



SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

July 2022



From The Editorial Desk

The unbridled Sai Enthusiasm

'Be passionate' may sound boring. 'Be energetic' seems overused. But, 'Be enthusiastic' will smack the obvious. Is it not?.....

If so, do we find the time and space to calculate the countless boons that will benefit us by remaining "SAI ENTHUSIASTIC"...

Still, our fickle mind besotted with survival instincts and other pressing demands need reminders now and then and also expects someone to condition the complex mind to yearn for the merits of "Sai Enthusiasm" - a precious Divine Pill available in the SAI MEDICAL STORES, with a good combination of ingredients viz., - devotion & energy.

Let us start from now, the blessed today, to wriggle out from the mediocre worldly routines that seldom guarantee happiness to illuminate the Sai urge within to fuel the enthusiasm.... The Sai Enthusiasm.

The Chennai Metro West (CMW) District celebrated Ashadi Ekadasi and Guru Poornima with love, devotion, energy and enthusiasm. Admittedly, the regular conduct of Balvikas programs, Pragathi Padam, periodical Bhajans & Satsangs, festivities and celebrations amply indicate unquestionable enthusiasm, capacity and intent of West District to multiply further.... A positive sign.

The modern-day member may regret his 'paucity for SAI HOURS' for unknown reasons, yet the unwavering faith in Swami transforms him to contribute his mite in the SAMITHI.

But, the kind of passion, energy level and unbridled Sai enthusiasm amongst our Samithi members, easily percolates to the District level (curiously, inverse path!!!!) - for their enthusiastic preparation for Bhagawan's Birth Centenary celebrations.

Sri. Suresh Kumar, erstwhile CMW DP, has consented to be the Guest columnist this month.

*"Transform the love into service;
Transform the service into worship
the highest sadhana"*

- Divine Message

Warm Greetings & Best Wishes

Editorial Team



Guest Column

Sri. SURESH KUMAR
Former State Service Coordinator
(Gents) &
Former District President

My most humble Pranams at the Divine Lotus Feet of our Bhagawan Sri Sathya Sai Baba Varu. My heartfelt gratitude to Bhagawan for having given me this opportunity to meet all His devotees, through this beautiful e-newsletter - "SAI BRINDA".

This idea of a monthly e-newsletter came to our District from the former District President Sri. P. Balakrishnan, as he used to collect and collate all the activities under attractive captions. The said compilations in the form of a book were then handed over to the State President. The monthly publication was very useful for the preparation of the Annual Report from Chennai Metro West. Sri. Balakrishnan's neat work and presentation of reports were recognized and appreciated by all during his period of service.

In 2008/2009, the then All India President had given a common guidance to the Districts to bring out a District-level newsletter on a quarterly basis. The CMW District brought out a printed quarterly Newsletter and the 4 page newsletter covered three months' District activities conducted as per Bhagawan's Divine command, direction and guidelines. The hard copy of the quarterly newsletter was distributed to all the members in CMW District, through the Convenors.

I am really happy to know that the publication of the newsletter has started again in our District to reach all the members every month. My heartfelt congratulations to the District President and those who are supporting him in the successful broadcast of SAI BRINDA every month.

It is the primary duty and responsibility of every member to spread HIS MESSAGE by following HIS COMMANDS and also act accordingly, to inspire others. This may also bring inner peace and harmony in our society. The conduct and Seva act of a member as per HIS GUIDANCE will become a model for many in the family & friends to try and follow, also whoever gets passed by him will like to choose this path of Divinity. Our purpose of joining this Organization is to serve THE LORD with pure Love and utmost perfection as our Swami would expect. Our goal is to please Swami at every moment and every breath of our life. And, practicing the 9 Point Code of Conduct in our day-to-day life can be the easiest way to please our Bhagawan.

I believe that this e-newsletter will be a stepping stone for new members. This also will create awareness to our members of activities that are going on throughout the Chennai Metro West District.

