

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](mailto:smsf.newsletter@sahajmarg.org)

#### Featured in this issue

**CREST:** We feature the activities at CREST Kharagpur and CREST Berlin.

**Retreat Centre:** We include a report on activities of Pune Retreat Centre.

**Health:** We cover the medical centre activities at Chennai and Satkhol. We also cover the Eye Camp at Payyanur Ashram in Kerala.



Revered Master during his visit to Kolkata (3<sup>rd</sup> October 2011)

### *Programs at CREST Kharagpur*

During the quarter ending 30<sup>th</sup> September 2011, a seminar in English and another in Hindi were organized in CREST, Kharagpur.

#### **Seminar in English, 5-10 July**

This seminar was attended by nine participants other than the guest speakers and facilitators. Four topics were dealt with in this seminar.

**Obedience, the fundamental virtue, Day 2:** Sis. Elizabeth Denley spoke on this topic. She said that obedience is the fundamental virtue, which is natural to humans as well as to animals. The definition of obedience is to submit to authority of another. Maxims 2 and 10 are applicable here. Parents protect us, nurture us and instruct us to obey which are necessary for our survival and growth into adulthood. Drawing examples from our day to day life such

as obeying traffic rules, or obeying our teachers, she explained the topic lucidly laying emphasis on the requirement of higher discipline needed for advanced tasks such as flying aircrafts.

She further explained that we should obey the Guru, *Shastras* and Conscience. Sometimes we are misled even by our conscience; so ultimately one should obey the Guru. She quoted Revered Master's words on obedience and urged the participants to introspect on: *"Do we always obey? If no, why not? What is it that restricts obedience? What helps us to obey?"*

There are four levels of discipline (a) Mutual Understanding - the set of rules for one to follow, (b) Protection - protection of ourselves and protection of others; protection of others takes priority over one's own protection. (c)

(right) Participants of Seminar on Character Formation, 5-10 July, 2011

CREST Centers 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 centers are in India, one located at Bangalore and another at Kharagpur. A CREST center outside India has been setup at Berlin Ashram, Germany.

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

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

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>

#### Revered Master on Obedience

"It is obedience alone that has made what I am and will take me where I have to go."

"It is easy to obey one person - because you don't have to obey anybody else".



Personal Growth - we formulate our own rules which we obey and exercise self-restraint, (d) Obedience to one's inner self to become more refined and efficient - the highest level. Master by following it, is giving his life so that others can grow. He does not exist for himself but for others.

She exhorted listeners to obey the Guru by adherence to His principles and by being like a dead man in the hands of the dresser. The speaker ended her talk by saying that without obedience, surrender is not possible and without surrender, the goal is not possible.

**Art of listening and effective communication, Day 3:** Br. Ramu Mahanthi brought out the following points in his talk: We communicate to build inter-personal relationships - communication is the relationship we create with the creator. We listen and communicate for the purpose of understanding the Self and others, to put the communication into action. In Sahaj Marg, samskara is also a communication bringing the past into the present. Unfolding of samskaras gives us a set of behaviours which we have to change consciously to become transparent.

The speaker quoting from the book "Role of Master in Human Evolution" impressed upon the participants that teachings of Sahaj Marg are at three levels. Highest level is the transmission

which best happens in silence. It is a process of training, giving life and bestowing the grace of the Master. It is like blood transfusion. So we must depend upon silence as the best medium of communication. Self-transformation makes us to go deep into ourselves and listen to what is happening inside. This is possible only when we are internally quiet, alert, sensitive and in a state of receptivity. We empty our mind, but we do not lose it. Two ears and one mouth indicate to us God's priority in listening more than talking. So, one must take care of the mouth. Communication meets human needs such as social need, identity need and overall well-being of an individual. Human communication is the process of making sense of the world and sharing that sense with others by creating meaning. "Say what you mean, mean what you say". Master saying that five senses were given to us to facilitate communications which contain positive and negative sources of information was quoted here. And finally we need to establish trans-sensory communication with the Self inside.

