



*Sathya Sai International Organisation (UK)*

# *Love and Light*

[www.srisathyasai.org.uk](http://www.srisathyasai.org.uk)

"By all means, be concerned about success or failure in achieving the real purpose of life. Then you will get as many years as are needed to fulfill that desire. Yearn, yearn, yearn hard, and success is yours. Remember, you are all certain to win; that is why you have been called and have responded to the call to come to Me."





August 2019

Dear Brothers & Sisters,

Jai Sai Ram!

## **An Offering of Love - The Adoption of 95 Communities Worldwide**

Last year the SSIO initiated a worldwide service project called “95 Communities,” as our humble offering to Sri Sathya Sai Baba for His 95th birthday in 2020. The goal is to adopt 95 communities.

*“As an offering of love to Bhagawan Sri Sathya Sai Baba on His 95th Birthday, the SSIO initiated a programme titled Global Adoption of 95 Communities. As part of the programme, we plan to adopt at least 95 communities around the world, in a sustainable manner. The goal of this project is transformation of the heart – for both SSIO volunteers and the recipients of the service, as taught by Bhagawan. Our mission is to make a difference in the lives of needy people by providing education, healthcare, food, shelter, drinking water, and other services. I urge all SSIO members to participate in this wonderful opportunity”*

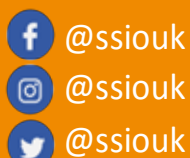
*Dr Narendranath Reddy, M.D., Chairman Prashanti Council*

The SSIO United Kingdom embarked on **2 National initiatives** this year, adopting various communities in Sri Lanka as well as supporting SSIO Nepal in the construction of a new School - Sri Sathya Sai School Pokhara in particular, fund a Girl's hostel in Nepal.

### **Sri Lanka**

On 16<sup>th</sup> June 2019 thanks to the generosity of devotees in United Kingdom the SSIO of Sri Lanka inaugurated a “Deep Well Project” at Sri Vallipuram (Eastern Region). Previously, 86 families had to walk long distances to obtain water often having to resort to drinking contaminated water from polluted lakes. Thanks to the devotees of UK this project will now benefit over 500 villagers (**See Below**).

“LOVE ALL SERVE ALL | HELP EVER HURT NEVER” – Sri Sathya Sai Baba



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# Sathya Sai International Organisation (UK)



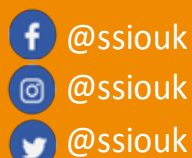
## Nepal

The financially underprivileged girls of rural parts of Nepal are vulnerable to human trafficking. Young and orphan girls face greater risk. To contribute to this fight against human trafficking and address this social menace albeit to a small extent, the Sathya Sai International Organisation Nepal has started a Children's Orphanage and a Sri Sathya Sai School at Pokhara.



The construction of the school building commenced on 25<sup>th</sup> March 2018 - Ram Navami Day. Out of the two hostels, the boys Hostel has been sponsored by SSIO Indonesia which is already under construction and the girl's hostel has been sponsored by SSIO United Kingdom. To date we have sent £30,000 to start the work.

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## How can I get involved?

Often when devotees read about these heartwarming service activities in Love & Light we get inundated with correspondence from devotees asking how they can get involved, many times it is too late. Please see below pledges of assistance that SSIO UK has promised and you are free to get involved if you so wish but under no obligation or force.

### **Sri Lanka Projects – Further proposals**

1. x3 New Water Projects (Deep Wells) providing free and clean water to 3 villages. Each Deep well construction costs approx. £1,000 each depending on the size of the bore well
2. x4 make shift halls to conduct open air school classes: £500 each
3. x10 sewing machines (£150 each) to help rehabilitate women
4. x300 eye cataract Ops – there is currently a 3,000+ strong waiting list. Cost of lens is £30 per lens.

**Project Total: £15,500**

### **Nepal Girls Hostel Project**

The girl's hostel which is being sponsored by SSIO United Kingdom is already under construction. To date UK has sent £30,000 but we still have a shortfall of a further £30,000 for the project.

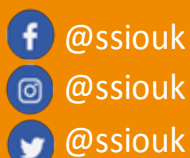
**Project Total: £60,000**

**If you would like to take part in these wonderful life changing initiatives, please see instructions below.**

Donations can be sent by (i) Cheque or (ii) Bank Transfer clearly stating: Sri Lanka Project or Nepal Project.

If donating for Sri Lanka please do not forget to tell us which out of the 4 projects in Sri Lanka you are interested in supporting.

