



SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

February 2023



NEW OFFICE BEARERS



Sri. K. Parasuraman, an Active Member of Rangarajapuram samithi, has been nominated as the Sri Sathya Sai Skill Development Coordinator for Chennai Metro West. He hails from a family of Sai Devotees both in the maternal & paternal side, an alumnus of Sri Sathya Sai Balvikas, served in the youth wing of our Organization.

He is a Post graduate in Management and is the Director of Samriddhi Leadership Academy Pvt. Ltd. Currently he undertakes to impart Softskills and Behavioural Skills training and is a motivational speaker.

INFORMATION BOARD

Information Board

Periodicity	Spiritual Wing	Educational Wing	Seva Wing	Youth Wing
Daily			National Narayana Seva (NNS) (min.of 65 food packets)	
Weekly	** Bhajans (Sundays)	Balvikas classes. Participation of Balvikas children in NNS on Sundays. *** Grp-3 Gurus Intensive Training	Guindy Shirdi Sai Mandir Seva (Thursdays) Sundaram Seva (Mondays)	Participating in Samithi activities & District-led initiatives in all the three wings
Bi-Monthly	** Pradosha Pooja	*** Grp-1 Gurus Training	Pradosha Pooja Seva Grama Seva	Pradosha Pooja Seva
Monthly	Mass Veda Chanting by Mahilas (3rd Thursday)	** Bhajans (4th Sunday) *** Prema Pravaham	Mobile Medical Camp (2nd Sunday)	** Bhajans (1st Sunday)

**** All these activities are conducted at Sai Pushpanjali. *** Conducted Online.**

Prashanthi 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

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

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)**

SAMITHIS ACTIVITIES

MAHA SHIVARATRI CELEBRATIONS



Bharathidasan Colony Samithi

The Educational Wing of BDS Colony Samithi celebrated Maha Shivaratri with the young devotees of Sai Shiva - Balvikas children. Bilva Abhishekam was performed to the Lingams brought by the Balvikas children, chanting Rudram and Shivopasana Mantra. It was heartening to note that 25 Balvikas children and 4 parents participated in this program.

T Nagar Samithi

A special bhajan session started with Rudram chanting followed by Ashtothram and Pradosha Kala Darshan Sloka chanting.

Chanting of Lingashtakam was done after the offering of special bhajans on Lord Shiva by the Members and Balvikas children. Prasadam were distributed on this occasion and the function was attended by nearly 80 people including Balvikas children.

Maha Shivaratri Celebrations of the Samithi was extended to the subsequent day with a Nagar Sankirtan held in the morning.

Valasaravakkam Samithi

Maha Shivaratri was celebrated at the Samithi with Rudram chanting, hour-long special bhajans and concluded with Maha Mangala Aarthi.

West Mambalam Samithi

Special bhajans were held at West Mambalam Samithi in connection with Maha Shivaratri Celebrations, following Vedam and Ashtothram from 6 p.m to 8.30 p.m. The session concluded with the distribution of Maha Prasadam.

SAMITHIS ACTIVITIES

Sai Bhajans by Ashok Nagar Samithi



On 17th Feb'23, the first bhajan session by nearly 20 Mahilas and Gents of Ashok Nagar Samithi including Non-Members, was held at Sri Sarvapriya Mahaganapathy Temple at Ashok Nagar 7th Avenue. This bhajan session will be held on third Friday of every month on a regular basis.

Distribution of Sai Diploma Certificates by KK Nagar Samithi

With the Grace of our Beloved Bhagawan, 14 students (2020 & 2021 batch) received their Diploma Certificates in Sri Sathya Sai Education on 5th Feb'23.

The Chief Guest of the function Smt. Sai Priya, DEC, CMW gave away the certificates and delivered an inspiring and motivational talk.

The Convenor of this Samithi also addressed the students.

Kudos to the Past Balvikas children for organizing this program.



Provisions distributed to the needy by Nungambakkam Samithi



On 13th Feb'23, Members of the Nungambakkam Samithi distributed rice and provisions to 5 Gents and Mahilas who assist in conducting Samithi programs.

Blessings from Bhagawan to those who serve in HIS portals...

SAMITHIS ACTIVITIES

Visit to an old age home by Rangarajapuram Samithi



Members of the Rangarajapuram Samithi visited an old age home at Pallavaram, for which they had been providing vegetables for almost two decades since 1995 on a daily basis (all 365 days). They had a Bhajan session and later interacted with the inmates of the home. It was a heartwarming experience for the Members and the aged people in the home.

