



# SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

June 2022



AUM SRI SAI RAM

*From The Editorial Desk*

**Sairam**

*From a very early age, we are taught by our Bhagawan Sri Sathya Sai Baba what we need to improve such as devotion, faith, character, Seva and work on perfection among other things to please HIM.*

*Time clock is ticking away daily, silently...prompting us to pose inward questions -*

*Are we progressing as per HIS PREACHINGS*

- *Are we contributing to Samithis - the fulcrum of SAI Mission*
- *Is our faith in HIM steady and unsullied*
- *Are we grooming the younger lots for Leadership roles*

*The second edition of SAI BRINDA - an index of various Sai activities from our Samithis, will give us ample scope to improve our faith in Swami through our involvement. From this edition, the readers will be happy to read a "Guest Column" and the first columnist is none other than Former District Service Coordinator & District Spiritual Coordinator (Mahilas) - Smt. Padmasani Venkatesan, sharing her thoughts on Scribe duty. We are sure that these pages will give an insight into the speciality of SAI SEVAS in the minds of the readers and many of us would be happy to know the untold side of events.*

*The Editorial members admit that the spontaneous reactions from the readers help the TEAM to present the newsletter in a better way. Hope, this edition will continue to foster the SAI EMOTIONS and facilitate the readers to pursue their SAI DREAMS...*

*We would like to inform that Sri. M. Venkatasubramanian has been selected as T. Nagar Samithi Convenor w.e.f 9th June 2022 while the long-served Ex-Convenor Sri. Srinivasa Rao has consented to act as The Custodian of Sai Pushpanjali, the Abode of CMW District members.*

*Right is RIGHT even NOBODY does it;  
Wrong is WRONG even EVERYBODY does it  
- SRI SATHYA SAI BABA*

**Warm Greetings & Best Wishes**

**Editorial Team**

## Guest Column



**SMT. PADMASANI VENKATESAN**  
**Former District Service Coordinator &**  
**Former District Spiritual Coordinator**  
**(Mahilas)**

*My humble Pranams at the Lotus Feet of our Beloved Bhagawan Baba.*

*Our Bhagawan has given many messages for 'mankind' to become 'kind man'. One of the sayings - "Manava Seva is Madhava Seva" is meant for the upliftment of mankind by rendering service to the needy.*

*We find so many ways to spread Bhagawan's messages in every nook and corner of the world and I, like many other members in our CMW District, will vouch that the newfound e-newsletter "SAI BRINDA" - is doing justice in spreading HIS MESSAGES thru' the highlights from the Samithis.*

*The monthly newsletter also carries the experiences of the Samithi members and the modern-day challenges faced by them in organizing SAI projects satisfactorily. I am sure all the readers - members and non-members, will be adequately benefitted for their betterment.*

*My heartfelt gratitude to our beloved Sai, for facilitating a Guest Page for the first time in the newsletter and incidentally I was asked to ink my thoughts. I profusely thank Sai Brinda Editorial team for allotting a page for me.*

*My sincere wishes for all success and by HIS GRACE, each and every page of Sai Brinda will become brighter in the coming period...*

**Jai Sai Ram**

# Chennai Metro West Updates



## Samithis

### *Artificial Limb provided to Physically Challenged - Rangarajapuram*

*Our Beloved Bhagawan lovingly says "You should undertake service activities which benefit the physically challenged throughout their lives."*

*In line with Swami's message, Rangarajapuram Samithi has done a Unique Seva by providing an Artificial Limb to Sri. Thyagarajan, who has recently lost his leg.*

*Sri. Thyagarajan, aged about 50 years, is a Stapathi by profession and hails from Chidambaram district in Tamil Nadu. He lost his leg due to acute diabetes & approached Rangarajapuram Samithi for help in procuring a lightweight prosthetic leg. The members of the Samithi took it upon themselves - this noble Seva & made it possible by coordinating with the*



*Artificial Limb Seva - Rangarajapuram*

services of an orthopedician & physiotherapist meticulously.

It is a very happy, heartwarming & satisfying moment for our entire Chennai Metro West (CMW) District to see him walk again, independently, on his own.

The Artificial Limb Seva Video link is below.

