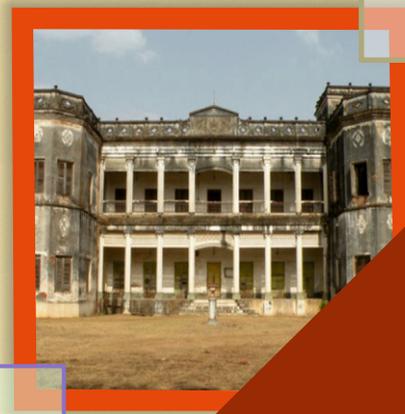
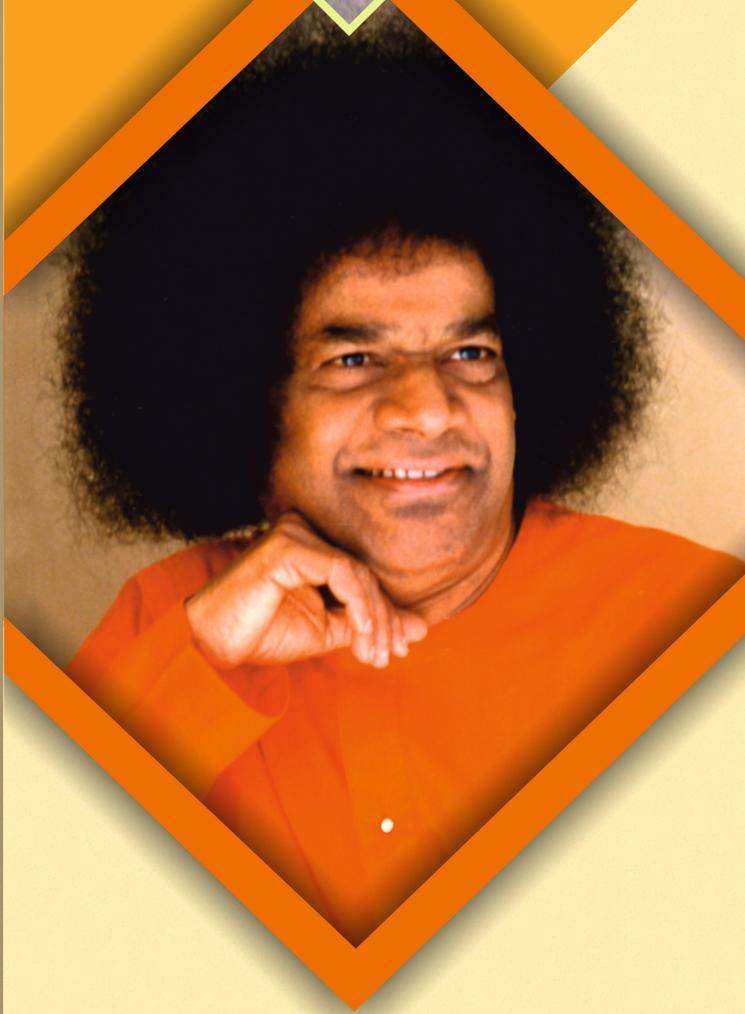




SRI SATHYA SAI SEVA ORGANISATIONS

WEST BENGAL



MIDNAPORE (WEST)

**DISTRICT
ANNUAL REPORT
2018-19**



“Let the different faiths exist, let them flourish, let the glory of God be sung in all languages in a variety of tunes. That should be the ideal. Respect the differences between the faiths and recognize them as valid so far as they do not extinguish the flame of unity.”

*This report is dedicated at the
Lotus Feet of our Lord and Master
Bhagavan Sri Sathya Sai Baba*



Foreword

I offer my most sincere and loving salutations and Satakoti Pranams at the Divine Lotus Feet of our beloved Lord, Sadguru, Divine Master Bhagawan Sri Sathya Sai Baba Varu, who I regard as My Divine Mother and Holy Father.

SAI MAA, everything is only possible through your great compassion. I became a flower in your garden and sincerely pray that I remain there forever. Thank you my most Beloved Dear Lord for giving me for the first time this most wonderful opportunity to offer at your Lotus Feet the District Annual Report as the District President of Midnapore West district of Sri Sathya Sai Seva Organisations, West Bengal.

I also offer my humble gratitude to our Respected State President, Vice-Presidents and Wing wise State Co-coordinators who have extended all kinds of guidance and co-operation in enhancing the Sai Activities of this District in harmony with the State and National Level schedule of our organisation. I also acknowledge with thanks the sacrifice made and sincerity displayed by our dear District Co-coordinators, Samiti Conveners and Devotees without whom all our efforts would not have achieved the desired effect.. Our main objectives were selfless love and service without any distinction of religion, nationality, class and socio-economic status, either of the devotees who were involved in this organisation or of those who were served by devotees. Thus, our effort was to transcend all barriers, leading humanity towards the ideal of Fatherhood of God and Brotherhood of Man.

For me it's an attempt to sketch the foundation and offer a narration of the organisational structure as well as present a Statistical report, which would demonstrate the regular activities as per the organisational guidelines, through this Annual report of Midnapore West district.