Helping out the needy at School T. Nagar Samithi

Expand your sympathies, serve others who stand in need - Baba

Members of the T. Nagar Samithi handed over Sai Protein powder (1.5 kgs) and jaggery 1 kg to the Head Mistress of RKM Sharadha School, T. Nagar to be used children's morning breakfast. The Samithi also distributed 30 Hygiene kits (20 students and 10 needy parents). A bhajan session was conducted followed by a talk on health and hygiene by our District Mahila Sevadals to create awareness with the participants.



97 Bhajans by UI Colony Samithi



On 26th of this month, UI Colony conducted blissful Sai bhajans attended by 40 Members and 12 Balvikas children.

SAMITHIS ACTIVITIES

Headstart - Empowering the Students with Soft Skills and Software Basics by Vadapalani Samithi



Students from Vadapalani Matriculation Higher Secondary School from classes 8 and 9 are blessed to participate in a pilot project for developing their soft skills and software basics - coding C-Sharp and Python.

Members of Vadapalani Samithi have embarked on a unique pilot program for Vadapalani Matriculation Higher Secondary School. This novel program comprises of teaching both Soft Skills & Software Languages to class 8 and 9 students as envisaged by the School Management.

The following aspects of developing management skills are taught for a couple of hours in the weekend.

- 1. Effective Communication & Presentation Skills*
- 2. How to organize oneself*
- 3. Time Management*
- 4. Problem Solving & Analytical Abilities*
- 5. Teamwork & being a team player*
- 6. How to Learn Effectively and Improve Knowledge*
- 7. How to face exams & come out successfully*
- 8. Managing Stress*

Software Language Modules taught include C Sharp & Python both theory and practicals by qualified professionals from Infosys, HCL & Zoho etc with the objective of empowering the students for a bright future.

This course is planned to be conducted for nearly 12 to 16 weeks and is bound to benefit in myriad ways more so in the present computer age.

DISTRICT - SPIRITUAL WING ACTIVITIES

Veda Meet



All Dharmas and Virtues sprung from the Veda. We have to restore them in the interest of Humanity itself -Baba

With Bhagawan's Blessings, CMW conducted Veda Meet on 4th Feb'23 at Sai Pushpanjali.

Sri. Veda Srinivasan spoke about Mantra Pushpam. The paramount significance of Sri Rudram was elucidated in detail by Smt. Lalitha Srinivasan and finally Smt. Vasantha

briefed about the Durga Suktam and Rudramayam projects.

It was a golden opportunity to learn and understand the essence of the Vedas. Nearly 100 Members attended this Meet.

Maha Shivaratri Celebrations at Sai Pushpanjali

Maha Shivaratri was celebrated by Chennai Metro West with bhajans throughout the night of 18th Feb'23 at Sai Pushpanjali. The program started with Pradosha Kala pooja from 4.00 pm which was followed by the chanting of Lingashtakam by the Balavikas children.



The Maha Shivaratri session started at 6.00 pm by soulful rendition of bhajans by the Balvikas children after the lighting of the Divine lamp. The entire session was nicely programed by the fair participation of all the 17 Samithis of the District and as usual Youth Members of the District gave the necessary energy during the middle and at the concluding sessions. Maha Mangala Aarthi was offered to our beloved Bhagawan. The 12 hour bhajan session was attended by more than 277 Members and 35 Balvikas children in the District. Sai Prasadam was distributed to the devotees and they received Bhagawan's Blessings.

DISTRICT - EDUCATIONAL WING ACTIVITIES

Balvikas Gurus Group-3 Intensive Training by CMW

By the Grace of our Beloved Bhagawan, the Educational Wing of CMW has been blessed to conduct Intensive Training for Balvikas Gurus on Group-3 syllabus.

The training program was formally inaugurated virtually on 16th Feb'23. This session was addressed by the State Presidents - North & South and the State Educational Coordinators - North & South. Around 200 Gurus attended this session.

This program hosted by the Educational wing of CMW will be attended by Balvikas Gurus across the State of Tamilnadu beginning from 2nd Mar'23 to 22nd Nov'23.



The phenomenal success of a similar training conducted by CMW Balvikas Fraternity in 2020 has now fueled the move to hold this training session for the second time.

