

Shri Ram Chandra Mission



Learn to Meditate
Highlights of Activities

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Sahaj Marg - Learn to Meditate

- In this troubled world, there is a need for a fresh approach towards obtaining peace, maintaining harmony having a sense of purpose and achieving that real goal of human life.
- Meditation is the ultimate tool for human integration.
- Sahaj Marg, the 'Natural Path', is a simple practice of meditation on the heart. It is in essence the ancient practice of raja yoga, refined and simplified for modern, everyday life. This system of spiritual practice fosters an inner experience of the Divine through meditation.
- As a bird needs two wings to fly, a human being needs the two wings of existence, the spiritual and the material, to lead a natural and harmonious life.
- The Sahaj Marg system of meditation helps in the regulation of the mind and leads the abhyasi (practitioner) beyond the outer activity into the inner silence of the heart, where they find themselves connected to the Divine essence. Thus a balanced state develops in which the ups and downs of everyday life have little effect on them.
- Sahaj Marg is taught world-wide free of cost. It is practiced daily by people from all backgrounds and all cultures, and is easily integrated into a busy lifestyle, bringing balance, joy and spiritual growth.

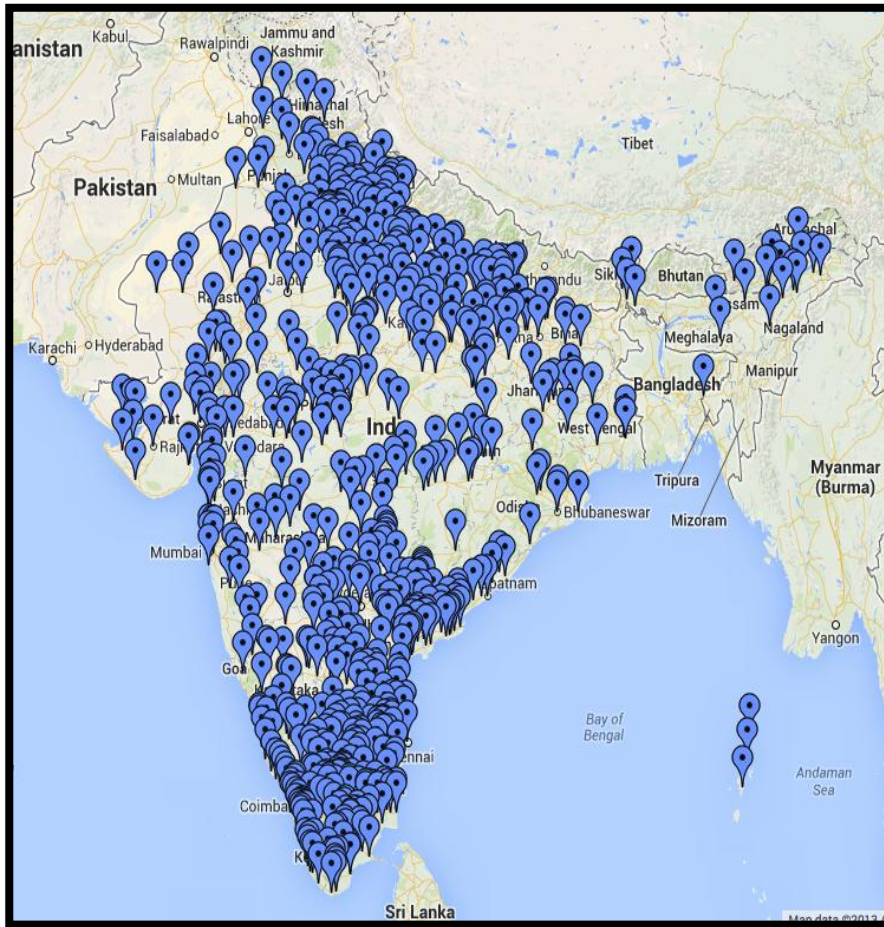


Shri Ram Chandra Mission

- The system of Sahaj Marg was rediscovered by the Adiguru of the system, Shri Ram Chandraji of Fatehgarh (affectionately known as Lalaji) and taught to a few disciples in his area from the year 1914.
- In 1945, his successor Shri Ram Chandraji of Shahjahanpur formed a Society called Shri Ram Chandra Mission (SRCM) in honour of his guru Lalaji, with the aim to offer this practice of spirituality to all people of the world, free of charge.
- Through the Sahaj Marg system of meditation, SRCM now offers a platform for spiritual and practical living in more than 100 countries worldwide.
- SRCM has its headquarters at Shahjahanpur and world headquarters in Chennai, India. It has about 1153 centers in India with about 2 lakh practitioners (abhyasis).
- Every day, in its ashrams and in hundreds of centres, individuals from all walks of life — diverse nationalities, religious backgrounds, social and economic circumstances — come together, transcending boundaries in an atmosphere of love, trust and brotherhood.
- All the services are offered **FREE OF COST** as per the Bye Laws of the Mission.

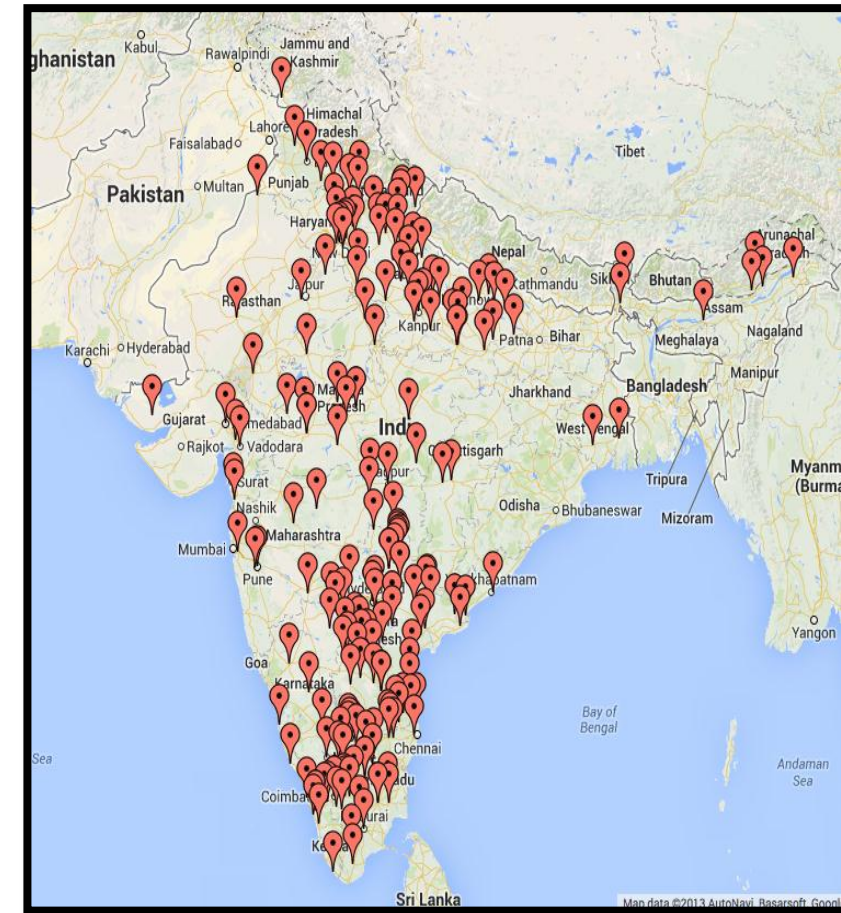


SRCM Centres & Ashrams



Centres in India

Number of Countries:	113
Number of Abhyasis (World):	316883
Number of Abhyasis (India):	200761
Number of Prefects (India):	2110
Number of Centres (India):	1153
Number of Ashrams (India):	209



Ashrams in India

The Organization

The Spiritual Master of SRCM is also its President. The current president is Shri Kamlesh D. Patel who assumed the office on 20 Dec 2014 on account of demise of the previous President Shri Parthasarathi Rajagopalachari

President & Spiritual Master

The Working Committee (consisting of 19 members) is the governing body responsible for the overall running of the Mission.

Working Committee Members

SRCM Zones in India: 45
The activities of each Zone is guided by a ZIC.

Zonal-In-Charge (ZIC)

Zonal-In-Charge (ZIC)

A CIC is responsible for ensuring that the services offered by SRCM benefits the maximum number of people in their resp. centres.

Center-In-Charge

Center-In-Charge

Center-In-Charge

Center-In-Charge

Prefects are responsible for imparting the Sahaj Marg system of Meditation to each practitioner.
The Ashram Maintenance Committee (AMC) is responsible for the maintenance and up-keep of the resp. SRCM ashram.

Prefects

AMC

Prefects

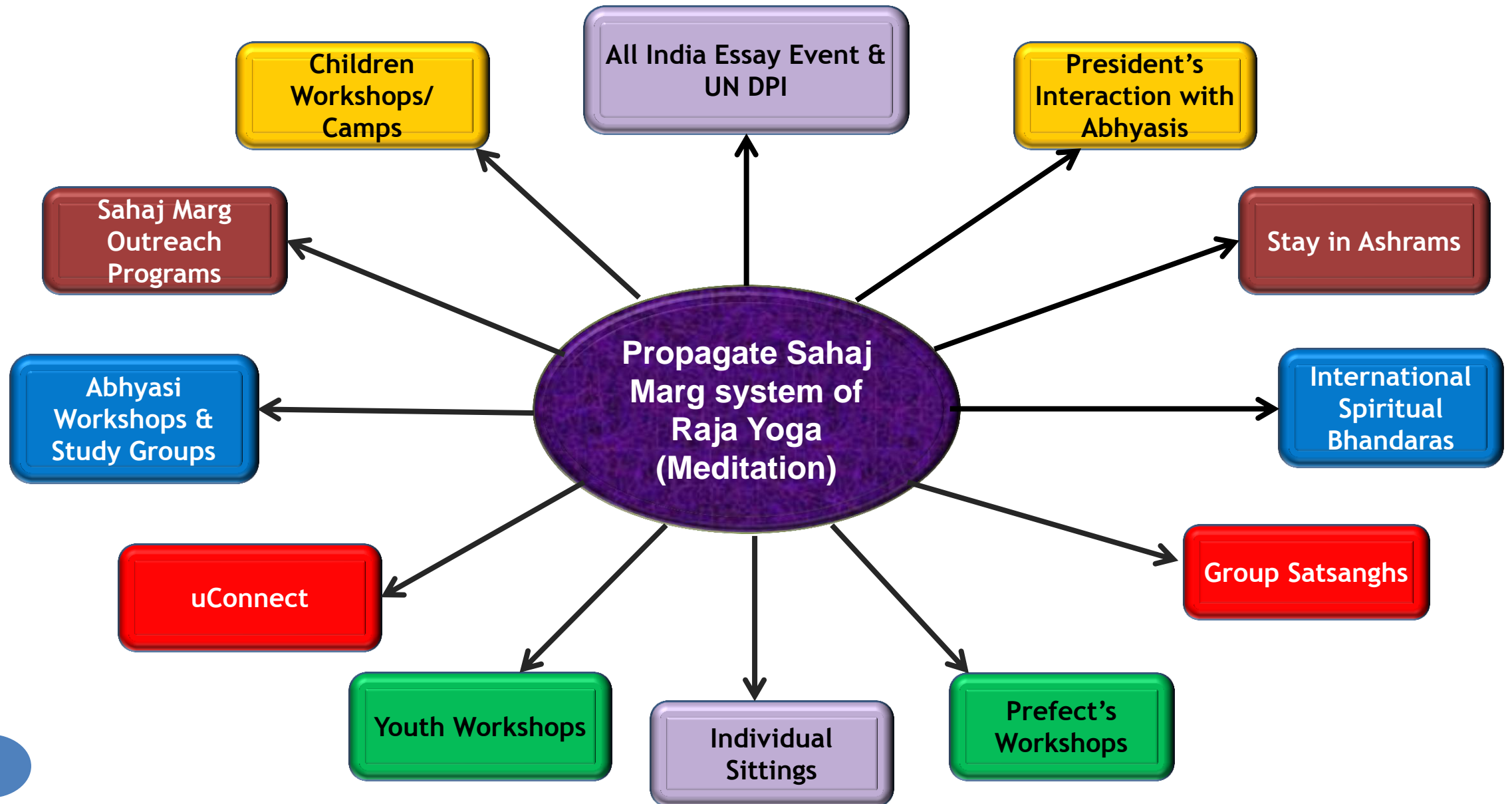
Prefects

Prefects

AMC

* All functionaries of SRCM work purely on voluntary basis

Shri Ram Chandra Mission Activities



The President's Interaction with Abhyasis



The President of SRCM



Shri Ram Chandra Mission, guided by currently by Shri Kamlesh D. Patel its president and spiritual Master, and Previous President **Shri Parthasarathi Rajagopalachari** (affectionately known as Chariji) (till his demise on 20.12.2014) , aspires and strives to bring together people of different nationalities and religious backgrounds for meditation and personal change.

Through individual spiritual growth, each aspirant becomes an element of a global change on the path toward universal brotherhood.

Chariji's unceasing work and frequent tours have fostered a remarkable expansion of the Mission's activities, which now include the **education of youth, seminars/ training programmes and an association with the Department of Public Information of the United Nations (UN DPI).**

His spiritual work embraces all of humanity, addressing present needs as well as those anticipated in the future. He travels globally, explaining the Sahaj Marg system of spirituality to interested seekers and inspiring many to begin the practice of Sahaj Marg.

His vision is that every house must emanate spirituality and, over time, the whole world must become one.

Chariji's Tour (2011) - A Glimpse

Date	Centre/ State	No. of abhyasis met (appr.)	Events/ Activities
14 th May – 18 th May 2011	Krishnagiri, Erode, Tiruppur, Malampuzha, Coimbatore, Kangeyam, Dindugal	7050	Satsanghs in each centre, interaction with abhyasis, inauguration of Meditation hall at Dindugal ashram
27 th May – 6 th June 2011	Delhi, Gurgaon, Satkhol	5100	Satsanghs, Interactions and talks with students from Omega International school, informal spiritual discussions with abhyasis
18 th Aug – 23 rd Aug 2011	Hyderabad	4000	Satsanghs, Interaction with abhyasis, Kathak Dance Program
23 rd Aug – 30 th Aug	Delhi	3300	Satsanghs, Talks, Informal discussions
30 th Sep – 2 nd Oct 2011	Kolkata	1500	Satsanghs, informal spiritual discussions with abhyasis, Seminar for CICs, ZICs and prefects of Sahaj Marg, Working Committee Meeting



Rev. Master with Omega students



Kangeyam

Kangeyam



Dindugal

Chariji's Tour (2011) - A Glimpse

Date	Centre/ State	No. of abhyasis met	Events/ Activities
8 th Oct – 10 th Oct 2011	Guwahati	1200	Traditional Bihu Dance, satsanghs, Spiritual Lecture to abhyasis, inauguration of meditation hall at Guwahati
10 th Oct – 13 th Oct 2011	Delhi, Gurgaon	3250	Satsanghs, spiritual talks and clarifications on Sahaj Marg sadhana
22 nd Oct – 23 rd Oct 2011	Mumbai	4100	Satsanghs, inauguration of library in Mumbai ashram, interaction with abhyasis
26 th Oct – 30 th Oct 2011	Ahmedabad, Anand, Vadodara	6500	Satsanghs, Spiritual Lectures, Prefect's seminar for Sahaj Marg prefects from Gujarat, Rajasthan, MP and Maharashtra, Cultural programs from abhyasis and children



Chariji's Interaction with Abhyasis (2012 - 2014)



The year 2012 saw Rev. Master going through a life-threatening illness. Due to his inability to travel, groups of abhyasis have been continuously pouring into the SRCM ashram in Manapakkam (Chennai) and Master makes it a point to meet them and conduct satsanghs for them.



