

**January 2019**

## **1. Food Festival Event, Erode**

Gyanodhayam Educational Trust & Nalan Hotel jointly organised 9<sup>th</sup> year Food Festival. It was conducted for 4 days from 29<sup>th</sup> December 2018 until 1<sup>st</sup> January 2019 ( From Saturday until Tuesday) at Erode Perundhurai Road Eshwaramurthy Mahal . Its our tradition to celebrate various Functions for each of the important events in our life . The function would be conducted for a good cause and a proper reason such that it would benefit everyone who participate in the function and the environment around us . Of all these events which are conducted in our traditional practice a Festival is considered to be the most important one.

We celebrate variety of festivals like Chariot Festival , Thaipoosam Festival , Chithirai Festival , Aadi Festival , Kaarthigai Festival and the so on . Festivals are called as Thirivizha in Tamizh . The word thiru means “Great Goals and Great Thinking” – Guruji

One Such Festival with high goal and thought for creating awareness about the importance of food for protecting our lives was conducted at Erode. Food is an important aspect of our lives . From our childhood to until now our body is built from food we ate already and food we are consuming now . 90% of disease is caused due to improper food habits .

Our Food Festival emphasized Those who take food as medicine need not take medicine as food .. The food festival was an eye opener to the people who attended the event .

Some of the feedbacks from the guests who attended the event

R.Sumathi from Sampath Nagar Erode :

“She said she understood what is the suitable food for her”

G.K Ramalinga mentioned that the food festival was very useful and much needed event for everyone .

These feedbacks by the people gave us a great satisfaction that the festival had reached the society.

Each one of our member had several thoughts about the food festival when it was decided to be conducted at erode. Our organising team had searched several event hall for rental but everyone’s choice was Easwaramurthy Mahal.

There were several meetings regarding the Event held at our Erode Gyanodhayam Center on how to advertise the event so that it can reach the public. Proper planning was done by our organising team regarding the advertising the event .

We advertised about our food festival through Government Buses , Autorickshaws , advertisements on Newspapers , Television Channels local to erode , Web ( whatsapp , facebook etc ) and Invite people door to door personally . In this manner 40000 invitations were distributed among the people. At the same time Our Guruji guided our volunteers to prepare around 200 varieties of food .

Our food does't have the following unwanted things like tamarind , Chilli , Masala , Mik , Curd , Butter milk , Dalda , Mushroom and artificial colouring and taste agents . Food Cooked in this manner can get spoiled so food need to cooked and served when its hot.

On the other hand the fund required for conducting the event came from correct people at correct time .Festival was inaugurated by our Gurumaargal by Lighting the Dheepam at around 5:30 pm .

Our Food Festival also had herbal exhibition which was a special surprise to our guests.

There were stalls setup to emphasize the importance and uses of the Millets .

An Food Awareness Exhibition area was also setup specially for the people to know about how much to eat , what to eat at various times etc .All the 4 days we served food from 7am in the morning until 10pm in the night . Around 150 Volunteers participated from various Gyanodhayam Centers participated in the event and played part perfectly .

Around 6500 people benefited by attending the food festival . They felt very happy to eat our, tasty and delicious food . For whoever attended our food festival we had distributed the “unnai uyarthum onbathu” which would create awareness about food among the people. Most of the public had expressed their interest in knowing how to cook such delicious healthy food .

We had given saplings free of cost to people who attended the event to show the importance of growing trees for getting proper rains.

Stalls for Ishetra , Gyanodhayam , Publication , Ispark , Tharam , Ootta were setup separately for the public

Our Gurumaargal did conselling and provided solutions for the people who had body and mind related issues .

The food festival concluded on the january 1<sup>st</sup> 2019 . it gave great satisfaction to those who volunteered in such blissful event.

## **2. Food Festival Event, Johor, Malaysia**

On the New Year 2019 celebration, the 3rd food festival of Gyanodhayam was held at the Sri Balamurugan Temple in JB Malaysia. Gyanodhayam members organized and served more than 20 types of food and healthy soups verities. For about 1000 plus people's were participated in the festival during the day and at night time. More than 50 Gyanodhayam volunteer's are joined together and participated in this food festival with a spirit of service. A month before the food festival, the Gyanodhayam group

was split into several groups and invite the public to visit different locations in JB and announced in the local Radio & arranged Banners for public awareness. The highlight on the food festival was posters about the body, food, exercise, relationship, soul, high penance, high senses, ethos, arts, rituals, temple interpretations of spiritual science. It has fascinated the public. They discussed it with us and got the answers. In addition, the Childers from Gyanodhayam yoga group performed yoga stage program to the public during the stage program many of the parents were inspired and requested to conduct such program year on year. As the important awareness to the public were presented the books and Tharam products for their healthy life living. Through this event of the food festival, we were able to realize how Guruji leads us and how we handle that situation in challenging times. All of our team members who served in the ceremony returned home with great satisfaction. Thank you to our volunteers and the temple administration for the excellent performance of the food festival.

### **3. Pongal Celebration at Siddhartha Oldage Home – Karur**

On 11/01/2019, with Gurujis' blessings our Gyanodhayam members got a chance to serve our elder people at Siddhartha oldage home in Karur. Our team members prepared Pongal and served them with love and care, with regards to Pongal Celebration.

### **4. Pongal Celebration at Kalaiselvi Karunalaya Oldage Home – Mugaper, Chennai**

On 15/01/2019, with Gurujis' blessings our Gyanodhayam members got a chance to serve our elder people at Kalaiselvi Karunalaya oldage home in Mugaper. Our team members prepared Pongal and served them with love and care, with regards to Pongal Celebration.

### **5. Awareness Service on Yoga, Selam**

On 21<sup>st</sup> Jan 2019, our Gyanasiddhargal issued Gyanodhayam Notice to the public at Suganeswar Temple. Importance of yoga was clearly stated to the public. Our sincere thanks to Guruji for giving us this opportunity to serve our society.

