

SMSF Newsletter is a quarterly newsletter that provides updates, announcements and notifications on SMSF activities and events.

In words of our Revered Master, "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>. Email your suggestions to smsf.newsletter@sahajmarg.org

Featured in this issue

CREST: We feature the activities at CREST Kharagpur and CREST Bangalore.

Retreat Centre: We include reports on activities at retreat centres at Pune and Malampuzha.

SPURS: We feature activities at SPURS retreat ranch.

Health: We cover the medical centre activities at Chennai and Satkhol.



(above) Revered Master at Dubai in October 2011

Programs at CREST Kharagpur

During the quarter ending 31st December 2011, five seminars on character formation were organized in CREST, Kharagpur.

Basics of Character Formation (English), 1-6 October

For the first two days of this program, abhyasis stayed at the Kolkota Ashram where Revered Master had been on visit. The seminar included following topics.

Taking responsibilities on ourselves, Day 3: Br. Aroon Dave dealt with this topic. Taking the participants through various aspects of Sahaj Marg sadhana, he presented details of all that is needed for our evolution, salvation and emancipation. It was impressed upon them that it was the responsibility of the abhyasi which does matter in the long run.

Ethics and Morality, Day 4: Quoting extensively from the teachings of Great Masters, Br. Aroon Dave explained the need to practice ethics and morality in our day to day life without which our dream of reaching the goal will remain unfulfilled. It was emphasized that if we start feeling for presence of Master in everybody then our behavior will become as that of a role model.

Character protects life, Day 5: Br. Chakrapani spoke extensively from personal experiences and interactions with Revered Master. He stressed that Sahaj Marg builds inner balance, and strengthens the will. That in turn gives strong character. He wanted the participants to ponder over what is missing in humans in spite of having human forms? It is humanness. We are born human, we have the capacity to become divine but end up less than

(right) Participants of English Seminar on Basics of Character Formation, 1-6 October, 2011

CREST Centres are resident schools where abhyasis in batches of 50-100 undergo intensive training in different aspects of human existence-- physical, intellectual, moral, and spiritual. Two CREST centres are in India, one located at Bangalore and another at Kharagpur. A CREST centre outside India has been setup at Berlin Ashram, Germany.

More details are available on our Mission's website at:

<http://www.sahajmarg.org/smw/w/crest-overview>

Upcoming programs at CREST Berlin

Master has guided on a general theme of 2012 for CREST in Berlin which will be "Love".

The first session from March 22nd till 28th will elaborate and explore on the topic "Accepting the Service of the Master". The program will focus on the following:

- The craving of soul and the forgetfulness through living
- How the Master prepares us
- His work for/on us
- Our (only) Instruments
- The Eternal Yatra



human. So there is an urgent need for becoming human first and god like later.

Basics of Character Formation (Telugu), 14-19 October

This seminar was attended by 53 abhyasis from various centres in Andhra Pradesh and Karnataka. Following topics were conducted in this seminar.

Need to transcend religion, Day 1: Br. P. Kameswara Rao, covered the basic concepts of religion and spirituality and explained the need for transcending religion. Some salient points were:

- Religion creates narrow-mindedness and denies access to broader vision.
- Adherence to religious duties creates a sense of false self-superiority.
- Mechanical forms of worship to please gods and goddesses to secure worldly ends are an absurdity.
- Solid forms are for beginners, for a while only.
- Material forms taken up for worship followed with faith and devotion leads to internal grossness.
- Chanting and bhajans possibly cause adverse influence on pious hearts.
- Great havoc has been created by presenting everything learnt from holy books in hard and solid form.
- Rituals demand elaborate requirements that are not practical for the present-day lifestyle. Compromising makes these rituals a mockery.

- Religions operate on two instruments - fear and temptation.
- Universal love, the very fundamental basis of all religions has disappeared from view. Religion instead of being a bridge in between man and God has become a barrier.

At the end of the topic's presentation, a group discussion was conducted on two topics:

- What was the most difficult religious practice for me to give up? Am I still holding on to any religious practice?
- How different is my approach towards spiritual practice as compared to religious practice?

Summary of the discussions was presented by the participants in the plenary session.

