



LOVE ALL SERVE ALL

Love 7 Sevalaya's News Letter - July 2012 Serve 4 Price-Re.1

Dear Friends,

All cities, small towns and even villages are fast growing in India. We don't see much of bicycles or people walking now-a-days and the two wheeler and four wheeler population is growing at a much faster rate than the human population growth rate. Thirty years ago we only white ambassador cars were seen on Indian roads, but today we have all different brands of cars from the entire globe. The crowding of roads, condition of roads, etc are lesser problems compared to utter don't care attitude of even educated drivers to traffic rules.

If a police man is not present, then the traffic signal has no meaning in most of the places. People jump red lights as if there is nothing wrong in driving like that – the same person when he goes outside India, is very careful to follow rules - as if in India we don't have to bother about any rules! If some law abiding citizen stops on red light, the entire row of vehicles behind him start honking like hell and expect him to jump the signal!

The two wheelers try to squeeze themselves in whatever space that is available (In USA we drive on the right, in India we should drive on the left, but drive on whatever is left!) and do all sorts of somersault. We had many cases of bike races in busy roads which ended up in some deaths too. At times the big Government buses also behave like bicycles and indulge in zig-zag driving.

On 27th June, a Government bus fell off Anna flyover in

the middle of Chennai city – many are injured and it is very disturbing to see the bus completely damaged lying on the road.

When such accidents happen, generally the public are not interested and they try to find their way and proceed with their business. But this time, there was an auto rickshaw driver, who wanted to help. Mr.Riaz Mohammed, who was driving an auto with passengers, stopped, got off from his vehicle and rushed to help the people trapped inside the bus. He tried to call the ambulance, he tried thrice, but help arrived only after half an hour. So with the help of traffic police who were on duty there, he pulled out people. By the time the ambulance arrived and hopefully the injured will all survive.

He was there on the spot for next two hours. His passengers offered the payment for their trip, but he refused to accept any money as he had not taken them to their final destination. We have mostly seen auto drivers who demand excess fare, but here is one who was ready to forgo his earning, spend his prime earning time in saving others!

He has studied only upto grade 8 and he has been a auto driver for the past 3 years.

What else do we want from education? Riaz's 8th grade education, which has taught him that he should help others when required, even if it meant that he will lose his income and time, is equal to many doctorate degrees. Hope some socially minded university will honour him with an honorary doctorate.

Thanks & Regards

Murali



Public Relations

Mr. Prembabu, a long time donor and well-wisher of Sevalaya has joined the Trust board. He works for TCS.

Now donors can use a new online option to donate to Sevalaya – this link is made possible by eBay http://www.ebay.in/sch/i.html?_nkw=sevalaya

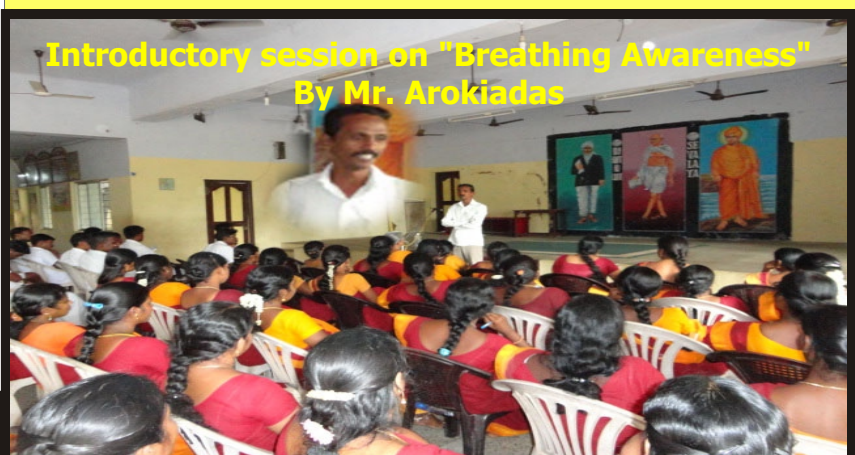
Mr.V.Muralidharan attended the quarterly district senior citizens protection committee meeting, as an NGO representative working in the field of Senior citizens care. This committee is headed by the District collector and all district officials are members of this committee. Crime against senior citizens and action taken by Government departments and NGOs in taking care of welfare of senior citizens were reviewed by the District collector.