PARTICIPATION OF BALVIKAS CHILDREN IN NNS

Saidapet Samithi

17 Balvikas children of Saidapet Samithi were blessed to take part in the National Narayana Seva (NNS) on 12th Feb'23. The enthusiastic participation of the children in this service 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.



Krishnapuram Samithi

Balvikas children from Krishnapuram Samithi participated in the National Narayana Seva (NNS) at Bharathi Nagar on the 5th Feb'23.

The children were enthusiastic & delighted to distribute the food packets as much as the recipients of the same.

DISTRICT - SERVICE WING ACTIVITIES

Thanks Giving Function by the Management of Little Flower Convent (LFC)

With a view to honour and appreciate the services rendered by the CMW Mahilas, a function was organized by the Little Flower Convent Higher Secondary School on 10th Feb'23.

The program commenced with a prayer song by the students. The School management honoured scribes Ms. Sumithra from Bharathidasan Colony representing the scribes and Smt. Mangalam from Nesapakkam representing the scribe group for reading. Smt. Shanthi of Nungambakkam Samithi thanked the Management and staff of LFC for the opportunity given to our Organization.



Madam Perphin, Principal, acknowledged with gratitude the role of SSSSO in sending scribes for all the terminal examinations. She invoked the Lord to bless the Mahilas rendering this noble service.

The students then performed group dance, showcasing their talents. Following the vote of thanks, tea and snacks were served. A unique Seva that is so fulfilling...May Swami bless us to lend a helping hand to the differently abled.

Distribution of Amrutha Kalasam and Medical Needs



With the Divine Grace, the District organized a unique Seva activity on 15th Feb'2023 at Shri Someshwara Sai Temple, Guduvanchery, by distributing Amrutha kalasam (essential provisions) and Medical needs to those 45 families who is undergoing spinal cord treatment.

We are happy to share that 9 Members including 1 Balvikas children and 1 youth participated in the Seva activity interestingly.

CLICK ON THE LINK TO VIEW THE PHOTOS: <https://tinyurl.com/4n48usbh>

STATE - LED / NATIONAL INITIATIVES

SPRITUAL WING ACTIVITIES

Maha Shivaratri Bhajans at Sundaram

Members of CMW nearly 23 Mahilas and 26 Gents participated in the special bhajans at Sundaram on Maha Shivaratri with enthusiasm availing this yearly unique opportunity.



Vilakku Pooja by Mahilas



On Friday, the 10th Feb'23, in the auspicious month of Thai, Vilakku Pooja was performed by the Mahilas in the morning. While some Samithis conducted the Pooja in their respective premises, a sizeable number of them performed the same at their homes. This initiative has been taken by the State in line with our tradition.

STATE - LED / NATIONAL INITIATIVES

SPIRITUAL WING ACTIVITIES

Sadhana Shibir for Mahilas



Mahilas Sadhana Shibir was organized at the National Level by the SSSSO, India for 3 days (24th to 26th Feb'23) at Prashanthi Nilayam. On the first day, Mahilas from Tamilnadu offered a theme song in the morning session. Dr. Neeta Khanna, National Mahila Coordinator (NMC), Spiritual Wing delivered the welcome address.



In the evening session, there was a music program by Mahilas of Tamilnadu followed by bhajans by Sundaram Mahila Group.

The highlight of the next day's morning session was the Gratitude Program and the day concluded by an interesting discussion on the topic "Swami's mandate to women" by a select panel.

A procession by the Mahila delegates was the highlight of the final day as they took a pledge led by Smt. Kamala Pandya (NMC, Educational Wing) followed by the Mahila attendees and the session ended by the keynote address by the All India President.

Smt. Sai Priya (District Education Coordinator, CMW) was blessed to address the gathering on the topic "The role of Mahilas in strengthening the Samithis" as the core of the Organization and the commitment to the principle of back to basics and Smt. Vimala Ramesh, a Senior Balvikas Guru of our District spoke on the topic "Sri Sathya Sai Balvikas - Genesis, Progression and Expansion".

It was a spectacular meet with participation by Mahilas from all over the country in different programs conforming to the lofty norms enunciated by our Bhagawan.

Around 10 Mahilas from CMW participated in this Shibir and played an active role in the proceedings.