<https://drive.google.com/file/d/1ZJ82z2qkLAZ6rmuepCjNCnb0CSFTB81B/view?usp=drivesdk>

[https://drive.google.com/file/d/1Y94csgLLX7WtGWiWLV44gn4gw4SW6\\_zB/view?usp=drivesdk](https://drive.google.com/file/d/1Y94csgLLX7WtGWiWLV44gn4gw4SW6_zB/view?usp=drivesdk)

Thanks to Swami for blessing him with a fresh lease of life...

## **New Residential Balvikas Centers Inaugurated in Krishnapuram and Nungambakkam**

“Balvikas is the primary basis of the great movement to restore righteousness (Dharma). It aims at the creation of an atmosphere where noble habits and ideals can grow and fructify.”

- Divine Discourse 1970

With the abundant Grace & Blessings of Bhagawan, a new Balvikas Center at Nungambakkam & two new Balvikas Centers at Krishnapuram have been inaugurated in June'22.

The two new centers at Krishnapuram will be handled by Balvikas Gurus



***I bring tears of joy into your eyes & I wipe the tears of grief***



***Remember that as Gurus, you too have a Guru guiding you & overseeing your Seva***



SAI LEELA

SAI SWAROOP

**New Balvikas Centers At Krishnapuram**

**Smt. Indumathi**

**Address: SAI SWAROOP**

**No.32/35, F2, Vin Maragatham Flats,  
Sowrashtra Nagar 8th Street,  
Choolaimedu, Chennai-94.**

**(Near Gangai Amman Temple)**

**Timings : Saturday 4.30 to 5.30 pm**

**Smt. Bhavana**

**Address: SAI LEELA**

**No.4 & 5, F5, Balaji Apartments,  
Sankarapuram 1st Street,  
Choolaimedu, Chennai-94.**

**(Near Choolaimedu Police Station)**

**Timings : Sunday 9 am to 10 am**

**The new center at Nungambakkam will be  
handled by Balvikas Guru**

**Smt. Vasuki**

**Address: SAI SHANKARA**

**Nungambakkam Seva Samajam,  
(Next to Prasanna Venkatesa Perumal  
Koil)**

**Noor Veeraswamy Lane,  
Nungambakkam, Chennai - 34**

**Timings : Sunday 9 am to 10 am**



**SAI SHANKARA  
New Balvikas Center At Nungambakkam**

## **School Balvikas started at Bala Mandir, T. Nagar**

**As many as 47 students were blessed to  
attend the Balvikas class conducted at  
Bala Mandir by 3 Gurus from T. Nagar  
Samithi on 23<sup>rd</sup> June'22.**

**The keen interest evinced by the  
students in the class was heartwarming.  
Their enthusiastic participation in the  
related activities of the class needs  
special mention - sloka chanting,  
storytelling and games.**



**Balvikas At Bala Mandir School**

## **Notable Seva Activities By Nungambakkam**

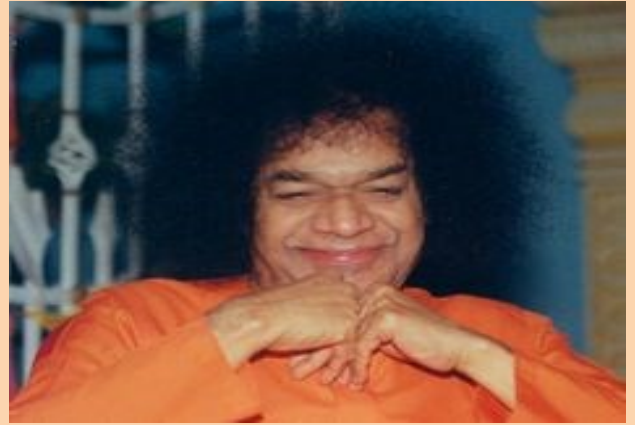
*“The Lord is pleased only when you do things the Lord desires! How else can you win His Grace? How else than by nursing & nourishing, succoring & saving His children” - Page no. 196, Sathya Sai Speaks Vol 7*

*- The inmates of Madras Seva Sadan of different age groups (numbering 130) were given food every month by Nungambakkam Samithi prior to the pandemic phase. Currently, they are given Biscuits since permission is yet to be granted to resume the Narayana Seva as done earlier.*

