

# Suma Patra



## FOOD

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A healthy addition to the breakfast table

## INSPIRATION

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Understanding Courage and the art of its practice

## YOGA

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Can Yoga help cultivate humanity ?

# Suma Patra

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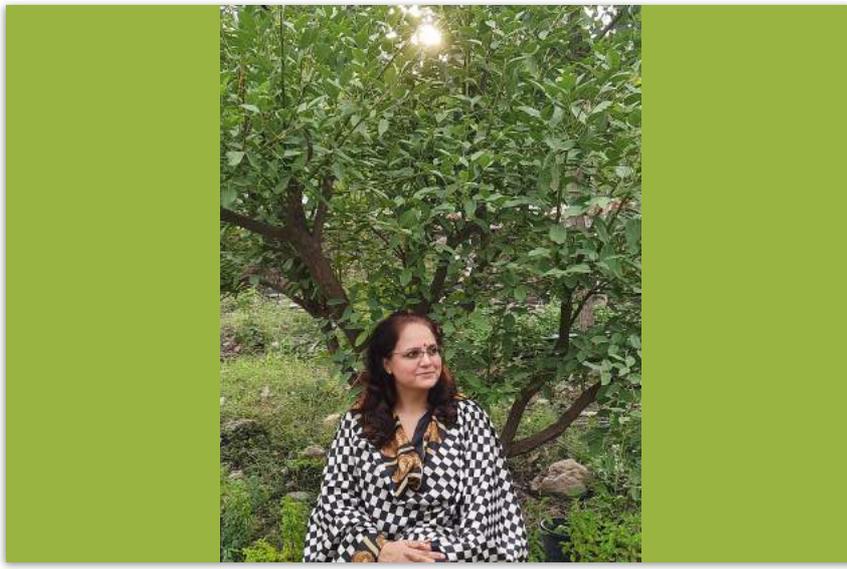
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Jai Shree Krishna,

Karma Yoga for happy living .Karma Yoga is yoga of action ,it is the path of selfless service for it involves performing an action without any expectation and renouncing the fruits of the action. I recently came across a beautiful story illustrating the philosophy of karma yoga.

A pregnant deer was about to give birth to a child in the forest. She was wandering in search of a secluded place, when she saw tall and thick grass on the bank of the river. She found that place suitable to give birth .As soon as she reached there, she started having labor pains. At the same time, it began to rain and the lightning started flashing. When she looked to the right, a hunter was aiming an arrow at her. Panicked ! she turned to the left and there was a hungry lion, ready to pounce. The dry grass had caught fire in front due to heavy lighting so she turned back, but there was a lot of water in the river and so she couldn't cross it.

What should the female deer do? What will happen now ? Will the deer survive? Will she be able to give birth to her cub? Will the cub survive? Will the forest fire burn everything? Will the female deer be able to escape the hunter's arrow ? Will the female deer become food for the hungry lion ? She is surrounded by fire on one side and the river behind.What will she do now?

The deer left herself in the void and started giving birth to her child. Miracle of nature! Lightning flashed and the hunter's eyes were dazzled, his arrow passed the deer and hit the lion's eye, the lion roared and started running here and there, seeing the lion injured the hunter fled . Suddenly it started raining heavily and the forest fire was extinguished. The deer gave birth to a cub peacefully.

There are some moments in our life when we are surrounded by problems from all sides and are unable to take any decision. In those moments we should focus on our primary responsibility and hand over the rest to destiny. Ultimately, God makes the final decision of success, failure, defeat, victory, life and death.We should respect his decision by trusting him and doing our duty. The path of karma yoga helps us to get detached from our action and live burden free.This in turn helps us to develop humility, pure love, empathy, tolerance and mercy making life happy journey .

Wishing you a blessed month!

# Yoga for Humanity

The theme for the International Day of Yoga 2022 was 'Yoga for humanity,' keeping in mind the significant mental, physical and emotional strife caused by the pandemic.

Maharishi Patanjali in Patanjali Yoga Sutra teaches us how practicing the four virtues can be useful for humanity.

