

# **How Sai Transformed My Life – A Souljourn with Sai Literature**

A Project as a Course requirement for Sri Sathya Sai National Leadership  
Programme for Self-Transformation

**Ku. Nishtha Joshi, Dr Surabhi Awasthy, Dr. Shubhada S. Kumar**

SSSNLPST-2020-F031, SSSNLPST-2020-F059, SSSNLPST-2020-F050



Sri Sathya Sai Seva Organisations, India

In association

with Sri Sathya Sai Institute of Higher Learning

(Deemed to be University)

Vidyagiri, Prashanthi Nilayam Campus

December, 2020



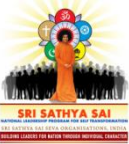
**SRI SATHYA SAI**

**NATIONAL LEADERSHIP PROGRAM FOR SELF TRANSFORMATION**

**SRI SATHYA SAI SEVA ORGANISATIONS, INDIA**

**BUILDING LEADERS FOR NATION THROUGH INDIVIDUAL CHARACTER**

**DEDICATED AT THY LOTUS FEET**



MADHYA PRADESH  
SRI SATHYA SAI NATIONAL LEADERSHIP PROGRAMME FOR  
SELF TRANSFORMATION

## CERTIFICATE

This is to certify that this Project titled “How Sai Transformed My Life – A Souljourney with Sai Literature” completed by the participants for the Sri Sathya Sai National Leadership Programme for Self-Transformation Batch 2020 from the STATE Madhya Pradesh, is a bonafide record of the original work done under the supervision of the undersigned as a Course requirement for the completion of the National Leadership Program.

.....  
Shri. Bharat Jhavar  
(Project Director - SP)

.....  
Ku. Annapurna Gohil  
(National Team Member)

.....  
Ku. Shikha Rahora  
(Project Guide - SYC)

Place: Khandva, Madhya Pradesh  
Date: 20<sup>th</sup> December 2020



## DECLARATION

The Project titled “**How Sai Transformed My Life – A Souljour with Sai Literature**” was carried out by the team under the supervision of the State President, the National Team Member, State Youth Coordinator for the Certificate Programme as a part of the Course requirement for Completion and has not formed the basis for the award of any degree, diploma or any other such title by this or any other University.

*Nishtha Joshi*

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## **ACKNOWLEDGEMENTS**

We dedicate this project to our Eternal Charioteer, our Beloved Lord and Master, Bhagawan Sri Sathya Sai Baba, who is the Guide and the Goal for all our endeavours..

We thank the Chairman & the Academic Board members for their complete support, and for providing us this wonderful opportunity.

We thank the Registrar, the Controller of the Examinations, and the team of Experts from Sri Sathya Sai Institute of Higher Learning, for providing focused direction and encouragement to achieve our objectives, and for sharing their wisdom, received directly from Bhagawan Himself, through the course of this programme.

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We extend our gratitude to our State Youth Coordinator, Ku. Shikha Rahora for the most valuable support and feedback throughout our work.

Special thanks to our elders, especially Smt. Ratna Bochare, Dr. (Prof) Deepa S. Kumar, Dr, Kalpana Karmahe, Dr Kiran Khare and Smt. Punita Upadhyay for their prompt guidance.

We are deeply indebted to our family members for instilling in us Love for God and Faith in His Love which enabled us to march on this path with conviction and confidence.

We thank our Mother Sai with all our heart again, for His unconditional and ceaseless Love and Benevolence.

**Jai Sairam!**



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## ABSTRACT

Humankind is waging a constant battle to overcome negativity. The vicious unrest in the environment, both internally and externally is tossing everyone around in this tumultuous world, like a leaf in a raging river.

The assimilation and internalization of Sai Literature is a bridge that would help us all, tread along the path of optimism and happiness, love and truth, against the strong currents of the rampant negativity.

This project is a social experiment, aimed at comprehending the role ‘Sai Literature’ plays, in facilitating Self Transformation.

