




# SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

Jan – May 2022



AUM SRI SAIRAM

*From The Editorial Desk*

Our Most **Beloved Bhagawan** made a loving and passionate appeal to all of us to be light, transparent and act as **HIS MESSENGERS** to float on the waves of **SAI joy & bliss**.

Our Master also exhorted us with the quote –

Your life is my **MESSAGE** ....

Befitting **HIS** message and to act as **MESSENGERS OF SAI MISSION, Chennai Metro West (CMW) District, SRI SATHYA SAI SEVA ORGANISATIONS, TAMILNADU** dedicates the launch of “**SAI BRINDA**” an e-newsletter, at **HIS DIVINE LOTUS FEET**.

By naming the e-newsletter as “**SAI BRINDA**” (the other name for Brinda is **HOLY TULSI**, represents **FRAGRANCE, ALL** or **MANY**, CMW attempts to present the unique **SAI EXUBERANCES** obtained from Member Samithis / Bhajana Mandalis & VTC under the prescribed 5-wings formula - with an intent to enrich ‘all’ the members about **SAI** Happenings in CMW.

With profound prayers on our lips, may we seek our Beloved **SAI** to shower **HIS BLESSINGS** for the continued success in our attempts and for more contributions from the members in the golden pages of ‘**SAI BRINDA**’.

We wish that the soft copy of **SAI BRINDA** when shared in the social domain will motivate, not only the spiritual aspirants to further their pursuits, but those accident readers to get ample encouragement for their **SAI** Associations in future.

On behalf of the members of the CMW District, we thank the ever-inspiring **Shri. S. R. Chandrasekaran** Sairam - State President, TN (CM) for his thoughtful advice and inputs.

In our maiden attempt, we have collated the summum bonum of major activities conducted by our Samithis between 14<sup>th</sup> January 2022 and 31<sup>st</sup> May 2022. We hope that our efforts to present the e-newsletter - **SAI BRINDA** by selective images and brief notes will urge the readers to enjoy their reading.

**SAI BRINDA** is for you and will be a **MONTHLY edition**. We wish all our **SAI** brothers and sisters for their happy reading & pray for their spiritual upliftment & fulfillment.

We are eagerly looking forward to your fair feedback, all in the interest of **SAI BRINDA.....**

**Warm Greetings & Best Wishes**

**Editorial Team**

# Chennai Metro West Updates



## Samithis

### *Sri Rama Navami Celebrations*

*Based on Swami's Rama Katha Rasa Vahini, members from Shanti Zone conducted a 7-day Ramayana Sapthaham.*

*The Sapthaham was well propagated in the social media leading to overwhelming participation, during the entire period between 10th April and 16th April 2022.*

*Each day's program was neatly designed, with eminent speakers leading the daily sessions and the huge audience attended with great satisfaction and happiness.*

*We invited members from the Vocational Training Centre (VTC) to exhibit their products and to create VTC-awareness in our District. Needless to say, most of the participants evinced interest in the VTC products by way of purchase of their choice. It was a noteworthy attempt. We had also opened a separate counter for Sanathana Sarathi.*



*Ramayana Sapthaham By Shanti Zone*

## Seva at Jawad Hills

On 9th April, members from T.Nagar Samithi & members from other Samithis organized “Amrutha Kalasam” distribution to the tribal people in Jawad Hills, Vellore.

An estimated 350 Amrutha Kalasam Kits (comprising one month's basic provision items) were distributed to the needy people. The neatly planned Seva program concluded by providing Narayana Seva to all the participants.



Seva At Jawad Hills

## Distribution of Cool drinks at Mosque on Ramadan Festival (May'22)

In line with Swami's Message - There is ONLY one Religion, the Religion of Love - The members of Ashok Nagar Samithi continued their decade-long Sarva Madha (Secularism) SEVA, this year too, by distributing an estimated 600 Nos. of packed cool drinks to Muslim brothers who attended Special prayers at the Mosque, located on the 4<sup>th</sup> Avenue of Ashok Nagar, Chennai.

Thus, 3<sup>rd</sup> May of this year was spent by our Sevalal Brothers (Gents) spiritually, as they exchanged warm pleasantries with the Muslim brothers by a pleasing greeting - EID MUBARAK on the Ramdan Celebration Day. Needless to say, our unique and friendly Seva was appreciated and also well accepted by the Muslim brethren. The symbolic Seva reminded one and all, yet another time, of the significance of 'Brotherhood of Man'.