**Love, Compassion and Mercy, Day 4:** Brother Lalit Mohan Kaistha discussed three aspects of character. As per our Master we have to transform ourselves from "animal human being" to "human human being" to "divinized human being". Love is in the very nature of human beings. Love is an expression of one's concern for others. Love must be



**Calendar of upcoming events at CREST Kharagpur [Nov -Dec 2011]**

5-10 Nov: Fundamentals of Character Formation for youth (English)

22-27 Nov: Basics of Character Formation (English)

15-20 Dec: Basics of Character Formation (Hindi)

backed by concern and public welfare. Love is a responsibility. Majority of us do not want to take responsibility. Love cannot exist without responsibility. Love has no opposite. Love cannot exist where there is no purity, that is, purity of body, mind and every act of our life. Love can be termed as sacrifice. It is two sides of the same coin. Without sacrifice, love cannot exist and without love, sacrifice cannot exist. Narrating the story of Magie, Br. Kaistha spelt out the three types of sacrifices and explained that the highest sacrifice is the ability to give your life for the beloved. The speaker emphasised the need to love the Master, and to create this love by loving oneself so that one can love others.

Transmission is nothing but love. Referring to Revered Master's quote - "Love him who loves all, love all whom he loves", he said that Master is nothing but love personified. Br. Kaistha also quoted Revered Master to explain the terms "compassion" and "mercy".

For group discussions, the participants were given two situations from real life to ponder over. One of them was based on love and the other one was based on compassion. All participants deliberated and shared their views and experiences in the plenary session. Asst. Director, CREST, Kharagpur too shared a presentation based on the article "A day in the life of Master" by Sis. Madhuri, as well as a video clipping on "Interview with God."

**Let us reflect Sahaj Marg in our daily life, Day 5:** Sis. (Dr.) Snehal Deshpande opened her talk with Revered Master's speech - "To be like the Master" given in 2009. In the talk, Revered Master had described how to be like the Master and spoke on all aspects of an ideal living such as character, etiquette, behavior, disposition, hospitality, relationships and everything which Revered Babuji Maharaj represented.

All were urged to become "heart turners" from "head turner" so that people coming in contact with us would come to Sahaj Marg on seeing the person. In other words, everyone should become role models. Head turners

remain only icons and nobody would like to emulate them, she said.

She involved all the participants in an activity to drive home the point that without Master's help from beginning to end, one cannot navigate through one's life to reach the goal. To drive home the point of reflection of Sahaj Marg in daily life, participants were asked to present two skits. One of the skits depicted the sphere of "work life" in which the behaviors of a prospective abhyasi and a practising abhyasi in similar situations were shown. It really highlighted the difference Sahaj Marg had made to the life of the abhyasi. The other skit depicted a family affair where practice of Sahaj Marg by one son had created disharmony in the family. On realizing that he should change instead of expecting change in his family members, this abhyasi effected changes in himself by Master's grace; this induced his family members to begin practice of Sahaj Marg in three months' time.

**Seminar in Hindi, 15 -20 September**

A total of 56 attendees participated, which consisted of 28 brother abhyasis and 26 sister abhyasis.

**Reappraisal of the self, Day 2:** Br. Narendra Bajpai took the participants through the various yardsticks adopted by human beings to assess oneself, the most common being desire for pleasures. It is one's attitude which plays a vital role in one's progress on the path of Sahaj Marg. One should not shy away from miseries but face them boldly and accept them as divine blessings as told in the Ten Maxims of Sahaj Marg. He stated that possession of mind, money or power is not bad, but the manner, in which one uses them, makes the vital difference.

**Discipline and Obedience, Day 3:** Br. G. D. Sarin narrated the types of discipline such as physical, mental and moral. The need to discipline others with love was highlighted because discipline enforced is not going to last forever. It should come from within. Real discipline is one which develops internally. He further impressed upon them that when an egg is broken from outside a life ends, while

breaking of the egg from inside is the starting point for beginning of a life.

