

O Sun God, Savitr!  
Thou dazzling fount of life-persuasive light!  
Sublimest mystery speeding from afar!  
Swift became that burst too potent on the sight!  
This radiant type of strength and youth!  
Glowing eternally!  
He alone shines!  
All luminaries get illuminated by His Illumination!  
The whole Universe is enlightened by His light!  
- Kathopanisad



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VEPACHEDU EDUCATIONAL FOUNDATION

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Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

May the golden-eyed Savitar come hither!  
Shining forth he rises from the lap of the dawn!  
Praised by singers, my God Savitar!  
Stepped forth and never missed his place!  
He steps forth the splendor of the sky the wide!  
Seeing, far-shining, the shining wanderer!  
- Rig Veda, iii. 65

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्॥

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Issue: 238

డాక్టర్ శ్రీనివాసరావు వేపచేదు/डॉक्टर श्रीनिवासरारवु वेपचेदु /Dr. Sreenivasarao Vepachedu <sup>1</sup>

**THE KEY DETERMINANTS OF HAPPINESS AND MISERY  
(The science of measuring and understanding subjective well-being<sup>2</sup>)**

Happiness is increasingly considered an important measure of social progress and the goal of public policy.

About 2600 years ago, in 624 BC, Prince Siddhartha was born in Lumbini (Nepal) in the Indian Continent to Queen Mayadevi and King Shuddhodana of **Sakya** dynasty. The Prince realized that all living beings without exception were trapped in an unending cycle of the sufferings of birth, sickness, aging, and death. In search of a solution for this cyclical suffering of human beings, he left the royal palace, life of luxury, his wife Yasodhara, and son, wore saffron robes of Hindu (Indian) religious mendicant, traveled, and meditated until he attained enlightenment under the Sacred Ficus tree (**अश्वत्थ वृक्ष, Ashwattha vrksha, అశ్వత్థ వృక్ష**) one of the most venerated trees in the Indian Continent<sup>3</sup>, where the **Bhagavad Gita** (The Divine Song, ~ 5000-3000 BC) compares the Supreme Being to **Ashwattha**<sup>4</sup>, metaphorically imperishable with leaves of Vedic (scientific) hymns with roots upwards and branches down, is the **Knower of the Vedas** i.e., one who knows all the knowledge stored in Ashwattha leaves attains **the Knowledge of the Ultimate Reality or the Supreme Being** (aka God, Savithr, Vishnu, Krishna, Rama, Shiva, Shakti, Amun, Ra, *Al-Ilāh*, Allah, Yahweh, Zeus, the Merciful, the Compassionate, the Ruthless, the Omnipotent<sup>5</sup>, etc.).



According to Nagarjuna<sup>6</sup>, **Samsara** and **Nirvana** do not exist as two separate entities, the nonperception of **Samsara is Nirvana**<sup>7</sup>. The Brahmin priesthood path begins with the life of a humble worker in the material world in the residential Vedic schools to a spiritual level of the priesthood and then to Nirvana<sup>8</sup>. According to **Mahayana Buddhism**, the **True Nirvana**<sup>9</sup> is relinquishing the attachment to Nirvana itself along with the **Samsara**. Thus, the **True Nirvana** is the real source of both wisdom exists in the realm of **Nirvana** and compassion exists in the realm of **Samsara**, i.e., the Ying-Yang of Samsara-Nirvana existing together like the two sides of a coin, one without the other doesn't exist. That is the state of real happiness and bliss<sup>10</sup>.

The first World Happiness Report was published in 2012, and this year the 5<sup>th</sup> World Happiness Report 2017 was published. This report gives special attention to the social foundations of happiness for individuals and nations. Happiness is considered to be the proper measure of social progress and the goal of public policy. Previous World Happiness Reports have shown that of the international variation in life evaluations explainable by the six key variables, about half comes from GDP per capita and healthy

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life expectancy, with the rest flowing from four variables reflecting different aspects of the social context. In World Happiness Report 2017, these social foundations are explored in more detail, the different ways in which social factors can explain differences among individuals, and nations in how highly they rate their lives, and not just the four factors that measure different aspects of the social context, but also how the social context influences the other two key variables—real per capita incomes and healthy life expectancy. Good mental states, including all of the various evaluations, positive and negative, that people make of their lives and the effective reactions of people to their experiences. There was already a clear distinction to be made among three main classes of subjective measures: life evaluations, positive emotional experiences (positive impact), and negative emotional experiences (negative impact).