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# Sathya Sai International Organisation (UK)

## (i) Cheques payable to: Sri Sathya Sai Charitable Trust (UK)

Sent to: Sri Sathya Sai Charitable Trust UK, P O Box: 10670, Leicester, LE41 9JQ

*(Please ensure you also send an email to [saiuktreasurer@hotmail.com](mailto:saiuktreasurer@hotmail.com) stating your name, amount of donation, date cheque sent, contact details and which project(s) you are interested in supporting so we can acknowledge receipt & send you a gift aid form)*

## (ii) Bank Transfer:

**Account Name:** Sri Sathya Sai Charitable Trust (UK)

**Account No. for Nepal Project:** 83640981

**Account No. for Sri Lanka Project:** 33246590

**Sort Code:** 207775

*(Please ensure you send an email to [saiuktreasurer@hotmail.com](mailto:saiuktreasurer@hotmail.com) stating your name, amount of donation, transfer details, your contact details and which project(s) you are interested in supporting so we can acknowledge receipt & send you a gift aid form)*

I look forward to keeping you updated with progress on these wonderful life-changing initiatives.

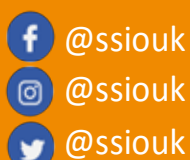
If for any reason you find yourself visiting Nepal or Sri Lanka, please do let me know so that I can put you in touch with the respective SSIO Officer who would be happy to take you around and directly show you the tremendous impact your help and support is having on the lives of our fellow Brothers and Sisters.

Yours, In the Service of Sai

**Shitu Chudasama**

National Council President

“LOVE ALL SERVE ALL | HELP EVER HURT NEVER” – Sri Sathya Sai Baba



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## FROM I TO WE TO HE



**"We can be successful leaders, only if we are disciplined followers, who do not issue command, to others, but rather set an example of service in our actions." (SSS 12:11, 16 October 1974)**

Let me begin by taking you on a journey, a journey which inspired change, a journey which showed me the ideals of how to be a true Bhaktha (devotee) of the Lord. I was blessed with the great fortune of being born into His fold. While growing up, throughout my education, my career and my personal life, I have always tried to ensure that He is at the centre of my life through everything I do. As I became a young adult and went off to university, I realised that adhering to the spiritual path can be somewhat difficult when you are encapsulated by a whirlwind of change and a society that does not share the same principles as you. What you consider to be 'righteous', another may not. This I believe, is a make or break for every young adult starting their journey into adulthood. After working for a year and experiencing the corporate world, I was introduced to the Sathya Sai International Leadership Programme (SSILP), by fellow young adults within my region, which changed my life in so many ways. The SSILP is made up of six online modules, followed by three residential modules which take place in the hallowed grounds of the Sri Sathya Sai Institute of Higher Learning and a graduation ceremony, which takes place in Sai Kulwant Hall, both in Puttaparthi. This beautiful journey began with a religious study of His literature followed by an online facilitation and workshop by our talented brothers and sisters on the SSILP committee. This was beautifully done as every word of His was studied, discussed, experienced and internalised by every young adult on the course.

Prior to making my travel arrangements to attend the residential modules in Puttaparthi, I was at a point in my life where I was not sure which direction I was headed. I was searching for answers about who I was and the purpose of this birth. Little did I know that all will be revealed when I arrived in Puttaparthi in July 2019. I spent four beautiful days immersed in His love and His message and understanding exactly what my purpose is. My purpose is to devote every second of my life to serving the Lord through my thoughts, words and deeds. My purpose is to be a flute through which the melodies of His divine breath pass through. My purpose is to not only know His message, but my purpose is to BE His message through my actions and my conduct. I learnt that through service to the Lord, we can transform ourselves and subsequently transform humanity. We need to inspire people by being living examples of HIS message and allowing the world to experience HIM through our actions. The content of the course is so appropriate and practical for every young adult, whether you are starting off your journey as a young adult, or whether you are at the end of your young adult journey.

Many of us know how difficult it can be to listen to pertinent speakers who speak on high philosophy and constant integrated awareness. It is a term we use, yet do not fully understand. However, this course has provided practical ways to ensure that we are constantly remembering the name of the Lord. One such example, is integrating Swami into our professional and personal lives. One of the issues we find as young adults, is that it is difficult to remember Swami, especially if we are working or busy in our day to day lives. We were taught to find one aspect in our lives, whether it is writing notes, or speaking, to inculcate Swami into. I have always had a habit of drawing love hearts and stars on all my notes. So now, every time I begin a new document, I always draw a heart and I tell Swami that this is my offering to YOU, please accept it and guide me so that I may complete this task as an offering to you. Since coming back, I began this practice, along with my spiritual sadhana and I have really felt Swami's presence



so strongly in my life. In everything I do, I feel a certain sense of peace which I have not felt before. I have taken just one step, I have made just one change, and HE has certainly taken one hundred steps towards me. That is the compassion and the love that He has for all of us. He asks us for nothing but gives us everything. Hence, it is now time we give our hearts and dedicate our lives to Him because, Swami, without you, we are nothing. You are the very essence of our existence. Every day, I try to be a better person and every day, I fail a little less because of you Swami, I fail a little less because of your loving hand, guiding me and guarding me so that I do not falter.

