



తటవర్తి గురుకులం, ఆస్ట్రేలియా

avadhaanam

Sree gurubhyo namah (salutations to guru) – avadhaani SriKalyan Chakravarthy – Tatavarthy gurukulam – Australia

avadhaanam (Verb), avadhaani (Noun)

'avadhaanam' means demonstrating the power of focus. The articulation of avadhaanam uses linguistic and literary expressions in the form of [verses](#) to solve the challenges presented to 'avadhaani'. [Telugu](#) literature known for its omnipotence is the predominant medium of delivery for avadhaanam since 19th century ^[1]. Based on the number of challenges presented, avadhaanam is qualified as 'ashta (Eight challenge) avadhaanam', 'satha (Hundred challenge) avadhaanam', 'sahasra (Thousand Challenge) avadhaanam and 'multiples of sahasra avadhaanam'. avadhaani is considered as the leader who mastered all the [eight limbs of Yoga](#) by gaining the highest ability to simultaneously stay focused on the multiple challenges presented and can illustrate the power of focus to the crowd together with an awe struck and enjoyable experience^[2].

Considering the 'ashta avadhaanam' for an overview, it has three main processes and eight components (challenges). Besides avadhaani and 'pruchchaka' the challenger, there will be another role 'sanchaalaka' that functions as moderator for the entire avadhaanam process.

Three main processes

- **'sphuraNa'** - Spontaneous thought pattern to solve the given challenge
- **'puuraNa'** - Solving the challenge in the form of verse one stanza at a time * 4 iterations
- **'dhaaraNa'** - Reciting the verses composed during the avadhaanam process

The eight components (challenges)

- **'nishiddhaakshari'** - composing verse interactively letter by letter to the given context while the pruchchaka retrospectively prohibits the possible letters for next position
- **'samasyaapuuraNam'** - composing verse that provides solution to the given context
- **'nyastaakshari'** - composing verse with given wish list of letters along with positions
- **'aasuvu'** - composing verse spontaneously
- **'varNana'** - composing verse to the given theme
- **'dattapadi'** - composing verse with given wish list of words from the pruchchaka
- **'aprastuta prasangam'** - answering questions on random topics and effectively handling the interruptions with sense of humour
- **'chitraaniki padyam'** - composing verse to the given picture

As the famous saying of Sadguru Jaggi Vasudev about human wellbeing goes, if one's body, mind, emotions, life energies are very pleasant with pleasure, peace, compassion, ecstasy and outer surroundings are also pleasant, then, you are a 'success' ^[3]. Going one step forward, along with very pleasant state of body/mind/emotions and life energies, if one can make the outer surroundings also very pleasant, then you are an avadhaani.



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References

- [1]. <https://en.wikipedia.org/wiki/Avadhaanam>
- [2]. <https://www.youtube.com/watch?v=YpQcLvHMqDc>
- [3]. https://www.youtube.com/watch?v=bQ52H9De_b4

Additional Resources

- Tatavarthy gurukulam –Australia - <https://www.youtube.com/c/SriKalyanChakravarthyTatavarthy/about>
- Latest avadhaanam by avadhaani SriKalyan Tatavarthy – Australia - https://www.youtube.com/watch?v=9465Xw68X_g&t=119s
- From Sadguru (Isha Foundation) - Avadhaanis: Accessing the Mind's Incredible Capabilities - <https://www.youtube.com/watch?v=Izlfzj6xfo>
- TEDx Talks – The Art of Avadhana - <https://www.youtube.com/watch?v=gDFSfJSt984>

Photos

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avadhaanam by SriKalyan Tatavarthy