Keywords: *humankind, battle, bridge, optimism, Sai Literature, Self - Transformation*



# **CHAPTER 1**

# **PROJECT SUMMARY**





- This project is a social experiment aimed at analysing and assimilating the importance of Sai Literature in effecting self - transformation within individuals across varied age groups and realms of life.
- The project is based on the 9 – point Code of Conduct given by Bhagawan Himself, as a mandate for eligibility towards the hallowed membership of Sri Sathya Sai Seva Organisation.
- The project sails on Bhagawan’s message of harbouring purity of thoughts, promoting unity in thoughts, words, and deeds, and thereby realizing the divinity within, by activating the Buddhi (intellect) through regular reading and practical application of Sai Literature.
- Participants of this project have been encouraged to - read Sai Literature daily, ruminate on their learnings throughout their day, try to translate their good and regulated thoughts into words and actions, and to introspect and assess their own self transformation.
- The participants have shared their readings about self with the project team, who have then analysed and documented the project findings in this project report.
- The project has notably highlighted the efficacious role of Sai Literature in helping people plough the goodness within, and has invigorated them all towards ‘Transforming Self, to Transform the World’.



# **CHAPTER 2**

# **OBJECTIVES**



- To throw light on Sai Literature as a channel for Self - Transformation.
- To help people build a strong, unflinching foundation of faith, self - reliance, and an inward vision through Sai Literature.
- To establish the importance of Sai Literature in the life and living of experienced professionals.
- To study, how Sai Literature helps to build a positive narrative of the society ( by including the 8<sup>th</sup> point of Code of Conduct of SSSO, which is, not speaking ill of others, especially in their absence, in the aims of self - assessment and, this project ).
- To sensitize the young, impressionable minds of children to develop good conduct, through Sai Literature.
- To collect qualitative and quantitative data regarding the effects of regular reading of Sai Literature, and analyze realization of the afore - mentioned objectives.



# **CHAPTER 3**

## **SCOPE**



### **3.1 WITHIN THE SCOPE: -**

- Participants from the age 10 years and above were invited.
- Only people who have been part of the SSSO and have been keenly interested to know about Bhagawan and His teachings have been selected.
- The project has been planned and executed for a span of 3 months, August, September, and October 2020.
- Texts written or spoken by Bhagawan, and Bhagawan's Biography have been circulated among the participants majorly.

### **3.2 OUT OF SCOPE: -**

- Balvikas children less than 10 years of age have not been included due to limitations of time and resources, especially in the wake of the pandemic- COVID 19.
- People from outside of the organization have not been included in the project due to paucity of time for explanation of the efficacy of project.
- Since the project could only span over a period of 3 months, few literature and self – assessment tools have been used to achieve the set goals.
- Hard copy of the texts has not been provided in keeping with the safety measures, the current pandemic COVID – 19 calls for.



# **CHAPTER 4**

## **ROLES AND**

## **RESPONSIBILITIES**



S.No	Team Member	Roles and Responsibilities
1.	Ku. Nishtha Joshi	<ul style="list-style-type: none"><li>• Co - ordination within the team</li><li>• Co – ordination with the state office and the national team</li><li>• Formulation of Google forms (survey questionnaires)</li><li>• Co – ordination and follow – up with the project participants</li><li>• Arranging e – books for the participants</li><li>• Data collection</li><li>• Statistical analysis of data collected</li></ul>
2.	Dr. Surabhi Awasthy	<ul style="list-style-type: none"><li>• Conceptualization of the project</li><li>• Propagation of Google forms (survey questionnaires)</li><li>• Follow – up with project participants</li><li>• Compilation of results (texts and other qualitative data)</li></ul>
3.	Dr. Shubhada S. Kumar	<ul style="list-style-type: none"><li>• Modification of the methodology of project</li><li>• Presentation of the idea of project</li><li>• Suggestions of books for participants</li><li>• Formulation of self – assessment table</li><li>• Drafting of the Project Report.</li></ul>



# **CHAPTER 5**

## **PROJECT FLOW**





## **5.1 Phase 1: Conception and Initiation**

- Concept of the project decided in keeping with the 9- point code of conduct as guided by our State President.
- Necessary modifications suggested by State Vice- President and State Youth Coordinator incorporated.
- Updated idea presented to the State team and to the National Team Member.
- Project Charter submitted after all due approvals on 20<sup>th</sup> July 2020.

