

## **January 2018**

### **1. Uyir Kaakkum Unavu Thiruvizha – January 01 2018**

On January 01, 2018, Uyir Kaakkum Unavuthiruvizha was held at the Sri Balasubramanian Temple in Johor Bahru , Malaysia, for the 2nd consecutive year.

65 members from Gyanodhayam Singapore and Malaysia volunteered in this service event and served happily .

We served 14 different varieties of food to around 525 people in the morning and 16 different varieties of food to 575 people for the dinner . The day before the event around 30 volunteers worked in different groups setting up the , cleaning of utensils , cleaning of dining and cooking areas , Deocration , purchasing products for cooking , preparation work for cooking , Practising for Asanas Demo and Distribution of leaflets to public .We also setup stalls that display & explain the medicinal benefits of the herbs , millets , nuts , Fruits and Vegetables.

Every food festival is a learning experience for our member. With the experience our members gained from the previous food festival they worked smartly and ensured that every task was completed perfectly , orderly and most importantly much before the time visitors would come to the event .

We had our stalls setup for Gyanodhayam , Tharam , Ispark & Ishetra separately with respective Banners tied in the stalls . Our Tharam and Ispark stalls had the necessary products and leaflets were kept explaining the benefits of our products . Our Gyanodhayam members gave the explanations for whatever questions visitor asked about the products. Our members in Bookstall service gave explanations about the books written by Guruji in simple and understandable manner .

Our Gyanodhayam Teachers prepared our kids yoga team and kids yoga performance was done before the public. Certificates were awarded for the kids who practised under our Gyanodhayam Team and participated in the Demo. Apart from that 10 people comprising of Gyanodhayam Student and Teachers showed Asanas Demos and Speech and Benefits about the Asanas was give. Many people who attended the event were very much interested and got clarifications about our gyanodhayam class .

People who came for the food festival tasted our delicious and healthy food and most of them ensure they attended both times along with family and friends . The food festival event went until 10:00pm in the night . Our members taken the responsibility of cleaning all the utensils , cooking and dining areas once the event concluded. On that day everyone's thought was same i.e to serve the people and let good features of the Food Festival reach the people . Thanks to our Beloved Guruji for providing such opportunity to serve the people .

### **2. Catering Service - Thanjavur :**

On 08/01/2018 Annadanam was done as part of the Guru Poojai at murugan ashram , Melaveethi , Thanjavur . Our Gyanodhayam Students and Teachers Participated in the

event served food to devotees who attended the poojai . The Admin staffs at the Murugan Ashram were pleased with our service and appreciated our service.

### **3. Pongal Festival At Karunalaya Orphanage Home - Chennai Mugappair**

On 14.01.2018 at around 7am 15 of our Gyanodhayam Members from Chennai Mugappair Center celebrated Pongal Festival with children and elders at the Karunalaya Orphanage Home at Chennai Mugappair . Thanks to Guruji for giving such a opportunity .

### **4. Pongal Festival Celebration – Pondichery**

On 15.01.2018 at around 9:30am 11 of our Gyanodhayam Members from Pondichery Center celebrated Mattupongal Festival with the inmates at Shantham Special School for Mentally Disabled People at Kadaloor . Our gyanodhayam members felt very happy when the inmates at home celebrated the festival happily with them .

### **5. Hindu Spiritual Exhibition – Velachery , Chennai**

**9<sup>th</sup> Hindu Spiritual Exhibition was held at Gurunanak College from 23.01.2018 until 29.01.2018 .** More than 400 Spiritual Organisation Participated in the event . All the 7 days the exhibition starts at 7am and ends at 9pm . Our Gyanodhayam Educational Trust participated in this exhibition for 9<sup>th</sup> consecutive time . More than 20 of our volunteers participated in the event and shared their knowledge about the activities and functionalities of our Gyanodhyam Educational Trust & Ishetra School to the visitors who visited our stalls . Apart from that we had our stalls for Tharam , Ootta and Ispark which had all respective products for Display and Sales. There were leaflets about the products which detail the benefits and usage about the products . Many of the visitors who came to our stall purchased out Books and other products kept in the respective stalls . Our Gyanodhayam member shared their knowledge and gave proper explanations about our Books and products as per the requirement of visitors who came to our stalls . May people who came to stalls got information about our gyanodhayam class and show interest in joining the class.

## **February 2018**

### **1. Motivation Event for Students :**

On Feruary 3<sup>rd</sup> a group of 10 members of our Chennai Gyanodhayam Center organized and conducted a a Session to Motivate the Children From 1<sup>st</sup> Std to 5<sup>th</sup> Std **at SS Ragavendra Primary School At Triplicane** . Around 124 Students participated in the event . The program included Drawing and colouring competitions. Participation certificate along with things such as pencil , colour pencil , Rubber , Sharpers biscuits and Drinks were given to all the children who participated in the event . Students participated in 2 groups 1<sup>st</sup> to 3<sup>rd</sup> std students in one group and 4<sup>th</sup> to 5<sup>th</sup> std in the second . prizes were given to the student who performed well . Thanks to guruji for giving such opportunity .

