



SAI BRINDA

Spreading the Divine Fragrance



E-newsletter from Chennai Metro West

May 2023



GUEST COLUMN

Sri. Rajagopal R

Sri. Rajagopal R, State Spiritual Coordinator (TN-North) is a Swami's student and alumnus of Prashanthi Nilayam. He has a deep Sai root as he hails from ardent family background. He encourages the young Bhajan singers and inspires the spiritual wing across the State by his motivational talks.



*"Mookam karothi vaachaalam
pangum langhayate girim
Yat kripa tham aham vande
paramaananda Maadhavam"*

"I salute that supreme Madhava, by whose mercy the dumb becomes the most eloquent and the lame are able to cross over the mountains."

- Jai Sairam!

"I salute that supreme Madhava, by whose mercy the dumb becomes the most eloquent and the lame are able to cross over the mountains."

The above sloka is the life story of many caterpillars that metamorphosed to beautiful butterflies, ugly ducklings that were transformed to Royal Swans and that of street dogs becoming 'Street Lamps' (as lovingly mentioned by our beloved Swami in HIS last interview to me as a Sai Student) by the Divine Alchemist - our Swami. HE is the alchemist in whose hands, not just any metal or rock, but even garbage turns into gold.

As the glory of our Lord cannot be penned down even with the whole Earth as the paper and the oceans as ink, I would just narrate a few incidents in my life that are but micro droplets of HIS Mercy, Compassion, Love and Glory.

Our family came into Swami's fold in the early 1970s and as is the custom in a Sai family, I and my sister were sent to Balvikas classes and we grew up nicely as Balvikas students. Mine was 'Love at first sight' with Swami, when we had a Divine Dharshan of Swami during our stay in Salem.

As a family we prayed together and attended various Sai Satsangs and were progressing steadily in Sai spirituality and I was also growing comfortably to the liking of my parents. But, that was when fate did a jig with me. When we moved to Madras on my father's Office transfer, my bad association in my school days set a lot of bad trends in me to the discomfort of my parents. Though, I was engaged in abhorrent behaviour, still my love for Swami was not lost (Our beloved Swami said that "Once you come to me, I shall never leave you go, though you may try to leave me")

Inspite of my life filled with unpalatable activities from Monday to Fridays, I was a regular Balvikas attendee held on Saturdays and was a regular participant in most of the Seva activities!!!!. Interestingly, on Sundays I was also attending Bhajan Sessions at Sundaram. Similar to the storylines of 'Dr.Jekyll and Mr.Hyde', to say the least.

GUEST COLUMN Cont.

Ever since the darshan of the Lord Supreme, we as a family had the habit of visiting Prasanthi Nilayam at least once in a year, to seek HIS Dharshan. As a youngster with loadful of flaws, I was dumbstruck to watch the joyful conversations between Swamy and HIS students. The deep love and compassion for Swami that ensured the necessary freedom and confidence in HIS students, impressed me a lot to an extent that I was yearning to become one of HIS students!!!!. I used to stand in front of a mirror wearing white dress rehearsing myself to become Swami's student. Each passing day, the SAI fire in me was engulfing me so much that my innermost love for Swami was also peaking steadily, yet I was not attempting to give up my bad company!!!

After the State Board 10th Grade Public Examination, confidentially I applied for 11th Grade Swami's School securing admission and I did not care to send my application to any other Schools. Do or die situation, either continue my higher education in HIS Schools or to remain as an 11th Grade School drop-out...

We went to Prasanthi Nilayam and decided to remain in Puttaparthi, till my admission. In between the Dharshan times, I was nervous of my selection as my mind quickly analysed the pluses and minuses in me. The mind in me admitted that I had no good conduct, poor skills, low talents and bad academics and the person in me suggested to me that my aims of becoming HIS student would become a heavy flop. I was heavily banking upon the grant of Swami's motherly compassion and grace for my love to Swami and prayers to HIM. In one of the Dharshan sessions by HIS Sankalpa, the wavering mind in me settled to a thought that the admission in HIS School could be made easily possible, by winning HIS GRACE alone.

But, the big question mark was how to win HIS GRACE? My inner heart said that I have to atone for my sins seriously and at the same time make serious attempts to gain entry into HIS Heart by the power of your sincere prayers. I wrote a letter to Swami saying that of course I was the most despicable creature to be found in HIS creation, yet I had no refuge other than HIM. I prostrated at HIS Feet confessing that my studentship in HIS School alone would transform me into a better person to HIS liking.