*- In addition....*

*Happiness comes our way when our steps aim at traveling in His path....Again, members of Nungambakkam Samithi offered a sum of Rs. 7500 by way of financial assistance to a young school student aged 13 towards payment of his school fees. Hailing from an economically backward & humble family, supported by his mother & aged grandmother, he has now been blessed to continue his studies at Krishnaswamy School, by Swami’s Grace.*

***The Root Is Education & The Fruit Is Virtue - Baba***



*Distribution Of Biscuits At Madras Seva Sadan*



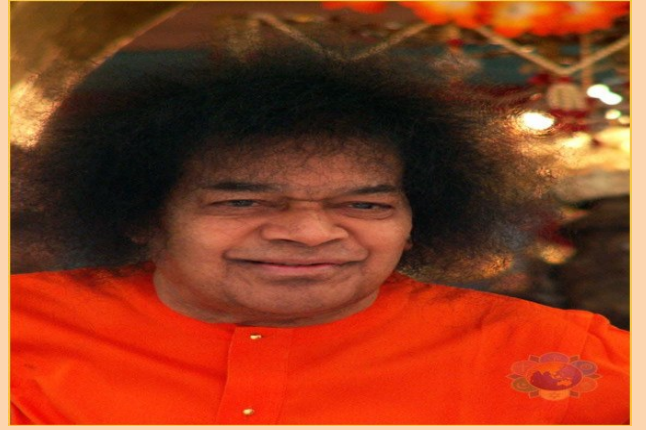
*Financial Assistance (being handed over to student’s mother) For Education  
- Nungambakkam*

## **Buttermilk Seva Extended till June - Nesapakkam & Nungambakkam**

*The Buttermilk Seva that was undertaken by Nesapakkam Samithi at three different places in the month of May'22 on account of Easwaramma Day Celebrations was extended till June 5<sup>th</sup> 2022 covering a period of one month. Approximately 35 to 40 liters of curd were churned every day & distributed to quench the thirst of nearly 600 people per day. The total number of beneficiaries was around 18000.*

*Nungambakkam Samithi has also done Buttermilk Seva on the 5<sup>th</sup> of June (Sunday).*

*There was an overwhelming response from the Samithi Members for this wonderful Seva to counter the blazing heat.*



*Even as My loving hand is stretched out to you, your helping hand should be extended to all*



**Buttermilk Seva by Nespakkam**



**Buttermilk Seva by Nungambakkam**



# District

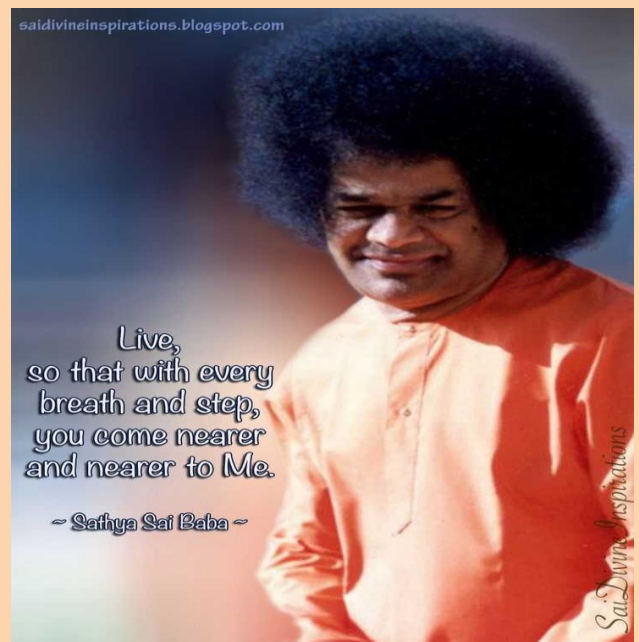
## Gurus Spiritual Sadhana Camp

*“Sadhana or Spiritual Exercise is the Inward Path to Divinity”*

- Baba

*With the immense grace and blessings of our Beloved Swami, the Spiritual Sadhana Camp for the Gurus was organized at Sai Pushpanjali on Sunday the 26th June 2022. Gurus from all the four zones numbering 51 attended this camp. The Program started with Vedam & Bhajan. The District Educational Co-ordinator, Smt. Sai Priya, welcomed the gathering & spelt out the purpose of the Sadhana Camp. The first speaker Sri. Anandkumar explained about Sadhana - An overview & need for Sadhana along with a ppt presentation. He talked about the need to do Sadhana despite the various impediments, 6 Purities to be adopted at Balvikas & monitoring inward Sadhana to experience God within. The second speaker Smt. Meivizhi spoke on the Roles and Responsibilities of an Inspiring Balvikas Guru. She highlighted the significance of an inspiring Guru who moulds the children in a loving way. It is the Guru who guides the child to “Be - Do - Tell”. A Guru dispels ignorance, lights the pathway.*

