



# LOVE ALL SERVE ALL

Love 6

Sevalaya's News Letter - December 2011 Serve 9 Price-Re.1

## Dear Friends,

For our house in Chennai, we have been looking for a suitable watchman for some time now. Knowing about this one person approached me for the job. Just by looking at him, I told him I can't employ him. He should be aged more than 80 years and had poor eye sight. He was very weak and it was evident that he cannot be a proper watchman. Then I started observing the watchmen in most of the flats. I think there is no one less than 60 years who come for this profession.

We also see many porters in the train stations who are very old, they will not be able to carry the heavy luggage, but somehow they will balance it on their heads and manage it, while the owner of the luggage, a smart 30 year old, will be walking by the side of the porter, carrying nothing. We have also seen many old ladies carrying basket loads of vegetables or greens or flowers or fruits and walking from street to street in hot sun, without even wearing proper foot wear. Many work as milk men, agricultural daily wage earners, construction workers etc and they must be actually at home taking rest at that age. What happened to their children who must be in the prime of youth?

It is good that the elders want to work and earn their living, but how does it reflect on us? Many households, poor, rich and mega-rich, all have adjustment problems with their elders. Many children don't care for their parents; supporting parents is slowly becoming a thing of past. There can be old age homes which take care of such people, but how many people can such homes accommodate? Most of the calls I get in a day are to admit their elders into Sevalaya's home. We have a limited space and we can't keep on admitting people, especially if they have well to do children. As ours is a fully free home, we have to take only destitute old people. There are many five star old age homes now, which have seen a business opportunity in broken homes!

We say children below the age of 18 should not be employed and the employer will have to face the law for encouraging child labour. But what about senior citizen labour? Is it humane to employ people at the age of 75 or 80? I think we need a similar law like the child labour law to prevent people from employing senior citizens. This may not stop the practice, as in the case of child labour, but at least reduce the occurrence.

Just as we say that there is no substitute for parental care for young children, there is no substitute for their own children care for the old parents either. But in the absence of it, society as a whole has to take up the responsibility of taking care of our senior citizens, by supporting free old age homes. People, who have the resources, should look for paid old age homes. Or, retired senior citizens can start their own "cooperative" old age homes.

Let us not have children and senior citizens toiling to earn their living - it is a bad reflection on the rest of the society.

Thanks & Regards

**Murali**



Mr.Karu Palaniappan releasing "computer skills for employability" CD

TCS clients from AXA IT UK presenting a cheque to support 25 children



Sevalaya wins DFC international award

## Public Relations

On 02/11/11, Mr.V.Muralidharan addressed the students of social entrepreneur course in IIT Chennai.

Ms.Bhuvanewari Muralidharan & Ms.Diana Lenin participated in the NGO Day Programme organised by Microsoft India, Hyderabad on 09/11/11 and 10/11/2011. Sevalaya could reach out to many employees of Microsoft on these two days.

On 12/11/11 Mr.V.Muralidharan participated in Puthiya Thalimurai foundation annual meeting representing Thiruvallur district.

On 17/11/11, Sukhi Mandal Sahyog Club, Alwarpet presented a cheque to sponsor the higher education expenses for a Sevalaya Student's Nursing course at their meeting.

On 17/11/11 Mr.V.Muralidharan was invited to TCS office and the visiting AXA clients from UK presented a cheque to support 25 children in Sevalaya.

On 18/11/11 Sevalaya's Hony. Coordinator Mr.T.S.Venkataramani attended a function to honor Lion. Srinivasan, for his services in literature and translation, organized by Vetrividiyal.

On 18/11/11 Mr.V.Muralidharan was the chief guest and inaugurated Puthiya Thalaimurai free tuition center at Villapakkam village in Thiruvallur district.

On 19/11/11 Mr.V.Muralidharan was invited as a special guest in the platinum jubilee celebrations of Brahmakumari's movement.

On 27/11/11, Mr.V.Muralidharan attended a meeting conducted at Ramakrishna Mutt to plan the annual Hindu Spiritual Service Fair to be held in January 2012.

## Bharathi Unit Achievements

Sevalaya's Mahakavi Bharatiyar Hr Sec School entry - "ORGANIC FARMING FOR PROSPEROUS LIFE" for Design for Change School Challenge 2011 has been selected as one among the TOP 20 Winning Entries. This year, over 300000 children across 29 states of India and 25 million children in over 30 countries participated in this contest. Sevalaya is winning this global contest, for second time in a row.