Balanced existence, Day 2: Sis. Madhumathi tried to elicit participants' responses to various concepts of the meaning of material life, spiritual life, the balancing and the concepts of Sahaj Marg from the participants. It was explained that a sincere practitioner of spirituality adopts spiritual life in every aspect of material life too naturally. She gave anecdotes from her life, how Revered Master leads seemingly material life with perfect etiquette in all circumstances. She appealed to the participants to take the change process seriously. The steps in the change process are:

- To decide to change
- To decide on what to change

(right) Participants of Telugu Seminar on Character Formation

CREST Kharagpur has been established with a firm focus on issues dealing with Character Formation. The seminars here are structured so that candidates will get the chance to reflect on their priorities and set specific goals and plans to achieve these goals once they return to their homes.

More details are available on our Mission's website at:

<http://www.srcm.org/sm/CRESTKGPApplication.do>

Calendar of upcoming events at CREST Kharagpur [Jan-Jun 2012]

17-22 Jan: Basics of Character Formation (English)

25-29 Jan: Basics of Character Formation (English) short course

7-12 Feb: Basics of Character Formation (Telugu)

28 Feb - 4 Mar: Basics of Character Formation (Hindi)

13-18 Mar: Basics of Character Formation (English) for functionaries

3-8 Apr: Basics of Character Formation (English)

12-15 Apr: Basics of Character Formation (English) short course

8-13 May: Basics of Character Formation (English)

22-27 May: Fundamentals of Character Formation for youth

4-10 Jun: Basics of Character Formation (Hindi)

18-23 Jun: Basics of Character Formation (English)

(Dates given above refer to the date of arrival and date of departure from CREST Kharagpur)



• To act upon the change

Life is not to be bifurcated into two separate segments of material and spiritual life. Speaker added out of her own experience that one has to navigate the material and spiritual much like wandering albatross bird which adjusts its two wings seamlessly when faced with strong winds. As we can see from our Master's life, we have to do what is needed to be done, nothing more and nothing less.

This was followed by group discussion on following topics:

- Identify one recurring irritant which disturbs your inner balance in your daily life.
- Identify 5 changes about yourself which you wish to change.
- Recall an anecdote in Revered Master's life where He exhibited balance which you wish to emulate.

Love is the essence of spirituality, Day 3: Br. N.V.Krishna Rao gave a glimpse of the sublime concepts of "Love" by giving examples from the lives of our Masters. He attempted to clarify that affection, mutual dependence, filial love, conjugal love and sibling love are different from the love that the Masters very often refer to; that love that is deep within each one of us should be directed only to God or Master. Quotations of Masters - "Love Him who Loves All" and "Love All whom He Loves", were explained. It was

explained that there was an absolute need for Character Formation in developing love. The need for character was emphasized stating that in absence of the right character, what our Master gives to us could be clouded like soot on a lamp preventing the inner light from coming out. The transmission that our Master pours into us is very much like blood transfusion. Master supplies everything that we need for our sustenance. As character formation is conscious effort, the onus lies very much on the sadhaka. Though our sadhana begins in a simple way with prayer, meditation and cleaning, it should culminate in becoming love. As Master said, it is not easy to love but it is easy to obey. Spirituality starts as a practice under the guidance of the divine Master that facilitates us to become this love which includes all values. It is love that is transmitted. To perceive this love, refining our character becomes immanent. The speaker concluded that the only way to express our gratitude and love for Master for what all He is doing for us is to become like Him.

This was followed by group discussion on following topics:

- When I joined the Mission, He was "my guide". When did He become "my Master"?
- If He is not yet "my Master", what is the obstruction?
- "Master is love personified" - We all say. How can I become like Him?

Working in tune with divine plan, Day 4: Sis. Uma Gangadhar alluded to the Mahabharat episode in which Arjuna was running away from executing the divine plan in Kurukshetra and Lord Krishna brought him back and exhorted him to be a part of the divine plan. We have to be alert, attentive and adjust ourselves inside to be in tune with the divine plan. The best way is to obey without resistance. If we neglect character building in our lives, there is every danger of fall. The only guarantee against fall is holding firmly to our Master. The ten maxims given by Revered Babuji Maharaj and the two maxims given by Revered Master help us in becoming like Master and in participating in His divine plan. Our Master is doing so much for us. Our gratitude propels us to do something for Him. We should tread the path shown by Master and take our brothers too on the Path.