On most evenings Master would come out in front of the cottage and sit for about an hour. This way several abhyasis got to meet him. During these times, he also clarified any questions asked by the abhyasis.

In addition to this, abhyasis from SRCM centres from all over the world visit the SRCM ashram in Manapakkam, Chennai to attend centre-wise regional seminars/ gatherings. Each regional seminar is focused on a specific spiritual topic.

Rev. Master gives talks to the seminar participants, has informal conversations/ discussions with them during the evenings and also conducts satsanghs.



SRCM & United Nations



SRCM and United Nations



Rev. Chariji with Mr. Rajiv Chandran
(UN DPI, India & Bhutan)

"There are many commonalities between the Shri Ram Chandra Mission and my organization, the United Nations. Both enshrine universal values - values of peace, values of tranquility, values of development, values of fraternity, equality, and dignity of every individual."

*– Mr Rajiv Chandran, Spokesman for
United Nations DPI (India and Bhutan),
23 July 2008, Lucknow*

"Unless the foundation of peace is made to rest on a spiritual basis, no better prospects can be expected."

*- Shri Ram Chandra (Babuji)
Founder President of SRCM,
8th July 1957*

"Unless there is spiritual renaissance, the world will know no peace."

*- Dag Hammarskjöld
Secretary-General of the United Nations
(1953-1961)*

SRCM & UN: One World, One Humanity



The Shri Ram Chandra Mission (SRCM) was formally associated as a non-governmental organization (NGO) with the United Nations Department of Public Information (UN DPI) on 12 December 2005, coincidentally when both the SRCM and the UN were marking their 60th anniversaries.

The United Nations recognizes that solidarity and goodwill among the world's nations and peoples, and the assumption of collective responsibility, are necessary for the establishment of a world in which everyone may enjoy lasting peace and a sustainable life. To this end, the UN has been establishing partnerships with local, national and international, non-profit, service-oriented, voluntary groups that share similar values.

Sahaj Marg supports the unfolding of the full potential within an individual, who may then assume responsibility for personal growth and social change.

Over the decades, guided by the current president and spiritual representative, Shri Parthasarathi Rajagopalachari, the Shri Ram Chandra Mission has actively promoted human integration and evoked within the hearts of its practitioners the belief that all life is sacred.

SRCM & UN - Events

Shri Ram Chandra Mission centres and their members (abhyasis) around the world will organise and participate in informational and prayer events commemorating the UN International Days. At these events, abhyasis along with their friends, families, neighbours and associates will come together in a silent, non-denominational prayer-meditation for the integration of humanity and the well-being of the people of the world.

Some Commemorations held in SRCM:

- The United Nations International Day of Families (15th May)
- The United Nations International Day of Youth (August 12th)
- The International Day of Peace (21st September)
- Universal Children's Day (20th November)
- United Nations Human Rights Day
- Annual All India Essay Event



UN Children's Day in SRCM Ashrams



All India Essay Event



UN Youth's Day in SRCM Ashrams

All India Essay Event



All India Essay Event

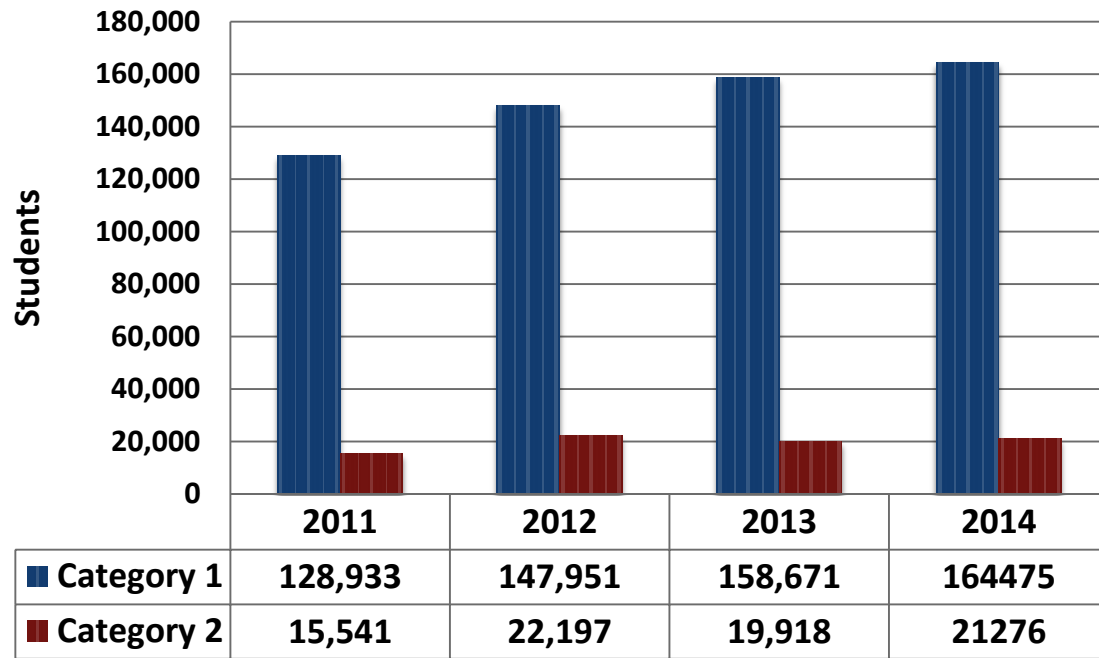


- This prestigious annual event is a collaborative effort with the **United Nations Information Centre for India and Bhutan [UNIC]** to celebrate the International Day of Youth observed on the 12th of August every year.
- Both organisations are dedicated to the creation of a peaceful human society founded upon love and harmony, and we believe that this can best be achieved by the inculcation of moral and spiritual values in the younger generation in whom lies the hope of a better tomorrow.
- The event is organised each year in numerous educational institutions across the country.
- Participation is open to two categories:
 - Category 1 (Students from classes 9 to 12)
 - Category 2 (Students from UG and PG)

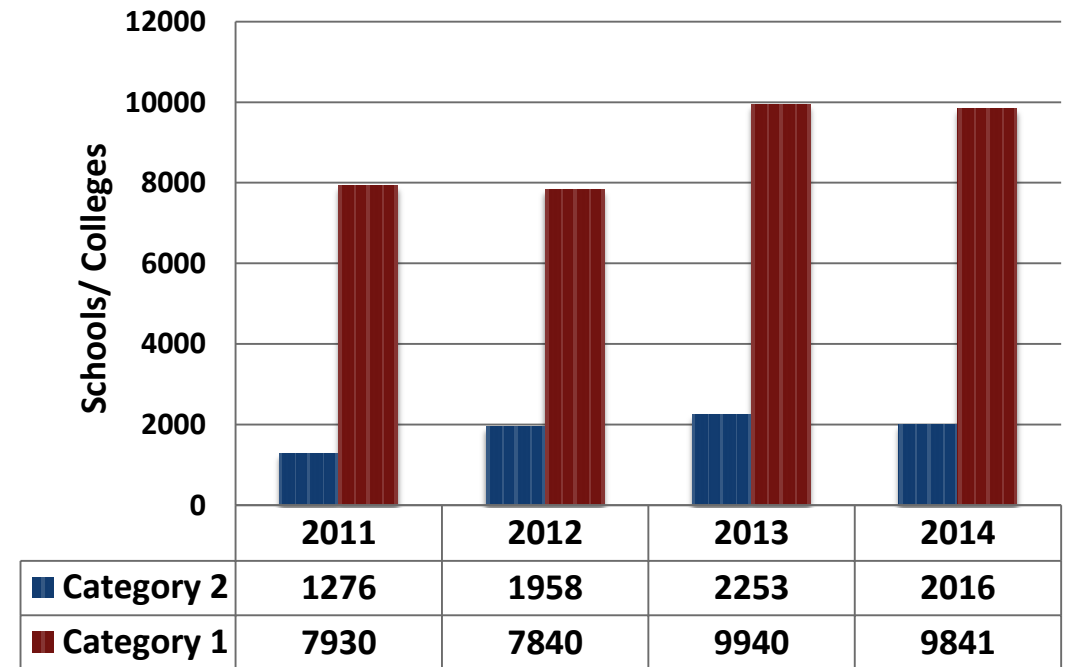
Yearly Statistics (2011 – 2014)



Student Participation in Essay Event



School/ College Participation in Essay Event



Year	Total Schools & Colleges	Total Students
2011	9206	144,474
2012	9828	170,148
2013	12193	178,589
2014	11857	185,751

All India Essay Writing Event - 2014



This year's event marked the tenth year of partnership between SRCM and the United Nations Information Centre (UNIC) India and Bhutan to commemorate International Youth Day through the organisation of the All India Essay Writing Event.

TOPICS:

- **Category 1 (Classes 9 to 12)** :“This above all: to thine own self be true.”
- **For Category 2 (UG and PG students)**: “To be truthful is to be human.”

STATISTICS:

Category	No. Of Schools/ Colleges	No. of Students
Category 1	9,841	164,475
Category 2	2,016	21,276
TOTAL	11,857	185,751

NATIONAL PRIZE WINNERS:

Category 1: S. Diya Nissi (Class 10, Good Shepherd English Medium School, Nandyal)

Category 2: Tadi Sujoy Kiran (Final Year, MBBS, Rajiv Gandhi Institute of Medical Sciences, Srikakulam)

All India Essay Writing Event - 2014



Pali



Lucknow



Kolkata



Patna



Thiruchirapalli



Mysore



Sri Ganganagar



Ujjain



Aurangabad



Paithan



Kovilpatti



Basavakalyan



Valliyur

All India Essay Writing Event - 2013



Organized by SRCM and the United Nations Information Centre (UNIC) India and Bhutan, to commemorate the International Youth Day each year, the All India Essay Writing Event 2013 marked the ninth year of partnership between the two organizations

TOPICS:

- **Category 1 (Classes 9 to 12)** :“Minds are opened only when hearts are opened.”
- **For Category 2 (UG and PG students)**: “It is not what you look at that matters, but what you see.”

STATISTICS:

Category	No. Of Schools/ Colleges	No. of Students
Category 1	10,002	161,342
Category 2	2,191	17,247
TOTAL	12,193	1,78,589

NATIONAL PRIZE WINNERS:

Category 1: S. Diya Nissi (Class 10, Good Shepherd English Medium School, Nandyal)

Category 2: Tadi Sujoy Kiran (Final Year, MBBS, Rajiv Gandhi Institute of Medical Sciences, Srikakulam)



Prize Distribution 2013, New Delhi



UNIC Director at New Delhi



National Prize Winner 2013



Prize Distribution, Guwahati



Prize Distribution, Karnataka



Prize Distribution, Andhra Pradesh

SRCM Ashrams



SRCM Ashrams - Overview

SRCM Ashram in Kolkata



An ashram is a place where one goes to find rest and obtain shreyas, that is, spiritual well-being and spiritual growth ...

- Chariji

The ashrams of Shri Ram Chandra Mission are reserved for meditation and training. They are places where people come together and meditate, where everybody can sit together, hear speeches and experience the Divine within the hearts.

SRCM has over **200 ashrams** in India for the use of its abhyasis. An ashram is built only on a need-basis depending upon the growth of the abhyasis in a center.

An SRCM ashram typically has a meditation hall for group satsanghs, a dormitory for abhyasis to stay during seminars and training programs, dining halls and toilet blocks.

In centers where there are no ashrams, group satsanghs are conducted in abhyasis' houses on a voluntary basis.

Babuji Memorial Ashram (Chennai)



SRCM Ashrams - Babuji Memorial Ashram (BMA), Chennai



The world headquarters of Shri Ram Chandra Mission is located at Manapakkam, in the metropolis of Chennai in southern India.

Named the Babuji Memorial Ashram in honor of Shri Ram Chandraji of Shahjahanpur (Babuji), the Ashram is one of the Mission's many Centres of Light.

Here inspiring architecture and the beauty of nature complement each other in a setting permeated by a truly special spiritual atmosphere.

FACILITIES IN THE ASHRAM

- Meditation Hall
- Dormitories
- Library
- Seminar Hall
- Dining Hall

All the facilities in the ashram are provided free of cost so that the maximum number of people can benefit from the services provided by the organization.



Babuji Memorial Ashram, Chennai

Parking Area

Administration Building



Meditation Hall

Babuji Memorial Ashram, Chennai



Babuji Memorial Ashram, Chennai

Meditation Hall



Administration Building



Seminar Hall

Library, Individual Sitting Area



Daily Life at the Ashram



The life at the ashram is simple, filled with lots of time for self-reflection and deep meditation.

Typically, the first bell in the morning rings at 5 am when abhyasis get up and sit for their morning meditation.

GENERAL SCHEDULE AT BMA (CHENNAI):

5:00 am – Individual Meditation

6:30 am – Group Satsangh

7:30 am – Breakfast

9:00 am – Group Satsangh

12:30 pm – Lunch

3:30 pm – Tea & Snacks

5:00 pm – Group Satsangh

7:30 pm – Dinner

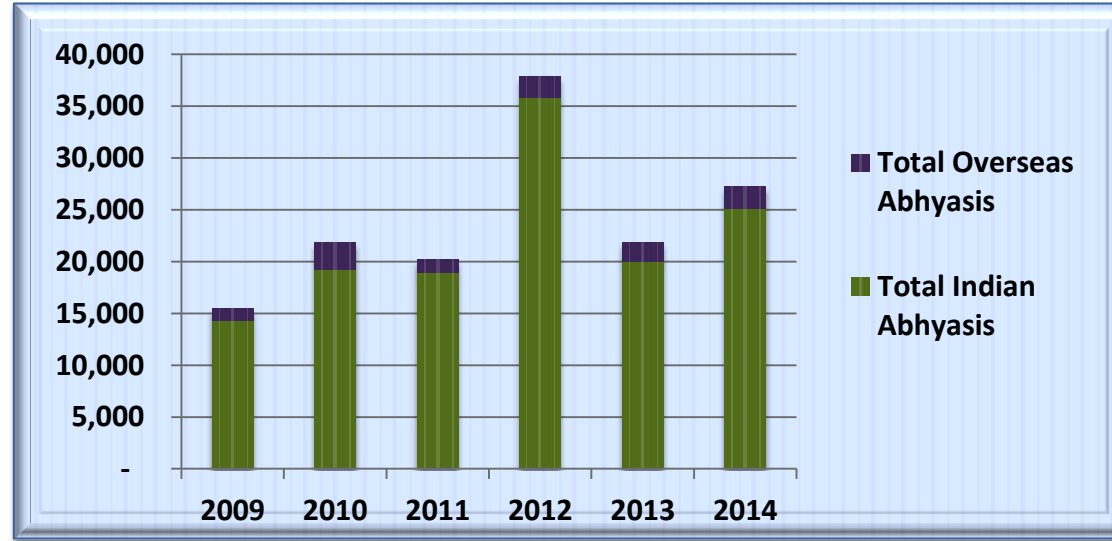
9:00 pm – Universal Prayer & Individual Prayer Meditation

Satsanghs are conducted in the main meditation hall. All facilities in the ashram (including food and accommodation) is provided free of charge.

Abhyasis Accommodation Statistics

Abhyasis from SRCM centres located throughout the world visit the Babuji Memorial Ashram to spend some peaceful time in the spiritual atmosphere. Abhyasis are welcome to stay in the Ashram premises as long as they wish to introspect and meditate.

Below are details of registered abhyasis who have stayed in the ashram premises from 2010 – 2014. In addition to these, many abhyasis from other centres who visit the ashram premises also make their own accommodation arrangements outside the ashram.