Distribution Of Cool Drinks

## Disaster Management (DM) Program by Kodambakkam Samithi

On 10<sup>th</sup> April 2022, Kodambakkam Samithi conducted a Disaster Management Program. The instructor conducted the session, lasting for more than 3 hours and made the session useful and informative. The DM program also requires our special attention in our busy lives.

The session was attended enthusiastically by 69 participants comprising 36 Balvikas students & 22 parents and 11 Samithi members. Interestingly, DM organizers received positive responses/feedback from the participants.

## Aradhana Mahotsavam

Bhagawan's Aradhana Mahotsavam Day was celebrated with great devotional fervor throughout the day by all the Samithis under 5-wings.

The Aradhana day was started with online Nagar Sankirtan by a few Samithis viz; - Nesapakkam, Rangarajapuram & Valasaravakkam; the day was filled by rendering Pancharatna Kritis and Special Bhajans.

In addition to the ongoing National Narayana Seva, most of the Samithis also organized the important Seva - Narayana Seva (Serving fellow Narayanas in the form of Food) gleefully.

Notably by - Nungambakkam Samithi

An estimated 150 food packets got distributed at Little Flower Convent - A convent school meant for deaf & dumb.



Disaster Management by Kodambakkam



Narayana Seva was also done by the Samithis - Ashok Nagar, Bharthidasan Colony, Krishnapuram, Rangarajapuram, Saidapet, T.Nagar, United India Colony, Valasaravakkam & West Mambalam.

Nesapakkam Samithi expanded this Special Seva at three different points in their locality, serving around 400 food packets to the needy public.

Statistically speaking, CMW was blessed to serve roughly about 3550 food packets to the general public on 24<sup>th</sup> April'22 by the combined efforts of Samithi members.

Saligramam Samithi Balvikas children performed Maathru Pooja (Worship of Mother) traditionally.

Krishnapuram and Nesapakkam Samithi members conducted SAI Sahasranama Archana with devotion.

Nungambakkam Samithi induced all their members to read the April month Sanathana Sarathi at the Samithi premises, facilitating deliberations from the participating members.

T. Nagar Samithi concluded their Aradhana Day Celebration with a wonderful spiritual talk by Sri.Gokulnath (Alumnus) followed by Maha Mangala Aarthi to our Beloved Bhagawan.

CMW appreciates the unity, involvement and quality shown by the Samithis in the activities as above, to PLEASE HIM only.....

**START THE DAY WITH LOVE  
FILL THE DAY WITH LOVE  
SPEND THE DAY WITH LOVE  
END THE DAY WITH LOVE**



## Expression of Love -

### Other notable Sevas on HIS ARADHANA DAY

#### ❖ Distribution of “Amrutha Kalasam”

Kodambakkam and T.Nagar Samithi celebrated the Special Day by distributing Amrutha Kalasam (bags containing basic provision items and household stocks) to Govt. Aided School near Madurantakam and also to other physically challenged people on the outskirts of Chennai.

#### ❖ Providing Basic necessities at Sringeri Veda Pathshala

Rangarajapuram Samithi arranged for distribution of Groceries, essentials & others at the above mentioned Centre. Stationeries were distributed to Veda boys and Narayana Seva was offered to students and staff of Pathshala.

#### ❖ Seva to Physically impaired people

Valasaravakkam Samithi distributed 15 Amrutha Kalasam bags (essentials required for a month) to blind people. Further, sarees and dress materials were delivered to women and bedspreads to men-folk....