## **2. Coronation Event At Ragavendra Temple – Thanjavur**

On 17<sup>th</sup> Feb 2018 ( Saturday ) Coronation Function at Sri Ragavendrar Temple at kalimedu was conducted. Annadhanam was organized as part of the event . 5 of our Gyanodhayam members participated in this service . The service was very satisfying for our members who did the service . Thanks to guruji for giving such opportunity .

## **3. Speech on Awareness about Food – Chennai**

On 18.02.2018 Department of Writing Material and Printing organized a meeting for their retired people . Guru Karthikji delivered a Speech on **Importance of Yogam and Food** . 50 people participated in the event and benefited.

## **4. Cleaning and Maintenance Work – Vishnupuram**

On 25.02.2018 ( Sunday ) with Guruji's blessing we got a opportunity to do cleaning and maintenance service at George Higher Secondary School . The Staff of the School were very satisfied with the Service Our Members had done . Thanks to everyone who participated in this service .

## **March 2018**

### **1. Cleaning and Maintenance Server – Chennai**

On March 10<sup>th</sup> 2018 ( Saturday ) a team of 25 volunteers from Chennai Gyanodhayam participated in the cleaning and Maintenance Work at Dhaathathreeswarar Temple Sithukaathu – Thiruvallur District . Our Gyanodhayam members cleaned the temple premises and the garden area in the temple . Our Members started the service at 6am and completed the service at 6pm by chanting gurumanthiram for 108 times . The Temple Administrator expressed their thankfulness , happiness and were completely satisfied with our service.

### **2. World Water Day – Erode**

As March 22<sup>nd</sup> 2018 ( Thursday ) was **World Water Day** on behalf of our Gyandhayam Educational Trust, our members distributed the “**Neer Valam Uyara Nin Valam Uyarum**” Leaflets to create awareness among people on the importance of saving water . The leaflets carried information on how water is getting polluted , Methods to Save Water and Increase Water Level . Thanks to Guruji for providing such an opportunity for our members.

### **3. Oldage Home Service – Kumbakonam**

On 30<sup>th</sup> March 2018 on the **Karmayoga Day** our Gyanodhayam members organized and did service work at a Oldage Home At Kumbakonam

### **4. Cleaning and Maintenance Server – Vishupuram**

On 30<sup>th</sup> March 2018 on the **Karmayoga Day** our Gyanodhayam members worked as Team and did Cleaning and maintenance work at Sri Vajreeswarar Temple from morning 6:30am to 10:00 am. Thanks to Guruji for providing such an opportunity for our members.

## **5. Food Awareness Program – Rasipuram**

On 30<sup>th</sup> march 2018 Food Awareness program was organized and conducted by our Gyanodhayam Members at Rasipuram . In this event our members cooked our nalan food and serviced to the hostel students at Sri Swami Matric Higher Secondary School .

## **6. Karmayoga Day : march 31<sup>st</sup> – Saturday Service at Mercy Home – Trichy**

On March 31<sup>st</sup> Saturday on behalf of **Trichy Gyandohayam Center** our members prepared Snacks for evening to the oldage people at **Sri Saran Oldage Home – Srirangam** on served them the same . The inmates had enjoyed eating the snacks prepared by our members . In night our gyanodhayam members prepared and service dinner to the oldage people at **the Sri Kangaroo Mercy home – Srirangam** . The inmates at the home felt very happy by taking our food for dinner .

## **7. Cleaning and Maintenance Server – Salem**

On 31<sup>st</sup> March 2018 Saturday on the **Karmayoga Day** our Gyanodhayam members worked as Team and did Cleaning and maintenance work at Sri Akilandeswari – Eswaramoortheeswarar Temple at V.Mettrur near Vazhappaadi . The temple is a very tradinational one build around 2<sup>nd</sup> Century B.C. Thanks to Guruji for providing such an opportunity for our members.

## **8. Summer Awareness – Tirupur , Karur , Madurai & Tirunelveli**

On 31<sup>st</sup> March 2018 Saturday on the **Karmayoga Day** our Gyanodhayam members at Tirupur worked as Team and distributed “**Summer Season Awareness**” leaflets to the people from morning 9am until 6pm . The leaflets contained detailed information about the Summer Season . During this time what are the changes that happen in our body and general tips on how to protect ourselves during summer season. It also contained information about Food to eat , Clothes to wear and sleep that need to be followed during summer season . Our Members distributed around 10000 copies and at karur , Madurai and Tirunelveli around 5000 copies were distributed .

## **9. Summer Awareness – Gobichettypaalam**

On 31<sup>st</sup> March 2018 Saturday on the **Karmayoga Day** our Gyanodhayam members at Gobi distributed our **Energy Drink** and also distributed “**Summer Season Awareness**” leaflets to the people . Our drink unleashed the thirst of the people and created awareness about its benefits among them.