## **5.2 Phase 2: Definition and Planning**

- Detailed plan for the project defined and decided.  
(refer to Appendix 1)
- Work breakdown structure created.
- Responsibility mapping done for each team member.
- Necessary arrangements for resource set into pace.

## **5.3 Phase 3 & Phase 4: Launch/ Execution & Performance/ Control**

- Launch of the project initiated by the circulation of the maiden Google form to invite participation for this project.
- Shortlisted participants brought together on a Whatsapp group for continuous motivation for regular reading, self – assessment and for procuring data of their personal results.



- Adherence to the project timeline being evaluated and implemented.
- Adherence to the project scope well implemented.
- Project cost kept in check for any deviation.
- Clear documentation facilitated by additional and necessary Google forms.
- Self – assessment worksheet provided for easier and more specific introspection and documentation. ( refer to Appendix 2 )
- Project brought to a culmination for participants on 31<sup>st</sup> October 2020.

## **5.4 Phase 5: Project Closure and Evaluation**

- Evaluation of the result data collected, comprehended thoroughly for establishing the lessons learnt. (refer to Appendix 2 & 3 )
- Significant impact created for the State in the form of devotees and people being more sensitized towards Bhagawan's words and teachings, and more eager to participate in the Seva and spiritual activities of the organisation.
- The importance of the project in carrying forward the State's vision in terms of transformation, improvement and empowerment comprehended and established.
- Self – Transformation evaluation by each project team member done throughout the course of the project.



# **CHAPTER 6**

## **RESOURCES AND TOOLS USED**



- Manpower-
  - PhD holders in Education in Human Values approached to decide the list of Sai Literature for the participants.
  - State Youth Co – Ordinators as Mentor and guide, especially for the sharing of the project details and inviting participants.
- Hardware-
  - Laptops
  - Mobile phones
- Software-
  - MS Office
  - MS Sway
  - Canvas Design Tool
  - Google docs
  - Google forms
  - Google meet
  - Youtube
  - Whatsapp application
  - Sai speaks application
- Technology-
  - Digital literature
  - E- mail



# **CHAPTER 7**

## **PROJECT FINDINGS AND RECOMMENDATIONS**



## **7.1 FINDINGS & RECOMMENDATIONS: -**

- The idea of practical application of what they read, excites people to take up the habit of reading.
- Non – competitive self – assessment is very intriguing and inviting for people.
- Everyone has an inclination and an ardent desire for Self – Transformation.
- People share and receive their learnings and understanding when they are comfortable in a space where they are heard, and not judged.
- Discussion sessions are a gateway to vast knowledge for people who are interested in the literature.
- Suggestions from the participants themselves, paved way for a better implementation of the project.
- Well - designed self – assessment tools better facilitate introspection and thereby, transformation.
- Basics learnt in Balvikas classes are easy to follow and eternally helpful.
- Most people prefer to read in local languages (Hindi in Madhya Pradesh), which necessitates the need of translation of more books into local languages.