Sangeetha of V Std won the 1<sup>st</sup> prize in IV-V level at the Gita chanting competitions conducted by Thamarapakkam Chinmaya Mission and qualified for the final round to be held in Chennai. 8 students of Sevalaya (6 from Primary and 2 from HSS) children won prizes in the competition.

A picture drawn by G.Vignesh of IV Std was published in the "THE HINDU Young World" News paper on 22/11/2011.

On 19/11/2011, 6 students participated in the drawing competition conducted by Brahmakumaris at Valluvar Kottam, Chennai. 35 students participated in the "Tamil Valarchi" Competition conducted by Srinikethan Matric Hr.Sec.School on the same day. Bhavani of V Std won the third prize in Oratorical Competition, D.Deepak of IV Std won third prize in Tirukkural Competition and Tamilselvi of II Std won third prize in Tirukkural & Story telling competition. 22 students participated in the Quiz competition conducted by TCS AXA Group at TCS Siruseri Campus on that day.

In the Rotary Neeta Talent Competition conducted at Chennai on 21/11/2011, R.Vignesh of Std IX secured the 2<sup>nd</sup> prize in drawing competition. 34 schools from all over Chennai participated in the various competitions.

## Club Activities

On 05/11/2011 Junior Red Cross students cleaned the front area of the Primary school building and girl's hostel.

On 21/11/2011 Mr. S. Loganathan demonstrated tests to detect adulteration in items of daily use like red chilli powder, turmeric powder, sugar etc in the science club. On the same day Mr.P. Narayanamoorthi spoke about the wonders of the world and the efforts taken by UNESCO to preserve these priceless heritages. Volunteer Ms.Kathleen Haubrich from USA participated in the English Club activities. She organized vocabulary games and the students had an interesting story telling session. These activities will continue through this month and hopefully the students will develop more confidence to speak in English.

On 23/11/2011 Karuna Club conducted a number of competitions as a part of AIDS day. Essay writing, Oratorical and drawing competitions were conducted to spread the message of AIDS prevention. On the same day Red Ribbon club members learnt the importance of paying attention to minute details through an interesting activity conducted by Ms.Nirmala. In the Maths Club Ms. Ponprabha showed how maths could be used in daily life in a creative and interesting manner by playing with numbers and figures

## Events

On 12/11/2011 TCS volunteer Mr.Prembabu and his team organized a topper's award ceremony at the campus. Students who had secured the first three ranks in the annual exam in each class were presented mementos and dictionaries.

On the same day Mr. K.Senthilnathan and Ms. R. Ponprabha along with 56 students visited the Hatsun Dairy farm at Sunguvarchatram. The visit was organized by Mr.Nandakumar, a donor and well wisher of Sevalaya. The children saw the different stages involved in the packaging of milk and preparation and packaging of different dairy products.

On 14/11/2011 Children's Day was celebrated at Sevalaya. Mr.Karu. Palaniappan (Film Actor & Director) was the chief guest. As part of the celebrations, children from Sevalaya organized a small cultural programme at the children's ward in Government Hospital, Tiruvallur and distributed fruits and biscuits to the children there.

On the same occasion, Vitamin A drops was administered to all students below the age of 5 studying in Sevalaya's Mahakavi Bharatiyar Higher Secondary School. The Vitamin A drops was donated by The Vitamin Angels of Mumbai. Mr. Karu Palaniappan also released the advanced computer skills self learning CD for employability training, meant to improve the computer skills of the rural youth

On 14/11/2011, Sevalaya students participated in the District level science exhibition in Thiruvallur. They presented models highlighting the advantages of Organic farming and disadvantages of Chemical farming.

Sevalaya children comforting patients at children's ward, Thiruvallur hospital



AID India training program to improve quality of education



Sevalaya conducted annual Maths Talent Test for students of Chennai and Thiruvallur districts, on 25/11/2011, in memory of Mathematics genius Shri. Srinivasa Ramanujam. 180 Students from 22 schools participated in the event.

### Training programs

On 08/11/2011 AID INDIA conducted a training program for teachers to teach science through simple experiments and teaching methodology to improve the writing skills in Tamil. 17 Teachers participated in the training program.

On 10/11/2011, 11/11/2011 Mr.Jeevanandan and Ms.G.Jothi along with two students went to Thirur DIET for "Life Skill Education" program.