### **6. Government Hospital Cleaning Service - Thirupur**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Government Hospital in Avinasi on 26/01/2019 from 9Am till 5PM by our Thiruppur Gyanodhayam team. Our sincere thanks to Guruji for giving us this opportunity to serve our society

### **7. Kangaroo Karunai Illam Service – Trichy**

On 26/01/2019, with Gurujis' blessings our Gyanodhayam members got a chance to serve people at Kangaroo Karunai Illam, Srirangam. 10 members from Trichy Gyanodhayam centre participated in this event and they prepared Sundal with love and care and served them. Biscuits and daily utilities like Soap, Paste were also provided with love and care.

### **8. Pneuma Trust, Home for Boys - Madurai**

On 26/01/2019, with Gurujis' blessings our Gyanodhayam members got a chance to serve the boys at Pneuma Trust Home located at Ramakoundampatti, Palamedu.

## **February 2019**

### **1. HSSF Book Fair, Chennai**

Book Fair was organized at Gurunaanak College from 25/01/2019 till 04/02/2019. Navayugam Publication was also involved in the service and Most of the Gyan Siddhargal and Gyana Gur's participated in the service activities with out Guruji's blessings.

### **2. Vallalaar Madam Cleaning Service, Kadalur**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Vallalaar Madam on 10/02/2019 by our Kadalur Gyanodhayam team. Our sincere thanks to Guruji for giving us this opportunity to serve our society

### **3. Awareness Event, Sathyamangalam**

On 17<sup>th</sup> Feb 2019, our Sathyamangalam Gyanodhyam students prepared Energy drink and gave it to the public to create awareness about health. Gyanodhayam Notice was also circulated.

## **March 2019**

### **1. Health Fiesta, Singapore**

SINGAPORE Gyanodhyam team participated in a health ceremony hosted by the Singapore Jurong Green Community Club on March 10th. Medical Demonstration and Cooking Demo by Jurong Green Community Club Our team performed a spectacular performance of the audience. He also addressed awareness of the role of food in physical health. Moreover, everyone practiced with us and practiced with us, practicing with them. Following this, some people sought explanations for the Gyanodhyam class and the solution to their physical problems. More than 200 public figures attended. Gyanodhyam students, teachers and clergy participated in the event. Thank you for giving us a new experience and opportunity each time.

### **2. Awareness Speech, Madurai**

On 13<sup>th</sup> march 2019 on behalf Gyanodhayam center Madurai our members gave speech on methods to handle our body and mind in our day to day life to the workers of Sivajothi industries – at avaniyapuram Madurai . The workers were very much interested to listen to our speech .

### **3. Premapuri Ashram Service, Mugaper, Chennai**

On 20<sup>th</sup> Mar 2019, with Gurujis' blessings our Gyanodhayam members got a chance to serve the elderly people at Premaburi Ashram. With love and care, our team members involved in the service

### **4. Awareness towards Chicken Pox, Madurai**

With regards to Karmayoga naal, Chicken Pox Kashayam was prepared and given to around 800 people. Energy Drink was provided to around 600 people. 2000 Awareness Notice on Summer hot climatic condition was also circulated to public.

#### **5. Theerthagireeswarar Temple Cleaning Service, Arur**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Theerthagireeswarar Temple, Theerthamalai on 20/03/2019 by our Arur and Salem Gyanodhayam team. Gyanodhayam Notice was also issued to the public. Our sincere thanks to Guruji for giving us this opportunity to serve our society

#### **6. Karmayoga Naal, Erode**

With regards to Karmayoga naal, Energy Drink was provided at Erode from 9am to 2pm. 10 Gyanodhayam students volunteered in this event.

#### **7. Lucky Thaaai Oldage Home, Mugalivakam, Chennai**

On 20<sup>th</sup> Mar 2019, (Karmayoga Naal) with Gurujis' blessings our Gyanodhayam members got a chance to serve the elderly people at Lucky Thaaai Oldage Home. With love and care, our team members involved in the service.

#### **8. Awareness Notice on Summer Hot, Thiruppur**

With regards to Karmayoga naal, awareness notice on summer hot climatic condition was issued to public by Thiruppur Gyanodhayam team on 22<sup>nd</sup> March 2019. Around 5000 notice was issued to public to create awareness on what to eat, drink and how to handle the extreme hot condition. Most of the people responded well and clarified their doubts.

#### **9. Red Cross Home for Disabled – Singapore**

Our Gyanodhyam students, teachers were joined on this service. Mentally retarded and 50 plus physically challenged are in the home, before entering the service, the coordinator gave us a brief introductory speech as well described the patients in the cafeteria. He explained the rules we should follow and how to approach patients. At first, some of the patients who had been there for some time tried to answer it by their actions. But many have not even understood what we mean. The home staff were there to take care of them daily. Patients staying at the cafeteria when their meal arrives. They cooked the food according to the body. We too fed them their food to them. When the meal is over - stay with them for a while. We said goodbye. This service was a new experience for our students. They were working there were amazed at the daily service of the staff. Guruji offers us the opportunity to learn and understand the lesson not only within the class but also outside the class. Thank you for this opportunity.

#### **10. Yoga Demonstration**

On 23<sup>rd</sup> March, Annual Day was celebrated in Mugaper Government Higher Secondary School. Our Gyanodhayam members created awareness among students and teachers by demonstration yoga on stage.

**April 2019**

### **1. Azhi Ther' (chariot) festival, Tiruvarur, TamilNadu – 01April 2019**

The Azhi ther festival was held in 2019 at Thiruvarur. Our beloved Guruji instructed to provide an Energy Drink for 1500 plus peoples and more than 1000 Summer Awareness Manuals were distributed. Gnanodhaya books were also sold in two places. Lot more devotees expressed their desire to attend the Gnanodhaya class. In this event by 17 members from Thanjavur, Kumbakonam and Vishnupuram centers. Although it was only a short time to plan for the event, the miracle was well underway. Through this service, the people of the area were made aware of the Gnanodhaya Educational Trust. All those who attended the event were filled with heartfelt joy and gratitude to the Guru who provided the service.