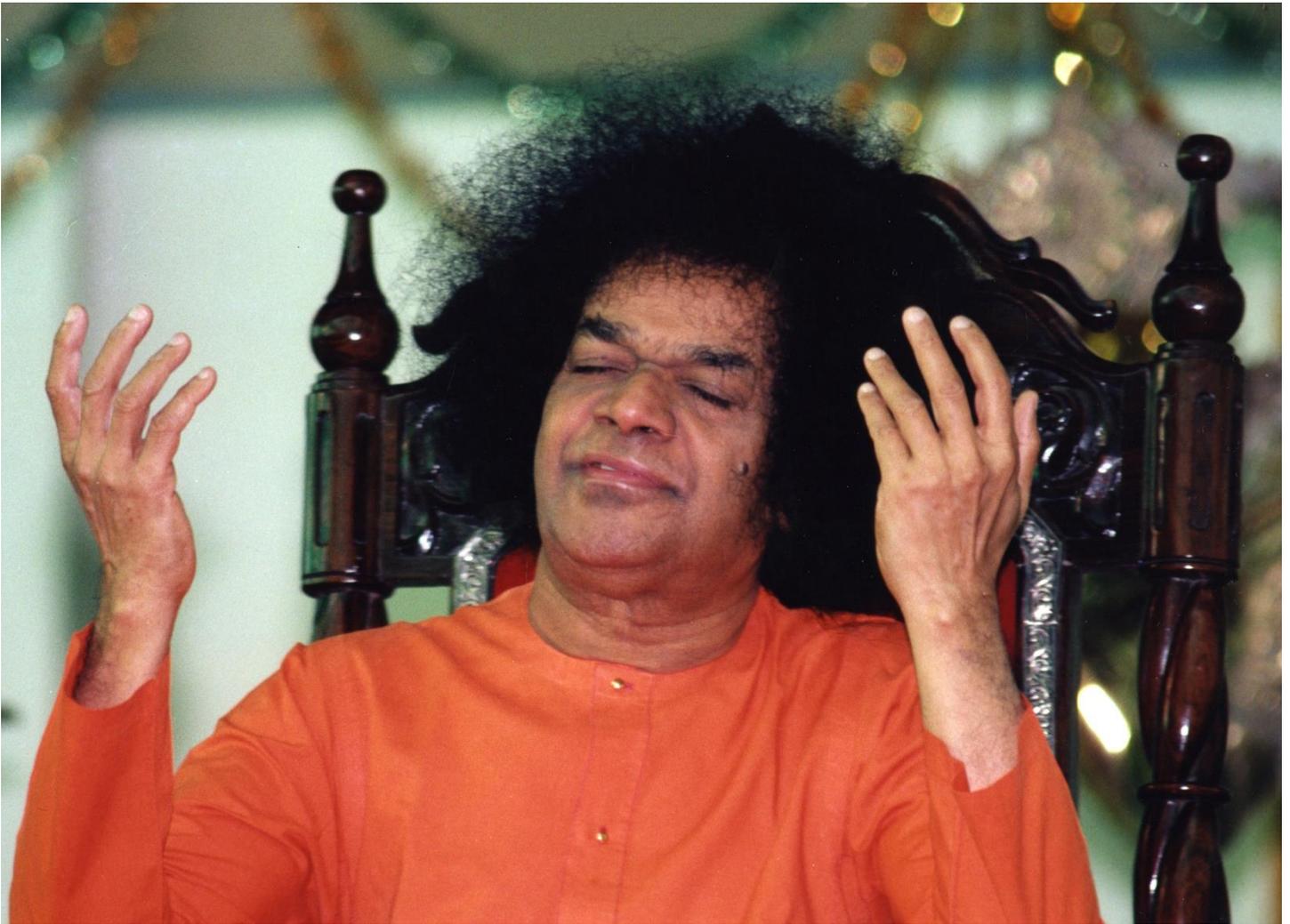
Lastly I would like to offer a humble homage to Bhagawan BABA for His kindness in taking on itself the onerous task of transforming humanity through His universal message of "Love All, Serve All" and "Help Ever, Hurt Never". He may grant us faith; courage and wisdom to march along the path of spirituality with a constant and unwavering devotion so that we may realise our identity with the Divine by becoming worthy instruments in fulfilling His Divine Mission

Jai Sairam

Ever in Sai Service,

Anasa Uma Maheswar Rao

District President



CONTENTS

Sri Sathya Sai Seva Organisations	2	Glimpses Of Few Activities.....	10
Wings of the Organisation.....	3	Office Bearers	13
Administration of the Organisation.....	3	Current Office Bearers	13
The 9 Point Code of Conduct and 10 Principles....	4	Past District Presidents.....	14
Sri Sathya Sai Seva Organisations, Midnapore			
(West)	5		
Brief History	5		
Overview.....	6		
Sri Sathya Sai Seva Kendra.....	7		
Activities.....	7		

Sri Sathya Sai Seva Organisations



The Sri Sathya Sai Seva Organisations, founded by Bhagawan Sri Sathya Sai Baba in the year 1965, is a service organisation with a spiritual core and base to benefit all mankind irrespective of religion, caste, creed or sect. The Organisation serves as a platform for its members to undertake service and other activities motivated by an urge for one's own transformation with the aim of realising one's inherent divinity.