The Organization for Economic Co-operation and Development (OECD) subsequently released Guidelines on Measuring Subjective Well-being, which included both short and longer recommended modules of subjective well-being questions. The centerpiece of the OECD short module was a life evaluation question, asking respondents to assess their satisfaction with their current lives on a 0 to 10 scale. This was to be accompanied by two or three affect questions and a question about the extent to which the respondents felt they had a purpose or meaning in their lives. The latter question is treated as an important support for subjective well-being, rather than a direct measure of it, is of a type that has come to be called “eudaimonic,” in honor of Aristotle, who believed that having such a purpose would be central to any reflective individual’s assessment of the quality of life.

Definition of subjective well-being hence encompasses three elements: 1) **Life evaluation**—a reflective assessment on a person’s life or some specific aspect of it; 2) **Affect**—a person’s feelings or emotional states, typically measured with reference to a particular point in time; and 3) **Eudaimonia**—a sense of meaning and purpose in life, or good psychological functioning.

**THE PREDICTORS OF HAPPINESS<sup>11</sup>**

1. GDP per capita, in terms of Purchasing Power Parity (PPP), is adjusted to constant 2011 international dollars, taken from the World Development Indicators (WDI) released by the World Bank in August 2016. GDP data for 2016 are not yet available. Using the available GDP data extrapolated to 2016, country-specific forecasts of real GDP growth from the OECD Economic Outlook No. 99 (Edition 2016/1), World Bank’s Global Economic Prospects (Last Updated: 01/06/2016), and making adjustments for population growth, the happiness data can be measured as the natural log of GDP per capita.

2. The time series of healthy life expectancy at birth is constructed based on data from the World Health Organization (WHO) and WDI. WHO publishes the data on healthy life expectancy for the year 2012. The time series of life expectancies, with no adjustment for health, are available in WDI. We adopt the following strategy to construct the time series of healthy life expectancy at birth: first we

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generate the ratios of healthy life expectancy to life expectancy in 2012 for countries with both data. We then apply the country-specific ratios to other years to generate the healthy life expectancy data.

3. Social support is the national average of the binary responses (either 0 or 1) to the Gallup World Poll (GWP) question “If you were in trouble, do you have relatives or friends you can count on to help you whenever you need them, or not?”

4. Freedom to make life choices is the national average of binary responses to the GWP question “Are you satisfied or dissatisfied with your freedom to choose what you do with your life?”

5. Generosity is the residual of regressing the national average of GWP responses to the question “Have you donated money to a charity in the past month?” on GDP per capita.

6. Perceptions of corruption are the average of binary answers to two GWP questions: “Is corruption widespread throughout the government or not?” and “Is corruption widespread within businesses or not?” Where data for government corruption are missing, the perception of business corruption is used as the overall corruption-perception measure.

7. Positive affect is defined as the average of previous-day affect measures for happiness, laughter, and enjoyment for GWP waves 3-7 (years 2008 to 2012, and some in 2013). It is defined as the average of laughter and enjoyment for other waves where the happiness question was not asked.

8. Negative affect is defined as the average of previous-day affect measures for worry, sadness, and anger for all waves.

**THE DATA REVOLUTION** is transforming the way governments, citizens, and companies do business<sup>12</sup>. They must be able to access this rich world of data to plan, organize, and achieve their objectives; to hold each other to account; and to catalyze change while also ensuring personal liberty, security, and equality of access. A 21st-century data system that is fit for monitoring and achieving the Sustainable Development Goals (SDGs), and the other UN landmark agreements should help governments to

1) plan and prepare for the future by anticipating climate change, environmental shocks and stresses, population dynamics, social challenges and changes, as well as new phenomena like mass urbanization and resilience challenges;

2) manage and govern more effectively, providing policy-makers with real-time or near-time information on the quality of services, the welfare of the population and the state of the environment so they can course-correct and change policies to meet changing demands; and

3) monitor historical progress and ensure we stay on course to meet our objectives, tracking changes over time and helping us to project where we are headed in the future.

