All our scientists were saints!
-Science of spirituality
We all know the story about how the people of Ayodhya lit thousands of lamps in celebration of the return of their king Ram over evil. The win over evil must always be celebrated indeed. But this good and evil constantly change with time.

There was a time when girls weren’t allowed the right of education which is not the case now, so the evil is won over. Yet there was also a time when we worshipped nature for what she provides unlike today where many of the living things are endangered.

We accepted the evil in some practices and removed them from our society but unfortunately some good ones that were helping the society prosper also got removed from our societal equation. Such practices and concepts must be brought back into our lives, our society as a solution to numerous newly born problems.

#BringBack is a theme aimed to highlight the practices prevalent in Ancient India, which if brought back, will aid our society and people grow more.
This month’s edition features a student who does not just excel in academics but equally maintains her hobbies as well. Be it a unique project or a unique form of art, she has done it all. This month we have with us, the head of IEEE Student Branch, Ritvi Mishra from final year ENTC branch. Her interview answers some of the most common yet necessary questions. Ritvi Mishra gives an insight of all her projects and reveals the excellent academic and extra-curricular activity balance which often helps in the overall personality development.

Following the interview are articles on some of the common practices under the #BringBack umbrella along with some mind-blowing facts that you need to know about Ancient India.
Table of Content

- Interview: Ritvi Mishra

- Articles:
  1. Science of Spirituality
  2. Guru-Cool
  3. More the Merrier
  4. From Healthaholics To Workaholics
  5. United to be Unity
  6. Art: Life not Leisure
  7. Mending our Bond with Nature
Q. Could you start by introducing yourself for our readers?
A. I am a final year btech student. I like to call myself a maker, hacker. I love hacking.

Q. What drove you towards engineering?
A. Like I said I have always been a maker and problem solving is something I really like, putting random tools together to get something new, solving a problem uniquely and engineering is exactly that, solving problems using the tools and methods that already exist and that's how I look at engineering and that's why I always advocate it.

Q. What was your freshman experience like?
A. It was amazing. I ended up participating in Robocon in my first year itself. I remember working long hours. We used to work 7 days a week, all holidays no matter what. So it was amazing being a part of something. I think that was the highlight of my first year. Apart from that, I was lucky enough to get introduced to technical communities and this has been a real contributor to my confidence and to the way I advocate engineering today.
Q. How did you prepare for events like hackathons?
A. So the trick I would say is to not be prepared, to be open to ideas, to not have any prejudices whatsoever towards people, ideas, technologies etc. That's the best way to prepare for a hackathon. Especially if you are looking for a new team you will see that I have worked with strangers all over the world, agreed upon an idea so that we can create stuff together in 24-48 while being in completely different time zones. So the trick is to be very open to ideas and be ready to take on things *you don't want to*.

Q. How did covid 19 affect your education?
A. I guess covid 19 is one of the reasons I was able to participate in so many hackathons. Actually virtual hackathons were pretty rare before that. Due to covid, virtual hackathons started. It was quite a big deal actually and the person who organized the first virtual hackathon also won a Diana Award this year which is a prestigious award given to youth social entrepreneurs. So virtual hackathons are a covid 19 consequence. Its one of the good things covid 19 has given to the world. It has really helped the global community to come together.
Q. How did you maintain balance between these competitions and regular studies?

A. So when you are consuming so many technologies, reading about so many technologies all you want to do is see how you can upgrade your own curriculum. One of the best examples I would give is that, you must be aware of fourier transform and fourier series. Now how you can inculcate these technologies in your studies is I went ahead and learnt processing JS which is a visual software where you try and draw fourier series and transform and visualise it due which to your concept and learning can be better.

So indulging technologies in your studies really aids your academics.

