



# SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

November 2022



## AUM SRI SAIRAM

*SAI is Love. HE is compassion and kindness itself. HE is ever dwelling in hearts of you all. To trust HIM means freedom from all anxiety, fear and doubts. HE is you, all-in-all. When you have such a Lord of the Universe to depend upon, why should you be afraid or anxious of anything? HIS great assurance should always sustain you and infuse courage, strength, peace and joy. HE says, "Lo! To those who worship ME alone, thinking of no other, I bring full security". HE does everything for you. No condition is miserable for you, if you have full faith in this truth.*

*Kings, and potentates are unhappy in spite of their wealth and external glory, because of their lack of faith in the beneficent providence of God. The Almighty Lord of the world, seated in your hearts, is the sole doer. You are mere puppets. Let HIM make you dance as HE wills. Yours is not to question "Why?" Difficulties and worries are not due to outside causes. They are due to a mind not surrendered unto God.*

*You as body, mind or soul are a dream, but what you really are, is Existence Knowledge-Bliss. You are the God of the Universe. You are creating the whole Universe and drawing it in. To gain the Infinite Universal identity, the miserable little prison of individuality must go. Bhakti is not crying nor any other negative condition. It recognizing the One in all that we see.*

*It is heart that takes you to the goal. So, follow your heart. A pure heart seeks beyond the intellect and gets inspired. Whatever we do will react upon us. If we do good, we shall have happiness and if evil, unhappiness. Within you is the mighty ocean of nectar Divine. Seek it within you, feel it free it. It is Self; not the body, mind or intellect. It is neither the desire nor the desiring, and not even the object of desire.*

*You are above all these which are just manifestations. You must appear as a smiling flower or a twinkling star. What is there in the world which makes you desire it?*

## **GUEST COLUMN**

*Mrs. Maya Gaitonde - Former District Educational Coordinator*

*Mrs. Maya Gaitonde, a devotee of Bhagawan since her childhood and is leading her life as per HIS TEACHINGS, is the Honorary General Secretary of the Bala Mandir Kamaraj Trust, Chennai. As a known Value Educator, she regularly participates in the educational programs meant for students, teachers and parents. The columnist also coordinates nationwide information networks effectively to focus on the parenting subject, quite useful in the modern age. Mrs. Maya has co-authored the Value Education Section for a book titled "Living in Harmony" published by Oxford University Press.*

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### ***Bhagawan's guidance - a beacon through life***

*To have had the privilege of being with Bhagawan from one's infancy puts a great spiritual responsibility on any one who claims to be HIS devotee. I do believe that HE brought me up, for there is not a facet of my life, which has not been influenced by some specific instruction from HIM or an experience that HE has given. Therefore, I place with all humility at HIS feet the following as a sharing with other fellow devotees my understanding of some of the wonderful instructions Bhagawan has given.*

*Having lost my father at the early age of 4, my recollections of childhood center around the care, warmth and guidance of my 'Divine Father' Bhagawan Sri Sathya Sai Baba. The memories of HIS guidance at every step of my life are so strong and alive that, as they flash by, I am forced to introspect and conclude that each lesson has taught me spiritual values which have sustained me well into adulthood and helped me strive for perfection in my life.*

*Seated among a group of children, lucky enough to be staying with Bhagawan at Brindavan, one summer evening in the 60's, I recall that each one of us stretched out our hand asking HIM for a sweet of our choice - which of course Bhagawan was graciously materializing and giving. Not for a moment did any one of us look upon it as a 'miracle', for in the eyes of a child 'Baba' can do anything. I wish we adults had that same, unquestioning child like faith in HIS Divinity. When my turn came, child that I was, I also asked for my favorite sweet, only to receive in response from Bhagawan, an utterly serious look and the words, "I am GOD and I am asking you for what you want and you are asking me for a sweet? Ask Maya, only for Grace and Bhakti." That was my sweet. How profound the lesson! We all go to the Giver of the greatest gift man can ask for i.e salvation and instead of asking HIM for 'it' we ask HIM for all the trivial things of this world. Each small materialistic desire, when fulfilled, takes our focus away from the spiritual path.*

*HE patiently gives, but is waiting for all of us to ask for what HE has come to give; what HE is eager to give and what very few of us ask HIM for.*

*Catching me quite unawares the same summer Bhagawan just looked at me and said, "Maya, make your second thought your first thought". At the time perhaps, I was too young to understand the full import of the statement, but as the years and life's experiences have gone by, it has dawned on me with utmost clarity that in our day to day life, we tend to react to a situation and invariably" on second thoughts," regret our actions. Bhagawan's guidance was that the second thought always comes after 'thinking' and leads us to take a more appropriate, mature and thoughtful reaction to the problem on hand.*