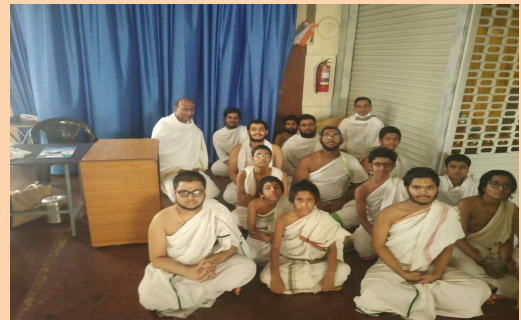
**MANAVA SEVA is MADHAVA SEVA**

#### Kodambakkam & T. Nagar



Distribution Of Amrutha Kalasam

#### Rangarajapuram



At Sringeri Veda Pathshala

#### Valasaravakkam



Seva To Physically Impaired

## **Darsha Dikhao Mere Sai Nandalala - A Drama by Balvikas Alumni**

The Balvikas Alumni from West Mambalam Samithi celebrated Aradhana Mahotsavam in a befitting way through a novel presentation of a Drama titled - "Darsha Dikhao Mere Sai Nandalala" on 30<sup>th</sup> April'22. The organizers' have sent the link to our Groups for a good viewership. Indeed, the 45 minutes of soul-stirring drama encompassing strong messages of Bhagawan, apt anecdotes and good commentary backed by melodious songs melted the hearts of one and all. The members of CMW appreciated the Drama & congratulated the Balvikas Alumni & Balvikas Gurus for their well-coordinated efforts.

## **Easwaramma Day Celebrations**

This year Easwaramma day (6<sup>th</sup> May) is Special for all the devotees, as it marks the Golden Jubilee year of the merger of Mother Easwaramma with the Divine. We celebrate this day as Mother's day in our Organization.

We celebrated this memorable day by offering prayers, serving the society, doing other welfare acts for the society & conducting bhajans seeking Blessings of the Divine.





<b>Samithi</b>	<b>Seva</b>	<b>Estimated Beneficiaries</b>
<b>K.K Nagar</b>	<b>Buttermilk Seva</b>	<b>1000</b>
	<b>Distribution of Jabalas to new born babies</b>	<b>12</b>
<b>Kodambakkam</b>	<b>Buttermilk Seva for 10 days</b>	<b>4000</b>
	<b>Distribution of Night dresses, Jabalas, Baby soap, Baby wipes, Sai Protein &amp; few other materials for new born babies &amp; their mothers at Kodambakkam Zonal Hospital</b>	<b>12</b>
<b>Krishnapuram</b>	<b>Buttermilk Seva</b>	<b>150</b>
	<b>Distribution of Sarees to Mahilas</b>	<b>54</b>
<b>Nesapakkam &amp; Wood Creek County (Bhajan Mandali)</b>	<b>Buttermilk Seva for 1 week</b>	<b>3500</b>
<b>Nungambakkam</b>	<b>Buttermilk Seva</b>	<b>300</b>
<b>Rangarajapuram</b>	<b>Buttermilk Seva started on 24<sup>th</sup> April'22 &amp; continuing on all Sundays till now (almost 1.5 months)</b>	<b>5400</b>
	<b>Narayana Seva</b>	<b>200</b>
<b>Saidapet</b>	<b>Buttermilk Seva</b>	<b>800</b>
<b>Thirunagar</b>	<b>Maathru Pooja by Balvikas Children</b>	<b>4</b>
<b>T. Nagar</b>	<b>Buttermilk Seva on all Sundays of May month</b>	<b>2350</b>
	<b>Distribution of Kids wear, Jabalas, Nappies &amp; few other materials for new born babies &amp; their mothers</b>	<b>90</b>
	<b>Narayana Seva</b>	<b>700</b>
<b>U.I Colony</b>	<b>Narayana Seva</b>	<b>250</b>
<b>Vadapalani</b>	<b>Maathru Pooja by Balvikas Children</b>	<b>10</b>
<b>Valasaravakkam</b>	<b>Buttermilk Seva @ two locations for a continuous period of 25 Days</b>	<b>15000</b>
	<b>Distribution of Kids wear, Jabalas, Nappies &amp; few other materials for new born babies &amp; their mothers</b>	<b>11 Sets</b>
	<b>Narayana Seva</b>	<b>300</b>
<b>Virugambakkam</b>	<b>Buttermilk Seva (Balvikas parents and general public participated by distributing and also contributing generously)</b>	<b>500</b>