Abhyasis	2010	2011	2012	2013	2014 (till Oct)	Total
Indian Abhyasis	19206	18922	35804	20023	25119	133398
Overseas Abhyasis	2600	1270	2100	1828	2095	11011
Total number of Abhyasis	21806	20192	37904	21851	27214	144409

Regional Seminars at Babuji Memorial Ashram

Abhyasis from SRCM centres visit the SRCM ashram in Manapakkam, Chennai to attend centre-wise regional seminars. Each regional seminar is focused on a specific spiritual topic.

Date	Region	No. of Abhyasis
April 2012	Kanpur, UP	650
May 2012	Karnataka & Coimbatore	600
June 2012	Lucknow, UP	650
September 2012	Allahabad, UP, Vishakapattnam/ Dachepalli	630 530
October 2012	Pune Gorakhpur, Punjab, Haryana	530 650
November 2012	Bangalore	1300
	Gujarat	1200
	Virudunagar, Aluva	500
	Tirupati, Karimnagar	700
December 2012	Agra	750
	Bihar and Jharkhand	750
	Amalapuram, Guntur	600
	Jammu & Kashmir	80
	UP, Maharastra, Rajasthan	950
June 2013	Seminar for Students	150



Regional Seminars at Babuji Memorial Ashram

Date	Region	No. of Abhyasis
October 2013	China	120
	Jaipur & Avinashi, Palakkad	150
	Agra	210
	Karimnagar	250
November 2013	Gujarat	800
	Salem, Puddokottai, Jaipur	255
	Malaysia	35
	Coorg, Payyanur	100
	AndraPradesh	100
December 2013	Thrissur	35
	Volunteers Zone 2 A seminar	75
	Siswabazar, Maharajganj (UP)	60
	Mysore	300
	SriLanka	50
	Varanasi & Meerut	355
	Sitapur, Noida	220
January 2014	Australia & Oceania Seminar	200
	Tiruppur	800
	Italy, Belgium & Singapore	100
	African Seminar	200
	Aswapuram, AP	72



Regional Seminars at Babuji Memorial Ashram

Date	Region	No. of Abhyasis
February 2014	Europe	300
	Aligarh	100
	Deoria, Barathpur	120
	Peddapally, Belgaum	140
March 2014	Prefect Candidate Training	30
	Vaishali	60
	Orrisa	120
	Gulf countries and Iran	250
April 2014	Madhya Pradesh	800
September 2014	Malaapuram, Pattambi, Payyanur	107
	Kartakata & Tamil Nadu Prefects	155
October 2014	Jodhpur, Gaziabad	70
	China	100
November 2014	Vietnam (Indonesia, Philippines, Thailand)	50
December 2014	Zone 16, North East India & Jabalpur	425
	Solapur	100
	Haldwani,	100
	Kohlapur	80
	Russia & SriLanka	160



SRCM Ashram (Satkhol)



SRCM Ashram - Satkhol



An invitation into profound silence, a sanctuary of peace and purity, Shri Ram Chandra Mission's ashram at Satkhol in Uttarakhand is a sacred place in the hearts of followers of the Sahaj Marg system of spirituality.

A visit to Satkhol can be a transformational journey, changing the lives of those who immerse themselves in its quiet and subtle atmosphere.

Located in the foothills of the majestic Himalayas in the Nainital District, at an elevation of approximately 1900m (5700 ft), Satkhol is nestled in a golden valley among orange groves and whispering willows. Here, nature displays its pristine best, with flowers of different shapes and hues creating a riot of colour and texture.

A heavenly atmosphere permeates the Satkhol ashram. Wherever one sits, the silence and stillness lead inward, toward a mystical exploration of the heart and deep states of meditation.

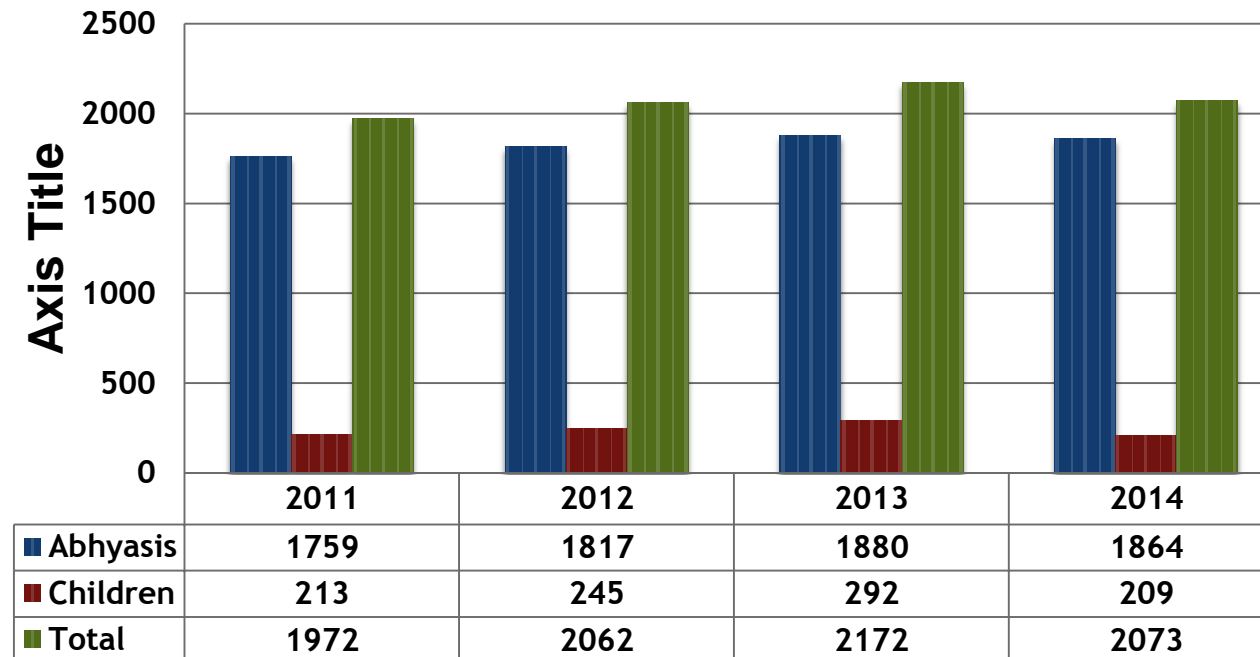
After a few days, one feels totally absorbed in the atmosphere, and there is finally little difference between the state of meditation and that of performing all other simple, daily actions.



SRCM Ashram - Satkhol

According to Rev. Chariji, the SRCM ashrams in Satkhol and Manapakkam (Chennai) are two of the most important ashrams in the Sahaj Marg system. He revealed that these two ashrams are like the North and South Pole among the Sahaj Marg ashrams.

Throughout the year, many abhyasis travel in batches of 50 - 60 to the SRCM Satkhol ashram and stay there for a week to benefit from the unique spiritual atmosphere prevailing in the premises. Food and accommodation are provided free of charge for spiritual aspirants during their stay in the premises.



Yearly Accommodation statistics from 2010 - 2014

Abhyasi Accommodation Statistics 2014- Satkhol

Start Date	End Date	Abhyasis	Children	Total	Start Date	End Date	Abhyasis	Children	Total
09/12/2014	14/12/2014	21	6	27	27/05/2014	01/06/2014	51	12	63
02/12/2014	07/12/2014	33	2	35	20/05/2014	25/05/2014	55	19	74
25/11/2014	30/11/2014	24	2	26	13/05/2014	18/05/2014	59	8	67
18/11/2014	23/11/2014	57	2	59	06/05/2014	11/05/2014	43	14	57
11/11/2014	16/11/2014	59	2	61	08/04/2014	13/04/2014	59	9	68
04/11/2014	09/11/2014	66	3	69	01/04/2014	06/04/2014	56	5	61
28/10/2014	02/11/2014	63	8	71	25/03/2014	30/03/2014	59	2	61
21/10/2014	26/10/2014	56	9	65	18/03/2014	23/03/2014	59	4	63
14/10/2014	19/10/2014	63	11	74	11/03/2014	16/03/2014	55	1	56
07/10/2014	12/10/2014	10	0	10	04/03/2014	09/03/2014	58	1	59
23/09/2014	28/09/2014	57	2	59	25/02/2014	02/03/2014	63	1	64
16/09/2014	21/09/2014	54	3	57	18/02/2014	23/02/2014	58	0	58
09/09/2014	14/09/2014	63	2	65	11/02/2014	16/02/2014	71	0	71
02/09/2014	07/09/2014	59	1	60	04/02/2014	09/02/2014	31	1	32
24/06/2014	29/06/2014	61	6	67	28/01/2014	02/02/2014	30	1	31
17/06/2014	22/06/2014	42	7	49	21/01/2014	26/01/2014	20	0	20
10/06/2014	15/06/2014	57	12	69	14/01/2014	19/01/2014	49	12	61
03/06/2014	08/06/2014	49	20	69	07/01/2014	12/01/2014	28	6	34
					TOTAL				
					1864 209 2073				

Abhyasi Accommodation Statistics 2013 - Satkhol

Start Date	End Date	Abhyasis	Children	Total
24/12/2013	29/12/2013	51	13	64
17/12/2013	22/12/2013	48	4	52
10/12/2013	15/12/2013	19	1	20
03/12/2013	08/12/2013	47	9	56
26/11/2013	01/12/2013	44	1	45
19/11/2013	24/11/2013	57	6	63
12/11/2013	17/11/2013	54	7	61
05/11/2013	10/11/2013	45	10	55
29/10/2013	03/11/2013	60	4	64
22/10/2013	27/10/2013	61	4	65
15/10/2013	20/10/2013	61	16	77
08/10/2013	13/10/2013	54	13	67
24/09/2013	29/09/2013	54	6	60
17/09/2013	22/09/2013	66	5	71
10/09/2013	15/09/2013	58	2	60
03/09/2013	08/09/2013	66	2	68
25/06/2013	30/06/2013	43	18	61
18/06/2013	23/06/2013	41	17	58
11/06/2013	02/06/2013	46	14	60

Start Date	End Date	Abhyasis	Children	Total
21/05/2013	26/05/2013	44	23	67
14/05/2013	19/05/2013	60	8	68
07/05/2013	12/05/2013	47	18	65
16/04/2013	21/04/2013	52	5	57
09/04/2013	14/04/2013	58	12	70
26/03/2013	31/03/2013	62	20	82
19/03/2013	24/03/2013	44	4	48
12/03/2013	17/03/2013	58	4	62
05/03/2013	10/03/2013	55	4	59
26/02/2013	03/03/2013	61	0	61
19/02/2013	24/02/2013	61	0	61
12/02/2013	17/02/2013	40	5	45
05/02/2013	10/02/2013	39	3	42
22/01/2013	27/01/2013	35	0	35
15/01/2013	20/01/2013	34	1	35
08/01/2013	13/01/2013	36	4	40
01/01/2013	06/01/2013	22	11	33
TOTAL		1880	292	2172

