



LOVE ALL SERVE ALL

Sevalaya's News Letter

MAY - 2005

Dear Friends,

We don't care who won the cricket match between India and Pakistan. May be Tendulkar should have scored one more century or Ganguly should have scored a few more runs etc. But the peace process is still winning. That is more important.

Some years ago, we were not able to hold India and Pakistan match in India or Pakistan. We were playing only in neutral grounds. There were threats from groups that they will enter the ground and cause security concerns. All this is history now. India had a tour of Pakistan followed by a Pakistan tour to India. Many spectators came from Pakistan to watch the matches and there was not a single unpleasant incident. For once, India-Pakistan match was not looked at like another war!

We also operated new bus service from India to Pakistan. There were many attempts by the militants to stop this bus service. The passengers were threatened. There were shootings and bombings. Notwithstanding all this, both the Governments were keen to get the bus running and it happened. Many were able to visit their near and dear after a long time.

Pakistan President Musharaff was in India to watch the final one day match. Both parties agreed that there is a big change of mood. As usual meetings were held at various levels, but this time all looked very positive. Only the F16 issue was a problem but even that didn't spoil the overall mood in both camps.

Both India and Pakistan are spending a lot in defence budget. Both the countries have a

large poor population. The need of the hour is to spend money on employment generation activities.

We need to build more schools, more hospitals, and more infrastructures. May be more bridges, between the two countries! Also more avenues are to be provided to the youth of both the countries to have a cultural exchange.

Both sides have said that the 'peace process is irreversible'. It is good to see that even after the change in the Indian Government, the policy towards Pakistan is unchanged. We are talking of more bus services and train services between the two countries. As the visits increases across the border, may be the people will understand that all the 'hate campaign' that is going on in both countries were not all that true.

Right from the life of our Father of the nation, we have lost many lives in this 'hate campaign'. Indian schools and colleges should start taking children to Pakistan on educational tours. This is the 'Education' children of both countries need now. People from both countries should plan holidays across the border. Problems like Kashmir will be solved after the people of both countries have come closer to each other. Less hatred and better understanding will solve all the problems.

For the past few years, people from Pakistan are visiting Indian hospitals to undergo heart surgery. May be it requires 'Heart surgeries' to bring both countries closer. Let us do it.

Thanks & Regards

Murali



ART OF LIVING PROGRAMME

Study Circle Meetings

Date : 02/04/2005 (Tamil)
 Book : Jack Wallace
 Author : Mr. Raavindar
 Speaker : S. Saravanan
 Venue : Sevalaya service centre

Date : 09/04/2005
 Book : How to excel in Public Relations (Tamil)
 Author : Mr. Lena Tamilvanan
 Speaker : N..Ravichandran
 Venue : Sevalaya service centre

Date : 16/04/2005
 Book : Autobiography of Martin Luther King Jr
 Author : Mr. Clayborne Carson
 Speaker : C. Thenmozhi
 Venue : Sevalaya service centre

Date : 23/04/2005
 Book : Practicing the Power of Now
 Author : Eckhart Tolle
 Speaker : P.D. Narayanasamy
 Venue : Sevalaya service centre

Date : 29/04/2005
 Book : Marie Curie
 Author : P. Kaliyaperumal
 Speaker : G. Palanisamy
 Venue : Sevalaya Administrative Office



COVANSYS STAFF VISIT OAH

Date : 30/04/2005
 Book : The monk who sold his Ferrari
 Author : Robin Sharma
 Speaker : Annapoorna Narayanasamy
 Venue : Sevalaya service centre

Students Study Circle

Date : 02/04/2005
 Book : Moral Stories (Tamil)
 Author : Sengai Sivanesan
 Speaker : Rajini
 Venue : Sevalaya service centre

Date : 09/04/2005
 Book : Childrens Knowledge Bank (Tamil)
 Author : Sunil Gupta
 Speaker : D. Silmbarasan
 Venue : Sevalaya service centre

Date : 23/04/2005
 Book : We can live, if we think we can
 Author : Rudran
 Speaker : Tamilselvan
 Venue : Sevalaya service centre

Date : 30/04/2005
 Book : Wings of Fire (Tamil) Autobiography of Dr. A P J Abdul Kalam
 Author : Arun Tiwari
 Speaker : U. Radha
 Venue : Sevalaya service centre



CAMP IN AVADI



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SUMMER COMPUTER COURSE

Events at service centre

Siddha Medical Camp was conducted by a team of doctors from Arignar Anna Siddha Hospital and Sri Sathya Sai Seva samithi Siddha Medical Service group on 03/04/2005. The camp benefited nearly 500 people including inmates of Sevalaya Children's Home and Old Age Home and people from nearby villages.

Tamil New Years Day was celebrated at the campus on 14/04/2005. Mr. G.D.Rajasekar, President of the Koyambedu Vegetables, fruits and Flowers Traders Association was our Chief Guest. Members of the association participated in the celebrations. The association members prepared a delicious feast for all the inmates and thus it was a sweet beginning of the New Year!

Free 1 month Computer Training for Village Youth commenced at Sevalaya service centre on 16/04/2005. Ms. Hema Gopal, Senior official of Tata Consultancy Services, Chennai inaugurated the course. 40 village youth have enrolled themselves for this course. They will be trained in Windows & MS Office 2000. This is the second year Sevalaya has been organising this summer training camp.