The sub-topic for introspection was: "What do I see as my role in the mission?"

Final Plenary Session, Day 5: The ten maxims as also the two maxims given by Revered Master were displayed with values attached to each of them. The obstructions on the path that the maxims remove were identified and shared. In his concluding speech, Br. U.P. Dhawan, spoke about concept of re-adjustment and the quote adopted by CREST Kharagpur for the program - "Don't react, absorb".

Fundamentals of Character Formation for Youth, 5 - 10 Nov
The theme of this program was "Material world is the vehicle to spirituality". A total of 24 attendees participated in following topics.

Potency of the seed, Day 2: Br. Mohandas Hegde conducted this session. Seeds were given to all participants. They were asked to meditate for a while and tell what did they feel when they were holding the seed. Several answers were given such as life, potential, character, plant and tree. They were asked to answer following questions briefly to the point, according to their

individual understanding.

- What is a seed?
- What do you mean by potency?
- How does the seed responds and grow?
- What is the role of Sahaj Marg?
- What are the requirements for germinating a seed?
- How do we reflect divinity?

Followed by this session, a presentation was made on the basis of above mentioned questions; all quotes were taken from Revered Master's speech.

Discipline with Love, Day 2: Br. N. Prakash conducted the next session in which he revealed how he had changed from his days in the youth to now. He related a lot from his precious moments with Revered Master of how our dear Master teaches by becoming an example and embodiment of what he expects from us. Br. Prakash related his journey through his material life too.

Life Spaces (Activity), Day 2: During this activity in the afternoon, the gazebo was divided into 4 spaces - the family, worker, abhyasis and mission space. The participants needed to decide which space they really sought answers and be in that space. They were asked to perform a skit with the real time depiction of the scenarios which happen in our day to day life. The skit was performed with only actions not with words. The other groups were observers and after the skit learning lessons from each of the performances was discussed and enlisted. The following points emerged from the discussion:

- Home is the foundation of all the other spaces.
- In the worker space it is not essential to have a killer instinct.
- In the abhyasis space we should be more enthusiastic about our abhyas.
- In mission space need for discipline and brotherhood.

The power of attitude, Day 4: This talk, conducted by Br. Misal Mehta centred on the desirable attitude that we need to develop as spiritual aspirants in various walks of life.

- What is attitude? A mental framework which we use to frame our view of life, and give events and experiences a coherent meaning.
- What determines our attitude? Tendencies, samskaras, prejudices, upbringing, environment, culture, titles, judgments conferred upon us by others, dominance of the mind, myopic view of life.
- What should be our attitude?
 - Towards oneself
 - Acceptance
 - Remove shackles of the past
 - Change myself, take control
 - Unlearn
 - This too shall pass - miseries and the greater plan
 - Towards others
 - Love and Brotherhood
 - Forgive and Forget
 - Hope for others - Every Buddha is a worm evolved and every worm is a Buddha involved
 - Our behavior with others is a test of our character - Master's impartiality
 - Give Naturally - A spiritual person is like a garden whose fragrance and beauty are for all to enjoy
 - Appreciation of uniqueness of each person and each one's individual samskaras - no jealousy can be felt when we always remember this
- Spirit of sacrifice and tolerance
- Do not succumb to peer Pressure
- Towards work and service
 - Enthusiasm
 - When I rest, I rust
 - All work is His work; the danger of segregation of work as personal work and mission work is a fallacy, and leads to eventual segregation of personality
 - No rewards
 - No procrastination when the work load is seemingly unbearable - Masters Work life
 - Dive into the pool, no point standing at the shores and dipping your toes
 - Only our work should be seen but we should be invisible
 - Humility vs. self-aggrandizement
 - Popularity vs. righteousness
- Towards career: Money is a means not an end, needs vs. wants
- Towards goal: The thumb rule to remain on the path at all times - single question 'Will this action take me closer to the goal or away from it? If yes do it, if no avoid it'.
- Towards sadhana: Simplicity, will

(right) Participants of Youth Seminar on Character Formation



power, discipline, craving, dedication and passion - Siliguri speech where Revered Master mentioned that before each meditation we should send out a heartfelt prayer to the Master that this be my final meditation.