## **10. Cleaning and Maintenance Server – Erode**

On 31<sup>st</sup> March 2018 Saturday on the **Karmayoga Day** our Gyanodhayam members cleaned up removed the plastics wastes in the neighbourhood of our Gyanodhayam Center and our Nalan Restaurant at Erode .

## **11. Oldage Home Service - Chennai**

On 31<sup>st</sup> March 2018 Saturday on the **Karmayoga Day** 75 members from our Gyanodhayam Centers at Chennai participated in the service and refreshment activities at various oldage **Aathmalayam Home at Velachery , Idhayavaasal Oldage Home at Pallikaranai , Padmavathy oldage home at Maangaadu at Brindhavan oldage home at**

**Madhuravoyal .** Our Gyanodhayam members mingled with the inmates of the home and entertained them by having healthy discussions , conducting games , teaching them simple exercises and cleaned up their living areas . The service started from 9am until 5pm at the various homes. The inmates and the sitting staffs at home felt very happy and expressed their gratitude to our Gyanodhayam Volunteers. Thanks to Guruji for providing such an opportunity for our members.

## **12. Service At Willing Hearts - Singapore**

On 31<sup>st</sup> March 2018 Saturday on the **Karmayoga Day** 13 members from our Gyanodhayam Center at Singapore worked as team and participated in the service activity at Willing Hearts Singapore . The Willing Hearts is a Service oriented Organisation prepare and distribute food free of cost to under privileged and oldaged people in the locality . The organization does this service for 4500 people on a daily basis . Our Gyanodhayam Members offered support to the Willing Hearts by cutting the vegetables required for cooking the food , packing food and loading the food packets in vehicles for disribution . **The service activity started at 8:30am and concluded around 12:00 noon . it was different experience for our gyandohayam singapore team to work with such service oriented organization .**

## **April 2018**

### **1. Cleaning and Maintenance Service –pattukottai**

On 3rd April 2018 Cleaning and Maintenance works were done at Sri Kaliamman Kovil at Poonthottam

### **2. Cleaning and Maintenance Service – thanjavur & pattukottai**

On 7th April 2018 Gyanodhayam members from both Pattukottai and thanjavur center did cleaning and Maintenance works were done at Paruthiyappar Temple .

### **3. Cleaning and Maintenance Service – kumbakonam**

On 13th April 2018 Our gyanodhayam members involved themselves in the cleaning and maintenance work at Thirupurambiyam Sithar Samadhi. Thanks to guruji for providing such opportunities .

### **4. 3<sup>rd</sup> Year Food Festival Celebration – Singapore**

On April 14<sup>th</sup> , 2018, 3<sup>rd</sup> year Uyir Kaakkum Unavuthiruvizha was held at the Sri Arasakesari Sivan Temple at Singapore..

85 members from Gyanodhayam Singapore and Malaysia volunteered in this service event and served happily . Organizing team planned for this event 3 weeks before the event day . The Day before the event day our members split in to groups and started working and executing the tasks assigned to them . Since planning was done well in advance each team discussed internally among them on how they are going to execute the tasks without any confusion and any stress.

We served 13 different varieties of food to around 600 people for lunch and 14 different varieties of food to 1450 people for the.

Our Gyanodhayam Teachers prepared our kids yoga team and kids yoga performance was done before the public. Apart from that 10 people comprising of Gyanodhayam Student and Teachers showed Asanas Demos and Speech and Benefits about the Asanas was give.

Our **“Unnai Uyarthum Onbathu – Leaflet ( 9 Jewels )”** was distributed to the people who attended the food festival event . We had our stalls setup for Gyanodhayam , Tharam , Ispark & Ishetra separately with respective Banners tied in the stalls . Our Tharam and Ispark stalls had the necessary products and leaflets were kept explaining the benefits of our products . Our Gyanodhayam members gave the explanations for whatever questions visitor asked about the products. Our members in Bookstall service gave explanations about the books written by Guruji in simple and understandable manner . Apart from this our Gyanodhayam teachers provided counselling to people who had different problems related to mind and body.

In previous year’s food festival the we were unable to follow the suggestions given by guruji . We had to face a lot of challenges and issues while conducting the event . The experience we got from previous year’s event was very useful for us in the current event . All our member’s thought was just to implement what guruji had suggested us .

It gave all our members a great satisfaction and happiness when they followed the suggestions given by guruji . Its obvious that we would face challenging and difficult situations while conducting such events but it would be good if the challenges and difficulties we face are unique and different each time . This gives us pleasure as we get knowledge due to this experience . Our members realized that when our beloved guruji is with us anything and everything is achievable . jaiohm!

#### **5. Cleaning and Maintenance Service – Chennai**

On 14th April 2018 ( Saturday ) a team of 35 members from gyanodhayam Chennai involved themselves in the cleaning and maintenance work at Arulmigu Asthipureeswarar Temple , Aanoor Village , Chengalpet. The unwanted grass and plants inside the temple premises were removed as part of this cleaning activity which started from 6am in the morning and concluded at 6pm in the evening . . Thanks to guruji for providing such opportunity.