On 19/11/2011 Ms. Annapurna attended the Quality school enclave program on "managing next generation class room" conducted by CII. A number of eminent educationists spoke about the challenges in today's classroom and solutions to overcome them.

On 20/11/2011 Ms .G. Jothi and Mr. R. Vijayaraghavan took 32 students from 10<sup>th</sup> std to attend the program "We will Win" conducted by Dhinamalar at Tiruvallur. A number of useful tips on preparing for the board exams were given during the programme.

### Study Circle

On 05/11/2011 Ms.V. Priya shared her views on the book "Qualities which make a great person" (Tamil) by Dr. M.S.Udhayamoorthi. On 12/11/2011 Ms.A.Maragatham shared her views on the book on "Thoughts which form life" (Tamil) by Mr. J.Krishnamoorthi. On 19/11/2011 Mr.C.Aadhimuthu shared his views on the book on "INDIA 2020" by Dr. A.P.J.Abdulkalam. On 26/11/11 Ms. T.Bama shared her views on the book "How to solve the problems" (Tamil) by Dr. M.S.Udhayamoorthi.

### Vivekananda Unit Events

On 01/11/2011, 11 students from Swami Vivekananda Boys Home and Mr. Prabakar, Staff, Sevalaya went to the Thiruvallur Govt. Hospital and met the in-patients in Children's ward. Fruits and biscuits were distributed to the children.

On 01/11/2011, 6 students from Swamai Vivekananda Boys Home and Mr. M.T.Anand, Staff, Sevalaya interacted with the villagers in Kasuva by visiting their homes.

On 10/11/2011, "World Elders Day" celebrations were conducted by Thiruvallur District Social welfare department. Nearly 30 residents from Sevalaya's Sri Ramakrishna Paramahamsha Old Age Home won 10 prizes in various competitions like singing, Musical chair etc. Thiruvallur District Collector Mr. Ashish Chatterjee, IAS presided over the function.

### Thiruvallur District collector Mr.Ashish Chatterjee handing over a prize to Sevalaya old age home resident



On 27/11/11 members from Kilpauk Sai Samithi organized a bhajan program for the old age home residents to celebrate the birth anniversary of Bhagavan Sri Satya Sai Baba.

### Interaction by Alumni

On 04/11/2011, K.Chitra spoke with our boys and girls home residents about positive thoughts in life. An alumna of Sevalaya, she is at present doing Bio Technology in Anna University, Trichy.

On 05/11/2011, B.Rajeshwari, an alumna of Sevalaya at present working as a teacher in Sevalaya gave a motivational speech to the residents of Sevalaya Homes. She is working as a teacher. On 12/11/2011, Ms. Durga, another alumna, also working as a teacher in Sevalaya shared her college experience with the residents of Sevalaya Homes.

### Students' Study Circle

On 05/11/2011, K.Mala, XII Std. reviewed the book "First Aid", written by Ms. Jose Mala.

On 26/11/2011, B.Dilli Babu XI Std. reviewed the book "Incidents that boost self-confidence" written by Manimekalai press Editorial Team.

### Visit to places of worship

On 11 & 19/11/2011, the boys' home residents went to Vinayaga Temple at Kasuva village.

On 11 & 19/11/2011, the girls' home residents went to Vinayaga Temple at Ramanathapuram village.

On 25/11/2011, Old Age Home residents went to Thiruninravur Shiva and Perumal Temples.

### Gandhi Unit

On 18/11/2011, Mr. Nadana Sabapathi, Gandhi Team Head, Sevalaya participated in the one day training programme on Organic Farming, conducted by Mr. Sundarraman in his farm at Sathyamangalam, Erode District.



### Vitamin A drops to children



## Karma Yoga Series - 1 Karma Yoga for shaping our future.

We believe that the goal of life is pleasure and fervently pursue it. At one stage, we find that any pleasure we enjoy is not permanent. Both pleasure and pain are inevitable in the course of life and both contribute to our experience and knowledge. They make an impression on our soul and the result of these combined impressions is what we call character.

Knowledge is inherent in man. The external factors only provide a suggestion or occasion to draw out the knowledge that is already in one's mind. The law of gravitation was not in the apple or in the centre of the earth. It was in Newton's mind. Like fire in a piece of flint, knowledge exists in our mind. Suggestion is the friction that brings it out. Similarly, all our feelings and action are being brought out from within ourselves by so many blows. The result is what we are. All these blows taken together are called Karma.

