

## CHAPTER- I I

# DARKNESS TO LIGHT



Kakoli Dutta is the founder and principal of OM K.D. Gym, Yoga and Meditation centre in Dum Dum, Kolkata. She is an expert in Yoga, Aerobics, Psychological Counselling, Meditation, Physiotherapy, Therapeutic Yoga and Massage. She became many times the judge of All India Uni-Yoga Competition and All Bengal Yoga Competitions as well as National Judge and Bengal Coach of All India School Yoga Competition in 2004. She was an attending yoga therapist at psychiatric centre 'Mind Care Clinic', Kolkata and also the ex- executive member of Bharat Nirman awarded, WORLD YOGA SOCIETY. She won many

recitation competitions in and around different districts of Bengal and also champion of All Bengal Recitation Competition during her school and college days. Her works on yoga are published in leading journals and magazines in West Bengal. She loves to listen music, play with her pet dog and cook delicious food for her family. Every year on International Yoga Day she with her group of employees does some philanthropic work, like visiting orphanages, old age homes, etc. and teach yoga for free.

kuntak143@gmail.com

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## **INTRODUCTION**

This story can somehow be referred to as an autobiography. I wrote it based on the pandemic started by the novel corona virus and the situation I experienced. In this pandemic everyone's eyes are dazzled with fear. Everyone is annoyed with the strangely twisted mind. From Doctors to Nurses, from Scientists to NGO workers all are trying their best to relief the pain of the corona infected patients. Government of every country is worried so they declared "LOCKEDDOWN".

Now the biggest question is how to utilize the free time! Without breaking down physically and emotionally as well as morally during bad times, we need to work on it. By this way somehow everyone should put themselves into the work regime. Such as – now many can prefer to utilize the time by reading books, novels, etc. Due to work pressure usually we never used to devote time towards our home decorations, now it's the right time to fulfill the way we want to decorate our home. We can plan

beforehand what we can do in morning, afternoon and evening. We can also do yoga, meditation and physical exercises at least twice a day. In such way we can effectively distribute our work and hence spending time won't be a problem. During our free time we can also watch good movies. We can also help interested people on the subjects on which they are interested at. Due to busy schedule we somehow could not manage to meet many old friends, this is the right time to do so and I am not left too.

By this way my inner self staying much calm. I am daily gardening the flower pots at maintaining it. I have a small Pomeranian dog and its name is Russo. Throughout the day I spend my time just by looking at Russo running from one corner to the other, by feeding Russo and playing games with him. This too gives me immense satisfaction. In this lockdown I do wrote a poem on Russo. Whatever crisis or achievement do we have in our life; we can solve it all by ourselves. I'm trying to do something without being trapped at home in pandemic. Human being's life is

such that suddenly it takes twist and turns and takes you up and down and makes you feel that your life changed completely. But without thinking much we need to do something during these bad times. In this bad time I share my feelings with my closed ones that definitely relive me out. So I am enjoying by matching myself to everyone and without wrapping myself up in times of trouble.

People are a lot like pillowcases of different colors, some look black, some are beautiful, some are pious, some are dishonest but they all have the same God. I thought that I do know yogasana and I understand people's mind to cure them , then why can't I use all my traits this time ? I found evidence of the power of yoga inside me. I thought if yoga has such immense power then it can be used for the work of the country.

Yoga does not only improve mind and soul but also help in curing diseases. I became curious and focused on my work thus used my pursuit in this lockdown for whole world. I prayed to God that I

could do my best for everyone and help needy people. I started teaching and practicing yoga online. During this difficult time, I started doing my work in India as well as abroad. I felt the emergence of unexpected, unimaginable energy and my insights opened. On the way to yoga, I found a work not by giving up karma but through karma. I started teaching yoga to children. Through yoga I helped many people by curing their diseases as well as solving other problems. Not just I am spending my time but actually getting lots of pleasure by doing so.

Now let's talk about some different perceptions. During locked down I started writing poems as well as stories. One of my poem names is "Let's raise our voices".

When the sound of fear is playing on the chest of the earth  
While new writings are in the air to save the civilization  
When hundreds of millions of people on the streets of the world  
Are crying daily for peace and healthy life  
Come on – Let's raise our voices!