PATANJALI. YOGA SUTRA : 1.33

“MAITRI KARUNA MUDITA UPEKSHANAM  
DUHKHA SUKHA PUNYA APUNYA  
VISAYANAM

BHAVANAH CITTAPRASADANAM”

Maitri= Friendship

Karuna= Compassion;

Mudita= Pure Joy or happiness;

Upekshanam=Indifference

Dukha =unhappiness

Sukh = happiness

Punya = noble deeds

Apunya= wrong deeds

Vishayanam= Regarding;

Bhavana=Feeling;

Cittaprasadanma= Favourable disposition

## MAITRI-FRIENDSHIP

Friendship is the attitude which helps us in accepting someone for “what is” rather than demanding “what should be” , which helps us to cultivate an attitude of unconditional acceptance. We are unique individuals and friendly attitude towards everyone helps us to celebrate the beautiful imperfections of human-related experiences in life. We all need each other for learning, understanding and personal growth. So "Maitri" with ‘punya’ and ‘sukha’ i.e. friendship towards positive and happy people should be practiced for “ unconditional acceptance “of situations or people.

## KARUNA -COMPASSION

Being compassionate towards others helps to develop an “ emotional understanding” and develop important qualities such as being less judgemental, being a sympathetic listener, accepting of others or difficult situations in life. It helps you to become calmer and also control anger and aggression. Practicing "Karuna" towards people who are ‘dukhi’ and ‘apunya’ i.e. showing compassion towards people who are suffering from pain and are less fortunate is an important tool for spiritual and personal growth.



Pic Credits @ Pinterest

## MUDITA- JOY

Being genuinely happy for others is vital for one's own mental peace and wellbeing. Mudita is pure unadulterated joy one feels without any self-interest. Try to relate this emotion to parent and child relation. Parents selflessly give to their children without expecting anything in return. Practising “ mudita-joy” helps to nurture a gentle, caring and blissful state of mind.

## UPEKSHA- INDIFFERENCE

Imperturbability (Upeksha) in day-to-day situations that might be unhappy, painful, unsuccessful or unfortunate helps in harmonising of our Citta. Upeksha towards ‘apunya’ or people who are critical and judgemental of you is a pre-requisite on the path of peaceful healing and spiritual happiness.

Four simple virtue / practices prescribed by Sage Patanjali hold the secrets to long lasting happiness, contentment, and peace within and helps in creating better understanding of people on humanitarian ground.

The fast-paced lifestyles and stressful ways of the world can cause us to periodically behave in ways that do not align with our inherent nature. The four virtues given in the sutra are fundamental for our own favourable mental peace.

These four primary virtues also helps us to restore balance on mind level and gain better understanding/acceptance of any given situation. This sutra teaches us how to deal with various kinds of people and situations in everyday life helping us to develop humanity .

# Paniyaram

Paniyaram more also known as Kuzhi paniyaram in Tamil Nadu, gunta ponganalu in Andhra Pradesh, are round, pan fried dumplings made with fermented urad dal and rice batter. It is eaten in both sweet and savory variations. The savory version are eaten with Chutney, Sambar and different kinds of Podi.



## Ingredients

- *1 cup urad dal soaked overnight*
- *2 cups rice soaked overnight*
- *1/2 cup green pepper grated*
- *1/2 cup beans finely chopped*
- *1/2 cup carrot grated*
- *2 tbsp Curry leaves chopped*
- *Salt*
- *Eno 1 sachet*
- *Refined oil or ghee*

1. Drain the water from the soaked rice and urad dal.
2. Blend in the mixer grinder with a little water to make a thick batter.
3. Add the grated carrot, green pepper, chopped beans, curry leaves and salt.
4. Mix well so that all vegetables are evenly combined in the batter.
5. Add Eno and set aside for a minute.
6. In the meantime, heat the paniyaram pan and two drops of oil in each of its hollows.
7. Pour the batter, fill only half the hollows.
8. Keep turning until both sides are golden brown.
9. Serve with coconut chutney or any chutney of your choice.

The gardenia flower symbolises trust, clarity, hope and renewal. It can also convey the message of dreams, intuition, self-reflection and protection. arrangement.



Pic Credits @ Pinterest

# Courage to Continue

The quote "fall down seven times get up eight" is translated from an ancient Japanese proverb that entails the spirit of resilience and tenacity.

Winston Churchill once said, "Courage is going from failure to failure without losing enthusiasm".

They say that it is in times of crisis that people show their true character. Anyone can be cooperative, patient and understanding when things are going well and life is good. But only the courageous, can be optimistic and behave with grace, compassion and even kindness when times are very, very troubled.

Optimism is about believing that the immediate situation, however tough is just a stepping stone and not the reality while focusing on the greater goal that could become the reality.