Distinguishing discipline and freedom, Br. Sarin stressed that without discipline there cannot be any freedom and without freedom there cannot be any discipline. At lower levels, we need to be fully disciplined with a little freedom; on higher levels, we have full freedom but we have to discipline our self.

Br. Sarin then explained to the participants the term 'Obedience'. Quoting from the life of Bharat in Ramayana, he stated that obedience means doing what you have been asked to do. Obedience should be total if path chosen is for complete oneness. When we obey Him then He takes our full responsibilities. The capacity to do his work will develop automatically if we do obey. With doubt, to do even a small work will become quite impossible. Such capacity does not develop from strength or knowledge; it develops only when bestowed by the Master. When we are in constant remembrance, we are using HIS powers; but when we are not in constant remembrance, we use our power which makes us unsuccessful. Obedience leads to Love, Love leads to dependence and it is dependence on the Master which leads to surrender.

**From better human qualities to Divinization, Day 4:** Br. (Dr.) Alok Tandon impressed on the participants the importance of character formation. He said that development of personality

is dependent on character and a person is known by the character he possesses. Character of a person reveals the person in his totality. Knowing oneself thus becomes important as exhorted by the great philosopher Socrates. Knowing oneself is same as knowing one's character. This is not an easy job as one's character is the sum total of one's tendencies which undergo rapid changes with change in circumstances.

A man in whom the desire to know oneself arises, attempts to find out the manner in which he is different. This attempt only leads him to know the respects in which we are similar, as knowing one's distinguishing features without knowing similarities is difficult. Nature has provided humans with different physical structures and the difference shows in their nature and tendencies too. Because the reaction of every man to the same circumstances is different, it is not circumstances which make our character; it is our mental reaction to such situations which form the base for our character. We are not slaves of circumstances. We are the master of the self and we ourselves are responsible for our character. He stressed that human beings are not expected to harm people, they are not expected to be cruel and they are not expected to be thieves. They are expected to be humans. That is why Babuji Maharaj says, "From animal man to human is the first step in spirituality." Then you have so many other steps such as "from human to



(right) Participants of Hindi Seminar on Character Formation, 15-20 September 2011

divine". We are expected to be good human beings, honest, charitable, compassionate, and loving; that is the base from which we can evolve. Below that, if one is going to change from "animal man" to "human man" that is only correctional in nature. To be a good human being is not enough. One has to be a divinized human being. Therefore low caste or high caste, good or bad, criminal or just, everyone has to go through this school of spirituality. He asked participants to remember that merit is not a qualification. We are not living life to earn merit. We are living life to become human, better and better (in the sense of quality), that is, from compassion, mercy, charity and love, to divinization.

**Throwing the shackles of the past, Day 5:** Br. Munni Lal Maurya took the participants through various types of bondages - religious, astrology, palmistry, idol worship, worship in temples, pilgrimage, *tarpan* (offering to dead) and cultural. He exhorted that religion which was in the past a link in the chain to connect mankind with God has now become an impediment for the very objective. The old seers had inferred broad division of human life into two - *Karma Kand parak jeewan* (life based on rituals) and *Dhyan Manan parak jeewan* (life based on meditation and remembrance) representing lower stages and higher stages in a human being's life respectively. Referring to

the famous opening *shloka* (verse) of *Sri Bhagwad Geeta*, "*Yada yada hi dharmasya ...*", he said that religion alone is not sufficient and the failure of religion has led to advent of a new personality to guide suffering human beings on a newer, higher way.