- Towards Master: Lose yourself - destroy your creation to see His.

Session on ten maxims, Day 4 and Day 5:

This session by Br. Rishi Ranjan was spread across two days. On the day 4, need of ten maxims as two wings of sadhana were explained. Idea of balanced existence and character formation having ten maxims at its base was demonstrated. How maxim 1 prepares us for getting maximum benefit of meditation, maxim 2 establishes connecting link, maxim 3 develops craving and maxim 4 helps us in attracting His attention was discussed. On day 5, maxims 4 to 9 which are related to our dealing with self, people and environment around us were discussed in detail. How maxim 4 prepares us to reverse downward tendencies, maxim 5 helps in developing devotion, maxim 6 prepares in breaking individual network, maxim 7 helps in restoring purity, maxim 8 helps in purifying human web and maxim 9 helps us in achieving conformance with nature was discussed.

Art of listening (activity), Day 4: This activity conducted by Br. Hegde trained the participants to use their hearts to find the solutions. One of the participants was given a word from the mission literature and then the group mediated to find the word. The first 2 rounds were a struggle for the groups and only when they left the struggle and were in tune with their inner self could they find the word very fast.

Tolerance, Day 5: Br. Dhruv Bajpai highlighted why Revered Master has emphasized that tolerance is a cardinal virtue. Being a basic spiritual quality, it emanates out other virtues like understanding and even love. Patience and acceptance are the key attributes required for tolerance. Abhyasis need to realize that everything around them is

the creation of the same Master and has its due place in the universal hierarchy, and hence should be accepted. On interpersonal front, rather than scolding or criticizing a person who needs improvement, we should try to create an environment for the person to grow. It was discussed that intolerance to the outer world is actually a projection of something within us. Due to intolerance of our own wrong habits and traits, we fail to accept ourselves hence are unable to change. Besides, sometimes we do not let go of the past or forgive ourselves, thereby creating limitations. Prejudices, rigidity and narrow mindedness are most serious impediments in spirituality.

Lastly, due to lack of understanding of his plans for us, we are intolerant when we face miseries and things do not happen as per our expectations. Acceptance and faith are very important in such times. We need to accept everything as a gift from beloved, for our own good. Finally, bearing miseries with a heavy heart and self-pity is not tolerance. We should rather be cheerful under all circumstances, since right attitude and good temperament are very essential for spiritual well-being. He ended the talk with extracts from Revered Master's talk given in Oceania in 2005. The talk was followed with practical aspects of tolerance in which the speaker dealt with personal life scenarios and how we need to change our attitude to oneself.

Understand and achieve, Day 6: Br. Ramesh Krishnan started the talk on what does one want to achieve. He directed the session by asking the participants to think on a different line in their material life viewpoint. He then directed them to understand at each instance how Revered Master relates to these material issues and quoted Masters' thoughts.

Our duty to our world, Day 6: Sis. Snehal Deshpande started by sharing of her experiences with Revered Master and how He has been instrumental in changing her as a person. She related the enormity of work by a small clipping

(right) Participants of seminar on Basics of Character Formation (22-27 Nov)



on the world. She also said that change can be effected only through love. The last phase of the talk consisted of three videos of real life burning situations in today's world; on corruption, on the state of the aged population and the on taking a positive initiative to accepting challenges. The group discussion was then related to the talk given by Br. Durai in the Jan 2010 issue of "Constant Remembrance".

The seminar ended after a final plenary session in which the participants expressed their view and comments in respect of the Seminar.

Basics of Character Formation, 22-27 Nov

This seminar was attended by 29 participants. Topics in this seminar were

- "The Power of Thought - Transform your thinking and you change your life", Br. Manoj Tiwari.
- "Love and Responsibility", Br. Lalit Mohan Kaistha.
- "Unity and Brotherhood", Br. Sharad Jhawar.
- "Using the Heart", Br. Kingshuk Charkraborty.

Seminar on Character Formation, 15-20 Dec

This seminar had 53 participants. Four topics were presented.

Obedience - A fundamental virtue - obey with the heart, Day 1: Sis.