Without any distinction of religion, nationality, race, socio-economic status, either for those who work in the Organisation or for those who are served by it, the Organisation transcends all barriers leading humanity towards the ideal of 'Fatherhood of God and Brotherhood of Man'.

The concept of fees or membership subscription is alien to the Sri Sathya Sai Seva Organisations, for there cannot be any fee or subscription for one's journey towards his own self.

The organisation functions through its primary units called as Samithis and Bhajan Mandalis of which individuals - from different strata of society, different ethnic groups pursuing different religions and faiths - are members bound by the dictum of "Love all, Serve All" and pursue their own sadhana towards self-transformation following the path of selfless service to humanity.

At no point is an individual asked to follow a certain religion or rituals. On the contrary each is inspired to follow his own faith so as to ensure that a Hindu becomes a better Hindu, a Muslim becomes a better Muslim, a Christian becomes a better Christian and so on. In fact, this spiritual basis inspires everyone to pursue his own religion better by putting into practice Love and Selflessness. That is why the Organisation features in its emblem the symbols of the major religions of the world.

The Organisations named after Me are not to be used for publicising My Name, or creating a new cult around My worship . . . They must render seva (service) to the helpless, the sick, the distressed, the illiterate and the needy. Their seva (selfless service) should not be exhibitionistic; it must seek no reward, not even gratitude or thanks from the recipients. Seva is sadhana (spiritual exercise), not a pastime of the rich and well placed.

You must have the firm belief that the aim of this Organisation is to remove the obstacles that keep man away from God, that separate maanavathwa (Humanity) from Maadhavathwa (Divinity).. This Organisation must elevate the human into the Divine."

❧ Sri Sathya Sai ❧

SRI SATHYA SAI SEVA ORGANISATIONS, MIDNAPORE (WEST)

WINGS OF THE ORGANISATION

Sri Sathya Sai Seva Organisations functions under three wings viz. (i) Spiritual, (ii) Education, and (iii) Service. Each activity in a wing is directed to facilitate and help the members in their own spiritual advancement. Although, the nature of activities undertaken under different wings appear to be distinct and dissimilar, but there is an inherent interrelationship amongst all the three wings. The three wings stand for Worship, Wisdom and Work.

Spirituality and Service are complementary to each other. Spirituality is the motivational force behind service and service is the fulfillment of spirituality. Therefore, spiritual concepts learnt through education must be put into practice in form of service to humanity. Thus, in order to successfully realise the objective of joining the Sai Organisation, one must participate in activities of all the three wings.

Activities under different wings of the Organisation

Spiritual Wing	Educational Wing	Service Wing
<ul style="list-style-type: none"> • Bhajan • Nagarsankeertan • Study Circle • Sadhana Camps • Study of Sai Literature • Meditation, and • Others 	<ul style="list-style-type: none"> • Non-formal education of children in the age group of 5-14 years through values-based educational training • Bal-Vikas • Educare • Parenting Programmes 	<ul style="list-style-type: none"> • Gram Seva • Service in Slums • Medical Camps and Health Care • Sanitation activities • Visit to orphanages, old age homes etc. • Disaster relief • Feeding the poor • Free Coaching Classes, and • Others

ADMINISTRATION OF THE ORGANISATION

Headed by an All India President who is supported by the National Vice Presidents and State Presidents, the Organisation functions like a well-oiled machine, focused on its purpose, clear in its vision and dedicated in its efforts to live up to Swami's message "Love All, Serve All".

The Samithis and the Bhajan Mandalis constitute a genuine spiritual movement where the members are united by a common bond of Love for God and Service to fellow human beings.

The members of the organisation work as one cohesive unit whether as sevadals providing service

at Prashanthi Nilayam, at medical camps, doing Narayan seva or the Bal-Vikas gurus who work with young children to imbibe in them a desire to follow the five human values of Truth, Righteousness, Love, Peace and Non-violence, or the teachers who having undergone the training in EHV help in guiding the young minds towards the higher goals of life or the Sai Youth who work tirelessly in the Sri Sathya Sai Village Integrated Programme bound by one goal of practicing the ancient dictum of "Service to Man is Service to God".

THE 9 POINT CODE OF CONDUCT AND 10 PRINCIPLES

Every member of the Organisation is expected to undertake Sadhana (spiritual discipline) as an integral part of his/her daily life by observing by the following Nine Point Code of Conduct which has been given by Sri Sathya Sai Baba for one's spiritual and personal development. In addition, the ten principles that form the core of guidance for all the members of the Organisation as ordained by Baba himself are also produced hereunder. The nine-point code of conduct and the ten principles are fundamental to the spiritual development of the members of Sai Organisations.

