

JANUARY 2017

1. Temple cleaning activity - Chennai

Chennai based Gyanodhayam teachers and students organised temple cleaning activity from morning 6:30 AM to 6:00 PM at Sithukaadu Perumal temple on 1 Jan 2017. Thanks to Guruji for the opportunity.

2. Food Festival event for the first time ever - Malaysia.

Singapore and Malaysia based Gyanodhayam members organised “Uyir Kaakum Unavu Thiruvizha” (Food Festival for Healthy Life Style) event at Sri Bala Subramanian Temple, 81300 Skudai, Johor, Malaysia on 01-Jan-2017

3. Service activity in a Jeeva Samadhi - Maduari

Gyanodhayam Educational Trust has organised service activity at Madurai Vasantha Nagar Bridge underneath Vivekanandar Samy Jeeva Samadhi on 07th & 16th Jan 2017. Thanks for the opportunity given by Iraguru and also to every participant of this event.

4. Thai Pongal day - Chennai

Kalaichelvi Karunalaya Old Age Home - Thai Pongal Celebration

Gyanodhayam has arranged an event on Pongal day (14th Jan 2017) at Kalaichelvi Karunalaya Old Age Home from 6:30am to 10:30am, members have cooked Pongal and served to the elders, children and everyone around there during the occasion. Thanks to Iriaguru for the opportunity.

5. Awareness program – Singapore

During Pongal festival day (14th Jan 2017) Singapore’s Bukit Batok Community Club has arranged a program wherein Gyanodhayam join hands with members of Health Promotion Board of Singapore, Breast Cancer Foundation, and Zumba dance team to make the event special by performing Exercises and educating people on healthy food habits. Similarly, others were also having respective agenda for the event.

6. Temple cleaning activity – Trichy

Trichy based Gyanodhayam team organised temple cleaning activity on 22nd Jan 2017 at Meenachi Sundareswarar temple, Aavoor, Puthukottai district with the blessings of Guruji. We perform every activity in accordance with Guruji’s blessing.

7. Spiritual Excursion – Pondicherry

On 22nd Jan 2017, Anbalayam Home, Ayyankutty Palayam, Pondicherry based Sangu (Conch) Siddhar Jeeva Samadhi being visited by our Gyanodhayam members with Guruji’s blessings.

8. Government Girls High School – Madhukur

A three days’ Training Camp (24,25,26 Jan 2017) being organized for JRC Students as requested by A. Pichaimani during JRC Teachers Training Camp. In this camp Food Habit, Body Care and Exercise has been educated with the presence of District Education Officer. Gyanodhayam teachers explained Breathing Exercise and GA. Jerome presenting Mudras and where to & how

to follow code of behaviour (discipline) has been well briefed. Organizer has requested As the organizer well understood the objective of the training program, based on his request GA. Nainar Muhamud delivered sessions on food-habits and healthy living topics for 500 students (girls), followed by GA. Kasparraj on Body Care for about 300 students. As the last event of the day, “As the ground-water grows, personal wealth will be growing too.” bit-notice has been started to distribute in the rally from Madhukur School to Main Bus Stand. In the rally, around 1000 students, 15 teachers and elderly publics participated and graced the event more successful. Guruji not just educated us the purpose of birth & living blissfully but also our living should be society and people centric. Gyanodhayam is a great place for every individuals to improve themselves from their present living.

9. Seventh year Food Festival – Tiruppur

After Karur Food Festival, in Tirupur it has been conducted successfully for the 4th time which is a four days event 26, 27, 28, 29-Jan-2017 held at Ayira Vaishya Marriage Hall. With 200 varieties of food items being available for single servicing and those consists of traditional and herbal foods festival has begun grandly. During the end of the festival, about 6000 people took part and benefited from the same.

FEBRUARY 2017

1. Removal Of Plastic Waste – Samanar Hill , Madurai

On 11th February 2017 , Our Gyanodhayam Members actively participated in the service to remove the plastic waste at Samanar Hills , KeezhaKuyilKudi , Madurai . Thanks to Guruji for providing this opportunity . Thanks to our gyanodhayam members who attended the service.

2. Npark – Service : Singapore

On 12th February 2017 Singapore Gyanodhayam Educational Trust Family along with Nparks organized a service to public . In this Service our Gyanodhayam Members gave tips about food habit and a Demo on how to Cook easily for healthy living. Our Gyanodhayam member taught our simple exercises to those who participated in the event.

3. Yoga Practice – Alukkuli Gobichettipalayam

National Service Scheme Camp (NSS Camp) was held on 13th February 2017 by Andavar Polytechnic College at a Amman Temple in Alikkuli Village.