To all the young adults who have not yet participated in this course, I would humbly request every young adult to do this. The skills you learn, the literature you study, the people you meet and the transformation that you receive is priceless. My own transformation since returning from Puttaparthi has been one of greater discipline and ensuring that I keep Swami as the focus of my life and surrender everything to Him. You will learn how to be a human being, not only that, but how to be a living example of His message. I pray that with His grace, we can be instruments so that His message is resonating in every cell, bellowing in every corner of the world and uniting us as one orchestra in His divine mission.

**Sister Suvarna Moodley – SSILP Graduate 2019**  
**Sathya Sai Centre of Milton Keynes, UK**



## National Eashwaramma Day 2019 SSE perspective













## National Eashwaramma Day 2019 From a Service Team Perspective

With Swami's grace, after many weeks of planning and coordination the Regional Service Coordinators and volunteers from different parts of the country came together for the hugely loved National Eashwaramma Day celebrations for which over 650 people attended.

At the main venue, the stage, the alters, the exhibitions set up started on Friday evening.



On Saturday for some of the Service team the day started at 6.00am with the cooking team at a separate venue, where all the masala was gathered and prepared. There were separate volunteering teams for preparing, cooking, washing up and cleaning the kitchen facility so it can be handed back in a suitable condition. We thank the dedication of these volunteers who are remote from the venue, do not see any of the programme but ensure that delicious food is provided for all.



At the main venue, volunteers arrived at 7.15am, first task was to put the kettle on for the volunteers and for the devotees that were due to arrive. Somebody bought the fruit, somebody got the biscuits, somebody made the tasty pawa and along with the toast and hot drinks it was all lovingly laid out for the devotees. Breakfast was ready. The



volunteers were lovingly, enthusiastically all ready for the devotees as they trickled in from 8.30am. Then a coach load came and another and it got very busy. The love and the smiles persisted on the volunteers. The satisfaction and joy was expressed by the receivers of the hearty breakfast. This went on until 10.45 when the last of the devotees were served.







While breakfast was going on in the downstairs dinning hall, upstairs many volunteers set scene to ensure Swami's Altar was decorated beautifully, the hall setup, the P.A. ready and the stage was set for the programme.

At 10.30am the programme commenced with prayers and bhajans followed by introduction by our National President, Shitubhai.

Whilst downstairs, the dinning hall was being rearranged and cleaned up in preparation for lunch.



The tables were set, teams were formed with the food serving team, drinks serving team, the cleaning team, ushers team, washing team, back ground support team. How beautiful and loving the members of these team were. Willing to sacrifice their valuable time, willing to do anything, cooperating and operating with joy and smiles.

The transportation team left the venue at 10.00 to collect the food from the external kitchen, thermal containers were filled at the kitchen to ensure the food remained hot and arrived back at the venue at 11.45. In the meantime the rice was cooked at the venue, all food was laid out at two serving stations just before the arrival of the SSE children and their gurus and chaperons at 12.40 followed by the adults at 1.25pm

It got very busy, we estimated that over 600 plus people were served lunch from 12.40pm to 2.30pm and Swami took care of everything. Everyone looked so HAPPY.

The National Service team of UK are a dedicated and fun loving team, even our National UK President and his National Council took time out to help support the volunteers and join in the fun.

When it came to 3pm it was time for the children's tea break. About 10 volunteers came together to serve drinks, cupcakes and biscuits to the children. There was one table set up for all drinks and another with a mixture of cakes and biscuits. All children started queuing up with big smiles on their faces as well as the volunteers. It was a quick turn round as the children had only 15 minutes for their tea break before they had to go back to the main hall for the remainder of the programme. All volunteer served with joy and happiness which brought big smiles to the children. A group of 8 volunteers from 4 different regions made the cupcakes and cake pops for the children and for the takeaway bags. They were all baked on Friday taking about 3 hours to do and volunteers had a lot of happiness and smiles when baking and decorating them.

Finally as the programme finished and most of the devotees left to go home, we hope having enjoyed all aspects of the day and fully energised.



The remainder of volunteers started the dismantling, the packing up, the loading into cars and vans and the final clean up. With Swamis grace and with the number of dedicated volunteers the task this time was completed within one hour. All left the venue somewhat tired but satisfied.

On behalf of the National Service team I would like to thank all those who gave up their time to render selfless service and pray that you all will continue to Plant the seeds of Love in your hearts and let them grow into trees of Service and shower the sweet fruit of Bliss and share the Bliss with all. Finally please share the following gratitude from the National President and the guest speakers. Thank you and look forward to working with all of you and many others in the near future

**Jayesh Patel**  
**National Service Team**

Dear Jayeshbhai & our Selfless Service Volunteers of the SSIO United Kingdom,

Sai Ram !

I personally wanted to thank you for the high level of professionalism, love and dedication I witnessed from all of the members of the Service wing on Saturday.

I was both humbled and touched by the attention to detail I observed from the Service Volunteers. Whether it was the kitchen staff or the volunteers serving refreshments or the volunteers looking after the devotees and children what I witnessed on Saturday was Love in Action.