My sincere Prayers to Bhagawan to bless all of us. May Swami guide and guard, may HE write, may HE read and May HE spread the messages to reach all of HIS devotees and I pray to Swami to bless all of us to be HIS worthy instruments.

My hearty congratulations once again...

With Love,

Suresh Kumar

Change Of Office Bearers

We are glad to inform you that Sri. Venkatasubramanian. M is selected as the Convenor of T. Nagar Samithi with effect from June'22. He played the role of SSSVIP Coordinator for our District for a brief period. Prior to that he was the Convenor of of Mahalakshmi Nagar Samithi, Kanchi North District.



Smt. B. Usha has been nominated as the District Service Coordinator (Mahilas) for the CMW District with effect from 1st July'22. She has been a member of the Organization for more than three decades. Prior to taking up this role, she was the Service Coordinator of Ashok Nagar Samithi.



Sri. Sai Mohan from T. Nagar Samithi is our District SSSBPT Coordinator (Sanathana Sarathi) with effect from July'22. Sri. Saimohan is one of the senior and very well - known members of Sri Sathya Sai Seva Organization. He has also handled multiple office bearer roles (District Youth Coordinator, Joint Service Coordinator) in the Organization.



Information to Sai Spiritual Seekers

1. Pradosha Pooja

Pradosha Poojas (once in every 15 days in a month), are regularly performed at Sai Pushpanjali. The Pooja is fervently conducted by the students of Veda Scholar Sri. Srinivasan praying for the LOKHAA KSHEMAA. The devotees and members are happily participating in the Abhishekham to Lord Shiva, Rudram chanting and Sai Bhajans.

2. Sunday Bhajans at Sai Pushpanjali

On all Sundays, Sai Bhajans (Community prayers) are held regularly and can be attended by all the spiritual seekers. For further details, please contact the nearest Samithi.

3. Temple Seva @ Sundaram - (Sundays)

Those who wish to involve in Swami's Temple Seva at Sundaram, Chennai the local Abode of our beloved Bhagawan may please contact the nearest Samithi Convenors.

4. Temple Seva at Guindy (Thursdays)

Those who desire for their participation in Sai Bhajans at Guindy may contact the Samithi Convenors.

5. Prasanthi Seva @ Puttaparthi

An opportunity for the members (Gents & Mahilas) to participate in the Seva sadhana at Puttaparthi three times in a calendar year (March, May & October). Currently the Seva sadhana at Prasanthi Nilayam is open for all the spiritual aspirants for their fruitful participation between 19/10/22 and 15/11/22. The Seva period list is mentioned below. For further details please contact Mobile No.93807-98154.

Oct - Nov'22 Seva	Reporting Date	Seva Starts	Seva ends after Divya Darshan	No. of days
Batch 1	19.10.2022	20.10.2022	28.10.2022	9
Batch 2	27.10.2022	28.10.2022	06.11.2022	10
Batch 3	05.11.2022	06.11.2022	15.11.2022	10

Chennai Metro West Updates



Samithis

Guru Poornima Celebrations

Veda Chanting

Members of the KK Nagar Samithi celebrated Guru Poornima by chanting Veda for an hour. The participation of 6 Balvikas students in this program needs special mention.

Special Bhajan

Members of different Samithis joined hands to celebrate Guru Poornima at Karthikeyan School Old Premises on 13th July'22. Rendition of melodious bhajans by them with devotion was certainly an offering made, befitting the occasion. The participants of the bhajan session were from the following Samithis - Kodambakkam, Krishnapuram, Nungambakkam, Saligramam, T. Nagar, Vadapalani & Valasaravakkam. Speaking on this occasion, our District President Sri. Venkatesh Prakasam thanked the



Veda Chanting - KK Nagar



Special Bhajan at Karthikeyan School by Seven Samithis

Kodambakkam

school management for facilitating & participating in the Special Celebration.