9 Point Code of Conduct

- ❖ Daily meditation and prayer.
- ❖ Devotional singing/prayer with members of one's family once a week.
- ❖ Participation in Bal Vikas programme by children of the family conducted by the Organisation.
- ❖ Attendance at least once a month at Bhajan or Nagar Sankeertan programme conducted by the Organisation.
- ❖ Participation in community service and other programmes of the Organisation.
- ❖ Regular study of Sai literature.
- ❖ Speak softly and lovingly with everyone with whom he comes into contact.
- ❖ Not to indulge in talking ill of others especially in their absence.
- ❖ Putting into practice the principle of "Ceiling on Desires" and utilise any savings thereby generated for the service of the mankind.

10 Guiding Principles

- ❖ Treat as sacred the land in which you were born. Have patriotism to your nation - but do not criticise other nations or put others down. Not even in your thoughts or dreams should you think of bringing grief to your country.
- ❖ Respect all religions equally.
- ❖ Recognise humanity as one family - treat everyone as a family member - love all
- ❖ Keep your house and surroundings clean - for this will promote hygiene and health.
- ❖ Practice charity - but do not encourage beggars by giving money. Provide food, clothing, shelter and help them in other ways (do not encourage laziness)
- ❖ Never give a bribe or take bribe - never give into corruption.
- ❖ Curb envy and jealousy; expand your vision and outlook, Treat all equally regardless of caste or creed.
- ❖ Be self-reliant. You may be wealthy and have servants to do your bidding, but service to society must be done by yourself.
- ❖ Have and cultivate 'Love for God and fear of sin'.
- ❖ Never go against the laws of the land; follow these diligently both in word and in spirit. Be an exemplary citizen.

Sri Sathya Sai Seva Organisations, Midnapore (West)

BRIEF HISTORY

With His unseen but immense blessings, the Sathya Sai Divine Mission started at Midnapore district through the medium of bhajans followed by Akhand Bhajans at the residence of Lt. Joga Rao and Lt. Venkat Rao of Traffic Settlement, Kharagpur in the year 1962. Later in their footsteps came Lt. P. V. N Murty, Lt. Krishna Murty, Lt. Rama Rao, Lt. Ram Das, Lt. Viswanathan, Lt. G.S.N Murty of Old Settlement, Kharagpur & Lt. U.S Raju of South Side Kharagpur to add their signature in this Divine mission. Gradually devotees started coming from all Railway Settlements like Traffic Settlement, Old Settlement, New Settlement, Nimpura, South side etc. An approximate number of 700 to 800 devotees joined between the years 1962 to 1965.

The first Samithi was formed at New Settlement, Kharagpur in the year 1965 and was christened as New Settlement, Kharagpur Samithi. It comprised all Railway settlement colonies and also covered inmates of IIT, Kharagpur. Some key persons blessed to be attached to this Divine mission were Lt. U. S. Raju – D. E. N (H.Q)/Kharagpur, Lt. C.V. Rao – Tax Consultant, Lt. Bhoga Rao – Rly Employee, Lt. Ch. Veera Bhadra Rao. Lt. D. Kamamma, Lt. A. Narasingh Rao and Lt. Krishna Rao. The activities were mainly Bhajans, Bal Vikas classes, Narayan Seva, and Study Circles. As per collective information, in April 1967 for the first time, representatives from various centres of West Bengal attended the first All India Conference of Sri Sathya

Sai Seva Organisation at Madras. One of them was from Kharagpur. Between 1962 to 1967, the Sai Divine mission spread out at Kharagpur, then it expanded to Jhargram (1968-1970), Sayapara (1969), Nekurseni (1970), Midnapur (Town) (1971), Salua (1972), Mecheda (1978) and Kolaghat(1980). the Sai movement started at Kharagpur, Jhargram, Midnapur (Town), Sayapara etc. (School open at Mecheda) with Spiritual endeavours like Bhajan, Nagar Sankirtan, Study Circle, Akhanda Bhajan, Sadhana Sibir etc., Educational movements like Bal-Vikas classes. Youth movements with Essay writings, Quiz at schools and colleges and Service movements with visits Prasanthi Nilayam to take part in Prasanthi Seva Sadhana. In the year 1975, a sevadal group of about 8-10 heads went for PNSS under the guidance of Brigadier Bose Director of IIT Kharagpur who was at the helm at the construction work of Shanti Stupam, Prashanti Nilayam.

Since the start of the organisation at Midnapore West, Respected State Presidents Mr. G. V. Satya Narayan, Mr. Nitin Majumdar, Mr. Shyamal Sur & presently Mr. Sujit Prasad Lahiri along with their state coordinators often visited the district to offer their valuable advice and guidance.

The premises of Sri Sathya Sai Seva Kendra New Settlement, Kharagpur was approved by Bhagawan himself. The office bearers of New Settlement, Kharagpur had placed the plan with drawings at the Lotus Feet of Bhagawan in 1966 for a permanent

structure of Sai centre. Bhagawan approved the plan and soon after, temporary tin sheds were constructed till the permanent structure was completed. In 1967-68 the land for the permanent structure was approved by Railway Board under a 99 years lease in the year 1967-68 and the full structure was completed in the year 1980-85. Prior to the opening ceremony of the centre Swami sent 9(Nine) Vedic scholars to facilitate opening of the centre. They stayed for a week to perform all the ritualistic formalities for the opening the centre as per the Divine guidelines of Bhagawan. The centre

was opened on 23rd Feb, 1985 its photo was blessed by Swami Himself.