Q. What skills have you learned throughout the program?

A. One thing I learned is to be open to ideas. Second important thing I have learned is collaboration and communication. Communication is the key. If you don't understand something, getting it cleared at the right time can save a lot of effort. It can change the entire dynamic. Communication is a huge thing when it comes to academics and hackathons. It is very important to learn and understand the significance of it.
Q. Would you like to share your experience at a company project?
A. So I have interned in four different organizations. Last three were of course Innovent international, AX design and now InventIndia. First I got my internship at the start of second year. Knowledge base was restricted to my Robocon knowledge and what I worked on was an agricultural data logger. It was to aid smart agriculture and the company had a product which was like a van but it had all the tools from medical tools to agricultural tools for villages and remote places that do not have easy access to cities and even transportation.

So it was supposed to aid three things that is emergency medical care, agricultural health that is if the crops are doing well or not and the third was transportation because that van itself is supposed to be an electric vehicle which has a lot of ways to recharge through renewable energy. So the task in that entire van was to be able to log the data from the agricultural or medical devices onto the cloud. So I worked on a data logger that used ESP8266 module, Raspberry Pi and a moisture sensor. We used the pi as a local server that helped you access the data and the ESP8266 to sense the moisture and send it to cloud. To keep it simple and for the data to be accessible we tried it with google sheets so that in the future case when the farmers use it, it is easily accessible and shareable by them. This was the one most important project that I worked on there.
Otherwise I was also involved in a lot of brainstorming and a lot of decision making there. Apart from that when I was with AX design, I worked on GPRS and GSM systems through Zephyr RTOS and I was using the NRF 52 DK. These are powerful modules and the Zephyr system that I was using was highly testable when it came to scheduling. It is a pretty powerful general purpose RTOS. It is open source and pretty new. The documentation is pretty scarce so even though a task on Arduino is simple enough it took a lot of time to crack using Zephyr but the main thing that it used GSM bandwidth to send the data.

So the last company that I worked for this year was Invent India. It has a design studio and has an entire industry design team which are all NIDians. I was a part of the engineering team and we worked on very unique and cool products. One of the most interesting product was a smart hookah which is smart in the sense that if you start breathing in, it has a pump that eases out the smoke and it has a smart heater that helps the flavours last longer and it saves energy as well. So there was a lot of effort put into it from all the ends, from the design end, the engineering end. That was one of the most interesting products I worked on apart from that the main product in which I was involved with the client side interaction as well was called a blind wallet.
It had two sensors and it authenticated a note. For a blind person how do they know whether or not there's a authentic note and how do they know the denomination. We know that blind people have better senses but that's not fair. They should have better access to it. We used two sensors, one which used a UV light to authenticate the note, to validate whether or not it is a real note and the second one a color sensor which helped us get the denomination of the note.

Q. Can you talk about the advancements in your field which you’ve come across?
A. I am sure that you know till now when I spoke about my projects you noticed that I actually work with the firmware which is basically the software that goes onto hardware. So I worked very closely on the software end as well as the hardware end because when you are programming different stuff and debugging, you need to know what might be going wrong with the hardware which includes the circuit and of course the software end because I am writing that. So, when it comes to advancements, I think one of the biggest things that you need to learn when you are in this field is being able to find the alternatives;
Q. What do you think earned you the position of chairperson of the IEEE student branch?

A. It's been a challenging position and I was there because when I got involved with IEEE, our chapter didn't really have a structure for the past few years. I mean IEEE CCEW was there, there were student members but there was no club that got faculties together. Quite honestly we're still getting the system together because it's been one and a half years since we've started activities and I have had the opportunity to work with some amazing and very talented peers. We are still getting it together. So hopefully by the next year, it's going to be very sorted with a proper system in place.

Q. What was the challenging engineering project that you have worked on?

A. Most challenging? I will have to agree upon the fact that the most challenging thing was my GSM project at Ax Design. So like I told you we worked with Zephyr RTOS, it had very scarce documentation still. So if you work on an Arduino or a different microcontroller, that has a great community support and documentation, it's very easy to find documentation and libraries. But if you want to use GSM, for Zephyr RTOS there was nothing like that available. So I had to sit down and write the code from scratch and then use the functions. That involves a lot of research for the simplest of tasks and as rewarding as that was, it was one of the most challenging things that I had to do in a project.
Q. Which one memory you will remember forever about your experience as an engineering student?
A. That's a very interesting question. Because I think I can't possibly point to one. From Robocon I have such great memories, when we went to IIT Delhi as a team. With SWE and also as I was involved with IEEE, I have had students come up to me and tell that the workshop was good and made an impact. But I think the fact that you guys are interviewing me today is pretty memorable so thank you.

