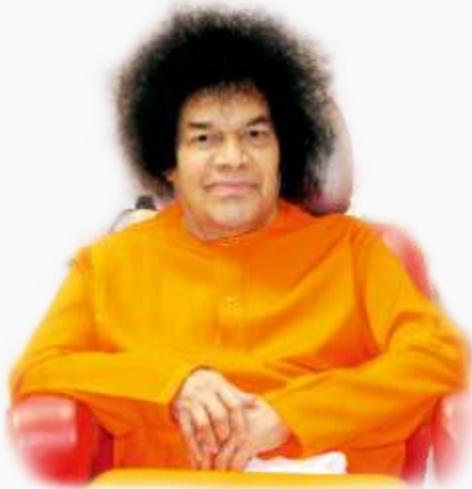




SRI SATHYA SAI SEVA ORGANISATION, DELHI-NCR

ANNUAL REPORT (2018-2019)



The distance between you & ME is...

“LOVE”



“See with the eyes of Love
Hear with the ears of Love
Work with the hands of Love
Think with the thoughts of Love
Feel Love in every nerve”

“Start the day with Love
Fill the day with Love
Spend the day with Love
End the day with Love
This is the way to GOD”



Foreword

Sai Ram !

With the abundant love, blessings and Grace of our beloved Lord, love of members of the Central Trust, All India President and elders of the Organisation, I was given responsibility of performing the duty of State President, Sri Sathya Sai Seva Organisation (SSSSO), Delhi-NCR. My humble Pranams and thanks to our beloved Lord for all the blessings and bliss.

Bhagwan Sri Sathya Sai Baba before leaving his physical form had said that **“Your Life is My Message”**. Based on this, devotees of Delhi-NCR have taken many initiatives and increased the Seva activities. By doing more and more Service activities, we have tried to put his teachings into practice.

With abundant Grace of our beloved Master, I am placing the Annual Report (2018-19) of SSSSO Delhi-NCR, at the abode of Sri Sathya Sai Baba.

This Report pertains to the year long work of love and selfless service rendered by the Sai devotees across the constituent ten Districts of Sri Sathya Sai Seva Organisation, Delhi and National Capital Region under the aegis of the three pillars of the Mission, viz. Service, Education and Spiritual. The office bearers at State, District and Samithi levels as also the active workers have through their selfless service, imbibed, introspected and implemented the message 'Love All, Serve All' and 'Help Ever, Hurt Never', given by the Lord.

Sri Sathya Sai Anna Prasadam Seva (SSSAPS) categorised as **'Care for Caretakers'** was started first at Govt. run LNJP Hospital in June, 2018 to provide food (lunch) to the attendants of patients twice in a week. The service was later extended to Lal Bahadur Shastri Hospital, Mayur Vihar, East Delhi and Government Bhagawan Mahavir Hospital, Pitampura, North Delhi once in a week in July and September 2018 respectively. The Morning Tea & Snacks Seva was also started for the caretakers and patients at Govt. Hospital, Sanjay Nagar, Ghaziabad and some Govt. Hospitals at Delhi by the devotees of Ghaziabad and Central Districts. This service being done regularly has been admired by the hospital authorities as well as the locals. Sevalas dressed in whites and wearing scarves perform the Seva according to the directions of Baba.

Thousands of human hours are dedicated by the Bal Vikas Gurus in undertaking BV activities in urban and rural areas and also by the Youth Wing to the Sathya Sai Vidya Jyothi Program (SSSVJP) in delivering holistic and secular education in some Municipal Corporation schools. Several Modules undertaken by 'Life is a Game, Play It' (LIGP) in eight colleges in Delhi-NCR provided encouraging results. A robust medical program, equipped with Mobile Medical Units delivered free medical services to the needy.

Sai Protein, a complete food high in protein and dietary fibre, formulated by Baba Himself, for the welfare of mankind, is being regularly distributed among the needy and under-nourished in villages and slum areas adopted under Sri Sathya Sai Village Integrated Program (SSSVIP) in Delhi-NCR.

Besides Spiritual activities in all Samithis across Delhi-NCR and at Sri Sathya Sai International Centre at Delhi, this year, devotees of Delhi-NCR had gone and participated in Veda Chanting and Rudra Abhishekam organised by SSSSO-UP at **“Prayagraj Kumbh Mela”**.

I take this opportunity to pray that Delhi-NCR unit of SSSSO, may scale new heights in the service of human kind in years ahead.

Rakesh Kapoor
State President

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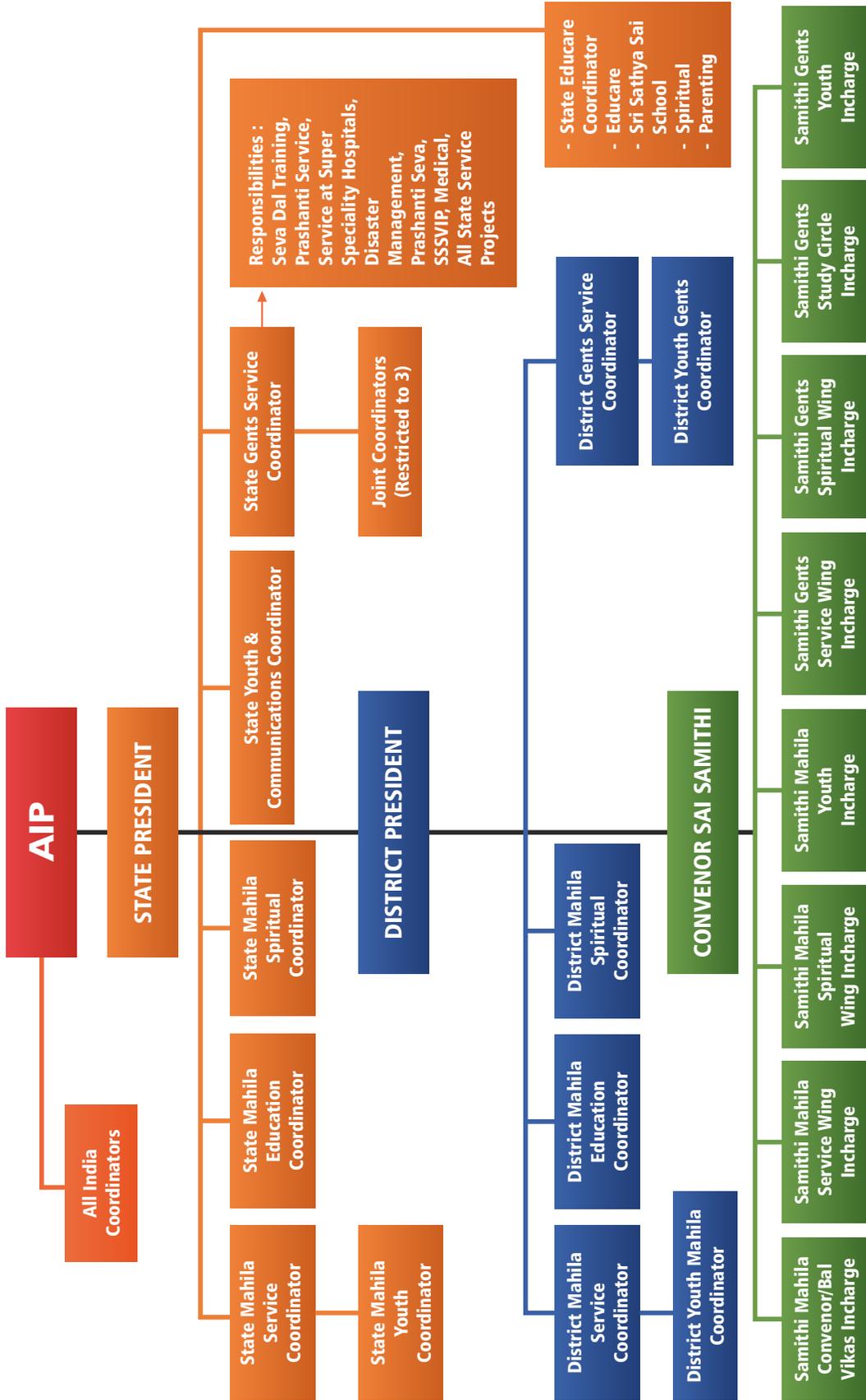


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ORGANISATIONAL STRUCTURE





SERVICE WING

Service rendered without egoism, however small, can be highly beneficial. It must emanate from a tender heart which responds to every sob and groan, and is ready to renounce and suffer gladly. One must have the eagerness to get involved with others and feel their pain. One must cultivate forbearance and inner strength, in order to avoid resentment at criticism and ridicule, while one is engaged in joyful service. The wise use their money, strength, intelligence, skills, aptitudes and opportunities to help others and make their lives happier. Thus they win Divine Grace; for Seva is the highest form of worship. There are millions who are hungry, desperate and miserable. I ask that you limit your intake of food to your actual need, so that you can share your resources with the needy. Never waste food. Do not fritter away money for harmful purposes; use it to help others. Do not waste time and energy; allow others to benefit from your skills!

- Divine Discourse, Nov 21, 1985

Sri Sathya Sai Seva Samithis promote Seva work enthusiastically leading to the removal of physical distress, alleviation of mental agony and the fulfilment of spiritual yearning. While some regions are affected by floods and some others by drought, the Samithis remain busy in concerted efforts to bring relief to the sufferers from these and other natural calamities. 'Sai' denotes --always concentrate on Baba's Philosophy 'Love All, Serve All' and 'Help Ever, Hurt Never'. The motto of the Service Wing of Sri Sathya Sai Seva Organisation is 'Service rendered to humans is Service rendered to God'. He taught devotees to serve by being true and loving and setting examples of truth, love, and service to others.

“If a wave of service sweeps over the land, catching everyone in its enthusiasm, it will be able to wipe off the mounds of hatred, malice, and greed that infest the World. Attune your hearts so that it will vibrate in sympathy with the woes and joys of your fellow-men.”

-Sri Sathya Sai Baba



DETAILED SERVICE ACTIVITY IN DELHI-NCR

SERVICE WING ACTIVITIES	TOTAL NUMBER	TOTAL NUMBER OF BENEFICIARIES
VISIT TO:	PERIOD (JAN-DEC., 2018)	PERIOD (JAN-DEC., 2018)
LEPROSY VILLAGE	2	44
CORRECTIONAL HOMES	0	0
ORPHANAGES	3	435
HOSPITAL	12	1900
DISABLED / OLD AGE HOMES	101	7300
CAMPS:		
VETERINARY CAMPS	0	0
MEDICAL AWARENESS CAMPS	108	11300
EYE CAMPS	17	1630
BLOOD GROUPING CAMPS	1	55
SERVICE CAMPS	10	940
VOCATIONAL TR. CENTERS	7	262
FREE COACHING CENTERS	27	2650
MEDICAL CENTERS	14	29440
SANITATION (PUBLIC URINALS)	3	200
DENTAL TREATMENT CAMPS	6	163
NATIONAL NARAYAN SEVA	183	32615
NARAYAN SEVA	317	205000
GLOBAL NARAYAN SEVA	46 Locations	46550
BLOOD DONATION CAMP	0	0

STATISTICAL DATA	NUMBER AS ON DECEMBER 31, 2018
NO. OF SLUMS / VILLAGES (SSSVIP)	36
NO. OF SSSVIP BENEFICIARIES	25100
NO. OF SEVADALS GENTS:	960
MAHILA:	1002
TOTAL:	1962
TRAINED SEVADALS (P.S. Members)	18
NO. OF REGISTERED YOUTH GENTS:	324
MAHILA:	246
TOTAL:	570

OTHER SEVA ACTIVITIES

ITEM	AREA		BENEFICIARIES (Jan – Dec 2018)	NUMBER CONDUCTED (Jan – Dec 2018)	SINCE WHEN
1. Jal Seva	Summer only		All Districts	67250 Glasses	
	(a)	Delhi-NCR	LNJP Hospital	36000	Since July 2018
2. Sri Sathya Sai Anna Prasadam Seva	(b)	East District	LBS Hospital	10000	Since August 2018
	(c)	North District	Govt. Bhagwan Mahavir Hospital	10000	Since Sept. 2018
	Grand Total		A+b+c	56000	
3. Tea Seva	Ghaziabad Distt		Govt MMG Hospital	8000 Cups	Since July 2018
	Central Distt		Lady Harding Hospital	6000 Cups	Since July 2018
4. Blanket Distribution	Misc.		Underprivileged	200	
5. Woollen Jackets	Misc.		Needy Persons	25	
6. Woollen Garments	Mahila Wing		Newly born in Hospitals	300	
7. Woollen Garments	Ghaziabad Distt		Newly born in Hospitals	150	
8. Tree Plantation	All Distts.		Safe Places	350	
9. Sai School	West Distt		JJ Colony	50 Children	
10. Stationery Distribution	Districts		Various SSSVJ Schools	Needy students only	
11. Multi Speciality Camps	GBN (2) & East (1) Districts		Attended by Specialists	Total 2000 Patients	
12. Wheel Chairs offered	Ghaziabad Distt		Needy disabled person	One	
13. Food Trolley offered	Ghaziabad Distt		Govt Hospital, Sanjay Nagar	Cost Rs. 65000	
14. Sponsored	GZB-4 Samithi		One year Para Med-Course	One student	
15. Supported	Gurugram Distt		Marriage of a Dalit girl	One	
16. Disaster Management	All Districts		Demonstrations by a Special Team	Exemplary response	
17. Voluntary Donations	All Districts		Towards Kerala Flood Relief	Over Rs 23 Lacs	

(A) Sri Sathya Sai Village Integrated Program (SSSVIP)

Sri Sathya Sai Baba focussed on the transformation of villages as He has firmly believed and propagated that "Grama Seva is Rama Seva". Volunteers of Sri Sathya Sai Seva Organisation have been rendering `Grama Seva` widely with Love and compassion.

It was on the Ugadi Day of 2007; Sri Sathya Sai Baba redefined `Grama Seva` as SSSVIP -Sri Sathya Sai Village Integrated Program. In the Last week of August, 2007, an All India Conference was organised by the All India President inviting all the District Presidents and unfolding the SSSVIP as a holistic `Grama Seva` model aiming at macroeconomic and microeconomic development of the village facilitated by Sri Sathya Sai Seva Organisation with focus on `Family` as a unit of `Village`. A spectrum of Seva activities, identified as 7 Cares, i.e., Spiritual Care, Individual Care, Medical Care, Edu Care, Employment Care, Agri Care and Socio Care was the crux of SSSVIP.



Spiritual Care aims at promoting community and spiritual practices like Bhajans, Parayans, Gramothsavs, etc, inculcating the concepts of "Love All, Serve All" and "Help ever, Hurt Never" and empowering the cultural fabric of the village that strengthens 'togetherness'.

Individual Care aims at

- Promoting literacy
- Creating a positive atmosphere while driving away from addictive habits,
- Providing career counselling for youth,
- Educating on personal health and hygiene,
- Developing a Socio-Economic model to involve ladies by providing all raw materials for the preparation of Sai Protein.
- Training them to process, prepare, produce and pack Sai Protein,
- Engage everyone in the village towards a positive construct of `Attitude`, `Behaviour`, and `Character` (ABC).

Medical Care is designed to

- Screen every citizen of the village medically to identify and evaluate the health status of every individual
- Promote the concept of 'prevention is better than cure' by periodical training by Sevadal in preventive medicine
- Training youth on electrical jobs, plumbing, carpentry, TV/computer/cell phone repair.
- Training of security guards considering the local industrial requirements
- Encouraging formation of Self Help Groups (SHG) to develop and organise 'The Centre for Integrated Rural Excellence' for men and women with a structured syllabus and permanent faculty to train them,
- Encouraging rural entrepreneurship,
- Organising mini job fairs for skilled & unskilled labour by inviting industrialists to villages where migration to cities is stopped.

Education Care is a micro educational model gifted by Sri Sathya Sai Baba aiming at transforming the lives of everyone by inculcating the eternal human values from early childhood. This is achieved by

- Training the young children through Bal Vikas

- Training the educated women and youth from village to be Bal Vikas Gurus,
- Creating a village library with storybooks on values,
- Planning for accelerated learning for the benefit of drop-outs in conventional education,
- Educating adults in literacy,
- Creating intense awareness of spirituality, values, culture, and patriotism.

Employment Care is to train everyone to get empowered economically and lead to self-sustenance by,

- Training women and youth in various trades like tailoring, embroidery, making handmade paper, dairy farming, honey collection etc.
- Training women in making local products like baskets, toys, ornaments, paintings, frames, etc.

Agri Care is planned to integrate all land-based activity like agriculture, horticulture, animal husbandry, and other land use activities and train the farmers in organic farming and preparation of compost manures. Agri Care also aims at promoting additional revenue generation through mushroom cultivation, setting up kitchen gardens, medicinal plant cultivation and training in floriculture. rainwater harvesting is done to help the farmers in saving precious water. Additionally, they are also trained in low-cost cultivation method by minimising the resources & maximising the output.

Socio Care is a holistic approach for the overall well being of the village. Activities like the following help in improving the social fabric of the villages-

- Creating awareness on Health & Hygiene and Sanitation,
- Promoting spirituality in every religion,
- Organising sports, games and cultural events,
- Shramadan (Cleaning) in Mosques, Churches, Temples, aiming to bring about a transformation in the entire village.
- Address the issues of malnutrition
- Train educated women in midwifery
- Train young men and women in First Aid,
- Plan for a Mobile Medical Unit,
- Organise medical camps based on the complexity of the Illness index.

DISTRICT-WISE SSSVIP ACTIVITIES

EAST DISTRICT

Distribution of Amrit Kalasam

Amrit Kalasam were distributed by devotees of the E-4 Samithi to 20 – 25 poor and disabled families of the SSSVIP adopted village Karkardooma almost every month.



WEST DISTRICT

Insecticide Spraying

Insecticides were sprayed at Arjun Park of SSSVIP adopted village Najafgarh by the W5 Samithi of the West District on July 22, 2018. About 20 young devotees fully dressed in whites and wearing scarves, participated in this service activity.



Distribution of Amrit Kalasam

Dry Ration in the form of `Anna Kalasam` was offered to 16 families on November 4, 2018. 25 Wall Clocks were also given to 25 families by the W 4 Samithi.





Narayan Seva

A Narayan Seva was organised at M Block cluster, Hari Nagar (adopted under SSSVIP) on November 25, 2018. 2200 Narayans were served with a sumptuous meal of `Aloo Sabji`, `Puri` and `Halwa`. Before the Narayan Seva, Bal Vikas children participated in a cultural activity. Later, all were rewarded.



Salient Highlights of Activity in J.J. Colony, Hari Nagar (Adopted under SSSVIP)

1. Almost all boys and girls are encouraged to go to school. Now, over 60% are going to school.
2. Deserving one girl, who scored 92% marks in class 12th and a boy, are given a scholarship of Rs. 500/ per month. The Samithi aims at provoking every child of the village to attend schooling.
3. Elderly ladies are given incentive like kitchen utensils and made to learn how to sign and read City Bus Route numbers etc.
4. Stationery and writing material is provided to the needy on every 4th Tuesday of the month.
5. Motivational talks are conducted regularly to encourage children to join schools and develop skills to enable them to take admission in local ITIs and other local institutes.
6. Baba's Birthday was celebrated on November 25, 2018, at. The program started with a spiritual cultural presentation by children of the colony. The program was appreciated by one and all and continued for almost two hours. It was followed by Narayan Seva serving 2200 Narayans. Children who participated in the cultural program were also given token presents.
7. Under National Narayan Seva, food packets containing one kg rice, one kg `atta` and `dal` are distributed on 1st and 3rd Tuesday of every month, among underprivileged families.
8. A Sai school is running in which more than 50 children are enrolled.
9. A Study Circle is conducted every month on religious and spiritual values.
10. On every Tuesday, Baba's discourse is read out from `Sanathana Sarthi` magazine. In addition, bhajan training is also conducted in this colony on Tuesdays.
11. Under `Pradhan Mantri Dhan-Jan Yojana`, ruralites are encouraged to open individual bank accounts and provided with ATM cards. All are encouraged to get AADHAR cards as well as PAN cards.
12. Girls studying in Govt. schools are encouraged to write articles for the school magazines.
13. Emphasis is on transformation through education.