As for atoning the countless sins in my life, I thought I should seize Seva opportunities in Prashanti Nilayam. Fortunately, I was given the chance to do toilet cleaning Seva near the Ganesh shed. The Seva regime was interesting as we woke up early in the morning to clean the toilets, then take bath to rush for HIS Darshan. The same was followed for the evening session also and before taking our dinner, we were happy to clean the toilets one more time. By Swami's grace, I was fortunate to have HIS darshan sitting in the First row, first person carrying a handwritten love letter addressed to HIM anticipating HIS acceptance. My conviction was that if the letter was received by Swami, I was secured of my 11th Grade admission in HIS School.

The letter was held by me for more than 25 days, waiting for HIS nod. Swami was reaching the person sat next to me and would be looking thru' me. The wait game was too much for me to comprehend as HIS leelas are beyond human miniscule understanding. It pained me so deeply that during every Darshan, I was terribly crying out to Swami. But, all in vain!

With that, I wrote the entrance examination nervously and fared very poorly in the interviews that followed the written tests. The same evening, I sat in the first row tears streaming all over my cheeks with suppressed sobs waiting for HIS darshan.

GUEST COLUMN Cont.

When Swami came gliding by; my heart was in my mouth as I extended my hand desperately to Swami with the age-old letter with sticking plasters for the torn at the ends. My heart skipped a beat or two and remained motionless as Swami came straight to me and took the letter from me in HIS right index and middle fingers (later on someone indicated to me that my bad KARMAS were cut-off by HIM by scissor like receipt). Instantly, I was relieved and my heart felt that I would get admission in HIS school.

Next day, my name was found in the very second line, indicating that I was the Second rank-holder. I trembled and fainted with joy..

I wish to recollect that the entrance examinations were conducted for English and Mathematics. Few days before the entrance examination, Swami instructed the School to conduct the tests only for English subjects. All Knowing Swami would be knowing my predicaments in Mathematics subject. Had there been a Maths paper required for selection, I would have surely failed... Looking back, presume our Dear Lord would have scrapped mathematics for the sake of poor soul like me.

New environment, fresh air, same body and mind in me..The beauty of Prasanthi Nilayam is TRANSFORMATION..I was transforming regularly and at rapid speed also. The atmosphere and the good company influenced me a lot. My bad thoughts got clipped one by one, soothing words began and my actions were becoming more decent.

Let me share a few of my personal Sai Student Moments with Swami -

On the eve of Swami's 59th Birthdays celebrations in 1984, we wanted to stage an acrobatic show for HIM. I was a part of the Team. During morning practice session, a student suddenly came running from the Mandir saying that Swami was calling Rajagopal from Madras. I thought it was a case of mistaken identity and Swami must have called Rajkumar Jain (Form boy) and not me. Still, I was hurrying myself after the ablutions to the call of my Master.

By the time we reached, Swami had taken all the devotees inside the interview room and closed the door. The warden (Mr.B.N.Narasimhamurthy then) told us - "Hard luck boys! Once Swami closes the interview room he doesn't open it". Before he could complete the sentence, to our surprise the interview room door opened. Swami called out "Hey! Madras Rowdy! Come in". Without hesitation, I rushed in and was seated on HIS right side and HIS left side was already occupied by another student. I was in total awe! Swami gave both of us a private audience. After HIS initial inquiries about hostel/food/studies etc. HE warned the other student for his bad behaviour at home. Obviously, his eyes were filled with tears. Then Swami patted him and consoled him. As I was nervously witnessing the scenes, Swami started "CHEE! What sort of human being you are!", and as Swami continued, I realised how low I had fallen! I couldn't look at Swami's face as I bent my head down and poured a bountiful of tears to fall on Swami's Lotus feet. Suddenly, an orange sleeved hand appeared under my face, and Swami put HIS fingertips under my chin and lifted my face up. I was taken aback, because Swami was leaning so close to me as I could view the reflection of myself in the pupils of HIS eyes. Then Swami said "Past is past. Future is not in your hands. Live the present in a wholesome manner."

GUEST COLUMN Cont.

Then the Lord did something, which I never expected; he stretched HIS rosy palm of HIS right hand and told me, "Promise me that you won't ever step into that path again!" I lifted my hand thinking what if I broke the promise submitted to the Lord of the Universe. As I was beginning to lift my hand, in a trice the Lord HIMSELF suddenly pressed my hand on HIS left hand and quipped "See! You promised!" and flashed a smile as pure as that of an infant!

