



# LOVE ALL SERVE ALL

**Love 7      Sevalaya's News Letter - August 2012      Serve 5      Price-Re.1**

**Dear Friends,**

Green pepper, carrots, peas, potato, tomato, onion, garlic, cabbage – all sounds like common vegetables available in India and abroad – but the green pepper was cut in UK style, carrots were cut in African style, potato was cut in Chinese style, tomato was cut in French style, onion was cut in Srilankan style, cabbage was cut in Danish style – what for? All this was to make an "international sambar" at Sevalaya on 26<sup>th</sup> July dinner! There are seven volunteers from abroad, who are residing at Sevalaya now, all from different continents, coming together at Sevalaya and enjoying their time in teaching, playing, singing, painting, dancing and also trying to cook Indian food, speak few words in Tamil, wear saree, flowers & kumkum!

Beverley from North East England, Earnest from Ghana, Rafa from China, Loetita Mgimbi from France, Nithya from Srilanka, Lea Henriette from Denmark, Peter Henry Blair from UK, - sounds like some International Youth Conference!!!. But no it isn't. This is a group of volunteers at Sevalaya. Volunteers from our friendly organizations like Children's Art village, Omprakash, Project trust, AIESEC etc. Many of them also come directly after registering through our website.

Beverley will be joining Leeds University in September to pursue Music, Earnest is a final year student at Cape Coast pursuing social science, Loetita studies in a French Business School and is here as a part of her internship, Lea studies International Business, Peter is doing masters in Physics and politics and Nithya has finished her bachelor's degree in Maths.

Earnest who is doing a photography project at Sevalaya says that the place is like a home away from home. Rafa has exposed students to Chinese culture and language through PPTs and he feels that he has not only taught and shared but has also learnt a lot about India. Lea teaches English to high school students through word games. She says that Indian Culture is fascinating. Loetita Mgimbi who teaches music to the students, is a survivor of 2 wars and poverty in Africa. She feels that she has been given a wonderful opportunity to serve children more so as other people had helped her when she was vulnerable. Beverley taught Kindergarten classes and music for higher classes. Having been here for nearly 6 months she is absolutely at home in a saree and can even speak a few Tamil words. Nithya who works with Lea teaching English, finds the secular structure of Sevalaya wonderful. Children are taught to respect all religions and culture she says. Peter has just arrived and he is planning to show physics experiments.

The students at Sevalaya are underprivileged and many of them have not even got a chance to go to Chennai city but the presence of volunteers has exposed them to cultures across the world. They are able to communicate in broken English with one and all. The Volunteers derive great satisfaction when they see the happy smiles on children's faces.

You may go to Indian or Chinese or Thai or whatever restaurant around the world – but the "International Sambar" is available only at Sevalaya – a place where volunteers from all over the globe feel at home! Want to try?

Thanks & Regards  
**Murali**



**Volunteers from France, Sri Lanka, UK, Denmark, Africa & China at Sevalaya**



**Volunteers cook "International Sambar"**

## PUBLIC RELATIONS

On 05/07/12, Mr. A.T.Kumar, City office head, attended meeting of Rotary club of North West. In that meeting dhothis and sarees were presented to Sevalaya's senior citizens.

On 07/07/12, Mr. A.T.Kumar, City office head, attended meeting organized by CSIM to discuss the "Battle of Buffet" program.

On 08/07/12, Mr. V.Muralidharan was the chief guest at the annual day function of XI ducks cricket team and presented awards to the winners in the cricket tournament conducted by them.

On 09/07/12, Mr. A.T.Kumar attended a function at Tata teleservices office. They donated note books.

On 14/07/12, Mr. V.Muralidharan was the chief guest at the New college alumni association anniversary meeting. On the same day he attended the installation function at Rotary club of KK Nagar and received note books donated by Director Cheran.

## BHARATHI TEAM Competitions

TERI Students of Sevalaya were declared winners in 2 competitions conducted by TERI. G.Keerthika got the 1<sup>st</sup> prize in Cartoon competition and K.Nithya the 3<sup>rd</sup> prize in the Greeting Card making competition.

Sevalaya students won 24 prizes in various competitions like face painting, mehndi, pot painting, spelling bee, singing etc, conducted by "Bhoomi Trust" and walked away with the ALL Round Cultural Championship on 15/07/2012.

On the same day nearly 734 students of Sevalaya participated in the Bala Kalakar function organized by AIESEC. D.Lokesh(VIII) and Santha Kumar (IX) won prizes in Drawing .