Other Major SRCM Ashrams in India



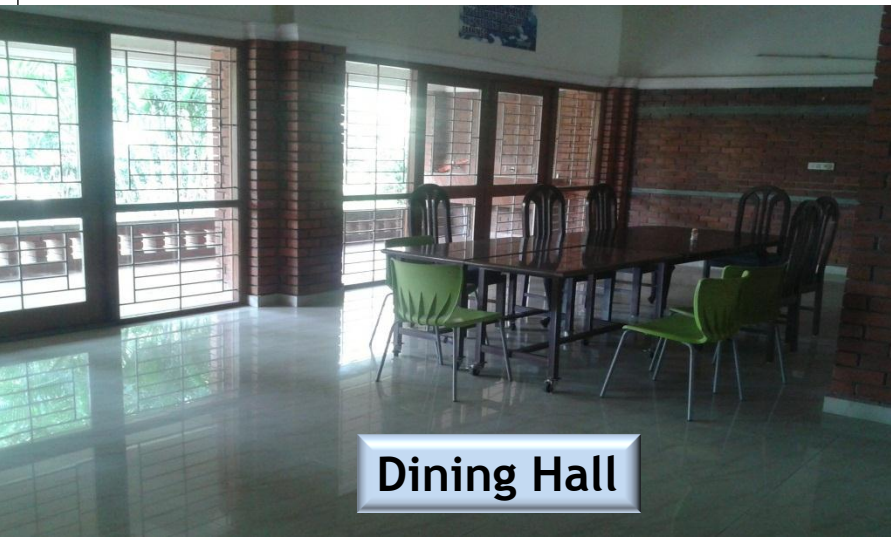
SRCM Ashram - Bangalore



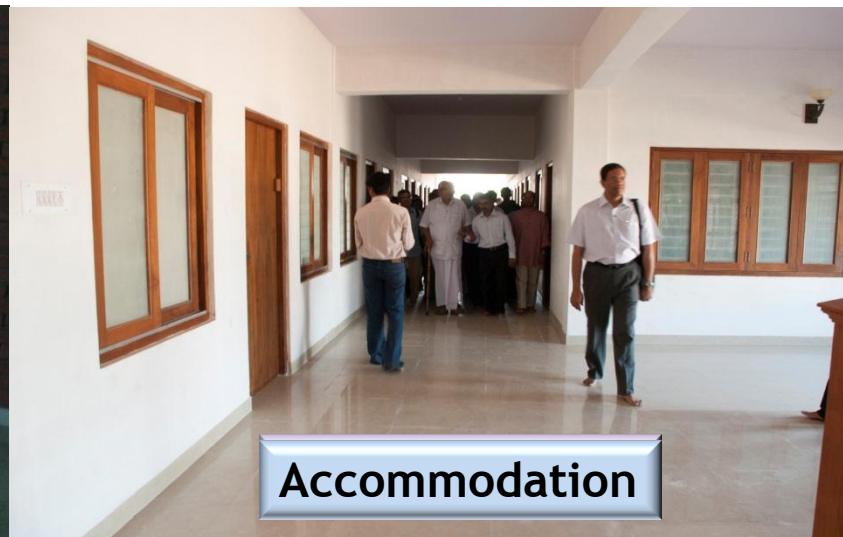
SRCM Ashram, Bangalore



Meditation Hall



Dining Hall



Accommodation



Library

SRCM Ashram - Mumbai



Meditation Hall



Seminar Hall



Dormitory



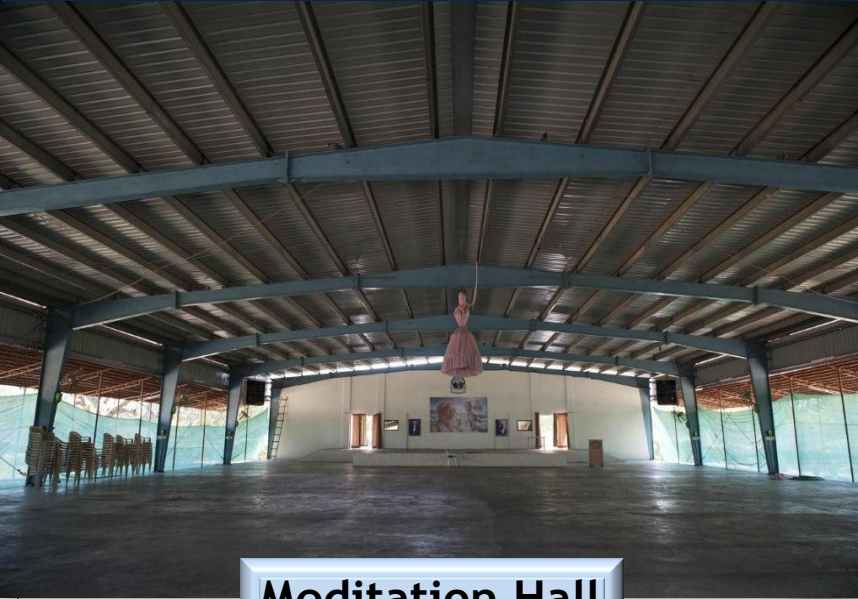
Kitchen



Dining Hall



SRCM Ashram - Jaipur



Meditation Hall



SRCM Ashram, Jaipur



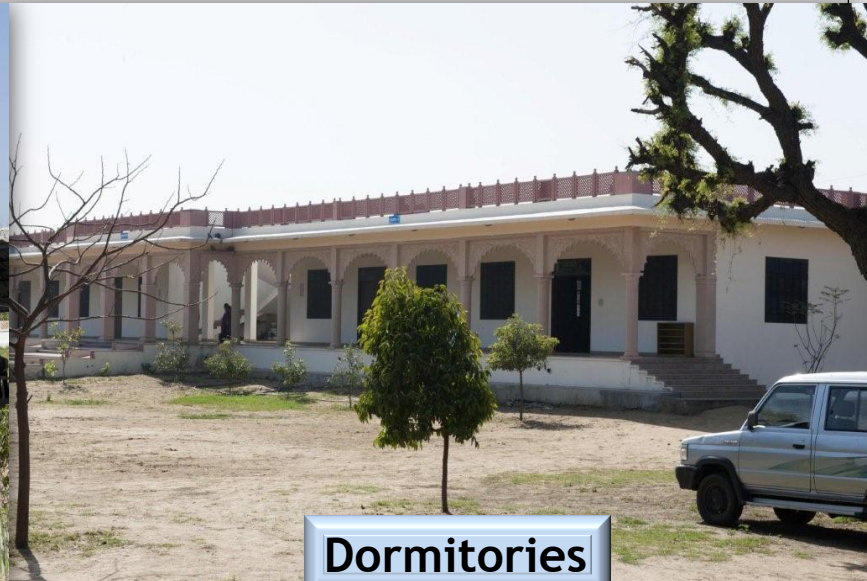
Seminar Hall



Office



Kitchen & Dining



Dormitories

SRCM Ashram - Ahmedabad

Meditation Hall Outside



Dormitory



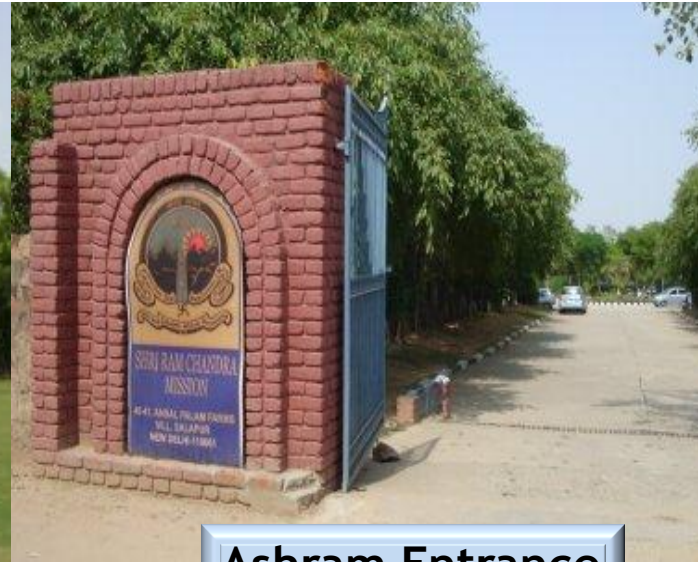
Meditation Hall Inside



SRCM Ashram - Gurgaon (Delhi)



Meditation Hall Outside



Ashram Entrance



Meditation Hall



Kitchen

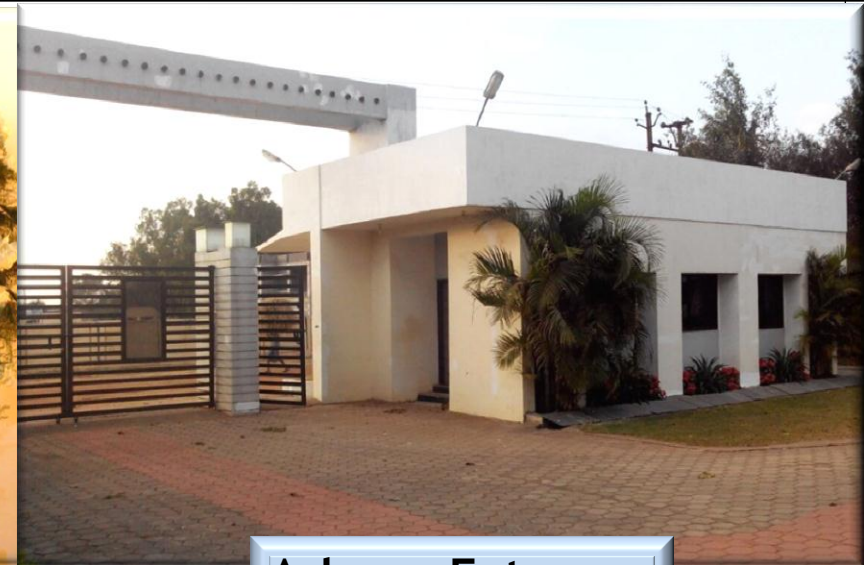


Dining Area

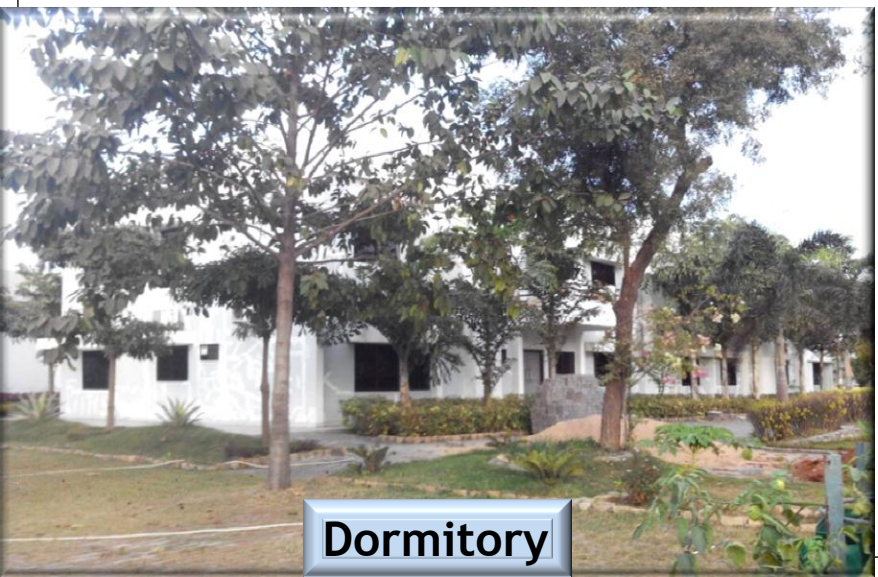
SRCM Ashram - Raipur



Meditation Hall



Ashram Entrance



Dormitory



Kitchen & Dining

SRCM Ashram - Tiruppur



Meditation Hall



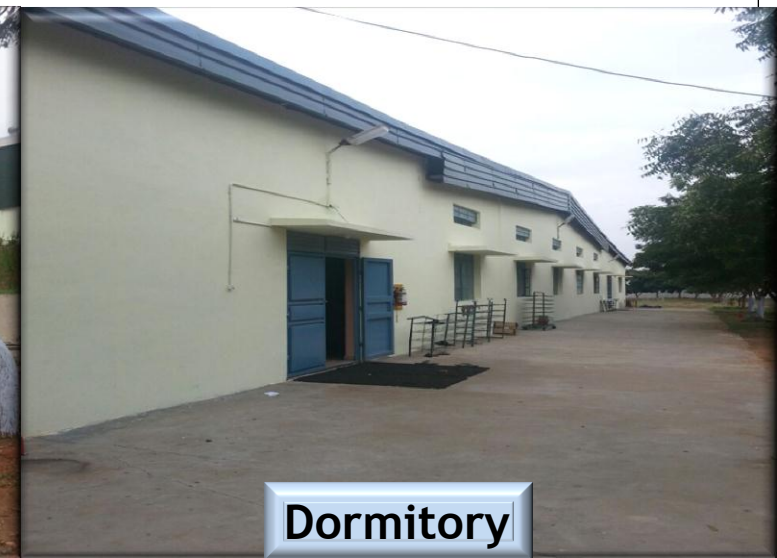
Water Tank



Kitchen & Dining



Library



Dormitory

International Spiritual Bhandaras



International Spiritual Bhandaras



Each year at least one international bhandara takes place during the month of April or July. One of the basic objective of these bhandaras is to focus on imparting and developing the core values like love, brotherhood, Discipline etc.

About **30000 to 50000 participants** from diverse backgrounds social and economic circumstances come together every year, transcending boundaries in an atmosphere of love and brotherhood.

The aspirants are provided accommodation and food free of cost during their stay at the bhandara premises. These bhandaras teach the aspirants to live a life of spiritual grandeur and material simplicity.

Below are some details of the International Spiritual Bhandaras in the last few years:

Dates	No. of Abhyasis	No. of Children	TOTAL
22 nd July - 25 th July 2011	39932	6617	46549
15 th Aug - 16 th Aug 2012	22654	2200	22874
22 nd July - 25 th July 2014	29240	3500	32740

International Spiritual Bhandaras - Preparation



In order to facilitate the smooth function of the spiritual bhandara over 1000 volunteers from various disciplines, viz doctors, electrical engineers, chefs, plumbers, drivers, security services etc, contribute their service round the clock.

Preparation for the seminar generally begins three months before the event. To begin, the land is cleared to erect accommodation tents to accommodate over 40,000 aspirants. A huge meditation hall with a seating arrangement for over 50,000 aspirants is erected.

The doctors and paramedical team set up the camp with consultation rooms, beds, pharmacy etc. Ambulances are also put on the standby in case of any emergency.

The security team prepares a detailed plan on the various security points that are to be manned throughout the bhandara.

The sanitation team takes care of cleaning the washrooms and toilets to make the place clean and sanitized. The transportation team handles elaborate arrangements at the airport, railway station and bus stand to transfer the aspirants to the ashram.

Meditation Hall



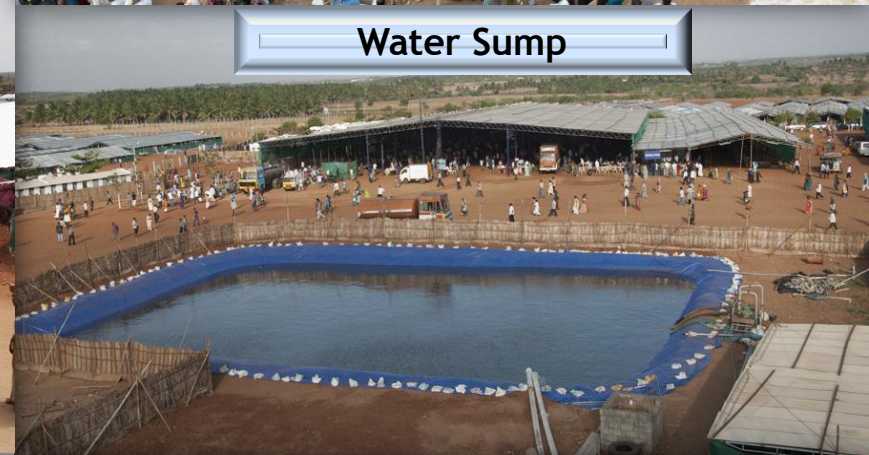
Temporary Kitchen



Accommodation Tents



Water Sump



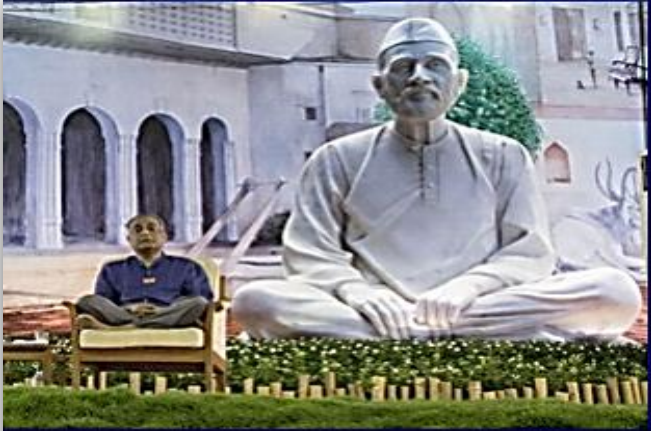
Children's Centre



Children's Centre



International Spiritual Bhandara - July 2014



An international spiritual bhandara was organized from **23rd of July 2014 to 25th of July 2014** in the SRCM ashram in Tiruppur (Tamil Nadu).

DJ Park, Tiruppur Preparations for the celebration had started weeks in advance. From the weekend preceding the event, as abhyasis streamed into the site, the atmosphere began to change into one of quiet joy and anticipation.

Over the three-day celebration, **eight satsanghs** were conducted by Rev. Kamlesh Patel (spiritual successor of Rev. Chariji) as Revered Chariji had to remain in Chennai due to his ill-health.

The satsanghs invigorated and deepened the experience of **around 32000 abhyasis** attending the bhandara. On 23rd July, satsanghs were followed by the reading of some Special Whispers messages.

Rev. Kamleshji addressed the gathering three times during the bhandara. He stressed the need for regular practice and reiterated the teachings of Babuji Maharaj. He also performed weddings on 24th July after the satsangh.

