Self-discipline through fasting

Gandhiji considered fasting to be the most potent weapon and the last resort of a satyagrahi. According to Dr. Sushila Nayyar, Gandhiji had a threefold philosophy behind fasting. Firstly, he felt that fasting calms down the person and one ceases to be aggressive and consequently able to introspect about whether the position taken up regarding an issue is right or wrong, and if wrong, whether it can be corrected or changed. Secondly, Gandhiji felt that fasting was for self purification so that one may pray for light and guidance. And thirdly, he was of the opinion that fasting softens the opponents’ hearts.

Gandhiji undertook 17 fasts during India's freedom movement. One of his famous fasts was in September 1924, eight months after his operation for appendicitis. It was for the cause of Hindu-Muslim unity and it lasted for 21 days. Again in 1932 came the fast that ended only with the British Government’s approval of the Yeravada Pact on the position of the untouchables.

For his doctors, who were also his close friends and supporters, these periods of fasting were peculiarly anxious. Besides abjuring food, he would not take any sort of medicine. The only things he allowed was bowel-washes, massage and hot sponging. He would also not take medical advice about the length of the fast. In the words of Dr. B. C. Roy, “He used to feel that God intended that he should fast; he was one of those men who believed in inspiration guiding the activities of an individual, and he wouldn’t listen to anybody as regards the period of fasts he would undertake.”

Gandhiji’s philosophy behind fasting apart, there was something more to it as
described by M. R. Jayakar, “On many occasions, although perhaps not intended, it had the effect of a threat, a political threat. And I know many occasions on which it acted as a political threat, hastening the settlement on lines which a more detailed and quiet consideration would have deferred.” The fear of something happening to Gandhiji during fasting had a great effect on important negotiations at the time.

The self-discipline that Gandhiji required of his immediate followers was of an order which was, in a way, as rigorous as the discipline of fasting. It was seen during his preparation for the march from Sabarmati to Dandi. Gandhiji selected seventy-nine people to accompany him. The condition was that every one of those people should have fulfilled certain disciplines. Mira Behn describes it as a process of hardening in which one was required to work from four o’clock in the morning to nine o’clock at night. Gandhiji had given a diary to everyone in which was written a minute-to-minute programme of the day. Each one had to submit the diary to Gandhiji for his perusal every evening. K. Shridharani, the writer who was one of them, says: “And that diary of mine is one of my proudest and most precious possessions. There are here and there some remarks by Gandhi that this is good or this is bad. You should concentrate more on this, and then on that. We had to register even our innermost thoughts in those diaries that we had to submit to Gandhiji every evening. We could not use anything more than a mat to sleep on. Generally we slept out in the open, and there was one full moon night, and I felt like talking to the next man. At the morning prayer our leader reported two of us who had broken that rule to Gandhiji. So Gandhiji turned against us very nicely and sternly, and castigated us, and chided us in front of others. The whole sermon in the morning was based upon the hackneyed lines of Tennyson – ‘Theirs not to reason why. Theirs but to do and die’ – or something of that sort. And Gandhiji told us what are the duties of a soldier, and what you are supposed to do, and that you could never, never get away while breaking the discipline.”

The ultimate test in self discipline and endurance was after Gandhiji and his followers reached Dandi. In Pyarelal’s words, “When we reached Dandi he camped there for seven days before the Salt Satyagraha was started. During those seven days we were to have no cooked food – there were no kitchen fires there. So he said parched grain with I think half an ounce of fat in the form of ghee and perhaps four ounces or two ounces – I forgot the exact amount – of brown sugar. That was going to be our ration during that week; and if anybody fell ill, or got dysentery – well, he got disqualified.”

When Gandhiji decided to break the Salt Law, at first it seemed to many people a childish madman’s dream, but they did not realize what an amount of force it would release in the country.

That beautiful seashore of Dandi almost seemed to beckon Gandhiji to wade into the water, pick up a pinch of salt and pass it to the person standing next to him, symbolically breaking the Salt Law.

Source: Talking of Gandhi by Francis Watson & Hallam Tennyson

What Nehru said....

If you have to solve a problem, it is not much good solving it in such a way as to create two or three more difficult problems. That is what normally happens. Gandhi’s way was not only to solve the problem but to solve it in such a way that it was a final or relatively final solution that did not create other problems.

….. from Freedom from Fear: Reflections on the Personality
and Teachings of Gandhi.
This month that year

Ceres, the planet that was not…

By the 18th century it was well known that the Sun is at the centre of our Solar System. Using simple geometry, astronomers and mathematicians could calculate the distances of the planets from the Sun, using the Earth-Sun distance as one unit.