Bharathi Team Achievements

Sevalaya students have done their organization proud be securing 100% pass results in the X std Public examinations. 2 students, L.Dineshkumar & S.Prithviraj stood first with 451 marks out of 500 followed by G.Ajit with 448 marks and V.Pratheeba with 444 marks. 18 out of 90 students who took the exam scored above 400 out of 500 marks.

Events

World Environment Day was celebrated on 05/06/2012. Sevalaya organized a tree planting in Panchayat Union Middle School Campus, at Ayalur Villae. Several avenue trees were planted. Mr. A. Gopu (Ranger and Publicity Officer) Forest Department, Thiruvallur District, Mrs. Indhumathi forest department with their team and Mr. Shanmugaraj, Head Master, Union Middle School, Ayalur participated in this function.



Sevalaya students presented a small cultural programme highlighting environmental issues in today's fast paced life.

Mrs. P. Selva Kumari, Chief Educational Officer, Thiruvallur and Mr. Mangalanadan (Manager KGR Apparels, Pakkam), were the chief guests at a function organized on 07/06/2012 to distribute free uniforms to nearly 1700 students of Sevalaya. Mrs. P. Selva Kumari congratulated the staff and management for the consistent good results being secured by the rural students coming from economically weaker section of society.

15 volunteers from HCL came to the campus, on 23/06/2012. They took part in planting tree saplings etc.

Senior officials from Scope international visited Sevalaya on 06/06/2012 and 20/06/2012.

Training

Mr. S.Arokiadas conducted a introductory session on "Awareness of breathing to Improve concentration" for the students on 02/06/2012.

10 students participated in the competitions on the theme of Environment protection conducted by EXNORA & KIDZEE on 09/06/2012.

The second session on Breath Awareness by Mr. S.Arokiadas was conducted for the staff on 16/06/2012.

Mrs. Juno Thangakumar, Senior Teacher of Vidya Mandir Higher Secondary School, Mylapore spoke to the staff on The Joy of Teaching on 23/06/2012.

On 21/06/2012, 4 staff members – 2 each from Primary School and High School visited AMM Higher Secondary School on Kotturpuram .

On 23/06/2012 Ms. Mariammal reviewed the book "Life and teachings of Sri Shirdi sai Baba".

Gandhi Team Medical Camps

Dr. Malavika Vinodkumar of Sundar Chemicals conducted Anemia screening camp at Tamaraipakkam & Komakkambedu villages on 03/06/2012. 109 people from both villages participated in the camp.

On 16/06/2012, in the programme organized by Sevalaya Dr. Malavika Vinodkumar distributed Iron tablets and nutrient enriched salt to the villagers at Vadattur and Magaral.

Sevalaya and Pranav Foundation conducted a free eye camp at Perathur Village on 21/06/2012. Dr. Senthil and his team of 5 members screened 136 villagers for eye disorders and identified 22 people for cataract surgeries. 18 villagers were supplied spectacles. Ms. A.Divya Bharathi, Ward member, Perathur coordinated the camp at the village.

On 06/06/2012 certificates were distributed to Tailoring class and computer class students at Sevalaya's Vadanallur village branch, Uttiramerur, Kanchipuram district. Mrs. K.Sumathi Gunasekar (President of Town Panchayat, Uthiramerur) handed over Tailoring Certificates to women of rural villages and Computer Certificate to rural Youth. The other dignitaries present at the function were Mr.Madurai Muthu (9th Ward Councillor, Vadanallur), Mr. A.V. Devaraj (LJP General Secretary, A.P. Chatiram), Mr. Venkatesh (Councillor, Nallur), Mr. Jayachandran (Vadanallur).