Mr & Mrs Naganand commented on the very warm welcome they received in the Food area. I thought the variety and quality of the food was excellent. I actually went around and tried to speak to as many devotees at lunch as I could asking them about the food. They were all very complimentary. I was also very happy to see on their plates we had served proper adult size portions. Thank you for stressing this to the volunteers. The variety was lovely. Many commented on how lovely the paneer curry was and I personally think the Jalebi and ice lollies was a lovely touch.

The Service Wing is the backbone and the foundation of this Organisation. Too often we forget to acknowledge their sacrifice and dedication. Whilst our programmes are always of a high calibre every year it is our volunteers who are also equally responsible for the success of our programmes ensuring we are fed, watered and lovingly looked after. I would be grateful if you could please convey our personal thanks to all our volunteers.

It is the hundreds and thousands of Service volunteers, up and down the country, who work tirelessly and selflessly that makes this Organisation unique and amazing.

Thank you again!

**Lovingly**  
**Shitu**



## Region 1 (London - South East & West) Regional Gurupoornima Celebrations



The Region 1 Guru Poornima Celebration was held on Saturday 13th July. Hosted by Bromley Sai Centre it was held at the Sivan Temple in Lewisham. The evening began with lighting of the Lamps by the Region 1 Chairperson Brother Sakthi. The Altar was decorated beautifully by Lewisham Centre and Swami's Chair also beautifully decorated by Bromley Centre. The programme began with Vedic Chanting followed by 5 Spiritually uplifting Bhajans both performed by Bromley centre. Bro. Ranjan, President of Bromley Centre welcomed the guests.



Next came a wonderful Drama on "Dharma" performed by the Children of Kingston Centre. It was the Ramayana story of Sita's abduction from Lord Rama. The opening scene saw the Children dressed as Peacocks dancing with their beautiful Tails open. Next came the Scene of Sita being taken and again their Costumes were quite lovely to see. Then came Hanuman with his Monkey army and the Children once again looked amazing in their Monkey costumes dancing around the stage and finally rescuing Sita and returning her to Lord Rama. The Drama ended with the Celebration of Sita's return with Lord Rama and again the costumes were lovely to see.

Brother Rahul Nagare was our guest speaker. He told us how his parents were not Sai devotees so he was not brought up in the Sai family but his Mother used to go to a Temple to honour another Guru. However, there was another room in that Temple and one evening she went in and it was the local Sai Baba Centre, she stayed in there.



When she told her Husband about it he was annoyed and said she must not go in there anymore. But she did and one evening when he went to collect her he too entered the room and that was the beginning of their Sai journey.



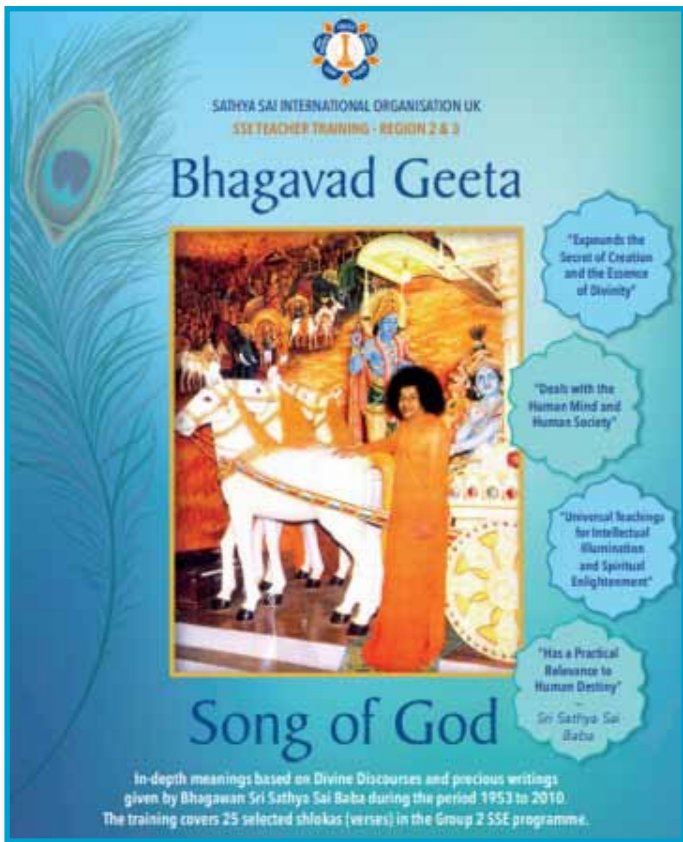
Brother Rahul went on to say that whatever we ask of Swami he will sort it out. When he moved to London he was worried about how he would find a Sai centre - he told this to Swami - when he arrived here to his joy the house where he was staying had a Sai centre directly opposite. He reminded everyone that we must remember to ask and it will be given.