*A role play on “Balvikas Oru Varam” was performed by a group of Gurus. Gurus who take up this noble mission are certainly assured of being under Swami’s protective canopy. The play could drive home the crux of Swami’s message to the Gurus.*



### Gurus spiritual sadhana camp -26.06.22.



Veda & Bhajan



Welcome speech



### Gurus spiritual sadhana camp - 26.06.22



Comparing & Different topics by Speakers



Teaching values through games was explained next by a group of Gurus from West Mambalam Samithi. The treasure (God) within us is to be hunted, in silence by undertaking an inward journey.

Technical Team & Vote of Thanks



Mangala Aarathi followed by Prasadham distribution.

### Gurus Spiritual Sadhana Camp

The next speaker Smt. Padmarao emphasized the importance of strengthening Balvikas. She added that we need to connect with inner SAI through a network of Seva activities - parenting, summer camp, rally, awareness camps, inclusive of parents as well. The spill over effect of such activities could enhance the strength as also the quality of these classes.

Balvikas - a boon ( Role play)





Working in teams - Games Activity

## An array of products for sale from the Vocational Training Centre (VTC), T.Nagar

By the grace of our beloved Bhagawan, the Vocational Training Center creates opportunities for the mahilas in different fronts. With the view to supporting them economically, a sales counter is opened in Sundaram and Sai Pushpanjali. Sales of VTC products resumed in our district at K.K.Nagar on Tamil New years day. It will be very encouraging if other samithis also help us in this regard.

The objective in making available the following products from VTC is to facilitate the availability of quality products at marginal rates. All the inputs are purchased by VTC and provided to the students to ensure a supplementary remuneration to the mahila students involved in these activities. We are thankful and highly appreciative of the response of our members to this initiative.

1	<b>Cookery Items</b>	
	<b>Podi Varieties</b>	
	<b>All Time Products</b>	<b>Seasonal Products</b>
	Parruppu Podi , Sambar Podi, Rasa Podi, Health Mix, Veg Curry Podi, Thengai Podi, Karuveppillai Podi, Pulikachal, Puliyodharai Mix, Dosai, Milagai Podi	Sweet Mango, Panna, Avakkai, Mango, Papad, Ginger Sweet, Thokku
2	<b>Hand works</b>	
	<b>Painted Agals of different sizes and shapes</b>	
		
	Thulsi Madam, Dhom Agal, Terracota Agarbathi Stand, Wax Agal	Candles (small, medium, big)
		Beads Kolam
	Wicks for lamps (illavam panju)	
3	<b>Tailoring Products</b>	

**Products for Ladies**



**Petticoast, Blouse pouches, Hair Bands, Nighties**

**General Household Products**

**Pillow Covers, Table Mats, Velcro Veshti Belts, Aprons, Jute Purses, Coin purses, Pencil Pouches, Bedspreads - made according to the specification**



**Jute Bags, Fancy Bags, White Swami Logo Bags**

**Products for Babies**



**Frocks, Nappies, Jablas, Baby Mats**

**VTC undertakes orders for stitching nighties, salwars, blouses and bags - shopping and gift bags for functions as per specifications. Volunteers inclined to serve in the departments of tailoring, handicrafts or academics may kindly contact the Center.**

# Special Article on Scribe Seva

- Padmasani Venkatesan

## **Scribe Duty - A pride Seva to the society**

Our Bhagawan says that “The End of Education is Character”. But, that education becomes very challenging for the visually impaired. In order to help them, the scribing system was started in Chennai Metro South. This Seva is unique - to become the hands for those visually impaired persons who cannot see and write.