Tree Festival - Erode 03. 04. On behalf of our Green India Movement, we are giving away trees to the public on behalf of our Green India Movement in connection with the festival of the Mariamman Temple at Erode in 2019. Among them were trees of guava, pomegranate, teak, paradise, commodity, avalanda, natural, bungan, almond, chena, flower, lemon, tandikai and \* mayflower. Our wise lovers participated in the service of providing trees to the people.

### **2. Plantation Function, Erode**

On 3rd April 2019 Festival was organised at Periya Mariamman Temple Erode . On behalf of the “Our Green India” movement saplings of variety of trees like Guava , Teak , Pungan , Badam , Senbagam , Poovarasu , lemon , Thaandrikkai were given to the devotees . Our Gyanodhayam Members volunteered in this event by helping to distribute the sapling

### **3. Uyyakondaan Shivan Temple Cleaning Service, Trichy**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Uyyakondaan Shivan Temple, Trichy on 7<sup>th</sup> Apr 2019 by our Trichy Gyanodhayam team.

### **4. Food Festival, Singapore**

Fourth Annual Lifesaving Food Festival - Singapore On April 14th (Tamil New Year)

On the Tamil New Year celebration, the 4th life-saving food festival of the New Age was held at the Sri Arasakesari Shiva Temple in Singapore. During the day and night, Gyanodhayam was organized and given more than 25 types of food and beverages, For about 1300 plus people's participated in the festival during the day and 1500 at night. More than 70 volunteer's are from joined together and participated in this food festival with a spirit of service. A week before the food festival, the Gyanodhayam members was split into several groups and invite the public to visit different locations in Singapore.

Similarly, on April 11, 12 and 13 to celebrate the festival, the members of the New Age group took responsibility for their work in different groups. There is no entertainment other than food at the festival! The event was held for the general public, enlightening, health-loving and joyful events. Thanks to the Guru who gave us that thought. We have been asked by posters about the body, food, exercise, relationship, soul, high penance, life, high senses, ethos, arts, rituals, customs and temple interpretations of spiritual science. It has fascinated the public. They discussed it with us and got the answers. The prizes were awarded to the

winners of the Children's Drawing & coloring Competition. There were stalls of Guruji's books, social welfare products of the Tharam and iSpark. People bought what they needed. Through the events of the food festival, we were able to realize how Guruji leads us and how we handle that situation in challenging times. All of our team members who served in the ceremony returned home with great satisfaction. Thank you to our service providers and the temple administration for the excellent performance of the food festival. And all of this is possible, thanks to the beloved Guruji who is guiding us from all of us.

## **May 2019**

### **1. Gyanodhyam Center Chennai ( Pallikaranai ) Immunization Tuberculosis prevention Service – 01 May 2019.**

Immunization Tuberculosis prevention awareness was presented to the public in the around area. More than 200 civilians benefited in the humanity services. Thanks to all the volunteers who participated in this service activity.

### **2 Khasayam distribution service, Gopi**

On 11<sup>th</sup> May, Chicken Pox Khasayam was prepared at Gopi and distributed near MGR statue and around Government hospital. Around 500 public got benefited in this event. Our Gyanodhayam members eagerly participated in the event and we thank everyone.

### **3 Kashayam distribution service - Madurai 11 May 2019.**

On behalf of the Madurai Gyanodhyam Center in 2019, the Immunization Kashyam ( Medicine ) Service was held in Villapuram and surrounding areas with the blessing of our beloved Jai Guruji. More than 1600 civilians have been received. Thank you all for participating in the service

### **4 Kasi Vishwanathar Temple Cleaning Service, Pattukottai**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Kasi Vishwanathar Temple, Pattukottai on 12<sup>th</sup> May 2019 by our Pattukottai Gyanodhayam team.

### **5 Effects of Usage of Plastics, Thiruvannamalai**

Our Thiruvannamalai Gyanodhyam team members involved in cleaning the plastics in Parvathamalai. Also they emphasized public about the ill effects of using plastics. Our sincere thanks to Guruji for giving us this opportunity to serve our society

### **6 Naamamangalam Mountain Cleaning Service, Trichy**

On 25<sup>th</sup> May 2019, With the blessing of almighty and Guruji, our Salem Gyanodhayam students and teachers participated in clearing the plastics at Naamamangalam Mountain, Salem.

## **June 2019**

### **1. Exercise and Mudras Kovan Hub, Singapore**

The Silver Chariot Procession will happen every year at Kovan Hub. This year it was organized on 15<sup>th</sup> June 2019. Our Singapore Gyanodhayam team members got a chance to teach the crowd with Simple Exercise and few Mudras. Our sincere thanks to Guruji for giving us this opportunity to serve our society

### **2. International Yoga Day for the 21<sup>st</sup> June 2019. Health awareness program:**

Awareness of Yoga for those who practice the morning exercise near Karur CSI Ground on International Yoga Day 2019. Training was also provided. Those who attended. For volunteers Manathakkali keerai (Black night shade ) soup and T-Shirt were served.

1) On the International Yoga Day, MMM College of Health Sciences College, Chennai, gave an awareness session on yoga and yoga training for students. More than 500 students were participated and benefited.

2) Chennai Mugaper - Yoga Awareness Address and Yoga Training was given to the students of Puliyamaru Government School, on International Yoga Day. The school pupils were participated and benefited.

3) Students of the 7 "Block Government School in Mugaper, Chennai, on the International Yoga Day, were given a yoga awareness and yoga training. Provide yoga awareness and yoga training to students. Students studying in school, whose participants benefited with it.

4) Students of the 2 "Block Government School in Mugaper, Chennai, on the International Yoga Day, were given a yoga awareness and yoga training. Provide yoga awareness and yoga training to students. Students studying in school, whose participants benefited with it.