The "Promise to Swami" still guards me against worldly temptations and the 'two rosy orange sleeved hands' protect me from succumbing to other earthly pursuits. promise stood me in great stead during my later years as the temptations of the world weSuch is the power of the Divine Alchemist!

By Swami's grace, I showed keen interest in playing tabla and fine-tuned my passion to become a part of Prasanthi Mandir Bhajan Group. One day, when I was playing the tabla I had forgotten to open the cap of Ponds powder tin (powder is being used by the tabla-players to prevent sweating of the palms and for lubrication of movement) When I opened the powder tin lid, to my horror, the cap shot up like a bullet upwards and was descending on Swami's head! My heart was in my mouth! Swami was sitting with HIS eyes closed! But, unbelievably the cap changed its trajectory and made an impossible outward curve and fell on the left side of HIS footstool! After the end of Bhajan and Aarthi to Swami, before leaving the Hall, Swami saw the cap and looked at me mischievously, stepped over the cap and went on to the interview room! The incident reminded me that our Mother Sai was ALL KNOWING - Omnipresent, Omnipotent and Omniscient - controlling the movement of the animate and inanimate.

In the year 1989-90, Swami wanted to hold a 'Kavi Sammelan' (poems praising the Lord) programme to be staged exclusively by HIS students. We, the eagerful students, collected popular poems written by great poets in various languages and presented the same to Swami. Swami saw our presentation at least 3 to 4 times and also gave HIS approval. But, on the morning of the programme, Swami sent us a word not to present someone else's poem, instead HE expected the efforts of HIS students in composing poems to give proper meaning of the Programme. The Command of the Lord spurred us sufficiently as we all sat with a pen and paper and our mind was fixed on HIM, writing poetry. We were able to pen our thoughts in poem form within 60 minutes. Almost ten boys including me had our first-time real experience in composing our own poetry. I am happy to share that I was able to write a poem in 10 minutes!! tuning took another 10 minutes for the humble offering in front of HIM at Poornachandra Auditorium, attended by more than 1000 participants. After the end of the programme, Swami came on stage and gifted each of us with a shawl. It was made possible by HIS Grace, on the lines of Lord Krishna's message to Arjuna - "Nimittamaatram Bhava Savyasaachin".

In one of HIS Discourses on Bhagavath Geetha in the year 1984, Swami exhorted us that "It is not enough that you say you love God - God must say that you are HIS". That message sank in my heart as I was looking at every single opportunity to please HIM viz., singing well in the Bhajan sessions, playing instruments nicely, excelling in gymnastics, yoga and sports, learning to dance bhangra, sometimes even forgetting food and ignoring sleep or doing something noteworthy to draw the attention of the devotees to hold HIS boys in good esteem.

GUEST COLUMN Cont.

My intention was that HE should see me in every other programme conducted at Prasanthi Nilayam to say that 'I am HIS'. I was overly obsessed, to say the least.

Though HE saw me in every other programme, still what I wanted from Dear Lord didn't fructify - HE did not say that I was HIS.

Though, Swami tests you thoroughly to the hilt, yet you can win HIS Heart by your patience and perseverance. My day came in January, 1990 on the eve of Annual Sports Day.

In order to draw HIS appreciation, I volunteered to perform a back somersault from a moving motorbike. Many of us would not opt for high-risk adventurism and for fatal injuries. I was stern that I should perform in front of Swami to fulfil my ambition to earn the remarks from swami that - 'I am HIS'.

Even at the last moment of staging somersaults, one of the students backtracked saying "Rajagopal, I don't think I can do this. You do it". With heavy prayers in mind also carrying HIS remarks I moved to the edge of the plank and I looked at Swami to ensure that HE was watching. When the motor bike came, I simply shouted "Jai Sai Ram" and leapt. It was a satisfactory 10/10. As soon as I landed on the ground, I just looked at Swami waiting for HIS approval. To my dismay, Swami was in a deep conversation with a VIP and I thought Swami ignored me again as I considered all my 'stunt act' was in vain

My heart sank when Swami ignored my performance, since I was completing my final year in HIS Institution and that was my last chance to achieve my well nurtured aim - 'I am HIS'. I was so upset with HIM that I didn't even bother to look at HIS face in the photograph session as I preferred standing at a distance from Swami! I skipped lunch.