International Spiritual Bhandara July 2014 - Statistics



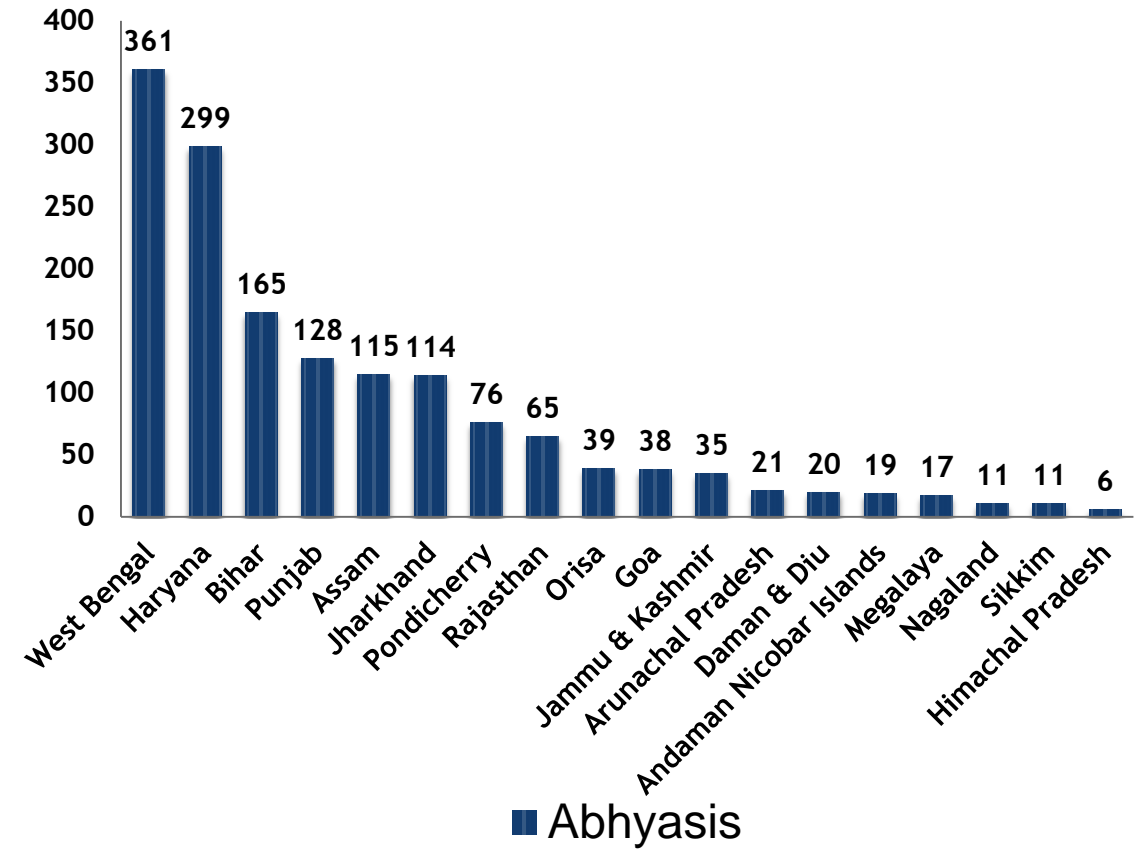
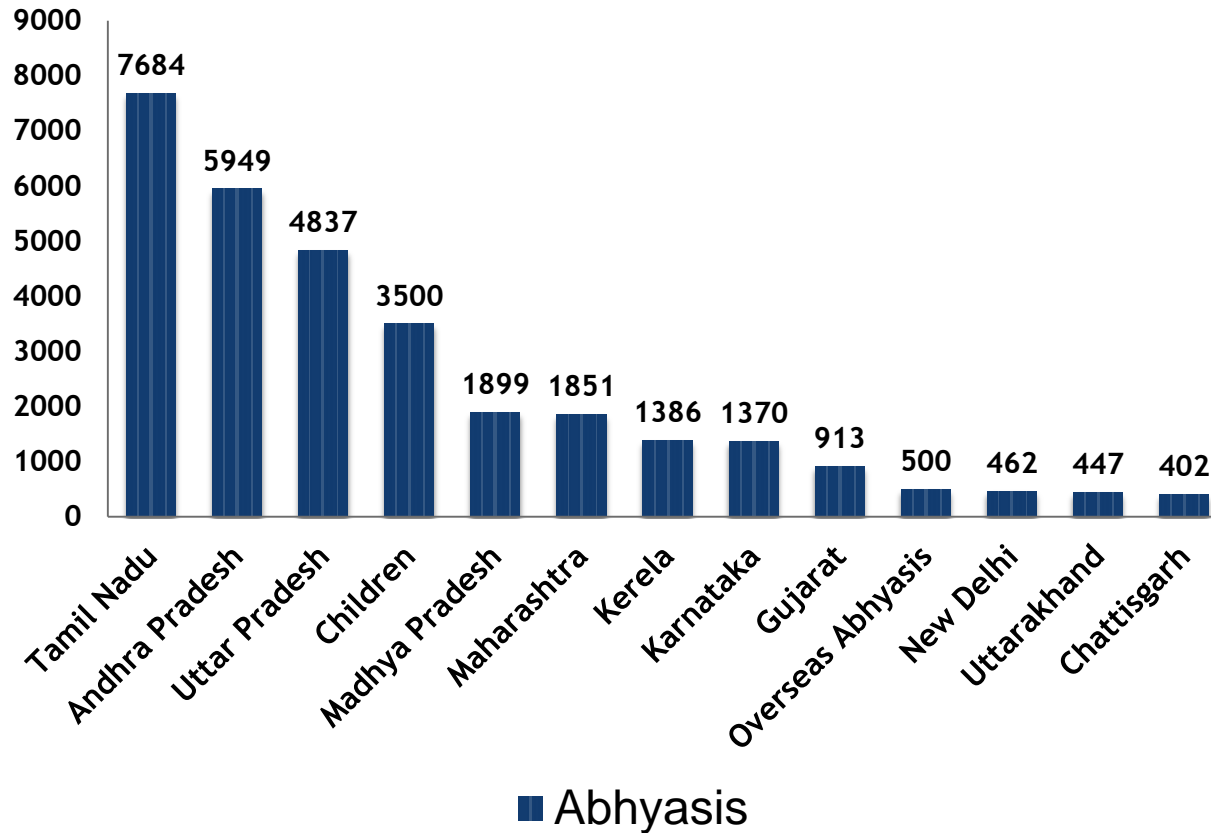
Below are some statistics of State-wise attendance in Tiruppur (Tamil Nadu) during the spiritual bhandara in July 2014:

Details	Abhyasis
Andhra Pradesh	5949
Tamil Nadu	7684
Uttar Pradesh	4837
Karnataka	1370
Kerela	1386
Maharashtra	1851
Assam	115
Madhya Pradesh	1899
Bihar	165
Chattisgarh	402
Daman & Diu	20
New Delhi	462
Goa	38
Gujarat	913
Himachal Pradesh	6
Haryana	299
Jharkhand	114

Details	Abhyasis
Megalaya	17
Nagaland	11
Orissa	39
Punjab	128
Pondicherry	76
Rajasthan	65
Arunachal Pradesh	21
Sikkim	11
Uttarkhand	447
West Bengal	361
Jammu & Kashmir	35
Overseas Abhyasis	500
Andaman Nicobar Islands	19
Children	3500
TOTAL	32740

Spiritual Bhandara July 2014 - Statistics

Below are some statistics of State-wise attendance in Tiruppur (Tamil Nadu) during the spiritual bhandara in July 2014:



Spiritual Bhandara July 2013- Highlights

In the year 2013, as Rev. Master was unable to travel due to His ill-health, the July event was **decentralized** and abhyasis were asked to celebrate at their local centres, a video link was setup to relay live the proceedings at Chennai. The satsangh, Master's talk and the bhajans were heavenly.

In His first talk in the SRCM Manapakkam ashram, Rev. Master reminded us that ***our spiritual evolution is not only for ourselves. Our children must evolve with us and our social circle must also evolve with us.***

Full day programmes were arranged throughout the country to celebrate the bhandara. The day began with the morning meditation in various centres, which was followed by programmes like skits and dances by young abhyasis and children. Bhajans sung by abhyasi brothers and sisters created an atmosphere of devotion and tranquillity.

Across all SRCM centres in India, **talks, skits, group discussions** highlighted the various aspects of Sahaj Marg such as right conduct, surrender, faith, the goal and the path. Significant events of the life of Master were presented to abhyasis in the form of talks, skits and group discussions in most centres.

Both small and large centres made every effort to organise discussions and interactive sessions such that the thoughts of abhyasis are aligned to the purpose, means and attitude to reach the goal. The day was spent in introspection and was celebrated with a feeling of devotion, love

inner joy in various centres across India.



Spiritual Bhandara July 2103- Highlights



Prefect's Workshops



Prefect's Workshops

Based on necessity, experienced abhyasis are provided permission by the Master to train and provide assistance to other abhyasis on the different aspects of Sahaj Marg system of Raja Yoga.

Prefects are responsible for imparting the Sahaj Marg system of Meditation to each practitioner.

Regular workshops/ seminars are conducted for prefects to enhance and deepen their understanding of Sahaj Marg.



Statistics of Prefect Workshops

Date	Place	Participants	Details
24 th Nov 2012	NCR- Delhi	80	Prefect Seminar for prefects in NCR zone
24 th - 30 th Dec 2012	Shahjahanpur, UP	38	Prefect Seminar for prefects in Shahjahanpur & nearby centres
30 th - 31 st Dec 2012	Satkhol, Uttarakhand	44	Prefect Seminar for Uttarakhand zone
21 st - 25 th Jan 2013	Trichy, Tamil Nadu	63	Prefect Workshop for selected candidates (India & overseas)
10 th April 2013	Sonepat, Haryana	13	Prefect Seminar for prefects in Haryana
17 th May 2013	Ludhiana, Punjab	11	Prefect Seminar for prefects in Ludhiana

Prefect's Workshops - Statistics

Date	Place	Participants	Details
8 th to 11 th August 2013	BMA, Chennai	175	Prefect's workshop and training
23 rd Sept to 27 th Sept 2013	BMA, Chennai	65	Seminar for Prefects of Tamil Nadu and Karnataka.
28 th to 29 th Sep 2013	BMA, Lucknow	100	Prefects Seminar for prefects of UP (Central)
13 th to 25 th Oct 2013	BMA, Chennai	22	New Prefects Workshop
12 th to 16 th Nov 2013	Shahjahanpur, UP	157	Seminar for Prefects of Uttar Pradesh on "Internalise the Master and externalise his teachings."
20 th to 24 th Nov 2013	BMA, Lucknow	88	Prefects Workshop on "Deepening Prefect Experience."
2 nd to 14 th Dec 2013	BMA, Chennai	20	Prefect Candidates Workshop
8 th to 20 th Dec 2013	BMA, Chennai	22	New Prefects Workshop
24 th Dec to 28 th Dec 2013	Satkhol	40	Focused seminar on "Deepening Prefect Experience."
15 th to 20 th February 2014	BMA, Chennai	310	European Prefect's Workshop
24 th April 2014	Rajahmundry	22	Regional Workshop for Prefects in the AP Coastal Zone.
5 th Jun to 8 th June 2014	Jabalpur	31	Prefect Workshop on Theme: 'Work Your Heart to Develop Your Heart'.
13 th September 2014	Kakinada	25	Prefect's Seminar for zone AP-1B
23 rd Sep to 27 th Sep 2014	BMA , Chennai	39	Prefect Candidates Workshop (Batch 5)
12 th - 16 th Nov 2014	Shahjahanpur (UP)	150	Prefect's Workshop for prefects in Uttar Pradesh
28 th Nov to 7 th Dec 2014	BMA, Chennai	39	Prefect Candidates Workshop (Batch 6)

Prefect's Workshops - 2014



European Prefects' Seminar (15th – 20th February 2014):

Around **310 prefects** from nearly all the countries of Europe attended this seminar that took the participants into deep reflective spaces within themselves.

Rev. Master came to Manapakkam on the 15th to start off the inaugural session. He conducted a satsang in Dorm A where the prefects had assembled, and then talked to them about refinement in the work.



Prefect Training Programme, Jabalpur (5th to 8th June):

A four-day 'Prefect Training Programme' was conducted at zonal ashram (8B), Jabalpur from 5 to 8 June, for prefects from MP (East & West) and Vidisha. The theme of the programme set by Master was 'Work Your Heart to Develop Your Heart'. The special feature of the programme was that it had no fixed schedule and just went with the heart, in silence.



Prefect Meetings Uttarakhand (30th and 31st of August 2014)

A two day get-together of all CICs and prefects-in-charge of Zone 18 (Uttarakhand) was organised on 30th and 31st of August at the Satkhol Himalayan Ashram. Eighteen participants gathered in a very informal atmosphere and discussed the various activities held in their centres. The programme ended with a very clear awareness of how to use the heart to work spontaneously. A wonderful bonding of oneness and togetherness prevailed.

Prefect's Workshops - Highlights 2014



Sixth Batch of Prefects' Preparation Workshop (28 Nov to 7th 2014):

Thirty-nine prefect candidates from across the country attended this largest batch of the prefect's preparation workshop. Rev. Kamleshji spent time with the candidates and gave two talks, stressing the importance of serving with humility and love.

The participants were also invited to join in the sessions where Kamlesh bhai addressed the youth and the delegates from North East. The theme was how a prefect is an 'Intense Abhyasi' and why it is necessary for the prefects to focus on their abhyas, and on their character formation, so as to be His instruments and participate in His work.

The programme concluded with a reflection session on the essential aspects for a spiritual aspirant and the key lessons to take back to their respective

Kakinada, Andhra Pradesh (13th September 2014):

A meeting of **25 prefects** from AP-1B zone was conducted on 13th September at Kakinada Ashram. After satsang at 9.00 a.m., various topics like how to give sittings, how to read the condition, the role of suggestion while giving sittings, the character of a prefect and the importance of Whispers were discussed.

Prefect's Workshops - Highlights 2014



Uttar Pradesh Prefects' Seminar (12th to 16th Nov 2014):

The five-day seminar, conducted from 12th to 16th November in Shahjahanpur, was attended by **150 prefects** from UP. The seminar focused on 'Humility', the condition of insignificance and innocence, which can be experienced and achieved by following Maxim 2 and 10 with intense practice.

Creating awareness of the behaviour pattern and character was taken well and by the end of the seminar everyone realised the need to observe and correct themselves by making a suggestion in a prayerful state.

Prefect's Workshops - Highlights 2013



Prefect Candidates Workshop (12th to 14th Dec 2013):

Batches of about twenty or so prefect candidates, were invited to Manapakkam ashram for training and to be made prefects. Every morning, the candidates received a sitting from Rev. Master. Rev. Master also spoke to the group and, where needed, met and spoke to each of them individually. Although the plan was to distribute the final sittings across four days, Master gave each candidate a final sitting on Friday, 6th December.



North American Prefect Seminar (8th to 10th August 2013):

Brothers and sisters from North America and Canada gathered together to grow spiritually by engaging with the theme that Master had given: Prejudice is the greatest obstacle to Spiritual Growth.

Prefect's Workshop for UP (Central) Zone (28 - 29 September 2013):

A two day zonal level meet was organized at Babuji Memorial Ashram, Lucknow for around **100 prefects** of U.P.(Central) zone on 28 - 29 September 2013.



Three DVDs of Master's talks 'Become Perfect Prefect', 'How to Give Sittings' and 'Need for Discipline' were played. Br Justice R.R.K. Trivedi spoke on the 'Role of a Prefect', Br K.K. Saxena presented points from the 'Prefect's Guide', Br Ashish Singh motivated the prefects to become sincere and dedicated abhyasis functioning with love, brotherhood and harmony

Prefect's Workshops - Highlights 2013



New Prefects Workshop, Manappakkam (Chennai): 13th to 25th Oct 2013 and 8th to 20th Dec 2013

To further improve the quality of service provided by prefects, Master has instituted a new process for their training and preparation. Candidates are taken through a two week programme that equips them with deeper knowledge, commitment and clarity of purpose.

Two batches, each having twenty-two candidates, have completed this training at Manapakkam in October and December and have received permission to serve as prefects. Candidates are from various parts of the country and many come from centres where there are no prefects. Master has personally spent time speaking with the candidates, giving them sittings and preparing them for their life ahead as prefects.

Prefect's Workshop, Lucknow (20th – 24th Nov 2013):

Eighty-eight prefects from four zones — NCR, Uttarakhand, U.P. (West) and U.P. (Central), attended the „Deepening Prefects“ Experience“ programme organized in BMA, Lucknow from 20th-24th November.

The programme laid stress on introspection and sharing of experiences rather than just listening to lectures. Various talks of Master were played to help the participants in introspection and understanding. The results showed on the glowing faces of the participants. All of them made a resolution to become complete human beings, real abhyasis and perfect prefects.

Group Satsanghs & Individual Sitzings



Group Meditation Sessions (Satsangh)

Every Sunday and Wednesday, abhyasis in all **1153 Sahaj Marg centres** across the world meditate together as a group in their respective centres.

Benefits of Group Meditation Sessions:

- When we sit together for meditation, the result is amplified and bigger than the sum of individual efforts.
- When we meet for satsangh in large groups, we learn to tolerate each other, to respect each other, and eventually to love each other irrespective of any differences in caste, religion, social or economic circumstances. This promotes universal brotherhood.