On behalf of our Gyanodhayam Tips was given about Healthy Food Habit , Good Practices to be followed from Morning Wakeup until Bedtime in the night . Our Members taught breath meditation and pranayamam to students who attended the Camp. Our members gave spiritual and scientific solutions to questions asked by students . Students from around 45 colleges attended

the camp and benefited . Some Yogasana postures were also taught to the students . All students attended our session eagerly . With Guruji's blessing the Service completed successfully .

4. Tirupur

On 16th February 2017 on behalf of our thirupur gyanodhayam center Gyana Guru Muthukumarji had delivered a speech on Food Awareness at a function organized by Cibaca trust at RVS College Sulur Covai . Around 150-200 students listened to the speech . The speech covered the food habits followed current lifestyle and how it affects us . It also covered the alternate way of food habit which need to be followed for leading happy and healthier life. Thanks to guruji for this wonderful opportunity .

5. Refreshment Camp - Chennai

On 19th February 2017 on behalf of our Gyanodhayam trust refreshment camp was conducted at Lucky Thai Illam , Madhanandhapuram . The elders and the mentally impaired persons in the home joined the refreshment camp and played happily like children . Our Gyanodhayam teachers and Students from Chennai attended this service . Thanks to guruji for giving such opportunity.

6. Kaleeswarar Temple Maintenance Service – Trichy

On 19th February 2017 with guruji's blessings our Trichy Gyanodhayam members did cleanup and maintenance of Kangasabai , Kaleeswarar Temple at Thiruverumbur Taluk , Trichy district . Thanks to guruji for this opportunity given to us.

7. Bookstall & Temple Maintenance Service – Chennai

On Mahasivarathiri i.e 24th February 2017 bookstall and temple maintenance service was conducted at Thiruvalli Thaaai Thirukovil at Padi , Marudheeswarar Thirukovil Thiruvannamur and Thenupureeswarar Thirukovil Madambakkam by our gyanodhayam members from night 8:00 pm until morning 6:00 am.

8. Pongal Function – Pondichery

Pongal function was organized at Anbalayam Oldage home Ayyankutti palayam , pondichery . Our Gyanodhayam Members Celebrated The Function by Cooking Pongal and serving it to everyone who had attended the function.

9. Mahasivarathiri – Singapore

On 24th February 2017 - mahasivarathiri , Our Singapore Gyanodhayam Members involved themselves in various service activities at Sri Arasakesari Sivan Temple . After doing service activities at the temple they returned at our center at Chinese Garden and chanted "Om Nama Sivaya" mandhiraam 1008 times . Apart from chanting mandhiraam our members stay awake until

7:00 am in the morning by involving themselves in spiritual practices like Having Spiritual Discussions based on topics from our books , Chanted Guru Mandhiram and did Brahma Thavam .

In the same manner Gyanodhayam students from Hougang Center did service at Sri Siva Durga Temple from 7:30pm until 10:30 pm . After service they returned to their center and chanted mandhiram , practiced meditation and concluded their Pooja.

MARCH 2017

1. Tirupur:

Gyanodhayam Tirupur center have organised an awareness event partnering with **Cibaca** trust. Guru Muthukumar ji has helped to make the event happen on 16th Feb 2017. In the event, 150 to 200 students have participated and gained knowledge about the current food habits and its hazards to our health. Also, our members explained about the healthy food habits advised in Gyanodhayam and its effectiveness in leading the healthier life.

2. Writing and Drawing competition – Chennai:

On March 3rd 2017, the drawing and writing competition for the students of Government school in Sithukadu village. Prizes are distributed for the students who excelled in the competition. Gurus and Teachers have participated in the event and the event turned out to be memorable one. Thanks to Guruji.

3. People Welfare camp - Government college, Thiruvaiyaaru:

On march 4th 2017, the People welfare camp was conducted at Thirusotruthurai nathar in Thiruvaiyaar. Around 60 college students have participated. Our members briefed the students about the importance of Yoga and Meditation by delivering a motivational speech. Also, we educated them with the techniques to protect our body in our daily routines. The information related to healthy food habits and the poisonous food items which we should avoid in our daily intake. Also, tips on learning habits and simple techniques for the memory and studying approaches were briefed. The Principal of the college, Dr. S. Ravichandran was very much impressed with our service and requested to continue our service with the college for teaching the education for the life.

4. World Yoga Day, Tamil University – Thanjavur:

On 10.11.2017, Tamil University have organised for the two days camp for the World yoga day. The aim of the event is to bringing awareness to the public about the various types of yoga sutras which were created by our Tamil Siddhars. The Organisers of the event Dr. Sivakumar and Dr Suresh have contacted our Gyanodhayam members with knowing our practices. They requested us to take part in the event and requested to have the book stall and to brief the participants with our practice. Around 40 members have participated in volunteering for this event. Also, enthralling speeches were given by Guru. Mohan ji, Guru Selva Mohan ji and GA. Raghupathy ji on the various topics related to Yoga practices and its benefits to our life. The event provided

more lively experiences to our members who volunteered and they realised the importance of the discipline which is integral part of Gyanodhayam Teaching.