After the evening darshan, I was just walking alone on the terrace not wanting to look at anyone. I was crying, pleading out to HIM "Why Swami, why? This is my last chance and you have ruined it! You know that I was doing all these activities to please you only, isn't it? Then why did you ignore me even in my last opportunity?"

Just then, one of the brothers attending Swami on the stage, who was also walking on the terrace came to me and said "Rajagopal brother, you are the luckiest one today". I didn't understand the sudden conversation. I retorted at him "Why?". He said coolly, "When your stunt act was done, immediately Swami asked the VIP, "How was the stunt?". The VIP exclaimed "Amazing Swami!". Then, Swami proudly remarked thus - "Vaadu evvadu thelesa? Naavadu!" (You know who that Boy is? He is MY Boy!)

I felt like slapping myself! We are so engrossed in what we are doing and we are so centered only in our selfishness that we miss out God's message altogether! I ran to the ground, lay down on the stage at the very place where Swami sat and cried my heart out to HIM, to pardon me.

I learnt that HE is not impressed in what you do or deem to do; the Dear Lord is very easily moved by the feeling of your acts you undertake and by your intentions (bhava).

GUEST COLUMN Cont.

Then came the time for me to leave the portals of the Sacred Institution! I was blessed by Swami by a personal interview. At the end of the interview, the Lord said, “Do you remember how you came here? You came here as a street dog. I have made you a street lamp. Now Go! Whatever is given to you is to be shared with everyone with humility and devotion. Swami is always with you.” With these magical words ringing in my ears, I left the Holy Abode of the Lord.

I visited Prasanthi Nilayam many times, till the Lord was there in the physical form. Even after, HE left HIS physical frame I am being constantly reminded that I should not confine HIM to HIS five-feet structure, but to act as a STREET LAMP spreading HIS Mission to the best of my efforts and understanding.

As a Sai Student (HIS property), I am confident of my success in my attempts purely by HIS unfathomable Grace, Compassion and Mercy - for HE is the Lord who looks for an excuse to grant rather than to withhold.



JAI SAI RAM

NEW OFFICE BEARERS



Smt. Vasuki Ramaiyan from Nungambakkam Samithi, has been nominated as the CMW District Sri Sathya Sai Vidya Jothi (SSSVJ) Coordinator.

Smt. Vasuki has been associated since 1966 and has been in the Sri Sathya Sai fold. She is presently Education Coordinator in Nungambakkam Samithi and a Balvikas Guru. She is currently practicing Sai Vibrionics, an alternative healing therapy blessed by Bhagwan since November 2021. She worked as an Officer-Admin with The Institution of Engineers (India) and retired in 2014

Sri. Ramasubramanian P.S has been appointed as Convenor for Virugambakkam Samithi with effect from 6th May'2023.

Sri. Ramasubramanian retired from a senior position from L&T.

During his service in L&T, he was associated with various Sri Satya Sai projects including Sai Ganga, Tirupathi & Super Specialty Hospital, Whitefield etc.,



Sri. T V Gopalan, an alumnus of Sri Sathya Institute of Higher Learning, from Krishnapuram Samithi, has been appointed as the District Deputy Veda Coordinator wef 01st May'2023 and will be working very closely with the present District Veda Coordinator, Sri. Krishnan.

Sri. Krishnan and Sri. Gopalan will work together towards Veda Poshana in our District in line with Bhagawan's Avatharic Mission. During his career Sri. Gopalan has worked in various companies like John Fowler, BPL, TTK Prestige, Kotak Mahindra and WIPRO.

Let us welcome all the new Office Bearers in their new role and extend our best wishes to them.

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 (min.of 65 food packets)</i>	
<i>Weekly</i>	<i>** Bhajans (Sundays)</i>	<i>Balvikas classes (across centers) Narayana Seva on Sundays Grp-3 Gurus Intensive Training (Wed)</i>	<i>Guindy Shirdi Sai Mandir Seva (Thursdays) Sundaram Seva (Mondays)</i>	<i>Participating in Samithi activities & District-led initiatives in all the three wings</i>
<i>Bi-Monthly</i>	<i>** Pradosha Pooja</i>	<i>Grp-1 Gurus Training</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) *** Prema Pravaham</i>	<i>Mobile Medical Camp</i>	<i>** Bhajans (1st Sunday)</i>

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

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)**

SAMITHI ACTIVITIES

Kodambakkam Samithi Easwaramma Day Celebrations

As part of Easwaramma Day Celebrations, the Samithi distributed 15 new born kits to babies and their mother at the Power House Corporation Hospital on 06th May'2023.