Chandra Kanta Arora presented various aspects of obedience such as surrender, character and completeness of human life together with beautiful illustrations. She exhorted them to remember that the most importance aspect of obedience is in immediately obeying and not in debating, establishing the importance of heart over mind.

Love and Discipline, Day 2: Br.

Jagdish G.K. explained the importance of love in our life by bringing in various aspects of love. The participants were taken through the four levels of discipline, causes for hindrances in discipline and the role of Master in imbibing the feeling of love and discipline in our lives.

Love means giving - In the giving, we receive, Day 3: Sis. Neera Raghuvanshi explained the topic and established that love can only be expressed by giving. We can make ourselves a suitable vessel to receive Revered Master's love only by sincerely practicing the method, His teachings, tolerance and forgiveness.

Right thinking - Right living, Day 4: Sis Chhabi Sisodia in her lucid presentation, she made them understand the manner in and the extent to which our thoughts govern our actions. How our practice helps in correcting our thought process? How our Masters help us in changing them? She pointed out that 'my Master is within me' should be the guiding principle to maintain right thinking - right living.

Source: Br. U.P.Dhawan

(right) Seminar on the topic "The Goal"

Programs at CREST Bangalore



After long break of nine months, CREST Bangalore resumed its activities with two training programs. Both programs were planned for abhyasis from Oceania and South Africa.

Sadhana training program, 10 - 15 December 2011

There were 45 abhyasis who participated in the program. This was the first time a training program exclusively for the abhyasis from overseas was taking place. This time also there were more sister delegates than brother delegates. It has become a trend that more number of sister delegates are participating in a program as compared to brothers. Following topics were conducted during this program:

- **The Sahaj Marg Philosophy** by Br. Sanskrit Kannan.

- **The Goal** by Br. B.G.Subramanya
- **The Role of Master** by Br. B. Sreenivasa
- Over the next five days there were sessions on "Meditation", "Cleaning", "Prayer, Constant Remembrance", "10 Maxims" and "Faith, Love, Surrender".
- Other sessions were delivered by Br. Ramalingam, Br. Prabhakar Ravoori, Br. Manoj Agarwal, Br. Bhadresh Rami and Sis. Aparna Ravoori.

All delegates liked the sessions and felt very happy that all aspects of an abhyasi's sadhana were covered in detail. All of them expressed that all abhyasis should attend this training program, which makes their practice regular and purposeful. Many of them from South Africa expressed a sincere

Abhyasis who are interested in making use of the CREST library are welcome to CREST. Minimum period of stay at CREST would be two months, at the end of which they will have to submit a monograph on a chosen subject. Interested abhyasis should write to the email address crest.bangalore@sahajmarg.org with their application.

(right) Abhyasis participating in seminar at CREST Bangalore



(Below) Abhyasis engaged in a group discussion



wish that the entire team of faculty members should visit South Africa to conduct this training Program for the abhyasis from South Africa.

The CREST team was little anxious if the delegate abhyasis would like Indian cuisine prepared in the kitchen and whether arrangements should be made to prepare western cuisine, at least on few occasions. Quite contrary all delegates preferred to eat Indian food, rather they enjoyed eating rice with sambar, rasam and butter milk.

Sadhana training program, 27th December 2011 to 1st January 2012

There were 35 participants in the program, which included some abhyasis from Bangalore. Sis. Seetha Kunchithapadam travelled from Chennai to deliver the session on "Faith, Love, and Surrender".

The delegates had travelled to CREST

after attending the seminar at Manapakkam Ashram. After hearing from the delegates of the first batch about the program, they were all looking forward to participating in the program. All of them appreciated the spiritual atmosphere at CREST, and many of them felt like staying forever at CREST. All of them departed from CREST with a firm resolution that they will continue being regular in their daily sadhana.

Source: Br.Parthasarathy Patel

The schedule of training programs from February onwards is present on the CREST, Bangalore web page.

Interested abhyasis can apply for the training programs by using the guidelines present on the web page.



(right) seminar in progress at CREST Bangalore

Activities at SPURS

You may yourself wish to spend a few days in this very special place. Should you have questions about coming to SPURS, please do not hesitate to call at +1-512-301-2104.