Sri Rama Navami was celebrated at Sevalaya on 16/04/2005. Mr. T.Parthasarathy, Notary Public & President of Advocates association, Thiruvallur was the Chief Guest. A special prayer was conducted at the beginning of the meeting. After the prayer,



RAMANAVAMI FUNCTION



TAMIL NEW YEAR FUNCTION

Mr.Parthasarthy spoke to the children eloquently about the qualities of Sri Rama which led him to be celebrated as an incarnation of God.

Annual 3 – Day Camp at Camp Tonakela was organised from 21/04/2005 to 23/04/2005. As in the previous years each day was dedicated to the three guiding stars of Sevalaya viz., Mahatma Gandhiji, Mahakavi Bharathiyar and Swami Vivekananda respectively. Mr. Jeyaraj of Ponvandu soaps was the chief guest for the inaugural function. Mr. G.Ram Mohan spoke to the children about Mahatma Gandhiji. Mr. V.Ramji spoke to the children about the poems of Bharathiyar on the second day. Prof.T.R.Udayashankar lectured to the children about Swami Vivekananda on 23/04/2005. Mr. P.Govindarajan, Secretary of Camp Tonakela and Mr. Radhakrishnan, Manager Camp Tonakela, were the chief Guests for the valedictory function on 23/04/2005. They distributed prizes to the winners of the various competitions. The children thoroughly enjoyed a break from the routine and returned to the campus energised.

Art of Living is an interactive workshop designed by Art of Living Foundation of Sri Sri Ravishankar Guruji. Extremely effective and revolutionary techniques are taught which help an individual deal with the day-to-day stresses of life, thereby promoting a better quality of life and increased happiness and peace. The course was conducted for the children of Sevalaya by Mr. Sridhar from 25/04/2005 to 28/04/2005.



SIDDHA MEDICAL CAMP

On Being Angry

Are you feeling angry? Do butterflies fly and a ball rises from the pit of your stomach and chokes your throat? Does your face turn red and body shivers? Does your voice unconsciously rise? Are you afraid that this fit of temper will affect you physically and mentally and relationships will get spoilt? There are some simplistic solutions like gulping a glass or two of water, counting 1, 2, 3... and "Grinning and bearing". All these work out for some people at some times but not always. Anger Management is a favorite topic in Personality Development Courses. There is a branch of Psychology- "Rational Emotive Behavior" prescribing detecting and debating your belief systems. A noted philosopher would like you not to meddle with this emotion but to simply "observe".

Mahakavi Subramania Bharathiyar in his Pudhiya Athi Choodi gives out a nugget of wisdom: "Cultivate Indignation." (Rowdhiram Pazhagu) The same poet writes elsewhere:

The Angry burn themselves and die
Themselves the knives they cut their throats
Men die in millions out of wrath
Raging against others
Care worn
They plunge themselves in a sea of sorrow.
(Translation by P.S.S.)

Does he contradict himself?

Anger is a natural human emotion. Trying to control or suppress it would be a remedy worse than the malady. While "Instinct-Driven" anger, anger born out of malice and ill will create physical and mental problems and create ill will, righteous indignation as a conscious response to evil and injustice is a MUST. This must have been in the mind of Bharathiyar when he wanted us to cultivate anger. After all, Mahatma Gandhi, Swami Vivekananda and Mahakavi Bharathiyar were "Angry Young Men" when they set out to, as indeed they did, make a transformation.

So be it. Great men are not free from anger in their day-to-day lives. But their anger is based not on ego, hatred or selfishness. There is an underlying current of love and truth. Sparks fly, but no heat is generated. Their anger is

momentary and they soften soon exemplifying a couplet from the great Tamil Classic Thirukural. Let us look at an episode from the life of Swami Vivekananda as narrated by one of his biographers.

When Ramakrishna Mission was formed and the twin aims of "Personal Salvation and Service to Humanity" was held up by Swamiji before the Gurubhais and the disciples, the interlinking of the two aims and proclaiming it to be a Sadhana produced a conflict in many sincere souls who ardently longed for Salvation as the one aim of human life and who considered worldly activities in any form as entanglement in Maya. They felt that Swamiji was working with Western methods going beyond the pale of instructions by Sri Ramakrishna. When they expressed these reservations, Swamiji became angry. His face looked like a flaming fire, his eyes dazzled, his voice choked, his whole frame shook with intense emotion. He burst out: "You are bhakthas, or in other words, sentimental fools! What do you understand of religion? You are only good at praying with folded hands, 'O Lord! How beautiful is your nose, how sweet are your eyes,' and all such nonsense, and you think that your salvation is secured and Sri Ramakrishna will come out at the final hour and take you up by the hand to the Highest! Study, Public Preaching and doing humanitarian work are according to you Maya!" Tears streamed from his eyes. Like a flash of lightning, he ran to his sleeping apartment.

But, later, very soon he recovered his calm and spoke softly to his mates. "Oh, I have work to do! I am a slave of Ramakrishna, who left his work to be done by me and will not give me rest till I have finished it...Oh, His love for me ". The biographer, S.Dhar concludes: "The sons of Sri Ramakrishna were bound to each other in love and to their Guru and their leader in respect in a manner rather difficult for the layman to understand."

So, Don't worry about your anger-provided Truth and Love are your shield and sword-like they were for our Great Trinity.

FOR FREE CIRCULATION :

Send your comments to: Sevalaya, #3, First Link Street, Karpagam Gardens, Adyar, Chennai-600 020.

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