



# LOVE ALL SERVE ALL

**Love 5 Sevalaya's News Letter - August 2010 Serve 5 Price-Re.1**

**Dear Friends,**

Joy of giving week is fast approaching. September 26<sup>th</sup> to October 2<sup>nd</sup> this year will be celebrated as "Joy of Giving week" globally. Last year this event was a grand success and crores of rupees was donated, many got involved in voluntary service and many charitable organizations got the benefit and passed it onto the under-privileged. I want to list here some examples of giving that happened in the last month in case of Sevalaya.

We all know and keep talking about how education has become a business in India and especially the higher education how the engineering colleges collect money etc. Here is one engineering college which is different. They want to support the under-privileged bright children. Akshaya Engineering College, Kancheepuram came forward and offered a completely free seat for Sevalaya's school topper in 12<sup>th</sup> grade. Ms.Praveena, who stood first in our school got this offer and just last week went to attend the Anna university counseling and selected the computer science group in Akshaya Engineering college, Kancheepuram. She will not be charged any fee; in addition the hostel accommodation, food and the complete package for her four year education will be given free to her. Let us celebrate such giving. Our thanks to Chairman & the Management of Akshaya Engineering College, Kancheepuram.

Captain Murthy and Dr.Ananthakrishna felt that they are getting old and their house should be used for a good cause

after their life time. They invited us for a discussion one day and offered their house at Adambakkam, a busy part of Chennai, to be used as "Sevalaya Yoga Prayaga" centre to teach yoga and meditation free of cost. In fact they wanted the activities to start immediately, so we started the yoga classes on 11<sup>th</sup> July. In addition they have also offered two guest houses at Tirupathi to be used by Sevalaya. **So if you want to go to Tirupathi for Balaji Dharshan, please give us a call, we will be able to arrange free accommodation and simple food for you in our guest house.**

Ms. Radhika, a senior dentist in T.Nagar, has offered her clinic to Sevalaya. Sevalaya can use it to give free treatment to poor people.

Sevalaya's 10<sup>th</sup> grade topper got a bumper prize! Mahindra holidays and resorts have offered a one day free stay in their luxury resort in Pondicherry for her entire family. Ms.Jothilakshmi with her younger brother, parents will be on a fully paid trip to Pondy on 5<sup>th</sup> August, thanks to the Chairman and Management of Mahindra holidays and resorts.

"People who don't know the joy of giving, keep their belongings to themselves and finally lose it" says Saint Thiruvallur. Giving is any day better than losing.

Thanks & Regards

**Murali**

**Kabilar Award function at Thirukovilur**



**Chennai Mayor honouring Sevalaya's old age home**



## Bharathiyar Team

### Events

30 children from Sevalaya participated in Siragugal 2010, annual inter-Orphanage Talent Carnival organised by Bhumi Chennai. The children participated in essay writing, oratorical, singing competitions and won prizes.

The Birth Anniversary Celebrations of Thiru K.Kamaraj was celebrated on 15/07/2010. Mr.Prabhakaran Nair (Divisional Manager-Human Resources, Mahindra Holiday & Resorts India Ltd.,) was the Chief Guest and he gave away prizes to the winners of the various competitions like essay, oratorical, poetry etc held to commemorate the occasion. He spoke about the commendable efforts taken by Shri Kamaraj to further the cause of education for the downtrodden in Tamil Nadu. He announced that Jothilakshmi the school topper in the 10<sup>th</sup> grade Public Examination scoring 481 marks out of 500 would be provided free accommodation with family for a day in Club Mahindra's Puduchery resort. He also informed that similar incentive will be provided every year in future for Sevalaya school toppers in Public Examinations.

175 students from Gnana Vidhyalaya Matriculation School visited Sevalaya campus on 17/07/2010. On the same day Rotaract club of D.R.B.C.C. Hindu College visited Sevalaya campus and conducted drawing, essay writing and games for primary school children.

On 30/07/2010, 10 students participated in Arivu Jothi Sudar-2010 competitions held by Arul Jothi Maiyam at Pazhaverkadu.

About 15 volunteers from HCL through their CSR initiative visit Sevalaya every saturday of the week and spend their valuable time and effort in interacting with children and old aged residents of Sevalaya. They get involved in various activities like teaching, playing, etc...

30 children and 2 staff members attended a Korean Musical Programme with English subtitles "Tale of Haruk" by TUJIDA, a performance group from South Korea organized by NalandaWay Foundation on 24/07/2010 at Sir Mutha Venkata Subba Rao Concert Hall, Harrington Road, Chennai. Sevalaya thanks NalandaWay for sponsoring the children to attend this programme.

### Staff Book Review

On 03/07/2010, Ms.G.Jothi spoke on "Gandhiji's Religion" and Mr. M.T.Anandan spoke on "Freedom at Midnight". "Gandhi & Valluvar" was taken up for discussion by B.Nirmala on 10/07/2010. On the same day Ms.V.Magarika shared her views on "Gandhian Economics". Ms. S.Bhavani shared her views on "Gandhi & Service" on 17/07/2010 and Mr.Aadam Basha spoke on Simplicity of Gandhi. On 24/07/2010 Ms.T.Bama spoke on "Gandhi for Children" and Mr.G.Madhavan spoke on "Gandhi's Life Message". "Village Swaraj" was taken up for discussion by Mr.K.Senthilnathan on 31/07/2010.