Private companies, universities, civil society and other third-party actors will need to contribute given the scale of the challenge. These partners can offer new skills, technologies, sources of data and analytical tools to improve our knowledge and understanding of sustainable development. Innovative

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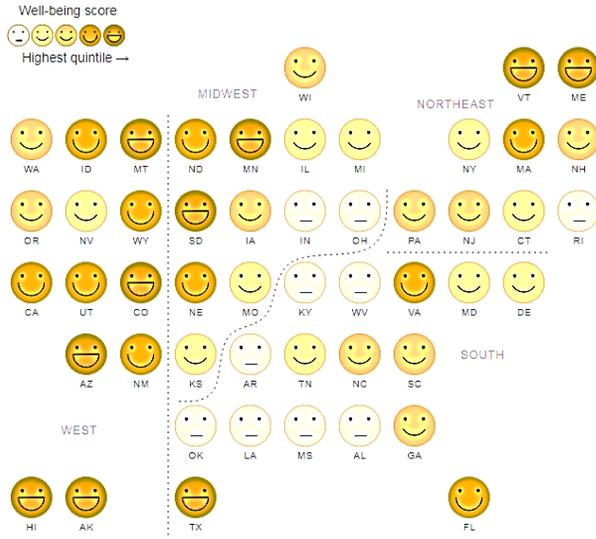
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(often privately-owned) sources of data can also provide a useful “check and balance” on government reporting, ensuring governments are fulfilling their commitments to the SDGs and are carefully managing the data at their disposal. Governments will continue to be central to the production of statistics, but as the range of data producers expands, governments’ roles should morph from producer to coordinator of a broad data ecosystem. Poorly managed data partnerships risk exposing individual microdata (highly personal, individual data) to third parties who may not have the same developmental objectives in mind, or follow the same ethical principles official statisticians follow. These risks will have to be carefully managed by national statistical offices, as well as the executive branches of government.

Notwithstanding the efforts made by the international statistical system, the limitations of current national statistical systems can still cause havoc with fake data, rumors, and false propaganda, unless solutions for building more effective and efficient data ecosystems at local, national, and international levels with SDGs aiming to eradicate poverty, deprivation, and greed, and prevent environmental exploitation and degradation, are not developed by national and international policy-makers taking an evidence-based approach to SDG planning and implementation.



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**THE SECRET OF HAPPINESS** has become a concern in the modern times as well. An idle mind is the devil’s workshop, they say. An increased financial security has given many the idle time to focus on their happiness. Unquestionably, the pursuit of happiness is not a uniquely American dream as explained above, but Americans embedded it in the Declaration of Independence and made it a central

mandate of the national character<sup>13</sup>, as if nobody else in the world is happy, or need or want to be happy.

The pursuit of happiness of America has quickly become a huge business of happiness, but ineffective. According to the 2012 World Happiness Report, published by the Earth Institute of Columbia University, the US ranks 23rd on a 50-country happiness index, far behind No. 1 Iceland, No. 2 New Zealand and No. 3 Denmark and trailing Singapore, Malaysia, Tanzania, and Vietnam.