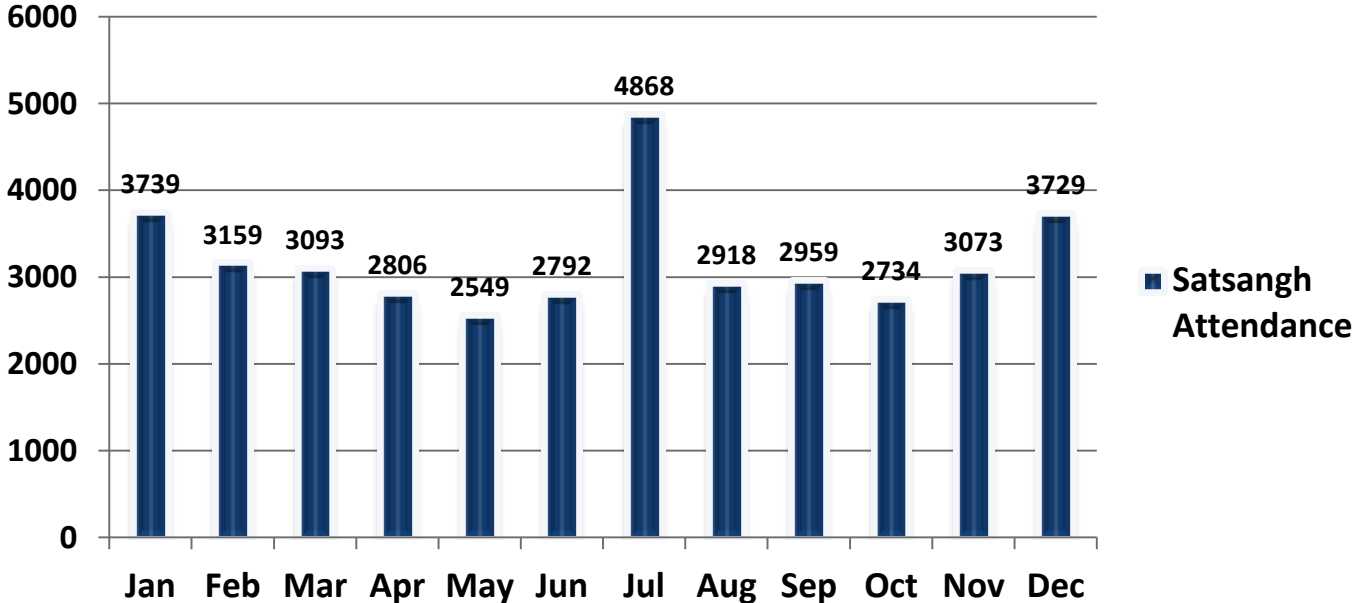
After the satsangh, there are also short programs conducted on specific topics like sadhana (practice), character formation, discipline, love etc.



Satsangh Statistics - SRCM Ashram, Chennai



Below is a sample of the average monthly Sunday satsangh attendance data for the year 2014 in Babuji Memorial Ashram, Chennai.



Months	Jan 2014	Feb 2014	Mar 2014	Apr 2014	May 2014	Jun 2014	Jul 2014	Aug 2014	Sep 2014	Oct 2014	Nov 2014	Dec 2014
Avg. Satsangh Attendance	3739	3159	3093	2806	2549	2792	4868	2918	2959	2734	3073	3729

Individual Sitzings

In addition to the individual practice and group satsanghs, abhyasis of Sahaj Marg also get one-on-one meditation instruction and guidance from experienced prefects of Shri Ram Chandra Mission who have volunteered their services and have been permitted by the Master to train abhyasis.

Each abhyasi of Shri Ram Chandra Mission have individual meditation sessions (or individual sittings as they are known) with prefects twice a month.

The prefects also provide support for the spiritual growth and understanding of abhyasis by clarifying any questions from the practitioners on the Sahaj Marg sadhana.

Currently there are about 2100 prefects in India.



Youth Seminars & Workshops



Youth Seminars & Workshops

The following seminars and workshops aim at inspiring the youth of today to become good human beings and strong pillars of our society.

Personality & Character Development:

Here teenagers are encouraged to discover and understand personality, behavioural tendencies, and character and how these mould our destiny. They will be given a foundation in developing self-acceptance so as to provide a healthy attitude towards character formation as they grow.

Leadership

Leadership is required in many aspects of day-to-day life, at school as well as in family and working life. Chariji has said that we can only be effective in leadership roles when we are capable. This program inspires participants to be great leaders.

Values

The idea in this module is to encourage teenagers to discover the values which are inborn, and which are part of a natural human existence - values that are common to people of all cultures, and races.



Youth Seminars -2014



With participants of the Youth Seminar



All India Youth Seminar (23rd Nov to 28th November 2014):

About **250 youth** came from all over the country to participate in the National Youth Seminar held from 23rd to 28th November 2014. Every day, Rev. Kamleshji (spiritual successor of Rev. Master) conducted the 6.30 a.m. satsangh and gave a talk at 9 a.m. After this, the participants were involved in group discussions on the topic.

On 28th November, Rev. Master came out of the cottage at around 10.15 a.m. to spend time with the participants of the Youth Seminar.

2-day Residential Youth Seminar (29th November 2014):

On 29th November a two-day residential programme for youth was conducted for around **140 youth** from Tiruppur and nearby centres.

The morning programme started from wakeup at 4.30 am, individual meditation, then satsang at 7.30 am. After breakfast, a presentation was given on various aspects on 'Retaining the Spirit of the Youth'. In the afternoon, an interactive session on the quality, role, and commitment of volunteers was held. The session ended with informal discussion at 9.30 p.m.

On the second day, sessions were held on 'Subtle Aspects of Practice', 'Ten Maxims - My Approach' and 'Sahaj Marg Way of Life'. The programme ended by 6.00 p.m. All the youth were in a jubilant mood as they left for their homes rejuvenated.

Youth Seminars -2014



Youth Seminar for Lalaji Memorial Omega School Alumini Students (9th – 14th June 2014):

The seminar started off on 9th June with a satsangh by Rev. Kamleshji. After this the participants congregated in the seminar hall for a talk by Rev. Kamleshji. The days that followed were divided amongst talks and sessions with different visiting abhyasis, practice for the upcoming cultural programme and of course meditation and abhyas.

The sessions and seminars they had were entertaining as well as enriching and touched upon many aspects of life and values. On 12th June, Rev. Master conducted a satsangh for the participants.

National Youth Day (13th January 2014):

National Youth Day was celebrated at Appa Public School on 13th January, to create an awareness regarding the present condition of youth of our society and the role they can play to improve their condition. The youth were motivated to refer to their hearts in all situations of their life as the heart is the source of love and inspiration. More than **200 students** along with teachers and staff attended this event.

Youth Seminars -2014



Zonal Youth Seminar, Guwahati, Assam (11th & 12th January 2014)

A two day residential seminar on 'Transformation', was held on 11th and 12th January at Guwahati ashram. The seminar was attended by **fifty-two abhyasis** from Assam, Nagaland, Manipur and Meghalaya. Talks by senior abhyasis, group discussions, introspections and Q&A sessions, provided an opportunity to know more about Sahaj Marg. At the end of the seminar the participants were encouraged to write about their experiences in their diaries. The participants were eager to attend more such seminars.



Delhi (10th – 12th January 2014 & 17th – 19th January 2014)

A residential weekend programme was organised for abhyasis from Ghaziabad, Noida, Gurgaon and Delhi at R.K. Puram ashram for two consecutive weekends of January 2014 (10th-12th and 17th-19th).

This programme was to deepen their understanding of the system and create enthusiasm for their personal practice. The introspection, sharing sessions and group discussions, deepened their understanding of various aspects of sadhana. In the evening, a few participants sang bhajans and an episode from Upanishad Ganga was also shown.

Youth Seminars -2014



Bhilwara, Rajasthan (23rd Feb 2014 & 30th March 2014)

On the last Sunday of February, after the morning meditation, about twelve young abhyasis participated in a special session. A sister quoted excerpts from brother Kamlesh Patel's speech, given during Lalaji's birthday celebration on how to improve behaviour in our day to day life. The abhyasis then shared their observations about changes in their behaviour after joining Sahaj Marg.

Another youth meeting was organised on 30th March. New abhyasis were introduced to the concept of bhandaras. Abhyasis who had attended bhandaras earlier, shared their experiences. Preparations for the local celebrations of Babuji's birth anniversary also started



Youth Meet, Aluva, Kerala

Youth from Valiyaparambu, Kodungallur, Ernakulam, Amballur, Kalady, Thrissur, Pulani and Aluva, met on 15th and 16th of February at the zonal ashram.

During the group discussions and interactions points like how to motivate youth to be regular in their sadhana and aspects of Sahaj Marg, etc. were discussed. In the afternoon a Q&A session was conducted after listening to Master's talk on 'Listening from the Heart'.

Youth Seminars -2013

Omega International School Alumini – Youth Seminar (2nd to 8th June 2013):

About **seventy-five students** from the first and second batch of LMOIS attended the alumni meet held in the first week of June. Rev.Master gave them a sitting on the first day and then addressed them. He spoke of being contented and the need for being honest.

The second day began with the 9:00 a.m. satsangh in Master's office, followed by a talk by Br. Kamlesh Patel in which he spoke of three things: choice, impressions and contentment.

The following three days saw intense sessions with facilitators and the group. They dealt with various kinds of issues like that of daily practice, attitude, adjustment problems and issues of day to day life. It was an open platform for all to discuss their difficulties, supporting one another with personal experiences and receiving tips from the facilitators. On the fifth day, the attendees presented to the entire group what their take away from the seminar was.

Mumbai, Maharashtra (3rd August 2013)

Sixty-three youth of Mumbai and Pune attended the session 'Restore and Rejuvenate your interest in Sahaj Marg' by Br Mohandas Hegde. After the introduction they were asked to note down one commitment to themselves in their diaries and further to fulfill it using what they receive in this session. It was followed by a presentation on 'Need for Balanced Life' and group discussions on 'Develop interest in daily practice' and 'How to lead an impression-free life.'



UN International Youth Day - Webinar (August 2013)



SRCM associated itself as a non-governmental organization (NGO) with the United Nations Department of Public Information (UN DPI) on 12 December 2005. The main objective of this was to promote the feelings of mutual love and universal brotherhood irrespective of any distinction of caste, colour, creed, religion, nationality and sex.

The webinar on „**Universal Prayer - Love as fuel for change**“ was held on **17 August 2013** to commemorate the UN International Youth Day with about **4649 participants** from across all time zones. After an introduction from Br Andre Barreto of Sao Paolo, Brazil, a short talk by Master addressed to the youth was played. Br Rishabh Kothari also read a message from the Whispers given by Babuji Maharaj on 17 November 1999.

In a Q&A, Br Rishabh and Sis Ekta answered questions posed by the participants. The webinar provided a platform for the youth to share their experiences and challenges. At the SRCM Manapakkam ashram, about 200 participants, including about 150 students from LMOIS had gathered.

The touching moment was the universal prayer held at the end of the webinar that gave a practical aspect to the meeting. Cultures across the world recognize the importance of prayer as a tool that can create change with love. Many who prayed after the webinar in various centres and ashrams of the world reported a feeling of being connected and supported in their intention to create a better world.

Youth Seminars -2013



Zonal Youth Seminar, Bhopal (11th & 12th May 2013):

A two day zonal youth seminar was conducted at SRCM Bhopal ashram on 11th & 12th May for **forty-three young abhyasis** in the 18 to 35 age group. They came from Vidisha, Bhopal, Ganj Basoda, Hoshangabad, Indore, Jabalpur, Tikamgarh, Berasia, Dillod, Rewa, etc. and attended the program with full enthusiasm.

The theme of the seminar was 'Integrating Sahaj Marg with Life'. On 11th after registration the program started with the topic 'Balance in Life'. On the 2nd day the focus was on 'Working Together'. Both the topics were dealt through various activities, talks, Master's video, introspection and implementation sessions, small group discussions, circle time, case study, skits and games.



Mumbai— Youth Trip to Alibagh (15th June 2013)

On 15th June, **forty-five youth** and a few prefects left Panvel ashram for Alibagh. The purpose of the trip was to get to know each other and spend time in His remembrance. After reaching the venue, Master's talk was played followed by an icebreaker activity based on the ten maxims. The next morning satsangh was rejuvenating after which a discussion was conducted on how to dedicate oneself and involve more and more in sadhana. After the session, youth visited another small center in vicinity at Nagothane on way back to Panvel ashram.

Youth Seminars -2013

Kolkata, West Bengal (17th & 18th August 2013)

Around forty abhyasis from Kolkata and nearby centers like Raniganj, Asansol, Jhargram and Durgapur attended a two day youth meet at BMA, Kolkata. The programme began with evening satsangh followed by an introductory session based on the hymn 'Pass It On'.

The enacting of topics from ten maxims by the group as part of 'Balancing the Inner and Outer' motivated them to make serious attempts to follow the maxims.

The next morning snippets from Master's talks relating to the key aspects of sadhana were played with breaks allowing them to ponder over what they had heard.

Bhilwara, Rajasthan (28th July 2013)

Fifteen abhyasis attended a youth meeting on 28th July 2013. They discussed on how our day to day work should be done in Divine remembrance. A few abhyasis shared their experiences on this topic. Excerpts relating to this topic were read out from Mission literature and it was planned that everybody should try constant remembrance till the next meeting when they can share his/her experience.



Youth Seminars -2013

Tiruppur Youth visits Manapakkam (13th to 15th August 2013):

About **188 youth abhyasis** from Tiruppur centre visited Manappakkam from 13 to 15 September. They attended sessions on spiritual development and practice and had Q&A sessions with senior abhyasis in Manappakkam and also did some volunteer work in the ashram. They met Master on 14th & 15th and were able to spend some time with him. All the abhyasis were very enthusiastic and seemed to be filled with fresh energy.

Vadodara (29th December 2013)

An annual get-together was conducted for around **seventy-five youth** on 29 December 2013. A 'treasure hunt' was conducted for all, along with a session for sister abhyasis. Later, a campfire was arranged where abhyasis enjoyed bhajans sung by abhyasis. The programme concluded with the nine o'clock prayer.

Ahmednagar, Maharashtra (6th October 2013)

A group of **twenty-two youth** visited the Efforts Planetarium on 6 October. On arrival at the planetarium, after registration, there was a round of introductions followed by a game of dumb charades with words from Mission literature as cues. This game was a perfect example of expressing an idea without words and using just the heart. This was followed by the scheduled program at the planetarium. This outing helped increase the bonding and brotherhood among the abhyasis.





uConnect

Shri Ram Chandra Mission values youth as the building blocks that form of the future of our world. uConnect is an effort of Shri Ram Chandra Mission to connect to universities and training institutions on a long-term engagement basis. It is aimed to help engender a culture of spirituality in these institutions.

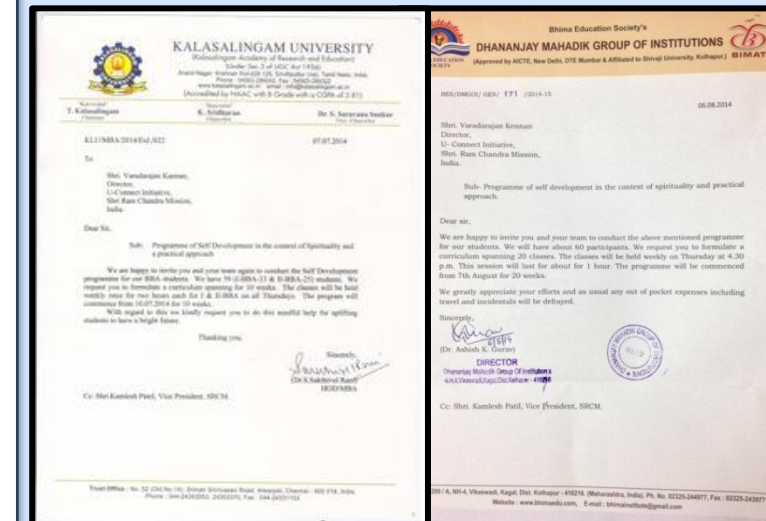
Self-Development Programmes, under the UConnect initiative of the Mission, have been spreading throughout India and the rest of the world since the initiative was introduced in April 2013.

