



# Dindigul Varahi Charitable Trust

(We help Poor children to get their life better).

## PROJECT COST FOR TO CONSTRUCT MIND DISCIPLINE TRAINING AND YOGA CENTRE

Dindigul Varahi Charitable Trust was founded in the year of 2019 by Mr.S.Sanjeevi Kumar. He is the founder and president of the trust. The founder of the trust is desirous of creating a Trust under the Trust Act 1882 for public, Social and charitable purpose with objects within the meaning of Charitable purpose under the Indian Income Tax Act 1961.

### OUR SERVICES :

PURE WATER SERVE  
EDUCATION FOR ALL  
FREE TREATMENT  
FREE FOOD SERVE  
FREE CLOTH SERVE  
SHELTER PROJECT

### Address:

No.8/110, Samathuvapuram,  
Chinnampatti,  
Kambiliampatti (Village),  
Dindigul East,  
Dindigul - 624 306,  
Tamilnadu.

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Website : [dindigulvarahicharitabletrust.com](http://dindigulvarahicharitabletrust.com)

## About Founder / Managing Trustee

**Mr.S.Sanjeevikumar** residing at No : 8/110, Samathuvapuram, Chinnampatti, Kambiliampatti (Village), Dindigul East, Dindigul - 624 306, Tamilnadu. And Founder of the DindigulVarahi Charitable Trust with an object of helping the poor community, providing pure water facility, helping economically week students, by providing educational support, creating self. Economic survival among the women's. He was in the social activity last 20 years in order to widening the social activity we started the Trust from November 2019.



## **OBJECTIVE OF THE TRUST**

- *To Provide and Assists in the Resettlement and Rehabilitation of Poor in Rural and Tribal areas.*
- *To promote adoption of new innovations in Agriculture, health, family planning, sanitation etc, among rural poor and farmers.*
- *To take steps for prevention of HIV/AIDS and care support programmed.*
- *To prevent and promote awareness on chronic and acute disease like T.B leprosy etc.*
- *To organize discussion groups for the study and understanding of social, economic, education, philosophical and Intellectual problems in an academic and non-partisan spirit and to publish the results of such discussion in the form of books pamphlets or journals.*
- *To organize relief in form of emergency and on occasions of general social distress such as floods, famines, epidemics, cyclone, fire and other disastrous which are hurdles for development.*
- *To provide legal aid to the people in the unorganized sectors and provide matrimonial services to the poor people.*
- *To organize legal aid for the rural and urban weaker sections of the people.*
- *To enable people to prevent pollution at air, water and prevent soil erosion by planting trees reduce the depletion rate.*
- *To promote Eco farming method develop herbal farms and model farms that do not deplete the fertility of the soil and provide education and employment through them.*
- *To take up programmers that make use of non-conventional forms of energy such as solar, Bio-gas, wind mill etc.*
- *To initiate allied agricultural activities such as sericulture, Horticulture, Mushroom culture, Dairy farm, goat and sheep rearing poultry, piggery farm etc. to enhance the supplementary income of the rural and tribal people.*
- *To offer fellowship, scholarship and prizes in fulfilment at the objects of the trust.*
- *To establish medical centres such as clinics, hospitals, counsellingcentres wherever necessary and at the research of the poor people both rural and tribal.*
- *To organize people in co-operative and other joint venture for promoting self-reliance among members of rural and tribal people.*
- *To receive the gift and lands, money education equipment office furniture and other useful articles.*
- *To organize seminar symposia, conference convention and other such meeting and activities related to communication and development.*

## **Introduction**

Discipline is very important, as seen, at both levels: individually and collectively for the society. It helps people to showcase their attitude and represent their character and thinking. Both the body and the mind are honed by discipline. Discipline helps to address individual problems and develop a society that is both peaceful and respectful. Therefore, it would be right to say that without discipline there is no life at all.

Discipline is one of the most important personality traits in everyone's life. It refers to a set of rules and regulations which are to be followed while undergoing any task or activity. It is a way of being honest, hard-working, motivated, and encouraged while doing any task. It is a character trait that helps the individuals to complete the tasks in a given fixed deadline.