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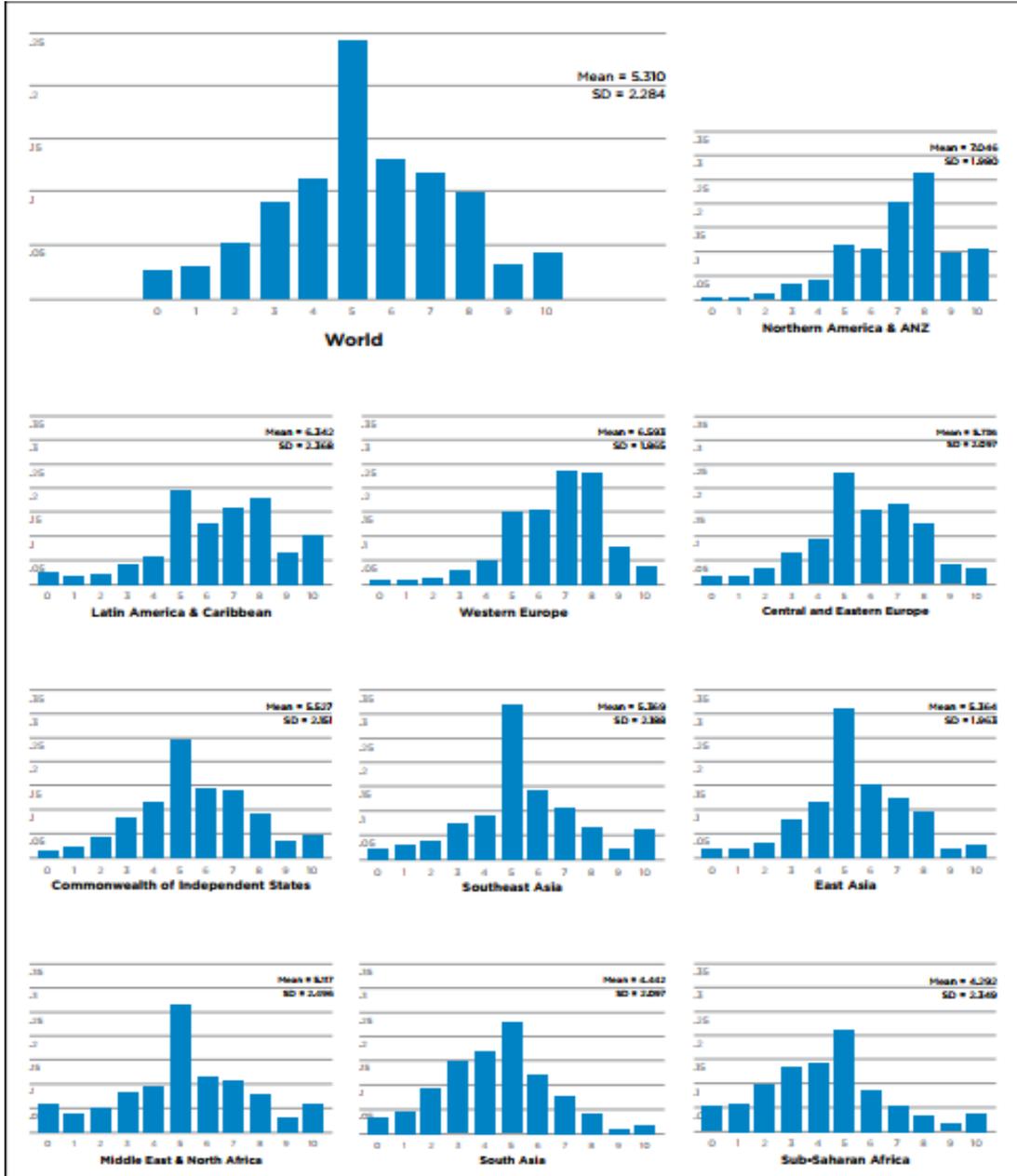
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The gap in well-being between poor and rich Americans is greater than that is between poor and rich Latin Americans, wherein the gap is between a wealthy group (about 1-10% of the population) with high levels of life satisfaction and corresponding ability to plan for and invest in the future, and a poor group (about 90-99% of the population) with lower life satisfaction, higher levels of stress, and much less optimism about the future<sup>14</sup> (Another Day In Paradise)<sup>15</sup>.



As Lord Buddha indicated, the gap between expectations and the reality inevitably results in a cranky and dissatisfied population suffering from misery, instead of realizing the American dream in the pursuit of happiness. Realizing the mirage of American dream or happiness must involve an arduous pursuit. The pursuit of anything worth pursuing requires a long and enduring pursuit (= work or karma<sup>16</sup>), wherein the good work leads to good results, and bad work leads to bad results. That may be the reason for the American malaise in contrast with the happiness of Icelanders or Vietnamese.



In addition to the ancient wisdom dating back to 5000 BC discussed above, Pharmaceutical companies promoted happiness by developing anti-depressants. However, the modern world is not happier than the ancient world, and normal people want to become happier, not through drugs, but by making changes in how people act and think. Now, Positive Psychology, the Science of Happiness, is trying to address this need to be happier. This new branch of science, not so surprisingly, indicates that specific ways of thinking and acting that can strongly impact the human sense of happiness and peace of mind.