Narayana Seva

- United India Colony Samithi celebrated Guru Poornima by doing Narayana Seva for as many as 300 people.

- Again, on the eve of Guru Poornima, nearly 70 people were provided meals by Kodambakkam Samithi.

Other Service Activities

- In addition to distributing biscuits for 140 inmates of the Seva Sadan, 18 girls were given frocks in memory of Mother Easwaramma on 9th July'22 by the members of the Nungambakkam Samithi who avail opportunities to serve at this Center.

- On the auspicious occasion of Guru Poornima, members of the Rangarajapuram Samithi reached out to help the differently abled students of Deaf & Dumb School at Ramapuram. The students were blessed by Bhagawan to receive 1200 notebooks. The management, staff & students of this institution for the special children were thankful & appreciative of this service.



**UI Colony
Narayana Seva - UI Colony & Kodambakkam**



**Distribution of Biscuits & Frocks at
Madras Seva Sadan - Nungambakkam**



**Distribution of Notebooks at Ramapuram
Deaf & Dumb School - Rangarajapuram**



Sri Sathya Sai

**Everyone should be prompted by reverence to the Guru,
which means not worshipping His photograph,
but acting according to His orders, His commands.**

SRI SATHYA SAI



New Balvikas Centers Opened - Kodambakkam & Nungambakkam

“The ideal of the Bal Vikas is to raise a generation of boys and girls who have a clean and clear conscience” - Baba

With the abundant Grace of our beloved Swami, a new Balvikas Center was inaugurated by our District President Sri. Venkatesh Prakasam on 16th July'22 at Sishya School. DEC Smt. Sai Priya & Smt. Lalitha Srinivasan addressed the students. 50 students had enrolled & are currently attending the class.

Chennai Metro West (CMW) is deeply thankful to Bhagawan for enabling us to expand the Balvikas activities & serve Him with total commitment.

The new center at Kodambakkam will be handled by Balvikas Gurus

***Smt. Maivizhi & Smt. Varalakshmi
Address: Shisya School (Residential
Balvikas only - Not in School Hours)
2/20, Bharatheswarar Street,
Bharatheswarar Colony, Muthu Thottam,
Kodambakkam, Chennai - 600024
Timings : Saturday 4 pm to 5 pm***

Nungambakkam Samithi has opened yet another New Balvikas Center which will be handled by Balvikas Guru

***Smt. Vasuki
SAI DEEPAM
Address: 19A, First Floor,
Gangaiamma Koil Street,
Vadapalani,
Chennai 600026.
Timings : Saturday 4 pm to 5 pm***



New Balvikas Center at Kodambakkam

SAI DEEPAM



New Balvikas Center - Nungambakkam

Multi - Pronged Service Activities - T. Nagar

“Expand your mental vision and take to the broad road of Helpfulness, Compassion and Service” – Baba

With the Divine Blessings of our Beloved Bhagawan, T. Nagar Samithi members took up a few Service Activities...

- Two Paraplegic patients were given Amrutha Kalash along with their medical needs on 14th June'22 & 3rd July'22 by way of fending for them. Vastra Dhaan (clothes) was also done on this occasion.

Subsequently, on 24th July'22, members of the T. Nagar Samithi distributed Amrutha Kalash at Acharavakkam Village, Thiruporur Taluk to the visually & physically challenged as also to the needy elders.

- Support to the deserving school students :

School Bags, pens, pencils, geometry boxes and notebooks were distributed to nearly to 300 students of Poongavanam Residential School for Socially backward Children at Sirukaveripakkam (near Kanchipuram) on 3rd July'22.

Our DEC Smt. Sai Priya & few Balvikas Gurus had taken our Balvikas children (Group IV) of Chennai Metro West to the above-mentioned place on the same day. The Balvikas children enthusiastically engaged themselves in the distribution of School Bags & other stationery items



Amrutha Kalasam Distributed to Paraplegic Patients



Distribution of Amrutha Kalasam at Acharavakkam Village



Distribution of School Bags & Stationery at Sirukaveripakkam



Visit to Orphanage at Kanchipuram by Balvikas Group IV Children

along with T. Nagar Samithi members. They also put up a skit on that occasion.