The information on SPURS is available on the web at: <http://www.sahajmarg.org/smw/s/purs-texas-usa>. Abhyasis may submit the participation requests online. Once the requests are processed, abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility. Please e-mail austin@sahajmarg.org for any questions or information.



Since SPURS ranch retreat centre opened on September 4, 2007, more than 525 abhyasis from across the United States, including Hawaii, from Canada, India, Germany, France, Venezuela, and Martinique have come to this serene ranch setting to deepen and renew their spiritual connection.

Each sister and brother coming to SPURS has discovered that in the special atmosphere of this space they were able, each in a particular way, to deepen their practice. Being in an environment of quiet, away from the familiar pull of their worldly lives, abhyasis have found an inner quiet where remembrance of the Master and meditation become a natural part of the flow of life.

Unlike a gathering, a retreat has no planned program. Each person who comes to retreat is the program, working with sadhana and self. But there is guidance in this in the all-pervading Presence of our Master, which each abhyasi at SPURS has felt in his or her own personal way. Following are comments from abhyasis who have retreated at SPURS in past 3 months.

- “Previously when I sat for meditation it was for the meditation; here I came to realize I am meditating for the goal, a potent goal that is achievable.”
- “To have a set time and place for meditation is more important to me now. I see the importance. It shows obedience and helps with deepening of meditation.”
- “There is an awareness of what we are

trying to accomplish with our sittings and meditations and how the transmission assists us, that we are graced with what we need.”

- “My four retreats have changed the way I do my practice because my understanding of the 10 Maxims has steadily changed during this time. This has been the most profound of my four times here - I can say that I am really beginning to grasp what Maxim 9 means.”
- “There has been a profound change in the way I do the practice and it all seems to be connected with acceptance. There has been a resistance in me for a long time and that has disappeared.”
- “I feel like I’m a different person. Every day something new arises to be acknowledged, admitted; actually, it is more like by the hour. Your perception of why you are here (I thought I knew why I was coming!) evolves through your time here. It has been an amazing journey.”
- “A lot of issues have come to the surface for me to work on that I never knew needed work. These issues I’ve not been aware of present real barriers to my practice.”
- “Doing the practice is not just going through the motions of doing the practice but it is about applying it, molding your behavior; it’s the way you live your life. It really is a matter of living the practice.”

Source: Sis. Mary Lou Stoner, SPURS

(right) Meditation Hall at Pune Retreat Centre

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may find more information about these facilities and the retreat program at:

<http://www.sahajmarg.org/smw/w/retreat-center-overview>

Abhyasis who wish to enroll for retreat programs may now apply online at the address given above.



(above) Volunteers of Pune retreat centre



(above) Sprinklers for the new lawn

(right) Master's cottage at the retreat centre

Activities at Pune Retreat Centre



SMSF Retreat Centre Pune hosted 97 numbers of abhyasis for the quarter ending December 2011.

Unlike in the past, in these months, weather was comfortable for most part of the day and sometimes chilly in midnight. Abhyasis were very comfortable and enjoyed their retreat period.

Given below is some feedback from the retreatants:

- "I could feel and sense the real meaning of retreat."
- "The atmosphere here is unique, simply superb and cannot be

expressed in words."

- "It is heaven on the earth. Felt the presence of Revered Master through and through."
- "The transmission was felt throughout the day and night 24 hours."

Works undertaken in the centre

- The work in respect of sprinklers for the lawn was completed.
- Two more lawns and rose garden are under preparation.

Source: Br. K. T. Manjunath



Activities at Malampuzha retreat Centre

(right) A distant view of Master's office annex (Guest House)

(below) A close view of guest house



During the quarter from 1st Oct 2011 to 31st Dec 2011, 242 abhyasis have retreated, the details are as follows:

October 2011	-	90 Sisters
November 2011	-	60 Brothers
December 2011	-	92 Sisters

Many of them were coming for the second or third time. All of them were unanimous in their view about the

spiritual charge prevailing in the atmosphere. It is this atmosphere which attracts them for repeated visits every year.

The roads within the Retreat Centre are tarred this year and are well laid out.