SOUTH EAST DISTRICT

Distribution of Earthen Pots at Indra Camp

The Sevadal of SE-2 Samithi distributed earthen pitchers to the residents of the SSSVIP adopted Indra Camp on May 27, 2018. This was done to encourage the conservation of Mother Nature and discourage the use of plastic utensils for storing water. Sevadal also shared the benefits of using earthen pots for drinking water.

SE-2 Samithi also served home-made veg. `pulao` (rice) to the needy poor and also the Bal Vikas children with reverence and humility after the distribution of earthen pots.



SOUTH WEST DISTRICT

Career Orientation Program

SW 2 Samithi launched a Career Orientation Program for SSVIP children on November 25, 2018. To begin with, they have been enrolled with an objective to make them competent in finding employment in Govt. based organisations. They will also be imparted training in Secretarial practices and human values.



Distribution of steel tiffin boxes to Bal Vikas children at Najafgarh Village

Devotees of SW-3 Samithi distributed steel tiffin boxes among Bal Vikas students in SSSVIP adopted Kishangarh Village on July 22, 2018. The students were asked to carry these boxes for receiving regular prasadam after the classes to avoid the use of plastics and disposable materials as part of the National Go Green initiative of the Sri Sathya Sai Seva Organisation.



FARIDABAD DISTRICT

Skill Development Project



A Skill Development Project was inaugurated at Santosh Nagar (adopted under SSSVIP) on August 25, 2018. The youths of the area are being given complete MIS training which includes basic computer knowledge, excel, auto mailing, preparing dashboard, power point presentation and power BI for data analysis, data entry tips, English speaking, and personality development, etc. The classes are held twice in a month.

Sri Sathya Sai Kaushal Vikas Kendra

Sri Sathya Sai Kaushal Vikas Kendra, a Skill Development Centre, was inaugurated at SSSVIP Village Sadpura. The Program started with invocation of God by Veda chanting followed by special bhajans at the mandir premises. Four sewing machines were installed and 7 girls were identified for the 1st batch of vocational training.





(B) Disaster Management Initiative (DM)

The various modules of training offered by the Disaster Management team are

- Disaster Management Intensive Training for the Sai Sevalal\Sai Youth
- Disaster Awareness Camp – This Program formulates as a bridge between many colleges/ companies/ villages and the Sai Disaster Management Team.
- DM Preparedness: A three-hour Program for the Industries, corporate companies and school students.

Sri Sathya Sai Seva Organisation, Delhi-NCR regularly conducts Disaster Management workshops on the above modules, across all the ten constituent Districts of Delhi-NCR. Some photographs of the workshops are given below:-

GURUGRAM DISTRICT



SOUTH EAST DISTRICT



First Aid Training

This year, the Sevalal of SSSSO, Delhi-NCR, underwent a two-day First Aid training at Sri Sathya Sai International Centre on April 21-22, 2018. The training was conducted under collaboration with the Red Cross Society of India and was attended mostly by the youth Sevalal. These trained members have been presented with special Scarves – 'Sri Sathya Sai Paramedic' and will form a part of the Disaster Management Team.



(C) Medicare Unit, Delhi-NCR – Mobile Medical Units

“We do not need many hospitals. Patients can be treated easily. In my view, there is no need for you to worry about money and resources. Treat your patients with love, Duty is God. This love should be mutual give-and-take. You may charge fees for your services, but do it with love. This is the right course for you. When you render service in this spirit, you will be successful in all cases. When you treat the patient with love, you will win the patient's love. Hence your motto should be “Start the day with love, fill the day with love, and end the day with love.” This is the way to God.”

-Sri Sathya Sai Baba

The medical activities of Sri Sathya Sai Seva Organisation, have achieved the status of a 'Mission' by the Grace of the Baba. Objectives of Sri Sathya Sai Medical Mission are:-

- To achieve Holistic Health Care that must reach the doorstep of the poor people
- To educate people on how not to fall sick through Audio Visual presentations on preventive healthcare including health & hygiene

Health Care is guided by the following five principles which are assiduously followed in every Health Care institution and every Health Care activity.

- State-of-the-art Health Care
- Free Health Care
- Compassionate Health Care
- Preventive Health Care
- Timely delivery of Health Care

Medicine is meant to promote heart to heart, love to love and the relationship between the doctor and the patient. Sri Sathya Sai Medical Mission exemplifies this aspect by providing comprehensive care and regular follow up of treatment. The humane component is evident in the care provided in Sri Sathya Sai Hospitals. The importance is given for Health Education at all levels viz Individual level, family level, group level, and community level. Sri Sathya Sai Health Care has a holistic approach which is executed through

screening programs conducted at all levels. Delhi NCR State is performing the following Medical Seva across the Districts:

1. Medical Vans

We have 3 medical vans two of which are general and one is dedicated to the Mother and Child. These help in catering medical service to about 1,000 patients every month across Delhi-NCR State.



2. Blood Donation / Blood Grouping Camps

Sai Prem Dhara is an online database of about 100 donors along with their friends and colleagues who donate blood/platelets to needy patients in emergency requirements. This model caters to around 100 – 150 donations every year.

(D) Medical Activities in the Districts

EAST DISTRICT

A Multi-Specialty Medical Camp was organised by East District on November 25, 2018, at S.S Medicare Centre, Chander Nagar. Doctors from various specialties like Ophthalmology, ENT, Dermatology, Gen. Surgery, Dental, Gynaecology, Internal Medicine, Ayurveda, and Homeopathy attended the Camp. Routine investigations, as well as Eye Check-up were done. Medicines were dispensed. Highlights of the Camp were -



- 25 Specialists of different specialties provided their free services.
- 20 Paramedics and staff nurses provided their free services.
- 416 patients were examined and provided free medicines.
- Blood Sugar test was done free of cost for 110 people.
- Free ECG was done for 45 people.
- Free Pulmonary function test was done on 28 persons.
- Other blood tests and X-rays were also provided.



Mother and Child Care Medical Camp

East District started Mother & Child Care Medical Camp in J J Colony, Anand Vihar. The objective of this Camp is to provide medical care at the doorstep of the patients. A large number of patients are being treated in this camp. This Camp is in addition to the other four Similar Camps in the District. These camps are conducted every week.

about eye disorders and their early detection among school students. They also distributed free medicines and spectacles to 20 students.

WEST DISTRICT

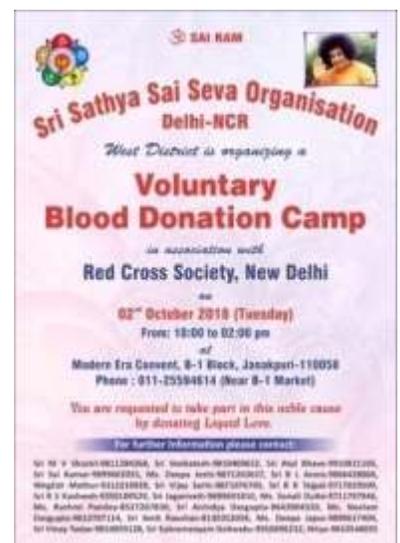
Eye Check-Up Camp

A free Eye Check-up Camp for students of SDMC School, C Block, Janakpuri was organised by the team of Sri Sathya Sai Vidya Jyoti, West District at SDMC School in collaboration with Venu Eye Institute. Around 200 children were tested and 3 students were identified with serious illness and 14 students given free spectacles. The Camp was advantageous for the students and teachers. They got an opportunity to know more about various aspects of Eye Care. The Doctors were well equipped with eye examination tools to examine the students. They also spoke to students about how to increase awareness about Eye Care. The objective of the event was to spread awareness



Blood Donation Camp

West District organised a Voluntary Blood Donation Camp at Modern Era C o n v e n t , Janakpuri on October 2, 2018, in collaboration with the Red Cross Society, New Delhi in which 40 units were collected.





NORTH DISTRICT

Weekly Homeopathic Dispensary

A weekly Homeopathic dispensary operates at Baba Colony, Burari, where patients are examined and medicines are distributed free of cost on initiative of N-1 Samithi.. Till now, 1490 patients have received treatment and 45 people have been tested for Diabetes.

Weekly Ayurvedic Dispensary

A weekly Ayurvedic dispensary operates at Resettlement Colony, Sector 25, Rohini by the N-4 Samithi. Here also, patients are examined and treatment is provided free of cost. 163 patients were benefitted from the dispensary and 17 patients were examined for Diabetes during 2018-19.

Regular Medical Camps

Medical Camps are a regular activity in the urban slum area of Hyderpura (Pitampura) in N-3 Samithi. The area is very dirty and people live here in very unhygienic conditions. People are suffering mostly from skin infections. A team of doctors and Sevadal are serving the locals with love and utmost care. They are also educating the youth, providing health education and teaching personal hygiene, etc. Eleven camps have been organised in 2018-19. The Mobile Medical Unit of the Sai Centre with lab facilities regularly visits the area.

North District has provided free medicines to about 750 patients during the camps conducted during the period from April to August 2018. These are conducted at two locations - Baba Colony, Burari and Resettlement Colony, Sector 25, Rohini. Similar number of patients were examined and provided free medicine during September, 2018 to February, 2019.

Number of Patients Examined and Provided Medicines Free of Cost

Date of Camp	Male	Female	Total
08.04.2018	74	86	160
20.05.2018	71	97	168
10.06.2018	56	77	133
08.07.2018	76	67	143
12.08.2018	71	75	146
Grand Total			750





Dental Hygiene Camp

This camp was held in the month of August, 2018. More than 100 children were distributed toothpaste and toothbrushes free of cost. They were also educated for better oral and dental hygiene.

Dental camps

North District conducted a Dental Camp for 100 students in August 2018 and gave away dental kits free of cost.

North District has provided free medicines to about 750 patients during the camps conducted during the last year. These are conducted at two locations - Baba Colony, Burari and Resettlement Colony, Sector 25, Rohini.

FARIDABAD DISTRICT

Eye Camp

A District-level specialised Eye Camp was conducted on 25th May, 2018, at Karnera village. This camp was mainly organised by the District youth and well supported by the elders. 230 people were screened at the camp and 30 patients were identified for cataract surgery and free surgery was organised for them within a week.



Dental Camp for Children

Faridabad District organised a specialised Dental Camp for children at the SSSVJ adopted school, Palla 2 Govt Primary School, Sarai Qawaja on 1st September, 2018, in which 140 children were screened and dental kits were provided to them.



Homeopathic Medical Camp

On every Sunday, Samithi-2 of the Faridabad District organises Homeopathic medical camp at Rahul Colony, in which approximately 40 patients are given free consultations and medicines regularly.

Dental Camp

Faridabad District conducted Dental Camp in May 2018 at Pall 2 Government Primary School, Sarai Khawaja. 140 students were screened and dental kits provided.

General Medical Camps

FBD-4 Samithi organises general medical camps at the SSSVIP adopted areas Shramik Vihar and Santosh Nagar every month, in which services of Mobile Medical Van of Sai Centre are provided to the patients for blood tests etc.



Regular Medical Camps at Satpura Village

Samithi-1 of the Faridabad District organises medical camps at the SSSVIP adopted village Satpura every month. Mobile Medical Van also visits the camp every third month.



Medical Camps

FBD-5-Samithi of the Faridabad District conducts free medical camps at Omax Hills Slum Hut every alternate month.



SOUTH EAST DISTRICT

Homeopathy Free Seva

A Homeopathy Clinic is being organised on every Sunday at Radha Krishna Mandir, Sanwal Nagar. Around 300 patients benefitted during the period from October to December 2018. This also marked 15 years of completion of Dr. Col Prasad's free Homeopathy clinic.



South East District conducted an eye camp on 2nd April, 2018 in Vocational School, Okhla-I. Total of 220 patients were examined. 128 specks were distributed. 7 patients were operated for cataract.



CENTRAL DISTRICT

Medical Camp

A medical camp was organised by the Central District on 23rd December, 2018.





GURUGRAM DISTRICT

Medical Camp

Gurugram District holds two camps on 1st and 3rd Sunday of every month. Once a month, the Mobile Medical unit also serves the camps. Till now, a total of 1270 patients were given free medicines in these camps. Total 12 Camps were organised during this financial year. Out of 1270 patients, 9 required surgeries and treatments after hospitalization and rest were given medicines as prescribed by the Doctors at the Camps. Ultrasound, CT Scans X-rays, ECG, CBC, LFT, KFT were done for all cases which needed hospitalisation. Blood from Blood Bank was arranged when it was necessary.

Free Surgeries

Gurugram District also arranged surgeries/scans/specialised consultations in hospitals of Gurugram absolutely free of cost for the patients.



Eye Camp

Gurugram District holds Eye Check-Up camps twice a month and so far 12 Eye Camps were held during the period from April 18 to Mar 19 at Lotus Petal School, South city and Shyam Jha Colony on 1st Sunday and 3rd Sunday of every month. Eye Screening of 840 patients was done and 220 specs were distributed free to the patients during the period.



Homeopathic Clinic

A homeopathic clinic is being run at Shiv Mandir – DLF Phase 5, on every Saturday from 11 am to 12 noon in which around 25 to 26 patients are beneficiaries in every camp.

GHAZIABAD DISTRICT

Eye Camp

An Eye Camp was organised at Sai Mandir, Arthala, in which 350 people were benefited and 9 cataract surgeries were performed.

In the cold afternoon of winter, on 23rd December, 2018, a general medical camp was organised at Shri Mahesh Seva Sansthan, in which patients were given free consultation and medicines.



GAUTAM BUDDHA NAGAR DISTRICT

Gautam Buddha Nagar District regularly organises medical camps of various specialties at different locations including the SSSVIP villages in the District throughout the year, in which thousands of patients have been provided medical facilities like various kinds of blood tests, ECGs, and free medicines, etc.

Multi Speciality Medical Camp

A Multi-Specialty Medical Camp was arranged on 17th November, 2018, at CHC, Bhangel. Total 816 Patients attended this Camp and free medicines were provided. 4 patients were diagnosed with serious heart problems and further arrangements were made for their treatment. 6 patients were sent for cataract-related surgeries at a local hospital.

Chief Medical Officer of the Gautam Buddha Nagar was overwhelmed with the quality of the medical services and dedication of the Sevalal at the camp and requested Sri Sathya Sai Seva Organisation to do such camps more frequently. He also offered us the services of the Government Medical Bus for our medical Seva in other villages and also given permission for Sri Sathya Sai Anna Prasadam Seva at the General Hospital.



Regular Medical Seva

District Gautam Buddha Nagar has started free medical Seva in SSSVIP adopted village Sarai Colony, Sector 99 from 18th December, 2018. In the first camp at this newly SSSVIP adopted place, 93 Patients turned up and received treatment.



Heart operations

Last year, 62 patients were screened and sent to Rajkot for heart operations. This year, Gautam Buddha Nagar District has sent 2 patients to Rajkot hospital for heart operations

(E) Sri Sathya Sai Anna Prasadam Seva

“Engage yourselves in service activity. Consider Social Service as Service to God. This is the best way to earn God's Love. Your entire life will be sanctified thereby.”

— Sri Sathya Sai Baba

Sri Sathya Sai Anna Prasadam Seva (SSSAPS) started in Delhi from July 2018 onwards, was named as `Care for the Caretakers` to provide free food to the attendants viz. needy parents, relatives, and friends of patients admitted in various Government hospitals in New Delhi after obtaining prior approval from competent authorities of concerned hospitals. At present, This Seva has been going on in the following Government hospitals in New Delhi.

- Lal Bahadur Shastri Hospital, Mayur Vihar Phase III, East District: Every Wednesday - 400 patients.
- LNJP Hospital, Central District: Every Thursday & Saturday—600/ 700 patients
- Bhagwan Mahavir Hospital, Pitampura, North District: Every Tuesday---400 patients




**SRI SATHYA
SAI SEVA
ORGANISATION,
DELHI-NCR**

**SRI SATHYA
SAI ANNA
PRASADAM
SEVA**

**Date: 14th July
2018**

Time: 12:30 pm

**Venue: LNJP
Hospital, Delhi-2**



Sp Adobe Spark



While Sevadal teams from East and North Districts have been managing distribution system at Lal Bahadur Shastri Hospital and Government Bhagwan Mahavir Hospital on each Wednesday and Tuesday respectively, the Sevadal from remaining constituent eight Districts of Delhi-NCR are managing District-wise Sevadal by turn to serve free food at LNJP Hospital under the supervision of State Service Coordinators. The process of SSSAPS is going on very smoothly with love and humility. The hospital authorities and the Caretakers are very appreciative of this initiative of Delhi-NCR unit of the Organisation.



Morning Tea Seva:

In addition to the above initiative, the devotees of constituent Ghaziabad and Central Districts of Delhi-NCR have resorted to morning tea Seva with biscuits and snacks to patients of three hospitals after obtaining formal approval from competent authorities.

GHAZIABAD DISTRICT

The District offers morning tea seva at Government Hospital, Sanjay Nagar regularly on each Thursday and Sunday of the month. Around 200 patients/care takers are served tea with biscuits, bread, and `pakoras` daily. The service is provided even at the beds of ailing patients. The hospital management is very appreciative of the initiative and is very cooperative. The local citizens have appreciated this Seva and most of them offered to join the initiative voluntarily.



CENTRAL DISTRICT

Sevadals from the Central District regularly serve tea and snacks outside Lady Harding Medical College, AIIMS Vishram Sadan, Bhim Rao Ambedkar Hospital and various shelter homes for the homeless early morning.



(F) Sai Protein – Special Initiative of Mahila Volunteers of the Organisation

The 'Nutri mix - Sai Protein Service Project' is a community service project undertaken by the ladies of Sri Sathya Sai Organisation, Delhi-NCR. Ever since the year 2013, the Delhi team has been consistently preparing Sai Protein powder, which is getting distributed in various Districts.





The ingredient mix has been carefully decided upon to ensure maximum nutritional value for all age groups including children aged 5 to elderly people.

RAW MATERIAL	BASE INGREDIENT MIX RATIO (KG)
Ragi	2.5
Wheat	1
Bajra	1
Sesame	1
Moong whole	3
Roasted Channa Dal	0.25
Total	8.75 kgs

The preparation is done through the following simple steps:

- Procuring of raw materials--- procure all ingredients from local retailers.
- Cleaning: Proper cleaning of Ragi in free-flowing water, post which Ragi is dried for 2 – 3 days.
- Roasting: All ingredients are roasted.
- Getting all the roasted ingredients grounded in the mill.

Consumption of Nutri Mix Sai Protein powder

- Add 2 teaspoons full of powder to one glass water/milk mix and boil for 2 to 3 minutes.

- Add ½ tsp. Jaggery and drink for good health. Alternatively, add buttermilk, salt and drink.

Variants of Nutri Mix Sai Protein

In 2016, by Baba's divine Grace, the Mahilas of Delhi-NCR got together and decided to bring in two variants of Sai Protein products in the form of

- a) Nutri Mix -Sai Protein biscuits,
- b) Nutri Mix -Sai Protein Panjiri

Both the products were immensely liked by our Sai devotee families and are in regular demand from all Districts.

Channels of Distribution of Sai Protein through the Sai Protein Project

Our distribution of Sai Protein this year also has been through the following modes:

- SSSVIP - Sri Sathya Sai Village Integrated Program
- Mobile Medical Vans
- Identified Schools – in the form of biscuits and panjiri
- Prasadam in Bhajans – as panjiri
- Personal usage by Sai Devotee families in their daily cooking.