## **GUEST COLUMN**

*For many, many of us giving Bhagawan a letter, is mostly an outpouring of our trials and tribulations in life or else requests and pleadings for solutions, and prayers seeking blessings for success in our worldly ventures. It seems to be the most important means of communication with HIM, despite Bhagawan's constant reminders that HE is ever with us and ready to listen to us all the time - Omnipresent and Omniscient. Perhaps it was the truth of the latter that HE wished me to imbibe in my relationship with HIM.*

*Influenced by my peers, as a young girl, I extended only once a 'letter' to Bhagawan. Pat came HIS rejoinder. "Do you think I need to be told by your letter? I don't ever want to see a letter in your hand. When you have something to tell me, sit in your shrine or talk to me where ever you are and I will get your message then and there".*

*Since then I have had no occasion to disobey HIM, for HE kept HIS words. Not even when faced with the anxiety of my son's accident, my husband's illness, the death of my mother, misfortunes in the family business, or personal financial losses, did I need to do more than talk to him, from wherever I was. Bhagawan, each time, responded almost before the message was conveyed and has helped me out of every situation lovingly, graciously and compassionately.*

*Having once taken HIS name and accepted HIM as our God -DO WE NEED TO FEAR?*

*Fifteen years ago, Bhagawan taught me the next step "Maya- mauna-bodha- silent communication". Not a word uttered in all these years, but minute to minute guidance, care and concern showered upon me. I know and HE knows.*

*Being brought up with brothers and, perhaps, reflecting my own view point in life, I once dared to refuse Bhagawan HIS request to make garlands, brushing it off as "girls" work. Bhagawan laughingly taunted me, "What is girls' work and boys' work? All is human work. All is God's work". Not only did HE insist that I do it, but appreciated me when I eventually succeeded.*

*Today with my varied responsibilities, as a house wife, mother and grandmother, story writer, value educator, coordinator of a national level parenting program and a full time Secretary of a large service organization dedicated to care, education, health and rehabilitation of orphaned children, any success in my endeavours and initiatives I attribute entirely to Bhagawan's unstinting love and spiritual guidance and personal interactions.*

*If all work is God's work, then surely any work that leads to SAI is HIS.*

*Any work involving Service + Adoration + Intellectual study Seva + Bhakti + Gyanam  
Or Self Analysis and Introspection - leads to HIM*

*Wherever SAI's teachings are being followed, wherever Divinity is being adored and wherever the Lord is being served and given succor in the Human form, SAI is there. Let none of us dare to limit HIM to just 'Sathya Sai Baba of Puttaparthi'*

**JAI SAI RAM**

## INFORMATION BOARD

### *Information Board*

<i>Periodicity</i>	<i>Spiritual Wing</i>	<i>Educational Wing</i>	<i>Seva Wing</i>	<i>Youth Wing</i>
<i>Daily</i>			<i>Narayana Seva (mini.of 65 food packets)</i>	
<i>Weekly</i>	<i>** Bhajans (Sundays)</i>	<i>Balvikas classes (Various Centers)  Narayana Seva falling on Sundays</i>	<i>Guindy Shirdi Sai Mandir Seva (Thursdays)  Sundaram Seva (Mondays)</i>	<i>Participating in Samithi activities and District-led initiatives in all the three wings</i>
<i>Bi-Monthly</i>	<i>** Pradosha Pooja</i>		<i>Pradosha Pooja</i>	<i>Pradosha Pooja</i>
<i>Monthly</i>	<i>Mass Veda Chanting by Mahilas (3rd Thursday)</i>	<i>** Bhajans (4th Sunday)</i>	<i>Mobile Medical Camp</i>	<i>** Bhajans (1st Sunday)</i>

**\*\*All these activities are conducted at Sai Pushpanjali.**

### ***Prasanthi Seva at Puttaparthi***

*We invite and welcome readers / members of our Organization & other spiritual aspirants for Prashanthi Seva as per the table furnished below.*

#### *May 2023 Schedule*

<i>Seva</i>	<i>Reporting Date</i>	<i>Seva Starts on</i>	<i>Seva Ends on</i>	<i>No. of days</i>
<i>First Batch</i>	<i>29 Apr 2023 (Saturday)</i>	<i>30 Apr 2023 (Sunday)</i>	<i>07 May 2023 (Sunday)</i>	<i>9</i>
<i>Second Batch</i>	<i>6 May2023 (Saturday)</i>	<i>07 May 2023 (Sunday)</i>	<i>14 May 2023 (Sunday)</i>	<i>9</i>

*The seva, activity is open for all the spiritual seekers (Gents & Mahilas). For further details, please contact*

- Spiritual Wing - Mobile No. 98846 91871(Gents), 91761 08480 (Mahilas)*
- Educational Wing - Mobile No.98848 99764*
- Youth Wing - Mobile No. 95513 05300 (Gents), 99626 38255 (Mahilas)*
- Parthi Seva - Mobile No.93807 98154 (Gents), 97907 02659 (Mahilas)*