#### **6. Oldage Home Service – Madurai**

On 21<sup>st</sup> April 2018 our gyanodhayam members from Madurai center interacted and helped the needy inmates at **Kadachananendhal home for mentally challenged .**

### **May 2018**

#### **1. Kashayam Distribution to Prevent Chickenpox/Smallpox – Chennai Pallikaranai , Mugappair and Mugalivakkam**

On 1<sup>st</sup> & 12<sup>th</sup> May 2018 as adviced by guruji kashayam to prevent Chickenpox / Smallpox was prepared and distributed to public at various places in and around pallikaranai , mugappair and mugalivakkam . A team of 60 members from Chennai Gyanodhayam split themselves in group and distributed kashayam from morning 6am until 5:30pm in the evening .

## **2. Kashayam Distribution to Prevent Chickenpox/Smallpox – Dindukkal**

On 1st may 2018 with blessings of guruji Herbal Kashayam distribution service was well organized and conducted at dindukkal . People drank the kashayam eagerly . They also enquired about our Gyanodhayam Class . Thanks to everyone who participated in the service and thanks to guruji for giving us such opportunities .

## **3. Cleaning and Maintenance Work - Thanjavur**

As part of Pradhosham our gyanodhayam members got an opportunity to clean the statues of deities in the temple . 7 members from gyanodhayam participated in the event cleaned the statues from morning 10am to 1pm . As the incharges at temple insisted that we should have lunch at temple our members had expressed that they are practicing Pure Vegetarian kind of food . Obliging our member's concern the temple staff cooked food without tamarind and chilli and served the same to all the devotees. Around 50 statues were cleaned and the temple staff were very happy with us as we did similar activity on the day of vaikunda ekadesi . Our members realized that if we have Jai Guruji in our thought all the time then we can go inside the "Karbhagraham" of the temple.

## **4. Cleaning and Maintenance Work - Thanjavur**

Cleaning and maintenance work was carried out at Thiruchottruthurai Othalaneswarar Sri Annapurani Oppilaamai Temple . Service started at 7am in the morning and ended by 10am in the morning . 8 Of Gyanasithars and 2 of Our Gyanodhayam Teachers participated in the event and removed the unwanted plants in the garden in the temple premises . They also watered the plants . Apartfrom that they puped out the dirty water from temple using motor pumps.

## **5. Summer Awareness Camp – Thanjavur**

On the Labour Day guruji gave us an opportunity to take part in a this service along with all like minded people . Under the guidance of Guru Selvamohan ji our Gyanasithars , 9 of our Gyanodhayam Teachers served the people at the Summer Awareness camp - Pudhukottai . Our gyanodhayam members distributed Kashayam to Prevent Chicken Pox/Small Pox disease and also distributed our energy drink to the people who attended the camp. The service started at 7am in the morning and ended by 5 pm in the evening .

**June 2018**

## **1. International Yoga Day – karur**



21<sup>st</sup> June 2018 was International Yoga day . On behalf of our Karur Gyanodhayam Center our Gyanodhayam members Participated in event at Panchayat Union Middle School - Gandhi Gramam Karur . Around 250 students participated in this event . Our Gyanodhayam Teachers gave tips on Good habits and Safety measures to Protect Our Body . Our Teachers also taught Simple exercise to students and served them our energy Drink . The Teachers of the School show great enthusiasm in participating the event . On behalf of our Gyanodhayam Center our member gave the saplings to the School .

## **2. International Yoga Day – Madurai**

21<sup>st</sup> June 2018 was International Yoga day . On behalf of our Madurai Gyanodhayam Center our Gyanodhayam students and teachers participated in event at **“Kottambatti Union Girls Higher Secondary School”** . As part of the event our Gyanodhayam Teachers Conducted a **Session and explained with steps to do and benefits of the Simple Exercise , Sun Salutation and Asanas** to the students at school . The Teachers and students of the School showed great interest in doing the exercise , Sun Salutation and Yogasanas .

## **3. International Yoga Day – Gobichettipalayam**

21<sup>st</sup> June 2018 was International Yoga day . On behalf of our Gobi Gyanodhayam Center our Gyanodhayam Members Conducted and participated in Yoga Session at **“Government Post Office”**. With the blessings of our beloved guruji our Gyanodhayam Teachers Conducted a Session to employees at the Post Office with appropriate explanations about steps to do and benefits of the our **Simple Exercise** and also created **awareness about healthy food habits** .