The role of discipline in our life is to set orderliness, efficiency, punctuality, organization, and focus on our tasks. "Life without discipline is just like a ship without radar." Therefore the importance of discipline in life just cannot be ignored.

## **Importance of Discipline in Life**

### **Time management**

- A disciplined person always has the time to complete all the tasks within given deadlines. This is because they are focused and they know how to schedule the time properly.
- They don't believe in wasting time on unnecessary things. They understand the value of time and they know that time once has gone never comes back.
- Therefore, they set a proper timetable and do things according to it. This also helps them to stay motivated and concentrated. This prevents them from procrastination thereby helping them to develop mental peace and health. Being disciplined is one of the main factors in staying happy.

## **Leadership**

- Good discipline generates a positive attitude towards society. It creates confidence and eagerness to do something great.
- Discipline helps people to build an attitude that becomes the key to becoming successful. They are able to set a great example for others in society.

## **Decision Making**

- It is because everything gets finished within the given deadlines, disciplined people always have time to revise their work and improve their decisions.
- People who are disciplined are more focused both mentally and physically. They are better able to align their body and mind with their ideas and goals. Finally, everything is regulated in order and increases their productivity in all the activities they undergo.

## **Achievements**

- Disciplined people are more motivated and concentrated. Therefore, they achieve more when compared to a person who is not disciplined with the activities he/she undertakes. As per a study, 92% of people are able to achieve their goals in life because of the sole reason of being disciplined.

### **Stability and Structure**

- With discipline, comes stability in all the tasks. It helps to schedule and organize the activities and tasks in a proper structure. If a person is focused and regularly follows this particular structure, he/she is sure to succeed in their life.

## **Responsibility and Control**

- With great discipline comes great responsibility. Only by making schedules and timetables a person cannot become successful. It is very important to regularly follow and fulfil the responsibilities which are mentioned in the schedule. This will help them to develop self-control and also build good relations with others.

## **Respect**

- A disciplined person is always respected by society. He/She is looked upon as role models and mentors. Through discipline, they worked hard and achieved their goals which made them a respectful figure in the eyes of others.

## **Improves mental health**

- Modern society suffers a lot from anxiety and depression. We cannot blame them for their condition. Just by maintaining a little discipline in their life, they can easily improve it. Discipline will help them to reduce stress and take control of their tasks. They would be able to overcome their fears and also control their emotions.

## **Maintain peace in society**

- Disciplined people are like assets to society. If there is no law and order, there would be too many bad activities. Discipline is required to prevent such things in society. By setting the required rules and regulations, it becomes easier to live in a society that is full of peace and harmony.

## **Stay Active**

- Disciplined people have time to do every activity in the schedule. They plan their schedule in such a way that improves both their academic/institutional performance and also their physical health. They know what is good and bad for them and thereby have good eating habits, exercising habits, sleeping and waking up patterns, etc.
- For students too, discipline is very important in their life. Here are a few points to help you understand why discipline is important in the life of students, especially for practical subjects like mathematics.
- *Discipline helps a student to maintain regularity which is very important in subjects that require constant practice, like mathematics.*
- *It helps the student to remain calm and composed. This helps him/her to maintain the focus and to keep moving on with the problems.*
- *Discipline helps the student to maintain a proper schedule for everything which includes time for all his/her subjects.*
- *Discipline helps them to prioritize their work as per its importance.*

- *It improves their concentration and focuses which is very important in subjects like mathematics.*
- *Students often find mathematics to be difficult and fear the subject. Discipline helps them to build a positive attitude towards everything. This helps them to improve their performance slowly and steadily.*
- *Finally, discipline helps students to build a healthy mind which is very important to develop a healthy body.*

### **Why should have self-discipline in life?**

- Self-discipline means self-control, the ability to avoid unhealthy excess of anything that could lead to negative consequences.
- It is the ability to reject instant gratification and pleasure, in favour of some greater gain, which requires spending effort and time to get it.
- It means perseverance and not giving up.
- It is the strength not to give in to negative feelings.
- It means overcoming one's weaknesses.
- It is the ability to pursue one plan despite temptations to abandon them.
- Delayed gratification in favour of accomplishing long term goals.

