

DIWALI – MEMORIAL OF WORLD TRANSFORMATION

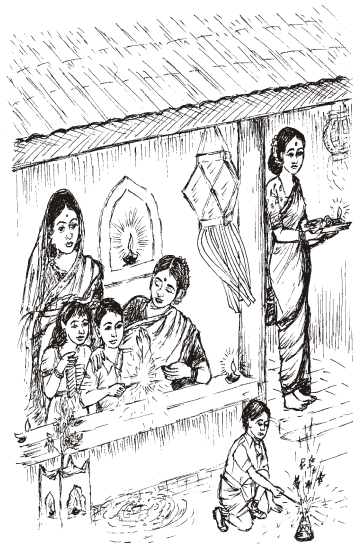
– B.K. Achuthan, Colaba, Mumbai

Diwali is one of the most popularly observed, devout festivities. Most people celebrate Diwali to remember the ceremony of crowning of Shri Rama on his home-coming to Ayodhya after exile.

Lord Shiva comes down on earth and enters the body of Brahma at the end of each cycle of 5000 years, to impart Godly knowledge. His descent is observed as Shiv Jayanti. His prime aim is to transform humans from devilish to deistic and ascent from dirty to clean by means of Godly Knowledge and Rajyoga meditation. This is truly the transformation of humans into deities. Brahma and Saraswati who were transformed first, supported Shiva in setting up of the renewed world. The festivals of Shivratri, Holi, Navratri and Raksha-Bandhan are all remembrances of actions that aided in doing away with the evils and the cleansing of the

five elements and the soul. Then only the new world is set for the birth of Radha and Krishna, the first Princess and Prince of Satyuga. The crowning and enthroning of Shri Lakshmi and Shri Narayan is the celebration of Diwali, according to the Rajyoga enlightenment.

The deficiencies, the powerlessness and the delicate nature which still exist have to be settled in old account forever: This is the meaning of celebrating Diwali.



We now have to give up this old garb and adorn that charmingly beautiful costume. We will keep on experiencing the Golden-Age from now, at the Confluence Age. We will witness the efforts and the reward of everyone in a realistic way. So now, on the day of Diwali, we have to invoke the divine virtues.

We should not keep the account book of old *sanskars*, even inadvertently. We have to continuously keep the goal and the consciousness of Supreme Soul in our intellect, the scenes of the future kingdom in our eyes, and His name constantly on our lips. This is called having a lot of love for God and being a bright jewel.

Diwali is the celebration of the triumph of the Godly qualities over the devilish instincts, i.e. lust, anger, greed, ego, and attachment. We should not ever re-sow anything in our land, anything that has turned into ashes, i.e. anything that has been burnt. That is to say, we should never ever bring it into our consciousness. To make an offering and sacrifice means

that its name and trace finish. Diwali puts in mind of our major design to get and gain the traits and qualifications required to have the fullness of this goddess and god, Lakshmi and Narayan.

When humans attain this state of fullness, they get deity status, and they become merit-wise the citizens of the Golden Age as rulers and subjects. In the Golden Age there is total euphony between the soul and

body.

On the eve of Diwali, we must pledge to attain the stage of fullness and to switch on the inner light and enrich our life with divine virtues. Switching on the inner lamp of knowledge is in fact the real significance of celebrating Diwali.

On Diwali family members and or friends generally come together and greet one another and feast

together. It should not be just a fistful people feasting together on the eve of Diwali. We should be able to see the whole world as one family. We should keep on offering strong vibrations of goodwill and best wishes to all souls in the world incessantly so that the world transformation takes place so soon, when this world will be called heaven. ■

ADOLESCENT HEALTH

– Dr. Dhruv Barnah,
MD (Patmo), DCP, Jorhat, Assam

Adolescence is a period of transition from childhood to adulthood. It is the period of life from 10 years to 19 years.

The adolescents are great human resource and the future of the nation depends on them. There are physical, psychological and behavioural changes during this period. This period needs good nutrition, better growth and development. The persons of this age group should maintain a good personal hygiene. However, many health problems arise during this period. The family as well as the community plays a crucial role during this period.

The adolescent boys and girls don't know about the reproductive and behavioural changes due to lack of information. The puberty of the girls

starts at 10 mandate at 17. There are developments of secondary sex character development of hair, breast, genitalia etc. for girls and for the boys groin, hair, voice genital etc.

Good nutrition like calcium, iodine and iron is essential. Calcium can be obtained from milk and milk products, iodine from iodised salt and iron from green leafy vegetables.

Parents, teachers should well look after the adolescent boys and girls. They may develop reproductive tumid infection, sexually transmitted diseases, HIV, AIDS, suicide tendencies, accidents, rape, etc.

Good family and social atmosphere is essential to guide the adolescent boys and girls. Healthy lifestyle and sympathetic attitude towards the adolescent boys and girls will reduce the harmful consequences.

Therefore, great responsibility resets on the shoulders of parents, teachers and by all of us to look after this valuable human resource. ■