(G) Aaradhana Mahotsava

The Delhi-NCR unit of Sri Sathya Sai Seva Organisation observed `Aaradhana Mahotsava` (April 24, 2018) by arranging two hours bhajan in the Bhajan Hall of Sri Sathya Sai International Centre and serving freshly cooked food to about 45000 Narayans at 44 places amidst scorching heat in the Delhi-NCR Region. About 1000 Sevadal dressed in whites and wearing scarves participated in the service. Standard banners and various standees were displayed at all the distribution points. Like previous year, West District also distributed `Amrit Kalashas` each containing 2 kgs. rice, half kg. `dal`, 1 kg. sugar and soap cakes to selected poor families in Vikaspuri area. It also issued packets of dry ration consisting of rice and `dal` to all `jhuggi` dwellers.



(H) Global Narayan Seva



The Delhi-NCR unit of Sri Sathya Sai Seva Organisation organised the `Global Narayan Seva` on 30th December, 2018, serving freshly cooked food to about 42500 needy Narayans at 40 locations amidst severely cold weather in the region. At certain locations, non-devotees also actively participated in the distribution process. About 1250 Sevadal of Delhi-NCR fully dressed in whites and wearing scarves participated in the service. Various standees and standard banners were displayed at the distribution locations. Before serving the Narayans, the devotees sang Sarva Dharma Bhajans in the make-shift shrines of Swami for about an hour, demonstrating exemplary discipline and decorum during the entire process of





(I) Prasanthi Seva (January 2019)

“Hands that serve are holier than Lips that Pray”

The Delhi-NCR unit of SSSSO rendered Seva at Prasanthi Nilayam in January (7-15) and March (16-31) in 2019. To mobilise volunteers for the January Seva, Sadhana Camps addressed by State Service Coordinators and respective DPs were held in Districts viz. Central (August 18), North (August 19), Faridabad (August 25), East (September 1), Gurugram (September 2), South-West (September 9), West (September 15), South-East (September 16), Ghaziabad (September 22) and Gautam Buddha Nagar (September 29). The main objective of Sadhana Camps is to apprise Sevadal about various types of service activities and familiarise them about rules and regulations to be followed during Prasanthi Seva. During January 2019, Sevadal from Delhi-NCR performed Seva in collaboration with Telangana unit. The total strength of Sevadal in January 2019 Seva was as under:-

	DELHI-NCR		TELANGANA	TOTAL
Gents	452		312	764
	Age Range (Years)	Gents		
	0-20	55		
	21-30	83		
	31-40	42		
	41-50	54		
	51-60	81		
	61-70	79		
	71-80	54		
	81 onwards	4		
	Total	452		
Mahilas	553		290	843
	Age Range (Years)	Mahilas		
	0-20	43		
	21-30	66		
	31-40	58		
	41-50	87		
	51-60	133		
	61-70	136		
	71-80	29		
	81 onwards	1		
	Total	553		
Total	1005		602	1607

During March 2019 Seva, total 21 Gents and 25 Mahilas from Delhi-NCR participated in the All India Seva at Prasanthi Nilayam.

	First Term	Second Term	Total
Gents	15	06	21
Mahilas	16	09	25
Total	31	15	46

The participating devotees in both Sevas had a blissful time during Seva performed at the Lotus Feet with full zeal and devotion. While performing Seva lovingly amidst the festival of `Makar Sankranti` and the Annual Sports and Cultural Meet of SSSIHL, periodical meetings of Group leaders were also held to monitor and address issues faced, if any. Swami`s photo, vibhuti packets and `ladoos` were distributed as Prasadam among all the Sevadal volunteers on the last day of Seva.

Sevadal Registration Office

January 2019





Taking Over Ceremony



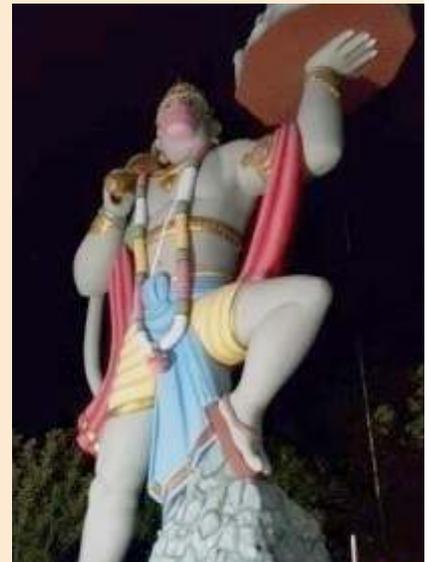
Study Circle of Mahila Sevalal at Prasanthi Nilayam



Checking of Patrolling Duty



Seva at Nitya Aana Prasadam Canteen



Prasanthi Seva (March 2019)

“Service is the first step along the spiritual path”



(J) Swachhata Se Divyata Tak (October 2-20, 2018)

The Delhi-NCR unit of the SSSSO, like previous year, observed `Swachh Bharat Campaign`, especially in SSSVIP sponsored slum areas/ villages from 2nd October (Mahatma Gandhi`s Birthday) to 20th October (Avatarhood Declaration Day of Sri Sathya Sai Baba). Shri Rakesh Kapoor, State President, SSSSO, Delhi-NCR instructed the Samithis to continue `Tree Plantation Drive` throughout the year long. Ms. R. Vasavi, a specialist, has been nominated as Activity Incharge (Plantation) to provide expert guidelines to the serving groups from time to time. Consequently, about 350 plants have been planted at various safe places so far.



EAST DISTRICT



In pursuance of `Environment Awareness Program`, all constituent Districts of Delhi- NCR unit of Sri Sathya Sai Seva Organisation laid much emphasis on observing 1) `Swachhata Se Divyata Tak` campaign, 2) `Tree Plantation` drive and 3) awareness about `Waste Management` among general public, residents in SSSVIP sponsored villages, Bal Vikas classes and students in schools adopted under SSSVJ Program. The strenuous endeavours made by Sai volunteers on these projects were highly appreciated by recipients, administrative authorities and the on-lookers.



WEST DISTRICT



Cleanliness Drive at LNJP Hospital



NORTH DISTRICT



SOUTH EAST DISTRICT



FARIDABAD DISTRICT



Bal Vikas Activity under the Project





GURUGRAM DISTRICT



GHAZIABAD DISTRICT



(K) Mahila Wing Activities

Counselling Seva Activity

In the month of `Giving and Forgiving` (24th March to 24th April, 2019) and on the eve of the Divine visit of our Bhagawan Baba, South-West District and the Mahillas of Sri Sathya Sai Seva Organisation, Delhi-NCR organised a Mega Counselling Seva Activity on 8th April, 2018, at Municipal Corporation Primary School, Kishangarh Village under SW-3 Samithi, Vasant Kunj, New Delhi.

The counselling sessions were conducted by professionals from the Ministry of Skill Development, Govt. of India. The focus was on building awareness amongst students on skill development, higher studies, career and other opportunities based on their area of interest. The highlight of the event was the Career Counselling Session organised for the students from Class IX onwards under the guidance of Mr. Satish Kumar from the National Vocational Training Institute (NVTI). other speakers included Smt. R Kiran Nath, Legal Advisor, Ministry of Skill Development and Smt. Monica Suri, State Dy. Education Coordinator. An art session with smaller children from the same school was also organised.

The Session concluded with a humble 'breakfast' offering to the kids which the Mahilas lovingly prepared at home and got it to the venue. Over 122 children were lovingly served a balanced, healthy and nutritious breakfast. (Poha with veggies, fruits, milk, and cornflakes)

Ladies Sadhana Divas

Ladies Sadhana Divas was observed on Sunday, 29th April, 2018. The Program started at 11.00 am with the recital of Omkar and invoking Swami to be present and bless all with His Grace. This was followed by collective singing of Ved Mata Gayatri song. After the lighting of the lamp, a warm-up exercise for all was done. Thereafter, Smt. Deepa Joshi, former State Youth Coordinator, explained the essence of GAYATRI MANTRA to all which was completely mesmerising. A video clipping of Swami explaining the meaning of Gayatri Mantra was shown to all. The talk was followed by Veda chanting. Gayatri Japam started at 12.00 noon with the Bal Vikas children taking the lead followed by all the Districts in turn. A collective `japam` of 594,000 times was also done.



Distribution of Anna Kalsam

As a part of ongoing Seva and with the Grace of Bhagwan Baba, Mahilas of SSSSO, Delhi-NCR distributed grocery items to Narayans during the month of May 2018.



Jal Seva

With the Grace of Bhagwan Baba, the Sevadal of the Mahila Wing humbly offered Jal Seva at Sri Sathya Sai International Centre, Lodhi Road. More than 3000 Narayans rejoiced `rooh-afza` milk in the scorching heat of Delhi. 132 Litres of chilled milk was used and around 40 Sevadal from Delhi-NCR participated wholeheartedly.



Jal Seva at Gautam Buddha Nagar

Delhi-NCR Mahillas participated in Sai `Jal Seva` today at Sector 12, Gautam Buddha Nagar. The Seva started at 10 AM and concluded at 1 PM. It was a wonderful experience to serve the thirsty during the scorching heat.





Narayan Seva

Narayan Seva was organised on the occasion of Nirjala Ekadashi at the parking lot of Sri Sathya Sai International Centre. As part of the `Go Green Movement`, the Narayans were served in steel plates and glasses. It was a total "NO" to the use of disposable products. Around 1300 Narayans were served with `Poori-hole`, `aloo sabji`, `gulab jamun` along with chilled `lassi`.



Meri Saheli

"Meri Saheli" - a new initiative- under the banner of "Suraksha & Swachhata" Program at SSSVIP adopted Rajsthani Camp Slum, Sarita Vihar, New Delhi was launched on Sunday 1st July, 2018. This program was to spread awareness about `Health & Personal Hygiene`, `Personal safety`, and nutrition among young sisters. Talks were organised to explain to the young sisters, how to maintain personal hygiene and maintain good health with nutrition, personal safety and how to tackle situations such as eve-teasing, etc. The program concluded with Bhagwan's `Mangal Aarti` and distribution of prasadam.



Next Program under 'Meri Saheli' was conducted at Indira Camp, Okhla Phase-1, Near Hotel Crowne Plaza, South-East District, on Thursday, 12th July, 2018.



Shraddhanjali – A Gratitude Program

Mahila Wing of West District organised a gratitude program, `Shraddhanjali` in September 2018 at Prashanthi Dham, Dwarka. The program started with the lighting of the lamp, it was accompanied by melodious veda & bhajans and was followed by a presentation of card to the Baba. Many programs were conducted such as `gratitude talk` delivered by a senior devotee, `gratitude songs` like `Pyari maa iss dil ke har kun mei tera naam`, `mere haal da marham tu hai Saiyan` and `Quiz` on Bhagwan Baba's life and teachings, etc. The Coordinators shared their valuable thoughts. The program concluded with vote of thanks and `Mangal Aarti`, followed by prasadam.



Ladies Day

Mahilas of Delhi - NCR celebrated the 'Ladies Day', as a vibrant cultural Program - 'Sai Premanjali', a tribute of love for Swami at Sai International Centre, Lodhi Road on 17th November, 2018. The celebration started with an auspicious note with veda chanting followed by a procession of ladies dressed in different traditional dress of different States. They were followed by the District Coordinators of all the three wings. The cultural program started with a dance and worshipping Lord Shiva - the Lord of Dance and Dramatic Arts. This was followed by a short skit 'Anukampa' extolling Maa Lakshmi. Next was a group dance 'Sai Vandana'. 'Sai Sur Sarita' - a musical recital was the next tribute to Ganpriya Sai. The program ended with a joyful and powerful note with 'Masti ki Yogshala' where simple stretching exercises and simple `aasans` were demonstrated and all participated with zeal and enthusiasm. The program ended with `Mangal Aarti` followed by prasadam.



Mahilas of Ghaziabad District celebrated `Ladies Day` on Sunday, 25th November at Government Hospital, Sanjay Nagar, Ghaziabad. Tea was prepared in the hospital kitchen, which was distributed along with Biscuits to the patients and their attendants in the Gynaecology and General Ward. Sarees were distributed to 25 ladies staff of the hospital. 40 Sevadals from District participated wholeheartedly in this Seva.



Winter Clothes Distribution

The Delhi-NCR Mahilas expressed their warmth in welcoming the New Year and to bid goodbye to 2018 with a small but loving offering at the lotus feet of Bhagwan Baba by distributing 72 hand knitted woollens-sweaters, caps, booties, warmers, baby blankets, to newly born babies and their mothers at Lal Bahadur Shastri Hospital, Mayur Vihar, East Delhi. Kits along with biscuits and muffins were also given to expecting mothers. This activity was carried out under the `Mother and Child Program` of Sri Sathya Sai Seva Organisation, Delhi-NCR. The beauty of this event was, that mothers of the newly born babies requested Mahillas to give names to their kids as part of Baba`s blessings. As per their wish, 9 names were suggested to them and they all accepted it as Baba's blessings. Names including `Riddhi`, `Siddhi`, `Aditi`, `Sruti`, `Divya` and `Harshit` were given. Swami blessed the kids in this way.



On Christmas Eve, the Mahillas of North District acted as `Santa Claus` spreading the love, happiness and joy at Bara Hindu Rao Hospital. More than 30 ladies participated and distributed infant kits under the `Mother and Child Project`. The kit consisted of a woollen shawl for the mothers, along with a soft baby blanket and a Johnson's Baby kit including baby oil, baby powder and a baby soap.



Mahilas of Delhi-NCR, in the chilly Christmas morning, served `bread pakora` with hot cups of tea to 1500 Narayans at Sri Sathya Sai International Centre. The `Santa` was busy in spreading love through distribution of muffins and toffees to all. This was a small gesture on their part to celebrate Christmas with all. Clothes were also distributed to needy along with the Christmas celebration.





Spiritual Retreat

Mahilas of Delhi-NCR conducted a "Spiritual Retreat" on 10th March 2019. The retreat started with invoking Swami's presence by chanting of three Omkars. Gayatri Mantra was chanted 21 times followed by chanting of 'Lalitha Sahasra Namavali'. It was a Laksha Namavali with more than 125 Mahilas chanting 1000 names of the Divine Mother to awaken the 'Sai Shakti' in all. The Divine energy in the Bhajan Hall was further enhanced when all chanted Sri Hanuman Chalisa with limitless love and devotion. The retreat concluded with 'Sankeertana Samarpanam', an offering of 9 selected bhajans at HIS Lotus Feet. The day ended with 'Mangal Aarti' to the Baba followed by prasadam. Each and every soul left the hall with a yearning for a similar Session in the near future.



Blanket Distribution

Mahila wing distributed baby blankets and shawls at Bara Hindu Rao Hospital on Monday, 24th December under the 'Maternity and Child Welfare Program' of SSSSO, Delhi-NCR.



EAST DISTRICT

Woollen Clothes Offering

Newly born children were offered woollen clothes on the cold wintery afternoon of 31st December, 2018, at IGESI Hospital, Jhilmil Colony.



(L) Other Seva Activities

Apart from above mentioned Service Projects, other kinds of services were also offered by Sri Sathya Sai Seva Organisation, Delhi-NCR at the Lotus Feet of the Baba. A District wise detail follows:-

EAST DISTRICT

Distribution of fruits

On the auspicious festival of Deepawali, i.e., 7th November, 2018, the East District distributed fruits among patients at Swami Dayanand Hospital, Dilshad Garden thus sharing the Love of God with the distressed.



NORTH DISTRICT

With immense Grace of our Bhagwan Baba on Christmas Eve, 24th December, 2018, the Mahilas of Delhi -NCR (North Distt) as Santa Clause spread the love of happiness and joy At Bara Hindu Rao Hospital. More than 30 ladies participated and distributed infant kits under the Mother-Child Project. The pack was consisted of a woollen shawl for the mothers, along with a soft baby blanket and a Johnson's Baby kit included baby oil, baby powder, and baby soap. It was a joyous moments for all while giving Swami's blessings to Mothers of new born babies and expecting mothers.

Mother and Child Care Program





Jal Seva (North District)

The summer in Delhi is always hot, dry and energy sapping. There are several areas where there is also a shortage of potable drinking water. SSSSO, North District has been providing succour to the people through `Jal Seva` continuously for the last three years. The effort is to provide sweet and nourishing drinking water along with light refreshments on the scorching hot days.



April Cool Initiative

In the month of April, devotees took a vow to at least plant one tree and make "April Cool"!



SOUTH EAST DISTRICT

Jal Seva

The devotees and volunteers of South East District organised sweet water distribution (Jal Seva) at five different locations across all constituent Samithis of the District on the auspicious occasion of `Nirjala Ekadashi` on Sunday, 24th June, 2018. Keeping in view the `Go Green Initiative`, no disposables were used while serving water to the beneficiaries.



FARIDABAD DISTRICT

Jal Seva

Faridabad District also arranged `Jal Seva` at several places in the District to serve the passers-by during scorching heat hours.



Distribution of Woollen Wears

Faridabad District unit of the Organisation also distributed woollen wears to the needy children and their wards in the adjoining villages.



Seva at a Special School

Sevadal of the Faridabad District visit Sahyog Centre and offer Seva to differently abled children.



Clothes Distribution

FBD-4 Samithi of Faridabad District distributed clothes/linens to the needy at SSSVIP adopted village Santosh Nagar on 4th November, 2018.



Distribution of Blankets

30 blankets were distributed among the needy people at Shirdi Sai Mandir, Sector 16, Faridabad by the Mahila Sevadal on 20th December, 2018.

GURUGRAM DISTRICT

Stitching Class & Beautician Class

Free Stitching and beautician classes from Monday to Saturday are being run successfully at Vishnu Garden, New Palam Vihar. Approx 12 to 15 ladies participated daily in these classes, besides conducting other Seva activities like running two `Silai` Schools, looking after an `Old Age Home`; visiting a Blind School and also educating underprivileged children at DLF, Gurugram.



Vocational Training Centre

Six computer sets have been given by the State to SSSCDC, Palam Vihar and the District has started free training class every Sunday participated by professional teachers.





Narayan Seva at Chintapurni Mandir

Regular Narayan Seva is organised at Chintapurni Mandir, where hundreds of Narayans are served regularly.



Wheel Chair Donation

The Samithi-3 of the District offered a wheelchair to a disabled Narayan on 21st October, 2018.



Regular Narayan Seva at other places

Gurugram District regularly organises Narayan Seva at other places also. Some glimpses follow:-



Distribution of Sweaters

Modinagar Samithi distributed Sweaters among students of Dayawati Modi Junior High School, Modinagar on 25th January, 2019. The Samithi has a growing potential and Sevadal from GZB-1 Samithi also join them occasionally to encourage and provide guidelines from time to time. The Mahila Sevadal of Modinagar also participated in the on-going activities at Ghaziabad and also participated in Prasanthi Seva actively.

GHAZIABAD DISTRICT

The Offering of Food Trolley

A food trolley was offered to Government Hospital, Sanjay Nagar by the Ghaziabad District unit on initiative taken by Mrs. Veenu Chaudhary (Principal, Parivartan School, Ghaziabad), an ardent devotee.



GAUTAM BUDDHA NAGAR DISTRICT

Jal Seva

28 April to 1st July 2018 – `Jal Seva` was carried out on all weekends (Saturdays and Sundays) from 10 am to 4 pm near a bus stand in Sec. 12. Despite the soaring temperatures, the Sevadal enthusiastically served cool drinking water to all. Swami's presence was felt throughout the period of `Jal Seva` through the vibhuti showers on His altar.