• This training that corrects the errors of anger, lust, fear and jealousy in man through practice, penance and yoga and helps one to experience one's own superiority. Love, peace, relief, fulfillment, happiness and greatness are growing in the earth. To make man a man, practice sanctification through penance, to create a heaven on earth that prepares for a higher life, to develop the mind, to blossom the mental faculties.

### **Residential Courses**

- Different levels of residential courses are conducted here. The Basic Course, called Foundation course . It provides a thorough grounding in meditation, Kayakalpa yoga and physical exercise.

#### **SKY Yoga Course :**

SKY Yoga Course totally transforms a person, giving him a new perspective on life and equips him with necessary tools to handle the mounting pressure that the modern day society bestows upon him.

## **Different types in SKY Yoga courses :**

1. KUNDALINI AWAKENING COURSE
2. KAYAKALPA YOGA
3. INTROSPECTION (I STAGE – III STAGE)
4. BRAHMAGNANAM COURSE [DIVINE REALISATION COURSE]
5. ARULNITHIYAR COURSE

### **Benefits**

- Reduces the mental frequency.
- Enhances awareness.
- Improves intellectual sharpness and understanding.
- Improves the soft skills.
- Increases the will power and concentration.
- Increases management talents.

## **One Month Camp Course**

- The 30 days hospitable camp is bound to touch individuals to bounce into a new beginning.
  - The Camp focuses on holistic health. People of all ages actively participate and exhibit enthusiasm in learning the course.

**A well planned, structured and individual based plan is formulated.**

### **Schedule**

There are 5 hours of practical (SKY Yoga practices) and 6 hours of SKY yoga theory every day. Well structured, intense, focussed and meticulously planned course design guides individuals to progress against the negativities of life and achieve success in all areas of life.

### **Exercise:**

The simplified physical exercise activates the energy centres in the body smoothening the working of the endocrine system which is responsible for the body's overall functioning and aging process. The practice aids in weight loss, boost physical strength and endurance.

### **Walking:**

The early hours in the campus of Temple of Consciousness, is habituated by taking a refreshing walk around the campus. The fresh breeze refills the scents of nature and calls forth everyone to relish the break of the dawn and to kick start every day with zeal.

### **Meditation:**

The techniques taught aims at developing flexibility in both the body and mind. The power of the mind is unimaginable and through meditative practices members will ultimately reach a point where they can throw out any unwanted thoughts or feelings before it can affect their equilibrium. Meditation unites us with the world and gives the feeling of Oneness.



### **Breathing/Pranayam:**

The flow of energy within the body is balanced and channelized, whereby the entire system is oxygenated and helps in rejuvenation. Rhythmic breathing revitalizes life and maximises physical and mental well-being.

### **Yoga:**

The culmination of Body and Mind. Suryanamaskar and other powerful yogic practices are taught.

### **Monitoring:**

In addition to teaching the practices, the health of every individual is monitored over the period of the camp. Some of the significant medical changes are: –

- Recording of bio vitals and investigations clinical pathology and biochemistry with ECG gives impressive consistent good results.
- Dramatic fall HBA1C results diabetics' 3 to 5 numbers with in a month's duration which corresponding changes in the fasting and postprandial blood sugar levels.
- Dyslipidaemia shows significant return towards normalcy.
- Weight and BMI changes – Food that is given is more in tune with nature, naturopathy and Siddha Medicine is available on request (ancient south Indian sages medicine–using herbs and other natural ingredients), non-invasive medicinal treatment for all ailments.

People who join the camp with mental fluctuation and hesitancy in the beginning, gradually sense how purposeful their time is being spent. They are overwhelmed with the tremendously rewarding benefits of each practice.