Notebooks to the children of VKM High School, Vilvarayanallur Village (School for the economically backward children) were distributed on 15th July'22.

Opportunities to serve the needy at their doorsteps is a great Blessing from Bhagawan.

Rama Katha Rasa Vahini Parayanam -

Nungambakkam

The Ramayana is not merely the story of Rama. Ayana means path. The inner meaning of the Ramayana is that the path shown by Rama should be followed – Baba

Members of the Nungambakkam Samithi started online Parayanam of Rama Katha Rasa Vahini on 25th January'22 for the said period of 27 weeks. The concluding session of this Parayanam was held befittingly at Sri Ramar Temple, Nungambakkam on 22nd July'22 which was well attended by the members of the Nungambakkam Samithi.

Distribution of Sanitary Items

Bathing soap bars (1000 nos.) & floor cleaning liquid bottles (250 nos.) was provided by State Office meant for distribution across the CMW District.



Group IV Children at Kanchipuram



Concluding Session of Rama Katha Rasa Vahini Parayanam - Nungambakkam



Soaps & Floor Cleaners meant for distribution

Members of the Valasaravakkam Samithi distributed these items to the inmates of Akshaya Trust, Valasaravakkam.

Sri. Anandkumar, Balvikas Guru of Valasaravakkam Samithi during the distribution, highlighted the Glory of Bhagawan - Kaliyuga Avatar & the activities of SSSSO, parallely bhajan session was also conducted benefiting the inmates.

Nesapakkam Samithi took up the noble cause of distributing Soaps & Floor Cleaners to Help & Help Home for blind & physically handicapped near Virugambakkam. Further, the Nesapakkam Samithi distributed the same at Sathyameva Jayathey, Ramapuram (comprising an old age home & visually challenged students).

The above mentioned Samithi also distributed the sanitary items at an old age home in Nanmangalam.

T. Nagar Samithi also distributed AYUSH Soaps & Floor Cleaners provided by Chennai Metro West to Poongavanam Residential School for Socially backward Children at Sirukaveripakkam (near Kanchipuram) & also to the economically backward children at VKM High School.



Distribution of Sanitary Items at Akshaya Trust - Valasaravakkam



Sanitary Items Distributed at Help & Help Home & at another Home Sathyameva Jayathey - Nesapakkam



Soaps & Floor Cleaners Distributed at an Old Age Home in Nanmangalam - Nesapakkam



Sanitary Items provided to Poongavanam Residential School at Sirukaveripakkam - T.Nagar



Sanitary Items distributed at VKM High School - T. Nagar

Sai Youth Stands Aright In Swami's Path

Education to purify the heart & clarify the mind – Baba

Sri. Sai Srinath, an alumnus of Sri Sathya Sai Balvikas, currently an active member of the Youth Wing assists his father Sri. Veda Srinivasan in all Vedic rituals conducted by the Organization. He is regularly conducting Pradosha Pooja at Sai Pushpanjali along with other youth rithwiks.

The District is happy to share that Sai Srinath (Gold Medalist in Automotive Engineering) has received the coveted Degree from the Honourable Prime Minister of India at the Convocation on 29th July'22.

It was no wonder then, when Sai Srinath greeted our Honourable PM by a salutation saying 'Sairam'. PM was pleasantly surprised and exchanged the same greeting with a smile. Then Sai Srinath spoke to PM in Sanskrit saying "we are very happy to have you here with us at Chennai on this beautiful occasion of the Convocation Ceremony". PM acknowledged the same with thanks.

May Swami bless Sri. Sai Srinath in all his future endeavours.