Karma has its effect on character. This is the most powerful force that man has to use to his best advantage. Man is a centre and is attracting all the power of the universe towards himself, and in this centre fuses them all and sends out in a big current. This centre is the real Man. All the experiences, good and bad run towards him and cling to him. Even as he has the power of drawing in, he has the power to send out.

All the actions we see, all the movements in the world are but the display of thought, manifestation of will. This will is caused by character and the character is the result of our own actions. The gigantic actions of the Buddha and Jesus came out of Karma, character and will accumulated over the ages.

Our Karma determines what we are. If what we are now has been the result of past actions, we have the power to shape our future by what we do now.

This is the greatest knowledge and blessing given out to man. But now, we have to know how to act.

The question now arises, "Are we not working all the time? What is the great thing that we have to learn?" Yes. We have to learn. Learn to work efficiently without frittering away our energies. Gita says working efficiently is a science. Purpose of work is to bring out the power of the mind which is already there. The different works we do are the blows to wake up the giant within us.

This is possible by working for work's sake, working without any motive. People who work with motives like name, fame, power, heaven etc cannot achieve this. Only selfless work gives the moral strength and makes us moral giants. This is due to the power of restraint. Self restraint is a manifestation of greater power than all outgoing action. The power of the man who tames the horse is greater than that of the horse that runs amuck.

Incessant work; intense work; do we not require rest? This is the question often asked. What is rest? Real rest is rest for the mind. The ideal man finds the silence and solitude of the desert amidst intensest of activity. Even in the midst of the din and bustle of the city, he finds solitude and calmness as if in a cave. If we reach this stage, we have reached the ideal of Karma Yoga.

How to start this practice? Go about the activities that come to you in the natural course. Slowly make yourself more unselfish every day. Analyze the motive power that prompts you to work. Initially you will find that almost all the motives are selfish. But ultimately, by persistence, you will reach a stage, when you will be able to do really unselfish work. That is the moment in which you have achieved the ideal of Karma Yoga and all the knowledge and power within you will be manifest.

(For a deeper study: "Karma in its effect on Character"-The Complete Works of Swami Vivekananda")

### SPONSORSHIP DETAILS

SPONSORSHIP	CHILDREN HOME		OLD AGE HOME		Other Sponsorship	Contribution(Rs)	Endowments(Rs)
FOOD	Contribution(Rs)	Endowment(Rs)	Contribution(Rs)	Endowment(Rs)			
Milk(One Time)	500	7000	200	3200	Residential Expenses for one Child/one child/one Grandpa/year	6000	80000
Breakfast(one day)	1000	14000	500	7000	Maintenance of One Cow/year	6000	80000
Lunch/Dinner	2000	28000	1000	14000	Education Expenses for one Child/year	6000	80000
Lunch/Dinner with sweet or fruit	2500	35000	1250	20000	Salary for one staff per month	5000	850000
Fullday food Expenses	3500	50000	2000	28000	Funeral Expenses for one Grandpa/one Grandma	5000	70000
Fullday food Expenses with sweet or fruit	5000	70000	3000	42000	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



Published by : Bhuvanewari Muralidharan and owned by / on behalf of Sevalaya and published from  
F2, Jains Eden Park, 4 Judge Jambulingam Road, Mylapore Chennai 600004  
And printed by: S.Kannappan @ Gem Offsets, No. - 24(Old no.20), Swami Achari St., Royapettah, Chennai -600 014.  
Editor: T.S.Venkataramani

Send your comments to: Sevalaya, 63/32, I Main Road, Gandhinagar, Adyar, Chennai 600020 Tamil Nadu, India.  
Phone Nos : 9444620286, 9445872748, (044)64611488, (044)26344243, (044) 24419009  
E.mail : sevalayamurali@sevalaya.org, sevalayaprm@sevalaya.org Visit us at: www.sevalaya.org

### DONATION FORM

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

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

City : \_\_\_\_\_ District : \_\_\_\_\_ Postal Code : \_\_\_\_\_ Phone No \_\_\_\_\_

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

Please make your donation payable by cheque to **SEVALAYA** and send to:  
**SEVALAYA,**  
63/32, I Main Road, Gandhinagar, Adyar, Chennai 600020