“Love All, Serve All”

“Help Ever, Hurt Never”

“The joy one gets while promoting another’s joy is incomparable”

– Sri Sathya Sai Baba



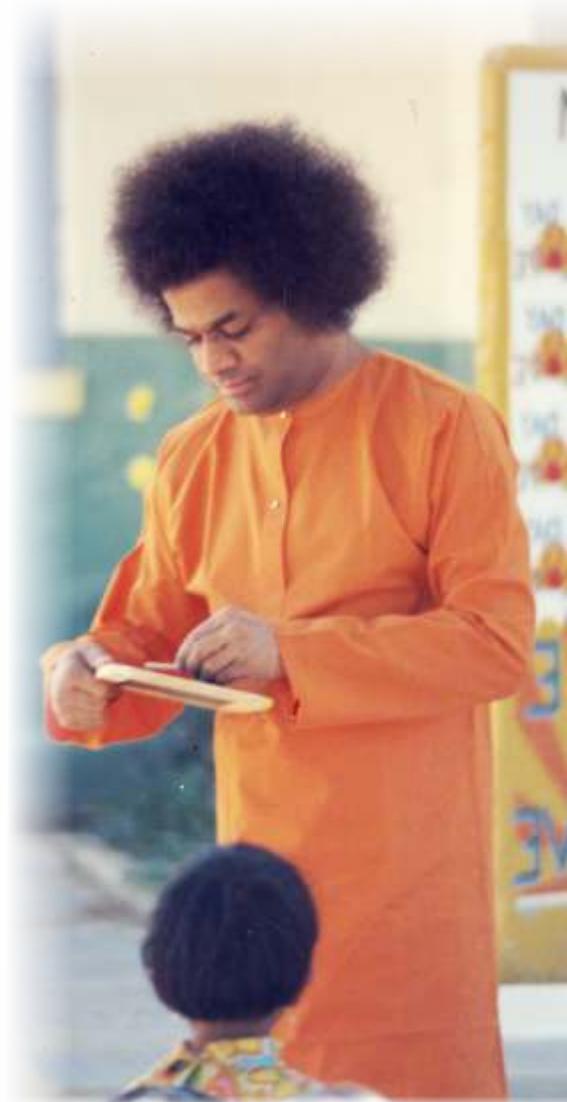
Bhagwan Baba's message to Students

Dear students!

Be like the star which never wavers from the crescent but is fixed in steady faith. When the sun is over your head there will be no shadow; so too when faith is steady in your heart, it should not cast any shadow of doubt.

Do not talk ill of others; talk only of the good in them; all are good; if you see bad in them, it is because there is bad in you; if you do not like someone, do not mix with him. Grace is the sunlight which will ripen the fruit; sadhana is the sap which rises from earth both are needed by the tree in order that it may yield fruit.

With Blessings
Baba.





EDUCATIONAL WING ACTIVITIES	NUMBER ON DECEMBER 31, 2018	STRENGTH OF STUDENTS AS ON DECEMBER 31, 2018
Bal Vikas Centers : (i) Urban/ Semi-Urban/ Slums	116 (Urban-102, Slum-14)	1314 (Urban-Boys :432, Girls :489 + Slum--Boys :183, Girls :210)
Bal Vikas Centers : (ii) Rural/Village	26 (Rural-19 + SSSVIP-7)	668 (Rural-Boys : 238, Girls : 278 + SSSVIP Boys :76, Girls : 76)
Bal Vikas Centers : (ii) School	21	3410 (Boys: 1954, Girls: 1455 Including Special -Girl: 1)
Bal Vikas Centers : Total (i+ii+iii)	163	5392 (Boys : 2883, Girls : 2509)
Bal Vikas Gurus:	192 (Males-14, Females-178) Excluding 80 Resource Persons (Males-13, Females-67) And 5 Master Trainers (Males-3, Females-2)	
B.V. Group 3 Exam Passouts – Year 2018		48 Students (Boys 11 Girls: 37) Awarded Diploma In Jan 2019 on completion Of 9 Years BV Course In 2018 Session

The Educational Wing of the Organisation encompasses activities for seekers of all ages. The major activities are conducted under the following heads:

- Bal Vikas
- Life is a Game, Play it: a College Initiative
- Your Life is Your Message: Life Management Program for Working Professionals

(A) Bal Vikas

- 1) State level Group-2 exam was held for Bal Vikas children on 8th April, 2018. Children were awarded the certificates on completion of the Group-2 exam on Easwaramma Day.
- 2) Ladies Sadhana Diwas was conducted on 29th April 2018. Bal Vikas Gurus participated and enjoyed the Bliss.
- 3) The first issue of Wave Newsletter was issued in which Delhi Bal Vikas students contributed.
- 4) Children all across the State participated in Narayan Seva and Laksharchana organised on the occasion of `Maha Samadhi Diwas`.

EASWARAMMA DAY OBSERVANCE

Bal Vikas students of Delhi NCR participated in this function organised at the State level at the Sai Centre on 6th May, 2018. A Play titled "Maa Ganga" was staged on this occasion. Bal Vikas children invoked the presence of our beloved Baba with powerful vedic chants before the commencement of the play, which depicted the matchless spirit of devotion, patriotism and care for the environment. Thirteen children who completed the nine-year Bal Vikas Course in 2017, were awarded the Diploma on this occasion. Five veteran Bal Vikas Gurus were also felicitated.



BAL VIKAS GURUS SADHANA CAMP

Gurus Sadhana Camp was held on 9th June, 2018 at Sai Centre. 120 Gurus and Group-3 children participated and enjoyed the Divine bliss partaking spiritual lessons. Various aspects covered in the Session included `Prayer, a Magnet`, `Story Telling Techniques`, `Bal- Vikas--a Path Divine`, `Technology Tips for SSSBV`, `Bhaja Govindam` and `Bhagawad Gita`, besides a panel discussion by experienced Gurus. New Gurus were motivated to join the Divine Mission of Sri Sathya Sai Bal Vikas. It also served as a refresher course for all the other Gurus.



STATE BV SUMMER CAMP

A three day State Summer Camp for Bal Vikas students was held at the Sai Centre from 21st to 23rd June 2018 in which more than 100 children from different Districts participated. A wide range of topics were covered. `Madhurastakam`, `Mindful Breathing`, `Inner- net, not Internet`, `Saints of India`, `Values of Islam`, `Environment and Me`, `Masti Ki Paakshala` etc were thoroughly enjoyed by the children. The camp was full of inspirational learning and wisdom for all the students, Gurus and parents who attended the Camp.



BHAJANS BY BAL VIKAS CHILDREN

SSS Bal Vikas children offered their garland of mellifluous bhajans at the Lotus Feet of the Baba at the Sai Centre, Lodhi Road on 22nd July, 2018.



Guru Poornima Observance

On the Divine occasion of Guru Poornima, the Bal Vikas Gurus of Delhi NCR made a humble and loving offering in the form of Sadhana Camps at the Lotus Feet of the Baba. It was a State level initiative conducted in all the Districts. The main objective was to inspire, interact and reinstate the importance of a Guru and encourage all to make Bal Vikas an impactful activity.

Meeting of Bal Vikas Coordinators

A meeting of all Mahila Coordinators right from State level to Samithi level from all the three Wings viz. Spiritual, Service and Educational, of Delhi -- NCR was held at the basement of Sai Centre on 4th Aug. 2018. National Coordinators viz. Smt. Kamla Pandya and Ms. Neeta Khanna addressed the participants. Sai's message of unconditional love was reinforced among the Bal Vikas Gurus.

Bal Vikas Alumni Meet

The Delhi State Bal Vikas Alumni Meet was scheduled on Friendship Day on 5th August, 2018, a day to express love and gratitude to Beloved Baba. It started with the lighting of the lamp by three senior and active Alumnis. All Gurus, Group-3 children, Alumni and other devotees attended the meet. They shared their experiences blissfully with great enthusiasm and joy.

Swachhata Se Divyata Tak

This All India initiative was taken up by conducting various activities involving a large number of Bal Vikas children. ``Nukkad Natak`, processions, poster making, drawing competitions and cleanliness drives were conducted in various Districts.

Ladies Day and Spiritual Seminar

All Bal Vikas Gurus went in a procession on eve of Ladies Day celebration at the Sai Centre on 17th November, 2018 and chanted `Vedam`. Bal Vikas Gurus also participated in the International Spiritual Seminar held at Puttaparthi on 21st and 22nd November 2018. Ms. Divya Tyagi, Delhi State Bal Vikas Coordinator delivered a talk on "Importance of Japam" describing beautifully various aspects of `Japam`. Ms. Srilata Ramkumar, Bal Vikas Guru chanted "Om Sri Sai Ram" 21 times after the talk.



State Gurus Meet

A State level Gurus Meet was held on 24th March 2018 attended by 90 Gurus and some Group--3 children of Bal Vikas. Commemorating the start of `Giving and Forgiving` month, the Session started with a talk on the theme, followed by various topics like `My Role in Divine Mission`, `Stop not till the goal is reached`, `Unity of Faiths`, `Experimental Learning` etc. The Session concluded with blissful learnings and `Aarti`.



The Universal Public School organised a `Value Week` on the occasion of Baba`s Birthday.



Parenting Sessions and Gurus Sadhana Camps were organised in various Districts.



DISTRICT LEVEL ACTIVITIES

On the divine occasion of Easwaramma Day, `Matri Puja`, `Laksharchana` and various other competitions were organised for Bal Vikas children at Samithi levels in various Districts.



`Maatri Pooja` also conducted at District and Samithi levels during Navaratri celebrations.



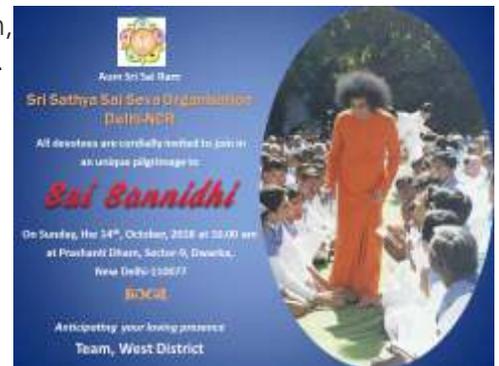
EAST DISTRICT

East District organised a Bal Vikas Program 'Development of Personality through Human Values' on 2nd October, 2018 at Prachin Ganesh Mandir, Vigyan Lok. State Coordinators of various Wings participated and addressed the gathering.



WEST DISTRICT

West District organised 'Prasanthi Seva Camp' at Prasanthi Dham, Dwarka on October 2018 addressed by State Service Coordinators.



SOUTH EAST DISTRICT

South-East District organised Bal Vikas activities such as 'Guru Purnima' celebrations, 'Parenting Camp', 'Sadhana Camp', 'Independence Day' and 'Janmashtami'. On these special celebrations, speakers made a positive impact, inspired and motivated young Bal Vikas Gurus and parents present there. The Baba had compared Bal Vikas activity with a triangle as firstly, acting as a student, secondly, teaching as a Guru and thirdly guiding as a parent.

SOUTH WEST DISTRICT

Parenting Session

South-West District organised a Parenting Session on 18th August, 2018 at RWA Hall, DDA SFS Flats under Samithi SW-5. The Session was attended by more than 30 parents of Bal Vikas children and was conducted by child experts from various fields. The focus was on making the parents aware of bringing up their children with love and affection. There were around four speakers who shared their views on different aspects of parenting. Key points discussed included 'importance of values', discipline, communication and parents being role models for children. Joint responsibility of both mother and father was also emphasised. Main focus was on children's overall development. The highlight of the Session was the Parent Counselling Sessions organised by Veena Oberoi, a professional guidance and counselling personnel, for parents having children in the age group of 6-15 years. Other prominent counsellors present included Smt. Santosh Jawa, Child Counselling personnel and Smt. Divya Tyagi, Faculty at Delhi Public School, R.K. Puram. Participants not only enjoyed the Session and but also requested for more such Sessions.



CENTRAL DISTRICT

Parenting Session

Central District organised a Parenting Session on 20th October, 2018, at RK Ashram Marg. The Session was deliberated by three eminent speakers on the present mindset and the problems faced by the children. The parents were explained the basic principles taught by the Baba with specific emphasis on the transformation of self to become a role model for their children. The program was attended by parents, Gurus and the Samithi Convenor.



FARIDABAD DISTRICT

Special Bal Vikas Bhajans

The academic year started with the offering of Love in the form of Special Bal Vikas bhajans at a gated community park on 1st April, 2018. Around 85 Bal Vikas children and 60 residents participated.



Bal Vikas Summer Camp

Bal Vikas Summer Camp conducted at District level at Adarsh Enclave Community Hall was attended by 90 children. Motivational speaker Ms. Prerna Bhatia lovingly motivated the children.



Matri Pooja Celebrations at Bal Vikas Centres

All the Bal Vikas centres conducted `Matri Puja` as well as Parenting Program as a part of Baba's birthday celebrations. All parents enjoyed and blessed their children wholeheartedly and participated in this program enthusiastically.



District Level Essay Writing Competition

District level Essay Writing Competition was conducted for Bal Vikas children as well as non Bal Vikas children at public places near Bal Vikas centres on the occasion of Republic day. More than 130 students submitted their essays. Activity/value games for children were conducted to spread awareness among the children.



GURUGRAM DISTRICT

Annual Sai Sports Meet

Annual Sai Sports Meet for Bal Vikas children is usually held in the month of January every year at SSSCDC, Palam Vihar. It was held on 26th January, 2019. About 100 to 110 Bal Vikas students participated. All Gurus and Sevadal were involved.



GHAZIABAD DISTRICT

GZB-2 Samithi (Sahibabad) observed the first anniversary of Bal Vikas activity at Shiv Temple, Lajpat Nagar on 18th Nov., 2018). One BV centre was started in 2017 and children's performance including dance was exemplary. All were provided gift packets and Prasadam. Shri K.B. Kumar, State Coordinator (Admn), Delhi - NCR was the special Invitee.



(B) Life is a Game, Play It

'Life is a Game, Play it' is a holistic Life management Program for College youth. The objective of this program is to help young students develop wholesome personalities, positive attitudes and help them bring out the inherent human values. The goal is to raise their self-confidence with the development of life-skills that empower them to overcome challenges of their everyday lives and to encourage them to seek and find a higher purpose of their existence.

This program has been designed by young members of the Sri Sathya Sai Seva Organisation, Delhi-NCR, as an exciting journey through audio-visuals, interactive games, and discussions presented in a manner that engages the impatient young minds, using multimedia tools that they are used to. The program consists of eight modules, of ninety minutes each and a Community Service Program. These modules deliver practical training using engaging presentations, videos, games, exercises, and discussions. While the message is spiritual and based on human values, it has been packaged and presented in a manner that is not just palatable but connects deeply with today's youngsters.

Highlights of 2018-19 sessions:

This program is being run in following eight colleges in Delhi-NCR.

NO.	DISTRICT	COLLEGE / UNIVERSITY
1	South- East	Gargi College
2	South- West	Institute of Home Economics
3	West	Trinity Institute of Professional Studies
4	Ghaziabad	Jaipuria Institute of Management
5	Faridabad	Institute of Management & Technology
6	North	Rajdhani College
7	Central	Maitreyi College
8	East	Ideal Institute of Management & Technology

A total number of students who were enrolled for this program (2018-19) was 450 across these 8 colleges in Delhi-NCR. Every college had completed 8 modules including 'Community Service Program' as per the LIGP curriculum. The valedictory function was held on 30th March, 2019 at Sri Sathya Sai International Center, Lodhi road, where we had the presence of approx. 350 students along with the faculty members. The chief guest, Mrs. Gowri Ishwaran, an eminent educationist and the recipient of 'Padma Shri' was the guest of honor who addressed the students and faculty members. Gowri Ishwaran is an Indian educationist and is the Vice Chairman of the Global Education & Leadership Foundation (GELF). She is the founder Principal of the Sanskriti School; a New Delhi based co-educational institution ranked among the top schools in India. She is also the advisor of the Shiv Nadar Foundation, sits in the Advisory Board of the Shiv Nadar School and is a member of the Governing Council of the Vedic Scholars Program for Women, an educational initiative of the Vedic Foundation. The Government of India awarded her the fourth highest civilian honour of the 'Padma Shri' in 2004, for her contributions to the Indian educational sector.

The program was self participatory and impressive casting a good impact on the students and the participating faculty. The students well responded to the multi-questions put forth by the Counsellors from the stage. It ended after group photographs and light refreshment.



Response to the 'Life is a Game, Play it' Program

CENTRAL DISTRICT

This year, the Central District has started conducting the LIGP workshops at the Maitreyi College, which were well received by the students.

EAST DISTRICT

East District conducted 'Life is a Game, Play it' program at a new college 'Ideal Institute of Management & Technology'. The students enthusiastically took part in the Community Service Project organised at the Deaf & Dumb School, Karkardooma. It has been a good learning experience for them.

WEST DISTRICT

LIGP workshops were held at the 'Trinity Institute of Professional Studies' for the fresh batch of students. The LIGP Alumni also shared their valuable experiences, and motivated and encouraged the young batch. Total 70 students took part in the workshops.



NORTH DISTRICT



LIGP Program was conducted at Rajdhani College throughout the Session. In one distinctive Session, 'Community Service Program', 50 students and 4

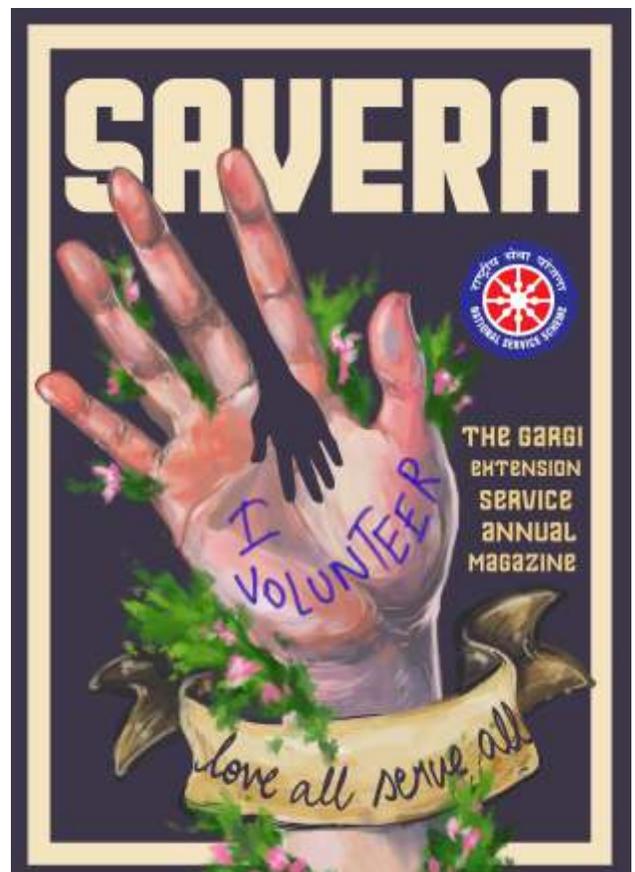
faculty members went on a visit to 'Apna Ghar Ashram' being run by an NGO that provides a refuge to the homeless. The students interacted with the inmates and distributed cold drinks to them. The program created a strong impact on the young minds sensitising them towards the homeless inmates.

SOUTH WEST DISTRICT

The LIGP entered its fourth year at the Institute of Home Economics. As part of the Module, the students were actively involved with the Sri Sathya Sai Village Integrated Program (SSSVIP), where they conducted interactive Sessions with village children to apprise them of Human Values.

SOUTH EAST DISTRICT

The South East District conducted the LIGP program in the pioneer LIGP institute, Gargi College in which 70 students took part. The students took part in several Seva activities, which were also featured in detail in the college magazine captioned 'Savera'.