## **7.2 RECOMMENDATIONS FOR FUTURE: -**

- Continuing this project in the state as a Workshop Programme, where interested people are helped in getting sensitized and comfortable in reading Sai Literature, and guiding them to use self – assessment tools and methods in their daily lives to effect the desired transformation within.
- Construction of a Website specifically for this workshop programme, as a ‘one stop destination’ for all the forms, tools, literature etc.
- Planning the workshop for a period longer than that of this project, for better and more effective results.
- Making available texts in local language (Hindi) to shatter language barrier and benefit more people.
- To make available rare texts that people may be interested to read in soft copy.
- Ensuring measures to include Balvikas children from at least the 2<sup>nd</sup> group onwards, to inculcate the good habit of reading and assessment at the tender yet opportune time of their lives.
- Introducing better techniques and technologies to help the participants with easy and quick way of data analysis and evaluation.



# **CHAPTER 8**

## **LESSONS LEARNT**





## **8.1 COLLECTIVE LEARNING: -**

- Efficacy of patience and responsibility
- Everyone has qualities worth learning and emulating
- Variations in team dynamics widens perspectives, grants great learning experiences and is more inspiring.
- Trust is of quintessence to team – work; trust on oneself and on team members both, hones individual skill – sets, and pushes each one out of their comfort zones.
- Maintenance of balance between timeline, scope and cost is the key to successful management.
- Uncertainties must always be met with poise, confidence, and faith.

## **8.2 INDIVIDUAL LEARNING: -**

### **8.2.1 Ku. Nishtha Joshi –**

- Different outlook at challenges.
- Greater poise, therefore, lesser anxiety than before.
- In times of distress, maintain peace and deal with the task at hand as gracefully as possible.
- Follow Bhagawan's message of following non – violence by staying calm.



### **8.2.2 Dr. Surabhi Awasthy -**

- Realization of importance of team members.
- Working wonders with team, instead of working alone.
- Standing up for the team in times of their unavailability and enjoying their support in times of need.
- The joy of learning together.
- Satisfaction of finding solutions to problems together.
- The art of turning a small idea into a practical and meaningful project.
- Generously sharing knowledge, as our elders have done unto us.

### **8.2.3 Dr. Shubhada S. Kumar -**

- Learnt the role of self - regulation and self - assessment in self – transformation.
- The understanding that upgradation of one's skill sets in this changing world is the key to adapting to situations easily.
- To develop equipoise and equanimity, the thoughts must first be regulated and controlled.
- The clash of ideas and thoughts with the other members of the team can seem off – putting initially but, is resolved by placing paramount importance on the team result.



# **CHAPTER 9**

# **REFERENCES**



- Books –
  - Dhyana Vahini (The Practice of Meditation)
  - Sai Baba's Mahavakya on Leadership
    - Lieut. Gen (Retd.) Dr. M. L. Chibber
- Youtube Channels-
  - Students of Sathya Sai
  - AJ & Smart – What is design thinking?  
( <https://www.youtube.com/watch?v=gHGN6hs2gZY> )
  - PM Perspective – The Role of the Project Manager  
( <https://www.youtube.com/watch?v=dUhJuB69ZBo> )



# APPENDICES



## **APPENDIX – 1**

### **Research Methodology-**

- Identification of life challenges of the participants and their natural response to it.
- Gradual introduction of Sai Literature.
- Self – assessment of the gradual, desired transformation using tools like worksheets, daily diaries, etc.
- Qualitative and quantitative analysis of the data thus procured.
- Statistical analysis of the data and impact analysis of the role of Sai Literature in Self – Transformation.