Tanjor: On International Yoga day Tanjor have performed yoga poses, sun salutations and breathing exercises on behalf of the Thanjavur Sardesha Yoga Day. About 260 students, of Oratanadu Penniyoor Government Higher Secondary School. They also encouraged and showed students excited with our program.

Madurai Gyanodhyam pamphlets

Nanodayamundu Publishing Service - Madurai 23 June 2019 Pamphlets of Our Gyanodhyam were presented to the public at the World Siddhartha Conference held at Thamukkam Maidanam in Madurai on behalf of the Madurai Gnostic Center in 2019. Thanks to all those who participated in this service.

### **3. iShethra School Cleaning Service, Thiruppur**



With the blessing of almighty and Guruji, our Thiruppur Gyanodhayam students and teachers participated in the cleaning activity done at ishethra school on 23<sup>rd</sup> June 2019. 22 Gyanodhayam members participated in this cleaning activity. Our sincere thanks to Guruji for giving us this opportunity to serve our society

#### **4. Uyyakondaan Shivan Temple Cleaning Service, Trichy**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Uyyakondaan Shivan Temple, Trichy on 28/06/2019 by our Trichy Gyanodhayam team.

#### **5. Mariamman Temple Cleaning Service, Thanjavur**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Mariamman Temple, Thiruvaiyaru on 29 June 2019 by our Thanjavur Gyanodhayam team.

#### **6. Ramachandrar Jeeva Samathi Cleaning Service, Kumbakonam**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Ramachandrar Jeeva Samthi at Kumbakonam on 30 June 2019 by our Kumbakonam Gyanodhayam team.

#### **7. Food Awareness Service, Kovai**

On 30th June 2019, at Hindustan College, Sidhha Pudur Manavalakalai Society organized 5Limits Event. Our Gyanodhayam team from Kovai participated in that event and emphasized the importance of Nalan Food by preparing and serving our food. Stall was also organized with our Tharam Products, iSpark and Books

#### **8. Khasayam distribution service, Chitlapaakaam, Chennai**

On Jun 1<sup>st</sup>, 12<sup>th</sup> and 19<sup>th</sup> Chicken Pox Khasayam was prepared and distributed to Chitlapaakam area people. Our Gyanodhayam members eagerly participated in the event and we thank everyone.

#### **9. Khasayam distribution service, Thiruvannamalai**

On Jun 6<sup>th</sup>, Chicken Pox Khasayam was prepared at Thiruvannamalai and distributed Annamalayar temple. Our Gyanodhayam members eagerly participated in the event and we thank everyone.

**July 2019**

#### **1. Awareness Meeting - Gyanodhyam Center, Pollachi 19 July 2019.**

Motivation student G.S. Sudha, shared and trained the Students held awareness meeting for students of Pollachi Mariammal Girls' Higher Secondary School on behalf of the "Yuva Shakti" Women's Organization of Pollachi Nachimuthu Institutions Association – NIA.

Focused on personality development includes discipline and characteristics development was given. More than 2,000 students were though to throughout the school via the loudspeaker awareness given through. This service is present at a thank you to everyone.

## **2. Elderly Home Service - Karur**

20. 07. 2019 on the punnam Chathiram Siddhartha home for the elderly in the service was held. The Gyanodhyam Students were participated, performed the wonderful service, and gained heart full experiences.

## **3. Sukreeswarar Temple Cleaning Service, Thiruppur**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Sukreeswarar Temple, Thiruppur on 29 July 2019 by our Thiruppur Gyanodhayam team.

## **4. Awareness program along with Mudras teaching - Penang, Malaysia 20 July 2019,**

Children from 5 to 14 years of age will usually come to the Devaram class at the Arulmigu Annai Maha Mariamman Temple located in Nepang Debal, Penang, Malaysia. Along with that lesson on that day, of the New Age, respect to parents, truth, respect for all, thank you for all, patience and zeal for the achievement of our purpose. GA. Devaraj shared with the children. The special topics includes development of memory power. Peace of mind, seals taught. Finally our GA. Surendran was sung the Devaraparam with great devotion for the children. Visitors were warmly invited to the ceremony by giving leaflets for our food festival and Gyanodhyam class to be held in Penang. Our beloved participants then they all said goodbye and carried the wonderful memories.

## **5 Yoga Narasimma Perumal Temple Cleaning Service, Thanjavur**

With the blessing of almighty and Guruji, our Gyanodhayam students and teachers participated in a cleaning activity done at Yoga Narasimma Perumal Temple, Thiruvaiyaru on 27 July 2019 by our Thanjavur Gyanodhayam team.

## **6. Sri Charan Oldage Home Service, Trichy**

On 27 Jul 2019, with Gurujis' blessings our Gyanodhayam members got a chance to serve the elderly people at Sri Charan Oldage Home, Pudukottai. With love and care, our Trichy Gyanodhayam members involved in the service.

## **August 2019**

### **1. Kids Yoga ( Mugaper )**

Gyanodhyam team has shared the importance of Yoga and the practice session of demo was performed to the school pupils. All the students were enjoyed learning the awareness program.

Energy Drink distribution Service - Kobi 03 August 2019. On behalf of our Gyanodhyam Kobi Center, at Periyar Temple was continued to host the Energy Drink, Summer Awareness Guide, Gyanodhyam leaflets, Navayugam Publication Book Stall, Tharam and iSpark

products. A group of 16 people attended this event. Thanks to all the volunteers who participated in this service.

## **2. Plastic Damage Awareness Service - Thiruvannamalai – 14 August 2019.**

On behalf of the Thiruvannamalai - Gyanodhayam Center on 2019, the public was made aware of the effects and impacts of plastic debris in Thiruvannamalai, Adalamalai. The service was followed by a book stall service. Thanks to all who participated in this service

Kashayam Service - Pollachi 23<sup>rd</sup> & 24<sup>th</sup> August 2019 - The celebration of Krishna Jayanthi at Nandha Gopal Swamy Malaikovil - Pollachi, Our Gyanodhyam volunteers were served Over 700 people by distributing the ( Nilavembu Kshayam ). Thanks to all who participated in this service.