HOLISTIC WORKSHOPS

"Attending the first workshop was totally a fresh experience for me. Our first topic was Playing the game of life it was an eye opener on a different level altogether. Who knew life has so much more to it? It made us realize that life is meant to be enjoyed and to love to it's fullest! Thanks to NSS, Bharti ma'am and Sandeep sir for spending their precious time with us. The knowledge I acquired will remain with me forever." -Sanjana

WORKSHOP 1: LIFE IS A GAME, PLAY IT

NSS Gargi volunteers experienced a life changing workshop on Life, it's meaning and the various skills required to lead a fulfilling life. The workshop which had jam packed audience, was conducted by two eminent guests Ms. Bharti ma'am and Sandeep Chandani. The workshop was an eye opener for all the youngsters who thought running after dreams and aspirations was the ultimate motto of life. Somewhere while running for our dreams people forget to 'Live the life'. The session was about the various life skills that a person requires to lead a great and happy life. The interaction was not just confined to lecturing, the various life anecdotes shared by the mentors were enriching too. Volunteers learnt that success is a measure decided by others but satisfaction is a measure decided by you. This marked the conclusion of the first holistic workshop.



WORKSHOP 2: NEGATIVITY AND STRESS MANAGEMENT

"What consumes your mind, controls your mind. Optimism is key."

Stress and negative thoughts are something which all of us have dealt on all levels. It is a real task to keep these negative thoughts at bay and focus on a positive and fruitful life. To make us realize that stress is not something to normalize and that negativity can be kept at bay. NSS Gargi saw its second holistic workshop on Negativity and Stress management. The insights shared by the mentors Mrs. Bharati and Mr. Chandani were motivating.



The workshop was extremely enriching with various real-life anecdotes which made it more relatable for the girls. Various experiments and findings were also a part of the workshop from Dr. Emoto's findings to BK Shivani's speech. The workshop was not just about philosophy surrounding stress and negativity but also logic and science behind it. It was another huge success. We are grateful to our mentors for providing us a perspective on such thoughts that consume us on a regular basis. This marked the conclusion of the second Holistic Workshop. The learnings gained from the workshop enriched the minds and hearts of the volunteers.



WORKSHOP 3: PERSONALITY DEVELOPMENT

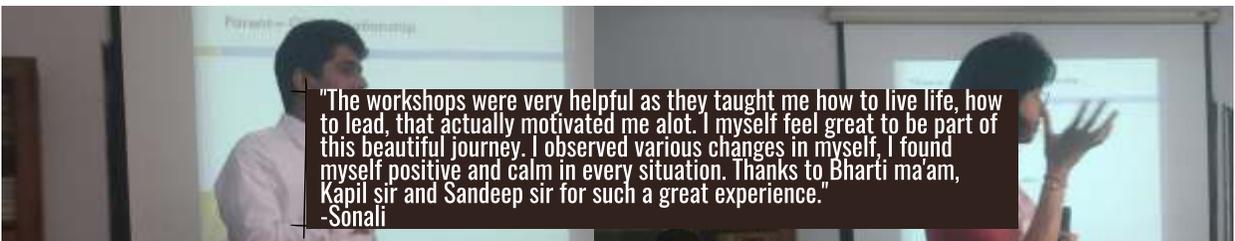
NSS conducted its third Holistic Workshop on "Personality Development". The workshop began with the ritualistic prayer. The workshop focused on various aspects of a person's personality. The workshop emphasized on several factors like how the behavior of a person is a part of one's personality and how it can positively and negatively influence us. It dealt with how a person should address another person and What all forms our personality? From the clothes we wear to the way we speak every tiny gesture whether verbal or non-verbal forms our personality in sum total. The mentors made the session really motivating and empowering. The examples of various personalities gave the volunteers a different perspective. Starting from Mahatma Gandhi to Mother Teresa to all other personalities and how they managed to create an aura around themselves was something that created profound impact in the minds of the volunteers. The mentors made the session really interactive where examples and real-life's situations were shared and exchanged. The specific reiteration on soft skills like body language, choice of words and posture were aspects which will apart from developing one's personality will help them to be professionally ready and courteous. The session was visually enticing with various audios and videos which made it all the more interesting. The workshop ended with the volunteers of NSS Gargi learning and garnering various aspects of personality development.

WORKSHOP 4. KEY TO RELATIONSHIP

NSS Gargi conducted its next Holistic Workshop "Key to Relationship". The workshop was stimulating and touched upon various aspects of various relationships and how they create an impact on our decisions. The mentor Mrs. Bharati ma'am and Mr. Kapil Sir who beautifully emphasized on understanding relationships and maintaining composure even when the situation is tense. Also, the video clips and charts used to portray this made the workshop more visually enticing. The real-life anecdotes and situations shared by the mentors made it more relatable. The workshop helped all the volunteers evolve and instill a deep sense of understanding within them. NSS Gargi conducted its next Holistic Workshop "Key to Relationship". The workshop was stimulating and touched upon various aspects of various relationships and how they create an impact on our decisions. The workshop taught us that expectations can ruin a relationship and how compassion to people, to parents and the children are something should be inherently ingrained in our value systems. The basic idea of the workshop was really well put. The main idea was to convey two things:

- a) 10 % of life is what happens.
- b) 90 % of life is how we react to it.

These are basic truths of life which this workshop presented to us. Also, the video clips and charts used to portray this made the workshop more visually enticing. The real-life anecdotes and situations shared by the mentors made it more relatable. The workshop helped all the volunteers evolve and instill a deep sense of understanding within them.





WORKSHOP 5: LEADERSHIP

The fifth holistic workshop of Gargi was organized on 25th January. The workshop was organized with an emphasis on “Leadership” and what it takes to be a leader. This session was spearheaded by Mr. Kapil Sir and Ms. Bharati ma’am along with few of the guests. This Holistic workshop laid special emphasis on specific aspects of leadership. Few pointers that was worth carrying back home were:

1. Courage, power and vision is one of the few basic qualities that a leader must inculcate.
2. A leader doesn't necessarily have to have a designation. A person who takes a step towards change, towards creating a revolution is a leader.
3. A leader is an aspirational figure for all his subordinates. So, honesty and team spirit are something as leader must possess.
4. Last but not the least, do not underestimate thyself and take a backseat. If you have a vision and the ability to make it come true you are a leader too.

All the videos that were included and personal anecdotes made the workshop extremely enriching and informative. NSS Gargi girls got to take an experience back home.

WORKSHOP 6: COMMUNITY SERVICE VISIT TO CHESHIRE HOME

When it comes to spreading smiles NSS Gargi never falls short of occasions. Carrying it forward, NSS Gargi under its Community service workshop visited Cheshire Home - Delhi unit.

Cheshire Home India - Delhi unit is one such organization that works towards changing the mindset of society and providing a sense of equality amongst people with disabilities by promoting inclusivity and bringing them to the mainstream society.

NSS Gargi volunteers along with the mentors Mr. Kapil and Ms. Bharati reached Cheshire home in the morning. The day went by in a jiffy as the volunteers helped in the kitchen chopping vegetables, helping them in meal preparation and from there on a tiny but beautiful program organized by our volunteers followed gregarious talks and giggles as the volunteers interacted with the residents of the Home and last but not the least, a sumptuous and filling lunch sprinkled with a lot of love.

With this NSS Gargi team bid adieu to them with a promise to come back more often and spread smiles.



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WORKSHOP 7: CEILING FOR DESIRES

The workshop was mentored by Ms. Bharati and Mr. Sandeep Chandnani. The workshop was an interactive discussion on the "heart's desire for more". How we believe that we deserve everything, as they say the sky being the limit. The workshop focuses on grounding people and putting a restraint to their desires. It discusses how important it is to actually look around ourselves, acknowledge those who do not have what we have and be grateful for the things, opportunities and resources we have had. It teaches that a person should always give back what he has got, that is the circle. The workshop was made more interesting by several videos by which it was made easier for the NSS Gargi volunteers to understand the theme of the workshop more minutely. Real life anecdotes and heart melting stories by the mentors made the session more impactful and hard-hitting. It taught all the volunteers gratitude, compassion and the joy of giving back even when the "heart's desires go on...". With this the workshop was concluded. It provided the volunteers with a wider view of the world where otherwise everyone blindly runs after what one desires. The workshop was an enriching experience for all the NSS Gargi volunteers.

WORKSHOPS: CONVOCAATION

NSS Gargi volunteers and teachers attended the convocation ceremony of holistic workshops at the Sathya Sai international centre located in Lodhi Road. The convocation started with the customary prayer and was followed by speeches by the facilitators of the workshop and other eminent people who had been associated with the organization. The convocation was a culmination of divinity, life skills, spirituality and education. The programme saw many colleges all across Delhi - NCR come to attend the convocation. The eminent educationist Padma Shri Gowri Eshwaran was the chief guest who shared her words of wisdom with the volunteers. The ceremony ended with touching speeches and a beautiful rendition of the National Anthem along with distribution of certificates and food. The experience was something worth carrying back home. It was a spiritually enriching experience as we learnt the importance of "Giving back to our society"



FARIDABAD DISTRICT

The students from IMT college completed the LIGP program for the fifth consecutive year. All the modules were successfully completed and well received by the students. They enthusiastically participated in the Community Service Project at Tao Devilal Old age Home at NIT Faridabad. Around 29 students and 2 faculty members participated in this Seva project and had a 2-hour interaction with inmates of the home and involved themselves in serving lunch to them. Some of the students have started regularly participating in the Seva activities being conducted by the District.



GHAZIABAD DISTRICT

The program was successfully conducted at the Jaipuria Institute of Management Studies, Indrapuram, Ghaziabad. The LIGP team of the District celebrated International Yoga Day at this institution on 21st June, 2018. Mrs. Bhavana Tyagi took yoga classes and explained that ancient saints had practised, experienced and taught this special art of yoga. It was not sufficient to practise yogasanas but one must follow certain regulations attached to the concept where Pranayama and Pratyahara were essential for proper inhaling and exhaling.

(C) Life is a Game - Play it - Workshops for Youth of Sri Sathya Sai Seva Organisation

East district organised LIGP program for the youth of Sri Sathya Sai Seva Organisation at Surya Nagar from 9.30 am to 2 pm on 18th and 19th June, 2018. The program was attended by 15 youth and 8 devotees on the first day and 8 youth and 7 devotees on the second day. A Community Service Project was also held on 24th June, 2018.





SPIRITUAL WING

“If you do not love other human beings it means you do not love God”

– Sri Sathya Sai Baba

SPIRITUAL WING ACTIVITIES	NUMBER AS ON DECEMBER 31, 2018	NUMBER OF PARTICIPANTS AS ON DECEMBER 31, 2018
DEVOTIONAL SINGING UNIT COMMUNITY BHAJAN CENTER / BHAJANS HELD	995	70-90 Devotees (Average)
SEVEN HOUSEHOLD BHAJAN NO. OF CLUSTER / HOUSES / BHAJAN HELD	1602	50-70 Devotees (Average)
NAGAR SANKIRTAN	196	90-100 Devotees (Average)
STUDY CIRCLES	186	25-30 Devotees (Average)
CONFERENCE / RETREATS SADHANA CAMPS	24	1025

(A) Sadhana Camps

Sadhana Camps provide a platform to the Service Coordinators and District Presidents to maintain rapport with the Sevadal at the base level including cluster areas as also the villages adopted under Sri Sathya Sai Village Integrated Program (SSSVIP). These also provide an opportunity to the functionaries to spread the Divine message of `Love All, Serve All` and `Help Ever, Hurt Never` among the masses. Such Camps were organised in all the Districts during the months of September and October 2018, addressed by the State Service Coordinators providing them useful guidance to boost their morale, apprising them about the do's and don'ts at Prasanthi Nilayam during the Seva period. The details of such Sadhna Camps find detailed mention in column - 'Prasanthi Seva -January, 2019'.

(B) Study Circles

Study Circle is an integral part of our Spiritual Wing. A Study Circle is a group of aspirants who meet regularly to discuss spiritual topics. The devotees gain confidence and even acquire some wisdom through the continued process of discussion and study of literature. Study Circle provides an opportunity for the devotee to listen to others more closely and get inspired by fellow aspirants to regularly practise spiritual discipline. This activity has been continuing regularly in some Samithis in Delhi-NCR having regular mixed Study Circles once in a month in some Samithis while Mahila Study Circles are also held in some Samithis. The attendance in these Study Circles is not much in comparison to Bhajans but there are people who regularly participate and benefit from this activity. It also motivates the participants to do introspection and make efforts to move on in their spiritual journey. There are still some Samithis where this activity needs to be taken up. We have a regular Study Circle at the Sai Centre once a month before the Bhajan. Normally, it is on the first Sunday of the month. Sometimes, it is shifted to another Sunday when there is some other activity or festival scheduled for that day. The attendance varies from 15 to 30 but those who are regular definitely gain from it and participate with great enthusiasm. Efforts are on way to motivate all Samithis to have at least one Study Circle every month.



(C) Veda Recitation

By the immense Grace of the Baba, Veda activities in Delhi NCR have gained a lot of momentum as under :-

1. Ekadasa Rudram Chanting is conducted on the Third Sunday of every month.
2. The number of Veda Training Classes across Delhi NCR have increased. At present, we have an average of 40 Sessions of classes each month across the constituent ten Districts of Delhi NCR with student strength of around 10 per class. This is over and above classes for Bal Vikas children.
3. Rudrabhishekam during the auspicious `Shravan` month on the 19th August, 2018 made all those present in the function, immensely engrossed in the Divine bliss.



4. Anant Chaturdasi, ushered in Akhand Ekadasa Rudram chanting on 23rd September, 2018. Chanting began at 8 am and concluded with `Mangal Aarti` at 5 pm. Chanters from all the Districts across Delhi NCR participated with fervour to seek Divine Grace.



5. Ekadasa Rudrabhishekam performed during the auspicious occasion of Maha Shivaratri on 4th March, 2019, made all those present immersed in Divine Bliss.



(D) Paryagraj Kumbh Yatra



The Delhi-NCR unit of Sri Sathya Sai Seva Organisation organised `Spiritual Kumbh Yatra` from Sai Centre, New Delhi to Paryagraj (Allahabad) from 8th to 11th February, 2019 by hiring a Volvo bus for to and fro journey. 33 devotees (Gents-21, Mahilas-12) actively participated in the `Yatra`. The team was led by Shri Rakesh Kapoor, State President who personally made all necessary arrangements enroute and at site as well and provided guidelines making the journey enjoyable and safe. The devotee pilgrims actively participated daily in the Bhajan cum Veda Chanting Program organised by the Uttar Pradesh unit of SSSSO at a spiritual site at Prayagraj. The Veda chanters from Delhi-NCR actively participated in Ekadasa Rudram chanting during the Rudrabhishekam at Paryagraj. The Delhi-NCR devotees availed the opportunity to have a dip in holy `Triveni`, a conglomeration of Ganga, Yamuna and Sarasvati rivers. The devotees were safely accommodated in hired tented luxury suites. Some devotees also enjoyed an aerial view of `Kumbh` site at `Triveni` by hiring a helicopter locally. The `Yatra` had a spiritual impact on Delhites on the surroundings prompting them to have a similar visit to `Paryagraj with prayers to Bhagwan Baba to continue to shower all His blessings.





SHARING THE EXPERIENCES OF PARTICIPANTS



Rakesh Kapoor

“Sai Ram!

My Loving humble pranams at the lotus feet of our beloved Lord.

On behalf of all the devotees of Delhi, I want to thank Swami for giving us the opportunity for being part of Sarvajanika Ekadasha Rudra Abhishekham for world peace and Harmony.

Congratulations and thanks to Shri Rajiv Chopra, State President, UP and Shri Sachin, State Vice President, UP for organising such a wonderful program on the auspicious occasion of Kumbh. I also want to thank all brothers and sisters who participated and were part of our journey on this very special occasion of Kumbh. Without you, all this special journey would not have been possible.

Let us rededicate and pray to Swami that He continues to strengthen our faith and dedication to spread HIS message. May HE shower grace upon all.

Let us all pray that the entire world lives like one family.

“Vasudhaiva Kutumbakam”

Let there be only one Religion.

The Religion of LOVE.

Let us all make our SSSSO Delhi NCR much stronger, bigger like one Sai family and spread Swami's message of Love”.



Kamini Sachdeva

“By divine planning and Bhagwan's immense Grace we are fortunate to be the chosen ones, all Sai sisters and brothers who attended the RudraAbhishekam organized by SSSO UP during Kumbh at Prayagraj . We are very grateful to UP seva dal who hosted us and lovingly prepared and served food for us. Yesterday was a memorable lifetime achievement for us , by grace of Swami and motivation of our SP, we walked 16 kms. to reach the Sai Camp in kumbh and were able to attend the abhishekam, especially annam, abhishekan with rice which is very auspicious and special chanting (tritiya Bhrguvali) by our Visakhapatnam group , totally mesmerising and blissful experience by all of us”.



Dr. Vipin Kumar

“It was great experience, with your zeal and guidance we were able to participate in the Rudra Abhishekam and could take Sangam `snaan`, with Kumar Sahib`s company in enjoying helicopter ride. It was SWAMI'S Grace, we all enjoyed the yatra”.



Sudha Kumar

“Thank a lot for this very very special Prayagraj Kumbh trip. we are really blessed to have you as our State leader. But for your care and guidance, it was simply impossible to attend Rudram chanting on such a special day”.

S K Dora

“We are thankful to you (SP) particularly for this holy Prayagraj Yatra which is possible due to your inspiration. under your dynamic, exemplary leadership and guidance, the entire team participated in the Akadasha Rudram on the lap of mother Ganga, Yamuna & Saraswati, for the World Peace. May our beloved Swamy bless you with lots of energy & very sound health to drive all the devotees of Delhi-NCR from the front for many more such occasions in near future as well”.

Brij Bhushan Chand

“I am really grateful to Bhagawan Baba for giving me this wonderful and prestigious opportunity to visit Kumbh and attending Ekadash Rudram at Prayagraj. The love and care given by our State President Rakesh Kapoor ji, Kumar ji, Ravi Gohil ji and Kamini didi was incomparable. In the Volvo journey, lunch was served with lot of love by our Sai sister, sister-in-law of Rakesh Kapoor ji. Arrangement done by Sai Organisation of UP were superb. I will never forget this Sadhana trip”.

Mukesh Kumar

“Mein ne kabhi jindgi mein bhi nahi socha tha ki mein kabhi Kumbh may jaunga. Etni bheed bhadke mein Jana aur woh bhi sirf nahane kay liye mujhe pagalpan lagta tha. Agar Sai org. Ekadasha Rudra Abishekam nahi plan karte tu mein etne jabardast experience se vanchit he rah jata”.

Ravi Gohil

“We were fortunate indeed and Blessed to have attended the Ekadasha Rudrabhishekam on 9 & 10 at Prayagraj. This would not be possible without the initiative taken by the Delhi state and the excellent arrangements made by the U P State. Thanks to Rakesh Kapoor ji and the entire team members”.

Dr. Rashmi Sharma

“Our thanks to Bhagawan Baba for giving us this rare opportunity of attending Ekadash Rudram at Prayagraj during Kumbh. Well organised by SSSSO, U.P. We are grateful to our State President Mr Rakesh Kapoor and Mr Kumar who has made this trip a memorable event with their love and efforts”.



R. Sai Kumar

“A BIG thank you to Swami, members of SSSO UP and Delhi NCR for organising a Divine trip to Holy Prayagraj city and Triveni Sangam during the Kumbh `mela`. Chanting and being a part of Sarvajanic Ekadasha Rudra Abhishekam for world peace and harmony was a golden and once in life time opportunity. UP state Org. members took care of us right from the moment we reached the Camp during late hours of night. They welcomed us with open hands and same was the gesture throughout our stay”.

Rohini Ganapathy

“I am very thankful to all who participated in Prayag Yatra. My special thanks to our SP who took all care from the beginning till the end. We are thankful to all UP Sevadal for their support and cooperation without which our Yatra would be incomplete”.



Sunita Gohil

“This was a life time experience in which our patience and will power both were tested. The Rudra Abhishekam was a rare blend of devotion and love which Swami has always stressed. So overall, it was a Divine experience”.

V S Varshney

“Myself and Padmini express our deepest gratitude to Swami and our SP and other Sai brothers for taking every minute care of our comfort and making our trip a memorable yatra”.