Sai Srinath(Saligramam), an alumnus of Balvikas, receives his Degree from The Honourable Prime Minister Of India

District

Disaster Preparedness Program

“Seek chances of helping others. Never lose an opportunity of using your skills & enthusiasm to help others” – Baba

Disaster Preparedness Program was held at Sai Pushpanjali for Group 3 Balvikas students on 3rd July 2022. 50 students (25 Boys & 25 Girls) participated in this program. The objective of this program is to train the students to act in the event of any unforeseen contingencies - cyclones, floods, earthquakes, landslides, tsunami etc, to rescue the people, animals & properties. Various types of rescue methods under different situations were explained. So also the basics of giving first aid to people in distress due to fire accidents, fits, choking, snake bites, electric shocks etc were taught through practical demonstrations by the team. Students were also roped in to be part of such demonstrations. Students interacted with the members of the team enthusiastically.



FORMALISM . ARTIST AND VISUAL

Disaster Preparedness Program @ Sai Pushpanjali

Avatharic Mission - Revival of the Vedas...Initiated to follow His Footsteps - Balvikas Children Chant Veda at Sundaram

Veda is the name for a mass of Divine knowledge. The Veda ensures welfare & happiness for the three worlds. It confers peace & security on human society – Leela Kaivalya Vahini



Veda Chanting Balvikas Boys at Sundaram



Veda Chanting Balvikas Girls at Sundaram

Sathyam Shivam Sundaram Project (Virtual)

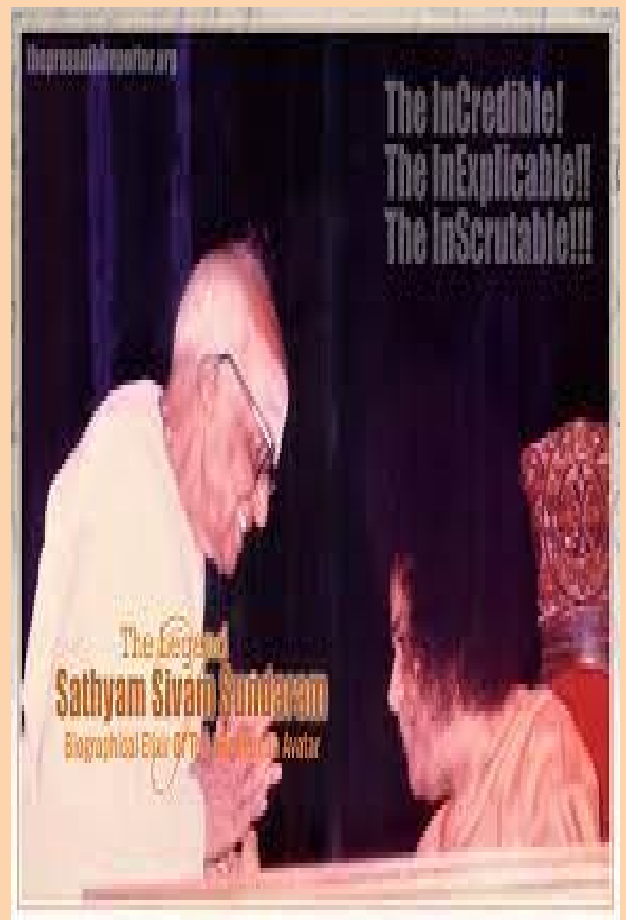
Avatars descend from the level of God-head to the level of man only to enable man to ascend to the level of God.

With the objective of offering deep insights into the advent of the avatar, the grandeur of the unfolding of His Divinity (leelas & mahimas) & His Mission, the life story of Bhagawan Sri Sathya Sai Baba as narrated by Prof. N. Kasturi in the first volume of his book entitled "Sathyam Shivam Sundaram" was taken up for a detailed study as a project for Group 3 Balvikas students. This program was conducted for 2 days virtually by 8 Gurus, with each Guru covering 2 chapters. The presentation by the Gurus along with ppts, video & audio clips interspersed with questions on the topics ensured the undivided attention of the students in these sessions.