In 1766 German astronomer Johann Daniel Titius discovered a mathematical relationship between planetary distances from the Sun which his countryman Johann Elert Bode popularized from 1772. According to this relation there should have been a planet between Mars and Jupiter. This relation came to be known as Titius–Bode Law but no significant attention was paid to it.

In March 1781, English astronomer William Herschel discovered a planet beyond Saturn. which was a sensational discovery. For the first time humanity discovered a new planet. Named Uranus after the ancient Greek deity of the sky. If the Titius–Bode Law was extended for a planet beyond Saturn, Uranus was discovered exactly at that place.

This discovery of a planet beyond Saturn revived the interest in Titius–Bode Law and the missing planet between Mars and Jupiter.

Hungarian astronomer Baron Franz Xaver von Zach decided to search for this missing planet. He organised a team of 24 astronomers who would systematically scan the skies for the missing planet. The team called itself the Celestial Police.

The planet was however discovered by Italian astronomer and mathematician Giuseppe Piazzi from Sicily, who was not one of the Celestial Police. On the first day of the 19th century Piazzi was observing the sky using the best available telescope of the time. He was preparing an updated catalogue of stars. At about 8 p.m. he spotted an unexpected new object. Piazzi marked its position and continued to observe it over the next few days. He was intrigued when he found the position of the object changing gradually. He knew it was not a comet for it did not have the fuzziness around it like comets have, neither was he sure of what it was.

Piazzi could not have known that this discovery would lead to the creation of an entirely new class of objects in the Solar System.

When Piazzi made his discovery that January, it again caused a big sensation. This object — named Ceres after the patron goddess of Sicily — moved like a planet. It was at a distance from the sun, between Mars and Jupiter, where as Titius-Bode’s law predicted the missing planet to be.

By March 1801, Ceres was hidden behind the Sun. Therefore, no further observations were possible.

At this stage enters a brilliant young mathematician, Carl Friedrich Gauss. He developed a mathematical method of establishing the orbits of planets on the basis of three observations. Using this method Gauss successfully created an ephemeris (positions of solar system bodies) giving the coordinates of Ceres at various times. Ceres was ‘picked up’ at the end of 1801. But the case of the missing planet was yet to be closed.

By March 1802 Pallas, another Ceres-like object was discovered between Mars and Jupiter. There were now two such objects orbiting at the same distance from the Sun. William Herschel proposed that these new bodies be called ‘asteroids’ because of their star-like appearance. And a new category of celestial bodies was created.

In due course of time, more such asteroids were discovered. Scientists initially felt that these asteroids were the remnants of a planet between Mars and Jupiter that broke up into large fragments. But we now know that the matter between Mars and Jupiter is not sufficient to make one planet.
Planetarium Events

Amateurs to assist professional astronomers in locating transient objects

Dr Ashish Mahabal, Senior Research Scientist in Astronomy at California Institute of Technology (Caltech), USA, delivered an interesting talk on Astronomy in the Era of Big Data to amateur astronomers at the Nehru Planetarium, Mumbai, on 8 December 2018. He explained how state-of-the-art CCDs (charged coupled devices) are being used by astronomers at Caltech to study the variations in intensity of different categories of celestial objects.

The advantage of using a CCD is that it can do in a few days what manual observations take years to do. The data collected is extremely accurate, and so voluminous that the astronomers are now calling upon the amateur astronomers’ community to come forward and participate in the study via the Internet. They have prepared a tutorial which will guide the amateurs to pick the data from their site and analyse it. Using simple algorithms, the astronomers then decide whether the results are genuine, false, or to be doubtful.

Caltech’s Zwicky Transient Facility and Catalina Real-time Transient Survey have enabled citizen scientists to be a part of the exciting search for transient objects in the sky, such as regular monitoring of a large number of galaxies for possible supernovae. In his talk, Mahabal described how machine learning including deep learning is transforming science, and invited the amateur astronomers present to be a part of future fascinating discoveries.

Science Lab… What teacher-parents say…

I write this to you in deep appreciation of the work you are doing in furthering the experimental approach to science among children. Our children have completed two workshops - optics and astronomy - in the last couple of weeks.

The science laboratory is quite well equipped, with a sodium vapour lamp to microscopes and even a van-de-graff generator. We were happy to see that there were enough number of apparatus to provide each child with a hands-on experience. By doing the experiments themselves, the students not only gained a deeper understanding of the concepts but also developed the skills of handling delicate instruments. They realized the importance of exact measurements in experiments and the many ways in which errors could creep in.

The experiments conducted were thoughtfully selected, not to just demonstrate the concept but to do so in an awe-inspiring manner which stoked the imagination and enthusiasm of the children.

