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Love 7 Sevalaya's News Letter - January 2013 Serve 10 Price-Re.1

Dear Friends,

Like every year, this year too we had grand Christmas celebrations. Children eagerly welcomed the Santa clauses, joined in the singing of jingle bells; the festive mood was all around. There was the well decorated manger on the dais, friends of Sevalaya had gathered to wish each other merry Christmas. The birthday of Jesus Christ, must be the birth day celebrated by most people in the world. Is Christmas all about cutting cakes, distributing chocolates, singing and dancing? We also take a close look at the message imbedded in the life of Jesus.

Preaching the message of love was seen as a crime 2000 years ago and Jesus was crucified for doing this! What did he do wrong? Why was he crucified along with hard core criminals? The then rulers thought that by giving this punishment the message preached by Jesus will die with him – but did it happen? Punishing the innocent is nothing new; it is atleast 2000 years old. Giving false evidence after accepting money is also as old as Jesus.

The message of Christ spread much faster after he was crucified. Today Christianity is the religion followed by the majority in the world and Christmas is celebrated across the entire globe. The Cross was an instrument of execution but one man, Jesus Christ, who was nailed to a wooden cross and left to die, is worshipped as God all over the world. His was a message of love and forgiveness that Christians believe is possible only because Christ was being punished for the wrong doing of mankind. By punishing the innocent, the then rulers actually helped the fast spreading of Christianity.

After 2000 years, do we celebrate the rulers who crucified Christ? Do we celebrate the persons who gave false evidence lured by 30 silver coins? Who has won the race now? In the long run, it is Jesus Christ himself who is celebrated and worshipped, not just during Christmas but throughout the year.

As faith in Christ spread, his message of love and forgiveness resulted in an outpouring of care and compassion that Christ taught would transform the world.

Truth will always win, may be the powerful and cash rich can create an appearance of winning the battle, but at the end they have to lose, as truth is not there on their side.

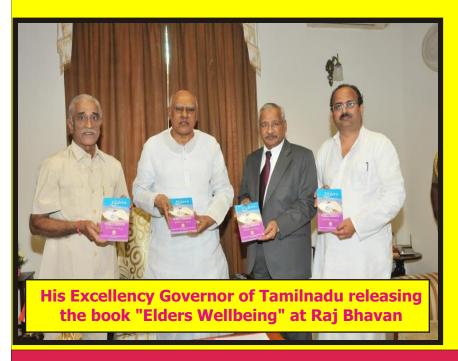
Christ's life teaches us the message that truth can never be suppressed. You may give all sorts of trouble to truth; kill the truth, bury the truth, but the truth will come back, within couple of days.

The law was only framed by the rulers to suit the rulers – you may punish the innocent by applying the law or applying force on law, but finally the world will understand that truth is above law.

Wish you a merry Christmas and very happy New Year.

Thanks & Regards

Murali





January 2013 Chennai LOVE ALL SERVE ALL Page 1

Administration

Mr. N.Jagannathan & Mr. K.V.Venkatesh attended a training programme on Capacity Building for Admin and HR Staff of NGOs by Ms. Devika Dharmarajan, on 18/12/2012 and a training programme on Effective use of Public Relations, Media and Press reports by NGOs by Ms. Meera Srinivasan of The Hindu on 22/12/2012. Both the programmes were organized by iVolunteer under their Gyan Training programmes for NGOs.

Public Relations

M/s GuruKrupa Foundation donated a school bus and sponsored the solar Streetlights at Sevalaya.

Mr.V.Muralidharan participated in the Kumbabhishegam of Shirdi Sai Baba Temple at Kasimedu village and unveiled the statue of Shri Shirdi Sai Baba.

Mr. V.Muralidharan made a presentation on "PDCA for Philanthropy Sector" at the Programme PM Footprints at Project Management Institute Bangalore Chapter on 06/12/2012.

Mr. V.Muralidharan was one of the chief guests at the Bharathiyar Memorial celebrations of K R M Public School, a unit of Kaligi Ranganathan Montford Group at Perambur on 07/12/2012.

Mr.V.Muralidharan participated in the preliminary meeting of Hindu Spiritual and Service Fair held on 09/12/2012. The weeklong fair will be held from 08/02/2013 to 14/02/2013.

Mr. V.Muralidharan was honoured as an outstanding alumnus at a function organized by The New College Alumni Trust and The New College Staff Association on 11/12/2012 as a part of Diamond Jubilee celebrations of the College.

As a part of the Silver Jubilee Celebrations, Sevalaya organized a Programme on Bharathiyar at Gurunanak College on 14/12/2012. Mr. T.S. Venkataramani, Hony. Coordinator spoke on the theme "Paarai uyarththida vendum" — ("Lets Elevate the World"). Two students of Gurunanak College Ms. Sathya & Mr. Saravanan spoke on Bharathiyar poems.

On 20/12/2012, Mr. V.Muralidharan participated in the Book Release function of National Association of Senior Citizens of India (NASCOI) at Raj Bhavan. The book "Elders wellbeing" was released by His Excellency The Governor of Tamilnadu, Mr. Rosaiah.

