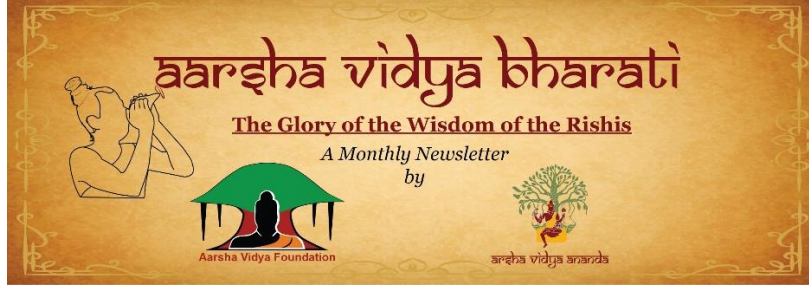

Aarsha Vidya Bharati - Sep 2021

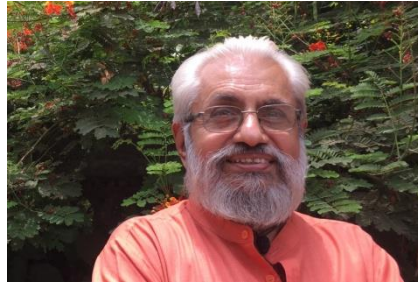
A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Sep 2021 issue](#) or read any of the [articles](#).

Guiding Light by Swami Brahmavidananda

Column in the Free Press Journal Newspaper



Sports: Expectation vs Reality

The whole nation wants us to do well in sports. But if we look at what the parents tell the children, it's always about studying and not wasting time on sports or games, as they would call it. This seems to be a hangover from the pre-independence and the immediate post-independence days. Then a college degree ensured you got a clerical job with the government so that you had some security. Read the full column [here](#).

Army to the rescue

Whether it is an enemy attack, invasion, a terrorist attack, a natural calamity. It's always the army that is called in, for rescue operations. And now it is a non-commissioned officer from the army who has brought us the gold medal from the Olympics. Looks like we need the army to rescue us for everything. It is not surprising, because it is a highly trained, superbly fit group of young men and women. So, they will excel in most of the things that they do. Read the full column [here](#).

The importance of a strong will

On the international scene, on the very day we were celebrating our Independence Day we found the collapse of the official government in Afghanistan. A lot of theories abound – of corruption, secret deals, etc. Maybe a clearer picture will emerge in the days to come. One thing to be noted is the lack of will on the part of the Afghan

government and the Afghan army to face a determined Taliban force. Read the full column [here](#).

Handling negativity

Wherever I go and whomever I speak with, this is heard – There is so much negativity and polarity in the world. How unfortunate the events are! While it is true that the world is going through a difficult situation with the pandemic and current situation in Afghanistan, why does it affect us so much? Although we can blame the media, especially social media for all the negative news, the answer is simple. We too are responsible for the negativity. Read the full column [here](#).