## APPENDIX - 2

### *Tools designed and results derived*

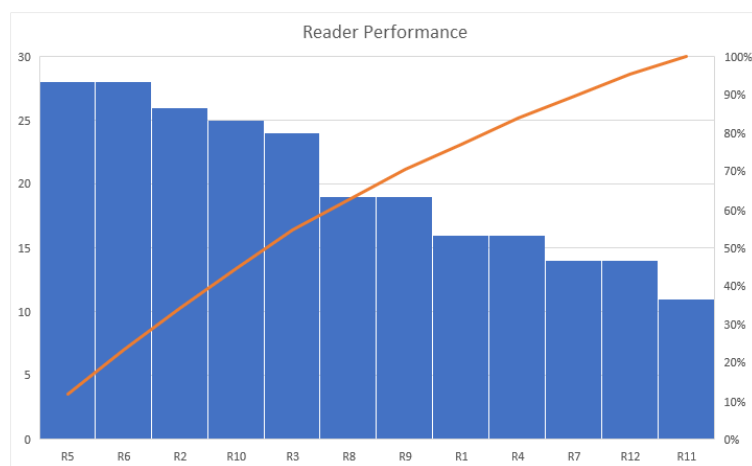
*In this table, candidates were required to give themselves 2 points for completing an activity, 1 point for trying, and 0 for not completing or trying.*

सप्ताह 1	18/10/20	19/10/20	20/10/20	21/10/20	22/10/20	23/10/20	24/10/20
लक्ष्य Goal							
साई साहित्य का अध्ययन ( Reading Sai Literature)							
मौन अवस्था में बैठना (Silent Sitting)							
सांस लेने का व्यायाम (Breathing exercises)							
सभी का मुस्कुराहट से अभिवादन करें (Greet everyone with a smile)							
प्रतिक्रिया देने से पहले सोचें (Think before reacting)							
क्रोध पर नियंत्रण रखें ( Control your anger)							
भावनात्मक प्रकोप के समय में भजन गायें ( Sing Bhajans in times of emotional outburst)							
विलंब से बचें (Avoid Procrastination)							
किसी की पीठ पीछे निंदा न करें ( No Backbiting)							
स्वामि से बातें करें (Talk to Swami)							
पूरे सप्ताह का अनुभव ( Experience throughout the week)							

1 - This is a self-assessment table that was designed for the purpose of measuring consistency and progress in building habits as a result of reading candidates own choice, or our resource person's expert recommendation of Sai Literature. They were asked to identify their challenges and read what they wanted to apply. The Exercise was carried out for two weeks and results were recorded through this table and through written account of their feelings.

Activities	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	R11	R12
Sai Literature	16	26	24	16	28	28	14	19	19	25	11	14
Silent Sitting	14	17	24	4	22	28	10	22	23	28	10	14
Breathing Exercise	2	28	13	24	14	8	26	28	10	15	18	4
Greeting all with smile	7	27	16	12	24	9	7	14	25	23	22	11
Think before Reacting	1	26	17	20	12	14	25	16	14	16	10	0
Controlling Anger	4	27	15	12	13	12	6	22	14	16	20	12
Sing Bhajans in the Times of Emotional Outbursts	0	28	22	15	10	28	28	7	19	0	0	0
Avoid Procrastination	14	28	16	0	27	16	12	28	24	11	21	8
No Back Biting	10	28	16	12	27	10	1	15	7	24	24	7
Talk to Swami	0	28	19	24	22	14	28	28	28	10	26	0
R= Reader												
Total number of Days = 14												
Highest points in a day for an activity = 02												
Highest possible points in 14 days for an activity for single reader = $14 \times 2 = 28$												
Total number of readers = 12												
Highest score in 14 days for an activity = $28 \times 12 = 336$												

2 - This table shows the points candidates received on various activities following the rules of the self-assessment table