Bharathi Team

Events

On 07/12/2012, International Volunteers Day 'IVD – 2012' was celebrated in Sevalaya, organized by the iVolunteers. 7 international volunteers at Sevalaya also participated in the programme. Sophia Shalom of iVolunteer spearheaded the activities that included Collage paintings regarding Civic responsibilities, Environment awareness etc., .

On 12/12/2012 'Bharathiyar Day' was celebrated by the students and staff of Sevalaya. The chief guests Mr. R. Bhagwan Singh (Executive Editor, Deccan Chronicle) and Mr. R. Nurullah (Media Consultant, Sathyam TV) gave away the prizes to the toppers in the state level Bharathi examination conducted by Sevalaya in which 10000 children from all over Tamil Nadu participated.





On 13/12/2012, an awareness program on the Plastic Menace was conducted in the premises of Thiruninravur Railway Station. The student members of NSS and JRC distributing pamphlets explaining the ill effects of using plastic to nearly 3000 commuters.

On 14/12/2012, Mr. A. K. S. Vasan conducted an awareness program for all the students of the High school, spreading the message of the importance of good values through mimicry and songs.

On 15/12/2012, the steering committee of Shastra 2013- which organizes the Annual Students' Technical Festival Shaastra at IIT Madras donated 21 used computers to Sevalaya as a part of their initiative "Computer Literacy for All" and inaugurated an additional computer Lab for the School Students.

On 15/12/2012, staff volunteers from HCL conducted motivation program for the Std IX students.

On 21/12/2012, Planet Blooms day, a 'Motivating & Positive Antidote' to the much hyped 'Mayan Myth of Dooms day' was celebrated in Sevalaya.

Thiruvallur District Collector Mr. K. Veera Raghava Rao, IAS released a CD that depicts people's responsibility and role to safeguard this world. The first copy was received by Thiruvallur District Counselor Mrs. Bommi. Addressing a group of more than one hundred teachers from various schools in Thiruvallur district, Dr. M. B. Nirmal, founder of EXNORA International made an interesting and informative presentation on how to convert waste to wealth.

On 23/12/2012 'Merry Christmas' was celebrated in Sevalaya. Bro. C. M. Balu (Avar Kirubai Suveesesha Uziyanggal, Pattabiram) presided over the devotional function. The chief guest Mr. W. Solomon, (Assistant Thasildhar, Thiruvallur Dt) cheered the kids with Christmas greetings.

Visits

On 01/12/2012 Students of Std XII went to K P Jain College for a motivational program.

On 13/12/2012 the student members of the social service club went to the nearby 24 hours hospital and learnt about the various units of the hospital, job opportunities and nature of work in the medical field.

On 15/12/2012, Students of Std XII visited the Hatsun Agro Products Ltd. On the same day fifteen Std XII students attended a motivational program organized by the Puthiya Thalaimurai in Vel Tech College.

Sports

On 07/12/2012, Students of Sevalaya participated in the Super Senior and Senior categories and the Divisional level Hand ball competition held at Kavarapettai Department of Sport, Govt.of Tamilnadu.

Gandhi Team

Events

Devotional 'Kho Pooja' was conducted on 07/12/2012, sponsored by Mr. Munusamy and on 14/12/2012, sponsored by Mr. Ganesan of Thamaraipakkam.

On 14/12/2012 Salt enriched with micro nutrients was distributed in the nearby Villages by Sundar Salt. The programme was organized and coordinated by Sevalaya.

Training

Village Handi Craft expert Mrs. Sajitha gave training in 'How to produce and sell' Computer Sambirani, Vessels washing powder & Blue for white fabrics (sottu Neelam) - to the Villagers of Ayalur on 11 & 12/12/2012, Villagers of Vadanallur on 13 & 14/12/2012 and the Villagers of Kasuva on 15 & 16/12/2012.

On 22/12/2012, Mr. N.S.A.R.Manimaran(MLA, Poonamallee) distributed Training certificates to the Villagers of Ayalur who have successfully completed Tailoring Training at Sevalaya Centre at Ayalur. On 27 & 28/12/2012, goshala in-charge of Sevalaya's Kasuva center Mr. Anand & Vivekananda Unit Head Mr. K.V.Venkatesh and volunteer Ms. Dhanasree went on a Training Tour to Goshala at Govindapuram and eco toilet facility at Musiri.

Medical Camps

On 15/12/2012, Diabetes Detection camp was organized by Mr. Balaji. All the senior citizens, staff of Sevalaya and 100 villagers benefitted from the medical camp.

On 17/12/2012, Free Anemia Blood Test camps were conducted by Nutrition expert Dr. Malavika in Magaral vilage on 17/12/2012 and Vathattoor village on 23/12/2012. 112 villagers were benefitted by the camps.

On 28/12/2012, Free Veterinary Camp was conducted by Dr. E. Suguna, Veterinary assistant surgeon, Melakondaiyar for the benefit of Villagers in Vathattoor. 163 animals that included Cows, Goats, Chicken and Dogs were treated in the camp from six villages.