From the year 2000 onwards till date Mr. Anasa Uma Maheswar Rao has been functioning as the District President. Before that from the year 1999 for 11 months Mr. Sujit Prasad Lahiri (our Respected presently State President) acted as District President, before that Mr. Arun Mitra was sworn in as District president for 6 months. Before that, Mr. Nihar Kanti Pal performed as the State Co-Coordinator for the District.

OVERVIEW

Sri Sathya Sai Seva Organisations is functional in Midnapore West with members from various cross sections of society and different faiths. With around 16 Samithis and Bhajan Mandalis, the Organisation serves as a platform for its members to undertake spiritual practices through its various wings such as spiritual, education and service for their own betterment.

The thrust is on self-transformation for it is only individual transformation that would ultimately lead to global transformation.



Work, worship and wisdom all begin with service. No matter what service it is, if it is done with love and divine feelings, it becomes upāsana, worship.

Why has God given hands to you? They are not given to scribble something on paper. They should be fully engaged in the service of God. Work is worship. Duty is God. Do your duty

 Sri Sathya Sai

SRI SATHYA SAI SEVA ORGANISATIONS, MIDNAPORE (WEST)

SRI SATHYA SAI SEVA KENDRA

The following Sri Sathya Sai Seva Kendra are functional across the district by different Samithis and District at which various activities are undertaken through the year. Samithis that do not operate out of a Seva Kendra, function from the residences of the office bearers and/or members.

Seva Kendra	District/Samithi	Address	Contact Person
Sri Sathya Sai Seva Kendra, New Settlement	New Settlement Samithi	Sri Sathya Sai Seva Kendra, New Settlement, Beside Ram Mandir, Kharagpur, Midnapore West-721301	S. Deviprasad
Sri Sathya Sai Seva Kendra, Salua	Salua Samithi	Sri Sathya Sai Seva Center, Salua, Midnapore West 721145	Dhan Bahadur Gurung
Sri Sathya Sai Seva Kendra, Sayapara	Sayapara Samithi	Sri Sathya Sai Seva Kendra, Sayapara, PO - Khatnagar, P. S. -Belda, Midnapore West-721451	Shib Shankar Das
Sri Sathya Sai Seva Kendra, Chandrakona Town	C K Town Samithi	Illam Bazar, Chandrakona Town, Midnapore West-721201	Ranjan Kabiraj
Sri Sathya Sai Seva Kendra, Midnapore Town	Midnapore Town Samithi	Sengupta Bhawan, Chirimarshai, Midnapore West - 721101	Bablu Dutta

ACTIVITIES

The members of the Organisation are involved in various activities on regular basis which primarily includes Spiritual Study Circles, Community Bhajan, Nagarsankirtan through the spiritual wing; Bal-Vikas and Parenting programmes through the Education Wing and various service activities through the service wing. Importance is given to regular service activities as only through constant involvement in good work can self-transformation be achieved. Service activities which are regularly undertaken at Samithis for the transformation of the members and for the benefit of the society include visits to leprosy, correctional and old age homes, medical camps in villages, Narayan-seva, free coaching classes, vocational training for employability enhancement of the villagers, sanitation at public functions, fairs, and public urinal cleaning.

The following table broadly categories the different activities that are undertaken by the Samithis across the District.

SPECTRUM OF ACTIVITIES			
	Educare	Medicare	Sociocare
Spiritual	<ul style="list-style-type: none"> Study Circles for Adults and Youth 		<ul style="list-style-type: none"> Community Bhajans Nagar Sankirtan Conference/Retreats Sadhana Camps
Educational	<ul style="list-style-type: none"> Bal Vikas Classes based on human values Bal-Vikas and Guru training 		<ul style="list-style-type: none"> Parents' Awareness programs on Parenting Parenting Workshops
Service	<ul style="list-style-type: none"> Free Coaching and Tuition Centers Computer Training Spoken English Adult Education Literacy programs 	<ul style="list-style-type: none"> Medical Centers Medical Camps in villages Eye Camps Blood Grouping Camps Blood Donation Camps Dental Treatment Camps Veterinary Camps 	<ul style="list-style-type: none"> National Narayan Seva Programme Visit to Leprosy Villages, Correctional Homes, Orphanages, Hospital, Disabled/ Old Age Homes Narayan Seva Service Camps Vocational Training Centers Employability enhancement programmes for village youth Sanitation at different government run hospitals, fairs, and public places including public urinals Disaster Management Awareness programmes in Schools/Colleges and other institutions

Through sevā (selfless service) you realise that all beings are waves of the ocean of Divinity. No other sādhanā (spiritual discipline) can bring you into the incessant contemplation of the oneness of all living beings. You feel another's pain as your own. You share another's success as your own. To see everyone else as yourself and yourself in everyone, that is the core of the sādhanā of sevā. Again, sevā makes the ego languish for want of food. It makes you humble before the suffering of others; and when you rush to render help, you do not calculate how high or low a person's social or economic status is. The hardest heart is slowly softened into the softness of butter by the opportunities that the sevādal (volunteer service corps) offers.