## **4. International Yoga Day – Chennai Mugappair**

On 21<sup>st</sup> June 2018 and 26<sup>th</sup> June 2018 International Yoga day was celebrated at **“Mugappair West Government Primary School”** . On behalf of our Chennai Mugappair Gyanodhayam Center our Gyanodhayam students and teachers participated in event. To start with Our Teachers Taught the students Importance of following **cleanliness and good habits** . Our Gyanodhayam Teacher taught the students our simple exercise and breath watching techniques . The School Students were very much interested in doing the practices taught to them. That Days Session Ended with by telling Stories about Good Ethics to Students of the school . Thanks to Guruji for giving our members such opportunity.

## **5. International Yoga Day – Erode**

21<sup>st</sup> June 2018 was International Yoga day . On behalf of our Erode Gyanodhayam Center our Gyanodhayam Teachers Conducted and participated in Yoga Awareness Event at **“Government Head Post Office – Erode ”**. The Event was split in to 3 sessions .

**First Session** was conducted from 7am until 8:15 am in which 25 employees benefited by participating in the session .



**Second Session** was conducted at 10am in which around 28 employees benefited by participating in the session .

**Third Session** was conducted in the evening in which around 5 people benefited by participating in the session .

Our Gyanodhayam Teachers gave useful tips that one need to follow on daily basis to protect our body from disease , illness and tiredness . The session also had the explanations about the pranayaman techniques , Meditation and healthy food habits .

As part of International Yoga Day Similar Sessions were conducted by our Gyanodhayam members at **“Powerloom Service Center – Erode Office of Textile Commissioner , Ministry of Textiles , Governement of India”** & **“ Bhavani Post Office “** Around 18 members & 20 members respectively benefited by participating in these sessions .

#### **6. International Yoga Day – Mugalivakkam**

As part of international yoga day celebration on 23<sup>rd</sup> June 2018 an Awareness program was conducted at our Gyanodhayam Center to the Gyanasithars , their family members and friends who were Spiritual seekers and interested in maintaining good health . The Program started at 6pm and ended by 8pm . Some of the interesting happenings in the event were **“Speech on Awareness about Yoga”** , **“Session On Simple Exercise”** , Simple Techniques to follow overcome **mental stress and attain peaceful mind** . Around 30 people benefited by participating in the event . Thanks to Guruji for giving our members such opportunity.

#### **7. Seminar on Food – Tirupur**

**CIBAGA building engineers association** conducted an opening ceremony of the **“Toilet and Restroom” Built at he premises of Government High School at Paneermadai – Kovai** . As part of this event seminar on **“Awareness about Food”** was organised . On Behalf of Tirupur Gyanodhayam Center our members participated in the seminar and gave speech which was focussed on creating **“Awareness about Food”**. Around **600 students** benefited by participating in the event . Similar event was organied by Cibaga as part of the opening ceremony of **“Toilet and Restroom” Built at the premises of “Government High School Kundadam Dharapuram”** . Around **500 students** benefited by participating in this event.

### **July - 2018**

#### **1. Service at School - Madurai**

Greetings to all, The service was held on Saturday, 07-JULY-2018 at the Arabic Alternatives School in Vilapuram, Madurai. Congratulations and thanks to all who participated in the service!

## **2. Temple Cleaning Service - Thanjavur**

The plowing work was held On 21<sup>st</sup> and 28<sup>nd</sup> July 2018 (Saturday & Sunday) at Chakkarathazhvar Thirukkivil in Thanjavur. The event was attended by five Gynodhaya Members for the first day and follow by three members in the next day. Its one of the satisfied event. Thank you to Guruji for the opportunity.

## **3. Service in Elderly Home - Trichy**

The service was held at the Sai Saran Old Age Home in Trichy on Friday, 28-July-2018 by Gyanodhayam Teachers and students.

## **4. Service in Elderly Home - Pallikaranai, Chennai**

On 29<sup>th</sup> July 2018, the service was held by the Gyanodyaman Teachers and Students at the Heart Gate Elderly Home. In this event 8 Gyana Siddhars was participated and made it successful event.

**“Food is for the hungry people,  
not for everyone.  
You will not feel the importance of food”  
- Vanavan Vazhi 1**

## **5. Yoga Awareness Class - Erode**

Enlightenment Yoga Awareness Class was held on July 3, 6, 9, 13, 16, 20, 23, 27 and 30 on behalf of the Gyanodhayam Yoga Center at the Erode Head Post Office. Twenty people were benefited from each session. Yoga Awareness class was taken on Tuesday and Friday two days a week. This includes eating habits, general tips that the man should observe daily, the simple method of exercise (pranayama). The participants eagerly learned tips and exercise. Thank you to Guruji for the opportunity.

## **August 2018**

### **1. Cleaning and Maintenance Activity - Salem**

On 01.08.2018, Gyanodhayam students and teachers have participated in the maintenance service activity conducted at “Thalavaipatti Madam”.

### **2. Cleaning and Maintenance Activity - Pudukkottai**

On 05.08.2018, Gyanodhayam students and teachers have participated in the maintenance service activity conducted at “Ella Thilagavathiyar Thiruvurul Aadhinam” campus.