Q. What skills do you find most useful for a software professional?
A. GOOGLE. There was this meme that I saw where somebody put googling in their resume and they got selected and I couldn't agree more! However strong your software concepts are, the need of the hour is you'll always have to google some of the basic stuff and that's perfectly fine. You just need to know how to not get lost in the search. So I think that's a very important skill as a software engineer regardless of what your tech stack is to be able to search for the right thing at the right time.
Q. What do you like to do in your free time?
A. So I mentioned I like to create art. I call myself a maker. I do all kinds of art like calligraphy, bottle art. Recently while I was doing my last internship I picked up stained glass art which is basically cutting colorful glass and putting it together.
Q. Who was your mentor throughout your journey?
A. I think there are two people I need to credit my college journey and my technical journey to. One is my mentor Akshay Sharma who is the founder of Ax Designs, who was part of Robocon during his college years and he has been a believer in my skillset more than me perhaps and the person in college Mrudul ma’am. She’s been like a rock to me when it comes to whatever I have chosen, whatever I have decided to. She’ll never once doubt me. She’s also the IEEE mentor and advisor and she's one of my rock solid support when it comes to seeking crazy and creative decisions. So these are the two people I credit my 4 years journey to.
Q. What are your plans for the future?
A. That's a great question. Like I said I love hackathons, I live for them. I have recently taken up a part time job which is called an *MLH coach* and I hope to continue that for at least a couple of years. That is one thing for sure that I am not going to quit any time soon. Secondly, I am not very keen towards the corporate experience because of multiple reasons. I want to create more content so I am hoping for a more content creation role when it comes to IoT and engineering but the plan right now is to be as involved in communities as much as possible. When it comes to masters and a PhD, there is no rush whatsoever and I am in no rush to pick up anything anytime soon.

Q. Any advice for the juniors?
A. Have fun with what you learn. That's one thing that I have already told. You guys might ever browse through the internet and see people with these amazing achievements, people younger to you, people of your age and there is a very high chance you feel intimidated. One thing I would like all of you, to remember that the people who have achieved that, they weren't trying to achieve that, they were just doing what they loved and they ended up in that position. So don't give in to the trends, don't give in to the buzzwords. Do what you like, understand why you like it and keep up with it and the rest will fall into place.
The Indian civilization, one of the greatest and oldest civilizations of the world, has a rich tradition of science and technology unknown. Ancient India was not just a land of sages and seers but also a land of scholars and scientists. From making the best steel in the world to devising the theory of an atom, India was actively contributing in every domain of science and technology centuries before others.

Indians were the first to design a system of symbols for every number from one to nine, which was first adopted by the Arabs and later by the Western world. The Fibonacci numbers and their sequence first appeared in Indian mathematics as mātrāmeru, much before the Italian mathematician Fibonacci presented them to Western European mathematics. Indians were also the first to develop a distillation process to smelt zinc, a crucial process that remained a secret from the rest of the world for more than 4000 years. The amount of knowledge that this country had was phenomenal. But how did people of ancient India manage to get such bizarre-looking theories apt without the aid of any modern tools or equipment? The answer is a simple one; all our scientists were saints!
Science and spirituality may look contrary to each other but are in fact closely related. If science is a vehicle, then spirituality drives it. If science answers how this world was created then spirituality answers why this world was created. Thus, leading a spiritual life is bound to give extraordinary results. Spiritual lifestyle includes living a disciplined life with regular practice of yoga, pranayama and meditation and to feel one with nature.

This practice not only helps you to connect with God but also with yourself. Research has proven the perks of such practices and many have begun to realize the importance rather need of living a spiritual life. Yogic exercises and pranayama enable you to take charge of your thoughts making you the master of your mind whereas meditation calms your mind to an extent where you are no longer disturbed by external world and its rush.