The evening ended with Bhajan's sung by the Region 1 Youth followed by closing Prayers and Aarti.

**Sandra Fletcher  
Bromley Sai Centre**



## Region 2 (London - North East & West) & Region 3 (London - East & Central) Bhagavad Gita - The Song of God SSE Teacher Training



On Saturday 16 March 2019, devotees were extremely fortunate to attend a training session on the Bhagavad Gita based on the Divine Discourses and precious writings of Bhagawan Sri Sathya Sai Baba during the period 1953 to 2010.

The session was facilitated by Sister Gowri Mylvaganam who has had many years of experience in this field. Sister Gowri Mylvaganam, a former National SSE Coordinator was instrumental in developing and writing the Lesson Plans which include 25 shlokas from the Bhagavad Gita for Group 2 Year 2 of the SSE syllabus.



The introduction to the session was very powerful and set the scene for a very inspiring and enlightening day. The training covered the 25 selected shlokas (verses) in the Group 2 SSE programme.

We began by learning what Swami told us in a Discourse given on 14 January 2000 and published in the Sanathana Sarathi of March 2000;



God has taken 3 pledges

1. I will incarnate age after age for the firm establishment of Dharma
2. I will take care of those who constantly contemplate on Me
3. I will grant liberation to those who surrender to Me completely

and we should take 3 vows:

1. You will firmly believe in the existence of GOD
2. You will experience GOD
3. You will become one with GOD

Swami says: Make every effort to fulfil these vows.

The 25 Shlokas which were covered on the day focused on the above message from Swami.

One by one, we joined in to recite each shloka led by Sisters Hema and Hina. This was followed by wonderful explanations by Sister Gowri on the meaning with beautiful stories which everyone could relate to. They were all based on Divine Discourses and writings by Bhagawan Sri Sathya Sai Baba. The Universal message of the Gita was



immensely beneficial to everyone present, not just the SSE teachers. We finished with an activity on the 3 Gunas. Everyone had a great time participating in this activity.

All the delegates came away feeling inspired and wanting to learn more about the Gita and its practical application in our day to day life

**Nimah Sunassy**  
**Region 3 SSE Coordinator**



## Region 4 (Midlands) Woodland Conservation Service Day



On Sunday 24th March 2019, an outdoor Woodland Conservation Seva Day was organised by Region 4 at Bradgate Park in Leicester to clear up overgrown areas. . Many adults from the Region joined in with this activity along with the Coventry SSE children and parents. The children were all very keen and came prepared with their clothing and tools.



The morning started with 3 AUM's and prayers and then a short talk by the Bradgate Park Rangers informing everyone about the clearing up of the overgrown areas to protect trees. We were also advised of the safety of using the tools appropriately and to wear protective eyewear. After hours of putting in positive energy, hard-work and spiritually connecting with nature, we all gathered to sing a few bhajans and then to enjoy the delicious shared picnic.



## **Region 4 (Midlands)**

### **Laughter Yoga & Meditation Session for SSE Children**



Nagimbhai Prajapati, a trained and qualified practitioner, who had received training from Swami Ramdevji in India 2006, came to conduct a 'Laughter Yoga and Meditation' session for the Coventry SSE children. He explained the benefits of doing the exercises on a daily basis and how it would help children to improve their memory and concentration skills with their studies along with general well-being. The children experienced bundles of laughter and joy



## Region 5 (North England) Global Service weekend Sathya Sai Centre of Bolton



On Sunday 14th July, Global Seva weekend, members from Sathya Sai Centre of Bolton came together to prepare food for the homeless in Bolton, in partnership with Homeless Aid UK. The team prepared sandwiches together with hot pasta to serve 40. Having lovingly prepared the food, they packed individual lunch bags with Baba's values in mind. The "cherry on top" was the opportunity to personally distribute these later that evening.

This seva was well received and we have now been given the opportunity to regularly work with this charity. We thank Baba for this opportunity to serve Him and pray that He continues to work through us for this very noble cause.

**Ketan Parmar**  
**President Sathya Sai Centre of Bolton**



## Region 5 (North England) LEEDS FOOD BANK SERVICE PROJECT



With the divine grace of Bhagawan Baba, the Sathya Sai Centre of Leeds has begun a new service project. The devotees from the Centre are now doing a monthly donation to the Leeds North & West Food Bank, collecting essential items that are needed by the Food Bank to serve the local community.

This service activity was initially started off as a quarterly activity but looking at the needs of the Food Bank and the impact on the local community, it was decided to do this as a monthly Seva. The items are collected from devotees and delivered to the Food Bank distribution canterers spread across Leeds. The project has got off to a great start and the Food Bank volunteers have been very appreciative of the generous contribution made by the Sai devotees.