It is heartening to note that students, Gurus & a few parents from all over the state had participated in this program.

Sundaram Hall reverberated with the Vedic chants of our young Balvikas boys (16 children) on 10th July'22 followed by the Balvikas girls (17 children) as well on 17th July'22. Their chanting testified to the vigorous practice given by the Balvikas Gurus, won the appreciation of the devotees.

We are happy to share that the parents of the Balvikas children enthusiastically participated & encouraged in the said session.



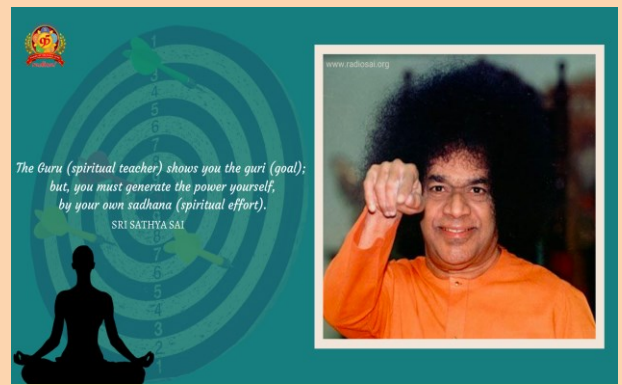
Guru Poornima Celebrations at Sai Pushpanjali

“On this holy day of Guru Poornima, take a resolve to purify your minds and to install in your hearts the Supreme Lord. Look upon God alone as your true Guru.” - Baba

The day was started by chanting of Veda Parayanam - CMW Mahilas. The collective chanting which lasted more than 75 minutes, charged the bhajan hall with Divine vibrations. Smt. Lalitha Srinivasan delivered a speech on the significance of Guru Poornima. Continuing the Celebrations, Balvikas children offered a soul-stirring chanting of Vedas on 17th July'22 (Sunday). The Celebrations were upstaged by a melodious offering of devotional songs by the Youth members & Mahilas.

A skit on the theme of “Following the Instructions of the Master” was enacted by the Balvikas boys which was a huge lesson for one & all present there. Evidently, the coordination & understanding of the Balvikas children was wholesome and would have definitely pleased our Swami. Special appreciation for the Balvikas Gurus behind the screen. A delightful bhajan session was also held.

Sri. G. Ganesh, an erudite speaker from Kanchi North District in his guest talk exhorted the gathering by a quote from the Bhagawad Gita “Karishyena Vachanam Thawa” (Following the Instructions of the Lord Supreme). The Celebration concluded with Maha Mangala Aarthi to Bhagawan.



Guru Poornima Celebrations at Sai Pushpanjali on 13th July'22



Guru Poornima Celebrations at Sai Pushpanjali on 17th July'22

Time Honoured Tradition - Vilakku Pooja on Aadi Velli (Friday):

A well planned Kutthu Vilakku Pooja was performed 29th July'22. An estimated 375 Mahilas participated in the Pooja held across Samithis / Temples.



BDS Colony



Kodambakkam



KK Nagar



Nesapakkam



Nungambakkam



Saligramam



Thirunagar



UI Colony



Vadapalani



Valasaravakkam

Pradosha Pooja :

Just as Om is the symbol of God...the Linga is the form symbol or the visible symbol of God - Baba

Pradosha Poojas are regularly performed at the bhajan hall of Sai Pushpanjali, being attended by members & other devotees.



Pradosha Pooja at Sai Pushpanjali

Mahilas Meeting @ Sai Pushpanjali

The meeting of mahila members of the Samithis in CMW was held on 31st July at Sai Pushpanjali with a good participation of 45 mahila members. The outgoing District Service Coordinator (DSC) Smt. P. V. Umadevi introduced the new DSC (Mahilas) Smt. B. Usha of Ashok Nagar Samithi.



