



ತನು ತನ್ನದಾದಡೆ, ದಾಸೋ ಹಕ್ಕೆ ಕೊರತೆಯಿಲ್ಲ,
ದಾಸೋ ಹ ಸಂಪೂರ್ಣ, ದಾಸೋ ಹವೇ ಮುಕ್ತಿ.
ಮನ ತನ್ನದಾದಡೆ, ಜ್ಞಾನಕ್ಕೆ ಕೊರತೆಯಿಲ್ಲ
ಜ್ಞಾನ ಸಂಪೂರ್ಣ, ಆ ಜ್ಞಾನವೇ ಮುಕ್ತಿ.
ಧನ ತನ್ನದಾದಡೆ, ಭಕ್ತಿಗೆ ಕೊರತೆಯಿಲ್ಲ.
ಭಕ್ತಿಸಂಪೂರ್ಣ, ಭಕ್ತಿಯಲ್ಲಿಮುಕ್ತಿ.
ತನುಮನಧನವೊಂದಾಗಿ ತನ್ನದಾದಡೆ
ಗುರುಲಿಂಗಜಂಗಮವೊಂದೆಯಾಗಿ ತಾನಿಷ್ಟನು
ಬೇರೆ ಮುಕ್ತಿಎಂತಪ್ಪದಯ್ಯಾ?
ಉರಿಲಿಂಗಪೆದ್ದಿಪ್ರಿಯ ವಿಶ್ವೇಶ್ವರ.

Sharanu, VSNA NCAL Family members,

This month, the Shirashyad and Kumar families participated in July's Anna Dasoha. Their menu consisted of a sandwich, a salad, along with a couple fruits and a cupcake. Additionally they added a granola bar. On behalf of the VSNA 2022 Youth Committee, we are incredibly thankful to these two families for participating in the July Anna Dasoha.

Sharnarthigalu from Aarna Burji,
VSNA NCAL 2022 Youth Committee

Report from participating VSNA NCAL Youths:

Sarvesh Shirashyad

Hi, I'm Sarvesh Shirashyad. I volunteered to do Anna Dasoha (food donations) In the month of July via the VSNA Youth committee program. This was my second time doing Anna Dasoha. I feel satisfied by helping the underprivileged, and think that Anna Dasoha is a great thing to do. I felt good doing Anna Dasoha because I know that all my work is for people in need. I am thankful to all the people who gave me this opportunity. I am looking forward to continuing helping people. Thank you.

Hemant Kumar

Hi, my name is Hemant Kumar, and I'm in 8th grade. In July, I got an opportunity to be part of Dasoha on behalf of the VSNA youth committee to distribute food to homeless shelters. This volunteer work was a memorable experience for me. We made boxes of food that consisted of a peanut butter and jelly sandwich, a cupcake, salad, and fruits. We bagged all the other supplies and boxes we made ready to take to different homeless shelters. This experience is something I won't forget because this was through the VSNA Youth Committee, where I got to work with my friend to help the less fortunate people who are less fortunate than us. I realized that there are so many people who need our help. I plan to continue this whenever I get the chance in the future.

You can sign-up for VSNA NCAL Anna Dasoha Program by clicking here:

<https://forms.gle/P5grzvH6EMckWARv>