He exhorted the participants to pray to Revered Master, whenever we find ourselves in difficult situations and not go to *Jyotishis* (astrologers). Idol worship, he said, is only symbolic. He quoted Revered Babuji Maharaj's saying that these Gods and Goddesses are functionaries of nature and we, instead of worshiping the Master, have started worshiping the servants. This can lead to achieving some tangible benefits only, and not higher goals as limited powers of these Gods and Goddesses cannot take us to higher levels. In Sahaj Marg, we convert our own hearts into a temple and the seed of infinite is sown in the manner similar to *Pran Pratishtha* (infusing life into an idol). With such implant only, starts the process of our divinization.

The key is in surrendering our superstitions, prejudices, fear and foolishness at the feet of our Master, getting ourselves rid of the shackles that have tied us down and allowing Him to lead us as our companion to that goal of *Mukti* (liberation) or *Param Lakshya* (ultimate goal).

Source: Br. U.P.Dhawan



(right) A session in progress during the seminar on Character Formation, 15-20 September 2011



(right) Participants of the CREST Seminar at Berlin Ashram

#### Quotes from the Masters of Sahaj Marg on Pain, Suffering and Faith

"Secret of life is to keep moving"  
- Revered Babuji Maharaj.

"Pain is the most faithful companion who will never leave us" - Revered Master.

"Suffering contains secrets. These secrets are not revealed if we don't go through pain" - Revered Babuji Maharaj in Voice Real.

"Pain burns the layers of grossness." - Revered Babuji Maharaj.

"Faith luminates the path to be taken" - Whispers from Brighter World

### Programs at CREST Berlin



CREST-SMSF Ashram at Berlin hosted the second European CREST seminar between 6-11 October. Master gave the topic, "Spiritism versus Spirituality" and dedicated the Seminar to the Youth. It had 42 participants, 9 faculty members and 5 tutors from all over Europe.

**Welcome address, Day 0:** The program started with satsangh at 6pm followed by welcome speech by Br. Poul Juul, who mentioned that CREST means to come from life into existence. The aim is inspiration. Existence is communication with our souls. One aspect of CREST is also Existence versus Life.

**What Spirituality is not: The usefulness to clean common confusions, Day 1:** What disciplines are sometimes mixed up with spirituality? How do you define spirituality? These questions were asked from Br. Ferdinand Wullimier from Switzerland. The participants worked in groups and Br. Ferdinand presented different disciplines which seem to confuse the intellect. It was a long list from Astrology to Occultism. The dictionary definitions gave theoretical ideas of what spirituality is. Putting this topic into words was not very clear. It felt like the intellect is not able to give an answer and the participants started

to search for answers in their hearts. A speech from Master reached the venue at the end of day; listening to it gave all a sense of clarity and a feeling of relief.

*"In the West they don't understand .... even Philosophers don't understand .... I am talking about of the inability to understand what spirituality is. That's why they sell so much music as meditation music. There is a distinction between occultism and spirituality ... The basic misunderstanding about what spirituality is: all of them think they are spiritual"*

*"Spirituality says the more you become the more you manifest something of divinity in your Self. And then people know what divinity is. Not by what you say but by what you become and what they see in you. ...."*

*"So you have to become something to show people what it is that they can become. So instead of copying we call it emulation, you see. And you teach more by emulation than by teaching. So there must be an object which people can love ...."*

**Spiritual Materialism, Day 2:** This topic was presented by Sis. Rosalind Pearmin. Participants were requested to look inside and observe personal situations.

(below) Abhyasis participating in the CREST seminar at Berlin



**Feedback from participants:**

On day 4, our mind and understanding was lighter than the days before, seeming that we all understood some aspects of the difference between spiritism and spirituality, and that we found it more natural to create and buildup the direct link from our heart to the source. Ego took lesser attention, but more inspiration, search and craving of our hearts could be felt in the vibration of the ashram. Our condition progressed into a more subtle perceiving of our inner nature, surrounded by joy in being part as brothers and sisters of the Sahaj Marg family.