Psychologists use the term “well-being” and recognize that a wide range of emotions are possible and perfectly normal in a psychologically healthy person. Some practitioners think that the common depression is an evolutionary adaptation that helps people with focus and problem-solving<sup>17</sup>. Thus, happiness or misery<sup>18</sup> is in the mind, depending on many factors including nature (inherited) to nurture (surrounding environment)<sup>19</sup>. Well-being has five measurable elements Positive emotion, Engagement, Relationships, Meaning and purpose, and Accomplishment (PERMA).

Thus, the modern society can benefit from various methods suggested by the ancient world, like re-inventing the wheel, wherein the life involves a cyclical phenomenon in which *samsara* and *nirvana* inextricably linked to each other and that who learns to live unperturbed with and experiencing both simultaneously, which requires cultivation of certain attitudes and behaviors towards life accompanied

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This radiant type of strength and youth!  
Glowing eternally!

He alone shines!  
All luminaries get illuminated by His Illumination!  
The whole Universe is enlightened by His light!  
- Kathopanisad



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VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

May the golden-eyed Savitar come hither!  
Shining forth he rises from the lap of the dawn!  
Praised by singers, my God Savitar!  
Stepped forth and never missed his place!  
He steps forth the splendor of the sky the wide!  
Seeing, far-shining, the shining wanderer!  
- Rig Veda, vii. 65

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्॥

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with its vicissitudes. Although an egalitarian society can assist individual to overcome some of the burdens of life, the individual happiness depends upon the individual ultimately.

Nobody can assist an individual to achieve *nirvana* or *moksha* (मोक्ष, emancipation, liberation, release, or deliverance to the transcendent state), because each individual has to walk the path of enlightenment suited to the individual's nature, environment, and circumstances. No philosopher, seer, or God can help, as clearly evidenced by the enlightened Siddhartha, the Sakya Muni, the Buddha's attempt to impart his enlightenment attained by his hard work to the masses, without any particular measurable improvement in the happiness of those masses even after 2600 years.

One can lead people to the fountain of knowledge, but cannot make them drink it. The role of the society, the government, and organizations both religions and secular may provide the water and sustenance, but it is up to the individual to change the attitude towards the life or not, embrace it or not, and drink the koolaid or knowledge from the fountain, or not.

*The sustainable development and happiness to all humanity in the materialistic realm would be tougher than attaining the sound balance of Samsara-Nirvana with the Knowledge of the Ultimate Reality stored in Ashwattha leaves so that the individual can be happy and free of misery in a spiritual realm.*

The materialistic realm includes our workplace, which is diverse today due to globalization. Communicating with each in a diverse environment with respect, making sure that all members of the team have an opportunity to opine, be creative, and be recognized, inclusive of all not limited to color, gender, orientation, nationality, or race, it should include diversity of thought and backgrounds, showing appreciation consistently without bias, supporting each other in achieving team goals, not sabotage, and so on, would help reduce misery at the workplace. However, it is easier said than done<sup>20</sup>.

*Yet, we must try and be happy by following the guidance provided by scientists, philosophers, and seers, because we cannot escape from the karma (work – idling away is also work which produces results). Therefore, one has to choose a path to nirvana, moksha, or spiritualistic- and materialistic-happiness.*



[“Here's a little song I wrote  
You might want to sing it note for note  
Don't worry, be happy  
In every life we have some trouble  
But when you worry you make it double  
Don't worry, be happy  
Don't worry, be happy now.” Bobby McFerrin](#)

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**OCTOBER MONTH**

**BREAST CANCER AWARENESS MONTH: OCTOBER**

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. To help those affected by breast cancer through early detection, education, and support services through the difficult journey of being diagnosed with breast cancer visit Breast Cancer Awareness Month<sup>21</sup>.

**HINDU AMERICAN AWARENESS AND APPRECIATION MONTH: OCTOBER**

HINDU AMERICANS BELIEVE IN PROMOTING KNOWLEDGE AND EDUCATION FOR ALL.