Shanta Kapoor

“Very grateful to Swami for this blissful experience. It was heavenly to attend the Rudra Abhishekam and Kumbh `Snan`. it was possible because of the care and guidance of our SP and the excellent arrangements of UP SP and the love of Sevalal”.

Dr. J S Lohia

“With Bhagwan's immense Grace, we got this wonderful and life time opportunity to attend Ekadash Rudram at sacred land of Prayagraj Kumbh. It was nicely organised by UP State. I specially thanks Shri Sachin Ji, Vice President, UP State for all his hospitality and for making us feel so happy as if we were in own home. We enjoyed Kumbh Mela in full and had holy dip in Ganges. We are indebted to Shri Rakesh Kapoor, State

President, Shri KB Kumar, Ravi Bro and Kamini Di to arrange this tour”.

Rashmi Mishra

“I was very keen to attend and experience Kumbh at Prayagraj and was trying several ways to plan my journey when my sister informed me that Sai devotees from Delhi/NCR were planning to attend the Rudra Abhishekam at Kumbh Sai Camp organised by UP SSSO. It was Baba's blessings that I was able to experience the Kumbh and the amazing ceremony of Rudra Abhishekam and be part of it. On 10th Feb, occasion of Basant Panchmi, we had to walk around 16 km to reach the Sai camp as there were travel restrictions and many diversions due to the huge rush. It was only by sheer will and Grace of Swami and motivation from our SP that kept our Sai sisters going, we walked, took the boat ride and walked again and finally reached the Sai Camp after 4 hours, but after reaching the Camp where Abhishekam chanting was still ongoing, brought a smile and renewed our enthusiasm and took away all the tiredness from the long walk. It was amazing, that Baba willed us to be part of the last day of Abhishekam ceremony. I am lost for words to express it. Seva dal from UP lovingly took care of all of us and gave us a memorabilia of Kumbh. My sincere thanks to UP SSSO and SP for giving us the opportunity of being part of the blissful Rudra Abhishekam”

Sonal Mishra

“Words fall short to express the Divine moments to express the blissfulness... With hundreds of Camps and about a million people at Kumbh, we could locate Sri Sathya Sai Camp for special chantings that spread like fragrance filling one in bliss. The beautiful chantings by Vishakhapatnam Group and the love, respect showered by each and every member of Rajiv Sir's UP SSSO Team filled our hearts with joy. The perseverance of Rakesh Sir who guided us, led us and made sure that we reached the Sai Camp safely to attend the Rudra Abhishekam on 10th Feb, even though there were countless diversions, difficult terrains and a journey of almost 4/5 hours on foot has etched an inspiring memorable feeling.... We travelled in a bus as a whole family with Brothers serving us juices, water, jaljeeras, fruits, namkeens, ladoos, sweets, toffees and sharing the joy together. Kamini Di made sure that we are all comfortable and took special care of me since I was not feeling well while coming back. Sudha Aunty gave me medicine which completely cured me. Gratitude to Dearest Swami for this blessed opportunity”.

K. B. Kumar

“It was one of the rare opportunities to avail holy Prayagraj Kumbh Yatra as part of team of Delhi-NCR, participate in Ekadas Rudra Abhishekam at Sai Camp at Prayag and have a holy dip in `Triveni` on first day. Due to non-availability of any taxi for the Sai Camp the next day, Swami`s Grace prevailed when I along with Dr. Vipin Singhal, could avail the schedule of Helicopter Service to have an aerial rounds of `Triveni` besides visiting Exhibition stalls displayed by some Indian States and attending discourse by a known sage of Haridwar in the evening. The arrangements for stay at Sai Camp as also at hired tented luxury suites, was comfortable and praiseworthy. The `to and fro` journey by Volvo bus was full of bliss amidst singing of Sai bhajans. Thanks all participants for enforcing team spirit, love and discipline in the Yatra”.





(E) Family Bhajans

`Namasmarana` if done in a group, increases the efficacy and becomes more powerful. Therefore, group singing and bhajan recitation are considered one of the keys to Spiritual Sadhana. Pursuing the concept of `Nine Point Code of Conduct`, as given by Sri Sathya Sai Baba, the concept of `Family Bhajans` was added in the Annual Planner (2017) and continued further till date. Devotees including all functionaries in constituent Districts of Delhi-NCR are required to hold Sai Bhajans along with their family members at their respective residences on the last weekday of each month. Accordingly, the State Spiritual unit is regularly circulating in advance a series of `Bhajan Mala` audio along with `Aarti` in various WhatsApp Groups every month to facilitate the devotees to hold `Family Bhajans` even without trained singers.

State Coordinators (Spiritual) have laid much stress on the quality of bhajan singing and organised `Bhajan Practice Sessions` both at the State as well as District levels. Moreover, all the Bhajan Teams are very punctual, disciplined and responsive to various directions received from Prasanthi from time to time.

(F) Festivals at Sri Sathya Sai International Centre

Buddha Pournima Celebrations

Buddha Pournima was celebrated on 29th April, 2018 with special bhajans at the Bhajan Hall of Sri Sathya Sai International Centre, in which a large number of devotees took part.



Sankeertan Samarpanam

Devotees gathered at Sai Centre on 15th July, 2018 for the yearly special bhajan program 'Sankeertan Samarpanam'. With beautiful decoration of the basement dais, Veda chanting continued by the team headed by R. Sai Kumar, State coordinator (Veda) supported by Shri M. V. Shastri, District President (West District). The Mahila Veda team uniformly dressed in prescribed `saris` and their united recitation of Vedas added peculiar glory to the scene. The entire program followed by usual bhajans mesmerised the audience present in the hall. Excellent and powerful vibrations were experienced and His presence was felt. The hall was fully packed with the devotees and the program ended with distribution of prasadam.



Guru Poornima

In observance of `Guru Poornima`, the devotees gathered in the Bhajan Hall of the Sai Centre on 27th July, 2018 and paid their homage to the Bhagawan Baba with special bhajans by the Central Bhajan Team. The hall was fully packed with devotees who felt surcharged with spiritual vibrations. Different vedios on the Baba were screened on the dais. The function ended with `Aarti` and distribution of prasadam. Similar program also followed in various constituent Districts in Delhi-NCR.



Rudrabhishekam



A special `Pooja` in the form of `Rudrabhishekam`, was organised in the Bhajan Hall at the Sai Centre during the auspicious month of `Shravan` on 19th August, 2018. The State Veda Team supported by Shri M. V. Shastri, District President actively performed the `Pooja` with all rituals. The program ended with `Aarti` and distribution of prasadam.



Janmashtami Celebrations and Ganesh Chaturthi

Janmashtami was observed at the Sai Centre on September 2, 2018 amidst Bhajans followed by distribution of prasadam. Ganesh Chaturthi was also observed on September 16, 2018. Bhajans were performed by the Central team of the Spiritual Wing of the Organisation.

Dussehra



The victory festival, `Dussehra` was celebrated at Sri Sathya Sai International Centre on 19th October, 2018 by organising a special Session of bhajans praising the glory of Lord Rama. The Session was full of vibrations and the hall was fully packed with devotees from all the Districts across Delhi-NCR. It ended with `Aarti` followed by prasadam.



Christmas

In remembrance of the birth of Jesus, Christmas was celebrated on 23rd December, 2018 at the Bhajan Hall of the SSS International Centre which was magnificently and aptly decorated with small tableaus depicting the significance of the festival. Bal Vikas children sang Christmas Carols and celebrated the festival with songs and dances. Learned speakers apprised the audience about the teachings of Jesus and Swami. Santa Claus distributed sweets and chocolates as prasadam.



BHAJAN AT THE RESIDENCE OF VAJPAYEE JI

A `Sai Prarthana Sabha` was organised in memory of Late Shri Atal Bihari Vajpayee ji, former Prime Minister of India and ardent devotee of Bhagawan Baba on Wednesday, 29th August, 2018 at 6-A, Krishna Menon Marg, New Delhi.

On this solemn occasion, as a mark of respect and offering to the departed noble soul, Sri Sathya Sai Bhajans were rendered by Sai Singers who had converged from various States.

Besides Central Union Ministers like Shri Rajnath Singh (Union Minister of Home Affairs); Shri Dharamendra Pradhan (Minister for Petroleum and

Natural Gas); Shri Lal Krishan Advani (former Union Home Minister) and Whos' Who of political circle; the `Parthana Sabha` was also attended by Shri K. Chakravarthy, Shri R.J. Ratnakar, (Trustees, Sri Sathya Sai Central Trust), Shri M. Rasgotra (Chairman, Management Committee, Sri Sathya Sai International Centre, New Delhi), Shri Nimish Pandya (All India President, SSSSO, India) and State Presidents and important functionaries of SSSSO from across length and breadth of India.

The `Sai Prarthana Sabha` concluded by offering prayers and `Mangala Aarti` at the Lotus Feet of Bhagawan Sri Sathya Sai Baba.





(F) Sadhana Camps, Nagar Sankirtans and Festivals across Delhi-NCR

EAST DISTRICT

Nagarsankirtan

On the glorious occasion of the 93rd Birthday of Bhagawan Baba, East District organised Nagar Sankirtan at Radha Krishna Mandir, A-Block, Dilshad Garden. Devotees from all the constituent Samithis of the District participated. The Nagar Sankirtan was followed by a bhajan.



WEST DISTRICT

Special Public Bhajan

Some mesmerising beautiful glimpses of Special Public Bhajan held on 21st October, 2018 at Dwarka are given below. The event was attended by a large number of devotees from all across Delhi-NCR.



Sai Geet Sudha

The Alumni of Sri Sathya Sai Institutes, who are presently based at Delhi-NCR, mesmerised the devotees with a special Bhajan Sandhya on 28th October, 2018 at Prashanti Dham, Dwarka.




 Sri Sathya Sai Seva Organisation
 Delhi-NCR

Cordially invites one and all to participate
 in a Musical Ode by the Alumni of
 Sri Sathya Sai University

SAI GEET SUDHA
 on Sunday, October 28, 2018
 from 5.30 pm to 7.00 pm
 at Prashanti Dham, Sector 9
 Dwarka, New Delhi-110077

Looking forward to receive you all
 Team West District



NORTH DISTRICT

Satsang

A Satsang (spiritual gathering) was organised at Bungalow Road, North District on 24th June, 2018 which was addressed by the State President. The Satsang was the first of its kind in the District where all felt refreshed and recharged to advance forward in Sai Mission.



Sadhana Camp

The North District organised a Sadhana Camp on 9th September, 2018, which was well attended by enthusiastic devotees.



Laksharchana

As part of 93rd Birthday Celebration of Bhagawan Baba, North District organised a Laksharchana and special bhajan at Shri Satyam Shivam Sundaram Mandir, Rohini on 17th November, 2018.



SOUTH EAST DISTRICT

Sadhana Camp

A District Level (South East & West) Sadhana Camp was conducted on 9th September, 2018 at Sri Sathya Sai Vidya Vihar School, Kalka Ji Extension, New Delhi. The Program included motivational talks, `quiz session`, bhajans, Veda chanting, musical games, talk on Veda, Bal Vikas, `Seva`, `Go Green Initiatives`, `SSSVIP experience sharing` and talks on transformation and Prasanthi Seva, etc. It was well attended by 200 devotees and volunteers. Program started with bhajan and ended with `Mangal Aarti` to Bhagawan Baba.



Sai Ganesh Utsav

Sai Ganesh Utsav was celebrated from 13th to 15th September, 2018 at AISF Hall, near Amar Colony Police Station, Lajpat Nagar. Devotees along with respective families, friends and neighbours joined to welcome Lord Ganesh.

गणेशाय नमः

गणेशाय नमः

Love all
Serve all

Help Ever
Hurt Never

Sai Ganesh Utsav

13, 14, 15th SEPTEMBER 2018

SRI SATHYA SAI SEVA ORGANISATION
South-East District, Delhi NCR

Please join with family and friends to be part of the 3 days celebrations. Be Blessed

B.B. Jawa : 9310940542 Sunil Grover : 9650999936 Pawan Khanna : 9810315067

In Sai Service : Samithi SE-3 : 9818193796, 9810060494, 9818506682, 9818993658

Programme overleaf





Navratri Nagar Sankirtan

Nagar Sankirtan is a regular half yearly activity conducted by the District. The major focus lies in covering new areas where devotees can't come to attend bhajans due to office routines but can easily come for spiritual activities in the morning hours. About 70 to 80 devotees walk on streets of South East Delhi to share joy of bhajans with the neighbourhood and sanctify surroundings with Vedas and bhajans.

Annual Navratri Bhajan at Chhatarpur Mandir

South East District organises bhajan every year at the Chhatarpur Mandir during Navratri. This year, it was held on 13th September, 2018. Singing of bhajans at this historic temple surcharged atmosphere and the event is participated by a large number of visitors at this historic temple.



Special Public Bhajan

A Special Public Bhajan was held on 25th October, 2018 to commemorate the centenary of Shirdi Sai Baba at Sai Dham, opposite Siri Fort.



FARIDABAD DISTRICT

New initiatives

Sai Prem Ganga Bhajans at new devotees' houses, public places, religious places and industries have been conducted and 93 Sai Prem Ganga droplets have been collected this year. This way, the District could reach out to new devotees who later get themselves involved in Seva activities. On an average, each bhajan was attended by 60-70 people including youth, Bal Vikas children and devotees from throughout the District. This activity has helped to reach out to new devotees, offer prayers at public places and mobilise support from youth.



Independence Day celebration and Youth Festival

`Fun activities`, `bhajan antakshari`, `video show`, `panel discussion` etc. have been conducted for the youth and it was an energy filled day. Everyone sang National Anthem together and offered `Arathi` to Bhagawan Baba.



Sadhana Camps

District level `Sadhana Camp` has been conducted at Sector 37 on 1st September, 2018. State Coordinators including the State President attended the camp and delivered speech on the importance of Seva activities and Prasanthi Seva was the main focus of this Sadhana Camp. 80/ 90 people attended the Camp.



Bhajan at Samanvay Mandir

The celebration of Avatarhood continued in the form of Sarva Dharma Bhajan at Samanvay Mandir on 24th November, 2018.



GURUGRAM DISTRICT

Spiritual Talks

Monthly Spiritual talks by the revered devotees are held at SSSCDC, Palam Vihar followed by District bhajans on first Sunday of each month.

Sai Darshan

Gurugram District has started showing Swami's discourses, miracles and various Sai activities on screen through a projector at SSSCDC, Palam Vihar once in a month for encouraging the devotees to work strenuously for the Sai Mission.

Bhajans, Nagar Sankirtan and Training Classes

Gurugram District is conducting regular Samithi Bhajans. Quality of bhajans is improving due to regular bhajan training classes which are being held twice in a month at Samithi level and once in a month at District level. Nagar Sankirtans are organised regularly in Samithis as well as at District level also. Ceremonial events such as Maha Shivaratri are being celebrated at Geeta Gayatri Dham, Gurugram.



GHAZIABAD DISTRICT

Traffic Awareness Conclave

Some leading devotees guided by Shri Ankit Mittal, District Youth Coordinator, managed to organise two conclaves captioned `Traffic Awareness Conclave` in two different schools in Ghaziabad, in coordination with local Traffic Police Officers, with a view to educate the drivers on roll of such schools, as to how to adopt safety measures while driving respective school vehicles carrying tiny children from near homes to the school and on return journey. Earlier, Ankit Mittal had undergone a related course at Prasanthi Nilayam and was required to practise the teachings practically at respective places. Shri Kapil Chadha, District President, Ghaziabad supported Mr Ankit in executing his plans in coordination with local administration and school authorities. Shri K. B. Kumar (State Coordinator-Admn, Delhi-NCR) attended and appreciated the initiative of school authorities and the District Traffic Police for rendering support to the program.



Special Bhajan

Special Bhajan Session was organised on 23rd November, 2018 at the BM Compound.



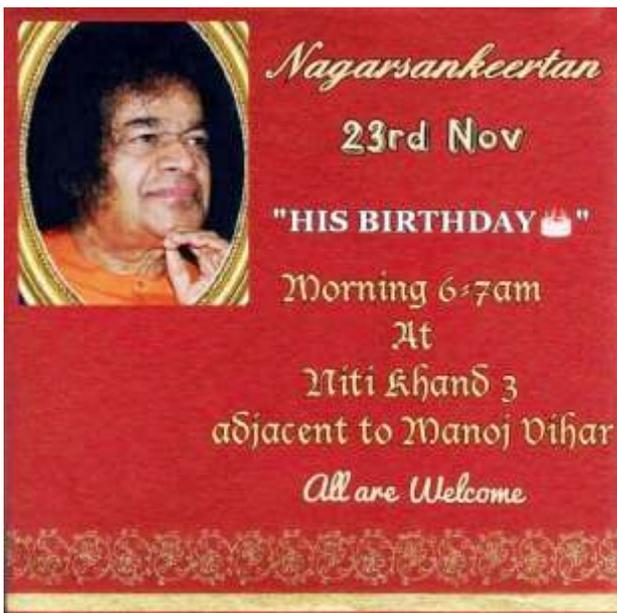
Special Sai Baba's Bhajan

Special Sai Baba's Bhajan was organised at the residence of a devotee at Makanpur village, Ghaziabad. People from the village also took part in the bhajan singing. After bhajan, all people enjoyed Prasadam.



Nagarsankirtan

A Nagarsankirtan was organised on 23rd November, 2018 at the Shiv Mandir, Nitikhanda- 3 Indrapuram, adjacent to Manoj Vihar.



Bhajan-Satsang at Dasna Jail

The Ghaziabad District unit has started holding a monthly bhajan at `Dasna Jail` to improve the mindset of inmate prisoners. Proper permission was obtained from competent authority for the event. A bhajan was held at Dasna Jail on 29th December, 2018. The program started at 9.15am with three times Omkaram followed by bhajan and `Sarva Dharma Prayer`. A small talk amongst prisoners was given on importance of Satsang and its practice in daily life to become a good citizen by developing humanity and love in life. Program concluded at 10.15am with `Aarti` by one of the prisoners and distribution of Prasadam. About 80 Prisoners participated in the program. The following team members participated in this activity. Such bhajans have been organised at this District jail about five times in the year 2018.



Sri Sathya Sai Samithi, Modinagar (GZB-5) celebrated the advent of the Avatar at National Filling Centre, Modinagar on 23rd November, 2018 with a Special Bhajan.



Nagarsankirtan

A Nagar Sankirtan was held at Ghaziabad City on 27th January, 2019.





GAUTAM BUDDHA NAGAR DISTRICT

Laksharchana on the Avatarhood Day

District Gautam Buddha Nagar performed `Guru Charan Puja` by organising `Lakshyarchana` program on 20th October, 2018.



Shivaratri Celebration

The festival of Shivaratri was celebrated by the devotees of Gautam Buddha Nagar District by conducting Rudrabhishekam, Homam and bhajans.



Honouring of Bhajan Composers of Delhi-NCR

S/Shri Nagarajan and Ashok Mehta, Bhajan Composers of Delhi-NCR have been felicitated by the Trustees of SSSCT, Shri Chakaravarthi and Shri R.J. Ratnakar in a function at Whitefield, Bangalore for their lifetime dedication and devotion to Spiritual activities.





SRI SATHYA SAI VIDYA JYOTHI PROGRAM

"Inspiring Children by Empowering Schools"

"One who practises and propagates ideals such as goodness, morality and truth is a youth in the strict sense of the term. In fact, only such people are your best friends and My best friends too."