### Training Programme

Four primary school staff attended the BRC's (Block Resource Centre) ABL (Activity Based Learning) training on 07/07/2010 and 08/07/2010 at BRC training centre, Thiruvallur. 4 other staff attended the same training on 12/07/2010 and 13/07/2010.

24 primary staff attended the CRC (Cluster Resource Centre) training on 24/07/2010 at CRC office, Pakkam. Ms.Hellan (BRT Teacher) conducted the training.

## School Clubs

On 27/07/2010, Mr.J.Selva Nayagam spoke on "Opportunities for students who learn in Tamil medium" in the Tamil Club Meet. On 22/07/2010, Mr.V.Jeevanandan explained about "Easy way to recite poems in English" in the English Club. On 28/07/2010, Mr.Chinraj, Maths teacher in Govt.Hr.Sec.School, Thiruvannamalai was the special guest in the Mathematics Club Meet and explained about easy way to learn Maths. On 31/07/2010, Mr.I.Selvam, History teacher in Govt.Hr.sec.School, Velliyur spoke about "Importance of learning History" in the Social Science Club.

On 08/07/2010, Red Ribbon Club staff member Ms. R.Vijaya conducted a session on Adolescent Age Education for the girls of IX and XI. On the same day Mr.P.Narayanamoorthy addressed the boys of IX and XI on the same. On 22/07/2010, Ms.Jayanthi conducted Adolescent Age Education for the girls of IX and XI.

## NSS Activities

The NSS wing of Sevalaya undertook the cleaning of the Kasuva village road sides on 23/07/2010.

## Gandhi Team

On 15/07/2010, the Mahindra Holiday Resorts India Ltd, organized a medical camp for the villagers at Sevalaya Campus. A team of Doctors from Apollo Hospitals Chennai conducted medical check ups for the villagers.

On 20/07/2010, the Rotary Club of Madras NorthWest, organized a dental camp at Sevalaya campus for school students. 2 doctors from Kottivakkam Dental Centre, Kottivakkam conducted dental check ups for the students.

## Mobile Library

On 13/06/2010, Sevalaya's Mobile Library visited Thamarapakkam village and Kaaka Kandigai village on 25/07/2010.

## Kottu Murasu

On 24/07/2010, Sevalaya's Kottu Murasu Troup conducted cultural programme in Kaaka Kandigai.

## Vivekanandar Team

### Events

On 01/07/2010, a function was organized by Rotary Club Dist 3230 at Sir Pitti Thyagaraya Community Centre, T.Nagar, Chennai as part of their Adoption of Old Aged Orphans programme. 4 old aged people identified by Rotary Club joined Sevalaya through this programme. Mayor of Chennai Mr. Ma.Subramanian participated in the function.

On 11/07/2010, a unit of Sevalaya, Yoga Prayaga (Free yoga, meditation and counseling classes) was inaugurated at Adambakkam in the house donated by Captain Murthy and Dr. Ananthakrishna, donors and well wishers of Sevalaya.



### Inauguration of Yoga Prayaga at Adampakkam



### Other Activities

On 11/07/2010, Mr. V.Muralidharan represented Sevalaya at the Vasagar Vattam (Reader's Club ) Meet of the Tamil weekly "Puthiya Thalaimurai" and was nominated the Hony. Coordinator of the Vasagar Vattam in Thiruvallur District.

Shanthi Sri Asramji Seval Mandali, Chennai presented a programme of Ram Amthe Bhajans on Shri.Kabeer Pandit on 25/07/2010 on the occasion Guru Poornima.

Mr. V.Muralidharan is on the panel of Assessors of Credibility Alliance, a consortium of voluntary organisations committed towards enhancing accountability and transparency in the voluntary sector through good governance. The role of the assessor is to visit the Voluntary Organisation (VOs) on behalf of Credibility Alliance. to ascertain if the VO is complying with the Credibility Alliance's norms. Mr. V.Muralidharan is an assessor on an honorary basis.

On 19/07/2010, Thirukkivilur Panpaattu Kazhagam awarded Mr.V.Muralidharan received the award "Sevai Semmal" at Kabilar function organized by them. The Chief Guest, Mr. S.Kumaraswamy , Director General of Police (Retd) presented the award.

### 22nd Annual Report Online

Sevalaya's 22<sup>nd</sup> Annual Report is now online Please visit <http://www.sevalaya.org/AnnualReport.html>

### Students Study Circle

On 03/07/2010, "Scientist Edison" was reviewed by Dharanirajan. On 24/07/2010, Jayashree shared her views on "Stories on Good Values". On 31/07/2010, Kandhaswamy shared his views on "Kamarajar the world Famous Leader".

