

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 ತಾನಿಪ್ಪನು ಬೇರೆ ಮುಕ್ತಿಎಂತಪ್ಪುದಯ್ಯಾ? ಉರಿಲಿಂಗಪೆದ್ದಿಪ್ರಿಯ ವಿಶ್ವೇಶ್ವರ.

Sharanu, VSNA NCAL Family members,

This month families Kallesh and Gulla conducted our May 2022 Anna Dasoha. Both families packed, prepared, and delivered 70 meals. On behalf of VSNA Northern California chapter we congratulate these two families for participating in this month's Anna Dasoha.

Sharnarthigalu from Aarna Burji,

VSNA NCAL 2021 Youth Committee

A few weeks ago, I participated in an Anna Dasoha program through VSNA. Anna Dasoha is an event where committee members come together and serve the community by helping provide basic necessities like food to the underprivileged ones. I had participated in this event last year and had learnt that if someone doesn't have the basic necessities of life, it is great to share with them. Few ways in which the VSNA youth committee has done this in the past is by giving meals and a bottle of water. This year, me and another member of the VSNA youth committee's family have packed 70 wholesome meals that include a packet of goldfish, chewy bar, peanut butter sandwich, good portion of salad, water and cutlery to go with it.. We then packed the boxes/bottles of water into separate bags sorted by the area in which they were to be delivered. We then drove and handed over the nicely labelled bags to the nearby Library where all the volunteer drivers were picking the food to be delivered to the needy. They helped distribute the meals to everyone which saved us the time of doing it ourselves. We were grateful for that. I really like to volunteer in these kind of events and hence I am already looking forward for such opportunities in future. I am very thankful to VSNA for giving me and my family this opportunity to help in this noble cause.

Thanks, Ronit Gulla

On May 1, 2022, I did the Anna Dasoha. Anna Dasoha is where you make food for homeless people and pass it out. We made 67 lunches this time and met volunteers at Sunnyvale Library. The volunteers drive to each location to pass out the food to homeless people. Last time, the homeless people complained that the food we made was too spicy, so this time we made a PB&J sandwich with a salad. As snacks, we put orange, goldfish, and a granola bar. We packed the food in boxes and we put them in a plastic cover with water bottles. We started at 9:00 AM finishing off at 11:30 AM. I was happy to know that I made the homeless feel full and well-fed. This wonderful opportunity made me learn to always be happy with the things I have.

- Sameeksha Kallesh

You can sign-up for VSNA NCAL Anna Dasoha Program by clicking here: https://forms.gle/P5grzvH6EMckWARv7



