### **3. Awareness speech about protecting Nature – Tiruppur**

On our independence day ,august 15<sup>th</sup> ,Tiruppur “Vidhaigal makkal nala amaipu” has conducted their 8<sup>th</sup> society welfare function .In that event , 3000 saplings has been donated to public and blood donation camp also has been conducted.

Gyanodhayam educational Trust and Nalan has participated in the event and they have explained about the following topics to the public under “Protecting Nature”

- Creation of Nature
- About Five elements
- Society
- Dependency of mankind on nature
- How to protect the nature
- Polluting nature and its impact
- How to rectify it

Also we have served free saplings and cloth bags to the public.

### **4. Service activity at “Red cross Home for disabled” – Singapore**

On 22<sup>nd</sup> August 2018, it was a public holiday in Singapore due to Bakrit. Around 20 volunteers from our Gyanodhayam center has participated in the service activity held at “Red cross home for disabled”

Event coordinator has explained about the inmates and the proper procedure to approach them before the start of the activity.

Most of the inmates were in a condition,such that they don’t realize anything or even if they realize they are not in a position to express it from their birth. So our volunteers were little confused on how to approach them and help them.

Few were smiling at us and few responded after a little struggle and some were just repeating the same activity over and again.Slowly our volunteers were able to mingle with them and they started conversations with them.

During Lunch, attenders started feeding the inmates and we also started feeding some of the inmates as requested.

This service was not only satisfactory but also taught lot of other things.God has given this rare opportunity to us to lead our life in human form with healthy body and mind.God is guiding us to use them effectively to get rid of our karma and surrender completely to himself in the form of our Guruji.If we waste this opportunity we were also in the same condition as those who are suffering now.

In a different view, it also provokes the following thought, who are we to worry about them? They are experiencing their karma and reducing it, but how about us?

## **September 2018**

### **1. Oldage home service-Trichy**

On a Saturday 22nd September the oldage service was conducted from 9am to 11am. 6members from Gyanodhayam took part in this. They helped the inmates by washing their blankets. They spent some time with the old people and completed the service with utmost satisfaction. Thanks to our Guruji for the opportunity.

## **2. Uzhavarapani - Trichy**

On 23rd September, in Ramananda Ashram forest area was cleaned. 5 Gyanodhayam members took part in this service. It took 2hrs in the morning for this service. In such a peaceful and pure environment they got a chance to meditate and gain new experience. Thanks to our Guruji for creating this opportunity.

## **3. Awareness on Human Body-Thanjavur**

On 28th and 29th September, Friday and a Saturday respectively for 75 students in Papanadu and Orathanadu, two of the Government Higher secondary schools, the details on how to take care of our health, and the types of foods that needs to be avoided was explained to them. In addition, the importance of physical exercise was told and one of the Asana was taught to them. Students were equally interested in learning. Thanks to our Guruji for the opportunity to learn and for the new experience.

## **4. Shrisaran Oldage Home Service-Trichy**

On 21<sup>st</sup> September, on behalf of the Trichy centre the service was conducted by the Gyanodhayam members in Shrisaran Oldage home. 6 members took part actively and provided the required services. Later they taught physical exercises to the inmates. They were also equally interested in learning. Thanks to our Guruji for this experience.

## **5. Uzhavarapani(Temple Service)-Vishnupuram**

On Sunday, 9<sup>th</sup> September by the grace of our Guruji, we got a chance for Uzhavarapani(Temple service) in Thirivizhimizhalai temple near Vishnupuram. This was decided by 2 members' team. 8members took part in this service from 6:30am to 10:30am. The participants shared their experiences such as, to get a chance to take part in these type of services, true happiness can be felt only in such services, also the confidence to do the tasks which otherwise would have been impossible in normal circumstances is gained here. Thanks to our Guruji who made us all realize this by giving us this opportunity.

## **6. Oldage home service in Oondrukol Mudhiyor Illam-Salem**

On 21<sup>st</sup> September, the oldage home service was conducted in Nilavarapatti, Salem. 4 members team took the responsibility of helping in their works and cleaning. Awareness regarding the importance of yoga and regarding food was given to the inmates of the home. Thanks to our Guruji for this opportunity.

## **7. Uzhavarapani(Temple service)-Pattukkottai:**

On 29<sup>th</sup> September in Musiri Kailasanaadhar Temple, Pattukkottai from 12pm to 3pm 3 members from Gyanodhayam took part in service wholeheartedly and successfully.

## **October 2018**

### **1. Cleaning Service in Temple at Madurai:**

On 2<sup>nd</sup> October 2018, with God & our beloved Guruji's blessings we had cleaned YegaNadha Swami temple located at Kinnimangalam near Madurai. Temple Manager explained that there are around 62 members reached Jeeva Samadhi & this temple was 4000 years old. He updated many things which are related to spirituality.

We really wondered and felt happy that information are already explained by our Guruji in a very easy & simple ways.

We will get our god's blessings by continuing the practices. We really thank to all the gyanasiddhars who participated in the event.