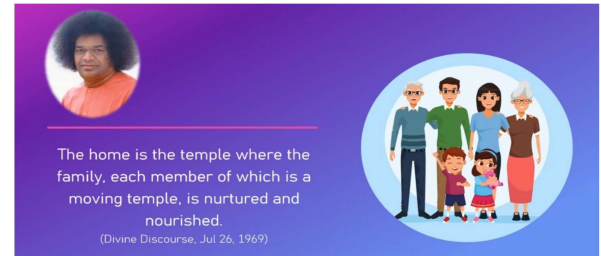
<b>West Mambalam</b>	<i>Buttermilk Seva</i>	<b>300</b>
	<i>Distribution of Sarees to Mahilas including patients in maternity ward, construction workers, corporation workers, sweepers, temple ayahs &amp; housekeeping ladies</i>	<b>120</b>
	<i>Distribution of Jabalas &amp; Nappies for new born babies.</i>	<b>35</b>
	<i>Biscuits &amp; Rusk distributed</i>	<b>35</b>



# District

## Prema Pravaham

In order to foster unity, harmony, understanding and Love amongst family members and to counter the uncontrollable situations and challenges, a program aptly titled as “Prema Pravaham” was started by the Educational Wing in our District on 16th February’22. The online streaming session is conducted every month and is interactive with current-day topics of interest.



Prema Pravaham (Virtual)

## National Leadership Program

It's a great moment of pride for CMW as 3 youth Mahilas namely P. Sneha, Tesjaswini and Anu Bharathi got the wonderful opportunity to receive the Diploma in Sri Satya Sai National Leadership Program for Self Transformation in HIS Presence at Sai Kulwant Hall on the 4th May 2022.



National Leadership Program

## Sri Sathya Sai Balvikas Awareness program

The Educational Wings of Chennai Metro West and Chennai Metro North West have jointly conducted the Sri Sathya Sai Balvikas Awareness program - Essence of 9 years course on 12th of March 2022 in a virtual mode. The main purpose of this program was to orient prospective & existing Balvikas parents about Sri Sathya Sai Balvikas. All the Balvikas Gurus, Office Bearers & Members attended the program for a proper understanding of the holistic development in the nine years journey of Balvikas children.

## Balvikas Group 4

To help our Balvikas children who have completed Group 3 to further translate the knowledge acquired in Balvikas in solving real-life challenges & to upgrade their skills to help them attain their career goals & paths, 'Group 4' which is a two-year program has been introduced by our District. This program also ensures that the children continue their engagement actively with the Organisation after completing Group 3.

## Maha Shivaratri Celebrations

The auspicious day of Maha Shivaratri was celebrated at Sai Pushpanjali in a blissful way. The celebrations began in the evening with bhajans & Lingashtakam chanting by Balvikas children. After the chanting, Rudraabhishekam was performed to the holy lingam installed there followed by night-long bhajans by the members from all the Samithis of our District as per their allotted time slots. Some members got the Divine opportunity to sing in front of Bhagawan at His Divine Abode Sundaram.



Maha Shivaratri Celebrations

## Aradhana Mahotsavam

Sri Sathya Sai Aradhana Mahotsavam celebrations at District as a whole went on very well.

Offering of Sri Sai Pancharatna Kritis by Mahilas members from different Samithis at Sai Pushpanjali, some of them have got trained within District over the last few years and some have got recently trained. It was a Divine rendition by all concerned Mahilas members who had put in tremendous efforts.

Two Mahila members Bhargavi Sairam & Lavanya Sairam (Singers) & one Gent member Srinath Sairam (Mridangam player) got the opportunity to render Sri Sai Pancharatna Kritis to Bhagawan in Sai Kulwant Hall, Puttaparthi this year.



Aradhana Mahotsavam

## Seetha Kalyana Mahotsavam

Seetha Kalyana Mahotsavam by Shri. Karthik Gnaneshwar Bhagawathar & Party was organized at District Level on 12th & 13th of February 2022 at Sai Pushpanjali. Devotees & Samithi members participated in large numbers & received the Blessings of Bhagawan.