By following Baba's dictum on Ceiling of Desires, our Sai devotees are trying to make whatever small contributions they can do towards this noble cause. Over the past 3 months the Sai Centre has donated over 350 items of food, toiletries and other essential items to the Food Bank. The Food Bank is run mostly by volunteers and it was a great experience for the devotees to see the sincerity and level of commitment from the volunteers towards this cause. The Centre is now exploring ways to engage in more ways with the Food Bank and help them out with other aspects such as sorting, storing and distribution of items in the warehouses.

Mrs. Audrey Reed, a senior volunteer from the Food Bank, addressed devotees during the recent Guru Poornima celebrations. It was a real eye opener for all the devotees to listen to some of the statistics and the extent to which the local community is affected by poverty and hunger. It only reinforces our faith in sustaining and growing this service activity to even greater heights in future.

**Santosh Sarma**  
President, Sathya Sai Centre of Leeds





## Region 5 (North England) SSE Family Values Day



SSE Family Values Day this year took place on Saturday the 15th of June. The Sai family of Halifax hosted the event. We arrived early that morning and it was fantastic to help out with decorations and watch everything fall into place. A beautiful altar was set up for the occasion. You could really feel the presence of Swami in the whole atmosphere. As everyone began to arrive, the day started with a few bhajans by the children which brought an excellent vibe into the room to start the programme. When the bhajans were finished, we were told what workshops we would be doing first-depending on age-and were sent to where our first activity would take place.



Gayathri Nadella, SSE Teacher from Halifax welcomed the audience and mentioned how this day has been successful in involving parents, teachers and students on a single platform.

Jovanna Karuna from Halifax did a wonderful segment on the ten commandments and how we can abide by them in our day to day life.

There were about 40 children and they were divided into three groups based on their ages.

Group 1 (upto 7 years age) took out chits from a box and had to say whether that value is to be followed or to be





avoided. They also painted some deities like Ganesha, Buddha, Jesus and learnt about what they personify. Group 2 (8-11 years) prepared a skit on Markandeya. They all thoroughly enjoyed the skit.

My age group was with Mrs Gayathri Nadella, Balvikas teacher from Halifax and Sanjay Vaja, Region 5 President. We were doing a debate on whether you should be yourself or be what others want you to be. Overall the debate went extremely well and both teams agreed that it was best to do both depending on the situation. After presenting our debate, the smaller children showed the audience what they had been doing and new things they had learnt from their activity.

Dr Vijay Nadella conducted a parents workshop which was very interactive and valuable. Parents welcomed the thoughts and opinions shared. There was lot of laughter too.

The day was then followed by lunch in which there was variety of fantastic food and was enjoyed by everyone. After a lovely lunch, we began our next session and once again split up into our age groups. The younger group walked down to Holly Bank care home where they performed various musical items for the elderly and then spoke to them to make their day and put a smile on their face. My group went out onto the field along with some children who would be too young to perform at the old age home. We played pass the parcel and whoever the parcel stopped on had to name or do something that was stated in the box. This was a value based game where one had to say a Swami quote or sing a sloka or bhajan. We then had a few running races along the field and then retreated back into the hall.



When everyone was once again settled in, Halifax SSE performed a SSE musical consisting of three songs: Madhura Mohana Gana Shyama, Every moment of my life and Bolo Ram Jai Jai Ram Bolo Ram. I really enjoyed being part of the musical and I think all the practices paid off!

I enjoyed the Harry Potter quiz and the bhajan dumb charades.

There were then a few presentations about world famous icons and their life of helping others. The icons who made a difference to humanity in the 20th century - Helen Keller, Eleanor Roosevelt and Mother Theresa. It was truly great to see how much effort people from various regions put in to research their icons life to create a very informative presentation.

We then concluded the day with a few more bhajans by the SSE students and then some people departed. It was a fun-filled and memorable day to cherish. I am eagerly waiting for the next one!

**Prakruthi Nadella**  
**SSE Group 2 Year 3**  
**Halifax**



## Region 6 (South England) Family Values Day & Global Service Day



Family Values Day, together with Global Service Day was held on 14th July in Rochester. The day was filled with many activities and sporting events, where everyone from children, teachers, parents to grandparents participated.

Global service activities included the decorating of 25 reusable cotton bags and these were filled with toothbrushes, toothpastes, combs, soaps, lotions (purchased from monies saved from practicing Ceiling on Desires.) These were to be given to the homeless that are provided washing facilities and food at the nearby Quaker Centre.







The second activity was the painting of plant pots, followed by it being filled with plants. This was donated to the temple at the Army Barracks. The priest himself came to collect these plants and participated in the games.



Everyone participated in many activities. These included sack races, three-legged races, "lemon and spoon" races and "tug-o -peace" which is usually the highlight of the day. The children also played football and cricket. The children were also handed certificates.



## Region 7 (South West Counties of England & Wales) Global Service Day Activity Filling Toiletry bags for the Homeless

An outpouring of love from Region 7 devotees, both old and young, came together to put together toiletry items into bags hand made from shower curtains.