5. Tree Plantation - Karur:

On 19.03.2017, tree plantation event was organised at Krishnarayapuram, Karur. Thanks to the Divine Guru. Jaiohm!!!

6. Welfare Service – Kumbakonam:

On 20.03.2017, In the Abhishegamangalam village, Kumbakonam the charity funds was provided to the people in the lower economy in the village. Our members volunteered for the event, the people benefited are the young widows, Senior citizens, school students from lower economic background. Dresses, blankets were distributed to the old people, education fees were sponsored for the orphan students. Thanks to all the people participated and worked at the background to make it successful. Thanks to Guruji!

7. World Water Day – Erode:

On March 22.03.2017, On behalf of the World Water day, the members from Erode Center have arranged for the awareness campaign for Saving Water for the Second Time in this year. In this campaign, the awareness about polluting the water, wasting the water, saving the rain water was provided. Around 5000 people have been benefited from the campaign.

8. World Women's Day event – Singapore:

On 25.03.2017, on behalf of World women's day celebrated in the month of march, Bukit Batok East Community Club have arranged for an event. The event has loaded with Language, culture, various food habits. Alongside with the Chinese, Malay, Western food culture, they wanted to display the Indian food culture. Our Singapore members have participated, and introduced the Nalan Food style by doing a cooking demo of Gooseberry rice, Coriander rice, pudhina rasam. Our members also displayed the yoga asanas show.

9. Old age Home Service – Kumbakonam:

On 28.03.2017, our members made the service at the Thillaiambur old age home, Kumbakonam. To do our small part to the society regularly to attain divine feeling, thanks to Divine Guru for giving one such opportunity.

10. Youth Awareness Games – Kumbakonam:

In the Abhishegamangalam village, Kumbakonam, the games were conducted for the youth from the village in the Kavery amman temple. Daily exercises, healthy food habits and daily routines were thought as awareness to the participants. The prizes were distributed to the winners. Also, the book stall service of our Navayugam publication was conducted alongside.

11. Nalan Food Service, Saranaalayam Oldage home – Trichy:

On march 18th 2017, our members prepared and served the Nalan food to the Senior citizens of Saranalayam oldage home, Trichy. Also, the benefits and awareness about yoga also conveyed to

them. The elderly people was overwhelmed with happiness and joy. Thanks to the divine God and Guru.

12. Service – Madurai:

On 29.03.2017, our members conducted the service activity in the Maurai kadachanandal, in the mentally challenged home. Thanks for the volunteers who participated in the event.

13. Essay Writing and Drawing Competition – Chennai

On March 3rd 2017 , Essay Writing and Drawing Competitions was conducted to students studying in Thirumanam Government School Students at Sithukadu , Thirumanam Village. All the students of the school participated in the competition . Special Prizes were distributed to Students who won in the competition. Our Gyanodhayam Gurumaargal , Teachers and Students participated and offered Excellent service in this event.

14. Government College Thiruvaiyaru – National Service Scheme Camp

On 4th March 2017 , National Service Scheme Camp was conducted at Thirchottruthurai Nathar Kovil near thiruvaiyaru . Around 60 students participated in this camp.

Added to the camp was that our Gyanodhayam Members conducted awareness program in the name of “Meditation and Yoga (Thiyanamum – Yogavum}” . Our members performed basic exercise and pranayamam with great interest and explained about the benefits of doing them daily . Our members explained about the benefits one can obtain by practicing certain good habits starting from wakeup in the early morning to until going to bed in the night . Our Gyanodhayam members also explained about food habits which need to be followed and discussed several useful subjects on food like “Food as medicine for protecting our health”, “What kind of food to eat , the kind food to avoid & “Food Protection Practices” . The girl students where very much interested and were asking beauty tips , Food to eat s to avoid grey hair and hair to grow densely . The students also asked about Mudhras to follow for solving problems in body .

Our gyanodhayam members gave tips to students on what students should do to be successful in their studies , how they can keep their mind focused by fixing a proper goal . They taught students simple ways to improve memory . The school principal Dr S.Ravichandiran had informed us that they require our service continuously and he assured that he would make his sincere efforts so that every students get an opportunity to undertake our teachings which is important for life .

15. World Yoga Conference – Tamil University – Thanjavur

The conference was held for 2 days on 10th March 2017 and 11th March 2017 at Tamil University . The goal of the conference was to introduce to our younger generation the Yoga and

Meditation Protocols created by our Tamil Sithars and yoga methods followed all over the world for integration of Body , Mind and Soul ,. The coordinators for the event were Dr.Sivakumar and Dr. Suresh . Once they came to know about our gyanodhayam yoga practice they contacted us , explained about the event and invited all our members whole heartedly by giving invitation. We got a opportunity to meet the Vice Chancellor of Tamil University Dr. K. Baskaran . He showed his willingness to help us once we explained about our Gyanodhayam Educational Trust and showed him our books written by guruji . He said he would allocate a Room/Booth for us and requested us to explain about our books and practices to the people who come to the event .We accepted his request and thanked him for the opportunity . With guruji's guidance we started doing preparations to participate in the event. Around 40 Gyana Sithargal from Trichy , Kumbakonam , Karur and Thanjavur Centers attended this Service Event .