Courage is having faith, not only in the steps we take but also in the pathways of the universe. Courage is unwavering commitment to your direction, even if the road meanders. Courage is the rigid strength of a tree, and also the placid confidence of a sapling that sways but does not let itself be uprooted.

Compassion is knowing that the suffering of others is as painful as yours. Kindness, is to treat them with sensitivity and understanding that you would hope for yourself.

Grace is to ensure that adversity does not affect your attitude. It is to give even when you have nothing, it is to receive as if you have everything, and it is to smile like you have never known grief.

Together these virtues combine to create a spirit that is indomitable in its quest for life and learning, that is ready to fall down seven times and get up eight.

# Vipritkarni Asana

Viparitakarni Asana : Viparita Karani or legs up the wall pose is both an asana and a mudra in hatha yoga. A fully supported pose using a wall ,a pile of blankets , a tree or any place where you can rest your legs up. Viparita actually means “inverted,” and karani means “in action.”

Viparita Karani is a asana or a posture that can be done anytime anywhere. It is considered as one of the most calming pose for the mind and the body. It is an easy, approachable yoga pose that does not require a lot of strength or flexibility.

**Stretches:** Front torso, Back of the neck, Back legs

**Preparatory poses:** Uttanasana, Virasana, Setu Bandha Sarvangasana, Supta Baddha Konasana

**Follow-up poses:** Shavasana, Sitting pranayama

**Pose type:** Restorative inverted pose

## Benefits :

- When you put your legs up the wall with your pelvis elevated on a folded blanket, lymph and other fluids that can lead to swollen ankles, tired knees, and congested pelvic organs flow into the lower belly; this refreshes the legs and the reproductive area. This is healthy at any point in your reproductive life cycle.
- This pose also gives blood circulation a gentle boost toward the upper body and head, which creates a pleasant rebalancing .
- It calms the nervous system, which in turn, helps lower stress and anxiety levels.
- It helps to increase circulation and elevate the venous drainage, relieving tension or fatigue from the legs, feet and even the hips. Inverting the legs or feet has long been known as an effective therapy to help reduce swelling and pain in lower extremities.
- This pose can be a great way to relieve swollen ankles and feet (edema) caused by pregnancy, travel, long periods of standing or sitting, etc.
- It stretches the hamstrings and lower back, relieving tension in the back.
- It helps improve digestion and sleep.
- It helps to promote balance throughout the systems of the entire body.



### To get into pose:

1. To begin, you will need a wall space that is clean and clear and is not cluttered.
2. To get the full benefits of the pose, you can also use props such as blankets ,bolster, cushion.
3. Fold one blanket into a large square creating a firm, supportive cushion. Place your blanket cushion about 12 inches away from the wall. Fold the other blanket in half and place it three feet from the wall, support your head and fill in the space between your neck and the floor with blankets. Sit side saddle on the cushion so that your right side is near the wall.
4. Place your left elbow on the floor and slowly put your legs up the wall, your body will naturally go down so that you end up lying on the floor with your legs up the wall.
5. Now it's time to organise your body in relationship to your props and the wall.The folded blanket closest to the wall should be underneath your low back, with enough room between the wall and your seat for your sitting bones to slightly drop over the edge of the blanket toward the floor, your hamstrings should feel comfortable, not stretched.
6. Your sitting bones should slightly roll off the blanket edge, creating a tiny curve in your back. You can completely relax your legs .
7. Inhale deeply for four counts, then exhale for eight counts. Longer exhalations slow your heart rate and calm your nervous system. Repeat five , and then breathe naturally.
8. Stay in Viparita Karani for 5 to 20 minutes. Over time, you will be able to stay longer.

**Come out of posture:**

1. When you are ready to come out of the pose, bend your knees toward your chest. Roll onto your right side and rest there for several breaths.
2. Then, press your hands into the floor and slip yourself up to lying straight in shavasana.
3. Be in shavasana for few minutes then slowly turning to your right side take the sitting posture letting your head come up last.
4. Sit quietly for a few minutes and feel the effects of your practice

- *Note: While the Viparita Karani is a mild, restorative yoga exercise, it is advisable to avoid practicing this asana if you are pregnant, menstruating, suffering from high blood pressure, glaucoma or other eye problems.*
- *Always perform yoga under the guidance of a certified yoga teacher*
- *You can do this yoga pose every morning and evening - just ensure that you practice this asana on an empty stomach*