We are well aware of the fact that Yoga and meditation has been practiced since ancient times in India. This implies that the sages of India decoded the way to peace and knowledge long back and developed a technique to access and gain this knowledge, which we call Spirituality. Along the years, it is noticed that the meaning of spirituality is interpreted and conveyed falsely.
Spirituality does not just mean connecting to God through prayers but connecting to our soul through Yoga. Its purpose is not to have peace in the life after death but in the one before. Having said that achieving a spiritual level so as to analyse nature and cosmos through meditation takes years of practice and dedication. In course of time, spirituality took a step back from our lives as a way to healthy lifestyle and became a concept promoting superstitions. Though we went through an era of technological advancements that made our life easier, it costed us peaceful mind and healthy body. Many of us now suffer from anxiety, stress and other physical and mental health problems. It is now vital that we understand the true meaning of spirituality and bring it back into our lives. This is the simplest way to bring back contentment and peace which is missing in the modern world. Today, most successful businessmen are practicing meditation to reduce stress, control anxiety and induce the flow of new ideas. We too should revert to our roots of spiritual living to experience the ultimate essence of life.
Ever wondered from where did Chandragupta Maurya, one of the greatest Emperor known to the world, acquired the management skills to flawlessly rule such a great empire or Arjuna, one of the greatest warriors of his time mastered the art of archery? The answer is they went to the best schools that provided them with quality education like no other: Gurukuls.

Gurukul was a residential schooling system whose origin dates back to around 5000 BC in the Indian sub-continent. Gurukul system of education existed during ancient times where students used to reside at teacher’s place and learn everything from religion, Sanskrit, scriptures to medicine, philosophy, literature, warfare, statecraft, astrology and history.

Besides this, Gurukuls were blessed with some of the greatest teachers of all times including Chanakya, the famous strategist who guided Chandragupta Maurya to gain and rule a huge
application. The structure of education in Gurukul was a perfect combination of academics and extra-curricular activities. Along with this, there was an equal importance to physical fitness as well for which the students were taught Yoga and meditation. All the students studying in Gurukul were considered equal irrespective of their family name or background. This created a social sense and humility among the pupils and also enriched brotherhood. It was also mandatory to do all the daily chores like washing your own plates after eating or cleaning the surroundings or watering the plants and feeding the animals. This helped in the student’s overall personality development and increased their sense of responsibility and respect for discipline in life.

The ancient Gurukul system in India had explicitly recognized that the supreme goal of life is self-realization and hence it claimed to be unique in the world in several aspects.
It is undeniable that the present-day education system faces some shortcomings in terms of moral, ethical and spiritual values which is visible due to the fact that many students go through stress, anxiety and depression at a very tender age. Parental pressures on children are increasing at an alarming rate, with stress to focus on the competitive examinations alone, taking a greater toll on the young mental framework.

The pointless pressure has taken the reallocation of educational parlance from a holistic approach towards education to farcical rote learning. Students need to have supple minds that are capable of analytical thinking, while integrating complex core concepts that aid them to evolve as human beings. This is possible through deep levels of determination, focus and concentration, that is enshrined in Gurukul learning. This is the reason why Gurukul systems are considered to be the best places to facilitate a sound learning environment.
Replacing rank-based system, Gurukul builds a value-based and value-added education system which identifies and promotes the uniqueness of each student, allowing them to excel in their area of interest. One can visualise a better educational environment which builds the character of a student, and not drag them down. One needs to comprehend the structure of Gurukul system, how it worked and how the objective of Gurukul training can be accomplished in the present-day setting.

There must be an adjustment and a mix of both cutting edge instruction and convention if the gurukul framework is to survive and affect today's general public. The objective of the new age gurukul education should be to prepare students in a manner that they do not just have the learning of the current training framework, but also beyond that. Thus it is evident that Gurukul system is the path towards a healthier, conscientious world. We should progress with this vision to educate young minds and foster ethical, social, moral and spiritual values through holistic learning.
More the Merrier

We all are familiar with the story wherein an old ailing farmer, on his death-bed, preaches his sons the importance of unity and living together as a family. He uses wooden sticks to show how one stick can be easily broken as compared to the bundle which was impossible to break.