Added to this on behalf of our Gyanodhayam Educational Trust Guru Mohanji and Guru Selvamohan ji delivered speech . Guru Mohanji delivered speech on **“Yoga Methods From Sithars Life”** . Guru Selvamohanji delivered speech on **“Yoga Methods for Healthy Body and Mind”** . The explanations and answers they gave through their speeches showed us the experience they have got from our guruji through practice . The Speeches made us feel that **“Guruji is always there with us”**. We got reminded of Guruji's thought **“Educate yourself to educate others, not by the material, but by mind.”**

. The way we had taken responsibility to do some works without waiting for others to request us to do the work , Our experience we shared while explaining our books made us feel that we have to do work given to us with sincerity and deliver excellently .

To see the University Palace from a distance of 2KM , How to behave public ?, Felt we how dignified we are when serve in spiritual gathering , By knowing the benefits our gyanodhayam members have experience by using our Health products , Maintaining Discipline in Food Practices at public places , all these made Our volunteers feel that following discipline only would make us feel happy and keep us joyful. By participating in the service whole heartedly one could feel **“Miracles can be made by yourself with the help of Guru and by the grace of God”**. By maintain discipline in all our actions and by getting involved in service. Our whole hearted thanks to guruji for guiding us and make us involved in the service and feel the same experience we get in meditation .

16. Karur

With Guruji's grace Our Gyanodhayam Members planted saplings at krishnarayapuram near karur on 19th march 2017. Jaiohm!

Temple Cleaning and Maintenance was done at Thirukanmaleeswarar Temple at Krishnarayapuram near karur on 19th march 2017 . Lots of thanks to guruji for this wonderful experience . Jaiohm!

17. Helping Hand For Poor People At Arulmigu Kaveri Amman Kovil

On 20h March 2017 Offering help to poor people was organized at Arulmigu Kaveri Amman Kovil , Abhishegamangalam near Kumbakonam . Our Gyanodhayam Members participated in

this even and made it special . The event was very special as we could offer help to welfare of the widowed women , Give needy things to poor students , Give Blanket and Clothes to Aged people , Help to Aged people who have eyesight problems and Offer Financial support to children who have lost their parents . Many of our Gyanodhayam members individually came forward and offered help to the needy . They celebrated the event as a festival . Each of our Member's act made us feel thrilled . Thanks to all the kind hearted people who gave us the opportunity and motivated us participate in the event. . Thanks to our beloved guruji for this wonderful opportunity.

18. World Water Day – Erode

Save the land to save water
Save water and save human race

On Wednesday the 22nd march 2017 was marked as “The World Water Day” . On behalf of Erode Gyanodhayam Center our gyanodhayam members for the 2nd time distributed (“Neer valam Uyara Nin Valam Uyarum”) awareness leaflets to public.

The leaflets had information which create awareness about Water Contamination , Methods to Save water (Rainwater Harvesting) , Protecting water bodies and Methods to avoid wastage of water . The Awareness Leaflets were give from morning untile afternoon. Around 5000 copies were distributed to public . . Thanks to our beloved guruji for this wonderful opportunity

19. Women's Day – Singapore

On 8th March 2017 Women's day was celebrated around the world . On 25th March 2017 The Bukit Batok East Community Club arranged for a festival program to celebrate the Women's day. Several Art shows were performed during the program . Organisers had arranged Food stalls where they demonstration was done on how to prepare delicious and serve food that reflect the cultural harmony of Singapore. Apart from introducing Malay , Chinese , Western foods , when introducing the Indian Food our Gyanodhayam society members got the opportunity to prepare and serve our nalan food . According to our nalan's style of cooking our Gyanodhayam society members gave a demo on how to cook gooseberry rice , Coriander rice and Mint Rasam . The public who attended the function tasted the delicious food and conveyed us their greetings. Apart from this our gyanodhayam members perfomed asanas show on stage to create awareness about importance and benefits of doing yogasanas to the public.

20. Oldage home Service – Kumbakonam

On 28th march 2017 with guruji's blessings service was conducted at Thillaiyamboor oldage home near kumbakonam . With heads down and hands together we thanks guruji for giving us this wonderful opportunity which made us feel that we have to do service to the society in which we are part of and sense the Superior Feelings.