Bookstall & Energy Drink distribution Service – Sakthi ( Salem ) 23<sup>rd</sup> August 2019. On behalf of our Gyanodhyam Salem Center, at Sri Venugopal Temple was continued to host and distribute the Energy Drink for more than 500 peoples and Navayugam Publication Book Stall participated in the function. Thanks to all the volunteers who participated in this service.

## **3. Personality Development & Yoga awareness Programe – Thiruvarur. 23<sup>rd</sup> August 2019.**

Gyanodhyam team has shared the importance of Yoga and the personality development session of to the Public. During the session Gyanodhyam volunteers has guided to practice Pranayama, Sun Salutation and Yoga asanas. All the public & volunteers were enjoyed learning the awareness program.

## **4. NarPani - Ethiroli Wellness Carnivel Festival - SINGAPORE 25.08.2019**

More than 400 people attended the NarPani - Ethiroli Wellness Carnivel Festival held by the Anchorvale Community Club in 2019. The event which started at 8:00 am and Continued until 11:30 PM. In this event our Gyanodhyam volunteers by 16 members were participated. There were many tents for the public to be aware of. Awareness of healthy diet, description of proper lifestyle, eye examination center, cancer prevention precautions and more. . . On behalf of the Gyanodhyam stall " Nalan & Book stall"" was featured. The service provided a completely innovative experience. All our attendees were specially volunteered by our loved ones. According to our diet, the gooseberry rice, Red Rice porridge, coriander rice, basil rasam and Beetel soup were all prepared and served to the public. The public was very impressed with the taste and heard the recipe. There were multiple question was answered includes cooking procedures, preparation and verities without loosing healthiness.

They have heard many things like that. And our members have taught the public Exercise, San salutation and Mudras to the public, People also learned to be curious. Following this, everyone asked for explanations for our Gyanodhyam class. Some of them have found solutions to their physical problems. Importantly other city organization was requested and organize such program in their Community Club ( CC). Thanks to Guruji and thanks everyone who participated in the event and encouraged them.

## **5. Food festival for Healthy Lifestyle – Celebration at Penang, Malaysia**

Uyir Kakkum Unavu Thiruvizha - Food Festival took place on 10 and 11 Aug 2019 at Sri Selva Vinayagar Hindu Paripalana Devasthanam, Prai at Penang in Malaysia. There were a total of 29 volunteers to this festival. Although we had a lot of confusion at the start of this food festival, Guruji led us in the right direction by providing the right solutions.

We had originally intended to do the food festival for a single day, as we do in Singapore and Johar cities. We talked to the temple administrative heads' but they were not certain on the crowd expected. So Guruji instructed us to have two days to conduct the festival. It was a total shock for all of us, but at the same time motivated us because we still had no clues about the numbers.

Since it was a weekend, we volunteers from Singapore and Johor started our journey at 4AM on 9th itself. We have booked a bus for this journey. While this was a 700 km journey, as we traveled as a group, we were very excited. At 14.30 pm we reached Penang, where 4 of our Gyanodhayam students joined the trip along the way.

We split as a two groups and began to arrange the stalls and other items to get ready for the festival. Unexpectedly there was a heavy storm and it destroyed all the arrangements made. Our volunteers balanced the tents with the divine blessings of Guruji and made sure it was not a complete disaster.

This infact has given us a great learning to take on every mission with complete responsibility, dedication and commitment. Guruji gave us all the mental strength needed to tackle these challenges, crack the barriers and any obstacles on our way.

Yeah, we were able to overcome the unforeseen natural disaster, since our thoughts were the same as Guruji. We cooked the dishes as planned on the first day of the program Aug 10 and kept them for the public. As usual, we began the festival by lighting up Lamp (Kuthuvizhaku).

Gradually the crowd started to increase after lunch. Far less people have attended the food festival till then. All were pleased to taste our Nalan style food.

People bought our books in the book stalls, and they also bought Tharam, Ispark products. To our surprise, no one seems to be new, all those who took part in the festival moved like our long-lasting relatives. Nearly 900 participants took part in this festival where about 800 inquired about the way we cook our foods.

The most important thing is their inquiry about Gyanodhayam classes. Few helped our volunteers during the food distribution as well. And few shared their love for the food festival by giving us banana plantain stem, plantain fruit. The Gurus and teachers gave orientation speech to the public. Some of them had come forward to register their names for our Gyanodhayam classes as well.

Painting, drawing and essay writing competition for kids were held on both the days and Certificates were distributed to the winners. That gave our Penang Gyanodhayam students, a new experience and an opportunity to learn more about Gyanodhayam as well. The Temple

Administrative Heads appreciated and valued our code of discipline and moral behaviour. They also asked us to hold Gyanodhayam classes within the temple itself.

This was the first time that food festivals were held, with far fewer volunteers. Naturally numbers don't count. The biggest thing is how we work for the target and of course our Gyanodhayam members have proven that once again in this food festival.

With all the Almighty's blessings, we got the true dedication and commitment and with that we were able to do and complete all the work right from cooking, cutting vegetables, cleaning vessels, organizing and decorating stalls, selling our books, Tharam and iSpark Products from our dedicated stalls, orientation talk on Gyanodhayam classes and etc.

Much delighted to witness the joy and excitement from our volunteers. All returned home with the absolute fulfillment.

#### **6. Service for old aged – Kovai**

Gyanodhayam current batch students participated in a service activity at a Old Age Home "Oshanam" on 24.08.2019 at Kovai Saravanampatti. They dusted and cleaned all the rooms.

### **September 2019**

#### **1. Traditional games competition – Mugalivakkam**

On the day of Vinayagar chathurthi celebration 5.09.2019, traditional games were conducted at Porur junction. On behalf of Mugalivakkam centre 6 volunteers actively participated in this event.