Buttermilk Seva

The buttermilk distribution Seva was carried out with enthusiasm by the Samithi during 09th - 17th May'2023. Nearly 7000 - 9000 glasses of buttermilk was served during the hot summer days by Balvikas children and Samithi members.

Summer Camp for children

The Samithi members organized a summer camp for children in on 19th - 21st May'2023 to Group-1 children covering various topics such as Yoga, Medication, Stories imbibing values, Art & Craft, Games, Flameless Cooking, Mathru Puja, Veda chanting and Bhajan songs and so on. There was a special program on Safety and Disaster management. 60-65 Children participated enthusiastically and got immensely benefitted.



KK Nagar Samithi Buttermilk Seva

The Samithi members undertook buttermilk distribution Seva with great enthusiasm on 01st May'2023 for about 250 beneficiaries.

Easwaramma Day Celebrations

On the eve of Easwaramma day, the members of the Samithi distributed a rice bag and other provisions for their daily use to 30 destitute inmates of Annai Ullam situated at Azeez Nagar Kodambakkam on 03rd May'2023.

The Samithi celebrated Easwaramma Day on 05th May'2023 and the Balvikas children performed Mathru Pooja. This was followed by bhajan, distribution of certificates to Group 2 children and Maha Mangala Harathi.

SAMITHI ACTIVITIES

Krishnapuram Samithi Easwaramma Day Celebrations

On the eve of Easwaramma day, buttermilk distribution was undertaken by the Samithi on 6th, 7th, 14th and 21st May'2023 and distributed about 400-450 glasses of buttermilk each day.



Vasthra Danam

Vasthra Dhanam was done along with Narayana Seva on 04th May'2023. About 65 beneficiaries were provided with Sarees/ Towels/ Pant material.

Mathru Puja

The Samithi arranged Mathru Puja and it was performed by 10 Balvikas children and was well attended by about 25 members including Balvikas children. May Swami and Mother Easwaramma bless the children.



Nesapakkam Samithi Easwaramma Day Celebrations

Nesapakkam Samithi started the celebrations with buttermilk Seva for one month near Varasiddhi Vinayakar temple for a month from 06th May'2023 to 05th Jun'2023.

The WoodCreek Bhajan Mandali conducted buttermilk Seva for one week from 06th to 12th May'2023. The Samithi distributed about 400-

500 glasses of buttermilk every day to satiate the thirst during the hot summer days. May Mother Easwaramma bless all!

Nungambakkam Samithi Easwaramma Day Celebrations

On 02nd May'2023, 2 Mahila members (Smt. Anitha and Smt. Mandakini) of the Samithi who had taken special classes to the higher standard students, distributed cakes to the inmates of the Seva Sadan.



SAMITHI ACTIVITIES

Further, the Samithi members conducted special bhajans followed by Narayana Seva on 05th May'2023. It was well supported by 7 Gents, 5 Mahilas and 2 Balvikas children. There were totally 85 beneficiaries.

They also arranged distribution of biscuits, chocolates and cakes to the children and destitute old age women in the Madras Seva Sadan, Chetpet.

Buttermilk Seva

Buttermilk distribution was undertaken by the Samithi on 7th, 14th, 21st and 28th May'2023. In total, 1100 glasses of buttermilk were distributed to quench the thirst of the beneficiaries.

Rangarajapuram Samithi Easwamma Day Celebrations



As part of Easwamma Day Celebrations, Narayana Seva was done by the Balvikas children of the Samithi at Bharathi nagar

Buttermilk Seva

Buttermilk distribution Seva was undertaken by the Samithi on 07th, 14th, 21st, 28th May'23 and buttermilk was served to about 5000 beneficiaries. 5 Balvikas children, 5 Gents and 3 Mahilas participated in the Seva and received Swami's Grace.

Saligramam Samithi 24th Anniversary Celebrations

The 24th Anniversary of the Samithi was celebrated along with Easwamma day celebrations on 1st May'2023 at Sigaram Hall, Vadapalani.

About 60 Balvikas children performed three skits, short Pravachanam, Silambattam, Dance and group songs. Youth girls spoke about the life of Prof. Anil Kumar with Swami.