21. Youth Sports Awareness Festival – Kumbakonam (no date)

With guruji's blessings Sports events for youth in village was conducted at Arulmigu Kaveri Amman Temple , Abhishegamangalam near kumbakonam. Our Gyanodhayam members spoke about food habits , exercises and body protection practices to be followed for maintaining a healthy body . At the prizes were distributed for the winners in the events. Bookstall service was also conducted . . Thanks to our beloved guruji for this wonderful opportunity.

APRIL 2017

1. 2nd Food Festival – Singapore:

On April 14 2017, second food festival for the healthy living was organised at the Sri Arasakesari Sivan temple, Singapore. The event was conducted on the Good Friday, a public holiday is an added speciality to the event. Although, the event day was an holiday, all the volunteers were having their work jobs on the previous day of the event. In the previous year food festival and the Malaysia food festival event, the previous day was a holiday and it made ease for the volunteers in the preparation for the Food festival. On the eve of the event, around 40 volunteers worked the entire night and another 30 members joined them in the morning of the event. Most of the volunteers were of the members of Singapore and Malaysia Gyanodhayam and their family members and friends.

On the event day, 15 varieties of Nalan food item was served to around 1700 people in the lunch and 12 varieties of items was served to around 900 people in the dinner. Asanas shows were performed by the group 16 members which comprised of both adults and kids. A group of 15 members were held the book stalls at three places in the temple, in which the Ispark, publications books and CDs were displayed for the public for purchase. Members also distributed the leaflets with the Food awareness information. Counselling booth was arranged for the public to provide solutions for their health and mind related problems.

People participated in the event were keenly interested in the uniqueness about the Nalan food preparation. They were astonished with the key things which are followed in our food style and huge crowd bought our **Nalan murai sei** book which contains our food recipes. Drawing and Colouring competition was conducted for the kids and around 80 kids participated with more enthusiasm. The participant certificate and the prizes were distributed to the kids excelled in the competition. At 10.30 pm, the food festival was winded up with the feedback session from the volunteers. Few of the volunteers stayed their overnight and cleaned the vessels, temple. The members who volunteered went back from the festival with lots of cherishing memories, lots of unforgettable experiences and with fulfil of happiness.

2. Cleaning Service – Erode:

On April 15, Erode centre had arranged for the cleaning service at the District Library campus. Students and Teachers from the Gyanodhayam centre Erode volunteered in the service.

3. Cleaning Service – Madurai:

On April 15th, 16th 2017, at the Sivananda Thabovanam, Madurai, our members participated in removing the Seemai karuvella Tree(hazardous to the environment). Thanks and Hearty Congratulation for the volunteers who made it to the Service event.

4. Cleaning Service – Trichy:

On April 16 2017, Uyyakondan bridge, Sivasakthi templet, Trichy Gyanodhayam centre have arranged for the cleaning service at the temple campus. Thanks for the wonderful opportunity.

5. Awareness Speech – Chennai:

On 28th April 2017, the awareness speech titled ‘Forever Happiness daily’ was arranged for the employees of Wheel India ltd, Padi, Chennai. Around 50 employees participated in the session, the guidance about Body, Mind and Food was provided. Guru Karthik ji, GA. Tamilarasan, GA. Kumaravel have participated in the Service.

MAY 2017

1. Food Awareness Campaign – Salem:

On May 10 2017, the awareness campaign was held at Fitners one Gym, Salem. Our members performed aasana and briefed the benefits of them from 7-9 am. Around 11am-1 pm, the awareness speech was provided on spiritual, yoga and food. Around 15 members participated in the event.

2. Herbal juice Serving – Chennai:

It is known that this year’s summer has been so hot and sunny. People have been facing lots of difficulties and issues especially related to health disease and stress. To relive from this hot climate by bringing down the body heat and reducing the mind stress, our members prepared the herbal juice and distributed them to the public. The herbal juice ingredients are Lemon, Pineapple, Grapes, Jeera, Salt, Honey, Vilvam, Mango Leaves, Lotus flower and Gooseberry in the correct proportions.

On the first day, May 14th 2017, 26 members from Mugappair and Mugalivakkam centers together served the herbal juice at 6 different locations for more than 4000 people.

On the second day, May 21st 2017, around 50 members from the Pallikaranai, Mugalivakkam and Mugappair together served the herbal juice at 14 different locations for more than 9500 people.

Thanks to our beloved Gururji, for giving us this wonderful opportunity and guidance with the knowledge for preparing the herbal juice.

3. Cleaning – Kumbakonam:

On 15.05.2017, Cleaning service was arranged at the Sri Aarumuga yaazhpaana siddhar(Bharathiyaar’s Guru), Thiruparampiyam Village, Kumbakonam. Thanks for the Divine Guru.

