

Chinna Shodha Yatra - 53

Shodha Yatra - A three-day walk-through villages with a group of people whom we fondly call as co-yatries, meeting new people, understanding their problems, listen to their experiences, learn from their life experiences.

The name CSY itself sounds very Fascinating for me. On 26th June, I have started my journey to CSY-53. While I was waiting for the bus - A thought provoked my mind upon looking at strangers around me - maybe I cannot mingle with them as this was my first journey with so many strangers, so felt that I am surely going to isolate myself. After a while, we started our journey and reached our destination *Kondagattu* where our yatra starts the following day.

Experiences during walk

*On our way, we met an old woman in her 70's named **Mallavva** does farmwork and grows vegetables at her backyard says how small savings could help us in unforeseen situations. Mallavva despite being weak, she happily does farmwork and household chores. she says age is just a number. One should do what they love to do and help family until we can.*



A selfie with Mallavva..

The following day saw an old man who is in his 50s is a **cremator**. He says how the death of a person brings great sadness. But it is also a chance to pause and reflect on the person's life. He says it's also a place for their well-wishers to offer prayers and remember what they did for society. On the same day we visited a primary school, felt energized & motivated by that school Principal's works. There were only 25 students when he was transferred to the school but next year the strength increased to 75 students. Sir also shared the reasons behind this change. And I feel this is because of his determination towards his work which made the change possible. He was so passionate in his work. We discussed about the mid-day meals schemes and few other too. This experience gave me how the implementation really works in the ground level. Also made me to think in understanding the roots before handling the issues. A Determination can change altogether.

On the last day morning, saw few old people talking with each other under a tree. Joined with them and conversed on the topics such as schemes, crops grown there, problems they faced in this digital literacy era.



Upon completing my three days yatra i have observed that - In cities people have money but don't have time, it's too chaotic with smartphone, social media updates, there are too many distractions. On the other hand, life in most of rural India is peaceful, people are nicer and happier. I see people sitting outside their home and chatting with their neighbors, helping each other in chores.

My learnings from yatra -Still in a phase of learning, would quote few learnings

- 1- Collectivism over Individualism - As a group walked for miles without feeling the hardship of 40-45km walk.
- 2-Respecting each other views without complaining.
- 3- Living with Minimum needs without expecting for any Standards.
- 4 -Talking to strangers makes you feel so confident.
- 5-Evolve into a better personality.

Experiences from Yatra

Explored the less travelled roads of heaven. Here I referred to the place as Heaven because - The place gave me peace, wisdom, feeling of togetherness. Travelling in the midst of the farms around the villages, enjoying the fresh breezes which makes you feel that you're in the lap of mother earth. Speaking to co-yatries, expressing our views irrespective of age, gender where you don't feel of being judged by them, listening to their experiences. Igniting Oneself to the questions such as --parameters for accessing health, inner peace etc.



What did I overcome in this yatra?

- Fear of speaking to strangers.
- Expressing my view without hesitation.
- Addressing a large crowd.
- Connect to a large group of yatries.

What did I carry back with me?

The stories of our co-yatries, narratives of grassroot innovators-their passion towards solving a problem, facing the hardships with smile, compassion for others, Love what you do, the concept of Grassroots to Global. And the villager's hospitality for a stranger who steps in.

I fell in short of words to express about CSY because of the deep connection with nature which my Panchendriyas felt.



My Gratitude

I express my heartfelt thanks to Brigadier sir for lifting my spirits to join yatra. A special thank you to Mr. & Mrs. Modha Garu for sending me to experience CSY -53. A big thanks to My Co-yatries who are very lively. Thanks for understanding me, taking good care of me, helping me in their possible way.

Lastly, I extended my gratitude to Team Pallesrujana for hosting this and Parushram anna. I thank my Inner self too for completing my first yatra and introducing a new inner self. I'm deeply indebted to the nature for supporting us during our CSY.

I am excited to join next CSY. I have shared my CSY-53 experiences to people around me after coming back. would love to bring more yatries for the next CSY.

Why one should come to CSY- Stepping into the shoes of others using your Panchendriyas helps you to connect deeply, without any expectations, pressure from peers and with the open arms, makes you aware of oneself.