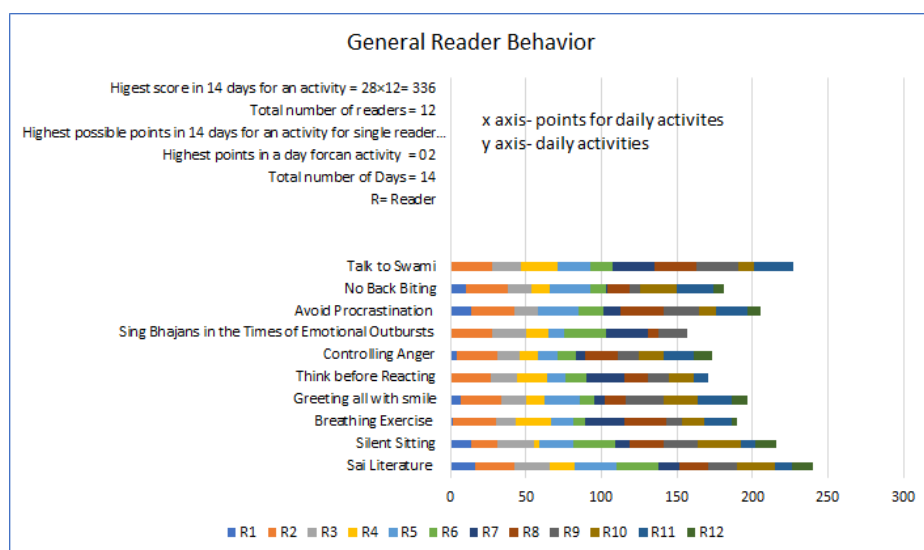


X axis- readers/ candidates

y axis- total points for all activities through the course of the exercise.

3- this graph shows the overall performance of individuals through the course of two weeks.

4 - This graph shows how every individual performed in every individual activity; denoting a general pattern in gravitation towards certain activities and struggles in certain others.







## APPENDIX – 3

### ODYSSEY

Odyssey is the compilation of the reviews of the beautiful journey of the participants of '*How Sai Transformed My Life – A Souljourney With Sai Literature*', A project initiated by the mahila participants of SSSNLPST 2020 from Madhya Pradesh. The journey was imbued with various learnings for the participants, the team mates, the leaders and everyone involved in it. The teamwork , communication, time management , planning, resources and everything was indeed at each step the application of what we learned in SSSNLPST lectures.

Following are the experiences of the readers in their own words:

Sai Ram

Today due to the efforts of you all (Mahila participants of SSSNLPST 2020, Madhya Pradesh) I am very happy telling that:

- 1) My meditation which was irregular due to working in shifts has now become regular
- 2) The day I filled up the Google form sent by you, where we had to write about our perceived weakness, I decided to meditate regularly no matter what. The close daily monitoring of the task made me more accountable to my sankalpa.



- 3) Since then everything is regular. Sometimes when it happens that I miss it, I remembar my sankalpa and I get back to it
- 4) By Swami's blessings I have got this beautiful opportunity of access to Sai Literature and it is continued till date.
- 5) I had also mentioned about 'anger' as my weakness, and now i am very happy to inform you that whenever I was in the situation where my anger could be provoked , my sankalpa kept me at bay and i am able to keep it under check due to regular monitoring .
- 6) This is a very finely done analysis on myself that i could do due to this project undertaken by the SSSNLPST team.

I congratulate you all that the theme on which you all are working may provide you Swami's proximity and blessings

- Betul



Sai Ram,

This project on Sai Literature along with regular self - analysis on the specified weaknesses of ourselves was indeed a very apt initiation. It did not only emphasised on Sai Literature but also on the practice of the same where we had to be accountable for each passing day. I used to focus on many other activities of SSSO along with Sai Literature but the regularity I gained in this time bound project is in itself has proved to be a transformational plan for me. Sometimes we feel that whatever we are doing is correct while actually we are not as correct and also unintentionally commit mistakes but In this duration I have tried to give my 100 percent, however its altogether a different matter that how far I could be successful in it, but it was truly my best try. Also I am looking forward to keep up to this regularity of Sai Literature and self - analysis along with self - improvement through my life just like I did in this project because I have witnessed improvements in myself. This project is not just an analysis but a very practical tool to self - transformation where we are guided by God himself through his literature so there is no doubt on the guidance in any way. This project is a very necessary step to personal development and until we progress on this path of self - transformation, we cannot progress spiritually. We can only get God's grace when we follow his message. In the end I just want to write that this project was a beautiful journey filled with various realisations about myself along with a very smooth solution approach towards the same. I would like to follow this in future to at personal level.