Seetha Kalyana Mahotsavam

## **Workshop On The Divine Charter**

*A workshop on The Divine Charter was conducted on 17th of April 2022 for the District Level Office Bearers and Convenors. It was a very good interactive session and as part of the next step, Convenors have been requested to take it forward at Samithi level to all members.*

## **Summer Camp**

*The entire Balvikas team (DEC & ZECs') of Chennai Metro West had planned a visit to all the Samithis. The objective of their visit was to expand the Education wing of each Samithi and as the first step towards that Summer Camp was initiated. The idea behind organizing the Summer Camps was to increase the strength of Group 1 children in Balvikas across all the Samithis in the District.*

*The summer camp was planned by each Samithi on the theme "Value-based summer activities". It was conducted for 3 days with 2 hours of activities every day. The choice of date, venue and time was communicated to the Samithis.*

*There was an excellent response with respect to the number of registrations to take part in the Camp. This was possible due to wide publicity by way of erecting banners at prominent places, distribution of pamphlets in public places such as parks, supermarkets & through social media channels like Whatsapp.*

*The activities comprised of value games, art and craft, value songs, yoga etc. The highlight of the camp was the Paadha Puja on the third day of the camp to all new parents on the occasion of the Golden Jubilee year of the merger of Mother Easwaramma with the Divine. All the participants both existing Balvikas children and the non-Balvikas children were blessed to become a part of this puja.*

*Gurus, Past Balvikas students and Samithi members enthusiastically participated and made it a grand success. Parents who attended the Camp have expressed their happiness & willingness to send their children to Balvikas and many new children have joined Balvikas post attending the Summer Camp.*

*On the whole, the Summer Camp was a great success in the path of expansion of Balvikas centers in every Samithi.*

**RANGARAJAPURAM**



**ASHOK NAGAR**



**BD COLONY**



**KK NAGAR**



**KODAMBAKKAM**



**KRISHNAPURAM**



**NESAPAKKAM**



**NUNGAMBAKKAM**



**THIRUNAGAR**



**SAIDAPET**



**SALIGRAMAM**



**T NAGAR**



**VADAPALANI**



**VALASARAVAKKAM**



**VIRUGAMBAKKAM**



**WEST MAMBALAM**



# State Led Initiatives

## Vocational Training Center (VTC)

### Tamil New Year Day - Prasadams sent to Puttaparthi

More than 2-decades old VTC functioning from SAI PUSHPANJALI was blessed by Bhagawan to provide 6102 pieces of plum cakes on the eve of Tamil New Year's Day celebrated at Prasanthi Nilayam in HIS PRESENCE on 24th April'22.

Initially, the task seemed to be an uphill one, but HIS INVISIBLE HANDS helped the seasoned and prayerful VTC Mahilas to mobilize the requisite resources in a telling way that made the preparation of DIVINE PRASADAMS so enjoyable. The neatly packed carton boxes containing the plum cakes found their smooth way to Puttaparthi.

Young and old Mahilas joined their hands to make delicious cakes. The unity, dedication and enthusiasm shown by the VTC Mahilas were commendable, resembling a festive celebration.

In the recently held 7-day Ramyanam Sapthaham at K.K. Nagar Samithi, VTC was encouraged to put up a separate counter for displaying their products, which resulted in good counter sales.

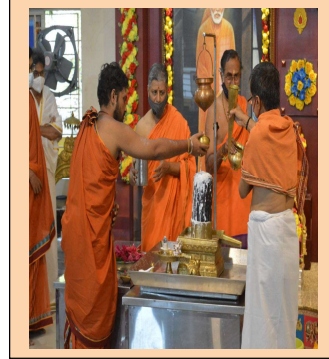
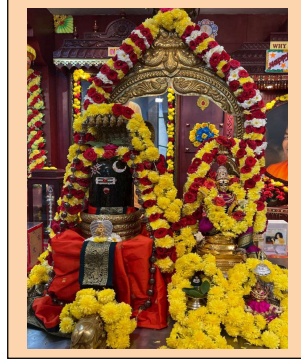
Delicious pickles/ready-made masala mix/clothes for the newborns/handbags etc. are the other products from VTC.

Fondly, we hope and fervently pray to our dear Swami to bless us with many more opportunities to serve Him thus.



## Maha Rudra Japa Yagnam

As a part of the 41<sup>st</sup> Anniversary Celebrations of Sundaram - the abode of Bhagawan in Chennai, Maha Rudra Japa Yagnam was organized on 26<sup>th</sup> January'22 for Loka Kshemam. The Yagnam was conducted at 11 centers simultaneously and our District was blessed to be one of those 11 centers.