## SWAMI'S BLESSINGS TO ALL



### Divine Discourse

*Be in love. All your desires will be fulfilled. Do not hate anybody. With love-filled heart, enjoy the bliss of love. This message is MY gift to you for the day.*

*This is the only wealth with Bhagawan. All these magnificent edifices are not Bhagawan's but they all belong to the devotees. The only property Bhagawan owns is unbounded love for all of you. Bhagawan will pour forth HIS boundless love to all of you for the mere asking. Why? Bhagawan is ready to sacrifice even HIS very body for the sake of HIS devotees. You live happily and spend your life in a state of bliss. Only then does Bhagawan get HIS share of bliss. Nothing else is required. Your good fortune is the gift of Bhagawan's love. Take good care of this precious gift and this is Bhagawan's blessings to you for the day. May all of you have a steady devotion, sacred, long and happy life. May you have all this, may you have all this, may you have all this! May all your difficulties be removed. Without exhausting your mental energies on difficulties, may you enjoy whatever happiness you may obtain unalloyed.*

Listen to Swami's Blessings to all : <https://tinyurl.com/yc5pds47>  
(if link is not clickable, copy and past the link on a browser.)

## SAMITHIS - SPIRITUAL WING ACTIVITIES

### BLISSFUL BIRTHDAY CELEBRATIONS OF BHAGAWAN BY THE SAMITHIS OF CMW IN A NUTSHELL



#### **Ashok Nagar Samithi**

*Members of this Samithi celebrated Bhagawan's Birthday with a special bhajan session and cake cutting.*

#### **KK Nagar Samithi**

*As part of the Birthday Celebrations, the KK Nagar Samithi Members offered 97 bhajans at their Samithi on 19th November'22. It is praiseworthy that a sizeable number of Balvikas children participated in the Celebration.*

*In addition, they had celebrations on 23rd November'22, where 31 Balvikas children, along with 73 Members participated which was the highlight of the Celebration adding to its festivities.*



*Further, they distributed 85 blankets at Govt Rehabilitation Hospital (KK Nagar), also at an old age home in addition to the housekeeping and security staff at Ceebros Apartments, Virugambakkam.*

#### **Kodambakkam Samithi**

*As a prelude to Bhagawan's Birthday Celebrations, the Members of Kodambakkam Samithi distributed Amritha Kalasams to 32 people - visually & physically challenged, widows & senior citizens at Acharavakkam village on 19th November'22. On the 20th of November'22, they conducted Swami's Birthday Celebrations along with 97 bhajans. It was heartening to note that nearly 180 people including Balvikas children & parents participated in this celebration.*



*In addition, the Members of Kodambakkam Samithi also distributed blankets to those in need.*

## **SAMITHIS - SPIRITUAL WING ACTIVITIES**

### **BLISSFUL BIRTHDAY CELEBRATIONS OF BHAGAWAN BY THE SAMITHIS OF CMW IN A NUTSHELL**



#### **Krishnapuram Samithi**

*Members of Krishnapuram Samithi celebrated this occasion starting off with Nagar Sankirtan singing the Glory of the Avatar at daybreak much to the joy of the residents in that area. This was followed by blissful bhajans & cultural bhajans by the Balvikas children. The session concluded with Mangala Aarthi to Bhagawan & Narayana Seva to all.*

#### **Nungambakkam Samithi**

*Nungambakkam Samithi Members celebrated Bhagawan's Birthday at Nungambakkam Seva Samajam on 27th November '22 beginning with Veda chanting. There were bhajans on Swami & Easwamma. Cultural program by Balvikas students were also put up to add grandeur to the celebration. Cutting of Birthday cake was followed by Birthday song as well. The melodious rendition of Laali song by all devotees filled the air with gaieties. The morning program concluded with Narayana Seva.*



*They also distributed blankets to the needy as part of Swami's Birthday Celebrations.*

#### **Rangarajapuram Samithi**

*Celebrations of Bhagawan's Birthday by Rangarajapuram Samithi Members began with the Nagar Sankirtan.*

*Subsequently, the Samithi Members had a special bhajan at Ramapuram School for the Deaf & Dumb on 23rd November '22. The children & the staff of the school were blessed to partake Swami's prasadam (Narayana Seva) offered to them. In addition, hearing aid components were also given to the management for the benefit of the children.*





## SAMITHIS - SPIRITUAL WING ACTIVITIES

### BLISSFUL BIRTHDAY CELEBRATIONS OF BHAGAWAN BY THE SAMITHIS OF CMW IN A NUTSHELL

#### Saligramam Samithi



*Saligramam Samithi Members celebrated Bhagawan's Birthday with the Nagar Sankirtan on 23<sup>rd</sup> November'22 in the early hours of the day & was followed by an offering of 97 bhajans on 26<sup>th</sup> November'22, attended by nearly 180 Members. There was a good representation of Members across all age groups - Balvikas children, Youth and Senior Members.*