## School Clubs

All club activities were held in the first and second week of July. In the Social club students visited Bhavani nursing plant nursery and talked to the owner Palani about the different aspects of the business, the work, profits, problems etc. In the science club students did experiments to detect acid radicals in different compounds. In the Tamil club the students Experimented with story writing while in the English club students played vocabulary games. Maths club students enjoyed working with Maths puzzles.



Members of the Pasumai Padai club planted herbal plants at 2 different areas and flowering plants in front of School Administrative office. NSS and JRC were involved in campus cleaning activities.

## Tours

Ms. B.Nirmala along with 18 class toppers attended the Gandhi Memorabilia exhibition on 19/07/12, in Gummidipoondi organized by Gandhi World Foundation. 40 students of std VII (winners of previous year's book reading competition) accompanied by their class teachers were taken by Sevalaya's Trustee Mr. Prem Babu and his friends to Anna Centenary Library, Science Museum and Birla Planetarium on 28/07/2012.

## Training

Ms. G.Sundarvalli and Ms. P.Thenmozhi attended the English Language Teaching workshop conducted by The British Council on 11/07/2012.

All teachers of Sevalaya Primary School attended the Cluster Resource Centre training at Pakkam and Veppampattu on 14/07/2012. Ms. S.Lakshmi conducted a Montessori training for the Pre Primary Teachers on 14/07/2012.

Ms. S.Mariyammal and Ms. R. Vijaya attended the 3 day training from 16/07/2012 to 18/07/2012 conducted by Kuruvilla Jacob Memorial Foundation and Care Earth on mainstreaming environmental education into school curriculum.

Ms. S.Jayaseeli, Ms. P.Durga and Ms. C.Bhuvaneswari attended a workshop on "Education through dance" on 21/07/2012 and Ms. D. Vanmathi, Ms. G. Jothi, Ms. D. Aswini attended the story telling workshop on 26/07/2012. Both the programmes were organized by Nalanda Way.

Mr. S.Arokiyadas conducted a second round of breath awareness training session for a select batch of students on 28/07/2012.

5 students accompanied by Ms. K.Malarmathi & 10 students accompanied by Mr. R.Kannan attended the Super Heroes workshop on 28/07/2012 and 29/07/2012 conducted by Nalanda Way.

Mr.K.P.Ganesh Raj of Eupraxis Technology conducted a test for students who have completed graduation or diploma to identify gaps in skills required for employability. Selected students will be given 3 weeks training.



## Visits

Ms. Jyoti, project Manager from Vibha visited Sevalaya administrative office at Chennai and campus at Kasuva and Ayalur on 18/07/2012. Caterpillar India Pvt. Ltd, Chennai celebrated their CSR day at Sevalaya on 25/07/2012 and distributed prizes to the winners of various competitions conducted by them on 23/07/2012. The employees contributed in cash and kind to Sevalaya on the occasion.

## Volunteers

Mr. Peter Henry Blair from Birmingham UK has come to the Kasuva campus on 26/07/2012 on a 4 week stay volunteering his services. A student of Physics, he will be working with students on projects and Maths during his stay.

Nearly 20 students from Chinmaya Vidyalaya visited Kasuva campus on 28/07/2012. They spent the full day helping reorganizing work going on in Sevalaya library.

## Notebook donations

Officials of Hindustan UniLever donated notebooks on 11.7.12 and Poonamallee P.D Mani Mudaliar Trust donated notebooks on 24.6.12. TCS AXA team and TCS Rajalakshmi & friends and many others contributed for the note books project.

## GANDHI TEAM

### Events

On 19/07/2012, 21/07/2012 and 25/07/2012 Sevalaya facilitated the formation of Parents Association and children's Parliament at Bhasigapuram Village in Sethupakkam Pachayat and Poosalimedu in Tamaraipakkam panchayat.

On 22/07/2012, Kottu Murasu troupe went to Ayalur Village and presented a cultural programme on Sanitation

## Mobile Library

On 06/07/2012, Sevalaya's Mobile Library visited Ayalur village and on 14/07/2012, it visited Tamaraipakkam village. More than 250 books were made available for the villagers and nearly 100 villagers were benefited.

## Medical Camps

On 07/07/2012, Free Medical Audiometric Camp was organized by Sevalaya and Hi Tone Hearing PVT Ltd-Chennai.