For us, being teacher-parents, these workshops formed an exciting introduction to science concepts for students. It provided us with opportunities of extending each of the topics seamlessly into our own lesson plans. By using the same terms/analogies used in the workshop, we were easily able to build further on the concepts without dampening any of the enthusiasm.

The science laboratory is a spectacular step towards providing a facility for youngsters to hone their knowledge, understanding and skills, much needed in todays world.

- NISHA SASIDHARAN (Parent/teacher)
Nehru Centre’s

Annual

Mushaira

The 30th edition of Nehru Centre’s annual Mushaira on 12th January 2019 will be dedicated to the memory of Janaab Kaifi Azmi. Janaab Azmi is remembered as the one who brought Urdu literature to Indian movies. He participated in Mushairas all over the country and received great audience appreciation.

The following poets from across the country will participate in the Mushaira

Local Poets
Irfan Jafri
Javed Akhtar
Nadeem Siddiqui
Dr. Qasim Imam
Obaid Azam Azmi
Qamar Siddiqui
Dr. (Prof.) Rafia Shahnam Abedi
Shahid Latif
Shamim Tarique

Outstation Poets
Abhishek Shukla (Lucknow)
Akhtar Jamal (Bhiwandi)
Aziz Nabeel (Qatar)
Kaleem Samar (Aligarh)
Mushtaque Ahmed
Mushtaque (Malegaon)
Dr. Nusrat Mehdi (Bhopal)
Prof. Shehnaz Nabi (Kolkata)
Prof. Shehpar Rasool (Delhi)
Muntakhab Ahmed
Noor Saqlaini (Badayun)

Janaab Prof. Shehpar Rasool will preside and the Mushaira will be compered by Janaab Sayed Mohammed Ashraf and Janaab Shamim Tarique.

Review: अनमोल रत्नावली... अक्षर त्रिवेणी

Nehru Centre held a special programme “ANMOL RATNAVALI” - AKSHAR TRIVENI on Sunday, 16th December 2018 dedicated to the memory of Marathi legendary talents Sudhir Phadke, G.D. Madgulkar & P.L. Deshpande as part of their birth centenary celebration.

Shri Sharad Pawar, Chairman, Nehru Centre inaugurated the programme and briefed the audience about Nehru Centre and its activities. Shri Shridhar Phadke and other dignitaries graced the occasion with their presence. The works of the triumvirate through music, dance and readings enraptured the audience. The programme was well attended and appreciated by the fans of Marathi literature and music.
INDIAN MASTER’S RETROSPECTIVE: SHIAVAX CHAVDA

Shiavax Chavda was a painter who introduced Indian modern art in India in a big way. He studied fine art from Sir J. J. School of Art, Mumbai and received a scholarship to study art at the Slade School of Fine Art in London and then at Academie de la Grande Chaumiere in Paris.

He learnt wood carving, lithography and window display at Paris. He then returned to India and travelled extensively visiting temples and villages. He won many prestigious awards in India and abroad.

The retrospective was inaugurated by Shri Rajiv Mishra, Director, Directorate of Art, Government of Maharashtra and Principal of Sir J. J. College of Architecture. A catalogue on Shri Shiavax Chavda was released on the inaugural day and is available on sale in the gallery.

S.N.D.T. College Annual Show

Annual exhibition of the students from Dept. of Drawing & Painting section of S.N.D.T. College, will be on view. 83 students will display their artworks.

Tuesday 1st January to Monday 7th January 2019
(Circular Gallery)

SIDDHARTHA SENGUPTA

Shibani Sengupta

Shibani has completed his art education from the College of Visual Arts, Kolkata. His realistic intricate paintings are on the subject of ‘Krishna Katha’ and ‘Ganga’ in ink and water colour. He has won many awards for his artworks.

Tuesday 8th January to Monday 14th January 2019
(Circular Gallery)

R. C. JENA

R. C. Jena has received B.V.A. in Painting from B.K. College of Art & Craft, Bhubaneswar, Odisha. He has worked with special children as Professional Art Therapist. His abstract works in oils and acrylic are intended to give a healing effect and for colour therapy.

Tuesday 8th January to Monday 14th January 2019
(Circular Gallery)

CAMPS COLLECTION

The paintings are from various locations in India created by students.
of art colleges from Maharashtra. The paintings are from the camps organised by Nehru Centre Art Gallery over the past twenty five years.

Tuesday 15th January to Monday 21st January 2019
( AC & Circular Gallery )

SUMEET PATIL

Sumeet has secured B.F.A. and M.F.A. with 1st rank in Applied Art. He has a Ph.D. on his thesis on “How to teach mentally and physically challenged people through visual communication”. He does art direction and production designing for films. He has won many national and international awards for his social and artistic works. His paintings are based on historical subjects.