Background : Bath Sai group, lead by Patrick Shaw have carried out this service activity for some time. He then inspired devotees at our Guru Poornima program on July 6th to carry out the same activity. The total number of bags filled was 51. These were then distributed to various local community groups in the region.





## Region 8 (Scotland) SSE TEACHER TRAINING Bhagavad Gita & Bhaja Govindam



With our Beloved Swami's grace, Scotland was fortunate to have yet another wonderful Spiritual Sadhana Event between 22 - 23 June 2019. The event was held at Glasgow Sai Centre. The Spiritual workshop was conducted on the great masterpiece - Bhagavad Gita and Bhaja Govindam. The session was conducted by Dr Mahesh Narayan. His spiritual knowledge, understanding of swami's teaching's, dedication to Swami's work was amazing.

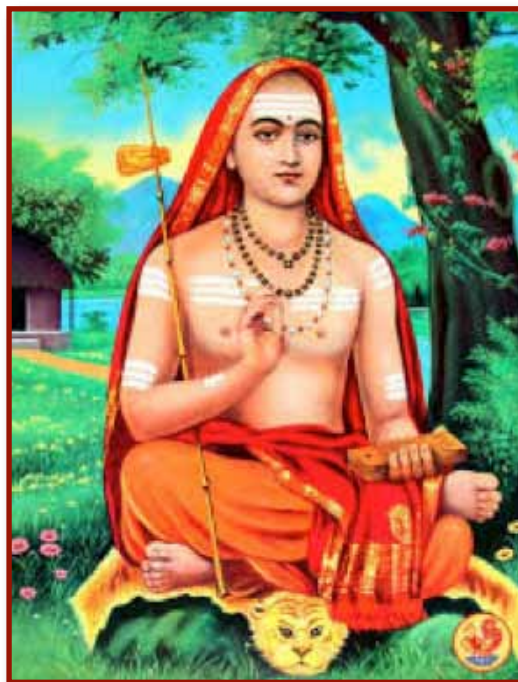
He kept the audience fully involved and captivated with his wonderful explanations and stories .







## **Bhaja Govindham**



On 23 June, a workshop on Bhaja Govindam was held in Scotland. We learnt about the greatness of our spiritual master Sri Adi Shankaracharya and his wonderful spiritual contributions to mankind including the famous Bhaja Govindham, commentaries on Bhramasutras and the Bhagavad Gita.

## **Region 8 (Scotland)**

### **Meditation Session in Edinburgh**

Edinburgh Sai centre hosted a meditation session in February 2019. The Session was conducted by an expert team consisting of Dr. Mahesh Narayan, Brother Aanand and Dr. Chunmugavel. The Session began with Dr Mahesh and brother Aanand giving us a brief introduction on the topic and the agenda of the day.



Meditation has three stages: concentration, contemplation and meditation. In meditation, there are three aspects: the one who is doing meditation i.e. the subject, the object of meditation i.e. God and the 'act' and 'process'. These were further elaborated with examples by the teachers.

We were later introduced to the different types of meditation for instance meditating by chanting the name of the Lord (Namasmarana), meditation on a form of god and so on. We were also given some training/tips on what is the best position to sit in meditation.

Later in the day, we practiced meditation under their guidance and were then given a booklet called Meditative pathways compiled by Cheruvu. S.Murthy. The session was ended with bhajan and Aarti.





## **Region 8: Regional Eashwaramma Day Celebrations**



18th June 10 am, on a typical Scottish rainy day, there was hustle and bustle in the small hall in Dounans centre as our dedicated Bal-Vikas students and Gurus from Dundee and Aberdeen were decorating the Alter in preparation for the celebration of Eashwaramma Day.







Our day begun with some shlokas and a presentation on 50 years of Bal-Vikas. We then had a beautiful walk to a nearby waterfalls as we sang bhajans on the way. For kids, we had a treasure hunt on Baba's sayings and few outdoor and few indoor games







After a good amount of physical activity and team building activity for kids, we had a lunch break. All the different Sai Centres collectively brought the food and we had a great lunch.



Post lunch, we had a quiz session from our Glasgow Sai centre. All of us participated with enthusiasm and we had fun. Later we had Elocution Session for Group 2 and Group 3 kids. It was a delight to hear their thoughts on topics such as Love All, Serve All, Time Waste is Life Waste and this was then followed by a meditation session for adults by Dr. Sood.