STATE - LED / NATIONAL INITIATIVES

EDUCATIONAL & YOUTH WING ACTIVITIES

42nd Sundaram Anniversary Day Celebrations



A Quiz competition was conducted at Sundaram on 21st Jan'23. Smt.Vimala Ramesh, a Senior Balvilas Guru from our District, who is a part of the Radio Sai Team conducted the quiz along with SEC Smt. Uttara Raghunathan. A Balvikas children from CMW participated in this contest.

Life is a Game, Play it - The program revolved around this dictum of Bhagawan. Quiz time serves as a catalyst for the young minds to respond readily on matters relating to our dear Swami.

CLICK ON THE LINK TO VIEW THE VIDEO: <https://tinyurl.com/35uav6ue>

Balvikas Children chant Veda at Sundaram

Sundaram Hall reverberated with the Vedic chants of our young Balvikas girls (20 children) on 12th Feb'23 followed by the Balvikas boys (23 children) as well on 19th Feb'23. The children participated in the chanting enthusiastically and their chanting testified to the vigorous practice given by the Balvikas Gurus.



National Leadership Program (NLP)



Sri. S. Arun (District Youth Bhajan Coordinator) from Saidapet Samithi and Smt. S. Hemamalini from K. K. Nagar Samithi have been selected for NLP by HIS Grace. May this National Initiative equip them to render years of fruitful service under HIS Guidance.



STATE - LED / NATIONAL INITIATIVES

SERVICE WING ACTIVITIES

Seva opportunity at Vadapalani Temple

Impressed by our extensive hours of volunteer service during peak festival occasions in line with the principles taught by our Beloved Bhagawan, the Vadapalani Temple Authorities have sent a blanket permission to HIS ORGANIZATION to render Seva at the famous Lord Murugan Temple, Vadapalani.

In the recently published CMW Annual Program-2023, we have carefully drafted all the Sai Seva Activities under 3-wings (Spiritual, Educational and Seva) as we have also included important festivals of Vadapalani Temple to match the trust of the Temple

Executives in our SSSSO for the discipline/purity of love/joy of seva/self-less service without any trace of motive. Thus, we are ensuring the regularity and prominence of CMW in the Vadapalani Celebrations by not slipping any of the Seva opportunities at Vadapalani Temple - Extension of CMW District seva happening Centre.

Thus, our loving CMW SEVADAL TEAM seized the VERY first seva opportunity of the NEW YEAR 2023 to begin from Vadapalani Temple. The spiritually and emotionally charged OUTDOOR WARRIORS (Sri Sathya Sai Sevadals from CMW) offered their best by controlling & assisting the general public/guiding the devotees for their peaceful darshan of Lord Muruga.

In line with the ALL-TIME SEVA INVITATION from the Vadapalani Temple Executives, we are happy to list-out the following Seva activities that were done in the month of February.

THAIPUSAM on 4/2/2023

On the auspicious Full Moon Day, we were bestowed to serve HIM by allotting a good amount of sevadals (Gents & Mahilas) for both the sessions of the Holy Day. An estimated 15 Gents and 10 Mahila members participated on the day as they overcame many of the demanding situations effortlessly, yet found time to volunteer for helping many of the physically challenged devotees; right from the Temple entrance gate to sanctum sanctorum...Our conduct is HIS MESSAGE

MAHASHIVARATHRI on 18/2/2023

As is our wont, the ever-keen CMW sevadals prepared well for night-long Seva at Vadapalani as they impressed one and all by way of distributing Divine Prasadam/ guiding the public & devotees during pujas/ serenity around the temple, from 8 pm to next morning 6 am.



STATE - LED / NATIONAL INITIATIVES

SERVICE WING ACTIVITIES

Inauguration of Grama Seva at Chinnavannan Kuppam near Periapalayam

With the profound Grace of our Beloved Bhagawan, on 26th Feb'23 we have launched Grama Seva at the above village situated 50 kms away from Chennai city limits.

After the initial round of discussions with our State Leaders and internal deliberations with our CMW Samithi Convenors, it was proposed to conduct Balvikas classes in the first and third Sundays between 9.30 am & 11.30 am.



The newly selected SSSVIP Co-ordinator brother Kumaresan from Nungambakkam Samithi will co-ordinate with the village men on focus areas viz., classes for young kids and youth/Skill development classes and personality improvement sessions for the local youth boys and girls. Brother Ravi Rangaswamyee of Vadapalani Samithi will create awareness about various Govt. Schemes in the village to benefit village men.