Initially, we started in the year 1997 with only 5 mahila members as scribes; by the course of time, and with Bhagawan’s Grace, the number increased. At one point of time, there were 140 scribes which included members and non-members. During the tenure of then MetroWest DP - Sri. Balakrishnan, the scribe duty was done with the help of 5 scribes at The Little flower convent, on a trial basis.. Along with members, non-members were also encouraged to become scribes. With the notion that rendering service is an ‘act of punyam’ they accepted to become regular scribes. But as time went by, they became more involved in the Seva that some of them served for two consecutive sessions, not caring for their lunch time. The scribing service, which was meant for the 10<sup>th</sup> & 12<sup>th</sup> Students was later on extended to other students appearing for the Board exams.



It is said that “Appreciation is a wonderful thing. It makes what is excellent in others belong to us.” A word of appreciation will do wonders. As a mark of showing our appreciation for the scribes, they were taken for a get-together, after the exams were over. Bio-data of the scribes was maintained to enable prompt and quick communication. Birthday wishes and other important days were taken into account and proper greetings were sent. This helped in maintaining a personal touch. A duty roaster was maintained in order to see that no scribe is overworked.

Our organisation is very particular about the dress code. Mahilas must come in sarees only. Some found it difficult. To put them at ease, they were given an exemption for two times. Later on, they themselves followed the dress code religiously. Some youth

*members used to come by two-wheelers, for them Churidar is comfortable while driving. They used to bring sarees with them and change to sarees in a room provided by the School/College authorities.*

*By rendering this service, mahilas followed the 5 Ds automatically. They started doing this as an act of punya because of Devotion. That led to Determination that is to take part in this service without fail; slowly, they learnt to discriminate the good from the bad, and felt committed to their Duty. Then comes the fifth D-Discipline imbibing which enabled them to be regular in their work.*

*The scribing service was extended to the students of Loyola College also. Since the number of students were more, the need for more scribes also arose. 140 mahilas serve as scribes at the rate of five sessions per day. One of the sevadals was so impressed by this service that even after leaving Chennai for Coimbatore, she started a scribing service, which reached out to many students. Her service was very much appreciated and awarded. Bhagawan used to stress that, only through sacrifice one can attain liberation. When rendering a particular service, one has to sacrifice his/her personal likes and dislikes, needs and comforts. For attaining that liberation, scribing paves the path.*

*To participate in scribe, kindly contact your nearby Samithi Service Coordinators.*

*In addition to scribing, our service was focussed on taking tuition classes for the poor students from Saradha Vidhyalaya Hr sec. school, Burkit Road, T.Nagar. The subjects handled were, Tamil, English and Maths. We were keen on getting efficient people. Professors, and teachers handling higher secondary classes were contacted. They accepted willingly.*

*Bhagawan has chosen us as instruments in carrying out His mission. Our organisation provides a platform for service activities. Scribing gives the mahilas an opportunity to thank their parents who gave them proper education. Everything happens as per His divine will. His moving hand writes.*

*We are at a loss for finding words to thank our beloved Bhagawan. I thank Sai Brinda for giving me this opportunity to share my views with others.*



# State-Led Initiatives

**World Environment Day Celebrations (Maha Nagar Sankirtan, Sai Sahasranamam & Planting of Tree Saplings)**

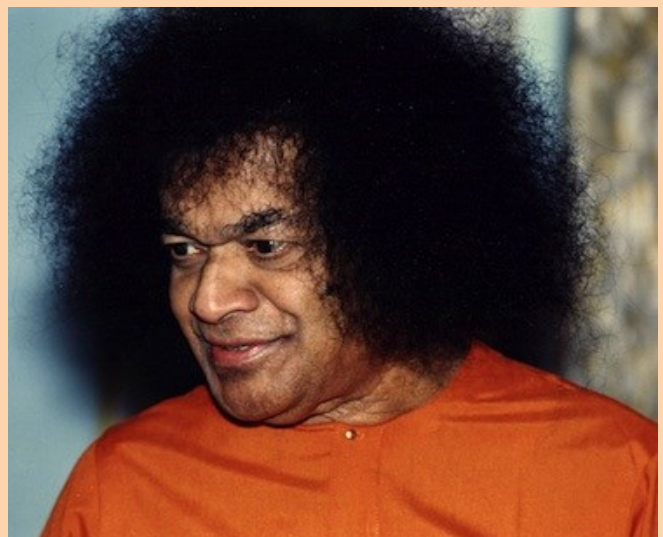
## Maha Nagar Sankirtan

*“I am but initiating you into this most efficacious sadhana. Strengthen yourself, purify yourself & educate yourself by this Nama Sankirtan. Do it loudly & in company. Let those who join you listen and imbibe the nectar of the Name” - Baba*