### **The SKY Yoga system includes:**

Simplified Physical Exercises for Good Health.

Meditation Practices for Inner Peace

Improves intellectual sharpness and understanding.

Improves the soft skills.

### **Foundation Course :**

- Details about the exercises taught in it:
- Get healthy – simple exercise!
- To gain vitality – simple Kayakalpa practice of the Siddhas
- Peace of Mind – Simple Kundalini Yoga Meditation Practices (Akinai, Shanti and Duryam)

- To acquire virtues – Practices such as examination of thoughts, adjustment of desire, avoidance of anger, elimination of anxiety etc.

Each class will be conducted by a separate professor with visual presentation.

- Certificate will be awarded on completion of training.

**This exercise helps in controlling and curing the following ailments:**

1. Depression
2. Diabetes
3. Heart Attack
4. Obesity
5. Blood Pressure
6. Infertility
7. Asthma
8. Arthritis
9. Allergy
10. Gynecological Diseases
11. Drug Addictions
12. Amnesia
13. Condescension

**Eligibility:**

- Both male and female above fifteen years of age can participate in this training.
- Sufficient physical and mental fitness to perform their daily duties (walking to classroom, canteen, dormitory) by themselves.
- Only pregnant women can come for training after delivery as it is not possible to initiate during pregnancy. If necessary, they can learn kayakalpa training only by contacting the forums in their town.

Have Boarding Training:

- These exercises should be learned by staying in the temple premises for 5 days  
**Breakfast Time** : 8 AM – 9 AM In the morning hot Idli, Porridge and Pongal or Kichadi with three types of healthy food including chutney, sambar and milk, tea will be served.
- **Lunch Time** : 1 PM – 2 PM Lunch – Rice, gravy or sambar, rasam, buttermilk, two types of vegetables; Will be given.

• **Dinner Time** : 7.30 PM – 8.30 PM Dinner – Idli, Samba Ravai Khichdi or Chappathi, Chutney, Sambar and milk will be served.

• **Tea Time** : 5.15 AM, 11.15 AM & 3.30 PM

**Training Timings:** • 6 AM to 8 AM

• 10 AM to 1 PM (11.15 AM to 11.30 AM – Tea Break)

• 3.30 PM – Tea, 4 PM to 7 PM (5.15 PM to 5.30 PM – Break)

## **Kayakalpa Yoga :**

- Restructuring the body in a natural way, Kaya Kalpa helps cure and prevent diseases. It relieves the practitioner of many of the troubles of aging. Kayakalpa Yoga is an ancient wonderful technique of the Siddhas (saints) of South India for the enhancement of life energy. In Sanskrit, the term “Kaya” means “body and “Kalpa” means “immortal”. The Science of Kayakalpa delineates the manner in which the human body can be immortalised.

Kayakalpa has a threefold objective

- Maintaining youthfulness and physical health,
- Resisting and slowing down the aging process,
- Postponing death until one reaches spiritual perfection.

In order to understand the science of Kaya Kalpa, we have to study the functioning of the human system.

This system mainly comprises : (a) The physical body; (b) The mind; (c) The bio-magnetism (d) The life-force; and (e) The sexual vital fluid.

### **Benefits :**

- Activates the brain cells to its fullest functional levels
- Increases memory power and grasping ability.
- Develops the immunity system.
- Reduces the effect of hereditary diseases.
- Intensity of chronic diseases like piles, diabetes, asthma and skin diseases is reduced and cured.
- Strengthens the uterus. Menstrual problems are reduced to a great extent.
- Brings about proper arrangement of polarity of body cells.
- Brings about reformation of character.
- Helps in removing unwanted thoughts and habits.

Kayakalpa gives significant physical, mental as well as spiritual benefit by intensifying our life-force. As this practice is a restructuring process of the body in a natural way, no medicines or herbs are involved. Significant results have been observed in various types of chronic

diseases and in overall improvement of general health. Kaya Kalpa helps cure and prevent diseases and relieves the practitioner of many of the troubles of aging.