ॐ Sri Sathya Sai ॐ

A summary account of regular activities that have been undertaken during the period covered by this report is depicted in the following table.

	Activities	Total Number	Total Number of Participants
	Spiritual	Devotional Singing	
No. of. Community Bhajan Centers		58	
No. of. Bhajans Held		1044	22970
Household Bhajan			
No. of Houses		398	
No. of Bhajans Held		9552	45960
Nagar Sankirtan		596	10728
Study Circles		167	2004
	Conference/Retreats/Sadhana Camps	16	288
	Activities	Total Number	Total Number of Students
	Bal Vikas Centers		
Educational	(i) Urban	20	306
	(ii) Rural	12	238
	(iii) School	2	58
	Total (i+ii+iii)	33	702
	Bal Vikas Gurus	76	306
	Activity	Total Number	Total Number of Beneficiaries
	Visit to:		
Service	Leprosy Village	29	180
	Orphanages	6	35
	Hospital	82	2310
	Disabled / Old Age Homes	1	30
	Camps:		
	Narayan Seva	228	14430
	Veterinary Camps	3	270
	Medical Awareness Camps	9	532
	Blood Grouping Camps	33	2079
	Vocational Training Centers	5	90
	Free Coaching Centers	3	78
	Medical Centers	8	7585
	Sanitation (Public Urinals)	96	In thousands
	National Narayan Seva	9780 kgs	2472

Your seva (selfless service) will be judged with reference to the mental attitude accompanying it. So whatever work is allotted, do it with fervour, understanding and reverence.

 Sri Sathya Sai 

Glimpses of few activities

Cleaning & Sanitation

Swami said Cleanliness is Godliness Weekly cleaning and Sanitation Seva by Chandrakona town Samity at various public places like Bus stand, Hospitals. Most Samithis and Bhajan Mandalis have similar monthly cleaning & sanitation programs at neighbourhood hospitals.



Cleaning of public places

Disaster Management

Under the inspiring leadership of Shri Shyamal Sur, respected ex-State-President, Midnapore district's first-ever Disaster Management Awareness Program was conducted at the prestigious Indian Institute of Technology, Kharagpur. In subsequent years too, Disaster Management Awareness programme covering various rescue techniques, fire-fighting, first aid etc was conducted for the students of IIT, Kharagpur. A new initiative taken up this year was a 2-day program, conducted on 12th & 13th February, 2019 for more than 215 security personnel of IIT, Kharagpur by the experienced and competent trainers of organisation. Similar training programme was conducted for the Eastern Frontier Rifle commando unit.



Disaster Management Training for Security Personnel, IIT - Kharagpur

Agri care

Agricultural support programme at adopted village Dhuliapata, is regularly carried out for the benefits of the farmer whereby they are provided training in efficient farming methods and means.



Practical training for the farmers, Dhulipota Village

Jal Chatra: Drinking water Distribution

In a major combined effort of the district, safe drinking water distribution seva is conducted for 100 days at the Kharagpur railway station in the peak summer season. Sevadals members of Samithis of New Settlement, Salua, Old Settlement, Guruganj, Midnapore Town and Arjuni. Around 1000 passengers benefit on a daily basis. In addition to this, water distribution seva is performed by individual samithis on different occasions.



Water Distribution at Kharagpur Railway Station

Free Coaching

Many children are unable to access or financially afford good education. This is a major focus area for members to provide free coaching. Included in this Seva Sadhana, are the Bhurkudi village centre and Salboni free coaching started and run by the educated youth of Salboni Bhajan center, Midnapore town Samithi. Also, different samithis of Midnapore West district are running free coaching centers in different places.



Free Coaching Class at one of the adopted villages

Medical Care

Free medical services are provided by various samithis of the District regularly to the needy and deprived through medical camps that are conducted in villages and also through medical centres that are run by the Samithis.



Weekly Medical Camp



Free Eye testing and spectacles distribution

Narayan Seva

Following the divine message that Grama Seva is Rama Seva and Manava Seva is Madhava Seva, various Samithis conducted many programs to serve the less privileged sections of our society on a regular basis as well as on auspicious occasions. Seva activities included Narayan Seva, National Narayan Seva, cooked food Narayan Seva, distribution of clothes, and in winter, blankets, to the road side poor and in orphanages.