*On the 27<sup>th</sup> of November'22, there was a cultural program by the Balvikas children. This program was attended by nearly 160 Members including Youth Members & parents of Balvikas children.*

#### Saidapet Samithi

*On 19<sup>th</sup> November'22, a total of 50 including Non - Members offered 97 bhajans, signifying the beginning of Bhagawan's Birthday Celebrations.*

*Further on 26<sup>th</sup> November'22, the special Bhajan session was conducted starting with chanting of Veda, Sai Ashtotram & Sai Gayatri. The Bhajans were followed by the cutting of Birthday Cake, Mangala Aarathi, singing of Laali and distribution of Swami's prasadam (Narayana Seva) .*



#### T. Nagar Samithi



*T. Nagar Samithi Members, about 120 of them celebrated Bhagawan's Birthday on 23<sup>rd</sup> November'22 at Sai Keshav Hall. The program started with Veda chanting and Ashtotram followed by special Bhajans rendered by the Members. Devotional songs by the Mahilas were heartwarming. Smt. Vimala Ramesh's speech on "Journey Towards Our Inner Sai" was highly appreciated. A birthday cake was offered to our Lord and the function came to a close with Maha Mangala Aarathi. The highlight of this celebration was the Narayana Seva, taken up at three centers for the public, (Samithi, Muppathaman temple &*

*Burkit Road) reaching out to 1000 people. May the banner of our Beloved Master flutter aloft in all quarters.*

## SAMITHIS - SPIRITUAL WING ACTIVITIES

### BLISSFUL BIRTHDAY CELEBRATIONS OF BHAGAWAN BY THE SAMITHIS OF CMW IN A NUTSHELL

#### T. Nagar Samithi Contd.

*On 26<sup>th</sup> November, nearly 30 Balvikas children gathered to celebrate HIS Birthday, beginning with Veda chanting, followed by bhajans by them. A speech with devotional songs by Balvikas students preceded the cake-cutting ceremony. There were around 100 participants in this function including Balvikas parents and the celebrations concluded with Narayana Seva.*

*Further, Amrutha Kalasams were distributed at Kannagi Nagar, OMR to 30 visually challenged people on 26<sup>th</sup> November'22. The potential goodness to serve unfolds by HIS Grace - truly blessed!*

*At Sai Jyothi Rural Balvikas Center, T. Nagar, it was heartening to see the young ones sing a Birthday song to our Lord even as a delicious cake was cut and offered to HIM on 27<sup>th</sup> November'22. The District President and District Service Coordinator (Gents) also participated in this function. This venue had been sanctified with the divine footsteps of Bhagawan.*



*Further, the needy homeless lot sleeping on the roadside, footpaths, platforms and bus stop shelters were provided with blankets. Nearly 80 blankets were given away thus by the Members of T. Nagar Samithi.*

#### Valasaravakkam Samithi

*Valasaravakkam Samithi Members celebrated Bhagawan's Birthday on 23<sup>rd</sup> November'22 beginning with Suprabhatam and Nagar Sankirtan. The day's celebration continued with Sahasranama Archana, Vastra Dhanam 12 needy people and Amrutha Kalasam (14 sets) distribution. Celebrations in the morning concluded with Narayana Seva to 350 persons. There were special bhajans in the evening for two hours as the highlight of the evening's program.*



*They also distributed 50 blankets to the marginalized sections of people in Mettukuppam Street, a slum area battered by the rains recently. Distribution of blankets forms an integral part of the Birthday Celebrations.*

## **SAMITHIS - SPIRITUAL WING ACTIVITIES**

### **BLISSFUL BIRTHDAY CELEBRATIONS OF BHAGAWAN BY THE SAMITHIS OF CMW IN A NUTSHELL**

#### **Virugambakkam Samithi**



*On the occasion of Bhagawan's Birthday Celebrations at Virugambakkam Samithi, 21 Balvikas children along with 40 Members of the Samithi offered 97 bhajans on 26th November'22 followed by cutting of the Birthday Cake for Bhagawan.*

*In addition, 21 blankets were distributed to the security staff at KGR, Ceebros & Asiana by the Members of Virugambakkam Samithi.*

*On 27th November'22, inmates of Diya old age home were blessed to participate in bhajans held there by the Members of this Samithi.*

#### **UI Colony Samithi**

*On 23rd November'22, bhajans were held in the morning. Further, on 26th November'22, Sahasranama Archana was done and was followed by Narayana Seva for about 250 people.*



#### **Wood Creek County (Bhajan Mandali of Nesapakkam)**

*Nesapakkam's Bhajan Mandali celebrated Swami's 97th Birthday on 28th November'22. About 150 people were served food at Wood Creek Junction.*