Source: Br. C. Ravindranathan

(right) Dormitory block at the bottom of Western Ghats



Free Medical Centres (FMC) at Manapakkam and Satkhol have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai and many other centres.

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centres. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

Source and SMPG Contact is Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu).

Medical Centre News

Services of Free Medical Centre at Manapakkam

Free Medical Centre at Manapakkam has served a total of 13,861 patients for the quarter October to December 2011. Spirometry camps were conducted and 12 patients benefited. FMC has served 201 patients outside regular hours during this quarter. The clinical laboratory investigated 973 patients with various laboratory tests in the last three months. Minor surgical procedures were done on 19 patients.

Details of the activities in this period are given below:

Department	Patients	Panel of Doctors
General medicine	12,839	Dr. U. Ravindran, Dr. R. Sulochana Dr. E. Elanchezian Dr. S. Kishore, Dr. Anmay K. Bidwai
Cardiology	40	Dr. V. Vanaja
Dentistry	361	Dr. Jagadish Kumar, Dr. Komal Gupta Dr. Sai Praneeth, Dr. Vaishnavi
Dermatology	346	Dr. M. Jayaraman
Gastro-enterology	35	Dr. M. Manimaran
Homeopathy	1,022	Dr. S. K. Ram Subramaniam Dr. N. Vidhi N. Shah
Ophthalmology	128	Dr. Harshitha Bakshi
Orthopaedics	85	Dr. D. Narendra
Paediatrics	1,949	Dr. Natwar Sharma Dr. S. Kishore
Psychiatry	36	Dr. A.P. Mythili
Pulmonology	25	Dr. G. Raja Amarnath
Urology	21	Dr. Sanjay Sharma
Endocrinology	35	Dr. Ravi Kiran
Spirometry	12	Courtesy Lupin Laboratories
Neurology	16	Dr. R. Padmini
General Surgery	329	Dr. Anamay K. Bidwai

Staff	Staff	Volunteers
Dr. S. Kishore (Doctor) Dr. Anmay K. Bidwai (Doctor) Dr. Vidhi N. Shah (Doctor) S. Meenakshi (Pharmacist) R. Rekha (House-keeping) P. Gomathi (Receptionist) K. Yeshoda (Receptionist)	A. Radhamani V. Dheivayanai C. Ramya P. Kausalya Annalakhmi S. Sathya (Nurses) S. Srinivasalu (Lab Technician)	M. Jayanthi Dr. Ravindran Dr. Sulochana Dr. Elanchezian

Source: Br. Dr. Ravindran Ulaganathan



Activities at Satkhol Medical and Dental Centre



(above and left) Doctors treating patients at the Satkhol Medical Centre

Below is the report for Satkhol Medical and Dental Centre for the quarter Oct - Dec 2011

Specialty wise	Oct	Nov	Dec	Following doctors were in the Satkhol medical panel at various months during this quarter: Dr.C.K.Prasannakumar, MD Dr.Parihar, MD [Homoeo] Dr.K.D.Dubey, MS; Dio Dr.Gopal Aironi, Homoeopathy Dr.A.Prabhakar, MBBS; DTCD Dr.Alok Tandon, BDS Dr.Renu Tandon, BDS Dr.R.K.Purohit, MBBS; DA Dr.Sunny, MBBS Dr. Nikhil, MBBS Dr. Anurag Singh Chauhan, MD Dr. Motilal, MBBS Dr. Direndra Kumar Singh, BAMS Dr. P.C.Sharma, BAMS Dr. P.Sridhar, MS Dr. R.Padmini, MD
Medicine	226	214	197	
Surgery	61	23	83	
Gynaecology	3	17	5	
Cardiology	4	12	9	
Dentistry	6	9	119	
Dermatology	35	28	31	
Gastro-enterology	50	29	84	
Homoeopathy	211	43	0	
Ophthalmology	4	10	13	
Pulmonology	6	26	37	
Urology	3	0	3	
Orthopaedics	53	37	36	
ENT	36	33	105	
Dental cases	70	205	185	
Number of Outpatients				
Male	224	222	300	
Female	157	168	200	
Children	107	91	136	
Number of abhyasis	145	144	172	
Others	343	337	464	
Total	488	481	636	

Source: Br. Dr. C.K.Prasanna Kumar