-Sri Sathya Sai Baba

YOUTH ACTIVITIES	NUMBER CONDUCTED	NUMBER OF PARTICIPANTS
Veda Recitation & Bhajan Training Class:	392	2200
Youth Study Circle:	40	465
Summer/Winter Course on Indian Culture & Spiritual:	5	1055
Festival Celebration of all Communities in Public Places:	22	2000
Awareness Program involving local Schools/Colleges:	13	1400

The Youth Wing has been incessantly devoted and dedicated to spread the pilot project "Sri Sathya Sai Vidya Jyothi Program" in every nook and corner of Delhi-NCR ever since it was launched in the year 2016. The utility of the program cannot be undermined as it trains the young minds to imbibe holistic way of life and influences the tender hearts to adhere to the human values. Many positive and encouraging feedbacks have been received from both the students community and the teaching faculty about its usefulness and having a compelling effect on the perception of the students and bringing about a positive transformation in their behaviour.

With a view to develop an understanding of the aims and objectives of Sri Sathya Sai Vidya Jyothi Program and to promote awareness about the role of the school and the teachers in inculcating a spirit of human values based nationalism thereby achieving ideals of a democratic and egalitarian society, Sri Sathya Sai Vidya Jyothi Program has opened up opportunities leading to both individual and societal upliftment of all the stakeholders alike.





A National Workshop for State Coordinators and Resource Persons was held in November, 2018 at Prasanthi Nilayam. The State of Delhi-NCR was represented by a 2-member delegation namely, Mrs. Ratna Dhesi, State Coordinator (Youth-Mahila Wing) and Ms. Diya Malani, District Youth Coordinator (South-East District). The team conducted presentation on "Character of Ideal Child - Through Eyes of Bhagwan - Setting the KPIs" for the participants in the Workshop.

Looking at the efforts put in by volunteers behind the project and outcome of the results in some States and given the way the project has emerged as a gateway of outreach, Shri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisation, India, has notified that the Sri Sathya Sai Vidya Jyoti Program will continue forever similar to Bal Vikas and other programs of the Organisation. He further impressed upon the need to ensure that all the Wings of the Organisation participate in this project and reap the benefits of expanding the Organisational base. While the project focusses on value education and character building of the children in the adopted schools, this project will also facilitate more and more new people to become aware of Bhagawan Baba and be part of His Mission.

LIST OF SCHOOLS WHERE SSSVJ PROGRAM IS RUNNING SUCCESSFULLY

East District	Sarvodaya Kanya Vidyalaya, Kiran Vihar.
West District	MCD Govt. Primary School, Janakpuri
North district	Nagar Nigam Prathamik Vidyalaya, Jwalaheri
South-East District	SDMC School-2, Madanpur Khadar, Sarita Vihar
Faridabad District	Govt. Primary School (Palla II)
Gurugram District	Rajkiya Prathamik Vidyalaya, Sikanderpur
Gautam Buddha Nagar	Prathamik Vidyalaya (Sector-27), Noida Quayampur Prathamik Vidyalaya Sigma II, Greater Noida
Central District	SDMC Primary School, Jangpura Extension SDMC Primary School, Lajpat Nagar - I
Ghaziabad District	Govt. Primary and Secondary School, Kanavani village, Indirapuram

Volunteers in Delhi-NCR take due care to provide guidance to individual pupils in order to develop understanding, interest and skills which will enable children to foster an all round growth and development. Having understood the importance of the SSSVJ Program, the school authorities have also accepted it as one of the primary need of every child to embrace human values.



Inclusive Education -

- Bal Vikas classes
- Tuition / Coaching / Remedial classes
- Abacus Training
- Audio Visual Classes
- Mission `Buniyad` and `Chunauti` implemented widely

Co-Curricular & Soft Skills Development -

- Personality Development
- General Knowledge and Awareness
- Communication Skills
- Self Defence Classes for Girls
- First Aid Classes
- Art and Craft, Sports, Dance, Yoga, Music & Theatre

Health & Hygiene -

- General Medical Check-Up
- Eye and Dental Camps
- Counselling by Professional Counsellor on "Good Touch" & "Bad Touch"
- Dengue prevention tips & preventive drops given
- Counselling for girl students regarding female hygiene
- Sai Protein distribution

Environmental Facet -

- Waste Mangement Demo
- Cleanliness Drive under "Swachhata Se Divyata Tak" (SSDT)
- Tree Plantation & Tree Ownership
- Fumigation

Infrastructure -

- Painting of Black Boards
- Tiling work & Levelling of School ground
- Distribution of Personal Computers
- Repair and Renovation of Classrooms including electrical fittings
- Audio system installed
- New sets of furniture (benches) given
- Distribution of woollen clothes, stationary etc.

Education has 3 pillars - students, teachers and community (parents). If we do not connect the community to education and teachers to students, then we cannot ensure all-round development of students. With a view to integrate society and foster the social cohesion, Teachers Training Sessions are conducted on regular intervals in Districts. Additionally, Parenting Sessions and Counselling are also organised in schools.

Every Youth Coordinator of Delhi-NCR unit of the Organisation is relentlessly working to actively involve young minds from colleges and neighbourhood to wholeheartedly participate in the SSSVJ Program and contribute in Nation building.

A National level Essay Competition was conducted for the academic year 2018-19, wherein 442 students participated from across Delhi-NCR. Km. Khushi, student of Kanavani School, Indrapuram received citation at Prasanthi Nilayam on Gurupuram Day on 27th July, 2018 for winning third position all over India.



Way Forward 2019

The Teams are striving to intensify efforts to increase involvement of new volunteers/ resource persons into the SSSVJ Program. Every effort is being made to increase interaction with school authorities / parents / community. In order to create opportunities for all the Wings of the Organisation to participate in this program, teams have created roster for the activities in adopted schools whereby participation of new volunteers /resource persons can be ensured. Plans are underway to invite local dignitaries for events held under the aegis of SSSVJ in schools. Every effort is being made to make all the adopted schools under SSSVJ independent and self-sustaining so that more and more schools can be covered during the project.

State Youth Conference



The Delhi-NCR unit organised a State Youth Conference at the basement of Sai Centre on 15th April, 2018. About 90 youth from various Districts participated. The District Coordinators presented reports about activities in their respective Districts. Addressing the Conclave, Shri Atul Bhave and Mrs. Ratna Dhesi (State Youth Coordinators) appreciated the zeal with which District Coordinators worked and provided them proper guidelines to promote functions in coordination with respective District Presidents. The Conclave ended with concluding remarks by the State President.





Some Glimpses of SSSVJ Activities across the Districts of Delhi-NCR

EAST DISTRICT

The Teams are striving to intensify efforts to increase involvement of new volunteers/ resource persons into the SSSVJ Program. Every effort is being made to increase interaction with school authorities / parents / community. In order to create opportunities for all the Wings of the Organisation to participate in this program, teams have created roster for the activities in adopted schools whereby participation of new volunteers /resource persons can be ensured. Plans are underway to invite local dignitaries for events held under the aegis of SSSVJ in schools. Every effort is being made to make all the adopted schools under SSSVJ independent and self-sustaining so that more and more schools can be covered during the project.



WEST DISTRICT

The District organised SSSVJ activity at MCD school, Janak Puri regularly. Earlier, activity was also launched at Universal Public school. At SDSC, Block-C, Janakpuri, Baisakhi festival was celebrated and drawing books were distributed among the children. 55 children participated. On 21st April, 2018, children were taught the importance of mother as a Guru and introduced as to how to make alphashets of English. On Easwaramma Day, brief talks were delivered on punctuality, cleanliness and time management etc. Juice packets were distributed. On 13th July, Children were taught the names of rainy months and poetry recitation and also given dictation test in Hindi by categorising them in different groups. The volunteers of the District regularly attended classes teaching discipline, morality and values.



NORTH DISTRICT

With the aim of inspiring children by empowering `school`, the volunteer youth of North district conducted the SSSVJ program in MCD school at Jawalaheri, Paschim Vihar. A Summer Camp was organised in May. 2018. Valedictory program was given. State President had the privilege to attend it. Children performed well. N-5 Samithi took the lead to promote this program in the area. Students were given a Piono and sa-ra-ga-ma-pa was taught batch wise and story played on clip board for batch of 20 students by turn. The importance of Guru was explained to students. Origami slips were given to the students to write messages for their Gurus which were later on decorated on a chart and put in their respective classes. Passing the pillow game was also played and they were called upon to say a few words or poems for their teachers (Gurus). Birthdays of children born in April, May and June, were celebrated. Meeting of children with respective parents in presence of school teachers was arranged. They were also involved in physical Personality Development classes besides apprising about the map of India and its directions. Mathematics tutorials were conducted and taught addition and subtraction. Computer practical classes were also held explaining different parts of computer having different functions.



SOUTH EAST DISTRICT

A 5- day Summer Camp was organised at SDMC school-2, Madanpur Khadar, Sarita Vihar from 5th to 9th June, 2018. 48 children had enrolled themselves for the Camp. Various fun activities with practical learning included daily yoga, awareness of health and hygiene, preservation of clean environment, knowledge about names of National leaders and important National personalities, origami with procedure of folding colourful papers, playing with quizzes to recognise nursery rhymes and famous songs, parcing the parcel and identification of talent area of music, dance, yoga etc. The Chairman of Central Zone made a surprise visit and he was briefed about the program. A video presentation of 5- day event was also done followed by feed back of the Camp from the parents. For certificate distribution, all devotees and contributors were called upon to distribute few certificates and bless the students. Two classes on Mission `Bunad` were held, giving a small activity by dividing them in four groups. Different shaped wooden blocks were given asking them to build shapes based on real life entities like car, train, school, house etc. special Mathematics, English and General Knowledge classes were also held periodically.





SOUTH WEST DISTRICT



The SSSVJ was inaugurated in Sarvodaya Vidyalaya, Budh vihar in 2017. A group of 10 members of SSSVJ visited the school regularly and delivered lectures as per various modules. The students regularly attended the classes on Human Values. A Summer Camp was held wherein topics viz. yoga, meditation, bhajan chanting, moral stories and group games etc. were taken up besides holding Art & Craft classes.

CENTRAL DISTRICT



The volunteers of SSSVJ regularly visited SDMC school, Jangpura Extension during 2018 and delivered lectures on various topics touching discipline and moral values etc. They celebrated Christmas alongwith the students and the teachers.



FARIDABAD DISTRICT

Many activities have been conducted for the SSSVJ children throughout the year in the District. The `Teachers Day`, `Children`s Day` and `Independence Day` were celebrated with many cultural activities. An `Essay Competition` was conducted for SSSVJ school children and selected essays forwarded to the State unit for further proceedings.



GURUGRAM DISTRICT

The SSSVJ activity was started at Rajkiya Prathamik Pathshala, Sikanderpur in 2017 and continued till date. A Bal Vikas Session was conducted for 50 children covering a topic on `Om Chanting` and explaining the method of correct chanting. Selected students were trained for dance and singing bhajans. The children thoroughly enjoyed and learnt dance and bhajan. A Counselling Session on `Good touch, Bad touch` for girl students was organised by professional counsellor. Kids were also taught as to how to make boxes using origami. Children were really enthusiastic and participated whole heartedly. They were taught about the importance of playing and offering food to God before partaking it ourselves. Drawing competition for kids, on topic—`Mere Sapno Ka Bharat` was organised wherein kids showed their talents on colouring their ideas. There was also a prize distribution ceremony for the first three positions. A quiz on topic related to our country`s history was also organised. Chocolates and biscuits were also distributed as prasadam on most occasions.



GHAZIABAD DISTRICT

The SSSVJ activity started at Govt. Primary and Secondary school, Kanavani village Indrapuram since 2017 continued with same enthusiasm. Regular classes were held to the full satisfaction of the school authorities.



GAUTAM BUDDHA NAGAR

At Kyampur Prathamik Vidyalaya, Sector Sigma, Greater Noida, the volunteers delivered talk on significance of Guru Purnima and Guru in life, stressed upon respecting parents and teachers and loving brothers, shared story of mother Easwaramma as to how she made Swami to accept her three promises viz. never leave motherland, build schools and build hospitals. Students offered flowers to teachers. The students were apprised about environment effects and harmful effects of using plastic bottles. Career development through spirituality was stressed. Samithi handed over full set of school furniture to the Principal. Certificates were awarded to all successful rank holders. Volunteers distributed copies, pens and pencils.



SPECIAL PROGRAMS, CELEBRATIONS AND INITIATIVES

From time to time, Sri Sathya Sai Seva Organisation, Delhi-NCR organises special events to spread Swami's message of love, service and unity among the masses. A few are mentioned below:



“Our foremost task is to cultivate Sadgunas (good qualities). The Sanskrit word, sath stands for eternity, which is called Being. We should acquire the qualities of Being. What are these qualities? They are attributelessness, purity, steadfastness and enlightenment.”

Activities at Sri Sathya Sai International Centre

Though various activities taken place at Sri Sathya Sai International Centre already find mention under various Heads like `Veda Activities`, `Mahila Wing Activities`, etc, some other important activities that took place at the Sai Centre, are illustrated below in detail :

Sai Adhithapan Samaroh -

Welcoming of new State President Shri Rakesh Kapoor

In the august presence of Shri Nimish Pandya, All India President, SSSSO, India, a special `Induction cum Sadhana` ceremony was conducted in the Bhajan Hall of Sri Sathya Sai International Centre to announce the appointment of Shri Rakesh Kapoor as the new State President of SSSSO, Delhi-NCR. Shri Nimish Pandya along with Shri Jatinder Cheema, newly appointed National Vice President, Smt. Kamla Pandya, National Bal Vikas Coordinator and Dr. Neeta Khanna, National Bal Vikas Coordinator, felicitated all District Presidents, State Coordinators, Sai Centre staff and some leading Sevadal for their dedicated services at the Sai Centre and for advancing the Sai Mission. A book on Hindi translation of 'Radio Sai Daily Inspires' was also released by the dignitaries.

Addressing the gathering, Nimish Pandya ji apprised that this year on eve of Guru Poornima Day, a lot of changes had been initiated in the Organisation. It was not good to get attached to the positions held, youngsters should come forward, more chances be given to the youngsters, the person at the top has to serve and respect the person at the lowest level, Delhi has a great role to play in the future, love and humility is the basis of Seva Organisation, there is no room for personal agenda or enmity in the Seva Organisation, all the position holders are given the authority to serve and not to rule and if they feel to do a task for serving humanity, they must not hesitate and need not ask for any one`s permission. The permission of pure and simple heart should be enough. He appreciated the work done by the Delhi State unit of the Organisation and hoped for further better results.

The function was followed by a well organised delicious dinner at the school lawns.





GLOBAL AKHAND BHAJANS

Bhagwan Sri Sathya Sai Baba says, "Today we are having non-stop twenty-four-hour global devotional singing (akhand bhajan) by Sai devotees all over the world. This is being done not for the sake of one individual, one nation or one community. It is for the welfare of humanity as a whole.

``The bhajans that are sung permeate the ether in the form of sound waves and fill the entire atmosphere. Thereby, the whole environment gets purified. Breathing in this purified atmosphere, our hearts get purified by reciting the Lord's name is a process of give and take. Singing the Lord's name should become an exercise in mutual sharing of joy and holiness. It should be remembered that the sounds we produce reverberate in the atmosphere. They remain permanently in the ether as waves and outlast the individual uttering the sounds.

Community bhajans should not be treated as a pastime. When thousands of persons join in singing bhajans, they should be fully absorbed in the devotional process and the ecstasy of that experience. The singing should be vibrant and soulful and not mechanical or drawling and uninspiring. It should combine feeling (bhava), melody (raga) and rhythm (tala). What delight can be experienced when all sing in chorus, with the same feeling, in the same tune, and to the same timing! When there is such unity, the Divine can be experienced.

Not all realize the potency and efficacy of reciting the Lord's name. The first requisite is purity of thought, word, and deed. The name that is uttered by the tongue should be meditated upon by the mind. What is uttered and dwelt upon should be hailed by clapping the hands. This threefold concentration on the Divine name --unity of mind, speech, and action-- purifies the heart and nourishes the feeling of devotion.

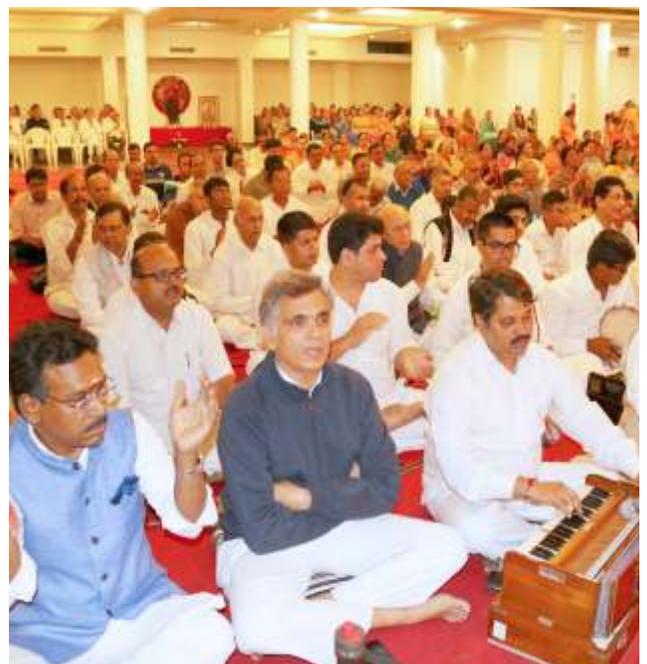
When chanting the Name is done in community singing, it should be in a form in which the entire group can participate easily. The tune, the rhythm, etc. should be such that all can follow the bhajan. If the lead singer takes up a song that is not familiar to others, the response from the group will be poor. There will be no enthusiasm or genuine participation. Their minds will be distracted. When all the devotees participate in the bhajan, the vibrations that are produced will generate joy and harmony.

Many who organise mass singing on special occasions are not aware what kind of bhajans that should be sung then. A person who has an individual style of his own may sing as he likes in private, but he is not suitable for community singing.

Some rules are to be observed in conducting community bhajans. Elaboration of a melody (alapana) may be done in individual singing (keerthana), but it is wholly out of place in community bhajans. Hence, in such bhajans, the accent should be entirely on the Name."

- Divine Discourse: 8th November, 1986

Global Akhand Bhajan, the annual spiritual exercise initiated by the Baba way back in the mid forties, was held at the basement of SSSIC with participation from all the Districts in Delhi-NCR on 10th and 11th November, 2018. Bhajans were recited by Districtwise teams according to the pre-specified schedule. The Bhajan started at 6 p.m. on 10th November and ended at 6 p.m. on 11th November. Most of the devotees stayed at the SSSIC throughout the night to have vibrations of the continued bhajans. The whole atmosphere in the Bhajan Hall was surcharged with Divine vibrations. The whole Session ended with the





Satsang by Dr. Amey Deshpande

A spiritual and motivational talk by Dr. Amey Deshpande, a student and ardent devotee of Swami, was organised at the basement of SSSIC on 16th September, 2018. The Divine experiences shared by the speaker filled the hearts of the audience with love and gratitude.



Akhand Ekadash Rudram

A nonstop recitation of the chanting of `Ekadash Rudra Japam` in worship of Lord Shiva was organised by the State Veda Coordinators at the basement of SSSIC on 23rd September, 2018. The continuous chanting of the mantras filled the atmosphere with Divine spiritual energy. Little Bal Vikas children also led the chanting.



State Sadhana Camp

A special State Sadhana Camp based on the theme `Unity- Purity-Divinity` was organised by State Sevalal Coordinators at the Bhajan Hall of the Sai Centre on 30th September, 2018. State Service Coordinators shared their experiences and also apprised the audience with rules, regulations and code of the conduct of the Organisation. About 150 Sevadal from various constituent Districts of Delhi=NCR participated in the Camp.





Festival of Gratitude (February 3, 2019)

Devotees gathered in the Bhajan Hall to express and offer their gratitude and love towards Swami for providing them the precious opportunity of Prasanthi Seva in January 2019, in a specially organised program 'Festival of Gratitude'. While State Service Coordinators shared their respective experiences during the course of Prasanthi seva, Shri K. B. Kumar, State Coordinator (Admin) explained at length the sequence of events during Prasanthi Seva and analysed District wise and age wise, the strength of Sevadal during this Seva.