Mobile Library & Kottu Murasu

Sevalaya's mobile library visited Sembedu village on 17/06/2012 with 250 books on various subjects. 30 villagers made use of the opportunity.

Sevalaya's cultural troupe Kottu Murasu presented a cultural programme to the villagers.

On 10/06/2012, 8 Hostel students accompanied by a staff and Mr. Prembabu, Trustee, Sevalaya participated in the cultural programme BOOM - 2012 held at Ashok nagar, Chennai organized by TCS & HCL.

Vivekananda Team Events

On 17/06/2012 the marriage reception of Dhanraj, son of Tamarasai, a donor of Sevalaya and Nithya was held at Sevalaya.

35 volunteers from TCS-AXA Belgium visited Sevalaya on 23/06/2012 and donated note books, tree saplings etc. They also conducted competitions to the resident children and senior citizens and gave prizes.

Medical Camps

A free Eye Camp was organised by Sevalaya and Pranav Foundation at Sevalaya on 14/06/2012. Dr.Senthil's team from Pranav Foundation consisting of 6 members examined the residents and the villagers. Nearly 220 people including resident children and senior citizens of Sevalaya benefitted from the camp which conducted screening test for diagnosing different eye disorders. 6 persons have been identified for free cataract surgery.

Tours

On 10/06/2012 the resident senior citizens, children and staff went on a trip to Chidambaram. On the way they visited temples at Madhuranthagam, Melmaruvathur and Puduchery. They also visited places of tourist interest at Puduchery.

Visit to places of worship

On 15/06/2012 Hostel students went to Vinayagar temple at Kasuva road.

Students Book Review

On 23/06/2012 B.Parthiban of X Std spoke about the book "How to get above ninety percentage."



Planting of Tree saplings on Environment Day



Eye camp at Sevalaya



Eye camp at Perathur

Swami Vivekananda's Karma Yoga (Part 1 : Chapter I)

(In some of the earlier issues, we had published some articles based on Swami Vivekananda's works on Karma Yoga. A suggestion has been made to us that a comprehensive series on Karma Yoga may be published on the basis of Swamiji's teachings, which may well serve as a study-course for the earnest reader. The following is such an attempt. In this process, there may be some repetition of some of the points covered in our earlier articles. The reader is requested to kindly bear with us.)

1. Some basic concepts.

1.1. The meaning of the term "Karma"

The word Karma is derived from the Sanskrit "Kri"-meaning "to do" The word also means effects of action. Metaphysically, it refers to the effects of our past actions. However in Karma Yoga, we simply use the word to mean-work.

1.2 The three factors in us.

Nature is composed of three factors called Sattva, Rajas and Tamas. These manifested in the physical world are what we call equilibrium, activity and inertia. Tamas is typified as darkness or inactivity. Rajas is activity expressed by attraction or repulsion, and Sattva is the equilibrium of the two.

In every man, there are these three forces. Sometimes Tamas prevails. We become lazy, we cannot move, we are inactive, bound down by certain ideas, or by mere dullness. At other times, activity prevails, and at still other times, that calm balancing of both. Again in different men, one of these forces is generally predominant. The characteristic of one man is inactivity, dullness and laziness; that of another - activity, power, manifestation of energy and in still another we find the sweetness, calmness and gentleness which is due to the balancing of both action and inaction. So, in all creations, in animals, plants and men, we find the more or less typical manifestation of all three different forces.

In simple terms, we call a man active(Rajasic), lazy(Tamasic) or calm(Sattvic) according to his predominant characteristic..

Karma Yoga has to specially deal with these three factors. By teaching us what they are and how to employ them, it helps us to do our work better.

References: Complete works of Swami Vivekananda (CW) Vol-I Ch.1.Page27.;Ch.2-Page 37

Exercise-1: Examine the time of the day during which you are generally Tamasic, Rajasic or Sattvic.

2: What do you think is your predominant characteristic? You may do this by reviewing you thoughts and activities for the past one year.

SPONSORSHIP DETAILS

| SPONSORSHIP | CHILDREN 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 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 |



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