#### **2. Kids yoga -Mogappair**

On behalf of our Mogappair Gyanodhayam centre yoga training was given to the students of Puliyamaram Government School and 2<sup>nd</sup> block Government High School on 6<sup>th</sup> of Sep 2019. Three volunteers actively participated in this service.

#### **3. Food awareness program -Mogappair**

A speech program on the topic of awareness of food was given to the students of VPU Ele School, Mogappair on 9<sup>th</sup> Sep 2019. Two volunteers on behalf of Mogappair centre actively participated in the service.

#### **4. Food Awareness Event - Singapore**

Sengkang CC's IAEC conducted Bazaar festival on Sep 28, 2019. Our representatives from Gyanodhayam participated and prepared our Nalan's style mint soup, Gooseberry rice, beetroot rice and gave it to taste for the public. Those who tasted and enjoyed our

food showed interested to learn how it was cooked. Few asked us about methods of cooking, how to dine, when to cook and what to prepare.

Additionally, a few basic exercises, surya namaskar, asanas, and mudras have been taught to the public. Few came onto the stage themselves enthusiastically and practiced on some simple asanas. They further enquired us about the Gyanodhayam classes and the book service we frequently do. They also sought solutions to their physical issues. The program started at 9 am in the morning and went until 8 pm in the evening. Eight members actively took part in this program.

#### **5. Awareness on natural food -Tanjore**

An awareness program on natural food was given to the NSS students of Pappanadu Govt. Girls Higher Secondary School, Tanjore on 28<sup>th</sup> Oct 2019. The students themselves had cooked energy drink, veg salad, red rice, carrot/beetroot juice, arukambul juice, and tasted it. The students were also trained with asanas. The girl students enjoyed and eagerly participated in the program. Thanks to the volunteers who actively participated in this service.

### **October 2019**

#### **1. Service to NULM Old aged home -Kadalur**

In due of celebrating “International Day for Older Persons” volunteers from Kadalur did service to the residents of NULM home on 01-10-2019. Our volunteers also participated in the celebration as well and made them happy. Thanks to all the volunteers who actively participated in the service.

#### **2. Temple farming service -Trichy**

Thanks to all the volunteers who actively participated in the temple farming service held at Tiruvanaikaval Sri Kalamman temple held on 2.10.2019.

#### **3. Temple farming service- Tanjore**

At Vallam Pillaiyar temple, Tanjore temple farming service was held on 2.10.2019. Our Gyanodhayam teachers and students actively took part and did the cleaning and washing of the 156 steps in the temple. Infact few children also volunteered this service. Thanks to all who actively contributed to this service.

#### **4. Dengue Khashayam distribution service-Mugalivakkam**

On behalf of Mugalivakkam centre, dengue Khashayam was distributed to the public at different spots of Porur- in front of a supermarket opposite to Ayush and Porur park signal on 2.10.2019. The coction was distributed to 2000 individuals. Thanks to the 29 volunteers who actively took part in this service.

**5. Dengue Khashayam distribution service-Chitlapakkam**

On behalf of Chitlapakkam centre, dengue coction was distributed to the public at Govt. playground & Thenupurishwarar temple, Madambakkam and Tambaram sanatorium railway station on 2.10.2019. The Khashayam was distributed to 1000 individuals. Ten volunteers actively took part in this service. Thanks to all who contributed this service.

**6. Dengue Khashayam distribution service- Mogappair**

On behalf of Mogappair centre, 28 volunteers, split among themselves into 4 different groups and took care of Khashayam preparation, Khashayam distribution, purchasing ingredients and collecting leaves for preparing coction. Dengue Khashayam was distributed to the public at Mangaleri park, Srinivasa Sandhana Perumal temple, South Mogappair Transport corporation, near DR supermarket, Mogappair 6<sup>th</sup> & 7<sup>th</sup> block on 2.10.2019. The coction was distributed to nearly 1600 individuals. Thanks to all who contributed this service.

**7. Dengue Khashayam distribution service- Pallikaranai**

On behalf of Pallikaranai centre, dengue Khashayam was distributed to the residents in and around Pallikaranai on 2.10.2019. Two thousand individuals benefitted from this service. Twenty volunteers actively took part in this service. Thanks to all who contributed this service.

**8. Dengue Khashayam distribution service-Thiruvannamalai**

On behalf of Thiruvannamalai centre, dengue Khashayam was distributed to the residents around Malavadi on 2.10.2019. The Khashayam was distributed to 500 individuals. Eight volunteers actively took part in this service. Thanks to all who contributed this service.

**9. Dengue Khashayam distribution service-Salem & Atthur**

On behalf of Salem & Atthur centres, dengue Khashayam was distributed to the residents in and around Perumal temple at Kurangusavadi, Salem on 5.10.2019. The Khashayam was distributed to 500 individuals. Apart from this, books were also kept for sales and Gyanodhayam leaflets were circulated to the public. Thanks to volunteers who actively contributed this service.

**10. Dengue Khashayam distribution service-Kadalur**

On behalf of Kadalur centre, dengue Khashayam was distributed to public at Devanadhaswami temple, Thiruvandhipuram on 5.10.2019. The Khashayam as a preventive measure was distributed to 2000 individuals by 9 volunteers. Thanks to the active participants who took part in this service.

#### **11. Dengue Khashayam distribution service-Thiruvannamalai**

On behalf of Thiruvannamalai centre, dengue Khashayam was distributed to the public and residents in and around at Thiruvannamalai bus stand on 7.10.2019. The Khashayam was distributed to 500 individuals. Thanks to the 6 volunteers actively took part in this service.

#### **12. Dengue Khashayam distribution service-Gopi & Sathiyamangalam**

On behalf of Gopi & Sathi centres, in due of Ayudha pooja and Saraswathi pooja, dengue Khashayam was distributed to public near the MGR statue, Gopichettipalayam on 08.10.2019. The coction was distributed to nearly 300 individuals. Books were kept for sales and Gyanodhayam leaflets were also circulated to the public. Thanks to the 16 volunteers who actively contributed this service.