### Visit to places of worship

On 02/07/2010 hostel girls went to Thiruninravur Church. On 09/07/2010 hostel boys went to Pakkam Mosque and hostel girls went to Ramanathapuram Vinayagar Temple. On 16/07/2010, hostel boys and girls went to Ramanathapuram Vinayagar Temple. On 23/07/2010, hostel girls went to Pakkam Mosque and hostel boys went to Ramanathapuram Vinayagar Temple. On 30/07/2010, hostel boys were taken to Thiruninravur Church and hostel girls went to Ramanathapuram Vinayagar Temple.

### Guru Poornima Bhajan at Sevalaya



### Appollo Hospital Medical Camp



### HCL CSR Volunteer taking class



# Gandhiji's Fasts X

## FASTERS, LISTEN!

Gandhiji undertook a fast for 7 days from November 24 to November 30, 1925, for the delinquency of some of the inmates of the Satyagraha Ashram. There were some well meaning detractors for this kind of punishing himself. For them Gandhiji's answer was, "The Public will have to neglect my fasts and cease to worry about them... I may be wholly wrong...Then the world will be able to write an epitaph over my ashes," Well deserved thou fool!" He expressed the hope that even if it be an error, he would sustain. He thought it better that he should pay heed to his inner voice rather than listen to every voice be it ever friendly, but by no means infallible.

Why did he enter in to this fast? He explains. For the Satyagraha Ashram he was running, people were making contributions in the hope that Gandhiji was building up character. There were both grown up men and women in the Ashram. There were also boys and girls who were trained to remain unmarried as long as possible. The women and girls enjoyed freedom in the Ashram, which to his knowledge no where else they enjoyed. The Ashram was his creation and the world judged him by the results. No man, woman, boy or girl could stay in the Ashram if he did not want them. The Ashram contained some of the purest characters in India. If he were to deserve the implicit trust that the friends had placed in him, he must be doubly vigilant since they would not scrutinize the accounts or the activities of the Ashram. Even though the errors he found in some of the boys and girls were nothing strange and were observable in many schools, he wanted the Ashram to be free from the errors that sap the manhood of the nation and undermined the character of the Youth. There were three ways open to him. Punish the children, ignore, or proceed on the basis of mutual love. Punishment hardens the children, and does not reform. Ignoring is out of the question, and hence he resorted to punishing himself. Towards the end of the fast he called and advised the children.

This fast has significance for students of Satyagraha and the science of fasting. He has graphically described his experience during fasting and has also laid down

certain rules for those who wish to fast.

1. Conserve your energy, both physical and mental, from the very beginning.
2. You must cease to think of food whilst you are fasting.
3. Drink as much cold water as you can, with or without soda and salt, but in small quantities at a time. Water should be boiled, strained and cooled. Do not be afraid of Salt and Soda because in most waters both these salts are in a free state.
4. Have a warm sponge daily.
5. Take an enema regularly during the fast. You will be surprised at the impurities you will expel daily.
6. Sleep as much as possible in the open air.
7. Bathe in the morning sun. A sun and air bath is at least as great a purifier as a water bath.
8. Think of anything but the fast.
9. No matter from what motive you are fasting, during the precious time, think of your Maker and of your relation to Him and His other creation, and you will make discoveries that you may not have even dreamed of.

He further added: "With apologies to medical friends, but out of the fullness of my own experience and of fellow cranks, I say without hesitation, fast, (1) if you are constipated,(2) if you are anemic, (3) If you are feverish, (4) If you have an indigestion, (5) if you have a headache, (6) if you are rheumatic, (7) if you are gouty, (8) if you are fretting and foaming, (9) if you are depressed and (10) if you are overjoyed and you will avoid medical prescription and patent medicines.

Finally he said," Eat only when you are hungry and when you have labored for your food"

Any takers?

### SPONSORSHIP DETAILS

SPONSORSHIP	CHILDREN HOME		OLD AGE HOME		Other Sponsorship	Contribution(Rs)	Endowments(Rs)
	Contribution(Rs)	Endowments(Rs)	Contribution(Rs)	Endowments(Rs)			
FOOD					Residential Expenses for one Child/one child/one Grandpa/year	6000	80000
Milk(One Time)	500	7000	200	3200	Maintenance of One Cow/year	6000	80000
Breakfast(one day)	1000	14000	500	7000	Education Expenses for one Child/year	6000	80000
Lunch/Dinner	2000	28000	1000	14000	Salary for one staff per month	5000	850000
Lunch/Dinner with sweet or fruit	2500	35000	1250	20000	Funeral Expenses for one Grandpa/one Grandma	5000	70000
Fullday food Expenses	3500	50000	2000	28000	Cultural Expenses for one child/one Grandpa/one Grandma	1000	14000
Fullday food Expenses with sweet or fruit	5000	70000	3000	42000	Medical Expenses for one child/one Grandpa/one Grandma	500	7000
					Camps and Tours, Temple Visit for one child/one Grandpa/one Grandma	500	7000
					Sports Expenses for one child per year	500	7000
					Educational Aids	1000	14000
					Educational Kits	1000	14000
					Higher Education	20000	300000
					Professional Higher Education	50000	700000
					Workshop/Training/for one Staff	2000	28000



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