### **2. Dharma Old age Home Service:**

On 2<sup>nd</sup> October 2018, we had serviced Dharma Old Age Home at Brindavanam Pudukottai with god's blessings. Thanks to all who provided service in the event.

Bakthi Yoga Naal – Tamilnadu, Singapore, Malaysia:

On 11<sup>th</sup> October 2018 Thursday we had chanted our gurumandiram for 108 time at all our gyanodhayam centers for the occasion of Bakthi yoga Naal by lighting “**pancha muga lamp**”.

### **3. Cleaning service in Temple – Arur:**

On 20<sup>th</sup> October gyanodham members from salem and arur have joined together and arranged book service at Teerthamalai, Arur. They have also done the services of collecting plastics, cleaning temple, distributing notice for awareness. We thank all the participants who had served for such a wonderful event.

### **4. Healthy Food Process, Herbs Knowledge & Awareness of Exercises NParks Singapore:**

On Oct 14 2018, Healthy Living through Gyanodhayam” program had been taken place at Fortcanning Park with the join hands of Gyanodhayam Members & NParks Committee members. There are 4 Chinese visitors arrived to get the experience of our program who do not have any idea of our Indian food culture. Our Teachers had explained various types of herbs present in the park & our Gyanodhayam food protocols like “**Sutha seiva food**”.

In addition to that, how to follow a clear disciplined food method in day to day life, cooking methods & steps, things to avoid while cooking had been explained by our teachers.

We explained the recipe for Pudina Rasam & Beet root rice to the participants.

Post that we explained few simple exercise steps to participants and make them to do the same.

Finally, we served Pudina Rasam & Beet Root rice to all. Everyone had satisfied with the food and had taken parcels to their family members as well. We really thank god & our Guru ji for their blessings to arrange such a wonderful awareness program.

## **November 2018**

### **1. Dengu Kashayam Distribution Madurai**

On 3<sup>rd</sup> November 2018 dengue kashayam was distributed to around 100 people at – aavaniyapuram and villapuram areas at thiruparankundram – Madurai by our gyanodhayam members

### **2. Dengu Kashayam Distribution Mugalivakkam - Chennai**

On 3<sup>rd</sup> , 4<sup>th</sup> , 17<sup>th</sup> and 25<sup>th</sup> November dengue kashayam was distributed to people living in neighbourhood around mugalivakkam by our gyanodhayam members

### **3. Dengu Kashayam Distribution Pallikaranai - Chennai**

On 3<sup>rd</sup> and 17<sup>th</sup> November dengue kashayam was distributed from morning 8:30am until 12 noon to people living around pallikaranai area by our gyanodhayam members.

### **4. Dengu Kashayam Distribution Mugappair - Chennai**

On 3<sup>rd</sup> and 17<sup>th</sup> November dengue kashayam was distributed from morning 6:00am until afternoon 1:30pm to people living in the neighbourhood of mugappair . Around 2400 people benefited by drinking the kashayam.

### **5. Annual Day – Trichy**

13<sup>th</sup> Annual Day was conducted at Trichy . It was decided that the 13<sup>th</sup> Annual Day would be conducted in Trichy in the gyanodhayam teachers meeting held at Tirupur in feb 2018 . The gyanodhayam east zone head had formed a team specifically for annual day that enable the function to be conducted excellently , elegantly , simplified and economical manner . Regular meetings and communications were shared among the team members regularly for tracking the day to day progress of the function.

The Team came to a conclusion after periodic guidance from guruji that event would conducted at LuLu hall near TVS Tolgate. This hall was easily accessible , suitable for our members to stay and also had all the facilities for cooking , dining , resting and conducting stage performances .4 important tasks of the event was

- a) get permission to organise a march/walk to highlight the theme of the event
- b) Prepare Banners and Flexes required to advertise the event

- c) Get permission from schools for arranging children to participate in Essay writing , drawing and colouring competition and
- d) Gather information about the stage performances which our members from various Gyanodhayam centers would like to perform on the event day .

Each one of the organising team started working on the tasks allocated to them . The next important task was to Select and invite chief guest for the event . After doing a thorough research it was decided unanimously to invite Neurologist Doctor Preetha Pushkarani and Doctor Veni . When our team approached them and invited them they had obliged our request happily accepted to grace the event .

A 16 member team had distributed 4000 leaflets to people around the neighbourhood.

Our Nalan team had arrived on November 9<sup>th</sup> to prepare and serve tasty , healthy nalan food .November10<sup>th</sup> was family day event organised and conducted by Singapore gyanodhayam team which was fun filled and thought provoking to many people .

November11<sup>th</sup> was the Annual Day which started with the March followed by Story Writing , Drawing and Colouring Competition for Children . There were several stalls like vaazhviyal kankaatchi , stalls for gyanodhayam, ishethra , publication , tharam , ootta , kavasam and ispark . At around 2:30 pm once the chief guest had arrived exciting stage performances were given by our members from various gyanodhayam centers and special performances by ishethrians were a highlight .