## **SAMITHIS - SPIRITUAL WING ACTIVITIES**

### **AVATAR DAY CELEBRATION Contd.**

#### **Rangarajapuram Samithi**



*Members of the Rangarajapuram Samithi continued the Avathara Mahotsavam Celebrations on 6th November'22.*

*The day's celebration started off with Nagar Sankirtan followed by Homam (Ganapathi Homam, Navagraha Homam & Maha Sudarshana Homam), rendition of Sai Pancharatna Kritis & Abhishekam.*

*Sloka & Veda chanting by Balvikas children was followed by bhajans.*

*Vastra Dhanam was done and was followed by Narayana Seva*

### **RAMAKATHA RASA VAHINI PARAYANAM**

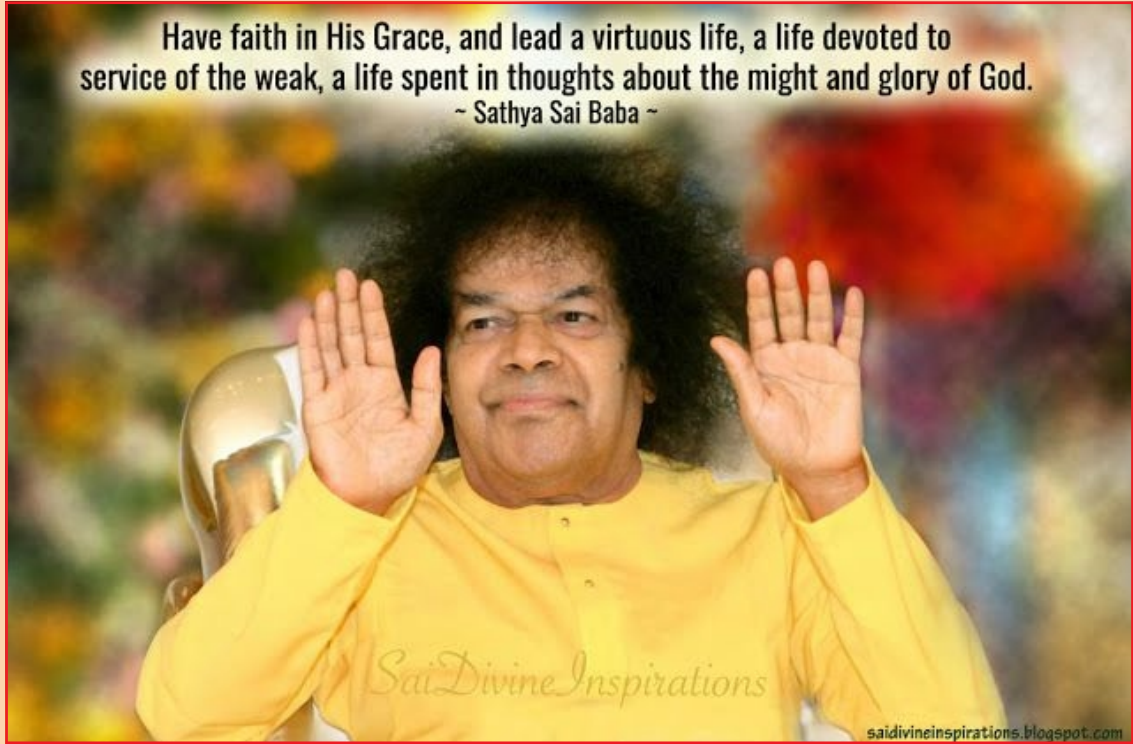
#### **T. Nagar Samithi**

*This year-long online parayanam was concluded on Mahilas Day, with traditional offerings to Lord Rama befitting the occasion.*

*Smt. Lalitha Srinivasan spoke on the Glory of this great epic. The celebration was well attended & prasadam were distributed.*



## SAMITHIS - EDUCATIONAL / YOUTH WING ACTIVITIES



### ***Balvikas Alumni - Blessed By Bhagawan***



*Members of the Sai Fraternity rejoice...Dr. Chandhinie, a Balvikas Alumna, daughter of a Senior Guru from West Mambalam Smt. Vimala Ramesh, has joined as a Senior Resident in the Department of Anaesthesia at Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) - Prashanti Gram, Puttaparthi. Her dream to start off her career in Swami's precincts to serve has come true! A sincere prayer to serve has been fulfilled...May this tribe increase by HIS Grace.*

*Yet another Balvikas Alumna Kumari. Bhargavi, daughter of Smt. Anuradha, a Balvikas Guru from Saligramam Samithi, has made it to the top in the academic field, winning Gold Medal from the CM of Tamilnadu on completing her under graduation.*