4. Cleaning Service – Vishnupuram:

On 15.05.2017, Cleaning service was arranged at the Kaalamman temple, Vishnupuram, Thiruvavarur. Initially 5 students started the service in which another 20 people from public joined into the Service

5. Awareness Speech - Thanjavur:

On 21.05.2017, the summer camp was held for the kids at the District Library, Thanjavur. In the camp, different personalities from the various fields presented their speeches. Guru. Muthukumar ji presented a speech titled 'Yoga and it's health benefits'. Around 75 people participated in the event.

6. Cleaning Service – Vishnupuram:

On 23.05.2017, Cleaning service was arranged at the Kaveri amman temple, vishnupuram. On May 29th, book stall was held at the Thiruvavarur Aazhitherotham Thiruvizha, Kumbakonam.

JUNE 2017

1. Herbal Juice Distribution – Pondicherry

On behalf of our Gyanodhayam Educational Trust, Pondicherry Villiyanoor , Herbal juice was distributed to public for 2 days to reduce body heat and mental stress caused due to extreme heat during summer season.

The Herbal Juice consist of Lemon , Pineapple , Grapes , Cumin seeds , Salt , Honey , Vilvam Leaves , Mango Leaves , Lotus and Gooseberry. All the herbs were obtained a day before the service and cleansed properly . On the day of service Fresh Herbal Juice was prepared early in the morning .

On the first day i.e June 4th herbal juice was distributed to around 700 people at **Pondicherry Villiyanoor**

2. Rama Bhadreswarar Jeeva Samadhi .

On Second day i.e June 6th herbal juice was distributed to around 1200 people who had come to the Charriot Festival at **Pondicherry Villiyanoor Thirukameswarar Temple** . Bookstall Service was organized on behalf of our navayugam publication on the same place .

3. Asanas Program – Singapore

On June 10th Asanas Demo was conducted by our Gyanodhayam Students at “KOVAN HUB”. Following the Asanas Demo our Teacher GA Thirugyana Sambandham gave speech on “Importance of Yoga” . Around 8 of our Gyanodhayam Students participated in the event . The Asanas Demo and the Speech created awareness to the public who participated in the Event.

4. Herbal Juice Distribution – Cuddalore

On June 10th 2017 Herbal Juice was distributed to around 1200 people at Cuddalore Padaleeswarar Temple Chariot Festival . Bookstall service was also organized on behalf of our Nvayugam Publication. Pondicherry Gyanodhayam Students and Teachers participated in the service activity.

5. International Yoga Day – Trichy

On June 21st International Yoga Day was celebrated at Trichy Edamalaipatti Pudhur Corporation School . Our Gyanodhayam Teachers performed an awareness program about yoga and suryanamaskaram (sun salutation) to the public.

6. International Yoga Day – Erode (its mentioned that Student made participant do the practice . Is it teacher (or) Student)

On June 21st International Yoga Day was celebrated at Erode Head Post Office from 8am to 11am . Around 75 Employees of the post office participated in the event . Our Gyanodhayam students performed Simple Exercise , Pranayamam and Suryanamaskaram . They also guided the participants to do the same and relieved their stress . Participants felt satisfied after they practiced as advised by our Gyanodhayam Students. Thanks to our beloved Guruji for providing such a wonderful opportunity.

7. Oldage Home Service - Kumbakonam

On the Monday June 26th our gyanodhayam students from kumbakonam and vishnupuram did a service to the occupants at Oldage home near Valangaiman Kumbakonam.

8. Temple Maintenance Activity - Thirupur

On the Thursday June 22nd our gyanodhayam members did Temple Maintenance Work (Uzhavarapani) at Thiru Sugreeswarar temple which is around 1000 year old from morning 10:00am to evening 4:00pm . We cleanup the unnecessary grass , plants and climbers and planted saplings where shadow is required . Everyone felt very happy and refreshing when it rained around noon 12:00 – 12:30 .

9. Saranalayam Oldage Home Service – Trichy

With blessing of God and Guruji on behalf of our Trichy Gyanodhayam Center our team members our nalan food was cooked and served to the Aged People at Saranalayam Oldage Home . The inmates of home felt very happy .

10. International Yoga Day , Yoga Awareness Program – Chennai

On 27th June 2017 Yoga awareness program was arranged at “KIDZEE School” at pallikaranai Chennai . Around 100 plus children participated and practiced yoga postures. Some teachers showed interest and practiced yoga along with the children.

11. Speech On Food Awareness

On 29th June 2017 on behalf of Thirupur Gyanodhayam Center our Guru Muthukumar ji attended a function at Vaazhga Valamudan Arivu Thirukovil Center and delivered a speech on Awareness about our Food Habits . He emphasized on the food practices to be followed in current lifestyle and also how to follow such Healthy manner of Cooking In Practice . Around 100+ people attended the speech and benefited by posing their questions and clearing their doubts on Food Habits and Cooking .

