

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

Health: Medical centre activities at Chennai are covered.



(above) Respected Daaji in New Jersey, USA in January 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.

Paramhansa Yogananda International Conference on 'Spirituality in Science, Education and Fine Arts'

14 - 16 October 2016

This conference was organised by Himachal Pradesh University. Eight papers were presented by eight scholars and two guides from CREST, Bangalore. Sister Madhavi Ravi conducted a session on relaxation exercises.

International Conference on Responsible Management Education

21 - 22 October 2016

Dayananda Sagar Business Academy Centre for Management, Development and Research organised

the second International Conference at Bangalore.

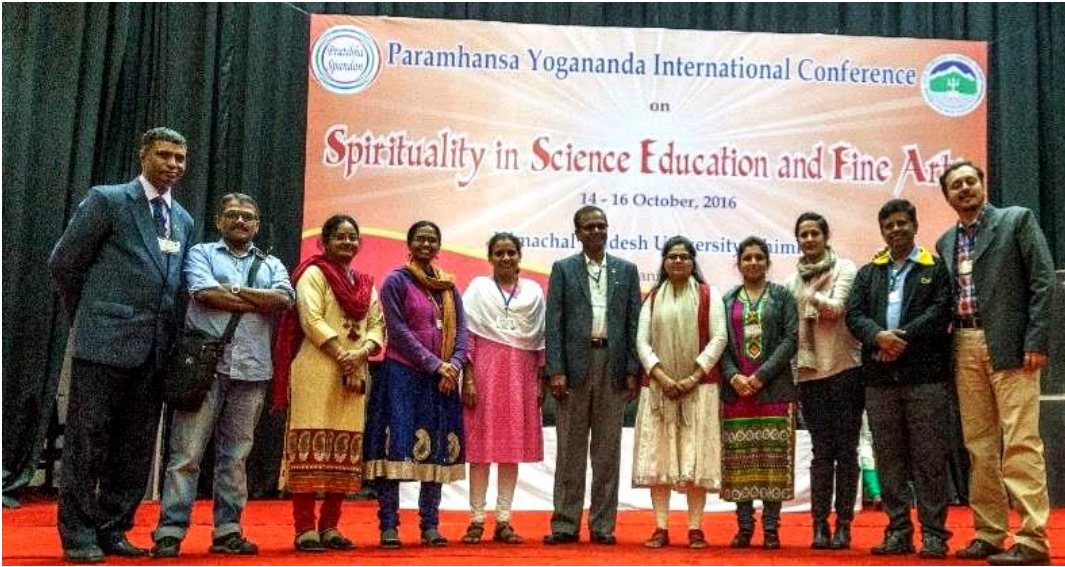
Dr Mohandas Hegde, Director, CREST Bangalore, moderated a panel discussion on the topic 'Ethics and Value System in Business Management' during the first day of the conference.

On the second day, he spoke on the topic 'Spirituality in Management' followed by a five minute video on the topic. A practical session of relaxation was conducted for the delegates.

International Conference on Realm of Management in Bhagavad Gita

4 - 5 November 2016

This conference was held at Nehru School of Management in Thrissur, Kerala. Dr Mohandas Hegde and Dr Rajeshwari Hegde presented a paper on the topic 'Role of Institutions in Promoting Spirituality'.



(Left) Scholars from CREST Bangalore at the Paramahansa Yogananda International Conference

Gandhian Studies Department, University of Mysore

28 November 2016

This programme was hosted at Mysore in partnership with CREST, Bangalore to honor the contribution of Mahatma Gandhi as a freedom fighter and spiritual personality. Dr Mohandas Hegde, Director, CREST, spoke on the topic 'Peace and Brotherhood' in which he highlighted the contribution of Mahatma Gandhi to Indian philosophy and creating unity and integrity among the people. A Heartfulness stall was organised by the Mysore centre to publicise Heartfulness to other visitors and participants.

Event: Fire Fighting Training for Inmates

14 December 2016

Mr Guru Prasad, representative of Reliable Fire Services, conducted a fire-fighting training programme for the inmates of CREST. He

elaborately explained the use of various types of fire extinguishers followed by a practical demonstration. He also asked the inmates questions on various emergency situations.

Entrance Exam for University of Mysore's Ph.D. course

18 December 2016

Ten candidates appeared for the written examination and viva-voce at CREST, Bangalore. The candidates were from various specializations. Viva was conducted on the same day after the written test by a four member panel. Dr Nagabhushan asked questions on research methodology, challenges, quality work and interdisciplinary aspects. Prof Rajeswari and Prof Veena asked questions on practical implications of Sahaj Marg and its relative importance in research. Dr Mohandas Hegde asked questions related to scientific aspects of Spirituality and Sadhana.



(above) Dr Mohandas Hegde speaking at the International Conference conducted by DSBA

Visits to Centres in Karnataka

CREST, Bangalore team visited Hubli and Dharwad centres on 3rd and 4th of December 2016 and conducted interactive sessions with abhyasis. Dr Mohandas Hegde and Ramya Agarwal visited Tumkur and Koratagere centres to conduct Heartfulness sessions and home gatherings.

Source: Dr Mohandas Hegde

Activities at Pune Retreat Centre



(left) Participants of the residential program on "Living Naturally" conducted at the Pune Retreat Centre

Brother Thiruraman has been appointed as the Assistant Director of Pune Retreat Centre with effect from 28th November 2016.