Sevadals preparing food packets for Narayan Seva



Food items distribution to needy under the National Narayan Seva



Blanket distribution to needy



Sevadal feeding elderly and needy

Office Bearers

CURRENT OFFICE BEARERS

Name	Designation	Contact Details
A Uma Maheswar Rao	District President	Mobile: 7586922759, 9474887563 Email: dp.midnapore.w@gmail.Com
B Vasudevan	District Service Coordinator (Gents)	Mobile:8967376009 Email: saivasudevan6009@gmail.com
Debendra Kumar Das	Joint District Service Coordinator (Gents)	Mobile :9437088548,9434996256 Email: babasai81@gmail.com
Dr. Batakrisna Chowilya	District Coordinator (Medical) (Gents)	Mobile: 9434022984 Email: indu.hcpl@gmail.com
Ch. Uma Maheswar Rao	District Educational Coordinator (Gents)	Mobile: 9474722120 Email: umamaheswarch64@gmail.com
A Srinivas Rao	District Spiritual Coordinator (Gents)	Mobile: 9933955920 Email: Srinivasraoakkapu@gmail.com
Bablu Dutta	Joint District Spiritual Coordinator (Gents)	Mobile: 9064979966 Email: 1babludutta@gmail.com
Dillip Kumar Das	District Youth Coordinator (Gents)	Mobile: 9932633028 Email: dilipkumardas80@gmail.com
Chittaranjan Guchhait	District Coordinator – Sai Literature	Mobile: 8768334035 Email: guchhait122.Sai@gmail.com
Dhan Bahadur Gurung	District Coordinator-Disaster Management	Mobile: 9775009990 Email: dgurung500@gmail.com
P K Annapurna	District Service Coordinator (Ladies)	Mobile:8637572685 Email: someswar.pilla@gmail.com
Rupashree Chowliya	Joint District Service Coordinator (Ladies)	Mobile: 9647104295 Email: rupachaulya@gmail.com
Neeta Rao	District Educational Coordinator (Ladies)	Mobile: 9933563941 Email: nitarao666@gmail.com
V Lavanya	Joint District Educational Coordinator (Ladies)	Mobile: 7384559604 Email: vlavanyakgp96@gmail.com
Litu Panda	District Spiritual Coordinator (Ladies)	Mobile:9474598415 Email: swatika.litu@gmail.Com
Babita Das	Joint District Spiritual Coordinator (Ladies)	Mobile:8972761654 Email: dasbabita691@gmail.Com

Name	Designation	Contact Details
Ch. Hemabai	District Youth Coordinator (Ladies)	Mobile: 8918727878 Email: hemach869@gmail.Com
Arpita Paladhi	Joint District Youth Coordinator (Ladies)	Mobile: 9933055050 Email: grpitapaladhi84@gmail.Com