October is Hindu American Awareness and Appreciation Month in California<sup>22</sup>. Hindu Awareness & Appreciation Month:

- Recognizes contributions of Hindu culture and spirituality to American life;
- Allows our children to feel proud of their Hindu identity as Americans;
- Allows the broader American society to understand and appreciate Hindu Americans and Hindu beliefs;
- Promotes diversity and pluralism

On June 24, 2013, the California State Senate unanimously passed Senate Concurrent Resolution (SCR) 32: California Hindu American Awareness and Appreciation Month. Working closely with HAF, SCR 32 was introduced by State Senate Majority Leader, Ellen Corbett (10th Senate District), to designate October 2013 as California Hindu American and Appreciation Month, recognizing and acknowledging the significant contributions made by Californians of Hindu heritage to the state.

The Council for a Parliament of the World's Religions congratulates the Hindu American Foundation on their successful campaign to make October the Hindu-American Awareness and Appreciation Month in the state of California<sup>23</sup>.

**OCTOBER MONTH PROMOTES MANY MORE ISSUES:**

- [BLACK HISTORY MONTH 2017](#)
- [NATIONAL CHOLESTEROL MONTH 2017](#)
- [INTERNATIONAL SCHOOL LIBRARY MONTH 2017](#)
- [PITUITARY AWARENESS MONTH 2017](#)
- [ADHD AWARENESS MONTH 2017](#)
- [LUPUS AWARENESS MONTH 2017](#)
- [GO SOBER FOR OCTOBER 2017](#)
- [CARE TO LIMBO 2017 and](#)
- [Many More \(https://www.welcoa.org/health-observances/october/\)](https://www.welcoa.org/health-observances/october/).

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NOTES AND REFERENCES<sup>24</sup>

<sup>1</sup>Dr. 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.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](mailto:svepachedu@yahoo.com).

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<sup>2</sup>Eid et al., The Science of Subjective Well-Being, Guilford Press, Jan 1, 2008; Robinson et al., The Happy Mind: Cognitive Contributions to Well-Being, Springer, Jun 28, 2017; Efklides et al., A Positive Psychology Perspective on Quality of Life, Springer Science & Business Media, Nov 2, 2012; The Exploration of Happiness: Fave, Present and Future Perspectives, Springer Science & Business Media, Mar 29, 2013; Knoop et al., Well-Being and Cultures: Perspectives from Positive Psychology, Springer Science & Business Media, Aug 1, 2012; Fullagar et al., Flow at Work: Measurement and Implications, Taylor & Francis, Mar 16, 201; Schimmack et al., Culture, personality, and subjective well-being: Integrating process models of life satisfaction, Journal of Personality and Social Psychology, 82(4), 582-593. <http://dx.doi.org/10.1037/0022-3514.82.4.582>

<sup>3</sup>**Ashwattha vriksha:** Tropical fig tree known as *Ficus benghalensis* is native to the Indian Continent; adventitious roots from its branches take root to form new trunks over a relatively wide area. In Sanskrit language, the Banyan tree is known as '**ASVATTHA**' and is cherished for its everlasting or imperishable nature. If the tree is living, we need to know the nature of its substance that keeps it living. *Ficus*: <http://thesacredfig.com/about/>; <http://www.whfoods.com/genpage.php?name=foodspice&dbid=24>; Significance of the Banyan <https://timesofindia.indiatimes.com/city/nagpur/Significance-of-the-Banyan/articleshow/8856719.cms>; <https://www.bhantedhammika.net/essays/trees-in-the-buddhist-scriptures>

<sup>4</sup> "Urdhva-mulam adhah-sakhm Asvattham prahur avyayam,

Chandamsi yasya parnani yas tam veda sa Veda vit." *The Bhagavad Gita, Chapter XV, Purushottama Yoga*

**The Supreme Lord (Krishna) says:** *One who knows the Ashwattha, metaphorically imperishable with leaves of Vedic (scientific) hymns with roots upwards and branches down, is the Knower of the Vedas (i.e., one who knows all the knowledge (stored in Ashwattha leaves) attains the Knowledge of the Ultimate Reality or the Supreme Being).*

*Ficus benghalensis* Asvattha Tree <https://wholedude.com/tag/ficus-benghalensis-asvattha-tree/>

<sup>5</sup> The Vedas: <http://www.hinduwebsite.com/vedicsection/vedaindex.asp>; The Upanishads

<http://www.hinduwebsite.com/upanishads/wisdom/upanishads-day19.asp>

<sup>6</sup> Nagarjuna - Founder of Madhyamaka <https://www.burmese-art.com/blog/nagarjuna-buddhist-philosopher>

<sup>7</sup> Dreaming the Great Brahmin: Tibetan Traditions of the Buddhist Poet-Saint Saraha, By Kurtis R. Schaeffer.