### **Learning**

- The Kayakalpa can be learnt by those who have attained physical maturity (age above 14).
- We need to spend only 3 minutes every morning and evening.
- These exercises is taught in about 3 hours time by the SKY Professors. and recycling The sexual vital fluid Kaya Kalpa frees you from A variety of earth-bound ills. Your mind develops strength and contentment comes to stay; Charity, compassion and chastity – consciousness Patience, forgiveness and acuity of intellect – All these become part of your nature and belong. Your Thought gets oriented to the Absolute direct and fear of death withers In the effulgence of Wisdom.

### **Kayakalpa Benefits :**

- Live without disease
- May be with youth
- Aging can be avoided
- Death can be postponed
- Physical and mental health will be good
- Masculinity will rise
- Sexuality is regulated
- A factual interpretation will occur
- The process of analyzing and getting a total understanding of oneself.
- Introspection is a practical methodology for sublimating the negative emotions of greed, anger, vengeance, etc., Between Thuriya and Thuriateetham the aspirant has to put himself through some important psychic practices under the process of Introspection in order to have his character reformed, to get enlightenment and to enjoy peaceful and happy life.

### **Synopsis :**

- Practical self-analysis tools designed to take stock of positive and negative characteristics in your personality.
- Eliminate the unnecessary and incompatible aspects of your character.
- Strengthen the habits of good thought, word, deed and discerning and rejecting the habits unwanted.
- Five primary aspects of Introspection
- Analysis of Thoughts.
- Moralization of Desires.
- Neutralization of Anger.
- Eradication of Worries.
- Who am I – Realization of the Self
- These practices will make a man to understand the value of his own existence. By constant research and by leading a virtuous

way of life, he dissipates the imprints of sins day by day. As a result, the soul becomes pure and perfect and his mind is peaceful.

### **Benefits :**

- By exposition and practical techniques of introspection, one is enabled to suitably modify his or her hereditary and past traits.
- One is able to change one's personality and bring out the latent talent and innate strength resulting in cheerful and successful life.
- The process of analyzing and getting a total understanding of oneself. A systematic practice to get this understanding and to lead a life without causing pain to self and others.

### **Two fold moral principle :**

- In my lifetime, I will not cause harm to the mind or body of myself or others, in the present or in the future.
- I will try to remove the suffering of others to the maximum extent possible.
- Introspection helps us to achieve the two fold moral principle framed by Sanjeevi Kumar Swamy to lead a harmonious life.
- While Introspection enables us to identify the necessary steps for bringing about a harmonious transformation, Simplified Kundalini Yoga strengthens and provides the necessary power, to our mind and thoughts emanating from it, to complete the transformation.

### **Stages of Introspection :**

- Undertaken after basic training in physical exercises and SKY meditation, the SKY practitioner, is put into Three stages of introspection. The philosophy they learn during these stages are as follow
- The state of Awareness is the light of lights with which you should rescue and steady your untrained mind, that is now being tossed about in a whirl pool, as it were of likes and dislikes. Introspection intense would charge your life with love, and consciousness would develop to trace its origin. Truth would shine forth in pristine effulgence and misery would abate in the onset of peacefulness. Then and then alone, would you be enabled to terminate for good.

The Brahma Gnanam course is about realization of the Ultimate Truth, the Almighty, named differently as Brahmam, God, and Unified Force. The course gives a complete picture of how the One-Truth manifests as everything and how we are related with that One-Source. The Vethathiriyam philosophical topics covered in this course are

- Realization of God
- Plenum, Force and Consciousness
- Evolution, Mutation and Cause and Effect
- Evolution of Vethan
- Universal and Bio-magnetism

- Evolution of Universe and Living Beings
- Genetic Centre and MindCosmology
- World Religion

The Brahma Gnanam meditation is taught in the course which helps the aspirant to be constantly aware of the One Truth in and through all his activities. Altogether this course helps us to know the basic force of everything, which was the quest of many scientists like Einstein. The dream of Einstein that “Science and Philosophy should work hand in hand” is realized in this course.