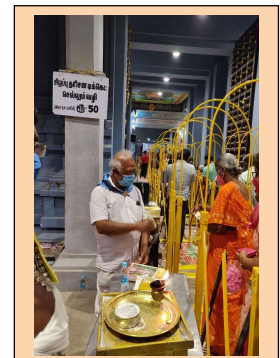
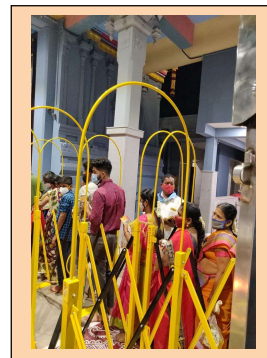
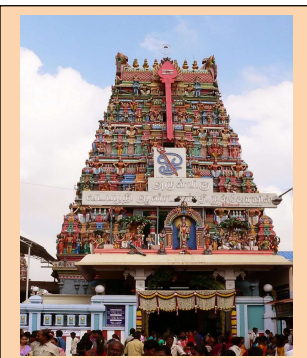
## Seva at Vadapalani Murugan Temple

In recognition of our disciplined selfless Seva, Vadpalani Temple Authorities are inviting us for many different Seva activities in the Temple premises on important occasions.

We were privileged to do Seva on 23rd January 2022 on the eve of KUMBHABHISHEKHAM. The Temple Authorities were highly impressed with our sevadals for their purity of Seva & the manner in which they regulated the crowd & the way they offered extensive services to the devotees. The quality of service of our sevadals stood out and hence they required our sevadals to continue their seva till the end of MANDALA POOJA on 13th March 2022. The non-stop 49 days Seva at Vadapalani was done jointly along with sevadal brothers from Chennai Metro North-West District.

Apart from the Seva during the MANDALA POOJA, CMW is also privileged to participate in the Vibhuthi Packing Seva for Vadapalani Murugan Temple.

Every month, an estimated 4.6 lakhs of Vibhuthi packets are being prepared by the willing members in our District. On one side of the Vibhuthi cover, we have printed a Helpline / website address to help the general public for Sai Balvikas enrolment.





## ***Prasanthi Seva (PS)***

*The Govt. announcement of relaxing Covid restrictions was a honey news for the Sai devotees for their much-awaited Puttaparthi Darshan and Prasanthi Seva.*

### ***All India Prasanthi Seva (March)***

*The All India PS between 20/3 & 31/3, was a welcome relief for the CMW Seva Group, by their huge participation, a good sign for CMW.*

### ***Tamilnadu Prasanthi Seva (May)***

*The percentage participation was also seen in the May PS held from 30/4 to 15/5 in two batches. Our sevadal members had the unique opportunity to serve HIM in different locations - Mandir Sector/North Indian canteen/Shopping Centre Residential blocks / Gayathri Mandir and Trust Office etc. Most of the members derived spiritual energy during the Seva period and they carefully recharged their Sai batteries adequately. All the sevadal members (Gents & Mahilas) were fortunate to participate in the Easwaramma Day celebrations at Puttaparthi.*