<sup>8</sup> Illuminated Buddhism, Or, The True Nirvana: The Original Doctrines of "The Light of Asia," and Explanations of the Nature of Life in the Physical and Spiritual Worlds : Transmitted by the Law of Occult Science, By Siddhartha, Sakyamuni, Gautama Buddha (Spirit), Spiritual Scientific Publishing Company, 1888.

<sup>9</sup> Zen and the Modern World: A Third Sequel to Zen and Western Thought, By Masao Abe.

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<sup>11</sup> THE SOCIAL FOUNDATIONS OF WORLD HAPPINESS <http://worldhappiness.report/wp-content/uploads/sites/2/2017/03/HR17-Ch2.pdf>; <http://worldhappiness.report/ed/2017/>

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<sup>12</sup> COUNTING ON THE WORLD, Building Modern Data Systems for Sustainable Development <http://unsdsn.org/wp-content/uploads/2017/09/sdsn-trends-counting-on-the-world-1.pdf>

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<sup>13</sup> We hold these truths to be self-evident, that all [humans] are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness. <http://www.ushistory.org/declaration/document/>

<sup>14</sup> The Pursuit of Happiness in the US: Inequality in Agency, Optimism, and Life Chances

<https://www.aeaweb.org/conference/2015/retrieve.php?pdfid=424>

<sup>15</sup> She calls out to the man on the street 'Sir, can you help me?'

[It's cold and I've nowhere to sleep, Is there somewhere you can tell me?'](#)

[He walks on, doesn't look back. He pretends he can't hear her. Starts to whistle as he crosses the street](#)

[Seems embarrassed to be there.](#)

[Oh think twice, it's another day for you and me in paradise](#)

[Oh think twice, 'cause it's just another day for you, You and me in paradise, think about it.](#)

<sup>16</sup> Karma is work. It follows the Newton's 3<sup>rd</sup> law of Motion to some extent, resulting in a positive or negative outcome depending upon the work done.

<sup>17</sup> The Pursuit of Happiness <http://bigthink.com/big-think-mentor/the-pursuit-of-happiness>

<sup>18</sup> How the Tyranny of Market Forces Stunts Our Moral Imagination <http://bigthink.com/videos/nicole-hassoun-how-the-tyranny-of-market-forces-stunts-our-moral-imagination>

<sup>19</sup> Positive Psychology: The Science of Happiness <http://abcnews.go.com/Health/story?id=4115033&page=1>

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<sup>20</sup> 13 Things You Should Never Say At Work <https://www.forbes.com/sites/jacquelynsmith/2013/02/15/13-things-you-should-never-say-at-work/#2cd2b8252632>;

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"Now that we have a Cabinet, and a government, and quite frankly, a party with all these great, strong, young women, the challenge we have is, despite all their presence, we're still very much in an old-fashioned man's game of politics," Trudeau said;

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<sup>22</sup> Celebrate Hindu Awareness & Appreciation Month This October in California <https://www.hafsite.org/whats-new/celebrate-hindu-awareness-month-october-california>;

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<sup>23</sup> California Declares October "Hindu Appreciation Month" <https://parliamentofreligions.org/content/california-declares-october-hindu-appreciation-month>

<sup>24</sup> 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.

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"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!



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| Issue 238 | 5118 కలి కాలము/Kali Era   2074 విక్రమార్క కాలము/Vikramarka Era   1938 శాలివాహన కాలము/Salivahana Era<br>స్వస్తి శ్రీ హేవలంబి నామ సంవత్సరము/स्वस्ति श्री हेविलम्बी नाम संवत्सर/ <a href="#">Swasti Sri Hevilambi Year</a><br>కార్తిక మాసము/KARTIKA Month<br>Publication Date NOVEMBER 1, 2017 |
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