On 15/07/2012, iodized salt and Iron tablets were distributed at Vadhatur and Magaral by Sundar chemicals (P) Ltd as a part of the Awareness Programme on Anaemia conducted by them in association with Sevalaya.

## VIVEKANANDA TEAM

### Events

On 06/07/2012, thirty persons from HCL visited sevalaya. They interacted with the residents of children's Home and Old Age Home. They conducted various games and distributed prizes.

Ms. E. Esther from Umayal Nursing Home at Avadi spoke about importance of personal hygiene for Residential children for a week from 01/07/2012 to 07/07/2012.

On 12/07/2012, 20 persons from TCS visited Sevalaya and planted tree saplings.

On 14/07/2012, Children parliament was conducted and P.Varadharajan gave orientation to the students about Children's Parliament. On 14/07/2012, Hostel children interacted with the Old Age home residents.

On 22/07/2012, Youth club from Chennai named 'Save the Globe', distributed writing materials to the Home Children, interacted with Old Age Home and Children Home and planted tree saplings.

## Student's book review

On 07/07/2012, Gomathi Priya from IX standard spoke on V.O.Chidhambaranar. On the same day, Prabhu from XII standard spoke on "Subhash Chandra Bose" by Srinivasan. On 14/07/2012, B.Parthiban from X standard spoke on "Vivekananda's Teachings. On the same day S.Anu from XII standard spoke on "Ennam Uyarntal Ethuvum Mudiyum" by Dr. M.S.Udhayamurthy.

## Tours

On 21/07/2012, 30 students and 10 Old Age Home Residents went to Mahabalipuram and ISKCON Temple and Shirdi Sai Baba Temples which are on ECR. The trip was sponsored by Mr. Nandakumar and Team.

On 20/07/12, thirteen staff from Sevalaya visited "Ananda Old Age Home" at Ambattur.

## Visits to places of worship

Boys visited Ramanathapuram Vinayagar temple on 06/07/2012 and Kasuva Vinayagar temple on 22/07/2012. On 06/07/2012, girls visited Kasuva Vinayagar temple and Ramanathapuram Vinayagar temple on 22/07/2012.



**Students & senior citizens at Mahabalipuram**



**Eupraxia Technology staff interacting with village youth**



**Cheque presentation by Staff of Caterpillar India (Pvt) Ltd**

# Swami Vivekananda's Karma Yoga

## 1.3 Karma and our charater

Pleasure is not the goal of man as we normally think. The cause of all miseries in the world is that men foolishly think pleasure to be the ideal to strive for.

After a time, he finds that it is not happiness, but knowledge towards which he is going and both pleasure and pain are great teachers., and that he learns as much from evil as from good.

As pleasure and pain pass before his soul, they have upon it different pictures, and the result of these combined impressions is what is called his "Character."If you take the character of any man, it really is but the aggregate of tendencies, the sum total of the bent of his mind. You will find that misery and happiness are equal factors in the formation of that character.

Good and evil have equal share in moulding character, and in some instances misery is a greater teacher than happiness. In studying the great characters that the world has produced, in the vast majority of cases, it would be found that misery has taught more than happiness.

It was poverty that taught more than wealth; It was blows that brought out their inner fire more than praise.

We say we gain knowledge from experience. But, even this knowledge is not derived from somewhere outside. It is all inside. When we say a man knows, it only means he "discovers" or unveils what is inside.

All knowledge is in human mind. In many cases it remains covered. And when the covering is slowly taken off we say we have learnt. Advance of knowledge is made by the process of uncovering.

The man from whom the veil is lifted is the more knowing man. The man upon whom the veil lies thick is ignorant, and the man from whom the veil is totally is gone is all knowing.

There have been omniscient men and there will yet be. So with our feelings and actions. Every one of these is being brought from within us by so many blows.

All these blows taken together are called Karma-work, action. Everything we do, be it even breathing or talking leaves its mark on us.

Karma has its effect on one's character and this is the most tremendous power that man has to deal with.

## SPONSORSHIP DETAILS

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

### Hearing testing camp for children & senior citizens



### Cheque presentation at Lions club of south city



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## DONATION FORM

(Donations to School, and Old Age Home qualify for 100% exemption under section 35 AC and Rest 50% under section 80G of Income Tax Act, India)

Name : \_\_\_\_\_

Address : \_\_\_\_\_

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E-mail Address : \_\_\_\_\_ I hereby enclose my donation of \_\_\_\_\_

Please make your donation payable by cheque to **SEVALAYA** and send to:

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