*As an integral part of the World Environment Day Celebrations, all the Samithis in the District actively participated in the Maha Nagar Sankirtan Program on 5<sup>th</sup> of June'22 at their respective Samithis.*

*Nagar Sankirtan, needless to say, is a Seva that purifies the atmosphere of negative vibrations enabling the common man to wake up to the Divine Name. Again, it is a move to sublimate the ego in us as we walk along the streets singing away His Glory.*

***Nama Sankirtan Is The  
Royal Path For Man's  
Redemption***



**KK NAGAR**



**KODAMBAKKAM**



**KRISHNAPURAM**



**NESAPAKKAM**



**NUNGAMBAKKAM**



**SALIGRAMAM**



**THIRUNAGAR**



**VADAPALANI**



**T NAGAR**



**VALASARAWAKKAM**



**VIRUGAMBAKKAM**



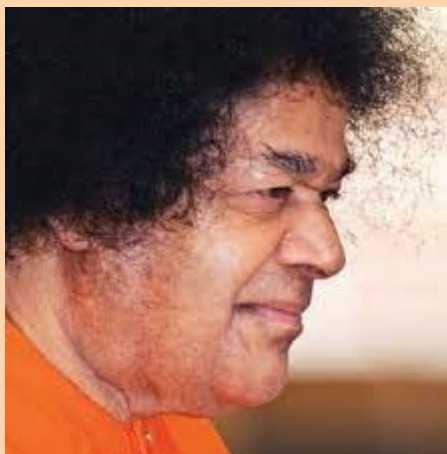
**WEST MAMBALAM**





# Sai Sahasranama Archana

Performing Archana, calling out the names & attributes of the Divine has been a traditional practice in vogue. Uttering the Name of God serves twofold purposes - warding off negativity and spreading positive vibes. Hence, Sahasranama Archana was performed by the members of all the Samithis in the District on 4<sup>th</sup> the / 5<sup>th</sup> of June 2022.



***If one earns even a grain of Grace from the Divine, a mountain of sins can be reduced to ashes – Baba***

WEST MAMBALAM



ASHOKNAGAR



KRISHNAPURAM



NESAPAKKAM



KODAMBAKKAM



KK NAGAR



SALIGRAMAM



NUNGAMBAKKAM



T NAGAR



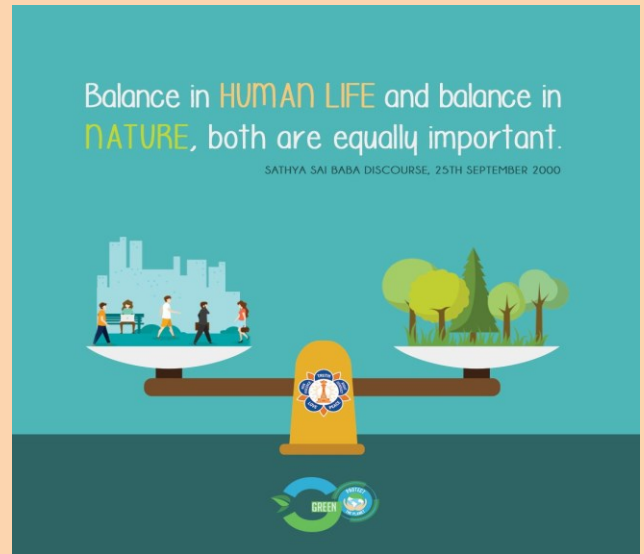
VADAPALANI



## Tree Planting Seva

Trees are important especially in concrete jungles where we live, to cleanse the atmosphere...they are the ground troops on an environmental frontline.

Hence, Tree Planting Seva...an initiative by the State to replenish the soil, was undertaken at the District & Samithi levels. An assortment of trees & flowering plants were distributed to the Samithis. Devotees made use of this opportunity to go green with the objective to live in harmony with nature...the very manifestation of the Lord Himself.



