

This is a quarterly newsletter that provides updates on SMSF activities. In the words of Pujya Chariji, "This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

For archives of newsletters, visit <http://www.sahajmarg.org/newsletter/smsf-newsletters>.

Featured in this issue

CREST: Activities of CREST, Bangalore are covered.

Retreat Centre: Reports on activities at Retreat Centres at Pune and Kharagpur, as well as SPURS Retreat, USA are featured.

Health: Medical centre activities at Chennai are covered.



(above) Respected Daaji during Babuji Maharaj's birth anniversary celebrations held in Kanha on April 30, 2017

Programmes at CREST, Bangalore

During this quarter, only two events were conducted at CREST, Bangalore owing to renovation work at the facility. Scholars and faculty of the CREST however visited universities and other centres.

Visit and Meeting at NIMHANS, Bangalore 10 January 2017

A group of abhyasis and the director of CREST, Bangalore met Dr Bindu M. Kutty, Professor and Head of department of Neurophysiology, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore. The purpose of this meeting was to tie-up CREST research activities with NIMHANS.

A discussion was held on the subject of intervention during meditation and sleep. Dr Bindu spoke on topics of Positive psychology, Neuroscience and Altruism, and agreed to support research scholars of CREST for clinical intervention meditation.

Orientation for Research Aspirants 24 – 29 January 2017

This programme was organised for research aspirants who will appear for the entrance test for the PhD course conducted by the University of Mysore. Topics discussed during this were:

- An insight into Evolution of Human being – Babuji's Philosophy: Rishi Ranjan
- Challenges encountered by an aspirant – Scientific and Research based approach: Prof. Vimla Sheoran
- Philosophy of Sahaj Marg – Research Perspective: Prof. Mohandas Hegde
- Functionaries role leading to Unity and Integrity of the Mission: Col. Ramakrishnan
- Significance and Scientific need for Clinical Research: Revathi



- Challenges and Significance of Research: Prof. Nagabhusan

A Question and Answer session was conducted by Prof. Rajeshwari and Prof. Veena.

**Pilot Program for B.Ed. Teachers' Training
10 – 12 February 2017**

Twenty-three teachers undergoing Bachelor of Education (BEd) course and five faculty members participated. During the first two days, the training team presented unit-wise topics. The delegates were divided into small groups and discussed about unit-wise BEd syllabus. At the end of the programme eight delegates were selected as a part of the Bed syllabus development core team.

**Event: Volunteers' Day
26 February 2017**

Twenty-seven volunteers participated. Col. Ramakrishnan gave a presentation on selfless service. Participants were divided into four groups



(above) Visit to NIMHANS by CREST Bangalore team

and a quiz programme was conducted.

Library Programme (Read, Research and Present)

17 - 19 March 2017

Twenty delegates participated. Participants were divided into four groups and following topics were given for discussion.

- Essence of Reality is Purity
- Humility and Simplicity are two important features that contribute to Evolution
- Ways and means to retain condition and its importance
- Awaken the wisdom as the pathway to attain the goal

The delegates were also asked to speak about the outcome of these group discussions and share their experiences at the centre. At the end of the programme, the team leaders prepared and submitted reports to the librarian.

Visits to Centres in Maharashtra

24 March - 13 April 2017

CREST, Bangalore team consisting of Prof. Mohandas Hegde and few faculty members visited centres in Mumbai, Nasik and Pune zones in Maharashtra to conduct Heartfulness training and SMSF initiatives. Zone coordinators Tushar Pradhan of Mumbai, Anusuya Ramchandran of Nasik and Harshal of Pune, coordinated with local Heartfulness volunteers and organised these programmes.