Prizes were distributed to the winners which was by our chief guests. There were special speeches delivered by our Gurumaargal . Our Chief guest Doctor Preetha Pushkarani delivered her speech which was very very much like a interactive session with the audience . Doctor Veni had also delivered her speech . To complete the program Our Managing Director Delivered the vote of thanks . All the speeches given on that day definitely had inspired and motivated the audience to take up a spiritual path in their lifes.

After the nights dinner by our nalan team all our gyanodhayam members returned very much satisfied to their home towns .Guruji gives us different experience during each of the event of which our annual day is a special one.

#### **6. Dengu Kashayam Distribution - Thiruvannamalai**

On 3<sup>rd</sup> and 17<sup>th</sup> November dengu kashayam was distributed from morning 8:30 am until afternoon 12:00 noon to the people who were around the new maalvadi area .

#### **7. Distribution of leaflets and energy drink – Gobi**

On 21<sup>st</sup> November 2018 Energy drink was distributed to public to protect from Swine Flu . Leaflets were distributed to create awareness about swine flu and how to protect ourselves from getting affected . This service was carried out at Preiyar Thidal and Diamond Jubilee School . Around 300 students and 200 people benefited from this service.

#### **8. Inauguration of Gyanodhayam Center – Kadaloor**



On 24<sup>th</sup> November 2018 new gyanodhayam center was inaugurated at **kadaloor**.

#### **9. NTUC Nursing Home Service – Singapore**

On 24<sup>th</sup> November 2018 Our Singapore Gyanodhayam team organised and celebrated Deepavali along with inmates of the NTUC Nursing Home . 20 members from Gyanodhayam and 27 patients from the Home participated in the service . Apart from 2 patients rest all were using wheelchairs for their mobility and had several health related issues . The patients were at the home as they did not have any to take care at their respective houses . The program started by lighting the dheepam , our members had done along with the inmates to keep them engaged and feel relaxed .Our Gyanodhayam members gave speech in English and Malay on the importance of celebrating Deepavali. Some simple muthras were taught to the patients . Our members did asnas demo to the event was concluded . The staff working at the NTUC home were satisfied with our service.

#### **10. Service at Sri Ramakrishna Mission Ashram – Penang Malaysia**

On 30<sup>th</sup> November 2018 Our Gyandhayam members got an opportunity to serve the students at Sri Ramakrishna Mission Ashram at Penang Malaysia . There were around 40 students start from 5 years to 16 years. Most of the students who were at home had no one take care of them properly . From morning 10 am until 12:30 pm our gyanodhayam teachers and gurus had conducted interactive question answer sessions with the children about healthy food habits , importance of food in our life , benefits of various fruits , vegetables and millets. This session was followed by exercise session where our members had taught our basic exercise to the children . Post lunch our Teachers and Gurus had conducted special session for students above years old . The session was mainly focussing on Importance of being disciplined , Goals in their life , Always keep themselves focussed on their attaining their goal , Identifying their individual skill , why and how to avoid bad habits , not Letting the mind wander into other things and stay focussed on their education . At the end of the session students thanked us and wished that our members visited their ashram frequently and taken such sessions regularly .

### **December 2018**

#### **1. Kids Yoga, Mogappair**

On 7<sup>th</sup> and 19<sup>th</sup> of December, Our Gyanodhayam team volunteered to teach Yoga for kids studying in Mogappair Government school. More than 250 students actively participated and got benefitted.

## **2. Service Activity – Madurai**

On 9<sup>th</sup> of December, our Gyanodhayam members participated in a service activity conducted at Kuttaya Swamigal Jeevasamadhi at madurai

## **3. Food Awareness Service – Erode**

On 20<sup>th</sup> of December our Gyanodhayam teacher krithika gave an speech for the staffs working at Book library located at Sampath nagar, Erode on awareness of food habits. Staffs got all theirs doubts clarified and got benefitted.

## **4. Book Festival**

The 22nd Book Festival was organized by the Pondicherry Puthucherry Writers Book Society was held from 21<sup>st</sup> to 30<sup>th</sup> December at the Vel Sokka Nathar Wedding Hall in Puducherry. Our Navayugam publication stall was participated in this. 104 bookstores were set up from different cities in India. Hon'ble Kirnapedi IPS, the Deputy Governor of Puducherry State who visited our bookstore on the opening day of the bookstore, said: "What are these books? Food, Body, Manas and spirituality. Also author and the writing of this book. That is our "Guruji," we have informed. Our arena and the particularities of the image showed him introducing sent. Our Gyanodhyam Class rules, Honorable was enquired the class rules and importance with relevant information were shared and explained well. She was requesting the Mudras book and volunteers were gave with respect. We thank him very much. "Seeing the Most Honorable, the Valuable to the Other - On the final day of the Markham Book Festival, the co-ordinating of the festival, the group that came to our forum, gifted and honored us by saying this was our" stadium.