Some comments from the participants are:

- During CREST something special is beginning to happen, something that continues with us when we go home-Romania.
- I have a neutral state at the end of seminar
- A condition is created during satsangh, that is fully utilised in some ways by the speaker to give us the information that we need

(below) Participants of the CREST seminar at Berlin Ashram

Afternoon was for personal reflection on the subject. The day was closed with the screening of a cartoon on the topic of the day.

A feeling of brotherhood grew through sharing of experiences in small groups. In spite of the short time spent together so far, everybody seemed to be already close to each other, willing and happy to share and create a link between hearts.

**Mediumity and Spirituality, Day 3:** In the morning session, Br. Patrick Fleury spoke about mediumity and spirituality. He made it clear that a medium is not necessarily a spiritually evolved person, because mediumity is only the ability to communicate. Patrick pointed out that without the guidance of a master, mediums are prone to develop a strong ego because of "direct access" to ghosts, angels etc. As abhyasis, we are blessed to have a living Master who is directly connected to the source, so we do not need anything else.

In the afternoon session, Sis. Scarlet Vaarning spoke about dreams, beginning with a brief historical overview and the significance of dreams in ancient cultures. She explained some categories of dreams and shared some personal experiences in this area. In Sahaj Marg, we are asked to note our dreams in our diary and then to forget them.

**Two levels of connection with source - spirit and energy, Day 4:** In the morning session, Br. Samir Singh

presented the link between a spiritual achievement and daily problems humanity is facing.

In the afternoon session, Br. Alain Desvigne gave a short presentation on evolution towards spirituality. This was followed by a recapitulation of the practice of Sahaj Marg, presented by the five tutors. A question and answer session on this topic conducted by the faculty brought more clarity on how our beloved Master recommends one to live a spiritual life. The session was concluded with a reading of Br. Kamlesh Patel's speech on practice of Sahaj Marg delivered at Manapakkam during the European seminar, in December 2010.

**Path of the soul from matter to pure spirit (from darkness to light and beyond), Day 5:** Br. Fausto Russo said that soul is in a state of sleep, but it has a memory of its original condition. Somehow soul is trapped in material existence. Bhog is the process of undergoing impressions the soul creates around itself. It may be happiness or sadness. A human being descended in material life creates evil. Showing the Mission emblem, Br. Fausto explained that to ascend from this point, one has to cross the mountains of internal and external barriers in the form of rocks (desires, wishes, attachments). Master has offered us a system and His grace to carry us through the path. A strong, determined will is enough to cross it.

Source: Br. Narendran





(right) Electric lighting along the pathway of the retreat center

#### 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.

### *Activities at Pune Retreat Centre*



SMSF Retreat Centre Pune hosted 75 abhyasis for the quarter July 2011 to September 2011. The centre saw heavy rainfall and occasionally for more than 16 hours, with lightning and thunder.

Retreatants enjoyed their stay during this season. Given below is some feedback from the retreatants:

- “The environment is very graceful and abhyasis feel Master’s grace throughout their stay”
- “The silent atmosphere that prevails here puts us in to the state of contemplation, introspection and brooding over our condition”
- “The stay at retreat center makes us to re-adjust ourselves towards our

destined goal. The sense of urgency to reach Goal which is lacking in our lives will be triggered after staying at the retreat centre”

- “I was eagerly waiting for one year, to revisit retreat centre again and to experience inner Master”

After the monsoon season, installation of lightning arrestors at Master’s office, Dining hall, Library, Meditation hall and dormitories were completed. A new project of installation of electric lighting along the pathway and along the boundary wall was completed during the last quarter. Flowering plants were planted along the pathway.

Source: Br. K. T. Manjunath

(right) Master’s office at the retreat center





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.

## *Medical Centre News*

### **Services of Free Medical Centre at Manapakkam**

Free Medical Centre at Manapakkam has served a total of 12,863 patients for the quarter July to Sep 2011. Spirometry camps were conducted and 15 patients benefited. FMC has served 204 patients outside regular hours during this quarter. The clinical laboratory investigated 928 patients with various laboratory tests in the last three months.