Source: Dr Mohandas Hegde



(left) Participants of the Library Program at CREST Bangalore



(left) Participants of the Volunteers' meet at CREST Bangalore



(left) Participants of the B.Ed. Teachers' training program at CREST Bangalore

Activities at SPURS

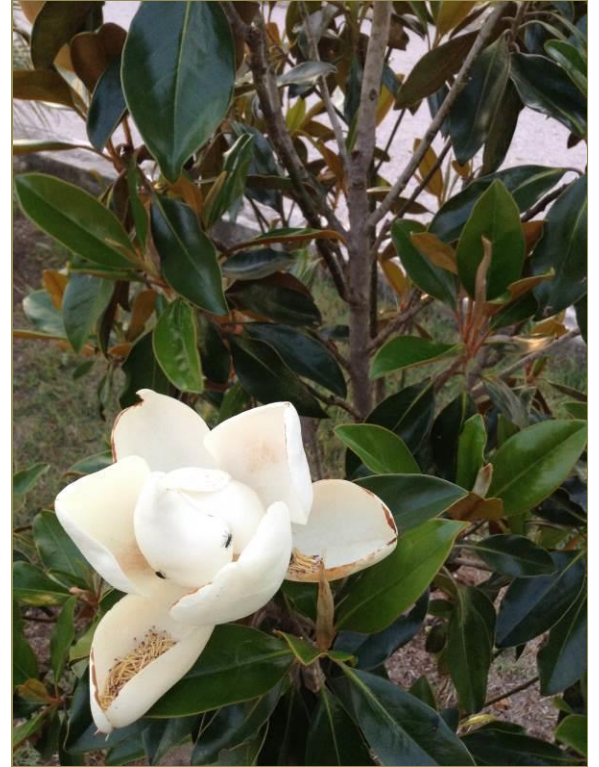
SPURS has been renamed to 'Heartfulness Ranch Retreat Center'. It hosted nine abhyasis for the quarter ending March 2017. Over this period, no major projects were taken up.

A sample of feedback from retreat participants is below:

- *Here I learned that the practice is all about love.*
- *I thought I would be bored meditating all the time, but I wasn't at all.*
- *When we are free of time and space it's a different experience.*
- *I am going back as a more humble and kinder person*
- *I am lighter and more sensitive to the quiet within me*

Source: Sister Suzanne Garner

Abhyasis who wish to spend a few days here may find more information at: <http://www.sahajmarg.org/smww/spurs-texas-usa>. They may apply online at the address given above.



(above) Blooming of Magnolia, planted by Rev. Daaji in SPURS in June 2015.

Activities at Pune Retreat Centre

At Pune retreat, the green environment gives the retreatants a very serene and calm atmosphere for the spiritual retreat and all the visitors go back with an experience of self-evolved spiritual condition.

During January to March 2017, 101 abhyasis stayed at the Pune retreat centre and spent 703 person days in all. Second batch of residential program "*Living Naturally*" was organized for corporate seekers from 4th to 5th February in which twenty-five persons participated.

Source: Brother Thiruraman

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha, Pune** or **Kharagpur** centers may find more information about these facilities and the retreat program at: <http://www.sahajmarg.org/smww/retreat-center-overview>. Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.

Medical Centre News

Services of Free Medical Centre at Manapakkam during the period from January 2017 to March 2017

A prospective observational study was done at the Free Medical Centre to know how Heartfulness meditation affects the vitals of a person. The study was done on 112 subjects among whom sixty were not practicing any sort of relaxation or meditation. The subjects were explained the benefits of meditation on health by the team of doctors and were given Heartfulness Relaxation and Meditation. Fifty per cent of these have continued with the practice of meditation. The data is now sent for statistical analysis and soon the study will be published in a Medical Journal.

The FMC served 9,607 patients during this quarter. Specialty clinic services were availed by 505 patients. Lab services were availed by about 342 patients. Starting from November, FMC is open on Sundays for emergency services to abhyasis between 9:30 AM to 11:30 AM. Details of the activities in this period are given below.

Categories	Patients	Categories	Patients
Male	3518	Abhyasis	1977
Female	4902	Others	7630
Children	1187	Total	9607
Other details	Patients		
In patients	121		

Department	No of Patients	Panel of Doctors
Allopathy	9607	Dr G. Jaya Prasanthi, Dr Anjana U, Dr R. Sulochana, Dr Geetha Naren, Dr G. Gayathri Purnima
Dermatology	382	Dr M. Jayaraman
Gastro Enterology	60	Dr M. Manimaran, MD, DM
Paediatrics	7	Dr Natwar Sharma, DNB, MRCP
Endocrinology	23	Dr Ravi Kiran, MD, DM
Pulmonology	14	Dr G. Raja Amarnath, MD, DM
Dietician	19	Mrs. Srilatha, M.Sc. (Nutrition)

Pharmacist	Receptionist	Nurses	Others
A. Krishnakumar	R. Abinaya D. Rajeswari	K. Radhika B. Sathya M. Thenmozhi S. Jayasudha J. Sathya	K.Jaya (Housekeeping) R. Rekha (Housekeeping)

Source: Dr. G Jaya Prasanthi

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