#### **13. Dengue Khashayam distribution service-Kovai**

On behalf of Kovai centre, the dengue Khashayam was distributed to the public near the flower market on 08.10.2019 in due of Ayudha pooja and Saraswathi pooja. The Khashayam was given out to more than 400 people. Books were kept for sale, and leaflets from Gyanodhayam were distributed to the public too. Thanks to the 14 volunteers who actively took part in the service.

#### **14. Awareness speech -Trichy**

On the 11.10.2019, Gyanodhayam volunteers demonstrated basic exercises and taught discipline morale to the students of Government School located at Thillai Nagar, Trichy. More than hundreds of girl and boy students actively participated in this program. Thanks to the volunteers who actively took part in this program.

#### **15. Bakthi yoga day-Tamil Nadu & Singapore (don't upload)**

On 11.10.2019, at 6:30 pm, Bakthi Yoga Day was celebrated in centers across Tamil Nadu and Singapore in a grand manner.

#### **16. Kids yoga – Mogappair**

On behalf of Mogappair Gyanodhayam centre, yoga training was given to the students of Puliymaram Government School and 2<sup>nd</sup> block Government High School on 11.10.2019. Thanks to the 7 volunteers who actively took part in this service.

#### **17. Dengue Khashayam service -Pollachi**



On behalf of Pollachi Gyanodhayam centre, volunteers distributed Dengue Khashayam to more than 900 individuals who gathered for the Guru Pooja performed in SrilaSri Kodi Swamigal temple at Puravipalayam, Pollachi on 11.10.2019.

On the same day, Dengue Khashayam was distributed to the individuals gathered for the Diwali celebration and Amavasya in SrilaSri Azhukku Swamigal temple at Vettaikaranpudhur, Pollachi.

Books were also kept for sales in both the temples. Thanks to all the volunteers who actively took part in this program.

#### **18. Dengue Khashayam service -Pondicherry**

On behalf of Pondicherry Gyanodhayam centre, 9 volunteers actively distributed Dengue Khashayam as a preventive measure to the public who visited Thirukamishwarar temple, Villiayanoor on 12.10.2019. Thanks to all the volunteers who actively took part in this service.

#### **19. Awareness speech - Trichy**

An awareness speech on raising up early in the morning, right ways of taking bath was given. The importance of physical exercises have also been taught and demonstrated to the students of K.A.P Vishwanthan Primary school, Trichy on 18.10.2019. Thanks to the 7 volunteers who actively participated in this program.

#### **20. Dengue Khashayam distribution service-Madurai**

On behalf of Madurai centre, the dengue Khashayam was prepared and distributed to nearly 500 individuals on 19.10.2019. Thanks to the 14 volunteers who actively contributed this service.

#### **21. Drawing and Essay competition -Mogappair**

On behalf of our Mogappair Gyanodhayam centre, drawing and essay competition was conducted to the students of Puliymaram Government School and 2<sup>nd</sup> block Government High School on 19.10.2019. Prizes and certificates were awarded to the winners. Thanks to the 11 volunteers who actively took part in this program.

#### **22. Service at Old aged home -Trichy**

Trichy Gyanodhayam volunteers made special efforts and actively did their service to those residing at Saranalayam Home for old aged, Piratiyoor, Trichy on 21.10.2019. Our Nalan's style breakfast has been served to the residents of this Home. They are pleased by the service and expressed their happiness. Thanks to the 8 volunteers who have actively participated in this service.

#### **23. Dengue Khashayam distribution service-Bhavani**

On behalf of Bhavani centre, dengue Khashayam was prepared and distributed to nearly 160 individuals at Sangameshwarar temple at Kuduthurai in Bhavani on 26.10.2019. Thanks to the volunteers who actively contributed to this service.

### **November 2019**

#### **2. Awareness speech on healthy food habits - Karur**

On the eve of children's day, (15.11.19) a detailed awareness speech on healthy food habits was delivered to 200 students studying in Puliur chettinad vidya mandir school. Both teachers from Karur - Gyanodhayam center explained the students on the importance of healthy food practices by quoting Gurujis thoughts and advices.

#### **3. Service at Old age Home - Thanjavur**

A team of 7 members participated in service activity at Kaduveli home on 16.11.2019 to offer their best possible service to those needy peoples with a positive and happy mind.

#### **4. Service at Bharatha Annai Home - Kovai**

A team attended service at the home for mentally retarded and old aged people located in Veera Keralam at Coimbatore on 16.11.2019 to offer their best possible services to those needy people and gained lot of best experiences.

#### **5. Temple restoration service- Kumbakonam**

Temple restoration service was conducted in virali malai siddhar jeeva samadhi on 17.11.2019. A total of 20 members including 9 Gyanodhayam team members and public participated in this service. Book stall was also arranged for public.

#### **6. Service at government school in Madurai**

A team of 7 members participated in the premises cleaning service at a Special School for physically challenged located in Villupuram, Madurai.

#### **7. Leaflet distribution - Vishnupuram**

Leaflets regarding our Gyanodhayam classes were distributed in Vishnupuram Andalpandhi area on 17.11.2019

### **8. Dengue kashayam Distribution- Gobichettipalayam**

Dengue prevention kashayam (herbal drink) was distributed to approximately 500 people in Gobi on 23.11.2019. 100 Seed of various trees like Neem, Vaaghai, Poovarasan, Punghai, pupil(arasa) and sarakondrai were also distributed to nurture the nature. Leaflets with details regarding yoga classes, Tharam products and communicable disease prevention methods were distributed by a dedicated team of 13 members. Thanks to the almighty for giving this opportunity to serve others.

### **9. Dengue Kashayam distribution service- Mogappair, Chennai**

Dengue prevention kashayam (herbal drink) was distributed to approximately 2000 people on 24.11.2019 in Mangaleri park, Ambedkar ground, Padikuppam, Srinivasa santhana perumal temple, west Mogappair bus depot, bus stop opposite to collector office, golden flats, Mogappair 6 th and 7 th block, corporation school area. A team of 23 persons participated in this service and 100 liters of kashayam was distributed to nearly 2000 people.