Details of the activities in this period are given below:

Department	Patients	Panel of Doctors
General medicine	11,960	Dr. U. Ravindran, Dr. R. Sulochana Dr. E. Elanchezian Dr. S. Kishore, Dr. Anmay K. Bidwai
Cardiology	64	Dr. V. Vanaja
Dentistry	333	Dr. Jagadish Kumar, Dr. Komal Gupta Dr. Sai Praneeth, Dr. Vaishnavi
Dermatology	272	Dr. M. Jayaraman
Gastro-enterology	11	Dr. M. Manimaran
Gynaecology	20	Dr. Jayanthi Mohan
Homeopathy	903	Dr. S. K. Ram Subramaniam Dr. N. Vidhi N. Shah
Ophthalmology	150	Dr. Harshitha Bakshi
Orthopaedics	75	Dr. D. Narendra
Paediatrics	1,770	Dr. Natwar Sharma Dr. S. Kishore
Psychiatry	23	Dr. A.P. Mythili
Pulmonology	30	Dr. G. Raja Amarnath
Urology	17	Dr. Sanjay Sharma
Endocrinology	41	Dr. Ravi Kiran
Spirometry	15	Courtesy Lupin Laboratories
Neurology	25	Dr.R.Padmini
General Surgery	339	Dr. Anamay K. Bidwai

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

Source: Br. Dr. Ravindran Ulaganathan

### 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 Centers. 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](mailto:smpg@sahajmarg.info).

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

### Activities at Satkhol Medical and Dental Centre



(above) Volunteers for the Specialist Camp held at Satkhol from 30<sup>th</sup> September to 2<sup>nd</sup> October

Below is the report for Satkhol Medical and Dental Centre for the quarter July - September 2011:

Specialty wise	Jul	Aug	Sep	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	158	268	381	
Surgery	48	72	105	
Gynaecology	3	9	3	
Cardiology	1	3	1	
Dentistry	12	13	19	
Dermatology	27	55	44	
Gastro-enterology	71	53	10	
Homoeopathy	0	0	0	
Ophthalmology	8	15	7	
Pulmonology	18	15	1	
Urology	2	6	0	
Orthopaedics	31	36	34	
ENT	53	39	50	
Dental cases	79	68	87	
<b>Number of Outpatients</b>				
Male	223	251	278	
Female	103	142	237	
Children	103	191	140	
<b>Number of abhyasis</b>	42	27	189	
<b>Others</b>	387	557	466	
<b>Total</b>	<b>429</b>	<b>584</b>	<b>655</b>	



(right) Patients being treated at Satkhol specialist camp held from 30<sup>th</sup> September 2011 to 2<sup>nd</sup> October 2011

(below) A report on the cases treated at the specialist camp

Specialty-wise	Cases
Medicine	88
Surgery	35
OBG	99
Cardiology	105
Pediatrics	62
ENT	59
Orthopaedics	253
Dermatology	29
Ophthalmology	138
Dental	202
<b>Total cases</b>	<b>1070</b>
School health program	362
<b>Total</b>	<b>1432</b>
Spectacles issued	40
Ultrasound Exam	72
Lab Investigation	580
ECG	68
Homoeopathy	31
Ayurveda	51

In addition to the regular activities during the quarter, a specialist camp was held from 30<sup>th</sup> September 2011 to 2<sup>nd</sup> October 2011. In this camp, 1,432 patients were treated. Pictures from the camp are shown below:



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



### Eye Camp at Payyanur Ashram

As a part of community building activities, an eye camp was conducted at the Payyanur ashram complex located in Kerala on 18th September 2011.

Dr. Pushpangadan and Dr. Sunil, both abhyasis of the Mission, examined the patients. 226 patients attended the camp. Free medicines were supplied.

(right) Eye camp at Payyanur Ashram



(right) Doctors treating patients at the eye camp



Source: Br. T.V.Kunhi Kannan

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