Sri Rajendran, State Service Coordinator, delivered a speech on the importance of Balvikas and commitment of Balvikas Parents towards the Organization. Around 200 members including Youth/ Past Balvikas students and Balvikas children took part in this grand celebration.

SAMITHI ACTIVITIES

The Samithi also arranged Mathru Puja which was performed by 57 Balvikas and Past Balvikas children. It was well attended by about 150 members including Balvikas children and students. May Swami and Mother Easwamma bless the children!

T. Nagar Samithi Summer Camp at RKM Sharada School

With Swami's immense Blessings, a 3-day Summer Camp was conducted by the Samithi at RKM Sharada School during 29th Apr to 01st May'2023.

It had many aspects of spirituality, learning and value system building for the children. Few key aspects covered were Yoga, Bhajans, Sloka chanting, Meditation, Story-telling, Value building games with fun, colouring activity, Buttermilk Seva, Importance of Gayatri Mantra, Painting activity, Effective time management, Talent Show and Parenting session for parents including parental love, guidance and care.

In total, 102 children participated and got immensely benefitted. May Swami shower HIS Blessings on all of them!!



New Balvikas centre



With the blessings, grace & guidance of our beloved Bhagawan, the Samithi has started a New School Balvikas Centre named GuruKrupa at Sri. RamaKrishna Mission Sarada Vidyalaya Middle School, No-1, Ramanathan Street, T.Nagar, Chennai-17. Behind BATA showroom on 5th May'2023 on the eve of Easwamma day.

The new Balvikas class started off with Bhajans by the Members followed by Maha Mangala Haarthi. The class was concluded with distribution of Swami's prasadam to the Balvikas Children.

May Swami shower HIS blessings on the Samithi to expand its activities as per HIS expectations.

SAMITHI ACTIVITIES

Thirunagar Samithi Easwaramma Day Celebrations

As part of Easwaramma Day, the Samithi undertook Buttermilk Seva on 06th and 07th May'2023 and distributed ~450 glasses of buttermilk.



UI Colony Samithi Easwaramma Day Celebrations

On 14th May'2023, the Samithi conducted Mathru Puja in which about 18 children were blessed to do the puja for their mothers with devotion. May they receive blessings from Mother Easwaramma and Swami!!

As part of Easwaramma Day Celebrations, 20 Jabalas and 10 Sarees were distributed to the new born children and their mothers.

Further, the Samithi carried out Buttermilk Seva from 6th May'23 to 31st May'23. About 5700 litres of butter milk were distributed in total.

Summer Camp

The Samithi conducted a Summer Camp for children on 20th and 21st May'2023 at the Samithi premises. 24 children and 11 parents participated in the program.

The key topics covered for the children included Sloka teaching, Art and Colour work, Bhajans, Value Games, Parenting sessions. The camp concluded on 21st with Special Bhajans and Mangala Harthi.

SAMITHI ACTIVITIES

Easwaramma Day Celebrations

With Divine Grace, the Mahilas of Ashok nagar, B.D.Colony, KK Nagar and Nesapakkam Samithis, along with Balvikas children of Ashok Nagar, celebrated Easwaramma Day on 06th May'23. They distributed 45 kits containing Jabala sets, Nappies, Mats, Feeding Nighties to the mothers of newly born children, and to the expecting mothers in the ESI Hospital, K.K.Nagar.



Further, in an old age home at Annai Ullam, Aziz Nagar, following activities were carried out.

- a) Distribution of sarees to 30 Mahilas*
- b) Special bhajans by Balvikas children*
- c) Narayana Seva to all the inmates.*

Ramayana Sapthaham by Balavikas Gurus



Ramayana Sapthaham was organized by Senior Balvikas Gurus at Vadapalani Matriculation School. The splendor of Glorious Ramayana & the great insights by Swami in Rama Katha Rasa Vahini were very well articulated by the experienced Gurus during 01st - 7th May'2023. The Sapthaham event was ably supported by the Valasaravakkam, West Mambalam, Krishnapuram, Kodambakkam and Nungambakkam Samithis.

The eminent speakers in the Sapthaham were Smt. Pandianmal (Krishnapuram), Sri. Anandkumar (Valasaravakkam), Smt. Vasantha Venkatesan (Vadapalani), Sri. Dinakaran (West Mambalam), Smt. Uma Ranganayaki (Krishnapuram), Smt. Indumathi (Krishnapuram) and Smt. Padmavathi Rao (Kodambakkam).