During July to September 2016, 112 abhyasis stayed at the Pune retreat centre and spent 829 person days in all. A residential program "Living Naturally" was organized for

corporate seekers from 2nd to 4th December. This was the third in the series of Living Naturally programs. Twenty-six participants from Tata Consultancy Services, Reliance and C-EDGE participated. They were in the age group of thirty to fifty-five years belonging to middle management and senior management positions. Everyone adjusted well to the simple facilities of the retreat. They were very happy with the simple and nutritious food prepared by volunteers of the retreat center. They said they came with no expectations but they were very impressed by the facility, the volunteers and the overall program.

A training program for preceptor candidates was held from 10th to 12th December in which around forty candidates participated. These candidates were part of the twelve week pilot program for preceptor training.

Source: Brother Thiruraman

(below) Participants of the preceptor candidate training program conducted at the Pune Retreat Centre

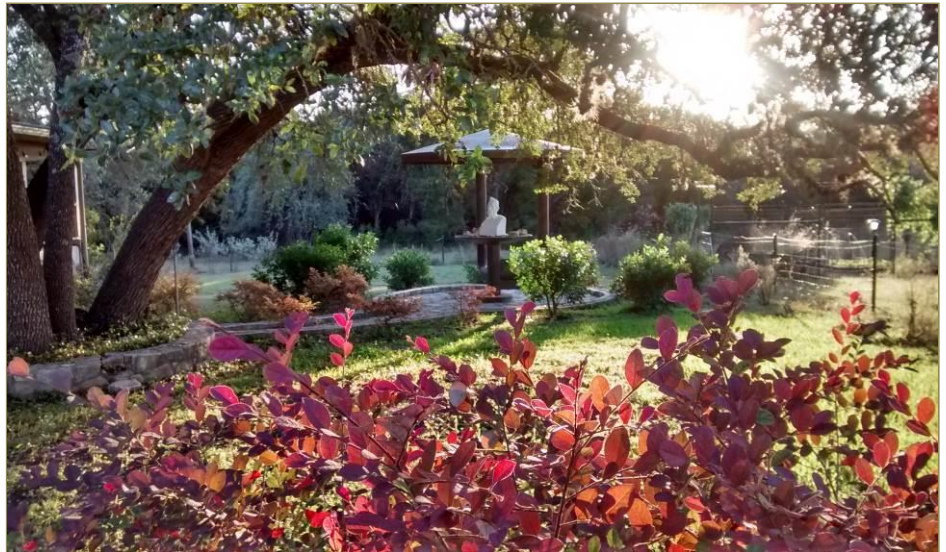


Activities at SPURS

SPURS has been renamed to 'Heartfulness Ranch Retreat Center'. It hosted twenty-four abhyasis for the quarter ending December 2016. Over this period, the major projects were the set-up of media in the meditation hall, set-up of air-conditioning in the library, installation of weather-stripping and replacement of leaky faucet. Retreatants continue to enjoy the produce from the garden.

A sample of feedback from retreat participants is below:

- *My perception of the Masters is more fully realized. I revere what they're giving us – the light within us to be shared with others.*
- *This is a wonderful opportunity. My gratitude for it is almost overwhelming.*
- *The place is very welcoming. I felt at home and protected.*
- *I learned how important it is to take time to retreat. How wonderful it is to have a facility like this to meditate and find your bearings.*
- *This is spiritual heaven on earth. I felt the same as when I was in Shahjahanpur with Babuji. You can feel the presence of Masters here.*



(above) A view of the garden at the Heartfulness Ranch Retreat Center

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.

Activities at Kharagpur Retreat Centre

During the last quarter, eleven abhyasis visited Kharagpur retreat centre. The centre was venue for the Zonal meet of abhyasis of West Bengal and Sikkim Zones and also for the Youth Seminar. Besides these activities, the premises are also the venue for day-to-day activities of Kharagpur centre of SRCM. The facility with its lush green velvety lawns, fruit-bearing trees, flowers and bushes leaves the visitor mesmerized providing a serene and calm atmosphere, highly conducive for one to turn the focus inwards. After the first three days of stay, abhyasis are encouraged to contribute in the day-to-day maintenance of the centre, by undertaking light voluntary work for about half an hour in the kitchen, garden and other places.

Source: Brother U.P. Dhawan

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 October 2016 to December 2016

The FMC served 8,882 patients during this quarter. Specialty clinic services were availed by 514 patients. Lab services were availed by about 342 patients. Starting from November, FMC is open on Sundays for emergency services to abhysis between 9:30 AM to 11:30 AM. Details of the activities in this period are given below.

Categories	Patients	Categories	Patients
Male	3399	Abhysis	1959
Female	4419	Others	6923
Children	1064	Total	8882
Other details	Patients		
In patients	69		

Department	No of Patients	Panel of Doctors
Allopathy	8882	Dr G. Jaya Prasanthi, Dr Anjana U, Dr R. Sulochana, Dr Geetha Naren
Dermatology	332	Dr M. Jayaraman
Gastro Enterology	75	Dr M. Manimaran, MD, DM
Paediatrics	9	Dr Natwar Sharma, DNB, MRCP
Endocrinology	57	Dr Ravi Kiran, MD, DM
Pulmonology	14	Dr G. Raja Amarnath, MD, DM
Dietician	27	Mrs. Srilatha, M.Sc. (Nutrition)

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

Team of Doctors, Pharmacists and Receptionist volunteering on Sunday

Doctors	Pharmacists	Receptionist
Dr Shreevidhya, MD	Sis. Kalyani	Sis. Vidya
Dr Umakanthan, MD	Sis. Jamuna	
Dr Udaykumar, MD	Sis. Jayanthi	
Dr Shivaji, MD	Sis. Seetha	

Source: Dr. G Jaya Prasanthi

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