Mobile Library

Mobile Library Unit visited Kaliyanur Kandigai on 02/12/2012, Peraathoor on 09/12/2012 and Pakkam Periya Colony on 16/12/2012. 124 Villagers from three villages utilized the services.

Vivekananda Unit

Events

On 01/12/2012, the marriage reception of Mr. R. Srinivasan, alumnus of Sevalaya was celebrated in the presence of Honorable Minister for Commercial Taxes and Registration, Mr. B.V.Ramanaa & Poonamallee MLA Mr. N.S.A.R Manimaran. Hundreds of guests attended the emotion filled function.

On 08/12/2012, Sevalaya student Venkatakrishnan who celebrated his birthday on that day was invited by the Management and staff of Asian PPG Ltd. They presented a cheque to Sevalaya for the amount collected by pooling the contributions of all the employees of the company.



On 13/12/2012, Solar Panels with Battery Backup were activated in the Kitchen and Dining Hall premises. A permanent solution to the electricity problem has been found and power cuts will not affect the study / dining hours of the residents.

On 13/12/2012, Ambathur Sai Temple sponsored Lunch for all the residents and conducted exclusive Bhajans to the resident senior citizens.

On 13/12/2012, department heads of TAFE visited the campus and On 16/12/2012, staff volunteers from TAFE conducted fun games for the children. They donated mufflers and torches for the senior citizens, ever silver tumblers and other articles to the children as prizes.

On 15/12/2012, member of Page Pierre foundation Ms. Dominique Bourqui visited the Campus.

On 16/12/2012, two overseas seas volunteers from Germany successfully completed their internship and on 20/12/2012 Ms. Thulasi from Australia came to the campus as volunteer.

On 24/12/2012, the NSS unit of New College, Chennai arrived in the Sevalaya Campus for a weeklong camp.

On 24/12/2012, Ms. Anitha Rajesh, wife of Mr. T.P.Rajesh IAS, Former District Collector, Thiruvallur, visited the Old age home and interacted with the senior citizens. She distributed srees, dhothies and towels to the residents.

On 25/12/2012, Mr. Moses Raj and friends presented a Spectacular Puppet Show, enlightening all the children about healthy food and self-confidence.

20 senior citizens and 25 children attended the Bharathanatyam programme of Ms. Bhavya Balasubramanian at Narada Gana Sabha on 28/12/2012.

Visit to Places of worship

On 07/12/2012, the resident boys visited the Vinayagar Temple and the Girls visited the Perumal Temple. On 21/11/2012, the boys visited the Ramanathapuram Vinayagar Temple.

On 25/15/2012, Sixteen Senior Citizens and twenty five resident Children went to 'Vishnu Sahasra Nama Parayanam' conducted at Veera Raghava Swami Temple, Thiruvallur.

The senior citizens visited Pakkam Sivan Temple for "Arudhra Dharsanam" on 28/12/2012.





Swami Vivekananda's Karma Yoga

Karma yoga-How to begin?

The question that haunts the initiate into Karma Yoga is- You speak of intense activity, and say that we must alwayswork. But then, do we not need any rest?

On the one side is life struggle in which we are rapidly whirled around. On the other side we have calm, retiring renunciationeverything being peaceful around. The ideal Karma Yogi finds the silence and solitude of the desert in the midst of intense activity-and vice-versa.

Work and rest are not separate for him. He needs no "work-life" balance." Gandhiji stands as a monumental example of this type of perfect Karma Yogi. He had so many things to bother him with-Fight with the British, Hindu-Muslim Unity, the problem of untouchability and what not. But, the toothless smile never seemed to disappear from his face.

When asked how he was working almost round the clock and whether he did not take any vacation, he said,"Why I am always on vacation!"

How to begin practicing Karma Yoga?

Residential Expenses for

one Child/one child/one Grandpa/year

Swamiji gives a practical tip.

"Begin from the beginning. Take up the work as they come to us and make ourselves more unselfish every day. We must do the work and the motive power that prompts us; and almost without exception, in the first years, we shall find that our motives are always selfish. But, gradually this selfishness will melt by persistence, till at last will come the time when we shall be able to do really unselfish work. We may all hope that someday or other, as we struggle through the paths of life, there will come a time, when we shall become perfectly unselfish and the moment we attain that, all our powers will be concentrated, and the knowledge which will be ours will be manifest."

SPONSORSHIP DETAILS

SPONSORSHIP	CHII DREN HOME		OLD AGE HOME	
FOOD	Contribution(Rs)	Endowment(Rs)	Contribution(Rs)	Endowment(Rs)
Milk(One Time)	500	7000	200	3200
Breakfast(one day)	1000	14000	500	7000
Lunch/Dinner	2000	28000	1000	14000
Lunch/Dinner with swee or fruit	t 2500	35000	1250	20000
Fullday food Expenses	3500	50000	2000	28000
Fullday food Expenses with sweet or fruit	5000	70000	3000	42000

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	1000	14000
child/one Grandpa/one Grandma	1000	14000
Higher Education	20000	300000
Professional Higher Education	50000	700000
Workshop/Training/for one Staff	2000	28000

6000

80000



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