Satsang-Swami & His Divine Instruments

The Spiritual Wing of SSSSO, Delhi-NCR organised a special Satsang at the Bhajan Hall of the Sai Centre on 24th February, 2019 where senior and revered members of the Organisation including Shri Ashok Mehta and Shri Nagaraj shared their experiences of Divinity. Later, both were felicitated by Shri Rajesh Khanna, Chairman, Sri Sathya Sai Trust, Delhi and Punjab.



State level Observance of 93rd Birthday

The 93rd Birthday of Sri Sathya Sai Baba was celebrated with a special bhajan in the beautifully decorated Bhajan Hall of Sri Sathya Sai International Centre on 23rd November, 2018. The Hall was fully packed with devotees and locals of adjoining area. The devotional and collective singing of bhajans surcharged the atmosphere with Divine vibrations. The program ended with the distribution of special prasadam on the occasion.



93rd Birthday Celebrations in Districts

EAST DISTRICT

The 93rd year of Advent of Bhagwan was celebrated by the East District on 23rd December, 2018 with chanting of Sai Gayathri for 1008 times. It followed by Bhajans by the Bal Vikas children for 30 minutes.





SOUTH EAST DISTRICT

South East District celebrated the Divine Birthday with a special program 'A Date with Divinity'. The Program started with invoking Bhagwan's blessings and by chanting of Vedas and singing of Sarva Dharma Bhajans. Impactful talk by the Bal Vikas Coordinator and a Bal Vikas student helped everyone to look within for self transformation. A beautiful presentation was made by Bal Vikas children starting with `Omkar` followed by soulful bhajans. Christmas Charols made the atmosphere vibrant. Program ended with soulful and melodious chorus singing of Baba's Birthday song by the Bal Vikas Students. It was well organised and attended by more than 350 participants including the parents of Bal Vikas children and non devotees who felt the blessings of Swami.



CENTRAL DISTRICT

The Central District celebrated 93rd Birthday on 3rd November, 2018 by organising a Nagar Sankirtan carrying Swami's `Palki`. Narayan Seva was also organised.



FARIDABAD DISTRICT

Apart from the inauguration of a Free Medical Centre at SSSVIP adopted village Sadpura, the Spiritual Wing of Faridabad District organised a `Sai Palki Yatra- A Journey with GOD` on 25th November, 2018. The Program started with invocation of the Lord with `Mangal Vadhyam`. Veda chanting was done by the Bal Vikas children, which was followed by a procession of Sai `Palki`. On the way, Namasmarana echoed creating a heavenly atmosphere. Ravi Subramaniam, State Sevadal Coordinator, delivered a scintillating speech about importance of Seva. The Palki Seva concluded with cake cutting and `Maha Mangal Aarti`. Around 200 devotees including Bal Vikas children and parents graced the occasion.



GURUGRAM DISTRICT

Gurugram District celebrated the 93rd Birthday by organising a special program on 18th November, 2018 at Sri Sathya Sai Community Development Centre, Palam Vihar. A `Palki` procession was taken out followed by Veda Chanting and Swami`s Birthday song, Bal Vikas children presented a beautiful dance ballet. Later, a small presentation on various Seva activities being conducted by SSSSO, Gurugram was made before the audience.

*Love All
Serve All*

Invitation

93rd Birthday

Celebration of Bhagawan Sri Sathya Sai Baba

on

18 November 2018
Sunday from 5:00 PM to 7:00 PM
At Sri Sathya Sai Community Development Centre (SSSCDC)
Palam Vihar, Gurugram

Rakesh Kapoor
State President (Delhi-NCR)
+91-9811777071

Joy Majumdar
District President (Gurugram)
+91-9971506790

**Programme of
93rd Birthday of
Bhagawan Sri Sathya Sai Baba
are as under**

- + Procession and lighting of Lamp
- + Veda Chanting
- + Birthday Song
- + Dance & Drama Programme by Bal Vikas Children
- + Presentation of Activities of SSSSO, Gurugram
- + Address by Guest/State Coordinator
- + Bhajans
- + Vote of Thanks by District President
- + Mahanagari Aarathi

All are welcome to attend

GHAZIABAD DISTRICT

The Ghaziabad District organised a special program at SSSVJ adopted school at Kanavali, Indirapuram to celebrate the Divine Birthday with children. The program was attended by school children, their parents and Sai devotees from all Samithis of the District. S/ Shri Atul Bhawe (State Youth Coordinator), Ravi Subramaniam (State Service coordinator) and K. B. Kumar (State Coordinator-Admn) were special invitees. The deserving children were awarded suitable prizes. The program ended with light refreshment.





Other Miscellaneous Activities in the Districts

EAST DISTRICT

Initiative to look after Special Children

Like previous years, on the initiative of Sai family of Dr. Satish Chandra and Mrs. Meera Chandra, East district extended full support in observing `Swami`s Birthday`, `Easwamma Day`, `Basant Panchmi` etc. at various locations in Chilla Village during 2018-19. One Photostat machine was offered as a gift to professionally settle a Special Child on eve of Easwamma Day observance at Jatav Community Centre, Chilla village, on 13th May, 2018. The function was participated by Sri K. B. Kumar (State Coordinator (Admn) and Samithi Convenors viz. Anil Mittal (E-4) and Srikanth (E-2). Swami`s Birthday was observed at Riverside Club, Chilla village on 16th December, 2018. It consisted of dance, instrumental music, `shalokas` and `skit` by the Special Children. Bal Vikas children of Mayur Vihar read out poems highlighting Swami`s teachings. Shri Rakesh Kapoor, State President, SSSSO, Delhi-NCR was the Chief Guest who donated several T-Shirts for all the Special Children. Shri K. B. Kumar and some leading Mahila devotees of East District including Mrs. Vipin Mohan associated with Mrs. Poonam Dham (State Service Coordinator) delivered talks admiring the initiative of the Sai family to care for the Special Children. Handicrafts made by these children were also on display. The program ended with `Aarti` and prasadam.

Love All - Serve All  Help Ever - Hurt Never

**Sri Sathya Sai Seva Organization : Delhi-NCR
(East District)**

request the pleasure of your company to a programme titled

***Sai Mahima - Unity of Faith
By Special Children / Balvikas Children***

On Sunday, 16th December, 2018 from 11 a.m. to 12 noon
At Riverside Club, Mayur Vihar, Phase-I, Delhi-110091

S.D. Yadav
District President
Mob: 9312364889

Mrs. Meera Chandra
Mob: 9818003201

Mrs. Alka Sood
District Coordinator (Education)
Mob: 9953499574

(Landmark: 2 Minutes Walk From Mayur Vihar Phase-I Extension Metro Station)



WEST DISTRICT

Some Sai devotees of W-6 Samithi (Dwarka) including Shri Bharat in West District have been engaged in supporting a local sansthan in organising Eye Camps twice a month (Second and fourth Monday) at historic Sai Baba Temple, Najafgarh since May 2015. So far, this Team has held 89 free Eye Camps till 11th February, 2019, for cataract surgeries. Out of 68,300 patients examined, 3278 cataract patients have been successfully operated so far. The initiative has been widely appreciated by the surrounding public at large.



GHAZIABAD DISTRICT

Mrs. Swadesh Chadha, an ardent Sai devotee of Ghaziabad has been running a small class for teen aged children (males and females) for the last many years. She managed a trip for these children to visit Rishikesh and Haridwar during summer of 2018. Swami had paid a visit to her residence many years ago. In memory of this event, a small temple was built by her in the open court yard of her house and regularly performed `pooja` there. Her contribution was admired by locals and was published in local newspapers also.



SRI SATHYA SAI INTERNATIONAL CENTRE, DELHI-NCR

LODHI ROAD, NEW DELHI



Extract from the discourse given by Bhagwan Sri Sathya Sai Baba on the occasion of inauguration of Sri Sathya Sai International Centre, Delhi

Our beloved Lord Sri Sathya Sai Baba visited Delhi between 11th and 14th March, 1999. Bhagwan was accorded a ceremonial welcome at the residence of Shri Kulwant Rai (Former State President of SSSSO Delhi).

Bhagwan inaugurated the Sri Sathya Sai International Centre at Delhi. He received the 'Poornahuti' of the Yajna that was in progress at the venue and unveiled the inaugural plaque. The Chief Guest of the function, Sri Atal Bihari Vajpayee, the then Prime Minister of India, gave a short speech. Bhagwan then delivered his first public Discourse during this visit at Delhi.

On that occasion He mentioned:

“In the Sai Organisation, there should be no difference of opinion. All should live like brothers and sisters. More than a hundred years ago, when Vivekananda spoke in a religious congregation in Chicago, addressing the audience as brothers and sisters, he was greeted with a thunderous applause. In olden days, brothers and sisters attained supreme state living in harmony with each other but today, brothers and sisters go to Supreme Court due to lack of unity”.

“Develop love. Devotion bereft of love is no devotion at all. You may undertake any number of spiritual practices, but love should be the underlying principle. Friendship is one of the nine paths of devotion propagated by the culture of Bharat. So, develop friendship with God. God is not separate from you. You are God. God is in you and around you. God is all pervasive just as an atom. Conduct yourselves with the firm conviction that God is everywhere. Only then Bharat will regain its pristine glory of being the leader of all nations.

“Help ever, Hurt never”. This is what I want you to do. Delhi is the stomach of Bharat. If the stomach is good, the whole body will be good. Likewise, if Delhi is good, the whole country will prosper. So, see to it that there is peace and harmony in Delhi. the people of Delhi should stand united. If you have unity, there is nothing that you cannot achieve in this world.”

Bhagwan then addressing the gathering further said:

“There are many poor people in Delhi who cannot afford medical care. There are many more who are unable to send their children to school owing to financial constraints. Establish hospitals and schools, which will render free service to the poor. A third person need not tell you these noble ideas. You should take the initiative on your own... Everyone must undertake work. Consider every good work as God's work”...





MANAGEMENT COMMITTEE MEMBERS, SSSIC

S.No.	Name	Status	Contact
1	Sri M. K. Rasgotra	Chairman	
2	Shri Rishi Seth	Secretary Management Committee	9810000918
3	V. S. Ailawadi	Member - IAS (R)	9891246009
4	Shri Rajiv Mahajan	Member	9810135171
5	Shri Ramesh Kumar Dua	Member	Secretary : Madhu-9818082911
6	Shri V. K. Kapoor	Member	9810026581
7	Justice K. Ramamoorthy	Member (Retd. Judge, Delhi High Court)	9810529889
8	Ambassador Ashok Sajjanhar	Member (IFS Retd.)	8826733656
9	Shri Rakesh Kapoor	Member (State President, SSSSO, Delhi-NCR)	9811777071

MANAGEMENT COMMITTEE MEMBERS, SSST, DELHI & PUNJAB

S.No.	Name	Status	Contact
1	Shri Rajesh Khanna	Chairman	9811213827
2	Col. B. S. Beri	Member	9810046409
3	Shri Rajiv Gupta	Member	9810081946
4	Shri Rajiv Mahajan	Member	9810135171
5	Shri Ramesh Sahni	Member	9811140916

LIST OF STATE FUNCTIONARIES (SSSSO, DELHI-NCR)

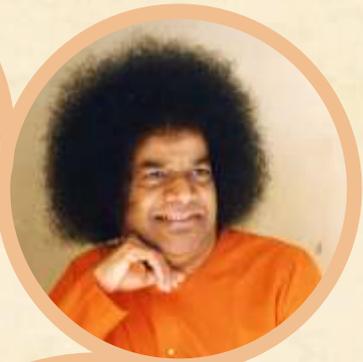
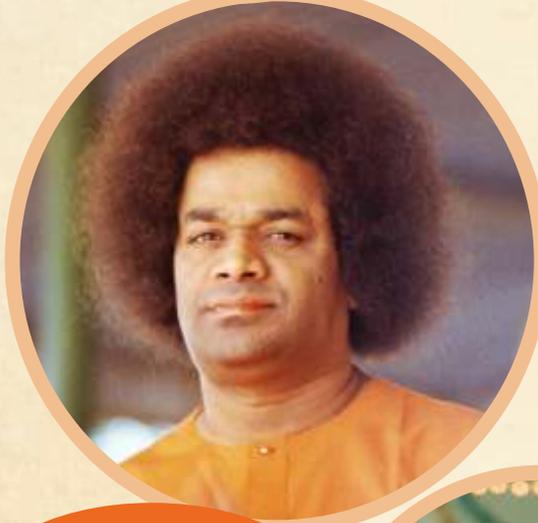
POST	POSITION HOLDER	PHONE NUMBER
State President	Rakesh Kapoor	9811777071
State Vice President	S. Venkatesh	9810409652
SP Office Coordinator	L.V.M.KIshore	9871499955
State Coordinator (Admn)	K. B. Kumar	8750464614
STATE ADVISORY COUNCIL		
	Mrs. R. Kiran Nath	9910384659
	Mrs. Lalita Dua	9810440690
	M. V. Shastri	9811284262
	D. P. Khanna	9891785720
	Brig. V.S Chaudhri Ex-DP	9312351116
	S.D. Yadav Ex- DP	9312364889
DISTRICT PRESIDENTS		
East District	Anil Handa	9999279933
West District	M. V. Shastri	9811284262
North District	G. L. Kaul	9868126346
Central District	Anand Kalsy	9654540771
South-East District	Sunil Grover	9650999936
South-West District	Jeewan Kapur	9810809439
Gautam Buddh Nagar	B. Goel	9811019671
Faridabad District	Shalabh Mittal	9099917145
Gurugram District	Joy Majumdar	9971506790
Ghaziabad District	Kapil Chadha	9911517444
Ghaziabad District	Prag Gupta (Deputy)	9891238338
STATE COORDINATORS		
SPIRITUAL WING		
State Coordinator (Gents)	Murli Balasubramaniam	9810525200
State Coordinator (Mahilas)	Mrs. Shibani Anand	9891443013
Deputy State Coordinator (Mahilas)	Mrs. Mala Murli	9818250118
Deputy State Coordinator (Mahilas)	Mrs. Vani	9868084918
State Coordinator (Veda-Gents)	R. Sai Kumar	9899662055
State Coordinator (Veda-Mahilas)	Mrs. Subhasri Kartik	8527879207
Deputy State Coordinator (Veda-Mahilas)	Mrs. Sudha Kumar	9811268188
EDUCATION WING		
State Coordinator	Mrs. Divya Tyagi	9811586469
Deputy State Coordinator	Mrs. Monica Sachthey	9873088808
State Coordinator (Study Circles)	Mrs. Jaishree Bajaj	9871178999
Deputy State Coordinator (Study Circles)	Wg. Cdre.Srinidhi	8799786611
Deputy State Coordinator	Dr. Vipin Singhal	9811522923

SERVICE WING		
State Coordinator (Gents)	Ravi Subramaniam	9911314115
Deputy State Coordinator (Gents)	Ravi Gohil	9910507194
Deputy State Coordinator (Gents)	Kuldip Raina	9811018387
State Coordinator (Mahilas)	Mrs. Poonam Dham	9873556263
Deputy State Coordinator (Mahilas)	Mrs. Kamini Sachdev	9818482164
Deputy State Coordinator (Mahilas)	Mrs. Bela Sood	9818868444
YOUTH WING (SSSVJ)		
State Coordinator (Gents)	Sai Kiran	9910577133
Dy. State Coordinator (Gents)	Kapil Jawa	9811799261
State Coordinator (Mahilas)	Mrs. Ratna Dhesi	9811987339
MEDICAL WING		
State Coordinator	Dr. P. S. Saharia	9810085682
Dy. State Coordinator	Dr. Vipin Singhal	9811522923
DIGITAL/ IT/ PHOTOGRAPHY WING		
State Coordinator (Photography & IT)	Vibhu Mahajan	9910030950
Deputy State Coordinator (Photography & IT)	Ravi Kumar	9891935262
Deputy State Coordinator (Photography & IT)	S. Ikshvaku	9910696232
State Coordinator (IT--Mahilas)	Mrs. Vandana Jha	9312476565
State Coordinator (IT--Gents)	Ajit Singh	9811833416
State Coordinator (Digital)	Dheeraj Menson	9971497290
SAI PROTEIN & LIGP		
State Coordinator	Ms. Bharti Dudeja	9899888101
ALUMNIS		
State Coordinator (Alumni--Gents)	Kapil Jawa	9811799261
State Coordinator (Alumni-Mahilas)	Mrs. Monica Sachthey	9873088808
DISASTER MAMAGEMENT		
State Coordinator	Kuldip Raina	9811018387
Deputy State Coordinator	Maj. Suchitra Sharma	9871146531
PRASANTHI SEVA (SECURITY)		
State Coordinator (PS)	Jaswant Singh Lohia	9810431892
ACTIVITY INCHARGES		
Sai Centre Bhajans	S. K. Dham	9891277408
Sai Centre Decorations	Raman Pasricha	9810693894
State Medical Activity	Vinit Monga	9810294500
State Medical Activity (Deputy)	Hemant Kumar	9899930246

Help Ever, Hurt Never

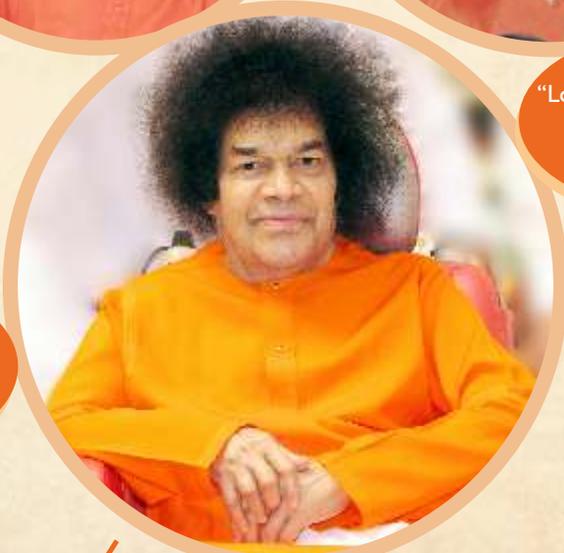
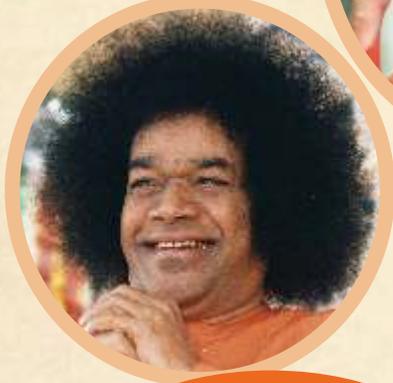
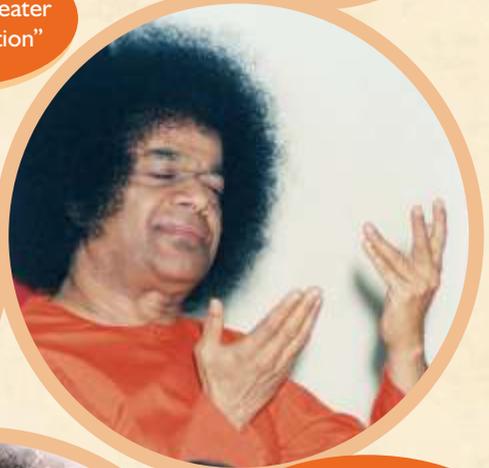


"Look upon your body as a shrine in which the Divine is installed. Dedicate all actions to God."



"Service is greater than Meditation"

"If the place is clean, body likes it; if the body is clean, mind likes it; if the mind is clean, atma likes it; if the atma is clean, Paramatma likes it"



"Love is giving and forgiving, Selfishness is getting and forgetting"

"Pray to God and draw from Him the magnet of His Grace and offer to the world the power of His electrical energy"

Love All, Serve All



SRI SATHYA SAI SEVA ORGANISATION, DELHI-NCR

ANNUAL REPORT (2018-2019)



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