JULY 2017

1. Service at Oldage Home - Malaysia

On 15th July 2017 our gyanodhayam members from Malaysia got the opportunity to do service at Saleng Old Age Home . Our members did all the works given to them by the Oldage home staff from morning until afternoon . They interacted with the inmates and made the inmates feel happy.

2. Service at Temple Consecration Event - Mullukkrichi

On 16th July 2017 (32nd day Of Month Aani) , Temple Consecration ceremony was conducted at Sri Aadhi Kailasapatheeswarar Swamy Temple , Ulipuram Village , Anaikat . The main deity at this temple are Sri Arulmigu Parvatha Devi Amman along Sri Aadhi Kailasapatheeswarar. Our Gyanodhayam Members from Mullukurichi center attended this event and offered their service. Thanks to Guruji for giving this opportunity.

3. Eco garden Service - Singapore

On 27th July 2017 Singapore Gyanodhayam Members participated in service along with organization by name “The Green Volunteers” .They cleaned up the Eco Garden Park at place by name tampines in singapore. Around 25 members participated in the event from morning 10:00 am to 1:00pm .

Event was concluded after doing Brahma Thavam and serving nalan food to members who participated in the service.

AUGUST 2017

1. Awareness on Herbs, Good Food Habits and Exercise Service- Singapore

The Gyanodhayam team collaborated with the N Parks organisation and served at Fort Canning Park, on August 13th. Our Gyanasiddhars spent this event explaining the properties of the herbal plants available in that park and also shared the benefits of Nalan Food habit from our Guruji's teachings. They shared the advantages of this type of food habit and also gave an elaborate explanation on how to cook it. Later, Yoga techniques from Gyanodhayam class were demonstrated. At the end, every participant thanked our team for this opportunity heartily. One side the Family day was being celebrated while the other side in Singapore Gyanodhayam centre it was the Convocation Day for the students, and so the team split in two to serve both the events. After the Convocation, the students retired to their homes while the teachers came to the Gyanodhayam centre and got the lunch ready for all. After lunch all thoroughly enjoyed the graduation ceremony of the Gyanodhayam students.

2. Service at Maruthuvamalai

On August 14th, 20 of the Gyanodhayam members from South zone took part in service in Maruthuvamalai at Kanyakumari district, and cleaned all the plastic items as well as rubbish.

3. Service at Gopi

On the occasion of 15th August, Gyanodhayam team served people with Nilavembu kashayam, papaya leaves juice and gave booklet for infectious diseases awareness. Through this service 1000s of public people were served and made aware via the booklet distribution. At this time of viral fever cases everywhere, this awareness program at Gopi was very beneficial. Thanks to our Guru who guided and made everything possible.

4. Vilaiyadalam vanga (Come, Lets Play): Chennai

For Pillaiyar Chaturthi(Ganesh chaturthi), on 26th and 27th of August, Vilaiyadalam vanga(Come, lets play!) Event was conducted in Porur Chennai.

SEPTEMBER 2017

1. Healthy Living through Gyanodhayam” : Singapore

In Singapore's Gyanodhayam Centre, on September 9th, a 'Healthy Living through Gyanodhayam' workshop was held. In this workshop, awareness on and about food habits and practices was focused. Healthy food practices that is the basis of Nalan food and cooking was explained to the 11 participants. They were also well-informed of Nalan cooking method and procedures. Moreover, breathing techniques

was taught to them. At the end of the service, delicious gooseberry rice and mint soup was served which complemented the awareness service. The participants were elated and found the session, beneficial.

2. Orphanage Home Service: Chennai

On 10th September 2017, In Bishop John Allan Home - Chennai, various fun game activities was planned for kids, aged 5-15 living there. All the kids participated in the fun activities and enjoyed all the games conducted by our gyanasidhars throughly.

3. Rasipuram-Mullukuruchi Centre Service

On September 24th, tree planation service was conducted by Gyanodhayam members of Mullukuruchi. Peepal and neem trees were planted near Senga Muniyappan Temple situated in Korai river.

4. East Zone Centres service – Dengue Awareness Kashayam

On 30th September, 85 gyanodhayam members participated in creating awareness on infectious diseases. This event was concurrently held in 31 different locations over the east zone of Tamilnadu. Collectively, West zone centres includes Thanjavur, Trichy, Kumbakonam, Vishnupuram. The programme included in distributing more than 400 litres of herbal juice (Kashayam) to the masses. The event also focused on how prevention is better than cure for such diseases. A sincere thanks to Guruji for making this event possible.

OCTOBER 2017

1. Dengue Awareness Campaign: Chennai:

On 02.10.2017 in Chennai, 50 Gyanodhayam members from Pallikarani, Mugaperu and Mugalivakam participated in a Dengue awareness and prevention campaign. Herbal decoction (Kashayam) was prepared by our members and given to more than 6000 people who benefited from this event.