“In time of test,
Family is the best”.

Indeed. Family is a support system in anyone and everyone’s life. Many things have experienced a change in the course of time, but family is constant in this equation. Family is not just some people living together, it is an abode of love, support, care and protection. By a simple mathematical law, the more people present in the family, the more love and care you get. It is observed these days, that this is not the case. The joint family concept that was prevalent for so many years has been out trend for quite a few years now and is replaced by nuclear family concept.
The family, as a single unit shares the load together till the storm of difficulties passes. It also provides strong emotional support and some or the other members are always there to lend you an ear. It does not matter whether these problems are significant or not, the important part is that all problems are heard out and advice, whenever necessary, is dispensed with a warm heart. “A happy family is, but an earlier heaven” quoted by George Bernard Shaw.

The justification given being easier to manage expenses and less invasion of privacy.

However, the fact is joint family system not only lessens the burden of housework, it is also a safety net during the times of financial difficulties due to numerous uncontrollable reasons.

The family, as a single unit shares the load together till the storm of difficulties passes. It also provides strong emotional support and some or the other members are always there to lend you an ear. It does not matter whether these problems are significant or not, the important part is that all problems are heard out and advice, whenever necessary, is dispensed with a warm heart. “A happy family is, but an earlier heaven” quoted by George Bernard Shaw.
But it seems, it is losing its base in today’s time. People living in nuclear family are often at a loss of company, which makes them susceptible to a lot of problems such as loneliness and frustration. This creates a rising number of people going to therapist to seek counsel.

In joint family system, grandparents or cousins become your unpaid therapist and give you better and healthier advice. Selfish though this motive may seem, grandparents can be of help when both parents are away at work to take care of children,

bringing them back from school, seeing to their homework, being around whenever the child need them and giving valuable advice which proves to be of immense help.

Thus, it is evident that bringing back the joint family system into the societal equation would eliminate a number of modern-day problems like loneliness, lack of homely counsel and even unhealthy lifestyle due to lack of home-cooked meal. These issues may look distinct but are in fact a problem-solution pair. So it is time that we include these unpaid therapist into our lives for a better, peaceful and love filled life.
Being healthy is a far greater flex than owning any luxury. It depends on many things like sleeping habits, food habits and discipline. All these come under the time-table or routine umbrella. A good routine along with healthy eating habits often implies a healthy body, a healthy mind. But now-a-days, people are so money-driven that they often turn a blind eye towards their health which then reflects as some physical or mental illness.

Looking back, people in the earlier days were bound to a disciplined routine. It started right from waking up early to sleeping at a reasonable hour. All the activities and habits followed between these frames led to a hale and hearty being. People used to wake up early in the morning followed by exercises like Yoga and pranayama. This not only gave a refreshing start to the body but also to the mind kick-starting it for the day. Women used to water tulsi, a plant which has numerous medicinal values.
There used to be a peaceful environment in the morning enhanced with the sound of bells in the temple and fragrance of incense sticks which is the modern day ‘Aromatherapy’. As in contrary in today’s world we wake up late and wherein the first thing we check is our mobile phone which is a declared source of strain on eyes.

Such a holy start wasn’t enough that the way of taking a bath was beneficial too. People used to take a bath in the river or any water source present in vicinity when the sun came up. The said process was to make a sun-salutation first which not only was a way to worship the Sun but to harness the Vitamin D which is the best period to do so.

Speaking of food habits, the quantity and quality both were structured so as to offer maximum benefits. The meal was balanced in terms of nutrition it provides that is ample quantities of vitamins, minerals, fibres, proteins and carbohydrates. Due to such a balanced meal, there was no or less need of following some other diet so as replenish the deficiencies.
The reason for people sleeping early in old days maybe due to the absence of light after the sunset, but this ample of rest is needed for the renewal of energy of your brain and body. Unfortunately we see many people suffering from sleeplessness these days which can then turn to insomnia real quick. Thus it is evitable that we return to our roots — traditional and time-tested habits.