### **ELIGIBILITY :**

To learn the Brahma Gnanam Course the prerequisite is that one must have completed Introspection Course Level IV.

- Male: Age between 20 to 65
- Female: Age between 20 to 65

### **ARULNITHIYAR COURSE :**

The seeker becomes a spiritual master guiding their fellow beings to ease their spiritual journey. Having completed all the Introspection courses and the Brahma Gnanam course one becomes eligible to become a Master.

Each candidate is called upon to accept the responsibility of helping spread this philosophy and practices. The participants are given training in imparting exercises and meditation practices. The spirit of tolerance, adjustment and sacrifice must become strong and an intrinsic part of their daily lives. Everyone is urged to improve their character and personality to the utmost and serve the world with dedication and compassion for all.

### **Meditation Hall :**

It is to be equipped with an overhead DVD projector system & large screen for discourses & Dhamma films. An advanced sound system ensures clear audibility in the hall. Those who cannot sit on floor cushion, a Chowki or chair is to be provided with Back-rest .

The meditation Hall comfortably seats 500 meditators, more than the residence capacity of the centre. It is to be equipped with an overhead DVD projector system & large screen for discourses & Dhamma films. An advanced sound system ensures clear audibility in the hall.

Those who cannot sit on floor cushion, a Chowki or chair to be provided, Back-rest is also available. There are 2 more mini halls for other language discourses.



## **Multipurpose Hall**

This is a good sized hall used for multiple dhamma activities. It is here that visitors are introduced to Vipassana and the courses. They leave the centre with the feeling of wanting to join a 10-day course soon.



## **Accommodation**

The male residential block has 100 single rooms with attached bathroom for an undisturbed stay to work with oneself. The block also has 10 twin sharing rooms. In the female block there are 50 twin sharing comfortable rooms with attached facility. There are special facilities for the disabled. All residences have hot water facility. There are good walking paths for male & female .

## **Kitchen and Dining**

The new kitchen is to be well equipped to cater wholesome, vegetarian, non-spicy food suitable for such a course. Aligned with the kitchen are two spacious dining halls: one for male and other for female meditators.

Purified drinking water is to provide in dining halls & in residence area. Bottled mineral water can be purchased for meditators on request during courses.



## **To construct other facilities and installation at the centre :**

- Office Block
- Water Treatment Plant
- Waste management
- Guest Room
- Manager's quarters



- Common Wash rooms
- Watchman Rooms
- A big defunct well has been converted to store the harvested water  
- up to 10 lakh litres.
- The centre has a bore-well with its own water supply system and  
back-up generator for electricity supply.
- Garden & landscaping is in progress
- A separate parking facility for 2 wheelers & 4 wheelers is within the  
centre boundary.
- Facility for safekeeping of valuables.

COST OF CONSTRUCTION FOR MIND DISCIPLINE TRAINING CENTRE

1. Reception cum Office Room
2. Work Training Centre
3. Meditation Hall
4. Mind Discipline Training and Yoga Coaching Centre
5. Men & Women's Hostel
6. Park
7. Canteen
8. Visitors Hall and Stay Rooms
9. Siddha Pharmacy
10. Library
11. Staffs Accommodation Rooms
12. Meeting Hall

**The above said works to be done for the below mentioned funds required:**

To purchase of Land- 5 Acres required  
cost of 1 Acre - Rs.25,00,000

Cost of Land for 5 Acres	Rs. 1,25,00,000.00
Cost of construction work - Rs.2500/- per sqft	
Cost of construction work for 5 Acres	Rs. 54,50,00,000.00
Purchase of Medicine, Furniture , Canteen Utensils and other Materials	Rs. 1,00,00,000.00
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Total Requirement Amount	Rs. 56,75,00,000.00
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The said trust will require the above said amount for constructing  
of Mind Discipline and Yoga Training Centre.

Regards,  
S. SANJEEVI KUMARA SWAMY  
FOUNDER / MANAGING TRUSTEE