2. Dengue Awareness Campaign: Pondicherry

In Puducherry district, near Arulmigu Dhevanandhaswami Temple, a Dengue prevention and awareness campaign was held by Pondicherry Gyanodhayam team. A couple of hours into the service, kashayam of atleast 150 liters was served to more than 3000 people. The response and support was huge that the crowd had to be managed into three divisions and were handled accordingly. Even kashayam ran out quickly. The wellness of this campaign was felt throughout as many left gladdened. Thanks to our beloved Guruji for providing us with a wonderful opportunity.

3. Neem Kashayam Service: Karur

Karur Gyanodhayam team lead a 3 day event in serving Neem herb decoction (nilavembu kashayam) to the people of Karur. It was held in two places concurrently - Karur Ulavar Santhai and in Sathyamoorthy Nagar. Healthy food is natural medicine and being able to serve such to hundreds of people in this event was heartening.

4. Ang Mo Kio Park Service: Singapore

On October 21st, Singapore Gyanodhayam teamed along with NParks to clean the Ang Mo Kio Park. Around 10 members participated helping from 10am till 1pm. The service ended with Bhramadhavam meditation. This was followed by scrumptious Nalan food at one of our members home nearby.

NOVEMBER 2017

1. Speech on Awareness about good food habit – At Padmavathy Puram Arivu Thirukovil Thiruppur – 26/11/2017

On behalf of Gyanodhayam center tiruppur, our guru muthukumarji spoke about the significance of Nalan's Method Of Cooking and how we can cook and eat the same in the current living conditions . About 25 people benefited by asking various questions about food and cleared their doubts . Thanks to guruji for giving us this opportunity.

DECEMBER 2017

1. Elderly Home Service – Trichy 2/12/2017

On the Day of Karthigai Deepam visited the SriSaran Elderly Home at Srirangam . With the support of our beloved guruji our gyanodhayam members cooked and served our Nalan Food to the residents living in the home. The elderly people felt very happy after eating our Nalan Food . Thanks to Guruji for providing such opportunity .

2. Kaduveli Elderly and child care Home Service – Thanjavur 2/12/2017

On behalf of Gyanodhayam our members had taken a session on “Health and Yoga “ . About 125 girl children at the home attended session and were taught how to do exercise . The kids showed great interest to practice our exercise and did the same . Our member also interacted with the elderly people at the Home which made them feel happy . Thanks to Guruji for providing such opportunity .

3. Awareness about Yoga – Tiruppur

On behalf of Gyananodhayam center at Tiruppur our Gyanasithar & Gyanaasiriyargal visited NGO “DON BOSCO NEST” for 5days from 5/12/2017 to 8/12/2017 and on 18/12/2017 to take session on importance of Following Discipline, Proper Food Habits and Doing Exercise Regularly as explained in our Gyanodhayam Class . All the students at the NGO benefited due to this service .

4. Elderly Home Service – Kumbakonam

On the Saturday (9/12/2017) Our Students from Kombakonam and Vishnupuram did service at Thillayamboor Elderly Home from morning 9am until 1pm.

5. Cleanup Service at Balasami Madam – Thanjavur

On 9/12/2017 Service activity was arranged at Balasami Madam thanjavur . 12 of our Gyanodhayam members happily cleaned up the Garden and temple premises .
uru Vaazhga ! Guruve Thunai !

6. Sundhareswarar Aalayam – Soorakkottai Thanjavur

On 16/12/2017 Cleanup Service at the Temple was conducted . Unwanted plants and bushes around the temple were removed and disposed . Around 10 of our Gyanodhayam members participated in this service and cleaned the surrounding areas of the Temple .”Help the Society To help yourself”

7. SrilaSri Kambili Sithar Swamigal Thirukovil Service – Pondichery

On 18/12/2017 (Monday) Guru Pooja Event was conducted at SrilaSri Kambili Sithar Swamigal Temple . Our Gyanodhayam Members served food to the devotees and offered help to temple staffs by organising the crowd in a orderly manner .Thanks to Guruji for us this opportunity .

8. Balasami Madam GuruPoojai – Thanjavur

On 22.12.2017 Guru Poojai was conducted at balasami madam . We were requested to help in serving the food to devotees . 7 members of our gyanodhayam worked as team and served the food to devotees . The devotees were very impressed with our service and appreciated our members . They had enquired about our Gyanodhayam Class also . Thanks to Guruji for us this opportunity .

9. Cleanup Service at Rajagopalaswami Thirukkovil – Thanjavur

On the day of Vaikunta Ekadesi (28/12/2017) Cleanup service at Rajagopalaswami Temple was conducted . 4 of our Gyanasithars participated in the activity . Our members cleaned up the Temple premises and places where deities of Perumal , Chakkrathaazhvaar and Ambaal were present . Priest in the temple appreciated our service as our task was useful for them as the following day was vaikunta ekadesi .