It should be remembered that a healthy nation can become a wealthy nation, but not vice versa. There is need of bringing back our old ‘dinacharya’ to make our lives healthy and hustle free.

Also, the food habits were dictated by the seasons. For instance, people in Telugu-speaking states used to eat “Saddi Annam” (fermented rice cooked overnight) in the morning which is believed to have many health benefits. Similarly, turmeric is used in Indian food for thousands of years while the Western world has discovered its medicinal traits such as anti-cancer and anti-inflammatory properties only in recent times. Contrary to this, popularisation of Western foods such as pizzas, burgers and fries play their part in bumping up the fat and sugar levels.
United to be Unity

Man is a social animal; he cannot live in isolation. It seems that the Digital Revolution is proving the statement incorrect. Walk into a bus and notice how deeply half the people have their noses in their smartphone screens. The picture won’t be any different at restaurants, parties, railways or any other public place. The scene is somewhat similar indoors too, the only difference is- larger screens! Even before the pandemic hit us, people avoided attending social gatherings and functions and preferred sitting at their homes in comfort and binge-watch. One consequence of such behaviour is the loss of personal health as well as social relationships.

In short, digitization is creating a world of offline introversion and online extroversion.

But how was life before the digital era? For one it truly was less busy, less stressful, and frankly, more enjoyable. Social relationships with neighbours and communities were a big part of everyday life.
Children playing late into the night, women talking about everyday life, men discussing about problems, all of which flooded the society. Such was the bond among people that they celebrated festivals of different religions with the same enthusiasm with which they did their own. They shared their happiness as well as sadness with each other. People living in a good neighbourhood were considered to be fortunate unlike now where we often don’t know the names of our neighbours. The irony of the situation is such that when society was ruled by various kings, there was utmost unity among people whereas now when we live in a democratic nation, the unity exists only in the preamble.

Maintaining social relations and unity does not just help the nation to grow but it aids personal character building too. Relationships with people has a positive impact on our physical and mental health. There was a sense of security and responsibility that gets implanted within a social human being. Besides there exists a flow of ideas and opinions which further ups one’s thinking and broadens perspective.
Not just children and teenagers but adults too, are getting into the trap of the internet. The meaning of 'celebrating festivals' has been changed completely. Most of them are celebrated just for the sake of social media posts. The number of followers on your social media account determines your status in society, the people we don’t even know or have never met. The world is indeed becoming a smaller place, and so are our minds. There is an urgent need to restore the society where people communicate with each other, care for each other, and help each other in times of need.
Art: Life not Leisure

‘Art and Culture
The muss of life,
With the ways of nature,
Resting on mankind.’

Art represents culture and each culture has its unique art. This art tells stories, highlights the nature of that culture and is also a way to express emotions. Though this art changes with era; in the same way, Indian art forms have continuously evolved over thousands of years.

Since early times, various art forms like paintings, architecture, sculpture, poetry and plays have evolved. The history of art in ancient India begins with prehistoric rock paintings. Such rock paintings can be seen in the Bhimbetaka rock shelters, belonging to the prehistoric age.
Moreover, advanced town planning is seen in Harappa and Mohenjodaro, with their centrally planned cities indicating a highly developed architecture. Ajanta Ellora caves also present paintings depicting the past lives & rebirth of Buddha, pictorial tales from Arasura’s Jatakamala, and rock-cut sculptures of Buddhist deities.

Not only sculptures or paintings, music too has always been an important part of Indian life. The range of musical phenomenon in India extends from simple melodies to what is one of the most well-developed "systems" of classical music in the world. There are references to various string and wind instruments, as well as several kinds of drums and cymbals, in the Vedas. Some date the advent of the system of classical Indian music to Amir Khusro. Muslim rulers and noblemen too freely extended their patronage to music. In the courts of the Mughal emperors, music is said to have flourished, and the Tansen was one of the jewels of Akbar's court. He is rumoured to have such a strong hold on music that he could make lanterns light up or make it rain by just singing those particular melodies. Classical music, both Hindustani and Carnatic, either instrumental or vocal, is constructed after deep research and hence is incomparable to any other music.
The great poet-saints who chose to communicate in the vernacular tongues brought forth a great upheaval in north India and the devotional movements they led gained many adherents. The lyrics of Surdas, Tulsidas, and most particularly Kabir and Mirabai continue to be immensely popular.