It's mission is to offer the youth of this country an aspirational set of values to live by, to help them achieve a balanced life and to contribute effectively to building a nation resting on a foundation of spiritual values.

The U-Connect SRCM team has been divided into 15 regions with regional coordinators working with the ZICs and CICs concerned. We have also set up a U-Connect support team in SRCM Manapakkam (Chennai) for training and continuous improvement. Currently, the material is also being translated to Hindi.



Invitation letters from institutions



uConnect - Appreciation from Institutions



STD. 1846)

GOVERNMENT OF TELANGANA STATE

OSMANIA MEDICAL COLLEGE

(Affiliated to NTR University of Health Sciences, Vijayawada)
(Recognised by M.C.I. vide Endst No. MCI-34(1) (IOB)) / 99-Med/7950
Koti, Hyderabad - 500 095, T.S. India

Phones : (040) 24656992, 24656193.
24656664, 24653665, 24656936
Direct : (040) 24651936
Fax : 91-040-24651936

To;
Mr. Samir Sahu
Team Co-ordinator
UConnect Program
SRCM, Hyderabad
Ph-9885313665

Date: 2-4-2015

Dear Sir

Subject: Programme of Self Development in the context of Spirituality and a Practical approach


We wish to convey our heartfelt thanks to your UConnect Team for the Interactive workshop they have conducted for our students on- "Self Development in the context of Spirituality and a Practical approach" on the 19th of March, 26th of March and 2nd of April.

We invite you to conduct the same workshop for our Postgraduate students and Faculty at a later date fixed at our mutual convenience.

We appreciate the efforts and time your team members of professionals have put in for this noble cause.

Thanking you,

Sincerely,


21/4/15
PRINCIPAL
OSMANIA MEDICAL COLLEGE,
Koti, Hyderabad



KALASALINGAM UNIVERSITY

(Kalasalingam Academy of Research and Education)

(Under Sec.3 of UGC Act 1956)

Anand Nagar, Krishnankoil - 626 126, Srivilliputtur (Via), Tamilnadu, India.

Ph : 04563 - 289042 Fax : 04563 - 289322

www.kalasalingam.ac.in email : info@kalasalingam.ac.in

(Accredited by NAAC with B Grade with a CGPA of 2.81)

"Kalivallal"
T. Kalasalingam
Chairman

"Ilavallal"
K. Sridharan
Chancellor

Dr. S. Saravana Sankar
Vice - Chancellor

To
The Director,
Uconnect,
Shri Ram Chandra Mission,
Manapakkam
CHENNAI- 600 125

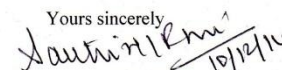
10-12-2014

Our heartfelt thanks to Uconnect team from Shri Ram Chandra Mission conducting a Certificate Course on **Self-Development in the context of Spirituality and a practical approach** for the period of ten weeks from 14-08-2014 to 15-10-2014 for the benefit of 64 first and second year undergraduate students of our Department of Business Administration in Kalasalingam University University, Krishnankoil, Tamilnadu. The course has indeed inspired the participants in many ways. They have inculcated team spirit for learning, co-operation among the students and staff members.

The attitude of the students progressively changed with positive thinking and approach. We could also notice change in behavior of some students, as evidenced by giving respect and regards to the teachers, the members of SRCM and elders. They inculcate good and appreciable values in them, as they want to help others, convergent to studies and to have a good profession. They want to follow the universal values like love and universal brotherhood. The students were very much interested in doing meditation and entered into the meditation. The students feel calm and serene during meditation and few gave feedback that they feel inner peace.

The level of learning of the students progressively increased, since the percentage pass of the students increased. The service rendered by the team of SRCM speakers, the Zonal in-charge, Mr.R.Ramanathan, the Facilitator, Dr.V.Balasubramanian, University Coordinator Sr.B.Shanmuga priya (Assistant professor/ MBA, Kalasalingam University) and Sr.B.Ponnuthai are greatly appreciated. The course is more useful to all and, I recommend this course to conduct in any other Departments and Institutions.

Thanking you

Yours sincerely

(Dr. S. SAKTHIVEL RANI)

DEPARTMENT OF MANAGEMENT STUDIES
KALASALINGAM UNIVERSITY
ANAND NAGAR, KRISHNANKOIL - 626 190.
TAMILNADU, INDIA

Trust Office : No. 52 (Old No.14), Sriman Srinivasan Road, Alwarpet, Chennai - 600 018, India.
Phone : 044-24353053, 24353370. Fax : 044-24331153



INSTITUTE OF DIPLOMA STUDIES

April 22, 2013

To,
Shri Varadarajan Kannan

(Shri Ram Chandra Mission)


Dear Sir

I am very delighted to express a special appreciation on behalf of the University, for delivering very impressive and comprehensive lecture on April 22, 2013 as a part of the celebration of 10 Years of Nirma University for the students, members of Nirma Parivar and public. Your inspiring and informative presentation on "The Choices We Make - Tendencies and Transformation" gave an insightful and penetrating analysis of the concept.

Your session was enriching and didactic and you certainly engaged the audience. We have had much positive feedback from those in attendance who thoroughly enjoyed and benefited from your presentation. We are grateful that you were able to spare your precious time for us and hope for your support in future too.

We really value your presence and discourse.

Yours sincerely


Prof. V.R. Iyer
Principal
IIDS
Nirma University

uConnect - Statistics & Invitation Letters

BANSAL MANAGEMENT GROUP OF INSTITUTES

(A Prestigious Institute of Bansal Group of Institutes & Approved by AICTE, New Delhi)
Kokta, Anand Nagar, Opp. New Transport Nagar, Bhopal-462 021
Tel.: 0755-2686110, 2804500, Fax: 0755-2784360
E-mail : bansalmbacollege@rediffmail.com
Website: www.bansalgroup.in/mba



Ref.:..... Date:.....

Date: 30/10/2014

Shri Varadarajan Kannan
Director
U-Connect Initiative
Shri Ram Chandra Mission
India

Subject: Programme of Self Development in the context of Spirituality and a practical approach.

We are happy to invite you and your team to conduct the above mentioned program for our students. We will have about 25 participants. We request you to formulate a curriculum spanning ten classes. The classes will be held weekly on Friday 8:30 A.M. These sessions will last for about 1 hour. The program will commence from 07/11/2014 for ten weeks.

Sincerely,



Director

Group Director
Bansal Management Group of Institutes
Kokta Anand Nagar, Bhopal-462021
Ph.: 0755-2686110, 2804500
CC: Shri Kamlesh Patel, Vice President, SRCM.

Department of Library and Information Sciences
Andhra University, Visakhapatnam -530 003



February 24, 2015

Prof. C.SASIKALA,
Head,
Department of Library and Information Science
Andhra University
Mail ID: prof.csasikala@gmail.com
Phone: +91 98482 78454(M)

To,
Shri.Varadarajan Kannan
Director,U-Connect Initiative
Shri Ram Chandra Mission,India
Email: uconnect@srcm.org

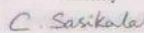
Dear Sir,

Subject: Programme of Self Development in the context of Spirituality and a practical approach.

We are happy to invite you and your team to conduct the above-mentioned program for our (Students and research scholars). We will have about 30 participants. We request you to formulate a curriculum spanning 08 classes. The classes will be held weekly twice on Monday and Wednesday from 11.30 am to 1 pm in the Department of Library & Information Science. Each session will last for about 1 hour and 30 minutes. The program will commence from March 2nd (Monday), 2015 for 4 weeks.

We greatly appreciate your efforts and any out of pocket expense including travel and incidentals will be defrayed.

Sincerely



The following are an example set of institutions that have invited the uConnect team to conduct the SDP :

University	No. of sessions	Program start
Maliba Campus of Uka Tarsadia University, Surat	10	25-Nov-2013
Arch Point Consultants Pvt. Ltd. Jaipur	12	13-Jan-2015
Madhav Siksha Mahavidhyala, Gwalior	20	20-Oct-2014
Maharani Kishori Jat Kanya Mahavidhalaya, Haryana	20	6-Sep-2014
Chhotu Ram College of Education, Rotak	15	6-Sep-2014
Sikkim University	12	6-Sep-2014
Karmaveer Bhaurao Patil College, Navi Mumbai	16	01-Jul-2014
Dhananjay Mahadik Group of Institutions, Kohlapur	20	7-Aug-2014
Madhav Shiksha Mahavidyalaya, Gwalior	12	20-Oct-2014
Punjab University, Chandigarh	12	22-Nov-2014
Bansal Management Group of Institutes, Bhopal	10	7-Nov-2014
South Trivancore Hindu college	12	01-Dec-2014
Government Girls college, Vidisha (MP)	12	18-Jan-2015
Adaikala Matha College, Thanjavur (Tamil Nadu)	10	9-Mar-2015

KALASALINGAM UNIVERSITY
(Karasalingam Academy of Research and Education)
(Under Sec 2 of UGC Act 1956)
Anand Nagar, Anand Nagar, Opp. New Transport Nagar, Bhopal-462 021
Phone: 0755-2686110, 2804500, Fax: 0755-2784360
www.karasalingam.ac.in Email: info@karasalingam.ac.in
(Approved by NAAC with B Grade with a CGPA of 2.81)

Ref.:..... Date:.....

Date: 30/10/2014

Shri Varadarajan Kannan,
Director,
U-Connect Initiative,
Shri Ram Chandra Mission,
India.

Dear Sir,

Subject: Programme of Self Development in the context of Spirituality and a practical approach.

We are happy to invite you and your team again to conduct the Self Development programme for our BBA students. We have 58 (50BBA-11 & 8-88B-12) students. We request you to formulate a curriculum spanning for 10 weeks. The classes will be held weekly once for two hours each for 1 & 8-88B on all Thursdays. The program will commence from 16/07/2014 for 10 weeks.

We with regard to this we kindly request you to do this would help for uplifting students to have a bright future.

Thanking you,

Sincerely,

Dr. S. Narayana Kumar
Vice President, SRCM.

Bhima Education Society's
DHANANJAY MAHADIK GROUP OF INSTITUTIONS
(Approved by AICTE, New Delhi, DTE Mumbai & Affiliated to Shivaji University, Kolhapur.)

Ref.:..... Date:.....

Date: 06.08.2014

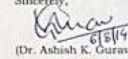
Shri. Varadarajan Kannan,
Director,
U-Connect Initiative,
Shri Ram Chandra Mission,
India.

Sub- Programme of self development in the context of spirituality and practical approach.

Dear sir,

We are happy to invite you and your team to conduct the above mentioned programme for our students. We will have about 60 participants. We request you to formulate a curriculum spanning 20 classes. The classes will be held weekly on Thursday at 4.30 p.m. This session will last for about 1 hour. The programme will be commenced from 7th August for 20 weeks.

We greatly appreciate your efforts and as usual any out of pocket expenses including travel and incidentals will be defrayed.

Sincerely,

(Dr. Ashish K. Gurav)
DIRECTOR
Dhananjay Mahadik Group of Institutions
M.A. Vidyanagar, Jagga, Dist. Nashik - 419006

Cc: Shri. Kamlesh Patel, Vice President, SRCM.

uConnect - Bansal Management Group of Institutes, Bhopal

Inception Report:

A meeting at Bansal Management Group of Institutes, Bhopal with its top management yielded a very positive response through an invitation letter to commence the program at their premises from **November 7th 2014**. The management offered a 10 week program span featuring a weekly session of one hour to be held every Friday from 08.30 am to 09.30 am for about 25 students.

Program Summary:

The program offered by uConnect, Bhopal encapsulates the following major features:

Program Name	Self-Development in the context of Spirituality and a Practical Approach
Program Objective	<ul style="list-style-type: none">• Better understanding of and respect for various religions and philosophies of life• Inspired and self-motivated youth to pursue a balanced life• Deep interest in a spiritual side of life along with material• Honest and capable students with hopes of a better India and humanity
Institution	Bansal College, Bhopal
Level of Students	MBA 1 st Year
Period	07-Nov-2014 to 09-Jan-2015
Teaching-Learning Method	<ul style="list-style-type: none">• Mutual Introduction and Program/session Overview• Levelling of Expectation and Ground Rules; Learning from the Previous Session/Module• Lecture and Brainstorming; Small-group activity, Video-show, and Quiet time• Experience sharing, Q&A, Debriefing, Summing up, Preview of the Next Session/Module



uConnect - Bansal Management Group of Institutes, Bhopal

Session Plan:

Below is a session plan schedule to be followed week after week. The entire program has been divided into 6 modules and 15 sessions to be covered in 10 weeks. Each session will have a speaker and a facilitator.

Module	Subject	Topic	Week	Session	Date	Speaker	Facilitator
i.	Orientation (1 session)	Orientation	1 st	1	07/11/2014	RK Srivastava	PK Tripathi/ Aradhana Chouksey
ii.	Values (2 sessions)	<i>Understanding Values, Behavior, and Attitudes</i>	2 nd	1	14/11/2014	Aradhana Chouksey	PK Tripathi/ Neel Kelkar
		<i>Application of Values and Universal Values</i>	3 rd	2	21/11/2014	Neeta Raghuvanshi	MK Sinha
iii.	Yoga (2 sessions)	<i>God, Self and Ultimate goal of yoga</i>	4 th	1	28/11/2014	Nupur Sarkar	MK Sinha
		<i>Brief Introduction to various types of yoga and Integration of values in Yoga</i>	5 th	2	05/12/2014	Nupur Sarkar	PK Tripathi
iv.	Religion (1 session)	Review of major religions: identities, commonalities, and purpose	6 th	1	12/12/2014	Neel Kelkar	Neeta Raghuvansh/ Shashi Das
v.	Meditation (3 sessions)	Art of Meditation	7 th	1	19/12/2014	MK Sinha	PK Tripathi
		Schools of Meditation	8 th	2	26/12/2014	MK Sinha	Neel Kelkar
		Natural Path of Meditation	9 th	3	02/01/2015	RK Srivastava	MK Sinha
vi.	Summing up (1 session)	Review of learning and future plan of action	10 th	1	/ 09/01/2015	MK Sinha	PK Tripathi

U-Connect Initiative – Self-Development Course, Sikkim University

Sikkim University launched an optional course on '**Self-development in Context of Spirituality - A Practical Approach**' under the U-Connect initiative of SRCM.

U-Connect started with the objective to offer the youth an aspirational set of values to live by, to help them achieve a balanced life focused on a spiritual goal and an ethical material life and to contribute to nation building.

The course is designed to equip students with the skills of introspection, contemplation and meditation which would be useful for developing right values and bringing about internal transformation in a natural way.

The course content includes topics covering values, discovering the true self, yoga, concept of the Divine, power of thought, meditation practices, theories of life and living, excellence and choices we make and love.

The course started on **6th September 2014** facilitated by brothers Harshal Jawale (Pune), Misal Mehta (Kolkata) and Ravi Telang (Sikkim) and sister Elizabeth Kingsnorth (Chennai). Feedback from students was positive and encouraging. They also helped in modifying the course as per their need.





Chandigarh, Punjab (22nd November 2014)

The inaugural function of the SDP 12-week certificate programme in **Punjab University** was held on **22nd November**. Vice Chancellor Prof. Grover in his inaugural address, expressed his joy to be part of this ceremony and mentioned how it has motivated him towards introspection.

He was impressed and stressed that the course should have a multiplier effect and should reach 3000 students. In fact all students should participate in this programme as self development is the need of the hour, he said.