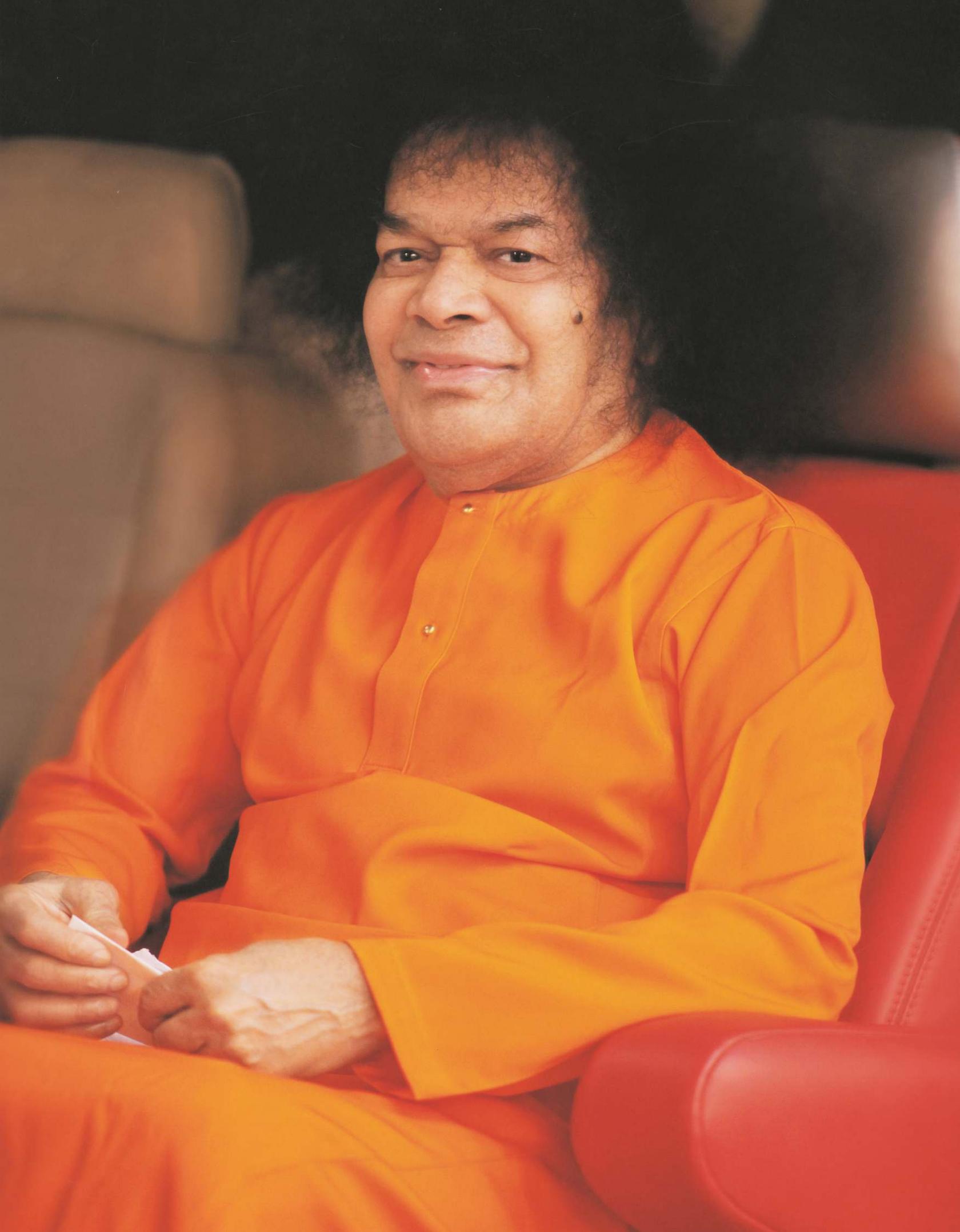
PAST DISTRICT PRESIDENTS

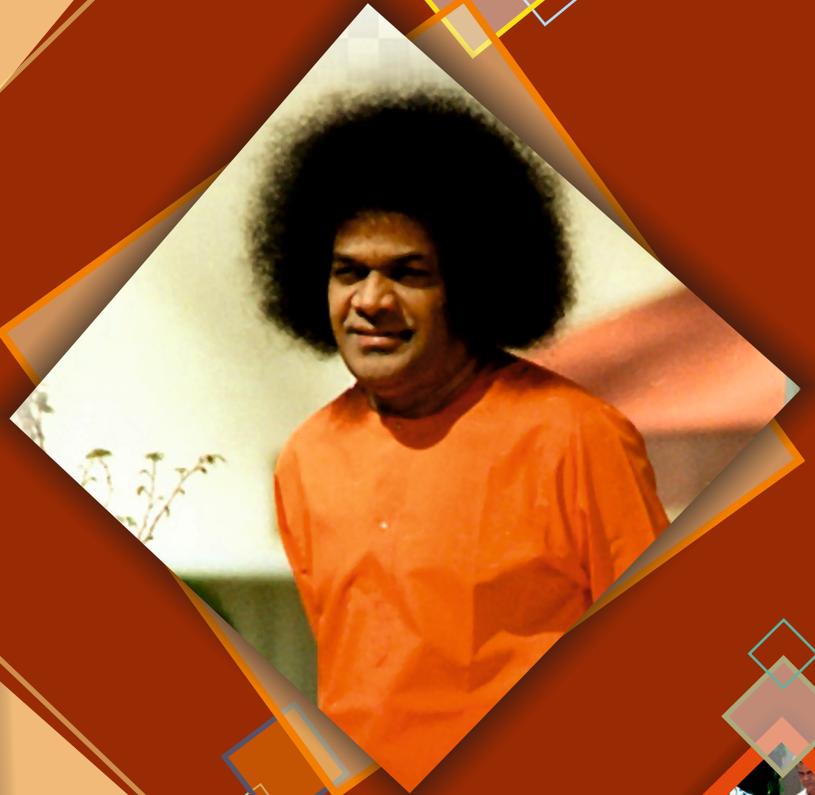
Name	Period
Arun Mitra	1998 (6 Months)
Sujit Prasad Lahiri	1999 (11 Months)
A Uma Maheswar Rao	From 2000 till present

Through seva sadhana (discipline of selfless service), Hanuman attained identity with Rama, as the river attains identity with the sea. Arjuna too considered every act as sadhana to attain the grace of Krishna, for Krishna directed him to fight on, ever keeping Him in memory — "Mamanusmara yuddhyacha". You too should keep God ever in your mind as the pacesetter, whether you are serving patients in hospitals or cleaning a drain in the bazaar. That is the tapas (penance). That is the highest form of sadhana (spiritual discipline). More than listening to a hundred lectures or delivering them to others, offering one act of genuine seva (selfless service) attracts the grace of God. The body has to be utilised for service to others. Activity is its main purpose. Krishna says, "I have no need to be engaged in work but I do work in order to activate the world". More ananda (bliss) can be won by serving others than what can be got by merely serving oneself. Offer service to someone in need, with a full heart and experience the ananda that results. It need not be something big. It can even be small and unnoticed by others. It has to be done to please the God within you and within the person you serve.

Through seva (selfless service) you realise that all beings are waves of the ocean of Divinity. No other sadhana (spiritual discipline) can bring you into the incessant contemplation of the oneness of all living beings. You feel another's pain as your own. You share another's success as your own. To see everyone else as yourself and yourself in everyone, that is the core of the sadhana of seva. Again, seva makes the ego languish for want of food. It makes you humble before the suffering of others; and when you rush to render help, you do not calculate how high or low a person's social or economic status is. The hardest heart is slowly softened into the softness of butter by the opportunities that the sevadal (volunteer service corps) offers.

 Sri Sathya Sai 





SRISATHYA SAISEVA ORGANISATIONS, WEST BENGAL DISTRICT : MIDNAPORE (WEST)

Sri Sathya Sai Seva Kendra, Behind Ram Mandir, New Settlement, Kharagpur 721301, Email: dp.midnapore.w@gmail.com
State Office: 163, A J Bose Road, Kolkata 700 014, Email: ssssowb.mail@gmail.com, Website : ssssowb.org