Tuesday 22nd January to Monday 28th January 2019
( Circular Gallery )

HOSHNAR KAIKOBAD

Hoshnar has completed G.D.A. in Applied Art from Pune. He has been exhibiting his works in Mumbai and Pune for the past seventeen years. His paintings are landscapes in oil on canvas and charcoal. He has won many awards for his artworks.

Tuesday 22nd January to Monday 28th January 2019
( AC Gallery )

ANUKTA GHOSH
ANAMIKA TOSHNIWAL
INDRANI CHOUDHURI

Anukta led a successful career in the field of hospitality with ITC Group, followed by being a General Manager at a global office space solutions company. She completed her art education from London Art College. Her figurative compositions are in acrylic on canvas.

Tuesday 29th January to Monday 4th February 2019
( AC Gallery )

GAUTAM PATOLE

Gautam chose to be a photo journalist and then started working on human anatomy. He works in charcoal, mostly figurative. He also uses mediums like acrylic, ceramic and glass in his paintings. He has extensively exhibited in India.

Tuesday 29th January to Monday 4th February 2019
( Circular Gallery )
BOOK OF THE MONTH

MORE PUBLICATIONS

Books on Sale

INDIA’S DEFENCE PREPAREDNESS
NEHRU AND INDIAN CONSTITUTIONALISM
INTERNAL SECURITY IN INDIA
CONSTITUTIONALISM AND DEMOCRACY
IN SOUTH ASIA
MUMBAI PAST AND PRESENT
INDIA AND CENTRAL ASIA
WITNESS TO HISTORY
INDIA-RUSSIA RELATIONS
INDIA-CHINA RELATIONS
REMEMBERING EINSTEIN
CHALLENGES TO DEMOCRACY IN INDIA
RULE OF LAW IN A FREE SOCIETY
SCIENCE IN INDIA
EXPLORING THE UNIVERSE

Colourful art catalogues for sale
1. RAJA RAVI VARMA / 2. A. A. RAIBA
3. DEENANATH DALAL / 4. J. B. DIKSHIT
5. R. K. LAXMAN / 6. MARIO DE MIRANDA
7. G. N. JADHAV
8. ART HERITAGE OF MAHARASHTRA
9. HAREN DAS / 10. PROF. P. A. DHOND
11. COLLECTOR’S PRIDE / 12. K. B. KULKARNI
13. VINAYAK S. MASOJI
14. SAMAKALEEN (Contemporary Five Artists)
15. VINAYAKRAO WAGH * RAJARAM PANVALKAR
16. KRISHNAJI KETKAR * DATTAJIRAO DALVI * GOVIND MALADKAR
17. NAGESH B. SABANNAVAR
18. NARAYAN L. SONAVADEKAR
19. BABA GAJBAR & GANPATRAO WADANGEKA
and many more colourful catalogues

ART FUSION Catalogues
SANSKRUTI - CD ROM : An aesthetics of Indian culture

DISCOVERY OF INDIA (VCD Version)
Set of ten greeting cards
Based on Discovery of India Exposition
Set of five assorted gift cards
Designed by Handicapped children

Available at:
Book Stall, Ground floor, Discovery of India Building,
NEHRU CENTRE, Worli, Mumbai - 400 018.

New Arrivals: Books

Sr. No. Title Author /s
1. The Bose brothers and Indian Independence: An insider’s account Madhuri Bose
2. The East India Company: The world’s most powerful corporation Tirthankar Roy
3. Letters from Kargil: The Kargil war through our soldier’s eyes Diksha Dwivedi
4. India’s Olympic story Sandhya Rao
5. Lean in: Women, work and the will to lead Sheryl Sandberg
6. India’s tryst with destiny: Debunking myths that undermine progress and addressing new challenges Jagdish N. Bhagwati
7. Jamsetjee Jejeebhoy of Bombay: Partnership and public culture in empire Jesse S. Palsetia
8. India’s national security: A reader Kanti P. Bajpai and Harsh V. Pant
10. India vs Pakistan: Why can’t we just be friends? Husain Haqqani

BOOK DISCUSSION

Remembering Rajni
(9 January 1915 - 3rd May 1982)

Panelists
Shri Sanjay Jha (Political commentator)
Smt. Smruti Koppikar (Independent journalist, columnist and writer)

“The book is full of insights, personal moments and life experiences of a man who selflessly served the nation and an understanding on his journey of success and sacrifices.”

- Smt. Bakul Patel

Date: Wednesday, 9th January 2019
Time: 4.30 p.m.
Venue: Hall of Culture
Open to all.

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