The history of dance is difficult to access because dance does not often leave behind clearly identifiable physical artefacts that last over millennia, such as stone tools, hunting implements or cave paintings. It is not possible to identify with exact precision when dance became part of human culture. In Hindu mythology, dance is believed to have been conceived by Brahma. Brahma inspired the sage Bharata Muni to write the Natya Shastra, a treatise on performing arts, from which a codified practice of dance and drama emerged. He used pathya (words) from the Rigveda, abhinaya (gestures) from the Yajurveda, geet (music) from the Samaveda and rasa (emotions) from the Atharvaveda to form the Natyaveda (body of knowledge about dance). The best-known Hindu deities—Shiva, Kali and Krishna—typically represent dancing. Shiva's cosmic dance, tandava,
Kali's dance of creation and destruction and Krishna's dance with the gopikas (cowherd girls)-Rasa Lila-are popular motifs in Hindu mythology. This traditional dance form gave support to health condition too.

Ancient History delves deep into the origins, cultures, and traditions that still exist today. Even the way we think has its origins in distant antiquity; modern western philosophy, morality, and ethics are all deeply rooted in ancient philosophies. All we have today are originated and somewhat linked to ancient history. While there are plenty of practical reasons to learn about ancient history, it is also worth because it is simply fascinating to hark back to important historical events, how people lived thousands of years ago and how we are still affected by things from the past.
Mending our bond with Nature

“If you lose relationship with nature, You lose relationship with humanity”

Nature is the tiger, that extraordinary animal with its energy, its great sense of power. Nature is the solitary tree in the field, the meadows and the grove; it is that squirrel shyly hiding behind a bough.

Nature is the river, not a particular river, whether the Ganga, the Thames or the Mississippi. Nature is those mountains, snow-clad, with dark blue valleys and range of hills meeting the sea. The universe is part of nature. Nature is part of our life. And this importance of nature was known to our ancient people, our ancestors. They have always endeavoured nature like their family, they used to love and care for their animals as they are their children.
This love of our ancestors towards nature is highlighted from our stories of Lord Krishna, how he used to love his cows and other cattle as he is fondly referred to as a ‘gvaala’ meaning a shepherd or of Lord Ganesha, who is himself half-elephant and considered to be the ‘pratham pujaniya’ meaning one who is worshipped before anyone or anything. Lord Ram who won over Ravana with the aid of an entire army of monkeys is a classic example of humility towards nature.

All animals were loved back then but now we only love that one pet we have at home and ignore that dog on the street that has to eat from the bins.

Before industrialization and modernization, villages used to be located near rivers and a small area was used for residence that was situated by the forests. Both animals and humans coexisted with each other in close enough vicinity.
Also, it was not uncommon to see the Earth being prayed to, and being invoked, as being the “Mother of Life”, and the mother of all living things in its dominion. People thanked the Mother Earth for all her blessings in the form of land, farm, trees and cattle. Indeed, with such a focus on giving life and providing for us, no wonder that across many cultures, fertility deities are goddesses sharing a deep affinity with the Earth. They are portrayed as mothers, answering the prayers of their offspring.

But now-a-days that relationship with nature is severed. We seem to have lost that connection with nature, with all living beings. We do not love the earth anymore as we did before, but merely utilise its resources. The side effects of this utilitarian outlook is clearly visible with the upcoming threats like global warming, pollution and water depletion. This does not mean that you should not use the resources but you should also return what is used, be thankful for what we have received. The earth is there to be loved, to be cared for, not to be divided as yours and mine. It is high time now that we rise above land boundaries and come together to save the one thing that is shared irrespective of our country, caste or status among us, our Mother Earth. That time when animals were taken care of, water bodies were valued, trees were worshiped and earth was not just called but considered as a Mother is needed to return.