలో కళ్ళాపి చల్లి, బియ్యపు పిండిలో ముగ్గులను తీర్చిదిద్ది, ముగ్గుల మధ్యలో ఆవుపేడలో చేసిన గోబ్బిళ్ళను ఉంచి, వాటిని గుమ్మడి, బేర, చామంతి, బంటి వంటి పూలతో అలంకరించి నమస్కరించాలి. అనంతరం కాయాయునిదేవిని షోడశోపచారాలు, అష్టోత్తరాలతో పూజించి నైవేద్యం సమర్పించాలి. ఈ విధంగా ప్రతిరోజూ ధనుర్మాసమంతా ఆచరించాలి. తెలుగునాట గోబ్బెమ్మల వ్రతంగా పేరు పడిన ఈ కాయాయుని వ్రతాన్ని కన్యలు ఆచరించడం వల్ల మంచి భర్త లభిస్తాడని శాస్త్రవచనం.”



Issue 227	5118 Kali Era, 2074 Vikramarka Era, 1938 Salivahana Era Swasti Sri DURMUKHI (దుర్ముఖి) Year, MARGASIRA Month DECEMBER 1, 2016
-----------	---



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-Net

YOGA PANTS, THE EMPEROR'S NEW CLOTHES



Once upon a time there lived an emperor who loved his beautiful new clothes. These new clothes were made of the make the finest cloth imaginable and the most comfortable ever. The finest cloth imaginable and the most comfortable material had an amazing property that it reveals by hugging the body as to be invisible to anyone who was incompetent or stupid. All emperor's advisers praised the clothes as magnificent, most comfortable and spectacular. [What a pattern! What colors! Such comfortable clothes!](#)



Moms with strollers, undergrads on campus, girlfriends meeting up for coffee dates or errands, and women dressed this way for cocktails⁵. Athleisure is the name given to this class of street clothes that adopt the look and comfort of the emperor's clothes. Some people say what we wear sends a message to the world. Yoga pants make a statement too: I am comfortable in my emperor's clothes and I love my first amendment rights of freedom of expression⁶.

It's been a trend on the runways and in retail over the past few years, with forecasters predicting it to be one of the biggest sellers this holiday season⁷. Tight yoga pants must be the best women's outfit ever created and if you have doubts then go to any health club or school in the US. Praise the genius who invented yoga pants.



Issue 227	5118 Kali Era, 2074 Vikramarka Era, 1938 Salivahana Era Swasti Sri DURMUKHI (దుర్ముఖి) Year, MARGASIRA Month DECEMBER 1, 2016
-----------	---



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-Net

NOTES AND REFERENCES⁸

¹Dr. Rao Vepachedu is the founder and president of [Vepachedu Educational Foundation Inc.](#), a 501(c) (3) educational foundation, and the Law Offices of Dr. Vepachedu and co-founder of [Exciva](#). For more information visit: www.linkedin.com/in/vepachedu; <http://www.avvo.com/attorneys/60201-il-sreenivasarao-vepachedu-764535.html>, and <http://www.crm-ip.com/vepachedu.html>. Contact: svepachedu@yahoo.com.



Disclaimer: Opinions and analysis provided here are provided under the First Amendment of the US Constitution, and the information contained herein is intended as general guidelines and personal opinions/views of Dr. Rao Vepachedu. Accordingly, in no event, shall Dr. Rao Vepachedu, his former and current employers, or the Vepachedu Educational Foundation, Inc., be responsible and liable for any direct, indirect, incidental or consequential damage / loss that may occur due to the use of information contained herein, and for any inadvertent errors and inaccuracies that may have occurred. *Users are advised to seek appropriate professional help concerning any matter before making any final decision. Users accept full responsibility for viewing or using the information contained on any of the pages of Dr. Vepachedu's articles.*

² Makara Sankranti and Kalpavriksham (1999): <http://www.vepachedu.org/snkranti.htm>

³ DHANURMASAMUL <http://login2telugu.blogspot.com/2015/12/detailed-article-about-dhanurmasamu.html>

⁴ The Emperor's New Clothes: <http://www.pitt.edu/~dash/type1620.html#andersen>

The King and the Clever Girl: <http://www.pitt.edu/~dash/type1620.html#clevergirl>

⁵ Yoga pants are comfy. They're also an assault on manners and a nihilistic threat. The seductive danger of athleisure. https://www.washingtonpost.com/posteverything/wp/2016/12/15/yoga-pants-are-comfy-theyre-also-an-assault-on-manners-and-a-nihilistic-threat/?utm_term=.38835b719d24

⁶Yoga Pants Gone Wrong (Too Revealing) <https://www.youtube.com/watch?v=y4KIQHNSNDw>

<http://candylike.com/yoga-pants-so-tight-they-reveal-everything/>

<http://www.fadedindustry.com/happy-hump-day-yoga-pants/>

<http://thehive.com/2011/07/26/everything-looks-better-in-yoga-pants-31-photos/>

<http://www.totalprosports.com/2012/10/19/ridiculously-hot-girls-in-yoga-pants-gallery/>

Issue 227	5118 Kali Era, 2074 Vikramarka Era, 1938 Salivahana Era Swasti Sri DURMUKHI (దుర్ముఖి) Year, MARGASIRA Month DECEMBER 1, 2016
-----------	---



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

Home	The Foundation	Management	The Andhra Journal of Industrial News	The Telangana Science Journal	Mana Sanskriti (Our Culture)
Vegetarian Links	Disclaimer	Solicitation	Contact	VPC	Vedah-Net

⁷ Yoga pants are comfy. They're also an assault on manners and a nihilistic threat. The seductive danger of athleisure. https://www.washingtonpost.com/posteverything/wp/2016/12/15/yoga-pants-are-comfy-theyre-also-an-assault-on-manners-and-a-nihilistic-threat/?utm_term=.38835b719d24

⁸ In addition to the primary sources cited above, additional references include: New York Times, Washington Post, Mercury News, Bayarea.com, Deccan Chronicle, the Hindu, Hindustan Times, Times of India, AP, Reuters, AFP, The Guardian, Pravda, Spiegel, Connexion, etc.

Disclaimer: *All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for special medical conditions or any specific health issues or starting a new fitness regimen, political or economic policy.*

"Where the mind is without fear and the head is held high, Where knowledge is free, Where the world has not been broken up into fragments, By narrow domestic walls." -- Rabindranath Tagore (1861-1941), Gitanjali, 1912.

One World One Family
AUM! SWASTI!

Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mrityorma Amritamgamaya, Om Shantih, Shantih, Shantih!
(Aum! Lead the world from wrong path to the right path, from ignorance to knowledge, from mortality to immortality, and peace!)
SWASTI! AUM!

Issue 227	5118 Kali Era, 2074 Vikramarka Era, 1938 Salivahana Era <u>Swasti</u> Sri DURMUKHI (దుర్ముఖి) Year, MARGASIRA Month DECEMBER 1, 2016
-----------	--