All the Kids painted to their hearts content and were elated with this experience

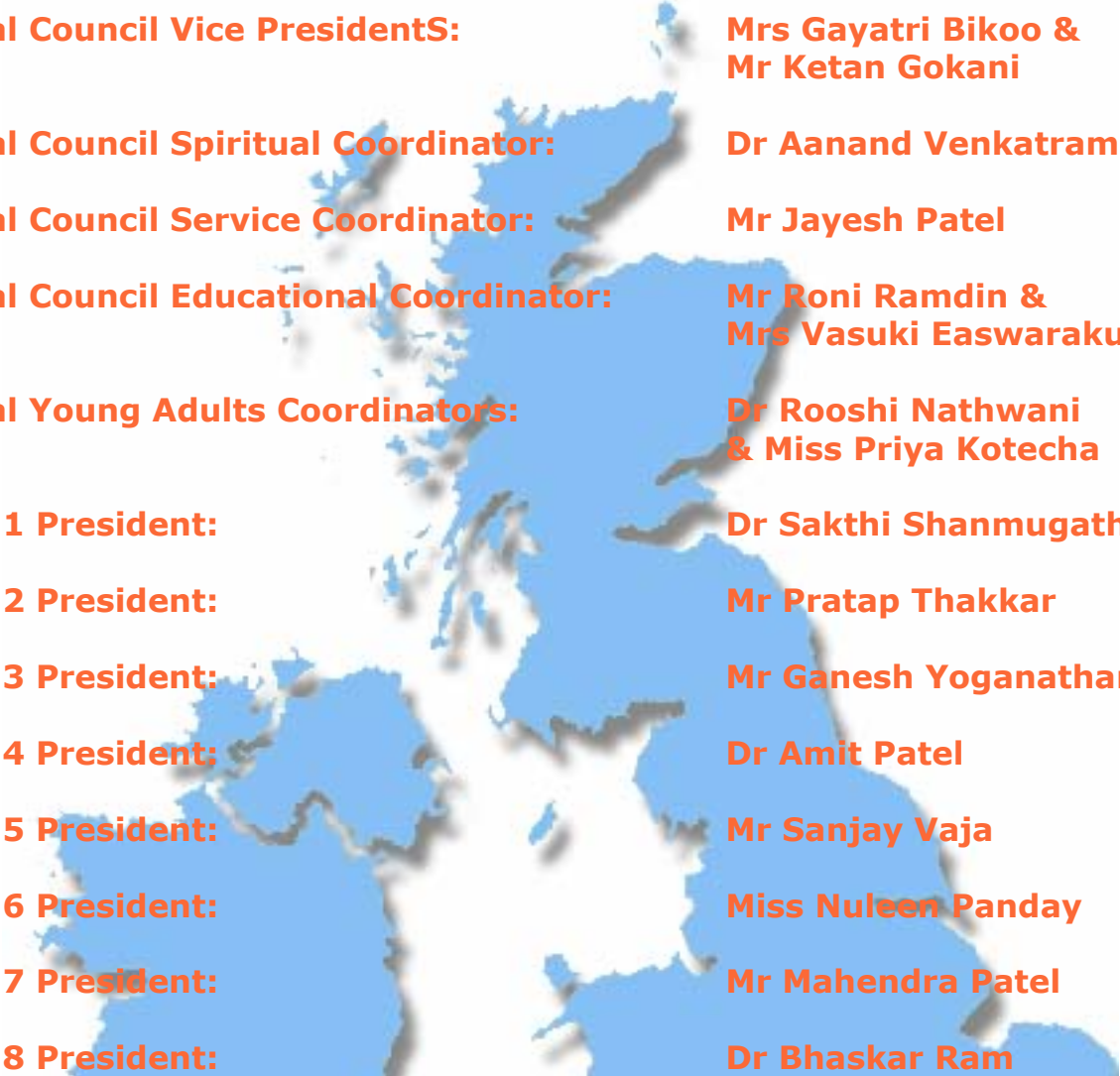
The Winners of the Painting Competition were :

1. Group 1 : Aanvi from Glasgow
2. Group 2 : Nature is the Best Teacher : Yashila(Aberdeen)
3. Group 2 : Don't Waste food, Food is God : Ananth(Aberdeen)
4. Group 3: Love All, Serve All : Sneha(Dundee)
5. Group 3 : Time Waste is Life Waste : Anish(Aberdeen)

Our celebrations then ended with beautiful bhajans by kids and Mangal Aarti.



# Sathya Sai International Organisation - United Kingdom Central Council 2019



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<b>National Council Vice PresidentS:</b>	<b>Mrs Gayatri Bikoo &amp; Mr Ketan Gokani</b>
<b>National Council Spiritual Coordinator:</b>	<b>Dr Aanand Venkatramanan</b>
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<b>Region 8 President:</b>	<b>Dr Bhaskar Ram</b>



## Websites

<a href="http://www.srisathyasai.org.uk">www.srisathyasai.org.uk</a>	Sri Sathya Sai International Organisation (UK)
<a href="http://www.srisathyasaibookcentre.org.uk">www.srisathyasaibookcentre.org.uk</a>	Sathya Sai Bookshop (UK)
<a href="http://www.sathyasai.org">www.sathyasai.org</a>	International Sai Organisation

## UK Regions

Region 1	London - South East & West
Region 2	London - North East & West
Region 3	London - East & Central
Region 4	Midlands
Region 5	North England
Region 6	South England
Region 7	South West Counties of England & Wales
Region 8	Scotland

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