*We wish them All The Best...All The Way.*



## **SAMITHIS - SERVICE WING ACTIVITIES**

### ***Reading for the Visually Challenged - Service for empowerment - T. Nagar***



***With Bhagawan's abundant Grace & Guidance, T. Nagar Samithi has resumed the Lesson Reading Seva for the visually challenged students at YGPAuditorium, PSBB School, Thirumalai Road, T. Nagar.***

***Apart from 9 Members of the T. Nagar Samithi, nearly 20 Volunteers from different walks of life including college students, retired people & homemakers participated in this service for 60 students.***

***To begin with, following the bhajan session, the District President, CMW addressed the gathering. Sri. Ramamoorthy from the T. Nagar Samithi traced the history of this service briefly.***

***The day's program came to a close with Mangala Aarthi & Narayana Seva thereafter.***

***Volunteers interested in this service conducted every Sunday, may kindly contact the Convenor of T. Nagar Samithi or other Office Bearers.***

## DISTRICT - CONVENORS MEETING WITH STATE PRESIDENT

### *Convenors Meeting with State President*

*Chennai Metro West (CMW) District Monthly Convenors meeting on 6th Nov'22 at T Nagar Samithi was graced by our respected State President Sri S. R. Chandrasekaran.*



*He addressed all the Convenors present on the occasion where he shared his invaluable experiences and innumerable lessons learnt in his 3 decades journey till date with Bhagawan and Sri Sathya Sai Seva Organization (SSSSO) be it as a*



*Sevadal member or Balvikas parent or an office bearer. Right from “Back to Basics” (i.e. essential theme of All India Convenors Shibir in June 2022) to “Importance of Balvikas” from the future of SSSSO perspective to “Bhagawan is only Doer” to “Seva to be done with Sincerity and Bhava” to “Progress achieved by CMW in Sai Connect” to “Vision 2025 - Adoption of Villages and Grama Seva” and “Financial Management with respect to District as well as Samithis ” were the key points which were stressed by State President to all Convenors.*

*State President's presentation was very well received by Convenors who also got an opportunity to interact with him by posing their queries and getting his relevant responses / clarifications.*

*Overall it was wonderful and enriching session for all the conveners and district level office bearers.*

## DISTRICT - SPIRITUAL WING ACTIVITIES

### Global Akanda Bhajan at Sai Pushpanjali - World wide Sadhana for Redemption



*Members of the CMW District participated in Akanda Bhajan held at Sai Pushpanjali on 13<sup>th</sup> November '22 from 6 am to 6 pm.*

*Following the lighting of the lamp of love and Veda chanting, rendition of bhajans with love & devotion started off. 60 gents, 20 youth (gents), 115 mahilas and 20 youth (mahilas) participated in the program.*

*Their commitment was evident in ensuring perfect continuity of the bhajans at their allotted time slots. Nearly 150 members were present during Maha Mangala Aarthi.*

### Bhagawan's Birthday Celebrations at Sai Pushpanjali

*Bhagawan's 97<sup>th</sup> Birthday was celebrated at Sai Pushpanjali with devotional fervor and zest by the Members of CMW.*

*On 20<sup>th</sup> November '22, the untiring efforts of the three wings of CMW in organizing this function with perfect coordination were exemplary.*

*The Educational Wing of CMW steared by the DEC and her dedicated team of Gurus, as also the Members of the Saligramam Samithi ensured the effective participation of nearly 30 Balvikas children in the program. The rendition of the Bhajan Medley by the children, trained by Sri. Murali and the skit on Nandanar were highly appreciated.*

*The devotional songs by the Youth Mahilas were vibrant too.*

*Smt. Lalitha Srinivasan's speech on the significance of Bhagawan's Avatar and HIS teaching held the audience spell-bound.*

*A delicious colourful cake was cut on this occasion.*

*The role of all the Convenors in contributing to the success of this function has been significant too.*

*The support extended by Smt. Pushpa Santhanam and team in all fronts needs special mention.*

*Both District Spritual Coordinators (Mahilas & Gents) had been the prime movers behind this grand celebration - a joyous one.*





## DISTRICT - YOUTH WING ACTIVITIES

### 97 Bhajans by Youth



*Young Mahilas & Gents from the CMW Youth Wing offered 97 bhajans at Sai Pushpanjali on 27<sup>th</sup> November'22. The Bhajan session was vibrant - both in spirit and maintaining of the tempo consistently.*

*May Swami bless this band of youthful singers with many more such opportunities in the future.*

## DISTRICT - EDUCATIONAL WING ACTIVITIES

### Participation of Balvikas Children in National Narayana Seva (NNS)

*The initiative to involve Balvikas children in National Narayana Seva at Bharathi Nagar is in keeping with Bhagawan's contention that Anna Rasa is to be given to the underfed.*

*“Physical hunger must first be appeased by simple & pure Sathwik food” - Baba*

*The enthusiastic participation of the children in this Seva was a heartwarming experience to the beneficiaries as well. The young Sevadals in the making tasted the joy of serving & giving to the needy in the society.*