Smt. B. Usha, the New DSC, while accepting the new responsibility, stressed the need for collective team work with all mahilas by beautifully quoting Swami's references regarding SAI Seva, prayer to Sai and our commitment to Swami through digital clippings from Swami's speeches.

The on-going Seva activities which have already started from July 2022 like Guindy Bhajan Seva, Sundaram Cleaning Seva & also the upcoming Seva activities such as Sundaram Bhajan Seva, Guindy Abhishekam Seva, Sai Pushpanjali Cleaning & Prashanthi Seva were discussed in detail.

Smt. Malathi, Sevadal from Ashok Nagar Samithi spoke about planning of Prashanthi Seva, the DOs and DONTs during Prashanthi Seva and the importance of scarf etc.

Smt. Meerabai, Sevadal from BD Colony, shared her experiences of Prashanthi Seva during Covid and the Blessings she got from Swami.

Youth mahila members also participated in the meeting and Mahila Youth Coordinator Miss. Asha gave a glimpse of the Youth Conference held at Kodaikanal recently and also requested the Service Coordinators to send the mahilas of their Samithis in the age group of 18 to 40 to take part in youth activities.

Special Article

Public Health Seva by Valasaravakkam Samithi

“Engage yourselves in service activity. Consider social service as service to God. This is the best way to earn God’s love. Love all and serve all. Your entire life will be sanctified thereby” - Baba

The members of Valasaravakkam Samithi have been actively engaged in various Community Seva activities and their decade long need-based Public Seva particularly at the Govt. Chinna Porur Hospital, located 2.5 kms from the Samithi has been duly recognized by the Govt. of Tamilnadu.

In a function held on 1st July, 2022, the Convenor of Valasaravakkam Samithi Sri. T. Natarajan Babu wearing the Sri Sathya Sai Sevadal Scarf proudly received a Commendation Certificate from the Chief Minister of Tamilnadu - Thiru M.K.Stalin. The Certificate was issued to Sri Sathya Sai Seva Organizations acknowledging regular supply of rich nutritious mix powder, aptly named as SAI PROTEIN (sathu maavu) to the TB affected patients. A great moment for our beloved SRI SATHYA SAI SEVA ORGANIZATIONS & a Special day for the members of Valasaravakkam Samithi.



Convenor of Valasaravakkam Samithi Sri. T. Natarajan Babu receiving Commendation Certificate from The Chief Minister of Tamilnadu

Snippets of Seva at Chinna Porur Government Hospital

- ❖ Valasaravakkam Samithi has been distributing Sai protein packets to TB patients and under-nourished pregnant women since 6th May, 2014 - Mother Easwaramma day;
- ❖ Sai protein consists of 14 ingredients viz., (1) wheat (2) red rice (3) ragi (4) bajra (millet) (5) white corn (cholam) (6) yellow corn (7) roasted/fried grams (8) groundnuts

(9) barley (10) soya (11) green gram (12) cashew nuts (13) badam and (14) cardamom. These ingredients are powdered, mixed thoroughly as per the recommended proportion. On the third Saturday of the month, Samithi distributes an estimated 85-90 Sai Protein packets (750 gms per packet).

❖ Samithi also participates in the World TB Awareness Day (24th March) at Chinna Porur Hospital premises by providing 80 Nos. of packets which consist of 7 nutrition items fruits as per the instructions of TB Wing of the Hospital and each consisting of 7 nos. of nutrition items and fruits (as suggested by TB wing of Chinna Porur Hospital). Valasaravakkam Samithi is doing this seva for the last 2 years from March, 2021.

❖ Samithi has been supplying mats and bedsheets to women patients/replacing the damaged wooden doors of the pregnancy ward/shramdaan to clear out thorny bushes inside the Chinna Porur Hospital premises.



Distribution of Sai Protein at Chinna Porur Hospital

Recognising the efforts of Valasaravakkam Samithi to eliminate Tuberculosis (TB), the Government of Tamilnadu has awarded the aforesaid Certificate and we wish to add that our esteemed Sri Sathya Sai Seva Organization - Tamilnadu North was chosen as one among the 3 recipients of the Govt. Certificate on 1/7/2022.