Snippets of the inaugural function -

- CMW created confidence in the minds of various segments in the village and instilled faith in the village youth that Sai Organization has adopted their village to enrich them steadily.*
- A day before the inauguration day, we have tied festoons and installed flexi-banners across the entire village carrying Swami's Message and created festival atmosphere and mood.*
- More than 50 members from the District attended the well marked function also witnessed the gleeful participation of local population numbering 150.*
- The function commenced by Veda chants and soulful Sai Bhajans. Many were able to sense and connect to the presence of SWAMI during the day of proceeding.*
- CMW DP- Brother Venkatesh Prakasam welcomed the gathering and conducted the entire session by suitable commentaries in between.*
- The joyful participation encouraged Chief Guest Sri. Sarveshwaran, State Service Co-ordinator to exchange a lot about Grama Seva and more specifically VILLAGES ADOPTED BY SRI SATHYA SAI SEVA ORGANIZATIONS.*
- An interactive session was held between the local village men and SSSVIP Coordinator and senior devotees in the District.*
- District Service Coordinator (Gents) Shri. R. Ravi gave a vote of thanks and the function ended after offering Maha Mangala Aarthi to our Mother Sai.*
- A Balvikas session was conducted by experienced Gurus of our District and the village children participated enthusiastically in the session.*
- Narayana Seva to more than 600 participants, planting of tree saplings, Vastra Dhanam, distribution of Sai protein packets and basic medical screening etc. were some of the highlights for the day.*
- The successful launch of the program has many forefathers notably CMW Samithi Convenors and Members, ably supported by dynamic CMW Youth members.*
- To Summarize, CMW has created SAI IMPACT in the village and we pray our Bhagawan for the continued success of Grama Seva.*

CLICK ON THE LINK TO VIEW THE PHOTOS: <https://tinyurl.com/2s34jmja>

STATE - LED / NATIONAL INITIATIVES

SERVICE WING ACTIVITIES

Sri Ananthapadmanabha Temple on Vaikunta Ekadasi

The meritorious SRI SATHYA SAI SEVADALS who consciously trying to follow HIS FOOTPRINTS by their Seva performances at different Temple destinations, earned one more opportunity to serve HIM at Ananthapadmanabha Temple on the Holy Vaikunta Ekadasi Day.

In a well planned State program inviting Chennai Districts for the Day-long Seva in and around the Temple viz., - crowd control, prasadam distribution, cleaning the premises etc., we are happy to inform that our CMW was also allotted Seva time between 2.00 to 6.00 p.m.

DSC Gents led an estimated 9 sevadal members for the common duty, who could able to handle important Seva points and Sundaram Bhajan session, contributing much to the State Team in the said 4 hours.

42nd Anniversary Celebrations of Sundaram

We are happy to mention the joyful participation of CMW Members' (Mahilas and Gents) in the Anniversary Day Celebrations held at "SUNDARAM" - Swami's Chennai Abode.

On 22nd Jan'23, our CMW members' used their God-given skills and spiritual understanding by helping the Pooja team, Sevas at the food counter, prasadam distribution, crowd control and premises cleaning during the course of the celebration.

HE guards our participation to bless us profusely, as HE enjoys our physical Sevas to uplift us spiritually.

DIRECTIONS FROM THE DIVINE ON SEVA



If you lift the hand to serve, to help, to console, to encourage another man you are lifting it for God, because in every man is God.

Be of service to others, for that is giving yourself to Me. For whatever you give, I will repay you thrice, Nay I shall repay you ten-fold. Try Me and you will see. I say to those who know the joy of giving, look back! Yes, look back and see how each time you felt that nothing but a miracle could save you, keep you alive, fill your larder, save your son, stop a disaster - has not that miracle happened? Divine guidance is always at the side of the giver. Yes, I will give to those who give of themselves, untold Joy and Bliss; and what is more, I will lead them by the hand along those petal-strewn paths of Eternal Joy.

Every deed performed, do it in My Name. Every person who passes near your path give them the sweetness of your smile. Give freely of the nectar of your cup of happiness, of kindness, of Blissfulness. Give the warmth of your love. Extend your hand as I extend Mine to you.

Jai Sai Ram

WE WELCOME YOUR FEEDBACK & SUGGESTIONS / EMAIL- saibrinda.cmw@gmail.com