A number of abhyasis and prefects of the Mission were present at the function. Major. Gen. (Retd.) Harbhajan (ZIC-Zone 10) and brother Jugal Kishore (U-Connect regional coordinator), represented the Mission and interacted with the students and staff of the university.

uConnect - Madhya Pradesh

U-Connect in Vidisha, Madhya Pradesh

In Vidisha, Madhya Pradesh, the U-Connect team started a SDP at **Government Girls college** on **18th January** which was attended by **100 students** and **10 faculty members**.

U-Connect in Bhopal

In MP zone, the work has begun at Indore and Bhopal and is slowly spreading to other centres. At Indore centre a trial of the initiative was organised for eight weeks. One college has consented to start this from September 2014.

The team of trained volunteers from Indore organised an orientation programme for volunteers at Bhopal on 13th July 2014. They shared their experience and learning with the volunteers. Along with volunteers from the Bhopal team, sixty -three abhaysis from surrounding centres like Vidisha, Mandideep, Raisen, Sehore, and Narsinghgarh also attended this programme. Zonal coordinator, Yamini Karmarkar, along with her team of Rajesh Raverkar, Nirmal Dagdee, Ramakant Agarwal (from Indore), talked with the participants and explained various aspects of UConnect.

The team also motivated different centres to have a trial session in their centres before going to the institutions and colleges. The curriculum of selfdevelopment for students, to be introduced in colleges, universities and institutions, was also discussed in two successive sessions.



Madhav Shiksha Mahavidyalaya, Gwalior



The SDP was launched on **20th October** for students of **B.Ed college of Madhav Shiksha Mahavidyalaya, Gwalior**, with the aim of offering the youth an aspirational set of values to live by; to help them achieve a balanced life focused on a spiritual goal and an ethical material life and to contribute to nation building.

The sessions are conducted twice a week on Monday and Thursday. In the 11th session around **25 students** along with the Principal of the college and 4 faculty and UConnect team members, visited the Gwalior Ashram.

Till now 13 students and the Principal have started Sahaj Marg and the group has also got permission to organise weekly satsang in the college itself.

uConnect - Surat (Gujarat)

Maliba Campus of Uka Tarsadia University:

In Surat, Gujarat, it has been more than two years now since we started the first U-Connect programme in the **Maliba Campus of Uka Tarsadia University**. The first Self Development Programme (SDP) was conducted for **250 faculty members** of the University. To date more than 100 faculties have been introduced to the systematic practice of meditation.



About 30-40 faculties attend the group meditations on Saturday afternoons. Over a period of two years the SDP has been conducted in eight colleges. About **350 students** have been introduced to Sahaj Marg. Satsangs are conducted for the students in small batches during the weekdays. One of the promises made by the University was to have a meditation venue as required by the UConnect initiative.

As a result a Meditation Centre was formally inaugurated on 17th January 2015. Abhyasis are also building up a library in it. SHPT recently donated books to this library.

uConnect - Jaipur (Rajasthan)

U-Connect Programme, Jaipur, Rajasthan 13th January 2014:

The first orientation programme of U-Connect in Jaipur was held at **Arch Point Consultants Pvt. Ltd.** **Ten participants** started with an introduction by participants and faculty members. The speaker Dr Ashish Johri invited the participants to form 'rules' for the group which they would follow for the next sixteen sessions.

Later, the speaker narrated the story of a wild duck, which inspired the participants to ponder over the need to do right things at the right time in life. The story was followed by a few questions to the participants, to initiate the idea of spiritual development in them.

Through examples and questions, brother Ashish emphasized the need to follow a spiritual way of living. The session was interactive and the participants appeared happy to have participated.



Adaikala Matha College, Thanjavur:



Adaikala Matha College is a self-financing Arts and Science College located at Vallam near Thanjavur (Approximately 15 kms from Thanjavur Railway Station).

An uConnect Programme was planned in Adaikala Matha College on **9th March 2015**. The inaugural speech was given by Prof.L.Nagaraj, Head, Dept. of Computer Science. He insisted the need for Meditation for leading a moral life among younger generation.

A short introductory speech was given by Br.M.Murugarasan about the importance and need for heart based meditation and also its outcome with reference to regulated and balance mind which is the basis for a peaceful life.

uConnect - Faculty Training Workshops

Faculty & Facilitators' Training Workshop Pulgaon, Maharashtra (17th & 18th Aug 2014)

A training workshop for **24 selected U-Connect faculty and facilitators** was organised at Pulgaon ashram on 17th & 18th August. Volunteers from Nagpur, Chandrapur, Wardha, Raipur (Chattisgarh), Yavatmal and Pulgaon attended this training.

Abhyasis worked in groups and presented a 'mock session' as well as games and other activities. One session was conducted with PPTs in Marathi so that the course can be conducted in the local language. In the concluding session, a 'road map' was planned and the faculty expressed enthusiasm.

Nachipalayam Ashram, Coimbatore, TN (15th to 17th August 2014)

A three-day U-Connect Training Workshop, held at Nachipalayam Ashram, Coimbatore from 15th to 17th August, was attended by around **100 abhyasis from Tamil Nadu and Kerala**.

An ice-breaker was followed by sessions led on the spirit of U-Connect, how to approach institutions, and the roles and responsibilities of the coordinators, facilitators and faculty. They also conducted mock sessions. Participants were divided into 12 groups and each was assigned a chapter from the U-Connect curriculum.

On the second and third days, each group presented a mock session on a different topic. The programme concluded with a feedback session and defining an action plan.



uConnect - Faculty Training Workshops

Faculty training, Wardha, Maharashtra (29th and 30th November 2014)

A two-day orientation programme and mock session was organised at Wardha Ashram for the U -Connect faculty of this region on 29th and 30th November. Abhyasis from Nagpur, Chandrapur, Wardha, Yavatmal and Bhandara participated. Six trained U-Connect faculty members conducted the mock session in Hindi and Marathi. Games and activities were performed to demonstrate and infuse different human values.



Jaipur, Rajasthan (16th November 2014 & 29th Nov 2014))

The felicitation of the members of the first Self Development Programme (SDP) under the UConnect initiative was held at the Zonal Ashram on Sunday, 16th November. Six learners from Arch Point Consultants Pvt. Ltd were felicitated.

The session started with a presentation of the Mission statement of U-Connect. This SDP was of 16 weeks. ending on 19th July 2014. Seventeen volunteers assisted in various capacities as faculty, facilitator, coordinator, IP experts, etc. Participants also shared their points of view and observed the change within and reflected on the skills acquired for leading a balanced life.

The second SDP in Jaipur was launched on 29th November.

Abhyasi Workshops & Study Groups



Abhyasi Workshops - Grounding in the Practice



To deepen each abhyasi's understanding of the practice and help them to improve their practice, regular 1-day workshops on the different aspects of sadhana are conducted in our SRCM centres.

Grounding in the Practice (GITP):

These workshops help to create a strong focus on the 'basics' of Sahaj Marg in the SRCM centres.

GITP Workshop Modules:

- Meditation
- Cleaning
- Prayer
- Diary Writing

Key Aspects:

- Focused study of selected excerpts from Sahaj Marg literature
- Introspection
- Rev. Master's audio and video on the selected theme
- Facilitated small group activities
- Diary Writing and personal commitments to points of improvements.

Abhyasi Workshops - Grounding in the Practice

Below is an example set of programs conducted in the Babuji Memorial Ashram, Chennai and in surrounding SRCM centres:

Date	Module	Language	No. of Participants
22-Sep-13	Cleaning	Tamil	54
29-Sep-13	Meditation	Tamil	50
13-Oct-13	Diary Writing	Tamil	47
27-Oct-13	Prayer	Tamil	36
14-Oct-13	Diary Writing	Hindi	33
16-Oct-13	Meditation	Hindi	42
18-Oct-13	Cleaning	Hindi	22
19-Oct-13	Prayer	Hindi	28
15-Jan-14	Cleaning	English	66
26-Jan-14	Prayer	English	21
22-Feb-14	Meditation	English	38
25-Mar-14	Diary writing	English	36



Abhyasi Workshops - Grounding in the Practice

Date	Module	Language	No. of Participants
13-Apr-2014	Cleaning	English	45
27-Apr-2014	Prayer	English	33
11-May-2014	Meditation	English	48
25-May-2014	Diary writing	English	36
8-Jun-2014	Cleaning	Tamil	31
22-Jun-2014	Meditation	Tamil	29
10-Aug-2014	Diary Writing	Tamil	35
24-Aug-2014	Prayer	Tamil	31
14-Sep-2014	Diary Writing	Tamil	55
28-Sep-2014	Meditation	Tamil	52
12-Oct-2014	Cleaning	Tamil	34
26-Oct-2014	Prayer	Tamil	21
9-Nov-2014	Diary writing	Tamil	38
23-Nov-2014	Cleaning	Tamil	42



Study Groups



- Study Group is an exercise that can be practiced with in a small group of people. The object of this exercise is to delve into a particular short reading with the aim of sharing and receiving insights which may enhance spiritual practice.
- In various centres and ashrams, study groups are organized into different sets for all interested members, each having carefully selected readings pertaining to a theme or topic.



Some examples of study groups conducted in SRCM centre, Mumbai are below:



Date	Topic	Duration	No. of participants
2 nd Oct 2012	Maxim 3 – Goal	3 hrs	20
6 th Oct 2012	Importance of Satsangh	3 hrs	11
26 th Oct 2012	Meditation	3 hrs	12
11 th Mar 2013	Constant Remembrance	3 hrs	10
13 th Mar 2013	Cleaning	3 hrs	8
23-Mar-2013	Maxim 6 - Brotherhood	3 hrs	17

Sahaj Marg Open Houses



Sahaj Marg Open Houses

Open Houses:

The term "open house" is used for events in public locations like libraries, universities, residential colonies, offices etc. where interested people are presented with information on the Sahaj Marg system of Raja Yoga and the different elements of our practice (meditation, cleaning etc.)

Outreach Workshops on Sahaj Marg Meditation:

The public workshops on Sahaj Marg Meditation is designed to give participants a detailed explanation of meditation and cleaning, as well as some practical experience with each of these. This combination of theory and exercise provides the sincere seeker with an ideal introduction to the Sahaj Marg system of meditation.



Sahaj Marg Open Houses - 2014

Sholavandhan, Tamil Nadu:

On 30th July 2014, an open house meeting was held at Sholavandhan centre. Over **50 people** participated in this programme. It began with the formal introduction of sadhana and its origins in the ancient period. People actively participated in the interaction session which went on meaningfully as newcomers were keen to know more about the features of Sahaj Marg system.

Seminar in Government Treasury Office, Ahmedabad, Gujarat

A special programme was designed to introduce Sahaj Marg to the employees working at the Government Treasury Office in Ahmedabad. After taking due permission from the department head, Br. Jagdish gave detailed information to the participants about the effectiveness of our system. Many aspirants showed interest in joining the Mission and also to conduct such events.

Mangalore, Karnataka:

On Monday, 11th Aug 2014, an open house was conducted at Besant First Grade Evening College, Mangalore. Importance of spirituality and the unique features of Sahaj Marg was explained in detail to the audience. **11 students and 1 professor** of the college showed interest in joining the mission. Arrangements were made to give individual sittings to the aspirants in the college premises.



Sahaj Marg Open Houses - 2014

Tadipatri, Anantapur district, A.P.

A few open houses conducted in various colleges of Kadapa and Tadipatri during March, received a tremendous response. **Over 170 students** showed interest in starting the Sahaj Marg system of Raja Yoga. 120 of these aspirants were from **Tadipatri Engineering College**.

About 20 prefects from various parts of Andhra Pradesh came together to provide the introductory sittings to the students. The management of a college in Tadipatri organized the introductory sittings in their premises and also allocated a room for conducting regular Wednesday satsangs.

Other Centres in Andhra Pradesh:

Five open houses were conducted in a dental, engineering and PG college as well as a local bank and a yoga centre at **Kadapa**. Almost **50 students** started their Sahaj Marg practice. Prefects from Vempalle, Pulivendula, Kadapa, Tadipatri, Hyderabad and few abhyasis from RTPP, Kadiri helped with the sittings. Korutla and Metpalli Centres, North A.P

Brother Krishna Rao introduced Sahaj Marg in **Korutla** and **20 people** took the introductory sittings. Brother Singamaraju talked about the system at **Metpalli** welcoming **10 new abhyasis** into the system.

With this spirit, more open houses were held in **Jagityal, Karimnagar, Kothagudem and**
dipet. Around **100 new abhyasis** took the introductory sittings.



Sahaj Marg Open Houses - 2014

Sirsi, Karnataka:

The session conducted at Forest College on 24th January was attended by fifty aspirants including the students and staff of the college. **Twenty-one** of these aspirants took their introductory sittings.

In the session held at College of Horticulture, on 26th January 2014, **16 aspirants** expressed their willingness to start the practice.

Sahaj Marg Outreach Workshop (Mysore, Karnataka):

Br.A.P. Durai visited Mysore, Karnataka police academy (KPA) on 24 March 2015 to give a practical session on Experiencing Meditation. There were over **75 Probationary Sub inspectors** from various parts of Karnataka participated in the program which lasted for 3 days with 2 Meditation sessions per day and Q & A on 26th March 2015 .

Kharagpur, West Bengal: Out of the 50 aspirants who attended the session conducted on 25th January, around **30 aspirants** expressed their interest in starting the practice by the end of the event.



Value Based Children Workshops



Value Based Children's Workshops

In Sahaj Marg communities, children are welcome and celebrated as the future of humanity. Great care is taken by Chariji to create a light and joyful atmosphere for children, full of divine love.

Every Sunday, during the group satsangh for the adults, the children of Sahaj Marg practitioners get together at the children's centre. They are engaged in interactive, fun value-based activities during the satsangh. All activities in the children's centre focus on inculcating values like caring, sharing, compassion, working together & learn to respect each other.

Major SRCM centres like Chennai and Bangalore also conduct children's Workshops several times in a year.

Few Examples of Workshops Conducted:

- 1/2 Day workshop on various topics like Health, Sharing, Environmental Morality etc.
- 1-Day workshops on Ten Maxims of Sahaj Marg, Paper Quelling, Time Management
- 3 days workshop during summer vacation on a variety of themes like love, compassion, creativity, brotherhood etc.
- 3 days theme-based workshop during Spiritual Bhandaras.



Children's Centre Activities



Some Activities at Children's Centre:

- Value-based games
- Coloring, Simple art & craft works , origami
- 3D – craft, Memory games
- Gardening, Rangoli competition
- Awareness on constituents of a simple good diet
- Treasure Hunt, Dumb Charades, Housie on Ten Maxims of Sahaj Marg
- Outdoor games related to the Ten Maxims
- Quiz, Memory games, Puppet shows
- Magic Shows
- Understand & Build a healthy diet
- Cane Basket Weaving, Pottery
- Group songs/dances [classical, folk & contemporary]
- Skits, rangoli & diya painting

In Essence...



The Sahaj Marg system offers the possibility of spiritual evolution to the highest extent within the framework of our natural, everyday lives. It is in the context of family life that almost all human characteristics are perfected, and therefore Sahaj Marg practice is specially developed for the average householder.

Sahaj Marg, above all, teaches us this very essential truth that: I am what I am, because of what I did and thought in the past. I shall be in the future whatever I wish to be, if I do and think in the right way now, in the present.

Shri Ram Chandra Mission is dedicated to offering the services of Sahaj Marg to all interested seekers around the world, free of charge, through its various activities. It believes that self-transformation holds the key to social transformation.

Ultimately, if each individual strives for personal change and fills his heart with love for all, then slowly, the society will transform for the better and our vision for a truly united and spiritual humanity will become a reality.

— Chariji