Our heartfelt gratitude to our beloved Swami for showing us the path of joy of giving, an easy path to please HIM. These are the humble moments that will act as a fillip to CMW District members.



State-Led Initiatives

State Sai Youth Conference At Kodaikanal

***If the youth take a firm resolve, they are capable of achieving anything -
Baba***

State Sai Youth Conference was organized by TN North at Sai Shruthi, Kodaikanal for 3 days from 22nd to 24th July'22. The program included speeches by various eminent speakers, satsangs, leadership skills workshops, musical offerings, plans for activities by all the Districts to implement the Vision 2025 of SSSSO, and the role of youth in it.

The following Youth (3 gents & 6 mahilas) from CMW participated in the Youth Meet at Kodaikanal -

Raguram (Saligramam), Yashwanth (Vadapalani), Ashwin (UI Colony),

Asha.k (Thirunagar), Swathi (West Mambalam), Anupriya (Saidapet), Sneha (Kodambakkam), Tejeswini. K (Thirunagar) & Anjana (Kodambakkam).



TN North - State Sai Youth Conference at Kodaikanal

Pragathi Patham

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 second & third of the four planned Pragathi Patham Sessions were conducted in our District for Ashok Nagar, BD Colony, KK Nagar, Kodambakkam, Krishnapuram, Nesapakkam, Nungambakkam, Rangarajapuram, Saidapet, T Nagar, UI Colony & West Mambalam Samithis on 17th& 22nd June'22 at Sai Pushpanjali.

As on date 45 Mahilas & 49 Gents from 12 Samithis & 3 Bhajan Mandalis attended the session.

Special Seva @ Vadapalani Temple - Aadi Kiruthigai - 23rd July'22

CMW District sent nearly 15 Sevadals brothers' who lovingly participated in the Aadi Kiruthigai Seva on 23/7/22 by helping Vadapalani Temple authorities in crowd controlling & Divine prasadam distribution etc. We would like to inform the readers that the Vadapalani Temple Authorities' invariably prefer Sevadals from Sri Sathya Sai Seva Organizations for any poojas and festivals.

Directions from the Divine on Seva



Man is born with many debts. He should recognize that in order to discharge and liquidate such debts, he has to do service. When the Rajasuya Yaga was being performed (by the Pandavas), Krishna came there and enquired, "Dharmaja, is there any opportunity for me to perform any service in this Yajna? Please grant me some task of service." Krishna requested him thus. Dharmaja then replied, "Swami, Yes. If You can tell me what is the appropriate service You can undertake, then I have no objection in giving You that service." Krishna then replied, "You yourself take cognizance of my abilities, power and training and allot an appropriate task. I have a degree, a M.A. degree" Dharmaja did not understand these words. Dharmaja asked Him in turn, "Swami, what is this M.A. degree? What is the qualification and what is it that You acquire from this M.A. degree?" Krishna explained, "'M' stands for used leaves, the leaves in which you have taken your food. 'A' stands for removing and discarding them. (Swami in this line plays with the Telugu words used to describe the task of removing leaves after people have eaten from it.) This is the meaning of My M.A. degree!" Krishna who is all-knowing, all-powerful and can perform any task, undertook to do this little mean work of removing the leaves in which people have taken their food, during the Rajasuya Yajna.

What is the inner meaning of this? Krishna was demonstrating and proclaiming to the world that there is immense sacredness in the act of service. Though Krishna was all powerful, He donned the simple role of a charioteer for Arjuna. It's a lesson for us not to measure any act of service - small or menial or big. Nishkama Seva (selfless service), is to be considered as yoga - not to expect the fruits of the action. Therefore, man's primary duty is to engage in such selfless services always, not seeking the benefits of his action thereby attaining proximity to God.

Jai Sai Ram