



Sree Narayana Guru

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Recently, the head of the **Sivagiri Mutt in Kerala**, called for the **abolition of the practice requiring men to remove their upper garments** before entering temples, terming it an "evil" practice.

- He held that the practice, originally introduced to ensure men wore the "**punool**" (**sacred thread worn by Brahmins**), contradicted the social reform principles of [Sree Narayana Guru](#).

Sree Narayana Guru:

- **Birth:** He was born on 22nd August 1856 in Chempazhanthy in Kerala. He belonged to the [Ezhava caste](#), considered 'avarna' by the social norms of the time.
- **Philosophy:** He advocated for **equality, education, and social upliftment, transcending caste distinctions**.
 - His core belief was expressed in the slogan "**One Caste, One Religion, One God for All**".
 - He became a major proponent of [Advaita Vedanta](#), the **non-dualistic philosophy** introduced by [Adi Shankara](#).
- **Social Reforms:** He founded the [Sree Narayana Dharma Paripalana Yogam \(SNDP\)](#), a philanthropic society for uplifting marginalized
 - **Aruvippuram Movement (1888):** He installed a Shiva idol at Aravipuram, symbolizing resistance against social injustice, particularly the caste-based restrictions that barred lower castes from temple entry.
 - He established **Sivagiri Mutt in 1904**.
- **Literary Contributions:** He authored several important works, including **Advaita Deepika, Atmavilasam, Daiva Dasakam, and Brahmayidya Panchakam**.

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