Not to die anymore, to prevent disease at home

May peace and well-being prevail?

No more hiding and crying

Will not break our morale thinking that will die

If there is death, so be it

Will swell our chest on the way,

Is there any fear in it!

If people say something, let them say

When born as a human being, will definitely establish  
name

Will do whatever wants to do

If I have to live, I will live this way

If you want to live, someone, if you want to live

Swell your chest and let's raise our voices to live!

In this way I can recognize myself through  
poetry and stories. I want people's self-awareness. Be  
aware of your own identity. If I can't get out of the  
way, I can find the right way out of decay through my  
writing. I want to give everyone equal love being free  
from illusions. If I don't get the God that is inside a  
human being, then this birth is useless for me. If the  
mind is not clear, arrogance does not go away and the  
God cannot be found. When there is a disease, the

body knows, explain to the mind that it should be happy.

Let me share some of the incidents that I found to be interesting and happened to be in front of me. There are two young children in our apartment and they are from two different families. They would fight over anything. But both of them had a similarity in life. They were very simple. But their behavior was different. How much a child can change while living with another child and how much they can improve is not understandable until you see with the naked eyes? One of these two kids was a little different. He would get angry and would not want to study. He wore one piece of clothes and did not use to eat properly. He didn't want to go to school and there were many problems. Yes the problem were not just wrong but fatal. But firstly we need to know how these problems happened. I talked to his mother. She told me that "I get annoyed with him now. I always beat him because I don't like his behavior. I beat him because he always spread the food outside plate while eating. I don't wipe



his face with a towel rather threw it on his face. I scold him for not cleaning his shoes properly.” Then I told her “You are mother, you can definitely scold your child. But if you think of him a little differently, if you don’t become impatient and do not shout, and say what happened? What do you want? He will not be afraid of it. And stop making fewer mistakes. It is now your habits that you are always looking for his fault. You have got yourself out of the habit of reprimand.

You are hurting both him and yourself. If you try to make him understand well and slowly, he will definitely understand. You should praise him, and don't try to find only his mistakes. Explain to him that he has a normal rhythm. Even if he can't draw well, tell him that his drawing is very beautiful. He is a child; you must explain to him that he is not a fool. Repeatedly saying that he has made a mistake, and then his desire to improve will go away. Instead, do the opposite from now on. Explain to him that it is easy to do.” The boy's mother listened to me and began to treat the boy well. What a miracle happened then. The child no longer

behaves as before. He caressed his mother with both his hands, hugs her and kisses her. The boy's mother told me, "I wouldn't have understood if I hadn't been with you. If I treat well and give care then my child also would want to be better. If you didn't explain me, I would have never understand that first we should see our mistakes rather than finding mistakes inside others."

I also felt good after looking at the child's rejuvenation. I told her mother that I was glad she respected my opinion. "You have learnt from your mistakes sincerely and you have treated him like a friend. That's how he turned out to be better." Is it a piece of cake to be a mother? Is being a mother an unnatural thing, or just a biological thing? How happy the child can be when he finds the mother.

How sincere the mother's vision can be, can be only understood by looking at the mother and the child. I really felt good that by explaining this way I could help a child and made his future better. Lock

down not only did bad but also did good things to many people.

In this locked down I saw various problems of many people. Poverty itself is a horror. People lose their humanity in poverty. One cannot make any improvement in life and become meaningless and become selfish. This hardship is hard to see. Many people got lay off. Day laborers, those who work from house to house are not able to do it anymore.

No one allow them at home during pandemic. Trains, buses, flights all are closed. That's how their basic needs are being questioned. Just to earn one time meal for a day, one is inclining towards the art of stealing. I might not alone be able to solve the problems of all people. Still how much it's possible by me I am doing it regularly. This is how I got a taste of my sudden experience in Lock Down. I know our good times will come back again. So we will move forward only through our work. So lastly I want to quote from Bhagavad-Gita: Chapter 2, Verse 47

**“karmaṇy-evādhikāraṣṭemāphaleṣhukadāchana  
mā karma-phala-heturbhūrmātesaṅgo  
'stvakarmaṇi”**

*Which translates to*

“You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction.”