*Balvikas children from Valasaravakkam Samithi participated in the National Narayana Seva at Bharathi Nagar on the 20<sup>th</sup> of November'22. The children were enthusiastic & delighted to distribute the food packets as much as the recipients of the same.*



## DISTRICT - SERVICE WING ACTIVITIES

### **Delicious cakes baked with love, devotion & dedication at VTC**

*A team of 40 Mahilas worked for 10 days at a stretch from morning till evening to make these offerings of cakes for Swami's Birthday Celebrations possible at all HIS Altars beginning with HIS Divinely Abode, Sundaram.*

*On 20<sup>th</sup> November '22, four Birthday cakes were offered to Swami for our Chennai Metro West District Celebration.*

*Two Birthday cakes, towering ones, tastefully decorated, testifying to the enthusiasm of the Mahilas to strive for perfection in making this offering to our Beloved Bhagawan on this special day at Sundaram in addition to 4000 pieces of plum cakes for distribution.*

*The following Samithis availed the services of this Center in procuring cakes for Swami's Birthday Celebrations.*

*Nungambakkam - 2 cakes, Valasaravakkam - 2 cakes, KK Nagar - 1 cake, T. Nagar - 1 cake, Shenoy Nagar - 100 pieces of plum cakes.*

*The Center acknowledges with gratitude the support extended by CMW in this regard.*

*At every stage of this seemingly human process of making & baking cakes, the invisible Divine Hands did operate in a miraculous manner.*



## STATE - LED / NATIONAL INITIATIVES

### SPRITUAL WING ACTIVITIES

#### **Global Akanda Bhajan at Sundaram**

*Nearly 32 Members from CMW (23 Mahilas & 9 Gents) participated in the bhajan Utsav from 12 to 1 pm at Sundaram on 13<sup>th</sup> November '22.*

*Our District Balvikas children were blessed to sing 2 bhajans in the Divine Altar. Trained by their dedicated Gurus, their soulful rendering of bhajans were enthralling.*



#### **CMW Participation in Bhagawan's Birthday Celebrations at Sundaram**

*“The day when you resolve to practice my advice...is my Birthday for you”.*

*- Baba*

*Members of Chennai Metro West & Chennai Metro Northwest participated in the Birthday Celebrations of Bhagawan on 21<sup>st</sup> November '22 & performed Sahasranama Archana in the morning at Sundaram. 105 Mahilas and 30 Gents availed this spiritually elevating opportunity. The happy lot of devotees were also blessed to partake the prasadam (Narayana Seva) on this special occasion.*



*As part of the evening Celebrations, the Balvikas children of our CMW District were blessed to perform a cultural program in the Diving Abode. To begin with, the musical offering by 32 Balvikas children with perfect coordination to the accompaniments of six instruments, transported the gathering to dizzying heights of ecstasy by the devotional fervour engendered thereby.*

*Individual training was imparted to the children with total dedication by the Gurus. Compering by the Balvikas children were commendable.*

*Next followed the skit on the 5Ds scripted by a Senior Guru enabling an innovative presentation of ways & means to combat the worldly entanglements leading us astray. The performance of the children who enacted the skit was remarkable in as much as Swami's messages were conveyed with amazing clarity.*

*All the members from Chennai Metro West who took part in the evening Birthday Celebrations were immensely blessed by Bhagawan to visit HIS residence in Sundaram.*

*In short, it was a memorable evening in ways more than one for all including the parents of the Balvikas children. Blessings come our way thus - Salutations to Swami!*

## **STATE - LED / NATIONAL INITIATIVES**

### **Parthi Seva**

*The love for Swami and the faith in the form and fame of the Sri Sathya Sai Seva Organisation by the CMW members was amply reflected by their continued participation in Prasanthi Seva across 2022.*

*With the immense Blessings of our Beloved Bhagwan, we present the following table to our esteemed readers to gauge the kind of EVER-READINESS shown by the District members. Further, we are proud to inform you that the State Office and TN Trust Members appreciated Chennai Metro West not only for the quantity (Sevadals representation) but more importantly we earned their comments for the quality and approach adopted by all the CMW members during the entire 3 batches in October - November Seva period - ONLY TO PLEASE HIM.*

*Brother P. G.Venkataramanan of Ashok Nagar Samithi as a Sector Leader (Sai Kulwant Hall/ Mandir areas) by organising and coordinating as many as 80 sevadal members across TN with enthusiasm and without remarks, wins not only the heart of our Swami but also acknowledgement from the State Service Coordinator. Brother G.V.Sriram, erstwhile DSC, with a mind to engage himself in HIS SEVA lends his hand to the District during the PS period. Brother R. Mohan, Convenor of West Mambalam Samithi, as a Sector Leader handled entire seva operations at the General Hospital with aplomb.*