Other Samithis	No. Of Saplings Planted
Saligramam	7
T. Nagar	20
Vadapalani	4



KK Nagar (10 saplings)



Kodambakkam (9 saplings)



Nesapakkam (29 saplings)

**God is the seed**



Nungambakkam (25 saplings)

**the Universe is the tree**



Thirunagar (15 saplings)



Valasaravakkam (50 saplings)

Let us try to plant more trees in the future and multiply their numbers...

## ***Sri Sathya Sai Divya Padam Prathishta Mahotsavam***

*Sundaram, the sacred abode of Bhagawan, looked upon as Prashanthi Mandir by us...the air was filled with festive gaiety & devotional fervor for the Divya Padam of Bhagawan were to be installed there following the preliminary rituals which were performed on 8<sup>th</sup> June in accordance with the prescribed norms.*

*Bhagawan's Divya Padams were consecrated & installed on 9/6/22 in front of the sannidhi of Sri Sai Sundareshwara. This auspicious occasion was inaugurated by the Managing Trustee of Sri Sathya Sai Central Trust Sri. RJ Rathnakar. He addressed the sevadals and devotees on the evening of 8/6/22. On this occasion, our State President Sri. S. R. Chandrasekaran, Tamilnadu North, also announced the starting of 3 New Balvikas Centers (2 Centers in Krishnapuram & 1 Center in Nungambakkam) in our CMW District.*

*To the countless devotees, Bhagawan's Divya Padam Prathishta at Sundaram is an added Blessing..... A befitting move to the devotees who throng this spiritual center to seek His Grace....Moreover Readers, our District also launched the e-newsletter SAI BRINDA on this auspicious day 9<sup>th</sup> of June'22.*



## Vaikasi Visagam Seva at Vadapalani Murugan Temple

Members from CMW participated in the Vikasi Visagam on 12/6/22 by controlling the crowds, distributing the prasadam & helping the physically challenged devotees for their peaceful darshan at Vadapalani Murugan Temple.

## All India Convenors Conference

Sri Sathya Sai Seva Organisations, India conducted a Sadhana Shibir for the Samithi Convenors between 24<sup>th</sup> & 26<sup>th</sup> June 2022 at Prashanthi Nilayam. Our District comprising of 17 Samithis was well represented through the participation of all 17 Convenors. The theme of the Sadhana Shibir was "Back To Basics Following Divine Footprints". 11 different topics right from Divine Charter and Evolution of SSSSO to Management of Sri Sathya Sai Samithi & Financial Discipline was elaborately covered for the Convenors to help them discharge their day to day responsibilities in a more effective & efficient manner.



All India Convernors Conference at Parthi

## Mobile Hospital

The spring of compassion within us nurtures service activities for fellowmen. Thanks to Bhagawan.....the wheels of the Mobile Hospital are on the move after two long years...

Earlier, two locations Thulasingapuram & Kundrathur were our centers for medical services. Currently, this facility is made available only at Kundrathur & the camp was resumed there on 12<sup>th</sup> June'22.

Extending medical services to remote areas that have no access to Hospitals is again Bhagawan's Gift of Love....



Mobile Hospital

## Pragathi Patham



*Swami has often stated that the objective of His advent is to lift man up to Godhood; for this, Swami had given us certain directives and activities. We, the devotees of our Lord, with and in spite of all our good intentions, dedication and sincerity, due to the nature and effect of samsara, get engrossed in the activities only, forgetting the objective for which we sought refuge with our Lord and for which they are recommended. Hence, it becomes imperative to remind ourselves of the greatness of the incomparable refuge we have got in our Lord, the invaluable opportunity that has been given us to redeem ourselves.*