*The Next seva time will be in the month of October...*

## ***Seva at Sundaram during Samashti Upanayanam***

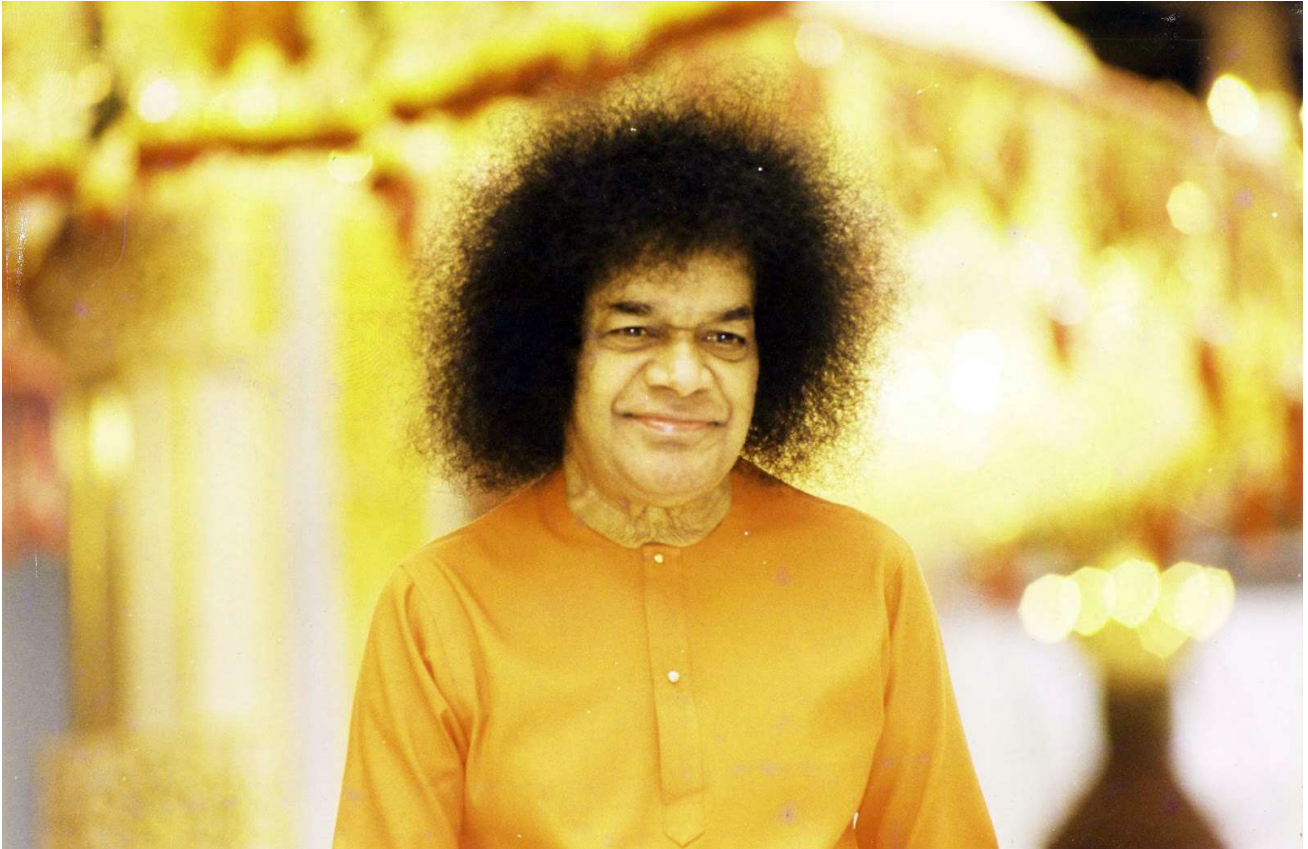
*Samashti (for the whole in single) Upanayanam (SACRED thread) Ceremony for the deserving kids was conducted at Sundaram on 5th & 6th March 2022.*

*Under the guidance and supervision of Veda Srinivasan Sairam, sacred thread ceremony was performed for nearly 50 boys from various walks of life.*

*The neatly arranged function was also attended by Shri. Veda Narayanan, Puttaparthi. Shri. Narayanan gave a good talk on the significance of chanting Gayathri Mantra and the positive effects of the Universal Mantra.*

*CMW was happy to participate in this Seva by a fair sevadal representation on both days.*

## ***Directions from the Divine on Seva***



***“The act of service is not to be judged, according to the cost or publicity it entails; it may be only the offering of a cup of water in the depth of a jungle. But the need of the recipient, the mood of the person who offers—these decide whether the act is gold or lead. Fill every act of yours with love. Let no one suffer the slightest pain as a result of your thought, word or deed. Let this be your sādhanā (spiritual discipline). It will surely help you to achieve the goal.” - Sri Sathya Sai Baba.***

***Selfless service is perhaps the single, most efficient and universal tool for understanding, experiencing and expressing this Divine Principle of Love. Service is love in action. Bhagawan says that the best way to love God is to love all; serve all. The main purpose of the Sri Sathya Sai Seva Organisations is to help one realize one’s innate Divinity by the practice of Divine Love through selfless service. Baba has also made it clear that the quality of service is most important, not the quantity. The spirit or the motive behind service is the deciding factor. When we render service, we should feel that we are serving God. This is why He says, “Service to man is service to God”. Service done in this manner makes us realize that “service is done by God, to God, and for God”. The person who is serving, the recipient of the service and the process of serving are all one—and are all divine. Just as the proof of rain is in the wetness of the ground, pure, self-less, loving service transforms and we enjoy supreme peace and equanimity - the “peace that passeth understanding”.***

***Jai Sai Ram***