Sai Ram

-District Betul 1



Sai Ram,

I am a doctor by profession and due to my hectic schedule i couldnt read much of Sai Literature. Due to this initiative on Sai Literature i could make reading Sai Literature a priority and it is now a guiding tool for me. I read a beautiful experience of a devotee Joyce Philip, where she mentioned 'how Sai Geeta's unleashed rage, where she was running all around the campus and nobody had the courage to stop her which then was finally calmed down just by Joyce loudly chanting 'Sai Ram' in front of Sai Geeta' . This really gave me such a beautiful learning that no matter how big your problem is, God's name will always bigger than that.

-District Jabalpur



Sai Ram,

I had a lot of problem dealing with my anger, I couldn't control it at all. This project made me read Dhyana Vahini, which made me more aware about myself, the deeper aspects of my being than what I usually perceive, about dhyana. I learned what is meditation , what is the right way to do it, what is the right time and duration for the beginners , what are the misconceptions about meditation , what are the benefits of meditation. Due to this project I could know about Dhyana Vahini and was introduced to a completely different world of spirituality which I was unaware of. My anger issue rather became the 'side benefit' of doing this project. I am very happy that through this project I could also become a part of SSSNLPST. Thanks to the SSSNLPST Mahila team for this beautiful project. I would really like to stay in touch with you all and tread on Swami's path.

-District Gardarwara

Sai Ram,

This project was very helpful in making Sai Literature a regular practice in my routine. I could understand more about what exactly Sathya Sai Seva Organisation is all about. I gained self-confidence. I really liked this project and I pray to Swami that may this regularity of Sai Literature be maintained.

-District Balaghat 1

Sai Ram,

I really liked this method of self - assessment. As I had told earlier



everyone must be reading Sai literature daily, my suggestion is to also share whatever you are reading which touched you or which you liked very much and can be followed. I really like few stories in Bhagwat Vahini which touched me. I am really grateful for your efforts.

- Barely



Sai Ram,

This was the best way to know about oneself. It was an opportunity to know my weaknesses. I will continue this self - assessment. It was fantastic method and project altogether.

Sai Ram,

Thank you all for this new step for the benefit of all. Really through this at least we were regular and punctual to read Sai Sahitya. I learnt a lot and implemented that in my daily life routine. I feel happy and content as I feel my Sai closer to me day by day. Thanks for such a good start.

**JAI SAI RAM!**



## **APPENDIX – 4**

**List of books provided to the participants through the course of this programme –**

- Dhyana Vahini
- Prema Vahini
- Bhagavatha Vahini
- Ramakatha Rasavahini
- Sathya Sai Speaks, vol. 1
- Summer Showers in Brindavan, 1983
- Sathyam Shivam Sundaram, vol. 1
- Sanathana Sarathi
- Sathyopanishad
- Anyatha Sharanam Nasthi





# **BIBLIOGRAPHY**



- **Primary resources**

- Dhyana Vahini (The Practice of Meditation)
- Prema Vahini (The Stream of Divine Love)
- Bhagavatha Vahini (The story of the Glory of the Lord)
- Ramakatha Rasavahini (The Sweet Story of Rama's Glory)
- Sathya Sai Speaks, vol. 1
- Summer Showers in Brindavan, 1983

- **Secondary resources**

- Books –

- Sathyam Shivam Sundaram, vol. 1
- Sanathana Sarathi
- Sathyopanishad
- Anyatha Sharanam Nasthi
- Sai Baba's Mahavakya on Leadership

– Lieut. Gen (Retd.) Dr. M. L. Chibber

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- AJ & Smart – What is design thinking?

( <https://www.youtube.com/watch?v=gHGN6hs2gZY> )

- PM Perspective – The Role of the Project Manager

( <https://www.youtube.com/watch?v=dUhJuB69ZBo> )



**THANK YOU**

**JAI SAI RAM!**