*The readers are well aware that as we are planning to celebrate our Most beloved Bhagwan's Centenary Birthdays Celebrations, 2025 in a grand manner we are hoping for Seva inclusiveness by reaching out to all the members across the District.*

## STATE - LED / NATIONAL INITIATIVES

### Parthi Seva

*Abstract of CMW members' Prasanthi Seva participation during the year 2022*

<i>Period</i>	<i>Dates</i>	<i>Sevadals allotted to our District</i>	<i>No. of Sevadals Participated</i>
<i>All India Seva Mar, 2022</i>	<i>20/3 - 31/3</i>	<i>2</i>	<i>9 (Gents)</i>
<i>May, 2022 (2 batches)</i>	<i>I Batch 30/4 - 8/5</i> <i>II Batch 8/5 - 15/5</i>	<i>35 per batch</i>	<i>18 (Gents), 22 (Mahilas)</i> <i>17 (Gents), 17 (Mahilas)</i>
<i>Jul, 2022 Guru Pournima</i>	<i>8/7 - 15/7</i>	<i>3</i>	<i>1 (Gents)</i>
<i>Oct, 2022 (3 batches)</i>	<i>I Batch 20/10 - 28/10</i> <i>II Batch 28/10 - 6/11</i> <i>III Batch 6/11 - 15/11</i>	<i>35 per batch</i>	<i>27 (Gents), 25 (Mahilas)</i> <i>29 (Gents), 28 (Mahilas)</i> <i>38 (Gents), 32 (Mahilas)</i>
<i>Global Akanda Bhajan, 2022 (2 days Special duty)</i>	<i>12th &amp; 13th Nov'2022</i>	<i>Special Bus organised from Sundaram</i>	<i>10 (Gents)</i>

## STATE - LED / NATIONAL INITIATIVES

### Seva during Global Akanda Bhajan at Parthi

*The readers ought to know that our Beloved Swami RESPONDS to our INTIMATE Prayers in HIS WAYS...*

*When many of the Members wanted to participate in the 10-days October'22 Prashanthi Seva but unable to do...for obvious reasons, our MERCIFUL LORD listened to their SEVA YEARNINGS by granting the October Seva deprived Members a chance to do a short and sweet SEVA during Global Akanda Bhajans on 12<sup>th</sup> & 13<sup>th</sup> November'22 (2-days).*

*Needless to mention that Seva minded 10 members from our CMW District soon after reaching Puttaparthi, gleefully rushed to the Seva points for the fulfillment of their intimate prayers. The State Office made elaborate arrangements viz., - transportation / food and accommodation for the peaceful Seva times of 35 participants across the Metro Region.*

### Seva at Sundaram during Bhagawan's Birthday

*By HIS Blessings, CMW was given an EXCLUSIVE FULL DAY Sadhana opportunity on 21<sup>st</sup> November'22, in connection with the week-long Swami's 97<sup>th</sup> Birthday Program. We are happy to mention that CMW Members from 3-wings (Spiritual, Educational, Seva & Youth) coordinated well enough to offer their best with a view NOT wanting to waste God-given Sadhana time at Sundaram. The day (21/11) started well, as one of the CMW members hoisted the Organization Divine Flag at 6.00 a.m and the beneficial day ended well with Spiritual satisfaction as said Flag was lowered in the twilight by CMW DP.*

*CMW deputed 5 Sevadal Members for the morning and evening sessions as we have also posted 2 Sevadal Members for the entire day to help Narayana Seva, information counter and other Seva works.*

### Prasadam Packing Seva, Guindy Abhisheka Seva & Sundaram Seva

<b>Date</b>	<b>Seva</b>	<b>No. of Mahilas Participated</b>
<b>19-Nov-22</b>	<b>Nagarsangeerthan Seva</b>	<b>1</b>
	<b>Laddu Seva</b>	<b>50</b>
<b>21-Nov-22</b>	<b>Sahasranama Archanai</b>	<b>12</b>
	<b>Balvikas Event</b>	<b>8</b>
<b>22-Nov-22</b>	<b>Prasadam Packing Seva</b>	<b>27</b>
<b>23-Nov-22</b>	<b>Birthday Seva - Morning</b>	<b>4</b>
	<b>Birthday Seva - Evening</b>	<b>65</b>
	<b>Guindy Abishega Seva</b>	<b>2</b>

## DIRECTIONS FROM THE DIVINE ON SEVA



*To isolate ourselves from society, to stand at a distance from society and to think that we are doing something great or something important is wrong. So first and foremost we must, to at least some extent, participate in service to society and thereby do good to our own country and its future by introducing and infusing sacred ideals into our thoughts - this should be recognised by the Sathya Sai Sevalal as their primary duty. Without taking part and participating in service, even if you do different kinds of Sadhana, you are not going to get any benefit out of it.*

*Jai Sai Ram*