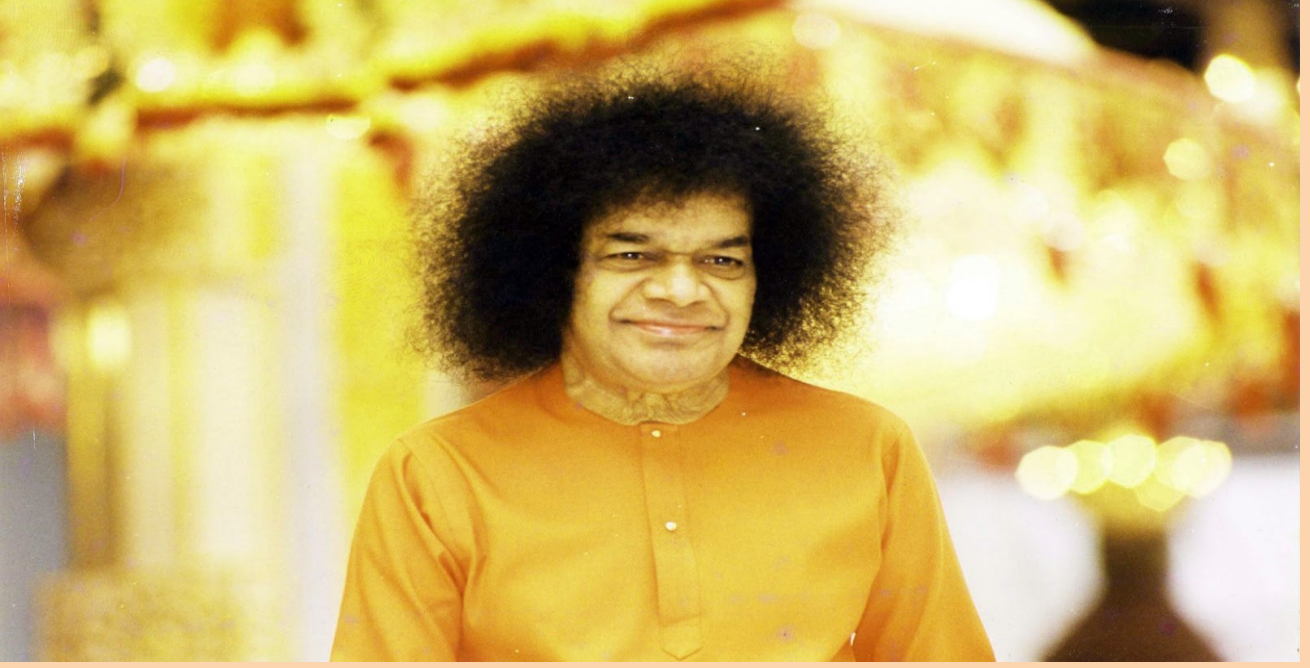
*Therefore, to remind all of us of the true spirit / key objective of Seva, with the immense grace and compassion of our beloved Lord, an initiative 'Pragathi Patham' has been introduced by the 'Sri Sathya Sai Education in Human Values'.*

*This is a seamless program spanning across our country, facilitating self-audit in our spiritual journey, with benchmarks from our Lord's own discourses, in His own words.*

*The first of the four planned Pragathi Patham Sessions was conducted in our District for Nungambakkam, Saidapet, T. Nagar & West Mambalam Samithis on 19<sup>th</sup> June'22 at Sai Pushpanjali.*



## Directions from the Divine on Seva



*Sevā Rendered to Every Living Being Is Sādhanā: (19 November 1981, Sevadal Conference)*

*The Lord sets the example for the devotees to follow. He teaches that service done to any living being is offered to Him only and is accepted by Him most joyfully. Service rendered to cattle, to beasts, to human beings is laudable sādhanā (spiritual discipline). Keeping the environment of our residences clean, providing help to those who live around the place, going to hospitals and serving the patients who are in the wards—in such acts of service the members of Sri Sathya Seva Organisations must take an active part. Many do such things now as “social service”, not as a sādhanā in a full-hearted manner. The sādhanā spirit is not found in the activity.*

*Through sevā sādhanā, Hanuman attained identity with Rama, as the river attains identity with the sea. Arjuna too considered every act as sādhanā to attain the grace of Krishna, for Krishna directed him to fight on, ever keeping Him in memory—“Māmanusmara yuddhyacha”. You too should keep God ever in your mind as the pacesetter, whether you are serving patients in the hospitals or cleaning a drain in the bazaar. That is the tapas (penance). That is the highest form of sādhanā. More than listening to a hundred lectures or delivering them to others, offering one act of genuine sevā attracts the grace of God. The body has to be utilized for service to others. Activity is its main purpose. Krishna says, “I have no need to be engaged in work but I do work in order to set an example for the world”. More ānanda can be won by serving others than what can be got by merely serving oneself. Offer service to someone in need, with a full heart, and experience the ānanda that results. It need not be something big. It can be small and unnoticed by others. It has to be done to please the God within you and within the one, you are serving.*

*Jai Sai Ram*