### **10. Leaflet distribution - Kovai**

Leaflets regarding our Gyanodhayam classes were distributed in Kottai easwaran temple on 24.11.2019 in relation to the event of Pradosha pooja. Students and teachers of Gyanodhayam participated in this event and gained immense experience.

### **11. Dengue prevention Kashayam distribution service- Bhavani, Erode**

With the grace of Guruji, Dengue prevention kashayam (herbal drink) was successfully distributed to approximately 560 people on 26.11.2019 in koodudurai area along with our publications Book stall.

### **29. Kids yoga Mogappair, Chennai**

Students of 2nd block government school and Puliyamarathu govt higher secondary school were trained on yoga and exercises by Gyanodhayam teachers team on 29.11.2019. Students learned the exercises with lot of enthusiasm.

## **December 2019**

### **1. Dengue Kashayam distribution service and Book Stall- Erode**

Dengue kashayam was distributed for free to nearly 500 people on the event of Thaer Thiruvizha at Nanjai Uthukkuli, Erode district. Nearly 15 members from our Gyanodhayam family participated in this service.

**2. Awareness speech -Trichy**

Weekly yoga programs was initiated on 6<sup>th</sup> Dec 2019 and scheduled for every week Friday, for students residing at Thillai Nagar, KOP school, Trichy. Our volunteers demonstrated and taught exercises, disciplined lifestyle management and healthy food habits in simple methods. Students in the school actively participated in this service.

**3. Children Home Service- Madurai**

Nearly 7 volunteers from our Gyanodhayam family actively participated and did service at Children home in Kadachanendhal, Madurai on 7<sup>th</sup> of Dec 2019.

**4. Old age service - Madurai**

On behalf of our Madurai Gyanodhayam family, a team of 11 volunteers participated in the service activity at Dharma old age home at 3<sup>rd</sup> North High Street, Pudukkottai.

**5. Temple farming Service -Salem and Aatthur**

On 7<sup>th</sup> Dec 2019, a team of 20 volunteers actively did service at temple and collected plastic wastes at Shri Koppu Konda Perumal Temple, Chinnama Samuthiram which is located next to Aatthur Betthanayakkanpalayam. Thanks to all the volunteers who made this service successful.

**6. Dengue kashayam distribution service-Mugalivakkam**

On behalf of Mugalivakkam Gyanodhayam Center, a team comprising of 13 members actively distributed dengue kashayam to the public in various spots of Mugalivakkam- Porur Park, Madhanandapuram Opposite to Ayush Supermarket and Mugalivakkam bus stop. The kashayam was given to nearly 3000 members. Thanks to the team who made this service a notable one.

**7. Dengue Kashayam and Energy drink distribution service, book stall -Erode**

On the event of Arulmighu Mariyaamman temple festival held on 12<sup>th</sup> of Dec 2019, a team of 12 members actively participated in the service. Dengue kashayam was distributed free to around 500 people in public. Energy drink was given to 400 members apart from book stall. Thanks to the team members who made this service successful.

**8. Dengue kashayam and nutrition drink distribution service -Pollachi**

SrilaSri Azhukku Sitthar's 100<sup>th</sup> Guru Pooja Celebration was organized for 3 days at Pollachi. On the event of this celebration our Gyanodhayam volunteers actively participated and did different services. Book stall was arranged on 11<sup>th</sup> of Dec 2019. Dengue kashayam was distributed for nearly 2700 members (13<sup>th</sup> Dec 2019) and nutrition drink for nearly 800 members (12 & 13<sup>th</sup> Dec 2019) was

distributed on various days. In continuation to these, Gyanodhayam leaflets were also circulated to the public. Thanks to the team who made it special and successful.

#### **9. Gyanodhayam Convocation Tamil Nadu**

Convocation was held on 21<sup>st</sup> Saturday & 22<sup>nd</sup> Dec 2019 Sunday at Parvathamalai. With the absolute blessings and lead of IraiGuru, the spiritual mountaineering went wonderful. After trekking, students gave their written examination followed by sharing their feedback and experiences during trekking. Teachers also shared their experiences and pleasant moments with the students with full enthusiasm. At the end of the convocation, Guru Mohan Ji and Guru Kanagaraj ma also spoke about Iraiguru and clarified student's doubts and made the event a memorable and remarkable one. "Gyana Siddhar" certificates were delivered to all the students who participated in the convocation. Nalan's food was served to everyone, who participated in the convocation.

Students eagerly shopped our Gyanodhayam products starting right from books, dresses, Tharam, iSpark, Ootta products etc. A total number of 112 students participated and successfully received their certificates during the convocation.

With the divine blessings of Irai Guru, 47<sup>th</sup> convocation got successfully completed. All the students who participated, happily returned home with the utmost satisfaction and with the thoughts of Irai Guru after their learning of turning life into reality.

#### **10. Temple farming service- Chitlapakkam**

On behalf of Gyanodhayam temple farming service was done on two different days at Sri Vengadamudaiyan temple, Chitlapakkam. One on 22<sup>nd</sup> Dec 2019 with a team of 13 members and the other on 29<sup>th</sup> of Dec 2019 with 9 members. Thanks to the team who made this service successful.

#### **11. Gyanodhayam leaflet distribution -Madurai**

A team of 6 members actively participated and circulated Gyanodhayam leaflets to the public at various places in Madurai KK Nagar, Sundaram and TVS park on 22<sup>nd</sup> Dec 2019. Thanks to the team who made this service successful.

#### **12. Temple farming service -Pudukkottai**

A team of 6 volunteers successfully organized and did temple farming service at Pudukkottai Sri Marimuthu Swamigal Jeeva Samadhi on 29<sup>th</sup> Dec 2019. Thanks to the volunteers who actively participated in this service.