The week-long Sapthaham was very well received by the attendees and they were soaked in devotion with excellent speeches by the speakers!

DISTRICT - SPIRITUAL WING ACTIVITIES

Easwaramma Day Celebrations

Easwaramma day was celebrated at Sai Pushpanjali on 06th May'2023. A speech on Mother Easwaramma was delivered by Smt. Lalitha Srinivasan. In total, 18 Mahilas and 15 Gents were part of the celebrations.



DISTRICT - EDUCATIONAL WING ACTIVITIES

National Narayana Seva by Balvikas Children

National Narayana Seva by Ashok Nagar Samithi was done on 3rd May'2023 with the participation of 9 Balvikas children and one parent.

All of them felt extremely happy while giving away the food packets during the Seva.

Buttermilk was distributed to the beneficiaries along with the food packets. The Balvikas children expressed their willingness to take part in such Seva activities in future.



As part of Easwaramma Day Celebrations on 06th May'2023, National Narayana Seva was done by about 12 Balvikas children of the Rangarajapuram Samithi at Bharathi Nagar and received Swami's blessings.

DISTRICT - SERVICE WING ACTIVITIES

Easwaramma Day Kit Preparation by Skill Development Center

By Swami's Grace, the Skill Development Center prepared multiple kits for distribution for the Easwaramma Day Celebrations by various Samithis.

The Skill Development Center stitched 75 sets of kits and 200 nappies and 200 jablas for distribution to children.



Grama Seva - Chinnavannankuppam

By Swami's Grace, as part of Grama Seva Balvikas Gurus along with DSC, Convenor of Tirunagar Samithi visited the Chinnavannan Kuppam on 07th May and 21st May'2023. Balvikas sessions were conducted by the BV Gurus for about 30-35 village Balvikas children.

STATE - LED / NATIONAL INITIATIVES

SERVICE WING ACTIVITIES

Sundaram Seva

In order to appease the emptiness and emotions of those of the Sevadals members who could not participate in the Seva at Prashanthi Nilayam due to other reasons, our Dear Lord is compassionate enough by giving them Seva chances to serve HIM at Sundaram, HIS ABODE in Chennai on regular basis to Mahila members and Gents Sevadals.

Our Merciful Lord enlarged the scope of Seva to serve HIM during the entire month of January/ May & September to CMW Seval members (Mahilas & Gents).

During this month, as many as 20 Mahilas and 15 Gents Sevadals participated in the May full month Seva at Sundaram. The Mahila members were engaged in the Bhajan Hall cleaning, Washing Bhajan materials, Flower decoration, Chappal stand, Book stall, Prasadam distribution and Devotees' seating arrangement etc. and the Gents Seval actively involved in the cleaning of premises, maintenance, Devotees' darshan queue, chappal stand, car parking and Prasadam distribution.

On Easwaramma Day (6th May'2023), many Sevadals represented CMW for the successful conduct of various programs at Sundaram by volunteering themselves in the various Seva activities during the day.

ORBITUARY



Dr. Sharanya from Nesapakkam Samithi, attained Swami's Lotus Feet on 25th May'2023. She was an energetic and dedicated Doctor who is regular to Kundrathur Mobile Hospital Seva. Her patient friendly approach and the care she used to take in providing appropriate medical treatment and advice were her hallmark qualities. Her loss is immeasurable and saddening that she left all of us at a young age. Om Shanti.

DIRECTIONS FROM THE DIVINE ON SEVA



TRUE SEVA

Seva is a small word but is filled with immense spiritual significance. Hanuman is the supreme exemplar of the ideal of service. When the Rakshasas asked Hanuman, during his search for Sita in Lanka, who he was, he replied simply: "Dasoham Kosalen-drasya." He was content to describe himself as the humble servant of Rama. Seva must be viewed as the highest form of sadhana. Serving the poor in the villages is the best form of sadhana. In the various forms of worship of the Divine, culminating in Atma-nivedanam (complete surrender to the Divine), Seva comes before Atmanivedananam. God's grace will come when Seva is done without expectation of reward or recognition. Sometimes Ahamkaram (ego) and Abhirnanam (attachment) rear their heads during Seva. These should be eliminated altogether.

- Extracts from Vol.18 Sri Sathya Sai Speaks - Seva Dal Workshop on Health and Hygiene at Abbotsbury, Madras in 1985

JAI SAI RAM

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